



The Lutheran Urban Ministry  
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## October 2019 News from your Ministry Manager

**The Urban is back in full swing this fall!** Cold weather has arrived early and the Urban is really in need of socks (new and used in good condition for adults and children), scarves, toques, gloves and mitts as well as used shoes with good grips/boots/warm jackets in good condition.

**Personal Safety Presentation** was given on September 18: A constable from the Winnipeg Police Department sat at our Women's Sharing Circle table and explained ways to stay safe. This was a terrific presentation of valuable information and a good discussion. A presentation is scheduled for our Men's Group Sharing Circle in November.

**Fentanyl, Meth & Opioids Presentation** was given on September 25: During the supper hour the Urban community received valuable information on the street drug crisis. This was the third presentation at the Urban given by a paramedic with the Winnipeg Fire and Paramedic Assoc. The presenter was very informative and there were many questions during and afterward. The meth crisis is huge in the inner city and West End and affects many.

**Women's Sharing Circle "Healing through Art"** is in full swing! Our art therapist is keeping us talking, laughing and discovering our creativity mixed in with introspection. This program is through a grant from MNO CECF Project Funding.

**Sharing Circles "Strength through Community"** have begun! This program of facilitated circles is made possible through a One-Time Community Grant from The Winnipeg Foundation. Every Thursday Co-ed Sharing Circle, bi-weekly Wednesdays for the Men's Group and once a month for the Wednesday Women's Sharing Circle.

These facilitated circles utilize the guidance and direction of facilitators trained in various fields of expertise to foster stronger resilience, inner strength and new coping strategies benefitting many struggling and marginalized individuals. Discussions and coping strategies on subjects of worry, poverty, addictions, abuse, stress, anger, vulnerability, personal safety, mental health, self-esteem, finding our voices, recognizing inner strength, forgiveness, spirituality, resilience, communicating effectively, and developing coping strategies. Goal: foster greater inner strength within individuals and families to build stronger community.

**Ride for Refuge, October 5, 2019** <https://rideforrefuge.org> It was a wonderful day although the rain was steady!! Thank you to the teams riding and walking in support of the Urban: Urban Epiphanies, Gloria Dei Lutheran, CrossWalkers, The Board Walkers, First Lutheran and St. Mark's In Motion!! Thank you to all who donated to these walkers and riders!! (donations are still gratefully accepted online until October 31 <https://rideforrefuge.org/charity/theurban>).

The proceeds of this Urban fundraiser are used toward operating expenses such as program expenses, security costs, etc. Security is a necessity for the safety of vulnerable children and adults and our security is at the door during all of our open hours.

**Please visit our newly designed website!** The website address is the same ([www.theurban.ca](http://www.theurban.ca)). Our new website supports video and will regularly feature short snippets of happenings at the Urban! Check out:

**The Lutheran Urban Ministry Short Documentary Film: *Hope is Never Lost* (12 minutes)** captures the heart and soul of the Urban. View from our website or through YouTube: <https://www.youtube.com/watch?v=FatPtzT9HhY>

*Thank you* to the meal teams who ensure that no one leaves the Urban hungry, and to all those who donate groceries for our emergency food. Our website calendar shows available dates for meal teams. Please contact me: [rhonda@theurban.ca](mailto:rhonda@theurban.ca) for additional information, or to have your meal team added to the calendar.

Kind regards,  
Rhonda Gorham  
Ministry Manager, Lutheran Urban Ministry

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome.