



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

May 2024 News from your Ministry Manager

Food insecurity is a constant source of stress in these times for those who struggle with trying to make ends meet with a low income, or attempting to make ends meet on EI or EIA Disability, for newcomers to Canada, and for those suddenly unemployed.

Housing insecurity is so often mentioned in sharing circles, or in conversations with me. Rising inner-city rent prices and few options for a “decent place to rent” create worry and a feeling of helplessness. Moving further from the inner-city often creates much loneliness, along with the inability to pay for transportation to visit family and friends.

- *Also, at any given time, there are always a few people attending our worship service, sharing circles, or picking up a bagged meal - who are currently unhoused.* The term **unhoused** can have many descriptions: couch surfing (examples: sleeping on Auntie’s or Grandma’s sofa, or the floors of friends); hoping to find a bed that night at one of the local shelters; or sleeping outside somewhere. There are many circumstances that contribute to the situation of “no place to call my own”.

Mental Wellness Sharing Circles Program: The Lutheran Urban Ministry’s *Mental Wellness Sharing Circles* were facilitated by the Canadian Mental Health Association (CMHA), and took place from the first week of each month from September 2023 to April 2024 during the men’s lunch/sharing circle, the women’s and co-ed sharing circles.

- The Urban was fortunate to have the expertise of these facilitators from CMHA: Curtis, John, Huruy, Arlene, Heidi, Tracy-Ann, Brent, Jennifer, and Coralee. We are thankful for their knowledge, their active listening and responding, and for sharing their own *anecdotes and stories with our Urban community; and we are very grateful to Natalie, Senior Manager of Psychosocial Rehabilitation, CMHA for her coordination of our Mental Wellness program.* We had such wonderful discussions, information, and fellowship in the men’s lunch/sharing circles, and the women’s and co-ed sharing circles - that specifically addressed important subjects of mental wellness that touch us all during our lives.

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.)

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