



The Lutheran Urban Ministry
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May 2019 News from your Ministry Manager

Ride for Refuge, October 5, 2019 – save the date if you'd like to ride or walk for the Urban – our third year for participation!! We're hoping for more teams this year and it's sure a lot of fun!!

The Ride for Refuge website for this year's event will be live on June 1. We'll have links to it from our website also. [This Urban fundraiser pays for our security costs for October 2019-September 2020.](#) We have security at the door during all of our open hours. Any additional walk/ride donations over and above our security cost will be used for field trips and programs.

A Safe Place....continued from the April newsletter

Last month I wrote that the Lutheran Urban Ministry is *committed to ensuring that all who attend are entering into a place of safety, physical and emotional nourishment, spiritual care and fellowship.* Approximately 190 people: men, women, and children/youth from babies to teenagers attend the Urban, and usually 25% are elders over the age of 65. Often, three generations are sitting together for a meal.

The Urban is committed to keeping a safe and protective environment for all and that includes banning anyone with unacceptable behaviour. There is a lot of vulnerability among those attending. Physical and/or mental health disabilities, addictions, chronic illness, grief, loss, trauma, housing insecurity, poverty, and for some, homelessness, are some examples of daily struggles.

- Besides a Wednesday and Thursday evening meal at 7:00 p.m., every Sunday, lunch is provided at 2:15 p.m. after the Urban worship service. The two long rows of tables encourage people to sit beside someone they don't know and create a family gathering atmosphere.
- Every Wednesday the Men's Group meets for lunch and fellowship from 1:30-3:30, including a sharing circle during lunch every other Wednesday. Between 15 and 20 men between the ages of 25 and 77 have become friends and welcome newcomers into their big square of four banquet tables. Some men are on the quiet side but soon feel comfortable and at home in the group.
- Every Wednesday, the Women's Sharing Circle, 15-30 women, meet from 4:30-5:30 p.m. at the same setup of tables for coffee/tea, dessert and lots of discussion on a myriad of topics. 15 to 20 women, between the ages of 20 and 83
- Every Thursday from 5:45-6:45 p.m., 18 – 24 men and women gather in a large circle of chairs for our Co-ed Sharing Circles. Lots of discussion, laughter, sometimes tears. Reconciliation begins with listening and truly caring for one another.

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>

Note: the Urban is closed for holidays from July 1-July 31.

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. 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.