



The Lutheran Urban Ministry
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“Reconciliation is getting to know one another”, Mary Simon, Governor General: National Post, July 26, 2021

March 2024 News from your Ministry Manager

We have been grateful tenants of Lutheran Church of the Cross for over eleven years now. Many volunteers, MNO congregation members, clergy, and many of our Urban community remember our past addresses and *boy, we are sure fortunate and happy to have an elevator on our premises at Church of the Cross!* In the past, it was really difficult for a lot of people with mobility issues to navigate the stairs – and stairs there were at our former address on Sherbrook St, the upper level on Ellice Ave., and the lower level of St. Matthews Anglican!

Accessibility is a factor for the general population in all walks of life both rural and country. How often in conversation do we talk about knees, hips, feet, etc. especially after the age of 50 or so – either our own anecdotes or thinking about a friend or relative. And then there’s weather accessibility for our Winnipeg roads and sidewalks. When a walker, a cane, a wheelchair, or a stroller is thrown into the equation, an extra measure of frustration and stress is added.

“I’d come more often if the sidewalks weren’t slippery” remarked a longtime Urban worshiper and women’s sharing circle attendee. Her daughter, and sometimes her son or granddaughter, pushes her over in her wheelchair. It’s quite a long walk and boy she is determined! Two men and two women with walkers, and two men with canes are regular attendees and also do their best to walk over to the Urban unless the weather is too daunting. At the Urban there is always someone to lend a hand whenever it’s needed. There is so much kindness and care for one another.

“Adapting to Change” is the topic in our *Mental Wellness Sharing Circles* in this first week of March with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg. These are taking place the 1st week of each month on Wednesdays at our Men’s Lunch/Sharing Circle and our Women’s Sharing Circle, and also at our Thursday Co-ed Sharing Circles – from September 2023 to April 2024. Our final topic in the first week of April will be the **“Wellness Toolkit”**. Good information and terrific discussions in all three circles. Mental wellness topics are applicable for people of all walks of life. **Also, great conversations and topics in our other sharing circles during this past month included:** the tragedy in Carman; Thomas Merton’s “Thoughts in Solitude”; continuation of boundaries discussion; what’s on your mind.

To our MNO Congregation Members and Clergy: A wonderful opportunity to have fellowship with our Urban Community - please drop by anytime to our:

Sunday Worship Service: door opens at 1:00 p.m. with coffee/tea. Worship service 1:30 – 2:15 p.m.

Men’s Lunch/Sharing Circle every Wednesday - Downstairs at Noon

Please stop by at 12:00 p.m. Noon (*ring the doorbell*) for lunch and great fellowship and conversation!

Women’s Sharing Circle every Wednesday at 2:00 p.m. (until 3:30 p.m.)

Please arrive at 2:00 p.m. (*ring the doorbell*) for coffee/tea/dessert and great fellowship and conversation!

Women’s Drop-in every Wednesday from 4:00 – 5:30 p.m.

Please drop in (*ring the doorbell*) for coffee/tea/cookies and visiting together! Kids & grandkids welcome to come with you and we have colouring and arts and crafts to keep them busy.

Co-ed Sharing Circle every Thursday at 4:30 p.m. (please arrive at 4:30 p.m.)

Please stop by at 4:30 (*ring the doorbell*) for great fellowship and conversation! And coffee/tea/dessert.

- Rhonda Gorham, Ministry Manager, Lutheran Urban Ministry Corp.

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, gender expressions, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. The Urban is committed to racial equity. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome. The Lutheran Urban Ministry Corp. is a member of Reconciling Works – Lutherans for Full Participation www.reconcilingworks.org