



Bright Horizons

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

Worry or Not to Worry

One of the great themes of lent is the call for Christians to recognize our morality and the fleeting nature of life. Our transformation into the likeness of Christ takes place daily. We are called to prayer, Bible study and generous giving to the poor and needy. These activities are at the heart of understanding eternal life. In recognizing our humanity and humbling ourselves as servants, we learn the mystery of transformation into glory.

By His life's example, Jesus taught us to pray and learn the scriptures. By His teaching, healing and raising people from the dead, Jesus taught us to value the poor, the outcast and the undesirable. This life is not for those seeking recognition, affirmation or respect in our society. It is far easier to blame the poor, the lame and the outcast for life's woes than it is to actually help them. Jesus did not say analyze the problems the poor face and do not help them if it is their own fault. Jesus makes it clear in His teaching and actions that we are to help.

Fear pervades much of our nation as we cope with an economic crisis. Recession and depression set in among us in many ways. It is too easy to allow our thinking, praying and acting to be influenced by this mess. We have confused our faith in God with faith in the economy. Hope in Jesus Christ does not fade because the stock market does. In fact, hope in our faith becomes far clearer now compared to other times. The difference between needs and wants is plain to see in the midst of economic depression.

The choice we face is to remain faithful to the life of Jesus led and taught, or to be deceived by the false life and values our culture sells. There is something solid and right about praying, studying the Bible and caring for the poor and needy. There is a transformation that God works in those who humble themselves and serve. We don't have to be right on every issue. We don't have to have all the answers to every question asked. We do not have to wash the feet of everyone in the world. We simply wash the feet of those in our lives.

Praying transforms us because we are in the Presence of God. Bible study transforms us because we learn the life and teachings of Jesus Christ. Giving, caring and loving transforms us because we live as Jesus lived. By focusing on these things, many other things that once dominated our hearts and minds are revealed as nothing and can be set aside. We can pursue the life of God in our lives, or we can worry and fret about the stock market and other trivial matters.

~ Love, Pastor Bruce

Urban Mission



April 2009

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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... Some are oldies, but ALL are goodies"



Friday, April 24, 2009

12:00 PM - 3:00 PM

Wintersville UMC

702 Main Street, Wintersville, OH 43953

Please RSVP by Friday, April 17, 2009 to 282-2911.

Because Urban Mission is celebrating it's 50th Anniversary this year, we are going to celebrate in a rockin' kind of way. This year's luncheon is going to have a "50's" theme all the way through. If you have a poodle skirt or a pair of saddle shoes, get them out and dust them off and join us for the fun!

This fun-filled event will be held on Friday, April 24 from 12:00 until 3:00 PM. The annual volunteer awards will be presented and following the lunch and the awards presentation, the fun begins. Please call the warehouse to give us your RSVP for this rockin' event. We are looking forward to having a great time. You won't want to miss out on the fun!

~Linda L. Smith, Program Director

Jellybean Challenge



By the time you are reading this issue of our newsletter, I hope to have received the **850 bags of jellybeans** we are going to need for our Easter Treat Bags. We will be giving these bags to our families on April 15, 16, and 17.

If there is anyone still wishing to donate jellybeans, please have them to us on or before **Thursday, April 9** We will be packing the treat bags on Tuesday and hope to have all the jellybeans by then. Thank you for your support with this project.

~Linda L. Smith, Program Director

Feinstein Hunger Matching Funds Drive

There is still time to contribute to the Feinstein Matching Funds pledge by Rhode Island Philanthropist Alan Shawn Feinstein. He has pledged to proportionately match donations of funds marked for hunger through **April 30, 2009**.

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 feed the many hungry children, senior and families in our area 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.

Food Distribution Changes



In last month's issue of our newsletter, I shared with you about the upcoming changes we are making to our food distributions. We are really excited about this change and are anxiously waiting to see how it works.

I also shared with you about the advantages these changes will extend to our families who come in to receive the bags of food. But...what I didn't share with everyone was the benefits our volunteers will receive.

I have a lot of friends who call asking for information as how to come in and volunteer. Many would like to come help on "food give-a-way" day. By having it only on Thursdays was hard for some to come in. But, with the changes about to take place, we are also going to give our volunteers more space to come in and help.

So, for anyone reading this newsletter...come on in and give us a helping hand. Just give me a call at 740-282-2911 and I will be glad to help make those arrangements.

~Linda L. Smith, Program Director

Parish Nurse News: Walking for Holistic Health

We have survived another winter with lots of cold, snow and ice. Many people have been suffering from "cabin fever" because it was just too miserable to be outside. Some of us have gained a few pounds and inches because of lack of exercise. Now spring is here with increased hours of daylight and warmer weather and we are ready to go outside. Now is the perfect time to start our physical exercise program.



Have you ever wondered how a physical exercise program can benefit your health and well-being? Health is well-being of the body, mind and spirit. Many of us are familiar with the physical benefits of exercise. Some benefits of physical exercise include: breathing that is increased in number and depth which leads to increased oxygen for the body, increased heart rate that pumps the oxygen to all areas of the body, increased muscle tone and strength, and improved digestion. Does physical exercise benefit mental and spiritual health?

Physical exercise can help to reduce stress which will lead to improved mental health. Walking and talking with a friend is another way to reduce stress. When you are walking, you can pray or meditate to improve your spiritual health. You can do this while walking by yourself or with others. Talking to God through prayer and meditation can also help to reduce stress. Being outside and enjoying all the beauty that God has given us in nature can be a spiritual experience.

Walking outside as physical exercise can lead to health of the body, mind, and spirit or holistic health. So lace up your walking shoes, find a safe place to walk, and start your holistic exercise program today.

-Michalene A. King, PhD, RN

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.

Minority Health Month Faithful, Fit and Fine in '09'



April is Minority Health Month in the State of Ohio. "**Faithful, Fit and Fine in '09'**" is our theme locally. Many special events will be held throughout the state to raise awareness of health issues facing minorities. The events also include health screenings and education to encourage lifestyle changes. A calendar of events in our local area 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.

~ Sharon Kirtdoll, Community Developer



Easter at Hutton House

Easter is coming up in just a few short days. Right now the Hutton House has 25 children residing in the Shelter. Would you consider donating items to help make Easter baskets for these children? Small snacks, jellybeans, little games or trinkets are a few ideas. If you would like help with Easter baskets please call Debra at 740-282-8903.

Mission Rejoice Calendar



We are currently scheduling churches for the 2009 Mission Rejoice Calendar. Groups of all kinds are invited to serve as a Host Church. Mission Rejoice is held from 6-8 PM on Saturday evenings here in our beautiful sanctuary. Churches can provide the meal and preaching or one or the other.

For additional information or to schedule your night of ministry, please call Rev. Toni, Monday through Wednesday from 9 a.m.-1 p.m. at 740-282-8010.

Pop Tab Recycling

Several newsletters ago we asked you to save pop can tabs for charity. The local charity is no longer receiving these tabs. We ask that you please do not collect any more tabs. Thank you for your help with this project in the past. Your donations went to good use.



Urban Mission Ministries, Inc.
301 North Fifth Street
Steubenville, OH 43952

Phone: 740-282-8010
Fax: 740-282-8514
E-mail: mail@urbanmission.org
www.urbanmission.org

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Celebrating 50 Years of Ministry!



Upcoming Events in April 2009

4, 18 & 25	Mission Rejoice Service	6:00 PM
20 & 27	Parish Nurse (Mondays)	11:00 AM
7	God's Pantry Hunger Committee Meeting	10:00 AM
8	Program/Evaluation Committee Meeting	2:00 PM
9	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Mtg.	4:00 PM 5:00 PM
10 & 13	Offices Closed for Easter Holiday Weekend (No Mission Rejoice Service on Saturday, April 11, 2009)	Offices Closed
13	Lupus Education and Support Meeting: MLK Center	6:00 PM
14	Packing for Food Distribution No Finance Committee Meeting	9:00 AM No Meeting
15, 16, 17	God's Pantry Food Distribution	9-12; 1-3
18	Minority Health Month Men's Health Breakfast (MEN ONLY) Mt. Carmel Community Baptist Church: RSVP 740-282-8010	9:00 AM
21	CSFP Senior Food Distribution Minority Health Month Men's Prostate Cancer Screening at Tony Teramana Cancer Center: RSVP 740-282-8010	1:00 PM 4:30-6:30 PM
23	UM Board of Directors Meeting	4:30 PM
24	UM Annual Volunteer Luncheon (See page 2)	12-3 PM
30	UM Newsletter Folding	9:00 AM

Hutton House Homeless Shelter is in need of:

- Tall Kitchen Garbage Cans
- Mops and Brooms
- Cleaning Supplies

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