

## November 2017 News from your Ministry Manager

**Six of our Urban community members took part in The Manitoba Lifestyles Personalized Research Program (TMPLR) over a 2 week period in October and were compensated by TMPLR for their time.**



This is a research study by the Richardson Centre for Functional Foods and Nutraceuticals. A total of 800 Manitobans will form the basis of this study. It is a cross-sectional trial looking at how factors including nutrition, physical activity, sleep, genetics and gut microbiome affect the health of Manitobans with the goal of information compiled and analyzed to reduce the prevalence and severity of chronic disease.

All six participants even had bone density scans in this mobile lab along with many other tests that gave them important information about their own health! They all remarked that it was an interesting experience.

**The Lutheran Urban Ministry Short Documentary Film has been released!!** This film was made possible by an ACTS of the MNO Synod grant and the Urban is so grateful for the opportunity to bring the Urban to you. We are hoping that you will enjoy having a peak into typical Lutheran Urban Ministry days, worship, meals, sharing circles and some of the events of 2017!

Produced by Rick Scherger of Fate Communications, we feel that the heart and soul of the Urban has been captured. The film can be viewed online: <http://www.fatecommunications.ca/Hope.html>

**Winter Has Arrived:** Most people who attend the Urban walk here and don't use public transport. Many have walked from quite a distance and are certainly happy to have coffee or tea when they come in the door. Families with young children who attend are living in the immediate West End area within easy walking distance.

**The Topic of Homelessness** was discussed at the Co-ed Sharing Circle over the past few weeks. It is a complicated subject and almost everyone in the circle had at one time been homeless, lived in unstable accommodations and/or couch surfed, or knew someone who currently is struggling or has struggled with this. So many factors contribute to not having a home to call one's own: eviction, fire, relationship breakdown, mental illness, addiction, job loss, poor choices, unsafe surroundings to name a few. Shame, despair, hopelessness, anger, helplessness and worry were some of the feelings discussed.

*Thank you* to the meal teams who ensure that no one leaves the Urban hungry. Our website calendar shows available dates for meal teams: <http://www.theurban.ca/calendar.php> Please contact me: [rhonda@theurban.ca](mailto:rhonda@theurban.ca) for additional information or to add your meal team to the calendar.

Kind regards,  
Rhonda Gorham

Ministry Manager  
Lutheran Urban Ministry