



Bright Horizons

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

Wonder, Joy and Gratitude

My youngest son, Paul, is a keen observer of life. He sees wonder in many different areas of life. I have listened to him talk reverently about the veins in the leaves. The Rocky Mountains are "beautiful" and "huge!" Paul's soccer teammates make "awesome" and "crazy" plays on the field. Some events are even the paradoxical "unbelievable." He finds that wonder in life everywhere he goes. There is something alluring in the wonder he has.

Paul, my son, can find joy and wonder almost anywhere. The Apostle Paul found joy after being beaten and put in jail. The Presence of God is able to put joy, wonder and love into us no matter what the situation. There are many free and gracious gifts in life that cannot be overwhelmed. The gifts of humor, joy and love are free to all who want them. Laughter can cut tension, ease the heart and enable people to overcome conflict.

Perhaps wonder, joy and gratitude depend upon having a purpose or direction in life. I suspect that Paul, the Apostle, had such a profound ability to live in joy and gratitude because of God's love for him and his love for God. I can remember the first stirrings of love for my wife. Those stirrings grew into an overwhelming love and longing for Melissa. The impact of her love transformed me. Whole new aspects of wonder, joy and gratitude bloomed in my heart and soul. I considered all of life before Melissa a dry and parched desert. After Melissa, the desert bloomed into a rich and fertile land.

Falling in love is a free and gracious gift from God. Discovering Divine love and purpose for us is as powerful, perhaps more so, as falling in love with our spouses. Charles Wesley's well known hymn, Come, O Thou Traveler Unknown, expresses the joy and gratitude of discovering that thy nature, and thy name is Love. (UMC Hymnal No. 387) After discovering the nature and name of God, Charles writes of the eternal presence, healing and victory of God in his life. The phrase that comes to mind is assuring comfort.

There is a freedom in knowing and being known by God. It is ok to serve and give in the Kingdom of God. It is more than ok. It is a wonder and joy! It is natural to be so filled with gratitude for God, our families and life. Clarity, purpose, hope and peace are all a part of living a life in God and for God.

My words are feeble and far short of the mark. Perhaps you could wrestle with yourself and God by reading and praying your way through, "Come, O Thou Traveler Unknown." The reflection will make you far more aware of the wonder and joy of life in God. The wrestling will reveal God's great love for you and leave you transformed in grace. The Divinely Loved Soul is filled with gratitude. Thanksgiving indeed!

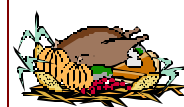
-Love, Pastor Bruce

Inside this Issue:

| | |
|----------------------------------|---|
| Thanksgiving Schedule | 2 |
| Lupus Awareness Month a Success! | 2 |
| Parish Nurse News | 2 |
| Christmas Kids Program | 3 |
| UMM Calendar | 4 |

Thanksgiving Drive Update:

Thanksgiving is just a few weeks away! Registrations have been completed, food items ordered and with your help we will be able to provide all the ingredients for a Traditional Thanksgiving Dinner for 1,200 families.



Each basket costs \$35 to put together

and will be distributed to low income families throughout the Ohio Valley.

Your help with this project is needed to achieve our goal of \$52,000. As of this printing (October 25, 2007), we have received \$27,174 toward our goal.

Contributions can be sent to the Mission marked "Thanksgiving" or you can donate via paypal through our website at www.urbanmission.org.

Thanksgiving Schedule

PACKING BAGS FOR THANKSGIVING

Tuesday, November 13, 2007

Beginning at 9:00 AM

THANKSGIVING DISTRIBUTION

Wednesday, November 14, 2007

9:00 – 12:00 & 1:00 – 3:00

Thursday, November 15, 2007

9:00 – 12:00 **only**



Lupus Awareness Month a Success!



October was Lupus Awareness Month. Several activities were held during the month to raise awareness of the disease Lupus, which affects millions of Americans.

Two Health Fairs were held at African American Churches in Belmont and Harrison Counties. These fairs included blood pressure and blood sugar (diabetes) testing and healthy food samples.

A Lupus Talk Show was the highlight of the months activities. Dr. Rex Crawley of Robert Morris University and Angela Suggs of Jefferson Community College were the guest hosts. Suggs presented a PowerPoint presentation. Richelle Jeter, told a Grandmother's story of her nine year-old grandson living with Lupus. The Lupus Support Group Coordinators, Walter and Pat Howard and Patti West were on hand to answer questions. Rhonda Parish lightened the mood with a comedic performance and Melanye Wares, winner of the Ohio Valley Idol contest provided musical entertainment. Funding for the events was provided by the Ohio Commission on Minority Health.

Warmer Winter for Area Folks



The **25th Annual Coat Distribution** was held October 22, 23 and 24. Over **2,000** winter coats, sweaters and accessories were distributed.

Thanks to many churches, groups and individuals a warmer winter will be had by many. You know who you are! Thanks also to Two Brothers Dry Cleaning for donating hangers and gift certificates for use by individuals receiving a coat that may need cleaning.

Thanks also to Patti West for organizing this project and to all of her volunteers for their efforts in helping their neighbors have a warm winter.

Parish Nurse News: Fighting the Flu

It's flu season again. What can you do to fight the flu? You can get the flu shot, but even if you do, there is no guarantee that you may not get the flu. The flu shot is made from the three strains of flu virus that were most prevalent in the previous flu season. There may be a new strain of flu virus that can infect you. Whether you get the flu shot or not, there are some things you can do to fight the flu.



One way to fight the flu is to lead a healthy lifestyle. This consists of eating a well-balance diet, getting plenty of rest and maintaining a moderate exercise program.

A well-balanced diet contains proteins, carbohydrates and fats. The food pyramid lists the servings of each that you should consume each day. Watch the amount of saturated fats and trans fat in your diet. Include some fiber everyday. Remember to eat lots of fruits and vegetables, including fruit and vegetable juice. Don't forget to drink at least 8 ounces of water a day.

You need to get enough rest, 7 to 8 hours a night are recommended. Establish a routine for bedtime and stick to that routine. Spend some time in a relaxing activity before bedtime such as soaking in a bubble bath or listening to relaxing music. If you do not get enough sleep during the night, you may need to take a nap during the day to ensure that you receive adequate rest.

Maintain a moderate exercise program. You might have to adapt your exercise program depending upon the weather. If you walk or run outside, you may need to find an inside place for this activity. If you exercise outside, layer clothing so that you stay warm but also can remove clothing if you become too warm.

Wash your hands as needed, including before meals and any time that you feel that they may be contaminated. The correct procedure to wash your hands is as follows: wet hands with cool or warm water (not hot water as it will dry the hands); put the appropriate amount of soap in the palm of your hand and lather your hands; wash your entire hands including the palms, back of the hands, and between the fingers for 20 seconds; rinse hands thoroughly; wipe hands with a paper towel and turn off the water with a paper towel. If you are in a public restroom, open the door with a paper towel after washing your hands. If hand washing facilities are not available, use a waterless hand cleaning liquid or gel, but don't substitute these for all your hand washing.

Clean and disinfect surfaces in your home and at work. There are disinfectant wipes that you can use on surfaces, especially surfaces that might come in contact with your nose and mouth, such as telephone receivers.

Stay away from people who appear to be sick—those who are coughing and sneezing a lot. You may encounter these people in places such as movies theaters, sports arenas and church. If your church has a tradition of shaking hands, refrain from shaking hands with persons who are coughing and sneezing. People who are coughing and sneezing need to use disposable tissues and throw the tissues away as soon as the tissues are used. After using tissues, wash your hands thoroughly.

The flu season may be here, but you can fight the flu by following these helpful hints.

-Michalene A. King, PhD, RN

Christmas Kids Program

We are gearing up for our big holiday distributions. Food and Christmas registrations have just been completed and we are in the process of preparing the names for our Christmas Kids Program. This program provides Christmas gifts for low-income children ages 12 and under. Area folks call in and "adopt" a child or family of children and are provided with the first name, age and gender of the child. Then they shop for the child(ren) and wrap the gifts and bring them back to the Mission for parents to pickup and put under the Christmas tree (if there is a tree).



In order for this program to work, it takes the help of many friends in our community. We hope those of you that have adopted children in the past will call and ask for names again this year.

This is a wonderful project for school or church groups, Sunday school classes, families, businesses and individuals to participate in. It is a wonderful feeling to know you are helping to place Christmas gifts under a tree of a child in need where there otherwise might have been nothing.

There is a lot of room for anyone who would like to help. Just give Linda a call at 740-282-2911 and let her know how many names you would like. As soon as the lists are prepared, the names will be sent so that you can begin to shop! Please have all gifts back to the Mission by **Friday, December 7.**

Mitten Tree



Soon we will be decorating for Christmas and setting up the Mitten Tree in the main office. We will "decorate" the tree with mittens, socks and hats. We will also have t-shirts and underwear for the parents to take with them when they pick up their gifts for Christmas Kids.

Last year, we had dozens of boxes and most of the items were given away the first day of the distribution! When we help provide toys for 800 children that means a need for lots of hats, gloves, mittens, socks and underwear. Anyone wishing to help with this project can bring the items to the Mission by **December 7.**

Candlelight Service

Mark your calendar now for the Candlelight Mission Rejoice Service set for **Saturday, December 15, 2007 at 6:00 pm.** Plan to join us for a night of inspiration as we celebrate the birth of our Savior, Jesus Christ!



Teen Stockings



Operation Christmas Stocking is underway. We have even received a few stockings already! This project involves filling a Christmas stocking or holiday gift bag with toiletries for a teen female or male. The stockings will then be given to parents to put under the Christmas tree just before Christmas. Suggested items to include:

| | |
|------------------------------------|-------------------------------|
| Soap/Body Wash | Comb & Brush |
| Toothbrush & Toothpaste | Deodorant & Lotion |
| Shampoo & Conditioner | Cologne/Aftershave |
| Jewelry | Nail Polish/Remover |
| Lip Gloss/Lip Stick | Q-tips/Cotton Balls |
| Hair Combs/Accessories | Restaurant Gift Cards |

Please have the stockings back by **December 7.**

Santa's Recycle Shop

Each year we have several families who miss the deadline for registering their children for our Christmas Kids Program. In order to assist these families with toys for their children, we will hold "Santa's Recycle Shop" on December 19 and 20.



Good, used toys and games donated for this program are organized for parents to come in and "Shop" for gifts. If you have any new or used toys, games, etc. please consider donating them for this program. We ask that these items be in very good condition, as they will be gifts for under the Christmas tree. Please deliver your donations to the Warehouse, 311 North 6th Street.

Christmas at Hutton House Homeless Shelter



Can you believe there are less than two months until Christmas?! For many families the holiday season brings a lot of stress. Children are asking for everything they see and hear about for Christmas. Parents are worrying over not being able to provide what their children have asked for.

Would you consider adopting one of our families and providing gifts at Christmas? Perhaps you would like to make a donation to the Hutton House to purchase gifts. If you are interested in helping spread Christmas joy to our families at the Shelter, give me a call at 740-282-8903 and I'll be happy to speak with you about the Hutton House.

-Debra Bryan, Shelter Director

NOVEMBER 2007

**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

Non-Profit Org.
U.S. Postage
PAID
Steubenville, OH 43952
Permit No. 103

RETURN SERVICE REQUESTED

LABEL

Upcoming Events in November 2007

| | | |
|-------------------|---|--------------------|
| 1 | Neighborhood Community Development Center Mtg. Greater Steubenville Community Development Corp. Mtg. | 4:00 PM 5:00 PM |
| 3, 10 & 17 | Mission Rejoice Service (Saturday Evenings) | 6:00 PM |
| 5, 12, 19 & 26 | Parish Nurse (Monday's) | 11:00 AM |
| 6 | God's Pantry Hunger Committee Meeting | 10:00 AM |
| 7 | Program/Evaluation Committee Meeting | 2:00 PM |
| 13 | Thanksgiving Bag Packing | 9:00 AM |
| 14 | Thanksgiving Baskets Food Distribution | 9-12; 1-3 |
| 14 | Lupus Support Group Outing: Underground Railroad | 6:00 PM |
| 15 | Thanksgiving Baskets Food Distribution | 9-12 only |
| 20 | CSFP Senior Food Distribution | 1:00 PM |
| 21 | Unity Kitchen Thanksgiving Dinner (Offices closed at 1PM) | 12:00 PM |
| 22-24 | Offices Closed for Thanksgiving | Closed |
| 29 | Urban Mission Newsletter Folding (No Board of Directors Meeting in November) | 9:00 AM |
| | Bible Study with Rev. Toni (Friday's) | 6:00 PM |

Save the Date

Tuesday, February 19, 2008
Urban Mission Annual
Dinner & Scholarship Banquet

More information to come!

Thanksgiving Closing

Urban Mission will be closed for Thanksgiving on **Thursday, November 22** and will reopen on **Monday, November 26**. There will be no Mission Rejoice on Saturday, November 24.

