



BRIGHT HORIZONS

Urban Mission Ministries, Inc.



April 2003

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March To End Hunger FEINSTEIN MATCHING FUNDS

Urban Mission is requesting donations in its fight against hunger in the Upper Ohio Valley. Rhode Island philanthropist Alan Shawn Feinstein will match donations of **money and food** received and marked for hunger from March 1 thru April 30, 2003 proportionately. Join other Churches, Organizations, and Individuals in this fight against hunger especially in these two months so that the Mission can take advantage of Feinstein Matching Funds.

Gathering Laborers for the Harvest

Have you ever started a small project that snow balled into something huge? That has been the experience of the Urban Mission in the past few weeks. We started out with the question, "What are we going to do about food?" We have seen an increase in need with a corresponding problem with availability. Mid Ohio Food Bank is suffering. The Mission is suffering; the Salvation Army and CAC are also struggling with food needs.

I thought the answer to our question was a simple appeal through the newsletter for food, maybe some schools supporting us and advertisement on Froggy Radio to collect one semi trailer of canned food for the Urban Mission. This seemed perfectly simple until . . . in walked Chris Nichols of Froggy. This is a whirl wind of a person who in no time at all had a campaign started for food throughout the valley. Our discussion centered on what we wanted to accomplish. We quickly realized that the Mission needed food, but so did other agencies. After some thought, we decided to invite the Salvation Army, Community Action Council and House of the Carpenter into a much larger effort.

We are proud to launch Gather Together

2003. Our goals are to support the largest food distributors in the valley. We hope to gather enough canned goods to fill two semi trailers. You will hear about this on the radio, TV, newspapers, and bill boards. Our hope is to feed the hungry of the Valley.

There are two ways in which you can help. First, you can send a donation to



the Urban Mission for the Feinstein Matching Funds challenge. Second, you can donate canned goods and or organize a food drive through your class, church or group. I would be glad to come and explain the need in person.

Canned meat like chili, beef stew, manwich, salmon and peanut butter

are very important because of the protein they provide. Please help the people of the Valley. Our food requests are up 33% in the past 18 months. The future will likely bring further increases.

Jesus said, "The fields are ripe for the harvest, but the workers are few." Will you work to bring a harvest of food that will feed the hungry through various agencies and thereby choose to work for Jesus Christ?

Love,

Pastor Bruce

Most Needed Items:

Green Beans, Corn, Canned Meats, Canned Fruit and Peanut Butter

Minority Health Month

April is Minority Health Month in Ohio. Special events will be held throughout the state to provide Health Education and raise the awareness do the Health issues of Minorities and promote healthy lifestyles changes. Enclosed is a calendar of events. Please plan to attend. Tell your family and friends. All events are open to the public and some events target specify groups. Please feel free to contact me for additional information concerning any event. Remember: "Good Healthy Begins With You".

-Sharon Kirtdoll,
Community Developer.

NCDC News

A new Math Excellence program began at Garfield Elementary School on March 13. Twenty-two kids have already come to take part of the program and needless to say, we are delighted. The programs goal is to increase the knowledge base and stimulate can interest in mathematics in inner city youth with the hope that they may pursue a career in a mathematical field. This program is a collaborative effort of the Urban Mission/NCDC, Steubenville /city School, Jefferson Community College and the Franciscan University.

Infant Immunization Week

The Jefferson County Health Department will be celebrating National Infant Immunization Week April 13-19, 2003. This week was established to educate parents, caregivers, providers and communities on the importance of timely immunizations. We are sponsoring a kick off celebration at the Wintersville McDonald's April 12 from



10 a.m.-1 p.m.. We will have pamphlets, literature and information about immunizations. We will be having a coloring contest, face painting, and tattooing for the children. Feel free to celebrate with them. For more information, contact the Jefferson County Health Department.

Ham Loaf Dinner

(Scalloped Potatoes, Corn or Green Beans, Applesauce, Roll, Pie, Beverage)

May 2, 2003
4-7 PM

Wintersville UMC
702 Main Street, Wintersville, OH 43953

Donation: Adults \$6 Children \$3
Carry outs Available

Only Fundraiser for our children's summer activities

K-KIDS

K-KIDS

Shoe Giveaway

May 7, 8, 9

We need shoes for our annual shoe-give-away - men's, women's and children's. Please bring them to the Mission or the Warehouse by May 2.

Volunteers are also needed to sort shoes and work the distribution. Please call Greta at 282-2911.



Caption describing picture or graphic.

Inside Story Headline



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Parish Nurse News: Health and Well Being

It has certainly been a record winter with all the cold weather, snow and ice. Many people have been suffering from “cabin fever” because it was just too miserable to be outside. Many of us have gained a few pounds and inches because of the lack of exercise. Now spring has come with increased hours of daylight and warm weather and we are all ready to go outside. It's time to get outside and get some physical exercise. Have you ever ordered how a physical exercise program effects your health? Health is well-being of the body, mind and spirit. Many of us are familiar with the physical benefits of exercise. These benefits include: Breathing that is increased and deeper 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 to name a few. Does physical exercise benefit the other two areas of health? Let's look at the physical exercise of walking, which is an exercise in which most people can participate. When a person is outside walking, he or she can get in touch with the beauty of nature. There are so many wonderful colors, sounds and smells in nature.. Getting in touch with nature can be a spiritual experience. We can appreciate all the beauty that has been given to us by God. Walking outside can lead to health of the body, mind and spirit or holistic health. So lace up your walking

April 2003

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Upcoming Events in April 2003

1	Hunger Committee Meeting	10:00 AM
3	Board of Directors Meeting	4:30 PM
5	Mission Rejoice: Toronto Presbyterian Church	6:00 PM
7	Parish Nurse	11:00 AM
8	Finance Committee Meeting	6:00 PM
12	Mission Rejoice: Doylestown UMC	6:00 PM
14	Parish Nurse	11:00 AM
14	Joshua Committee Meeting	4:00 PM
15	Packing of OH Food Distribution Bags	9:00 AM
17	God's Pantry OH Food Distribution	9-12;1-3
18	Good Friday: Mission Closed	
21	Parish Nurse	11:00 AM
24	God's Pantry: WV Food Distribution	9-12
24	Ministries Council Meeting	5:00 PM
26	Mission Rejoice: Crossroads UMC	5:00 PM
28	Parish Nurse	11:00 AM
30	Lupus Meeting	6:00 PM
	<i>Bible Study every Friday at the Mission by Min. Toni Hubbard</i>	4-6 PM

The Hope Box

Our needs are:

- Electric Pallet Jack
- Sewing Machines
- Seven (7) Gifts of \$1000 to pay off the warehouse



The Hutton House is in need!

Our needs are:

- Diapers size 5, 6 and larger.
- Light bulbs
- Towels and Wash cloths
- Dish towels and dish cloths
- Cleaning supplies (oven cleaner, trash bags, dish soap, toilet tissue and paper towels)

Note: We thank you for your generous donation of furniture items, but we are currently still not able to receive furniture donations.