



BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

Inside this issue:	
Thanksgiving Schedule	2
Ohio Registration	2
Coat Giveaway	3
Lupus Awareness Month	3
UMM Calendar	4

Hat & Mittens Needed

Hats, hats, hats...gloves, gloves, gloves...mittens, mittens, mittens, girls' underwear and socks and boys' underwear and socks! Can you tell we need lots of these items?

We have a large Christmas tree in the office area and we fill up the tree and then place the rest in boxes under and around the tree. 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 we had several boxes and the majority of them were given away the first day of the toy distribution! When we help provide toys for 600 children that means a need for lots and lots of hats, gloves, mittens and underwear.

Anyone wishing to help with this project can mail or bring the items to the main office located at 301 North 5th Street or to the warehouse located at 311 North 6th Street, both in Steubenville.

“Bouncing Back”

Watching recent media reports about the Upper Ohio Valley would leave one with a very poor impression. We have been flooded. Homes have been ruined. Roadways have been washed out. Hill-sides have collapsed. Bridges are gone. Schools have been damaged and closed. The economic outlook is not much better. Ohio has one of the worst state economies in the union. The Ohio Valley is struggling more than the rest of the state. Poverty is high, schools struggle, social service agencies are overwhelmed. Hunger is on the rise. Soon and very soon, all our resources will be needed to care for the hungry at Thanksgiving and children who will have no gifts on Christmas Day unless we act. Those raging rivers are images of material destruction and they are metaphors for our social and economic conditions. The raw power of the flood waters make some of us feel like victims of life.

The Monday after the flood I had the task of explaining the Urban Mission and life in the Valley to someone new. He saw for himself the destruction of the flood. I explained poverty, poor housing stock and the social conditions of the Valley. At that point, I found myself saying, “We may be impoverished in many ways but our hearts are not impoverished! We are a caring and giving community. We will work together to clean up and fix up after the flood”. There is a great deal of strength

and resiliency in the people of the region. We will not simply fold up and blow away due to storms, poverty and injustice. We may feed on the bad news as if it is our life’s blood, but we come to the point of recognizing the futility of the negative and choosing to live for the good we see in one another. Bouncing back and reaching out to help one another is the defining act of our community.

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.
—II Corinthians 4:8-9

The calls started on that same Monday. They continue until this very day. Yes, we are taking clothing and household goods for the victims of the storm. Yes, we are working with the EMA and the area governments to

help all in need. The spirit of this community will easily overcome this bump in life. Romans 12:21 says, “Do not be overcome by evil, rather overcome evil with good”. Such is the hope of all who turn to God for salvation and joy.

As for the Mission, we have not escaped unscathed. We have leaks at the Mission Center, Ministry Center and Hutton House. Some will be covered by insurance and the rest we are responsible for. Our food and operating expenses are up. If there is room in your heart and budget, the Mission could use donations right now. We have been offered \$5,000 as a matching grant, If you wish to help us match this grant, simply give us a call. Peace and Joy to you!

-Love, Pastor Bruce

THANKSGIVING SCHEDULE

REGISTRATION

URBAN MISSION
301 NORTH 5TH STREET
STEUBENVILLE, OH 43952

MONDAY – OCTOBER 25

TUESDAY – OCTOBER 26

WEDNESDAY – OCTOBER 27

9:00 – 12:00 & 1:00 – 3:00

(The coat giveaway will be held the same days as registration)

THANKSGIVING BAG PACKING

WV – TUESDAY – NOVEMBER 9

STARTING AT 9:00 AM

OHIO – TUESDAY – NOVEMBER 16

STARTING AT 9:00 AM

(LUNCH WILL BE SERVED)

(PLEASE RSVP AT 282-2911 IF PLANNING TO HELP)

THANKSGIVING DISTRIBUTIONS

WV – THURSDAY – NOVEMBER 11

9:00 – 12:00

OHIO – WEDNESDAY – NOVEMBER 17

9:00 – 12:00 & 1:00 – 3:00

OHIO – THURSDAY – NOVEMBER 18

REGISTRATION INFORMATION

The following information is necessary for registration.

- A form of identification
- Birth certificate, medical card or social security card showing names of children in household.
- You must know the source and the amount of gross income for anyone in the household having income
- Written verification of address (utility bill, rent receipt, etc.)

If you have a family member, friend or neighbor you feel could benefit from our services, please share this information with them and encourage them to come see us. If they prefer privacy for the interview process, that can be arranged. If anyone has any questions concerning the process of registration, they can call Linda at 740-282-2911.

THANKSGIVING CHALLENGE

This years challenge has turned out to be a big success thus far! We are on our last item and we still need your help to collect **1200 boxes of yellow cake mix**. To those who are helping with this challenge . . . *Thanks a million!*

OPERATION CHRISTMAS STOCKINGS



The list is now ready to add the names of those who want to participate with this wonderful program. This project involves filling a Christmas stocking (holiday gift bags work wonderfully also!) with toiletries for a teen female or male. The stockings (approximately 200-250) will then be presented to teens 13-18 years of age just before Christmas.

Items that can be included in the stockings are...**soap, toothbrush, toothpaste, deodorant, comb/brush, shampoo, conditioner, cologne/aftershave, talc powder, lipstick/compact, hair spray, hair combs, barrettes, nail polish, cotton balls, Q-tips, jewelry, blank cassette tapes, restaurant gift certificates (McDonalds, Burger King, etc.).** Please have the stockings back to Urban Mission on or before **December 7, 2004.**

SANTA'S RECYCLE SHOP

Each year we have several families who do not make the deadline for getting their children registered in our Christmas Kids Program. In order to help these families have toys for their children, we will have "Santa's Recycle Shop" on **December 21 and 22 from 9:00 – 12:00 and 1:00 – 3:00.** If you have any 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.). If it is possible for you to help provide items for this program, please deliver them to the warehouse located at 311 North 6th Street in Steubenville, OH.



NOTE: We are also asking for volunteers to help during the Christmas Season. As you can imagine, it takes lots of help to make these programs successful. If you truly want to be blessed during the Holidays, this is where it can happen. You will be moved in only a way that the Lord can provide. If you would like to volunteer during the holidays, or if you have a question about the programs listed above, please give me a call at 740-282-2911. I will be glad to work with you and share the Spirit of the Season!

-Linda (Poe) Smith, Program Director

COAT GIVEAWAY

We are in need of coats of all sizes for men, women and children. Please bring your coats (in good condition) to the Warehouse at 311 North 6th Street by **October 15, 2004**. Please help us to make this winter a warmer one for our friends and neighbors in need. The giveaway will be held on **October 25, 26, & 27, 2004** from 9-12; 1-3 at the Warehouse, 311 North 6th Street, Steubenville.



FREE HAIR CUTS

Our Hair Salon will be open at 10:00 AM on **Thursday, October 7 & October 21, 2004** and **November 4 & November 18, 2004**. Haircuts provided by Teresa Givens.

TRINITY MOBILE UNIT

The Trinity Mobile Unit will be at Urban Mission (301 North 5th Street, Steubenville) on **Tuesday, October 12, 2004** from 10:00 AM—12:00 PM.



LUPUS AWARENESS MONTH

October is Lupus Awareness Month. NCDC received a grant from the Ohio Commission on Minority Health to provide education to the community and support to persons living with Lupus. Please read the insert in this month's newsletter and learn more about Lupus. Someone you know is living with Lupus. For more information about Lupus, please call us at 740-282-8010.

NCDC CELEBRATION DINNER

The NCDC Celebration Dinner was held on September 16 at the Center of Music and Arts. Special guests included Sandra Palmer, widow of Dennis Palmer (1st chairman), Connie Jackson widow of Edward Jackson and Carrie Mullins (absent), widow of Coleman Mullins. Each were presented floral arrangements by Sharon Kirtdoll, NCDC Director. Remarks were given by former chairman, John Barnes. NCDC History was read by Jackie Gibson. Current chairman, Eugene Gillison, gave an overview of the future plans. The celebration highlighted the accomplishments of 26 years of community ministry.

PARISH NURSE NEWS: BREAST CANCER AWARENESS



What do you know about breast cancer? Breast cancer is a disease that affects approximately 1 out of 9 women in the U.S. Untreated or improperly treated breast cancer can spread to other areas of the body, such as the liver, lungs, brain, and bones. Once the cancer spreads to these areas, the treatment becomes more complex and the survival rate decreases.

There are other lesions that can be found in the breast besides breast cancer. Fibrocystic disease and breast cysts can also form. These conditions make it more difficult to detect breast cancer, because these conditions also cause lumps in the breasts. Women who discover any lump in their breasts should seek medical attention and follow their doctor's advice about testing. Testing may include a diagnostic mammogram, a sonogram and/or a biopsy. There are new biopsy procedures available that can be done on an outpatient basis. If a woman is uncomfortable with the advice that her doctor has given her, then she should seek a second opinion. Listening to your intuition can save your life.

What are the symptoms of breast cancer? Any lump in the breast should be examined as well as any changes in the external breast, such as dimpling of the skin or retraction of the nipple. Any painful area in the breast should be examined, even though many breast cancers are painless. Blood or other fluids coming from the nipple should also

be examined. This drainage could be from an infection, which is treatable with antibiotics, or from a breast cancer. Any unusual symptoms of the breast should be checked by a medical professional.

Monthly breast self-exams should be routine for all women. Yearly screening mammograms are needed for many women, depending upon their age and their risk for breast cancer. Check with your doctor about your need for a yearly mammogram. Women should also have a yearly breast examination done by a medical professional. All of these tests are needed to detect breast cancer in an early stage. If you are unable to pay for a mammogram, there are programs available that offer low cost or free mammograms. Call your local hospital or check with your doctor or the parish nurse about these programs.

Men should not think that they are not at risk for breast cancer. Men do get breast cancer, and it is usually caught at a late stage. Men should also exam their breast and seek medical attention if they notice any symptoms that could indicate breast cancer.

Breast cancer is a serious disease, but it is treatable if caught early. If you are not taking preventive measures against breast cancer, then start this month.

-Michalene A. King, RN, MSED, MSN, Assistant Professor of Nursing Kent State University Tuscarawas

OCTOBER 2004

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

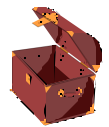
RETURN SERVICE REQUESTED

LABEL

Upcoming Events in October 2004

2	Mission Rejoice	6:00 PM
4	Parish Nurse	11:00 AM
5	Hunger Committee Meeting	10:00 AM
6	Program/Evaluation Committee Meeting NCDC Advisory Committee Meeting	2:00 PM 4:30 PM
9	Mission Rejoice	6:00 PM
11	Parish Nurse	11:00 AM
12	Packing of Food Bags Finance Committee Meeting	9:00 AM 6:00 PM
14	God's Pantry Ohio Food Distribution	9-12; 1-3
16	Mission Rejoice	11:00 AM
18	Parish Nurse	11:00 AM
22	God's Pantry WV Food Distribution	9-12
23	Mission Rejoice	11:00 AM
25	Parish Nurse	11:00 AM
25, 26, 27	Ohio Registration & Coat Giveaway	9-12, 1-3
26	CSFP Senior Food Distribution	1:00 PM
27	Lupus Meeting	6:00 PM
28	Board of Directors Meeting	4:30 PM
30	Mission Rejoice	6:00 PM

Hope Box Our Needs for Hutton House are:



- Alarm Clocks
- Smoke Detectors
- Vacuum Cleaners
- Working refrigerators, gas/elec. stoves, washers and dryers.
- Dish drainers, mops, brooms, dust pans, buckets, kitchen garbage cans
- Towels, wash cloths, dish towels, dish cloths and throw rugs
- Coffee pots, can openers, toasters
- Curtains, curtain hooks and rods
- Cooking utensils, silverware, pots/pans and sets of dishes
- Complete twin and rollaway beds
- Small kitchen tables with chairs