



Bright Horizons

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

Inside this issue:

| | |
|----------------------|--------|
| Holiday Schedule | 2 |
| Santa's Recycle Shop | 2 |
| Secret to Happiness | 3 |
| Parish Nurse News | 3 |
| Lupus Information | insert |
| UMM Calendar | 4 |

Coat Give-A-Way

October 20, 21 & 22
9-12 and 1-3

UM Warehouse
311 North 6th Street
Steubenville, Ohio



Our Coat Give-A-Way is just around the corner. Donations of good condition coats welcomed.

Please bring donations to the Warehouse Ministry Center at 311 North 6th Street, by **October 13, 2008.**

Thanksgiving Challenge



This years challenge has turned out to be a big success thus far! Our last item is 1,200 boxes of yellow cake mix.

Worth and Value

Our electric went out for some time two weeks ago. We waited for a promise that it would be restored. It's hard to rest when you are faced with the unknown. Psalm 103:8-13 is a description of God and life on which a person can rest easy. Resting easy is difficult right now. The easy promises of our candidates for the presidency have little to do with the task of governing. They sound worse than Wimpy wanting a hamburger now with the promise to pay you back on Tuesday. In the Ohio Valley, we have known for some years that the economy is in deep water.

It is fortunate that we base our lives on the Life of God in Jesus Christ. The Psalmist says,

"The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him." (Psalm 103:8-13)

Our worth is not measured by how much money we have on Wall Street, in our retirement account or even what is in our pocket. Our worth is measured by the compassion and love of our Creator. Our value depends upon the lovingkindness of God. Material possessions lead us to believe that our worth and value depend upon what we have compared to the next person. Sometimes we believe we are better or worse than someone else based upon the value of the home in which they live. Why is it so easy to mourn our financial losses yet ignore the losses we suffer in our souls due to greed? There once was talk of being mortified by our sin or talk of remorse and sadness over the loss of innocence and purity. Now days, we simply gloss over sin. We should not wallow in sin and compete with one another over who is the bigger sinner (and therefore in need of greater grace than you!). Certainly God forgives and removes our sin from us!

God also calls us to a new way of life. There is something beautiful and valuable about a life lived in pursuit of God. There is something compelling about setting one's heart upon the Lord and nothing else. There is worth to be found in the person bound and determined to be in the presence of God daily. That kind of life sanctifies everyone it encounters and cries out in joy to all creation. What is the value of all the money in the hands of the U.S. Treasury versus the act of an old widow on a fixed income? Month by month, she send two crumpled dollars to the Mission with a note that says, "Feed them poor people.". Her act of generosity far outshines the wealth of the nation. She is invaluable in the Kingdom of God. **The world operates on the generosity of God and the generosity of the people of God.**

Peace,

~Pastor Bruce

Holiday Events Schedule

REGISTRATION FOR THANKSGIVING CHRISTMAS KIDS & COAT DISTRIBUTION

October 20, 21 and 22, 2008

9:00 – 12:00 & 1:00 – 3:00

PACKING BAGS FOR THANKSGIVING

Tuesday, November 18, 2008

Beginning at 9:00 AM

(Lunch provided for volunteers.)



THANKSGIVING DISTRIBUTION

Wednesday, November 19, 2008

9:00 – 12:00 & 1:00 – 3:00

Thursday, November 20, 2008

9:00 – 12:00 only

CHRISTMAS TOY DISTRIBUTION, TEEN STOCKINGS AND MITTEN TREE

December 11 & 12, 2008

9:00 – 12:00 & 1:00 – 3:00

SANTA'S RECYCLE SHOP

December 17 & 18, 2008

9:00 – 12 & 1:00 – 3:00

The following is necessary to register for these programs:

- 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 know of someone that you feel could benefit from our services, please share this information with them and encourage them to come see us. If anyone has any questions concerning the process of registration, please call Linda at 740-282-2911.

**All Registrations will take place at
Mt. Carmel Community Baptist Church
(Fellowship Hall)
708 North 5th Street
Steubenville, Ohio**



October 20, 21 and 22 only!

9-12 and 1-3 daily

(Anyone wishing to register must come in on one of the designated registration days.)

Operation Christmas Stockings

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 be presented to teens 13-18 years of age just before Christmas.



Items that can be included in the stockings are:

Soap/Body Wash

Toothbrush & Toothpaste

Shampoo & Conditioner

Cologne/Aftershave

Lip Gloss/ Lip Stick

Hair Combs/Accessories

Cotton Balls

Jewelry

Comb & Brush

Deodorant

Lotion

Talc Powder

Hair Spray

Nail Polish

Q-tips

Restaurant Gift Cards

(McDonalds, Wendy's, etc.)

Please have the stockings back to Urban Mission by **Monday, December 8, 2008.**



Mitten Tree items Needed

Each year during the Christmas Kid's Distribution we setup a "Mitten Tree" in the office. A large collection of hats, mittens/gloves, socks and underwear is made available for parents to take for their children when they pickup their Christmas gifts.

We will be providing toys and gifts for 800 children so as you can see we need lots and lots of these items! If you would like to help with this project, items can be dropped off at the Mission at 301 North 5th Street, Steubenville by **Monday, December 8, 2008.**



Santa's Recycle Shop

December 17 & 18, 2008

9:00-12:00 & 1:00-3:00

Each year we have several families who do not make the deadline for registering their children in our Christmas Kids Program. In order to help these families have toys for their children, we will have "Santa's Recycle Shop". Good condition used toys and games are "recycled" into Christmas gifts. Parents are then able to come and "shop" for gifts for their children.

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 as they will be gifts for under the Christmas tree. Donations can be delivered to the Warehouse, 311 North 6th Street, by **December 12, 2008.**

The Secret to Happiness

I find it absolutely amazing how the Lord talks to us. Sometimes it is in a subtle manner, sometimes He practically slaps us upside our head and sometimes He just steps back and lets us figure out things for ourselves. He knows we can do it because we previously had a conversation about the very same thing that is gnawing at us right now. And I can just picture Him smiling down when we have figured things out in the manner He knows is best for us.

I recently made the decision to retire. So after three weeks of vacation time I officially retired on September 1. After a couple of trips out of town, I spent a lot of my time searching for jobs and placing applications at several locations. Being a "baby boomer" at the age of 59 does not make it easy in searching for jobs! During this whole process I prayed for patience...patience for the quietness of my life and patience for the process of finding a job.

My husband and I take turns saying the grace at dinner-time. On Wednesday, September 3, it was my turn. I once again asked for patience. It was as if the Lord was sitting at the table with us when I heard Him telling me the answer was right in front of me. And most importantly, it had always been there. I knew where I needed to be working and it was exactly where I had left!

Before I left, I packed up all of my personal items including things on my corkboard. When I came back I realized I had left two items on the corkboard. One of them is a pin that reads, "If God seems far away, guess who moved". The other is a reading and it reads as follows...

The Secret To Happiness by Richard Roman

The secret to happiness God never hid from us...because everything we need to be happy, He placed in the palm of our hands.

If you look there and see nothing, then look again. For in them lies the handshake of a good friend, the wear and tear of a job well done, the joy that is felt when helping others, and the warmth that comes from holding the ones you love.

I cannot express how great it is to be back in my office. And as we approach the Holiday Season with all of its' hustle and bustle I look forward to once again working with all of you in the process of feeling that joy that is felt when helping others.

Our God is indeed an awesome God! Take it from me... don't be the one to move away!

~Linda Smith, Program Director



Parish Nurse News: Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Let's take a few minutes and review some information about breast cancer.

Breast cancer is a disease that affects approximately 1 out of 9 women in the U.S. including some women in their 30's. Untreated or improperly treated breast cancer can spread to other areas of the body such as the liver, lungs, and bones. Once the cancer spreads to these areas, the treatment becomes more complex and the survival rate decreases.

There are other diseases that can be found in the breast, which include fibrocystic disease and breast cysts. 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 or in their armpits 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 her doctor's advice, 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 causing mastitis, which is treatable with antibiotics. 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 screening mammogram. Women should also have a yearly clinical 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 screening mammogram or one is not covered by your health insurance, there are programs available that offer low cost or free mammograms. Call your local hospital or check with your doctor or the parish nurse.

Men are also at risk for breast cancer, but the incidence of breast cancer in men is significantly lower than in women. Breast cancer in men is usually found in the later stages, because men may not think about breast cancer if they find a lump in their breast area. Men should examine their breast area and seek medical attention if they notice any symptoms of breast cancer.

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

~Michalene A. King, PhD, RN



October is Lupus Awareness Month in Ohio

Introducing Our New Lupus Coordinator:

Asantewa is a native of Steubenville, Ohio. She is a natural health advocate and practices healthy living as a lifestyle. She recently returned to the Steubenville area and is excited about working with the Lupus Support and Education program. She is a graduate of the Ohio State University and is a licensed Massage Therapist. Patti West, our former Support Group Coordinator is still a part of the program. She added many new faces to our group. Thank you Patti and welcome Asantewa!

Sponsored by: *Urban Mission/Neighborhood Community Development Center (NCDC)*
Funded By: *The Ohio Commission on Minority Health*



Ten Questions About Lupus

1. **What is Lupus?** Lupus is a disease where the immune system becomes overactive. Antibodies are produced and almost all organs of the body can be involved.
2. **Who gets Lupus?** Lupus is most common in young females (teens, 20's and 30's). Men and children can also have Lupus. The ratio of females to males is nine to one.
3. **Is it a world-wide disease?** Yes, Lupus affects people from all countries in the world. There are certain countries in which the disease appears to be more prevalent, such as the Caribbean, the far East and China.
4. **What is the outlook?** Most patients with Lupus can expect a normal life-span. The disease, if diagnosed early and treated appropriately at an early stage, most commonly settles and ultimately goes into remission (the patient requires no medication).
5. **What are the features of Lupus?** Fatigue, flu-like illness, skin rashes (including the classic "butterfly" rash on the cheeks and nose), hair loss and more importantly, internal organ involvement including pleurisy, kidney disease and brain inflammation.
6. **How is it treated?** Early in the disease, usually in the more aggressive stages, it is treated with corticosteroids and/or antimalarials. Where there is kidney or brain disease, other drugs such as immunosuppressives are used. Management is usually aimed at reducing medication to the lowest dose possible and ultimately, to weaning the patient off stronger medications.
7. **How can I help myself?** Some of the factors which exacerbate Lupus are stress, excessive sunlight and occasionally, drug allergies. Even those patients who are sensitive to ultraviolet light and develop skin rashes can lead a reasonably normal lifestyle. There are no diets which have been found especially helpful in Lupus.
8. **What happens to the hair in Lupus?** The hair often thins and can become patchy when Lupus is active. It will usually re-grow as the disease is brought under control.
9. **What about sunlight and skin in Lupus?** Approximately 60% of people with Lupus will be sensitive to the sun. Sunlight can cause skin rashes, burning of the skin and increased activity of Lupus in other organs within the body. It is not clear why some Lupus sufferers are sensitive to the sun and not others.
10. **Where can I find out more about Lupus?** www.lupusuk.com, Lupus Foundation of America and Urban Mission Lupus Education Program 740-282-8010.

October is Lupus Awareness Month

Monday, October 6, 2008; 6:00 PM

**Lupus Education and Support
Group Combined Meeting
Trinity East Medical Center
380 Summit Avenue
Steubenville, OH 43952**

Join us at Trinity Medical Center East for health awareness activities and screenings. Our special guest will be Dr. Haight, Chiropractic Services. Meeting Coordinators: Walter and Pat Howard and Asantewa

Thursday, October 23, 2008; 6-8 PM

**"Living With Lupus" Talk Show
Martin Luther King Center
905 Market Street
Steubenville, Ohio 43952**

The host will be Lavern Baker Hotep, host of Well Women Talk Show on WAMO AM Radio Station.

Performance by Wing and a Prayer Dancers of Pittsburgh, PA. A cast of five women will tell their story of life, health, family struggles and joy through music and dance therapy.

There is no charge to attend these activities. Please bring a friend, neighbor or parent with you for a grand time. For additional information concerning any of these events, please call Sharon Kirdoll at 740-282-8010.



Upcoming Lupus Education and Support Meetings



October 2008
*Lupus Awareness
 Month*
 6:00 – 8:00 PM
 Trinity East
 MLK Center

Monday, October 6: “Health Screenings and Special Activities”

Health Awareness Activities and Screenings at Trinity Medical Center East
 Special Guest: Dr. Haight, Chiropractic Services, Combined Lupus Meeting
 Coordinators: Walter and Pat Howard and Asantewa

Thursday, October 23: “Lupus Talk Show”

MLK Center; Host: Lavern Baker Hotep of Pittsburgh, PA; Performance by Wing and a Prayer Dancers of Pittsburgh, PA

November 2008
 6:00 – 8:00 PM
 Trinity East
 JOSHUA House

Wednesday, November 5: Lupus Education and Support Group Meeting

Trinity East; Coordinators: Walter and Pat Howard

Monday, November 17: Lupus Education and Women’s Health Group Meeting

JOSHUA House; 249 South 7th Street; Coordinator: Asantewa

December 2008
 Steubenville High School
 JOSHUA House

Friday, December 5: Alumni Orchestra Concert (Call 740-282-8010 to register)
 Steubenville High School; Coordinators: Walter and Pat Howard (7:00 p.m.)

Monday, December 15: Lupus Education and Women’s Health Group Meeting
 JOSHUA House, 249 South 7th Street; Coordinator: Asantewa (6:00-8:00 p.m.)

January 2009
 6:00 – 8:00 PM
 Trinity Medical
 Center West

Wednesday, January 7, and Monday, January 12: “The Science of Sleep”

Trinity Sleep Center Technicians will provide a program and a visit to the Sleep Center and Trinity Medical Center West.

Coordinators: Walter and Pat Howard and Asantewa

February 2009
 6:00 – 8:00 PM
 Trinity East
 JOSHUA House

February 4: Lupus Education and Support Group Meeting

Trinity Medical Center East; Coordinators: Walter and Pat Howard

February 16: Lupus Education and Women’s Health Group Meeting

JOSHUA House, Guest: Dr. Katherine Kochenbauh; Coordinator: Asantewa

March 2009
 6:00 – 8:00 PM
 Trinity East
 JOSHUA House

Wednesday, March 4: Music Therapy

Trinity East; Coordinators: Walter and Pat Howard

Monday, March 16: Importance of Good Nutrition & Chi Gong

JOSHUA House; Coordinator: Asantewa

April 2009
 6:00 – 8:00 PM
 Jefferson County 4th
 Street Health Center

Wednesday, April 1: Health Screenings Fourth Street Health Clinic

708 North 4th; 740-283-2856; Coordinators: Walter and Pat Howard

Monday, April 20: Health Screenings: “April is Minority Health Month”

708 North 4th; 740-283-2856; Coordinator: Asantewa

May 2009
 6:00 – 8:00 PM
 Ft. Steuben
 Milsop Center

Wednesday, May 6: Lupus Education and Support Group Meeting

Tour of Fort Steuben; Coordinators: Walter and Pat Howard

Monday, May 18: Water Aerobics (Call 740-282-8010 to register)

Milsop Community Center, Main St., Weirton; Coordinator: Asantewa

June 2009
 6:00 – 8:00 PM
 Aracoma Park

Wednesday, June 4: Picnic Outing (Combined Meeting)

Special guest speaker for outing at Aracoma Park, Mingo Junction, Ohio

Lupus Bingo, Games, Prizes, Food and Lots of Fun

Feel free to join us for any of the Lupus Support Group and Education sessions. You will learn important information about the disease of Lupus and how to better manage the condition. You will also gain the tools to support the person in your life living with Lupus.

For more information, please call 740-282-8010.



Urban Mission
301 North Fifth Street
Steubenville, OH 43952

Phone: 740-282-8010
Fax: 740-282-8514
mail@urbanmission.org
www.urbanmission.org

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

RETURN SERVICE REQUESTED



OCTOBER IS LUPUS AWARENESS MONTH

Upcoming Events in October 2008

| | | |
|-----------------|---|----------------------|
| 2 | Neighborhood Community Development Center Meeting | 4:00 PM |
| 4, 11, 18 & 25 | Mission Rejoice Service (Saturdays) | 6:00 PM |
| 6, 13, 20, & 27 | Parish Nurse (Mondays) | 11:00 AM |
| 6 | Lupus Support Group Meeting: Trinity East Medical Center | 6:00 PM |
| 7 | God's Pantry Hunger Committee Meeting | 10:00 AM |
| 8 | Program/Evaluation Committee Meeting | 2:00 PM |
| 14 | Packing for Food Distribution Finance Committee Meeting | 9:00 AM 6:00 PM |
| 16 | God's Pantry Food Distribution | 9-12; 1-3 |
| 20, 21, 22 | Food Registration, Thanksgiving and Christmas Signup Location: Mt. Carmel Community Baptist Church 708 North 5th Street, Steubenville (Fellowship Hall) See pg. 2 | 9-12; 1-3 (Daily) |
| 20, 21, 22 | Annual Free Coat Give-A-Way (at Warehouse, 311 N. 6th St.) | 9-12; 1-3 |
| 23 | UM Board of Directors Meeting Lupus Talk Show: MLK Center, 905 Market Street | 4:30 PM 6:00 PM |
| 28 | CSFP Senior Food Distribution | 1:00 PM |
| 30 | UM Newsletter Folding | 9:00 AM |

Hutton House
 Homeless Shelter
 Needs:

- Working Refrigerators
- Personal Care Items

