



The Lutheran Urban Ministry
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June 2017 News from your Ministry Manager

The Urban Annual Pentecost Picnic in the Park was held on Sunday, June 4th at the Orioles Site on Burnell St.! Ninety-five people attended, of which approximately 20 were children (including two of my grandchildren). A great time was had by all and included baseball, worship service, bagged lunches, balloon animals, bubble blowing, a potato sack race and a three legged race. The weather was great, not too hot with some clouds and many of our Urban community are still talking about what a terrific day it was!

The Urban will be participating as a registered charity in the Ride for Refuge here in Winnipeg on September 30th! <https://rideforrefuge.org/location/winnipeg> The Urban information will be up shortly on this website. We are hoping to have at least 7 team captains who will lead teams on a walk or ride for the Urban:

5 km **walk** - 45 min to 1 hour 15 min

10 km **ride**- 45 min to 1 hour

25 km **ride**- 1.5 hours to 2 hours

50 km **ride** 2.5 hours to 3 hours 15 min

The 5 km walk and 10 km ride are designed to be family friendly but kids 12 and under must remain with a parent or guardian at all times.

Please contact rhonda@theurban.ca for more information or if you would like to participate.

The Urban has received a grant from the MNO Synod for a short documentary film about the Urban! Watch for it in the fall of 2017 - it will be a link on the MNO website! The camera has been rolling, capturing typical moments at the Urban – our Trauma, Grief and Loss Circles, evening meals, worship services, Men's Group, our monthly no-charge family bingo, smudging ceremonies on the steps, music, etc.

Our weekly Trauma, Grief and Loss Circles began in November 2016 and the program is formally coming to an end this month. We are so grateful to the ACTS of the MNO for granting us the opportunity to run this program. The facilitators have brought such wonderful gifts of wisdom, insights and sharing and have provided the environment within the circles to give voice to those who attend.

These circles have been such a blessing that we have decided to continue with a sharing circle at the same times each week after our ACTS grant ends in June. I will facilitate and welcome volunteer facilitators! Additional topics will be added and we will continue with discussions on trauma, grief and loss as well. We do not want this momentum of conversation and sharing to end! Urban community members will be encouraged to suggest topics and take part in leading the circles.

We always welcome donated prizes (used household goods, kitchen items, toys, DVD's, quilts, games, purses/backpacks, smaller electronics that work – the kind of items that people put in garage sales) for our No-Charge Family Bingo Night held right after the Urban evening meal on the 2nd Thursday of every month and organized by board members Monica and Janet. Everyone plays, including the children, (six games, two cards) and everyone gets a prize! It's a safe place to come for a great family evening for our Urban community. Just send me an email if you have any questions or to ask about a good drop-off time.

Kind regards,
Rhonda Gorham

Ministry Manager
Lutheran Urban Ministry