



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

## November 2024 News from your Ministry Manager

### What is the Lutheran Urban Ministry all about?

- **We distribute bagged meals three times each week** (over 1,000 / month) as well as a sit-down Wednesday Men’s Lunch/Sharing Circle. *However, the Urban is a ministry and not a soup kitchen.*
- **Food for the body is an important part of the Urban, *but it is actually not our main purpose.*** *The Urban is a ministry of fellowship, friendship, spiritual care, and the reassurance that we are deeply loved by our Creator.*
- I formed **our Men’s, Women’s, and co-ed sharing circles** almost eight years ago and they warm my heart to bursting every week. Our attendees are Indigenous, Caucasian settlers, Southeast Asian, Asian, African, and Caribbean - a wonderful multi-cultural diversity who bring such richness to our conversations together – lifelong Canadians, as well as newcomers. We have wonderful **Sunday afternoon worship services with communion.**

*The pandemic shifted our procedures to bagged meals to go instead of sit-down meals, and this unexpected pandemic event afforded me the opportunity to continue that procedure - and hone in on our primary purpose of this partner ministry of the Manitoba Northwest Ontario Synod:*

### Why is spiritual and emotional support the bedrock of the Lutheran Urban Ministry?

- **Our Urban community** faces daily struggles of many different combinations: marginalization, food and/or housing insecurity, physical and/or mental health disabilities, loneliness, health worries, grief, worries about friends and/or family, the search for individual meaning of life. There’s hope and happiness too. The Urban is a ministry of presence through spiritual care, conversation, fellowship, and connection with each other. *And that connection and fellowship (and spiritual support) happens on the church sidewalk as well.*
- **Everywhere in this world we are all so much more alike than we are different. We’re all in this life together.** *At the Urban we talk together and listen to each other in our sharing circles. We talk about our introspection about life, childhood anecdotes, pondering the complexities of this existence of ours, and a lot of laughter at times as well. We invite our suburban congregation members and clergy to drop in and sit with us in our sharing circles and our worship services. This is our very own MNO Synod outreach right here in Winnipeg. We’re all mutually fed in this ministry to each other.*

**To our MNO Congregation Members and Clergy: A wonderful opportunity to have fellowship with our Urban Community - 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.)

(*ring the doorbell*) Join us 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)