



The Lutheran Urban Ministry
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November 2018 News from your Ministry Manager

Cold Weather: 95% of our Urban community walk here. For some, it's a short walk down the street or a few streets away but many arrive after a 20 minute or half hour walk. Gloves (new or used in good condition) are always a welcomed donation.

Numbers: Approximately 170 people, including children and youth, attend the Urban regularly. Some attend only one day a week or a few times a month and others attend, without fail (other than illness or icy sidewalks), each of the three days each week at the Urban. Last Christmas we filled over 50 gift bags for children and youth who come to the Urban with parents or grandparents.

Women's, Men's and Co-Ed Sharing Circles: Friendships have developed through the weekly sharing circles.

- Every Wednesday from 4:30 – 5:30 p.m. between 10 and 18 women gather around the table for coffee/tea/dessert and fellowship. Women's issues often form the topic. Experiences and opinions are often shared and some say they only want to listen because the memories are sometimes too painful to share. Current events, daily life, worry, grief, loss, and spirituality also create thoughtful discussions!
- Between 14 and 18 men meet every Wednesday for men's group at 1:30 p.m. for lunch and fellowship. A sharing circle is part of the men's lunch table every other Wednesday. Topics are similar to the women's sharing circle and each circle is tailored to the group. The table is filled with laughter and conversation as they have all become friends and they welcome any newcomer to the table.
- A co-ed sharing circle of 18 to 24 people meet every Thursday from 5:45 – 6:45 p.m. Coffee, tea and dessert are served and many who attend the men's and women's sharing circles also attend this circle as well. The primary focus of this weekly circle is on emotional, spiritual and relationship healing. Facilitators initially began these conversations on the subjects of trauma, grief and loss.

Please visit our newly designed website: The website address is the same (www.theurban.ca). Our new website supports video and will regularly feature short snippets of happenings at the Urban! Check out:

The Lutheran Urban Ministry Short Documentary Film: *Hope is Never Lost* (12 minutes) captures the heart and soul of the Urban. View from our website or through Youtube: <https://www.youtube.com/watch?v=FatPtzT9HhY>

Thank you to the meal teams who ensure that no one leaves the Urban hungry, and to all those who donate groceries for our emergency food. Our website calendar shows available dates for meal teams:

<http://www.theurban.ca/calendar.php> Please contact me: rhonda@theurban.ca for additional information, or to have your meal team added to the calendar.

Kind regards,
Rhonda Gorham
Ministry Manager
Lutheran Urban Ministry

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome.