



The Lutheran Urban Ministry
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December 2019 News from your Ministry Manager

The Urban is very happy to have just received word that we have received a grant from **WRHA Healthy Together Now**. This grant will cover the cost of the expertise of facilitators from the *Canadian Mental Health Association Manitoba and Winnipeg* to lead Mental Wellness Sharing Circles at the Urban. Seventeen consecutive Thursday facilitated co-ed circles will include information, questions and discussions on the subjects of anxiety, depression, addictions, schizophrenia, bi-polar, PTSD, FASD, personality disorders, suicide (many have family members who have died this way and some have spoken of suicide ideation in the past), family supports available, self-care, inner city/ West End resources available, etc. These facilitated co-ed sharing circles on Mental Wellness will run from February 21 – June 13, 2020.

- **Winter Items** are needed. The Urban is very grateful for donations of:
 - socks (new and used in good condition for adults and children); scarves; toques; gloves; mitts; shoes and boots with good grips; warm jackets in good condition (note: the Urban no longer accepts clothing donations other than seasonal jackets); and
 - clean, folded, used bedding (blankets, sheets, pillowcases, Afghans, quilts and towels); clean sleeping bags.

Women's Sharing Circle "Healing through Art", September 11, 2019 – January 29, 2020 *bi-weekly on Wednesdays*. Between 18 and 24 women are attending and we have been working with paint, oil pastels, pencil crayons and clay! We've also had fun with movement to music! Facilitated by an art therapist, each hour allows for some individual sharing as well as lots of conversation, laughter and fellowship as we explore our feelings and recognize our own creativity. This program is made possible through a grant from MNO CECF Project Funding.

Sharing Circles "Strength within Community", October 9, 2019 – January 29, 2020. 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.*

Six facilitators to date have led us through some great discussions such as: sharing our gifts and what we are proud of; relationship with self; good communicating; handling stress in a good way; the buffalo symbol of respect in the seven sacred grandfather teachings; autonomy and choices; speaking your truth; faith stories that give us strength; power of kindness; handling stress in good ways; taking good care of our whole self; acceptance and forgiveness; and spirituality. The goal of this program is to foster greater inner strength within individuals and families to build stronger community.

Please note: The Urban is closed for holidays: Wednesday, December 25; Thursday, December 26, 2019; and Wednesday, January 1, 2020.

Please visit our website! The website address is the same (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 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.