



A BI-MONTHLY NEWSLETTER
FROM URBAN MINISTRY
WE WORK APPRENTICES

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**URBAN
MINISTRY**

WE WORK
AT URBAN MINISTRY

Building On Up!

WE BUILD
AT URBAN MINISTRY

1. We build started by digging out a trench and lay rebar to strengthen the cement when poured
2. Then they poured cement into the trench at an even consistent level
3. Next they placed cement blocks on top of cement foundation, w/cement anchors inside of the blocks. And they placed water treated 2x4 onto the foundation also w/floor joist.
4. Finally they lay sheets of plywood down and fastened w/liquid nail, and nail with nail gun.



THE TRIANGLE WALL!

We Learn was given the task to complete a triangle wall. It took some time but we pulled it off. It was their first time and they weren't too sure about the colors, but in the end it turned out to look pretty awesome.

WE LEARN
AT URBAN MINISTRY



NEW FURNITURE, WHO THIS?

The WE Learn team also received the furniture for the After School Care space. They have some pretty cool rocking chair that are comfy and the colors are so fun and they match great with the triangle wall!



During anger management, with Ms. Yvonne Thomas we talked about our families and how things are hereditary, so we did a genogram. It really put things into perspective for us by seeing things all together and seeing how things can be carried from generation to generation. By doing this genogram it really showed us how our family dynamics can either stay the same or change.

Homecoming!

3112 Ensley 5 points W Ave
Birmingham, AL 35208



After Fall break, WE Work visited Mrs. Yvette's local, black owned coffee shop located in B Elite Suites. It's called Homecoming Coffee & Books. During our visit, we were treated to hot chocolate, Jamaican coffee, mini bean pies, and a story. We all fell in love with this cozy piece of Ensley.

Wushu!

-Tai Chi Greeting : meaning Strength, Humility & FRIENDSHIP

Before we began Tai Chi most apprentices thought that it would be boring, due to it's reputation of slow pace and calmness. After we gave it a try, it became natural. We

focused more on breathing, balance and discipline.

Dr. Cassandra Frieson was a great teacher as well. She kept us laughing and made sure we understood the core movements and extension movements. With patience and persistence, we all graduated our Tai Chi class.

