



The Lutheran Urban Ministry  
Rm 25, 560 Arlington Street  
Winnipeg, Manitoba R3G 1Z5  
rhonda@theurban.ca  
204-774-3143  
www.theurban.ca

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

## November 2023 News from your Ministry Manager

**Cold weather** has reminded us all that winter is on the way! Extreme cold, gusty winds, slippery and snow-covered sidewalks really affect the everyday life of those who mostly walk to all of their destinations. We are really grateful for donations of mitts, gloves, scarves, toques, socks & gently used men’s/women’s winter jackets, boots.

**Resilience and good humour** are words that always come to mind to describe our Urban community. Inner strength has been honed by setbacks and the daily struggles of food and housing insecurity, as well as difficult events of life, grief and loss.

**Losses within our urban community** are always heard with so much sadness. Within the past seven days a 19-year-old young man, and a man who had developed serious health issues in recent years have both passed away. Both came to the Urban for many years and we will remember and miss them.

### Some of our circle topics in the past month:

The Boy and the Starfish Story – the power of small acts of kindness; God will not leave us alone; Life anecdotes.

**“Depression” was the topic in our Mental Wellness Sharing Circles** in the first week of November with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg. These 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 December is **“Stress Management”**. Mental wellness topics are applicable for people of 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.

- 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](http://www.reconcilingworks.org)