

Bright Horizons



REV. BRUCE HITCHCOCK, EXECUTIVE DIRECTOR

ANGIE BROWN, NEWSLETTER EDITOR

Our Course is Set

Luke 9:51 says, "When the days drew near for him to be taken up, he set his face to go to Jerusalem." This is a wonderful verse that teaches us about making decisions, purpose dictating behavior and putting resolve into action. At first glance this one sentence is short and to the point. There is not much to it. It does not seem like one of those Bible verses we should memorize.

The first phrase is simple. It announces that the days were near when he would be taken up. He, or course is Jesus. "Taken up" is not the same as "lifted up." The phrase "lifted up" refers to the crucifixion. The term "Taken Up" refers to the ascension of Jesus. The difference is remarkable. For Jesus to be "Taken Up" means that he has completed his task on earth. Jesus came to save all people. Jesus knew that his job in Jerusalem was to save the world. The crucifixion was one part of that task. The resurrection, teaching, sending disciples and the ascension were also necessary tasks of Jesus. This little phrase tells us what Jesus wanted to accomplish in Jerusalem. It explains the second phrase of the verse.

"...He set his face to go to Jerusalem." This is a way of stating the decision had been made, his course set, and his resolve in accomplishing the task. Jesus is not blown about by every wind that comes along. Immediately after making his decision and setting his face toward Jerusalem, Jesus encountered a series of obstacles that did not turn him aside. The same cannot be said for the various disciples mentioned. They were turned aside by many things. Jesus did not stop. The first obstacle was the rejection of Jesus by the Samaritans. They did not want to help anyone going to Jerusalem to serve God. Petty theological disagreements grew into contentious issues that led to hatred and violence. This rejection was a replay of that mess. Today Christians get caught up in all kinds of theological debates and petty insults. We, like the "Sons of Thunder" want to answer with violence. "Shall we call down fire from heaven?" Jesus did not have time for insult or the fight. He had a task to perform, a place to go, a decision made, a mind made up. No pettiness or foolish fighting could dissuade him from saving the world.

Other disciples wanted to join him on the way and tried to hedge their bets in case things did not work out. They wanted a golden parachute. Jesus refused to allow love of money, other relationships and old life patterns to be excuses for disciples to turn aside from Jerusalem. Jesus knew the mission was vital for humanity. I wonder if we Christians realize that our mission is vital and nothing else compares to it. Do we know that our proclamation of the God News is more important than anything else in life? Jesus is no mamby-pamby, wishy-washy man who will let lesser desires and needs turn him from the greater mission of serving God and humanity. Modern day disciples tend to let almost anything turn them from the task at hand. Our task is to follow Jesus and proclaim the gospel. Nothing else in life rises to that level of commitment and importance. The struggles and fears faced by disciples of Jesus in the past is the same for us today. Therefore, let us encourage one another in love so that we do not turn aside from the way of Christ and we focus our minds and hearts on the salvation of the world in Christ.

-Love, Pastor Bruce

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Back To School "Supplies & Funds Needed"

It won't be long before it's time for our children and youth to go Back to School. Our School Supplies Give-away will be held on **Friday, August 24, 2007** at Urban Mission. We are in need of the following items for the giveaway:

- **Crayons**
- **Glue Sticks**
- **Pencil Boxes**
- **Scissors**
- **Erasers**
- **Theme & Composition Notebooks**
- **Markers**
- **Colored Pencils**
- **Folders**
- **Filler Paper**
- **Pens**
- **Pencils**

Please bring them to the Mission by **August 20**. You may also send in a monetary donation in the enclosed envelope. We appreciate your support!!

Annual Street Carnival



Saturday, August 11, 2007

12:00-4:00 PM

Urban Mission Parking Lot

301 North 5th Street

Steubenville, Ohio

Join us for free food, games,
prizes and entertainment!

*If you would like to volunteer or make a donation
toward this event, please call 740-282-8010.*

Thanksgiving Challenge

We're getting closer to Thanksgiving and our big Thanksgiving Basket distribution. It's time to collect **Sweet Potatoes (18-20 oz can/1200 cans)** for this month's challenge. If you'd like more information about this, give Linda a call at 740-282-2911.



Urban Mission School Supplies Distribution

Friday, August 24, 2007
9:00-12:00 and 1:00-3:00



School Supplies
for K-12

New Blue Jeans



Children must be present.

Supplies will be given directly to the student.
Blue jeans and supplies for students only!

Precious Memories

On Saturday, July 7, 2007, I celebrated my 40th class reunion. Myself and other members of the Hopedale High School Class of '67 shared a wonderful evening together. The dinner was wonderful and the music and dancin' to the oldies was great.

There was a part of the program session where we were asked to share memories, and believe me, there were many. When I was called on to share a memory, it was replaced with the precious memories from several of my classmates who shared how my mother had touched their lives. There were memories of how she had taught my friends to bake chocolate chip cookies and to sew. There were memories of how she always had to listen to the jokes we heard at school so she could decide if we should share them with others. There were those who came to Mom when times with their own moms were a little difficult. There were many meals shared at our house between morning and evening band practices. There were even meals served at her house after school and before basketball and volleyball games for her granddaughters during their Junior High years.

I knew my mother had done all of those things. I just didn't know how deeply she had touched so many others. It was just my mom doing the things she knew how to do best. She did those things not because she felt she had to, but because she wanted to. She was a mother to my sister and I, a grandmother to our children, and a mom and friend to so many others.

As I do my job at Urban Mission, I can only hope I can be that friend to the many folks who come in for help. I hope and pray that my mother's attitude of going the extra mile for others can be seen through my work.

The Lord definitely blessed my mother with everything she did for others. I certainly feel blessed by His direction to send me to Urban Mission. His blessings are many and to walk with Him by my side makes doing my job so much easier.

I told my husband as we were sitting on our front porch following the reunion that I was certain that my mother "earned her wings". Every morning I pray a prayer that is on the wall in my office, "May the work that I do and the way I do it bring faith, joy, and a smile to all that I come in contact with today."

I hope that my mother, Ginny Case, will be there to greet me and along with our Lord, will be able to say to me... "Well done, good and faithful servant".

-Linda L. Smith, Program Director

African American Heritage Festival

August 3, 4 & 5, 2007



North End Ball Park
Steubenville, Ohio

Music, Vendors, Entertainment
and much more!

Lupus Education & Support Program

"Someone You Know Has Lupus"



The summer months are really difficult for anyone living with Lupus. The sun burns their skin and they are left out of day-time activities. This is someone you know. Learn more about Lupus by attending one of our Education and Support Group meetings. This months dates are listed on the back of this newsletter.

Lupus affects African American women ages 20-40 at a higher rate than any other group. This Education program is funded by the Ohio Commission on Minority Health and directed by the Neighborhood Community Development Center (NCDC).

Look for our display at the Heritage Festival on August 4.

*Lupus Support Group Coordinators:
Walter and Pat Howard and Patti West*

Parish Nurse News: Walking

There has been so much information in the news lately about obesity problems in our country. One aspect of our lifestyle that can lead to obesity is decreased physical activity. Many people, including young children, spend countless hours on the computer, watching TV, and/or playing video games. All this inactivity can lead to obesity and other health problems. It is time to take control of your health and start a physical exercise program.

Have you ever wondered how a physical exercise program affects your health? Health is well-being of the body, mind, and spirit. Many of us are familiar with the physical benefits of exercise. Physical exercise can lead to improvements in the circulatory system, the respiratory system, the musculoskeletal system and even the digestive system. 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.

Physical exercise can reduce stress, which can improve mental health. If you have a companion who walks with you, then this relationship can be a supportive relationship which can also improve mental health. When you are walking outside, you can get in touch with the beauty of nature. There are so many wonderful colors, sounds, and smells in na-

ture. Getting in touch with nature can be a spiritual experience. We can appreciate all the beauty that has been given to us by God. You can also meditate or pray while you are walking, spending time talking with God, which can also improve your spiritual health.

If you decide to start an outdoor walking program, here are a few safety tips. Do not walk by yourself in unfamiliar places or when it is dark. Try to find a "buddy" to walk with you, so that you are not alone. Many people like to listen to music with headphones, but this could also lead to safety problems as you may not hear approaching vehicles or strangers. Dress appropriately for the weather, which includes layering clothing, so that you can remove some clothing if you become too warm. Don't forget the sunscreen and the insect repellent (if needed). Take along some water, especially when the weather is hot, so that you can keep hydrated. These safety tips will make your walking experience a safe and pleasurable one.

Walking outside can lead to health of the body, mind, and spirit. So lace up your walking shoes, put on some comfortable layers of clothing, grab your bottle of water, and start walking for your total health today!

~Michalene A. King, PhD, RN



August 2007

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Upcoming Events in August 2007

1	Lupus Support Group Meeting: Trinity East	6:00 PM
2	Neighborhood Community Development Center Mtg. Greater Steubenville CDC Meeting	4:00 PM 5:00 PM
4, 18, 25	Mission Rejoice (Saturday's)	6:00 PM
6, 13, 20, 27	Parish Nurse (Monday's)	11:00 AM
7	God's Pantry Hunger Committee Meeting	10:00 AM
8	Program/Evaluation Committee Meeting	2:00 PM
11	Annual Street Carnival (No Mission Rejoice Service)	12:00-4:00 PM
14	Packing for Food Distribution	9:00 AM
16	God's Pantry Food Distribution	9-12; 1-3
20	Lupus Support Group Pool Party	6:00 PM
23	UM Board of Directors Meeting	4:30 PM
28	CSFP Senior Food Distribution	1:00 PM
30	UM Newsletter Folding	9:00 AM
	Unity Kitchen: Monday, Tuesday and Wednesday of every week.	12:00-1:00 PM

Joshua Work Teams

August 5-10, 2007

**St. James Youth Group
Brewster, NY**

Host Church: Grace Lutheran

August 12-17, 2007

**St. Timothy Lutheran
Bemus Point, NY**

*Host Church: First Presbyterian,
Toronto*

