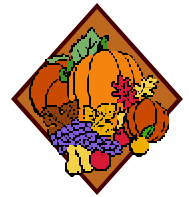




# Bright Horizons



Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

### Inside this issue:

Thanksgiving Packing and Distribution	2
Parish Nurse News	2
Holiday Programs	3
What it ought to be it is	insert
UMM Calendar	4

### Thanksgiving Sharing Update:



Thanksgiving is just a few weeks away! Registrations of families have been completed, items for the baskets 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 greatly needed to achieve our goal of \$42,000. As of this printing (October 27, 2008), we have received \$32,282 toward our goal.

Contributions can be sent to the Mission marked "Thanksgiving Sharing" or you can donate via paypal online through our website at: [www.urbanmission.org](http://www.urbanmission.org).

## Super Powers Anyone?

My son Paul has a huge imagination. In one day the lad can work in school, play organized soccer, battle Orcs from "Lord of the Rings" using sticks and then battle the "dark side" in "Star Wars" using a light saber. Throw in eating and travel and one can see what a busy life he leads. After a long walk along Yellow Creek the other day, Paul asked me what "super power" I wanted. Paul shared that he wanted the ability to "jump". I thought he meant the ability to literally jump, like a grasshopper. I said, "It would be neat to be able to jump all around a room." He looked at me and said, "No Dad! I mean to jump dimensions and stuff." He was talking about being able to change locations in time and space.

He persisted saying, "Come on Dad, tell me what super power you want!" So I told him that I wanted to be loving no matter what. Of course that was not the answer he was looking for. He thought I misunderstood the question. He said, no Dad, not love, but a super power like flying or something. I repeated that I wanted the ability to always act and speak in a loving way. I told Paul that God's love is the greatest power on earth and that is what I wanted.

I have decided that there are other powers to have. It would be wonderful if I had special sight that allowed me to see the presence of God in every circumstance, situation and moment. Now that would be vision worth having! It is too easy to be attentive to the bad news, the

destructive, the gossip, the lies and the incredible power and lure of a flashy culture. To see God in all things, all circumstances, and all people is a gift of incredible power with the ability to transform people. To see God easily trumps the temptations of this defeated world.

Being continually thankful for God's grace is another super power that could transform the way we feel, think and live. Imagine the deep sense of love, belonging and wonder that goes with always being aware of all the goodness that God has given us in creation, salvation in Christ and community in the Holy Spirit. What a foundation to build our lives upon! We could work, act and rest always knowing the depth of God's love for us by simply having a thankful heart.

Yes, I want some super powers! To act in a loving manner, to see the presence of God and to be constantly grateful and thankful for God, are indeed super powers. We do not need a terrible science experiment gone bad to give us these powers. These powers are available to all by simply praying. It begins by being quiet and opening to the Presence of God. Soon you are on a journey with God gaining the super powers of love, sight and graciousness simply by listening to God. God reveals sacred things through the life of Christ. Soon the awareness of God's presence becomes the lens through which we see and experience life. Soon Jesus becomes our companion in life.

-Pastor Bruce

## Thanksgiving Sharing Packing and Basket Distribution



### PACKING BAGS FOR THANKSGIVING

**Tuesday, November 18, 2008**

Beginning at 9:00 AM

*(Lunch provided for volunteers. Please RSVP to 740-282-2911.)*

### THANKSGIVING DISTRIBUTION

**Wednesday, November 19, 2008**

9:00 – 12:00 & 1:00 – 3:00

**Thursday, November 20, 2008**

9:00 – 12:00 *only*

## A Warm Fall and Winter

Our Annual Coat Give-A-Way was held October 20-22. A total of 3,977 winter coats, jackets, clothing and hats were distributed to those in need. Thanks to the many churches, groups and individuals who donated coats toward this project. Thanks also to Two Brothers Dry Cleaning for donating gift certificates for use by individuals receiving a coat that may need cleaning.

Once again Patti West did an excellent job coordinating this massive project. We are appreciative of her hard work and all the other volunteers who sorted and worked during the distribution. God bless you all!

## Lupus Awareness Month Closes

October was Lupus Awareness Month. Special events were held through the month to raise the awareness of the disease of Lupus.

The highlight of the months events was a "Living with Lupus" Talk Show held at the Martin Luther King Center. Our special guest host was Lavern Baker Hotep, host of Well Women Radio Show on WAMO 860 AM out of Pittsburgh, PA. The improvisation group Wing and A Prayer Performers directed by Dr. Shelia Collins performed and engaged the audience in singing and movement. New Support Group Coordinator, Asantewa Anyablie, presented a video. An interview with Tonya Hampton talked about Living with Lupus, her life before Lupus and her life today. Lupus information was distributed and refreshments were served.

The Lupus Support and Education Program is funded by a grant from the Ohio Commission on Minority Health and sponsored by the Neighborhood Community Development Center (NCDC). A power point presentation of the talk show will be available in December.

-Sharon Kirtdoll, Community Developer

## Parish Nurse News: Hospice Care

November is National Hospice Month. Let's examine this unique approach to end of life care that is available to persons with terminal illnesses and their families.

Modern hospice care was founded in London in the late 1960's by a physician and later brought to the United States by another physician. Since the Medicare hospice program was started in the 1980s, the number of hospices in the United States has grown significantly. According to the Hospice Foundation of America (HFA), there are more than 4500 hospice programs in the United States.

Hospice care is usually started when the physician determines that the terminally ill person has 6 months or less to live. After discussing this option with the patient and family, the physician can make a referral for hospice care. Hospice care is covered by Medicare, most Medicaid programs, Tricare (for military families) and many private insurance companies. Although hospice care is begun when the person is expected to live for 6 months or less, hospice services can continue if the person lives longer than 6 months. In that case the person's physician re-certifies that the person is terminally ill and hospice care will continue.

Hospice is not a place, but a philosophy of care for persons who are dying. Hospice care does not prolong life, but offers improved quality of life. This is accomplished using a palliative care approach, which is management of symptoms including pain. The focus of hospice is on care, not cure. Hospice care provides holistic services, which are physical, mental, and spiritual services to terminally ill persons and their families. Hospice care is accomplished by many professionals and volunteers using a team approach. The team includes the person and family, nurses, aides, physicians, social workers, counselors, clergy and others. Hospice care can be provided in medical facilities, residential hospice facilities, assisted living or nursing homes, or the person's own home. Hospice personnel make routine visits to the person and family during the terminal illness and will continue follow-up care with the family after death.

Hospice personnel are usually present at the time of death and visit during the funeral. Hospice personnel continue working with the family members for at least a year after the death. Grief support groups and counseling services are often available for the family members after the death. Family members may also be invited to special memorial services sponsored by the hospice.

If you have any questions about hospice care, there are many resources available to answer your questions. One source of information is the internet. You can put the term "hospice care" into a search engine and receive information from numerous organizations, both national and international. You can ask the parish nurse or your family physician, who can help you clarify any information that you have received from other sources. The best source of information about hospice care can be obtained from hospice personnel. There are several local hospices and you can call or make an appointment with a member of the hospice team to learn more information about hospice.

Hospice care is designed to alleviate the suffering of persons with terminal illnesses and their families. We will all be faced with our own deaths and the death of loved ones. The services provided by hospice personnel can assist you and your family during this time of suffering and grief.

-Michalene A. King, PhD, RN

# Holiday Programs at Urban Mission



## Christmas Kids Program

The holidays are in full swing at Urban Mission. Registrations have been completed and we are working hard to finish inputting our families information into the computer for the Christmas Kids program. This program will provide Christmas gifts for children ages 12 and under. Very often these gifts from friends like you are the only ones left under the tree at Christmas.

In order for this program to work, it takes the help of many friends. We hope that anyone who has taken names and adopted children in the past will call and ask for names again this year.

This is a wonderful project for school groups, 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 (if there is a tree) where there 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, she will send the information off to you so that you can begin to shop! Please have all gifts to the Mission by **Monday, December 8, 2008**.

## 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. When parents come in to pick up the gifts from our Christmas Kids Program, they are also permitted to take these items for their children.

Last year, the donations were wonderful and plentiful. We had nearly enough to make it through to the end of the distribution. When we help provide gifts for close to 800 children, that creates a need for lots and lots of hats, socks, mittens and underwear.

Anyone wishing to help with this project can mail or bring the items to the Mission, 301 N. 5<sup>th</sup> St. by **December 8**.



## Candlelight Service

Mark your calendar now for the Candlelight Mission service set for **Saturday, December 20, 2008 at 6:00 pm**. Plan to join us for a night of inspiration as we celebrate the birth of our Savior, Jesus Christ!

## Santa's Recycle Shop



Each year we have several families miss the registration for our Christmas Kids Program. In order to help these families have toys and gifts for their children, we will have "Santa's Recycle Shop" on **December 17 and 18, 2008**.

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 (toys in good working order, puzzles without missing pieces, books not colored or written in, etc.).

Please deliver your donations to the Warehouse located at 311 North 6<sup>th</sup> Street by **Friday, December 12, 2008**.

## Operation Christmas Stocking!

The list is now ready to add the names of those who want to participate with this program. This project involves filling a Christmas stocking or holiday gift bag with toiletries and goodies for a teen female or male. Items that can be included in the stockings are:



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 mark all stockings "male" or "female" and have them to the Mission by **Monday, December 8, 2008**.

## Christmas at Hutton House Homeless Shelter



It's hard to believe that we are less than two months away from celebrating 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 donating to the Hutton House or information about how you can help spread Christmas joy to our families at the Shelter, give me a call at 282-8903 and I'll be happy to speak with you about the Hutton House.

-Debra Bryan, Shelter Director

*"What it ought to be, it is."*

As we are getting ready for the holidays at Urban Mission, our country, our states and our cities are in a time of turmoil. We are all about to start a new era of change. Many families will be added to the already existing families who live in fear wondering if there really is any hope left.

I love to research quotes that state what I am trying to express in the articles I write. With the help of Google I can always find exactly what I need. I would like to share a couple of them with you.

**"To the American People: Christmas is not a time or a season but a state of mind. To cherish peace and good will, to be plenteous in mercy, is to have the real spirit of Christmas. If we think on these things, there will be born in us a Savior and over us will shine a star sending its gleam of hope to the world."**

*~Calvin Coolidge (1872-1933)*

**"Christmas, my child, is love in action."**

*~Dale Evans (1912-2001)*

If ever there is a time when hope can be felt and expressed, it is during the Holiday Season as we all work together to reach out to those who live with their fears. This is not new for our country, our states and our cities. This has been part of our existence for a very long time. Please read the following:

### **Christmas Giving**

The busy Christmas shopper  
Considers it is proper  
To join the crowd and rush into the thickest of the fray  
And soak his summer wages  
In quick, successive stages  
To buy some presents for his friends on happy  
Christmas day.

The age in which we're living  
Is an awful time for giving  
But the spirit that is prompting it may be entirely  
wrong;  
Too often Christmas shopping  
Is a sort of Christmas swapping  
In a sort of favored circle where they pass the gifts  
along.

If I buy my aunts and cousins  
Costly trinkets by the dozens  
Or present my wealthy neighbor with a silver spittereen,  
'Tis because of expectation  
That there'll be reciprocation,  
and I'll get a handsome runabout, propelled by gasoline.

The fellow who is needy,  
Whose duds are old and seedy,  
Gets little out of Christmas but a fresh supply of woes;  
His children know no Santy  
For his means are very scanty  
And every cent that he can make must go for food and clothes.

The real Christmas giving  
That makes this life worth living  
And shows that we are any use in this old world of  
care  
Is to give where it is needing  
And pass not by unheeding  
The wants of those around us who do not get their  
share.

Some humble, little present  
Or a smile that's warm and pleasant  
Will please a child or cheer those hearts that oft for  
kindness yearn  
And will give more real pleasure  
Than a ton of costly treasure  
That we send our friends, expecting something better  
in return.

Verdigris Valley Verse  
Alvert Stroud  
(Coffeyville, Kansas: The Journal Press. 1917)

In these words lies the secret to a wonderful Holiday Season. Please call me at 282-2911 to let me know you want to be part of the wonderful experience of our Christmas Kids Program, our Teen Stocking Program and our Santa's Recycle Shop Program. Let's work together to prove the following quote...

"As long as we know in our hearts what Christmas *ought* to be, Christmas *is*."  
~Eric Sevareid (1912-1992) American newscaster

~Linda L. Smith, Program Director



**NOVEMBER 2008**

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**Upcoming Events in November 2008**

1, 8, 15 & 22	Mission Rejoice Service (Saturday's)	6:00 PM
3, 10, 17 & 24	Parish Nurse (Monday's)	11:00 AM
4	God's Pantry Hunger Committee Meeting National Election Day-VOTE, VOTE, VOTE!!!	10:00 AM
5	Program/Evaluation Committee Meeting Lupus Support Group Meeting: Trinity East	2:00 PM 6:00 PM
6	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Mtg	4:00 PM 5:00 PM
11	Finance Committee Meeting	6:00 PM
17	Lupus Support Group: JOSHUA House, 249 S. 7th Street	6:00 PM
18	Packing for Food Distribution (Please RSVP to Linda at 282-2911 if planning to help. Lunch will be provided)	9:00 AM
19	Thanksgiving Distribution	9-12; 1-3
20	Thanksgiving Distribution	9-12 ONLY
25	CSFP Senior Food Distribution	1:00 PM
26	Unity Kitchen Thanksgiving Meal	12:00 PM
27-28	Offices Closed for Thanksgiving Holiday	Closed



**Thanksgiving Closing**

Urban Mission will close for Thanksgiving on **Wednesday, November 26 at 1 PM** and will **re-open on Monday, December 1, 2008 at 8:00 AM**. There will be no Mission Rejoice on Saturday, November 29.

**Have a Happy Thanksgiving!**



*There will be no meeting of the Urban Mission Board of Directors in November.  
The last session of the year will be on Thursday, December 4, 2008 at 4:30 p.m.*