



Bright Horizons

Rev. Bruce Hitchcock, Executive Director Angie Brown, Newsletter Editor

Mission Miracles

Miracles surround us all the time. We usually miss them. Two days ago, I met a man who is physically disabled. He was the victim of a hit and run driver. For years, he has been unable to walk well due to severe damage to his leg. The constant pain has diminished many other aspects of his life. The likelihood of ever working is very low for this man.

He came to the Mission seeking a place to perform community service hours. Most of the volunteers can work in the Warehouse. This fellow could not. Instead, he is volunteering in the Unity Kitchen and Main Office. He has to sit to work. So, he cuts vegetables, opens cans and wraps plastic silverware. In the office, he will stuff envelopes and assemble newsletters.

The miracle occurred when he walked in and handed me a Bavarian Crème snack cake. (I see food and I see miracles.) In the conversation we had, he made it very clear that he was truly grateful for the kindness and consideration shown to him by the Mission staff and volunteers. Apparently, it had been a long time since anyone treated him that way. The simple act of respecting a person, as a Child of God, brought about an act of thanksgiving. The miraculous nature of the event was evident by the look on his face. He was genuinely filled with joy. The light of God could be seen in his eyes. His whole demeanor seemed to be lifted up.

A woman came to the Mission today. She wanted to eat at the Unity Kitchen. We sent her down to St. Paul's Episcopal Church. Thursdays, they serve the lunch meal. The woman shared that she was celebrating one year and two months without any addictive substances. This is a major miracle. This poor woman has been caught up in the cycle of addiction and prostitution for over ten years. To see her clear-eyed, well groomed and working her program is to see her transformed. For years, the Mission staff and volunteers have loved and served this woman. We have prayed for her, talked to hear and taken her to the doctors and provided a place that refused to condemn her. Now, we can see what God can do with broken people.

We celebrate the Resurrection of Jesus Christ and we celebrate the new life he gives to the people we see everyday. Miracles are all around us. We simply need the vision of faith to see them. Miracles have names like Bill, Sarah, Lonnie, Diane, Latosha, David, Kim and hundreds more. Take the time to care for and serve the people in your life. Show people what God shows you and watch the miracles pour out of them.

~ Love, Pastor Bruce

Urban Mission



April 2008

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Mission Statement

Urban Mission is a concrete witness of Jesus by serving the needs of the poor and disadvantaged.

Goals

- Provide ministries and services for people in need that are beyond the usual capabilities and mission of local congregations.
- Supplies groceries and meals for all who do not have sufficient or adequate food;
- Provides temporary shelter and safe haven in a structured home-like environment for homeless families;
- Provides leadership and program development in and for the African American community;
- Improves the housing of low-income households;
- Makes health care services and information more accessible for the poor;
- Provides services, programs or ministries to address other specific physical, spiritual, social or emotional needs of the poor and disadvantaged;
- Recruits and enables congregations, judicatories, organizations, groups, businesses, and individuals for voluntary community service.

Volunteer Appreciation Luncheon

“Volunteers... The Heart of Our Community”

Friday, April 18, 2008

12:00 PM - 3:00 PM

Wintersville UMC

702 Main Street, Wintersville, OH 43953

Please RSVP by Friday, April 11, 2008 to 282-2911.

In 2007, many groups, churches and individuals combined their efforts and gave **44,322 hours of volunteer service** at Urban Mission. It would be impossible to thank each volunteer individually for their hard work. Therefore, we will be thanking everyone collectively with a special luncheon!

If you, your friends or anyone you know volunteered at the Mission last year, please invite them to the celebration. *See you there!*

~Linda L. Smith, Program Director

Thanks Mr. Easter Bunny!



Many thanks to the many others who helped the Easter Bunny have enough jellybeans to fill the Easter treat bags. We were able to provide 850 treat bags for our families who came to the distribution on March 20.

A great big thank you goes to the students at Franciscan University. They worked to put together additional treat bags that were included with ours. The love and caring that went into putting their bags together was quite evident. They even made the bags they put together bright and colorful by putting artwork on them.

Providing the Easter treat bags for our families is one of the fun projects we do at Urban Mission. Having so many individuals take the time to help with this project is what makes it so successful each year. By the way...your help with the jellybeans put us 233 bags over our goal!!

Easter is a time of hope and new beginnings. I sincerely hope everyone was blessed with a wonderful holiday. As always, I look forward to working with everyone for this event once again next year. Easter in 2009 won't be as early as it was this year. It will fall back to April. God Bless You All!

*The sun bursts forth in all its glory,
across the earth it tells the story.
“The tomb is empty, the body is gone...,
the Christ arose in the early morn.”
So, sing ye people, let your voices ring,
Sing ye people: Oh, Christ is King.”*

~Linda L. Smith, Program Director

Award Winners Named



Each year hundreds of individuals, businesses and churches donate their time and funds to benefit Urban Mission and our community. **The 2007 volunteer award winners have been named as follows:**

Female Volunteer of the Year:

Candy Meiler

Male Volunteers of the Year:

Kenny Mossor and Bud Lindgren

Quiet Servant Award:

Kathy Lawrence

Church of the Year:

New Life Worship Center, Weirton, WV

Business of the Year:

Tri-State Electric and Machine, Glen Dale, WV

Executive Directors Award:

Mid-Ohio Food Bank, Columbus, OH

The awards will be presented at the Annual Volunteer Luncheon on Friday, April 18, 2008. Congratulations to these award winners and a special thank you to all those who donate of their times, talents and resources to make this community the best it can be!

Minority Health Month 08'

April is Minority Health Month in the State of Ohio. “Connect to Health” is our theme. Special events will be held throughout the state to provide health education and raise the awareness of the



health issues of Minorities and promote healthy lifestyle changes. A calendar of area events is enclosed.

All events are open to the public and some events target specific groups. Please make plans to join us for one or more of the events. For information about any event, please call 740-282-8010. **Connect to Health: Be Active, Be Healthy, Be Connected!**

~Sharon Kirtdoll, Community Developer

Matching Funds Hunger Drive

The Feinstein Matching Funds Hunger Drive will continue through April 30. There is still time to contribute monetarily or non-perishable food products. Rhode Island Philanthropist Alan Shawn Feinstein has pledged to proportionately match donations of funds marked for hunger **thru April 30, 2008**. Praise God for this wonderful opportunity!



If you haven't sent in a donation yet, please consider doing so that we may take full advantage of this program. If a monetary donation is too difficult at this time, please consider non-perishable food items. **Each food item collected during the same time period will count as \$1 toward the cash match.**

Please help us End Hunger in the Valley by sending in your contribution today. Please be sure to mark "Hunger" in the memo if donating by check. Thank you for thinking of your neighbors in need.

Vehicle Donations Accepted

Do you have a used vehicle you would like to donate to Charity?

Hutton House is accepting vehicle donations for our homeless families.



By donating a vehicle, you can receive the full "Fair Market Value" tax-deduction. If you are interested in donating your used (working) vehicle, please call Debra at 740-282-8903.

Newsletter Folding Change



The folding of the Bright Horizons newsletter **will take place on Thursday, May 1, 2008** instead of April 24, 2008. If you have any questions, please call Angie at 282-8010.

Parish Nurse News: Irritable Bowel Syndrome Awareness Month

There are some topics that we are taught to not discuss with others, one of these is our bowel functioning. There are many problems that occur with our bowel functioning. One of these problems is irritable bowel syndrome (IBS) and April is Irritable Bowel Syndrome Awareness Month. IBS is the most common digestive disorder in the United States. It is estimated that between 10% and 22% of the US population has IBS. Let's take a few minutes to learn about IBS.

It is important that irritable bowel syndrome (IBS) is not confused with inflammatory bowel disease (IBD). Inflammatory bowel diseases (IBD) are diseases of the immune system with chronic, recurring bouts of inflammation of the gastrointestinal tract. The two common types of inflammatory bowel diseases (IBD) are Chron's disease and ulcerative colitis. Irritable bowel syndrome (IBS) is not a disease but a syndrome. A syndrome is a collection of symptoms. IBS is classified as a functional disorder, which means that the bowel doesn't work correctly. The cause of IBS is not completely understood, but doctors believe it involves the nerves and muscles of the bowel. If the muscles contract too much after one eats, then there will be cramping, pain and diarrhea. Other symptoms may include constipation, or both diarrhea and constipation, mucus in the stool, a swollen abdomen and a feeling that you have not finished a bowel movement.

If you are experiencing any of the above symptoms, you need to visit your family doctor for a diagnostic work-up. This work-up will include the usual physical examination, blood work and will also include one or both of the following: a lower GI series (barium enema) or a colonoscopy. These tests can rule out other causes of bowel problems and lead to a diagnosis IBS.

There is no cure for IBS, but measures can be taken to relieve the symptoms. You will need to avoid certain foods, which you can determine by keeping a food diary and determining which foods caused you to have symptoms. Some foods that are known to cause symptoms include: fatty foods, milk products, chocolate, alcohol, caffeinated and carbonated drinks. If you experience constipation, then a diet high in fiber can alleviate the constipation. Foods that are high in fiber include fruits such as apples and pears, vegetables such as raw broccoli and carrots, whole grain breads and cereals, and beans such as kidney beans or lima beans. Add these foods to your diet one at a time and you may want to keep a food diary as you are introducing these foods, to see if these foods cause your symptoms to worsen. If eating large meals causes you to have diarrhea, then eat four to five smaller meals a day. There are some medications that your doctor may recommend—check with your doctor before taking any medications for your symptoms. Stress does not cause IBS, but stress can worsen the symptoms of IBS, so incorporate some stress reduction measures into your daily routine.



Additional information about IBS can be obtained from the following internet sites: www.aboutibs.org and www.digestive.niddk.nih.gov. If you are experiencing any changes in your bowel functioning, it is imperative that you see your doctor and obtain a diagnostic work-up. This work-up will determine the cause of your bowel functioning problems, and lead to appropriate treatments.

~Michalene A. King, PhD, RN

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LABEL

April 2008

Upcoming Events in April 2008

1	God's Pantry Hunger Committee Meeting	10:00 AM
2	Program/Evaluation Committee Meeting	2:00 PM
3	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Mtg.	4:00 PM 5:00 PM
5, 12, 19, 26	Mission Rejoice Service (Saturdays)	6:00 PM
7, 14, 21, 28	Parish Nurse (Mondays)	11:00 AM
8	Finance Committee Meeting	6:00 PM
9	Health Screenings, Lupus Support Group (See MHM insert)	6:00 PM
14	"Shall We Dance", at the MLK Center (See MHM insert)	6:00 PM
15	Packing for Food Distribution	9:00 AM
17	God's Pantry Food Distribution	9-12; 1-3
18	UM Annual Volunteer Appreciation Luncheon (See page 2)	12:00-3:00 PM
19	Men's Health Breakfast (See MHM insert)	9:00 AM
21	Health Screenings, Lupus Support Group (See MHM insert)	6:00 PM
22	CSFP Senior Food Distribution Prostate Cancer Screening (See MHM insert)	1:00 PM 4:30 PM
24	Urban Mission Board of Director's Meeting	4:30 PM

The Hutton House Homeless Shelter is in need of:

- Women's Personal Hygiene Products
- Personal Care Products
- Pots and Pans
- Refrigerators
- Cleansing Supplies

If you would like to donate any of these items, please contact Debbie at 282-8903 or drop them off at Urban Mission.