

BRIGHT HORIZONS

God is Able to Provide

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There is a parable told in India about the selfish man who inherited a rice field. The first year the man irrigated the field and it was fruitful. The water, in fact, flowed onto his neighbor's field and this too produced a bountiful harvest.

But the next year the selfish man decided; Why should I let this water flow through my field into his field? Water is precious and I must keep it! So he built a dam. This prevented the water from flowing into his neighbor's field; but it proved disastrous to his own crop as well. Irrigation water nourished the field only if it flowed. When it did not move, because of the dam, the water became stagnant and the field a swamp.

I do not think there are any rice fields in the tri state area. And, I do not think the parable is about rice growing. It is about how we live life. It is about all that we have and are from God. Take a moment and consider our wealth inherited from God.

The selfish man started well. He had the passion and energy to take what God had given and do something good and produc-

tive. The field produced well! The problem developed when the man did not want to see his neighbor prosper. He decided to hold in all that God had given him. I wish this parable was not so close to home for many in our society. We cannot help but see the people who have stagnated. We cannot help seeing the horrible swamps growing because people are not willing to see others prosper. Our treasure remains true and precious only when we share it!

All the money in the world is nothing if we do not share it. All the time in the world is nothing if we do not share it. All the talent and skill in the world means nothing if we are not willing to share.

And God is able to provide you with every blessing in abundance, so that by always having enough of everything you may share abundantly in every good work.

- 1 I Cor. 9:8

Be passionate in how you live and give. Go over the top in how you share your life. Tear down those dams that turn you stagnant. Find someone and somewhere to drain the swamps of life and misery. Enjoy the riches God gives to all His people.

Love,
Pastor Bruce

Special points of interest:

- Feeding the hungry, both naturally and spiritually.
- Blasting off with Jesus, Summer Youth Program reaches 90+.

"To listen with compassion, to serve with love"

Body Mechanics

July is "Body Mechanics Awareness Month". What is body mechanics and why do we need to be aware of them? According to a nursing textbook, body mechanics is the efficient use of alignment, posture, and balance in a coordinated effort to perform activities such as lifting, bending, and movement. In other words body mechanics is the way that health professionals learn to do their work so that they do not hurt themselves or their patients. With people living longer and with more people with disabilities, family members and friends have found out that they must help others get around and perform activities. Proper use of body mechanics will ensure that the risk of injury is decreased.



The following list contains the correct standing alignment (posture), which should be maintained in order to achieve proper body mechanics:

- Keep back slight.
- Keep head erect, not leaning to the side.
- Keep chin tucked in, not jutting forward.
- Keep arms at sides and elbows slightly flexed.
- Keep lower abdominal area pulled up and in.
- Keep buttocks tucked under to prevent spine curvature.
- Keep knees slightly flexed.
- Keep toes pointed forward.

There are several principles of good body mechanics. These principles include:

- Maintaining a wide base support (keeping your feet apart slightly whenever you attempt to lift an object.)
- Raise or lower the center of gravity which positions one closer to the object being moved.
- Carry objects close to the body.
- Assess the need for more than one person to safely complete a move. Don't try to move something yourself if you can't do it safely.
- Maintain proper body alignment (posture).

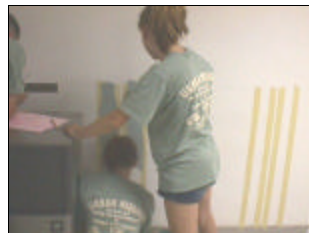
If you find that you must start helping someone to get around and you are having trouble accomplishing this task without hurting yourself, then you need to be instructed in the use of body mechanics. Seek the assistance of a health care professional such as a nurse, occupational therapist, or physical therapist. Any of the professionals can assist you with learning proper body mechanics. Remember that the use of good body mechanics saves both you and the person that you are helping from injury.

Michalene A. King, RN, MSED, MSN
Associate Professor of Nursing
West Liberty State College

" . . . Volunteers, youth and adult alike, are taking home experiences and memories of a week of helping those less fortunate . . ."

JOSHUA Program

After several weeks of things being prepared, painted and counted, the JOSHUA season is now in full swing! The groups have already performed many invaluable services to the community and to our mission. Volunteers from Ohio, Tennessee and Indiana have jumped in and willingly completed the tasks at hand.



. . . Washing, spackling and taping, now it's time for paint!

Our host churches have welcomed our JOSHUA groups with fellowship and great home cooked meals. These churches are an integral part of the JOSHUA Program.

Our volunteers, youth and adult alike, are taking home experiences and memories of a week of helping those less fortunate and doing things in the service of our Lord. Our staff is also blessed in working with these enthusiasts. Each group is touching our staff's lives in their own unique way. New friendships are being formed every week as the work continues on. In all, the season is off to a successful start. We

ask for your prayers for our continued success in touching this community.

-Wayne Barcalow, Joshua Director

HUNGER IN AMERICA

I recently received a copy of Plenty Newsletter put out by the Hunger network in Ohio. There was some interesting information in it I would like to share with you.

- Five years after the government scaled back its responsibility for the poor, more people get food from private charities over the course of the year than participate in the federal government's food stamp program.
- Instead of homeless people dying of starvation on the streets, hungry Americans are working families, skimping on food to meet their monthly bills. They are children whose parents eat the family leftovers. They are the elderly poor, rural and suburban Americans, and the permanently unemployed who scrape together government payments like Social Security and food stamps. And it includes people who have been dropped from federal social services since the 1996 welfare overhaul and are finding their sole support in the lines at food pantries and hot meals served in churches.
- Women account for nearly two-thirds of the adults receiving emergency food aid.
- Nearly half of the households receiving aid included children.
- People receiving food stamps made up nearly one-third of those seeking emergency food aid. They said their food stamps covered only half their monthly need, on average.
- Half the people receiving food aid said they were regularly forced to choose between buying food or paying for utilities or heat.
- Working families made up 40 percent of people receiving food aid.

Unlike the image of famine in the developing world, the picture of hunger in America is a subtle one. It's more likely to be a child who puts her head down on her school desk because she's too hungry to concentrate, or an elderly person who skimps on meals to pay for medicine, or even a parent who skips dinner to feed a child.

In the United States, hunger tends to creep into a family's life gradually, running on a parallel track to increasing money problems. First a struggling family cuts back on extras. Then they frequently reduce the quality of food they buy, filling up on inexpensive and often unhealthy foods. While few Americans experience malnutrition severe enough to cause fatal diseases, millions are undernourished—lacking adequate calories and essential nutrients.

People just don't know the facts because hunger is hidden in this country. Your next door neighbor could be hungry and you wouldn't know it.

Linda L. Poe
Program Director

Her Work Is Never Done!

Mission Stories

She can barley walk. She comes early and spends the day diligently working on her chosen project. She must stand most of the day to do her work. That position is more comfortable for her than sitting since her back is bent with arthritis and osteoporosis. She has heart problems and has been hospitalized several times in the last few months. Yet she continues to come to the craft room on a regular basis, usually two days a week. She finds something to do that allows her to give back to her community. Having been a grateful recipient of Urban Mission Hunger Ministries, she wants to help someone else.

The enthusiasm displayed in her works of love is inspiring. She has a whirlwind of ideas for using the most unlikely materials from our assortment of donations. She won't allow anything to be wasted. Her creative mind finds a use for scraps of almost anything. She may be found sewing pillow cases or transforming very small scraps into beautiful patchwork potholders. She crochets rugs from yarn that is not useful for making afghans. She is on the watch for suitable fabrics and trims for children's clothes. She works her magic on donated fabric that will become baby quilts.

Her creations are donated to the Hutton House. She loves hearing how one of her crocheted rugs matched perfectly in one of the apartments (We all know Debbie goes beyond the call of duty to make sure everything matches in each apartment.). She gets special joy knowing about a baby being placed on one of her soft quilts at a Hutton House program.

When she finishes a special project that has had her attention, one would expect her to go home and rest for the night and start something else another day. No way! She goes right to work on one of the afghans in progress. Dozens of volunteers crochet and or knit blocks that are then joined by other volunteers to become some of the most beautiful afghans imaginable. These afghans are then given to homeless families and to persons who have AIDS.

This lady is just one of our many faithful volunteers whose efforts broaden the scope of what can be accomplished by the Urban Mission staff. I am very thankful for all of them.

-Sandra Chandler
Education Director

MINISTERING TO THE PHYSICAL AND SPIRITUAL MAN

Evangelist Toni Hubbard is the director of the Soup Kitchen at the Urban Mission. God has not only called and blessed her with the ability to minister to the natural man but also gifted her to share spiritual food. *"Some things I didn't know, Toni showed me. I learned the Word through Toni"*, says Frank Holmes, a weekly Bible Teaching attendee. In today's devotion service, she ministers to hungry hearts from Mark 9:1-13, before their lunch meal is served. Toni diligently expounds upon the importance of prayer and the anointing of one's self. *"It is not the oil, but the faith behind the oil"*, says Toni as she shares her experience of being prompted by the Spirit to anoint her house. As she shares the Word, those gathered around table's sit listening and waiting for the opportunity to share their experiences with fellow friends.

As devotions end and Toni prepares to take corporate needs before the Lord in prayer, several hands are raised to request remembrance of their personal needs. Heads are bowed as she touches the heart of God. She prays to Him on behalf of those who are gathered, asking for his hand of mercy to extend to them and for His blessings to be poured out upon each heart in need. With voices lifted high, a final rendering of the Lord's Prayer is offered up in one unisonic voice. With that, natural lunch is then served to hungry appetites.

As she stands in line, one woman shares that she doesn't attend the weekly teaching but is blessed by Toni's brief teaching before each meal at the Soup Kitchen. *"Toni helped make me a better person and I love her. I would love to one-day take over this ministry if she ever left. I want to minister as Toni does"*, says Theresa Gaines, a long time friend of Toni's.

The impact of Toni's teaching can be seen in the overwhelming response of those asking for prayer and attending weekly teaching sessions. Toni is meeting the needs of the natural man as well as the spiritual man, through meals she prepares and the Bible lessons she teaches. She also stands in the spiritual gap for those who are in need . . . listening with compassion to their cries and serving each heart in love. She exemplifies what Urban Mission Ministries is all about.



Hubbard ministering from the Bible



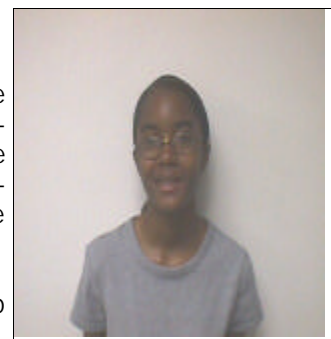
Children and adults alike, gathered to receive both spiritual and natural food.

(Toni Hubbard is an Evangelist and one of the Church Leaders at Tower of Power Church, in Steubenville, Ohio. Her weekly Bible Study Sessions are held at the Urban Mission every Friday from 6-7:30 PM, with refreshments following until 8 PM. She also holds a short devotion service Monday-Wednesday at the Soup Kitchen before meals.)

SUMMER INTERN SPOTLIGHT

My name is Chantel Conrad and I am interning at the Joshua House through the General Board of Global Ministries of the United Methodist Church. I am from Laysayette, LA and I am excited to be here serving the Steubenville Community. In the fall I will be a sophomore at Dillard University in New Orleans, LA. My current major is Sociology and Criminal Justice. As I said before, I am very excited to be here and I know that I will have a wonderful summer!

Chantel is just one of many Joshua volunteers who travel from near and far to help others less fortunate. We thank God for such willing hearts as Chantel's.



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ADDRESS SERVICE REQUESTED

LABEL

Upcoming Events in July 2002

1	Parish Nurse	11:00 AM
3	Trinity Health Van	11:00 AM
4-5	Independence Day & Floating Holiday: UM CLOSED	
6	NO MISSION REJOICE	
8	Parish Nurse	11:00 AM
7-12	Johnson UMC-Norton, OH Smithville, UMC-Smithville, OH (Wintersville UMC-Host Church)	
9	Hunger Ministries Committee Finance Committee Meeting	11:00 AM 6:00 PM
11	Program Committee	11:00 AM
14-19	First UMC-Clyde, OH Timothy's Episcopal Church-Signal Mountain, TN (Riverview UMC-Host Ch)	
15	Parish Nurse	11:00 AM
17	Trinity Health Van	11:00 AM
18	God's Pantry: Ohio Food Distribution	9-12; 1-3
20	Mission Rejoice	5:00 PM
21 -26	Ashland Christ UMC-Ashland, OH Hyde Park Bethlehem UMC-Cincinnati, OH (Bell Chapel-Host Church)	
22	Parish Nurse	11:00 AM
24	Evaluation Committee	10:30 AM
25	God's Pantry: West Virginia Food Distribution	9-12; 1-3
25	BOARD OF DIRECTORS MEETING	4:30 PM
27	Mission Rejoice	5:00 PM
28-Aug. 2	Linn Presb. Church-Lake Geneva, WI First Christian Church-Sharon Center, OH (Richmond UMC-Host Church)	
29	Parish Nurse	11:00 AM
31	Trinity Health Van Lupus Meeting	11:00 AM 6:00 PM

The Hope Box

Our needs are:

- A double high fork lift in the warehouse.
- A new computer to work as a work station and network server.
- Memory and hard drive updates
- Retire about \$75,000 debt owed on the warehouse and shelter.

Volunteers Needed!

God has blessed this year's Summer Program to grow by leaps and bounds! With 90+ children enrolled, we are in critical need of volunteers to work with the children. If you are available to help our youth, please contact the Urban Mission at 740-282-8010 or Quinn A.M.E. Church at 740-282-3192.