



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

October 2023 News from your Ministry Manager

Happy Thanksgiving! Even with all of the trials and tribulations of life there are always so many things to be grateful for.

The autumn leaves have been so beautiful and are falling fast! That fall chill in the air has started - and it won't be long and we'll be telling each other to be careful on icy sidewalks! We have a lot of camaraderie on the church sidewalk during our bagged meal distributions – no matter the season or the temperature!

Food insecurity is such a worry for so many people. Harvest Manitoba use is up 150% across the province, rents keep going up, and heating bills are increasing for those who rent and pay for their heat separately from their rent. Safe, affordable and well-maintained housing for rent is often difficult to find. There is also a huge worry too for homeowners everywhere looking at rising heating costs and also for those who have mortgages up for renewal soon.

Anxiety was the topic in our Mental Wellness Sharing Circles in the first week of October. with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg are taking place the first 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. Good information and terrific discussions in all three circles. The topic for the first week of November is **Depression**. Mental wellness topics are applicable for all walks of life. Also, great conversations and topics in the other circles during the month including “how is your week going”?

To our Urban Community and our MNO Congregation Members and Clergy- 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.

Kind regards,
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