



The Lutheran Urban Ministry
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February 2019 News from your Ministry Manager

This cold weather has been particularly hard on those who come to the Urban. Poverty, marginalization, physical and/or mental health disabilities, loneliness, worries and homelessness are a few of the struggles. Most of the attendees walk everywhere that they need to go in their daily life, some have bus passes, some at times have bus tickets, and a few have vehicles. Sidewalk conditions and the weather have made it especially difficult.

Approximately 175 people form our Urban community - some attending every Wednesday, Thursday and Sunday and some attending once a week or occasionally. Supper is served every Wednesday and Thursday at 7:00, a Wednesday lunch for the Men's Group at 1:30, and lunch after the worship service on Sunday. Coffee, tea and dessert are served to our Women's Circle every Wednesday afternoon from 4:30-5:30.

Many parents have adult children (and grandchildren) living with them as they try to find stable housing. They find it a huge struggle to feed their extra family members who often deal with disabilities, addictions, or unstable housing that they have felt compelled to move from.

The January newsletter included a thank you to all who contribute to the Urban through donations, volunteering and meal teams. I could only give examples because there are so many to thank. However, the Urban community contributes in the spirit of giving of themselves through helping with setting up chairs, carrying boxes and lending a hand. I seldom need to ask for help because I always have a few people asking me if I can use a hand with anything. I see generosity and sharing from this group of people that I feel privileged to know.

Some examples of moments I witness regularly:

One man gave his emergency food bag to another man a few months ago who he felt needed it more. In January an Elder who comes to our Women's Sharing Circle brought five beautiful quilts that she'd made to give away to women in the circle. Six women wanted their name in the draw and I put their names in an ice cream pail and drew 5 names. Afterward, a woman came to me and said she'd given her quilt to the one woman whose name wasn't drawn.

In October a 10 year old boy had his new winter jacket taken at the Urban. It had been on the table where they were sitting. His mother had to buy him another one. I felt disheartened that someone had taken a child's jacket. Then in December, one of our Urban women who doesn't attend regularly approached me with his jacket and said that she'd heard on the street that a boy's jacket had been taken at the Urban. She said to me, "I thought it was give-away. I'm so sorry and I've brought it back".

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. 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.