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## "Perception is Reality"

"Perception is reality." That is a horrible phrase that is used to describe how a persons perception of an individual, institution or situation is correct without regard to accuracy. Misperception can become reality in a hurry. Just watch the lying and spinning going on in the various campaigns for nominations in both political parties. A recent misperception has been making the rounds about the Urban Mission.

ban Mission, but we all gave witness in such a manner that the University honored us.

In addition to the many individuals who have given to Urban Mission, many businesses, congregations, schools, foundations, the Ohio Valley District and the East Ohio Annual Conference of the UMC must be included in accepting the Poverello Award. All have contributed to making the Mission dedicated to serving the poor as Jesus Christ did. We are, all of us together, a unique part of the Kingdom of God revolving around the luminous life of Jesus Christ. We are bound together in Christ. We are united in Christ. We serve as Christ served.

The Poverello Award is an encouragement to continue serving the poor. The number of poor people and the needs of the poor continue to grow in America and around the world. Our ability to give and serve depends entirely upon the love and mercy of God. Our hearts remain loving and tender toward our friends through the relationship we have with God. When we are filled with the Presence of God's love in our lives then we can reflect that same love and mercy into the lives of our people. Some think that our ability to serve comes down to the dollars we have to give. I think our ability to serve comes down to how much we experience God's love in our lives. The means to serve comes when the hearts of God's people are transformed by Jesus Christ. It is not the money in our hands, rather it is our hearts in the hands of God.



### Annual Dinner Celebration '08

On **Tuesday, February 19**, we will hold our **Annual Dinner Celebration** from **5:30-7:30 p.m.** at St. Florian Hall, 286 Luray Drive, Wintersville. This will be a special evening of food, fellowship and inspiration that you will not want to miss. A special program is being planned to celebrate an exciting and fruitful year.

We invite you to come out to see how your contributions are making a difference in the lives of folks right here in your community. Please make plans to join us at St. Florian Hall for this special event. A reservation form is available on page three of this newsletter. We look forward to seeing you there!

The Urban Mission was blessed by Franciscan University. The University chose the Urban Mission to receive the Poverello Award. Poverello means little poor man. It refers to St. Francis. The Mission received the Award because of our long-standing commitment to serve the poor. This is an honor for the Urban Mission on many levels. The greatest honor is simply the recognition of the Gospel nature of our work. St. Francis sought to live a life consistent with the life and gospel of Jesus Christ. The Urban Mission seeks to serve in the same manner.

The misperception comes when people say to me, "Congratulations on winning the Poverello Award from the University." It is a great comment and it provides me the opportunity to correct the misperception. I did not win an award. Urban Mission received the award for our lifetime of service. We received an award. Every person who has ever served at Urban Mission received this award. That means everyone who has donated money, time, prayer and service of any kind received this award. I was honored to accept the award for the Ur-

## Jelly Beans: The Missing Ingredient

I love to look through recipe books. If I can't find what I am looking for, I know I can go online and find just what I want. It was in doing just that when I came across an online article titled "Our Best Easter Recipes". There were recipes for stuffing, bread, ham, potatoes, casseroles, desserts, chocolate recipe ideas and many, many more!

Did I say Easter? Is it time to start planning for Easter already? Well, if you have checked your calendar you found Easter will be here on March 23. So, it sure is time to start planning. Speaking of recipes, I have a wonderful one to share with everyone. Here it is...



- **1 Easter Bunny**
- **850 Easter baskets**
- **850 bags of jellybeans**
- **Lots of helpers**



The Easter Bunny listed above needs to fill the baskets with lots of goodies. Urban Mission will be working to provide the goodies. But, we need help in order to get the jellybeans that will be included in the baskets. We are asking everyone to help add the missing ingredient.

To complete the recipe, we will be packing the treat bags on March 18 and they will be given to the families on March 20. **If you want to help supply the jellybean ingredient in order for the recipe to turn out as hoped for, please have the jellybeans delivered to Urban Mission by Friday, March 14.** If you have any questions about this fun project, please give me a call at 282-2911.

-Linda Smith, Program Director

## Hutton House Accepting Vehicle Donations

**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.



We will provide your vehicle to a family with an adult licensed driver, free of charge. Vehicles will be used by these families to assist them in their transportation needs and help them to continue to work and become self-sufficient, productive members of our community. If you are interested in donating your used (working) vehicle, please call Debra at 740-282-8903.

## Scholarship Applications Available



Robert E. Hutton Memorial Scholarship Applications are available to **low-income students of any age wanting to pursue higher education.** Proof of income and letters of acceptance and reference are required in order to be eligible for a scholarship. Other evaluation criteria will be community and church involvement.

For an application, stop by Urban Mission or call us at 740-282-8010 and an application can be mailed to you. **The deadline for applications to be submitted is March 31.**

## Stamp Recycling Time!

**What is Stamps for Children?** It is a nationwide non-profit organization that recycles donations of used stamps and then distributes them free of charge to any children's group (schools, scout groups) in need. The stamps are used not only to interest children in the hobby, but also as educational aids for history and geography classes and for arts and crafts projects.



**How can you help?** Save all the undamaged stamps from your incoming mail. Also, the next time you go to the post office, ask for the commemorative stamps (instead of the plain ones) and use them on your mail.

**What should I keep in mind?** Save space around the stamp when removing it from the envelope. Please do not peel the stamp from the envelope, as it will leave thin spots in the stamp. Carefully cut around the entire stamp. You do not need to save stamps that are ripped, torn, cut, scraped, taped, glued, stapled or damaged in anyway.

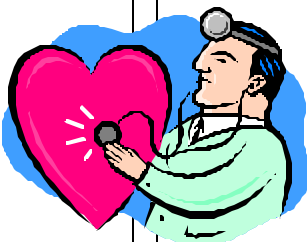
You can drop off your stamps at the Mission or mail them to us and we will send them on to the Stamps for Children program to be recycled.

(Contributed by Peg Bell, Ceramics Instructor)

## Parish Nurse News: Healthy Heart Month

**February is Healthy Heart Month.** Let's take some time to discuss heart disease. According to recent statistics from the CDC, heart disease is the leading cause of death in the United States for both women and men. Heart disease is also a major cause of disability in the US. Approximately 700,000 people die of some form of heart disease in the US every year, which accounts for about 29% of all our deaths. The term heart disease refers to several diseases including congestive heart failure and coronary heart disease. The most common heart disease in the US at this time is coronary heart disease which can lead to a heart attack (myocardial infarction).

Much research has been done on heart disease, which has led to the identification of risk factors which are linked to the development of heart disease. These risk factors include: smoking, uncontrolled high blood pressure, high blood cholesterol, overweight, physical inactivity (sedentary lifestyle), and uncontrolled diabetes. The risk of developing coronary heart disease can be reduced by reducing your risk factors. If you have one or more of these risk factors then you could develop coronary heart disease.



It is also important to know the signs of symptoms of a heart attack, so that you can seek immediate emergency treatment. Symptoms of heart attack include: pain or discomfort in the chest, especially the center of the chest; pain or discomfort in other areas of the upper body especially arms, back, neck, or jaw; shortness of breath; breaking out into a cold sweat; nausea and vomiting; and light-headedness. Women are more likely to experience shortness of breath, nausea and vomiting, and back or jaw pain in addition to chest pain. Anyone who experiences any of these symptoms needs to call 911 immediately, so that emergency treatment can be started as soon as possible. Delay in seeking treatment can be fatal.

If you want to learn more about heart disease, you can ask your family doctor or the parish nurse. You can also learn more about heart disease from the CDC by visiting their internet site [www.cdc.gov](http://www.cdc.gov). Let's take the time during Healthy Heart Month to learn more about heart disease and to reduce our risks of developing heart disease. Do this for yourself and your loved ones.

**-Michalene A. King, PhD, RN**

### Urban Mission Annual Dinner Celebration

**Tuesday, February 19, 2008**

**St. Florian Hall, 286 Luray Drive, Winterville, Ohio 43083**

#### Reservation Form

Name: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Number of Dinner Reservations: \_\_\_\_\_

Amount Enclosed (\$25 per ticket): \_\_\_\_\_

Scholarship Fund Contribution of \$\_\_\_\_\_ enclosed.

Total Amount Enclosed: \_\_\_\_\_

If you would like your tickets mailed, please enclose a **self addressed, stamped envelope**.

**Please mail to:** Urban Mission Annual Dinner, 301 North 5th Street, Steubenville, Ohio 43952

**Reservation Deadline: February 12, 2008**

### Ceramics Class Open

Are you looking for a new hobby or just an activity to participate in within the community?? Then why not join our ceramics class!?!?



The ceramics class, taught by Peg Bell, is held each **Thursday from 9:00 a.m.**

**until 3 p.m.** at Urban Mission, 301 North 5th Street. You can bring your own projects to work on in the class or purchase pieces from Peg.

If you are interested in being a part of this fun and productive class, stop by the Mission at 301 North 5th Street, Steubenville and visit Peg on Thursday's or give her a call at 740-282-8010.

**February 2008**

**Urban Mission Ministries, Inc.  
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### Upcoming Events in February 2008

2, 9, 16 & 23	Mission Rejoice Service (Saturday's)	6:00 PM
4	Parish Nurse	11:00 AM
5	God's Pantry Hunger Committee Meeting	10:00 AM
6	Program/Evaluation Committee Meeting Lupus Support Group Meeting: Trinity East	2:00 PM 6:00 PM
7	Neighborhood Community Development Center Meeting Greater Steubenville CDC Meeting	4:00 PM 5:00 PM
11	Parish Nurse	11:00 AM
12	Finance Committee Meeting	6:00 PM
18	Parish Nurse Lupus Support Group Meeting: Martin Luther King Center	11:00 AM 6:00 PM
19	Packing for Food Distribution Annual Dinner Celebration: St. Florian Hall (See page 3)	9:00 AM 5:30 PM
21	God's Pantry Food Distribution	9-12; 1-3
25	Parish Nurse	11:00 AM
26	CSFP Senior Food Distribution	1:00 PM
28	Bright Horizons Newsletter Folding	9:00 AM

### Calendars Needed

Hutton House is in need of **2008 wall Calendars** for the apartments.



Calendars can be dropped off at the Mission, 301 North 5th Street, Steubenville.

### Coming next issue:



Watch for our **Ministry Report** for 2007 to see how your prayers and contributions have made a difference in the lives of folks in our community.