



BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

A Right Focus: Serving God

As we prepare for the Holy Seasons of Thanksgiving and Christmas, disciples of Jesus are asked to give in order to make Christ the priority of life. We choose to provide money for food, to work at packing and distributing groceries and to sponsor children with Christmas presents. It is always to provide for those less fortunate. Jesus did it all the time, does it all the time and will continue providing for those in need. In the case of the Urban Mission, we believe in providing a concrete witness of Jesus' love for the poor. Our purpose is to share Christ with people. In the process of giving, we come to realize that the more we give away, the closer we are drawn to Christ. Fasting, praying, Bible study and serving are all active ways in which we empty ourselves so that Jesus can fill us up! When you want to draw closer to God, other things have to go.

There is nothing like seeing children receiving gifts on Christmas morning; or parents arriving at the Mission and seeing the presents prepared for their children! Christ comes when we give and when we receive. Soon, we will be buried by an avalanche of holiday marketing, music and TV shows exploiting a Holy Celebration of Christ's Birth. Soon, the busy schedules and extra work of the Holy Day will begin taking a toll on our frame or reference. Do not let the marketers take control of your mood and Holy Day. Do not surrender to the poisoned ambiance of misused sacred music and frenzied materialism. Instead, ask God to make Thanksgiving, Advent and Christmas soul filling, sacred adventures. Ask

God to make you aware of the joy and needs of these days.

There is a resurgence of an old myth wrapped up in twisted logic of the greedy that is making the rounds this year. We used to call it the "name it, claim it" philosophy (It certainly is not any kind of theology). The logic goes like this: God loves us; therefore God is going to make us rich (Bless us). The problem with this perversion of Christian faith and doctrine is that you can only believe this stuff if you ignore the life and teaching of Jesus Christ. You must also ignore the vast teachings of the Old Testament Prophets, Psalms and Law code. To adhere to this self-centered thinking, you must have the unique ability to ignore all the needs of children and senior citizens in America and the devastating poverty in which the vast majority of world citizens languish. I do not like to teach against anything or anyone. But I will not surrender the gospel to those who twist and use the gospel in order to sell books, operate TV and Radio "Ministries" and become "Christian Celebrities". One would think that we get enough of this garbage from Hollywood.

Friends of God, devote yourself to prayer, Bible reading, alms giving and worship. These are the tried and true means to the everlasting treasure of life in Christ. Seek a closer walk with God and you will find the nostalgia of the holidays turned into the fire of a heart alive in Christ. The false busyness of these days will turn into genuine labor in God's Vineyard.

-Love, Pastor Bruce

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October is Lupus Awareness Month

In this newsletter, we have provided an insert with information to help you gain a better understanding of Lupus. Funding for this program is provided by the Ohio Commission on Minority Health. Take time to become more aware of Lupus because "Someone you know has Lupus".

THANKSGIVING CHALLENGE



This year's 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 **1,200 boxes of yellow cake mix**.

To those who are helping with this challenge . . .
Thanks a million!

Holiday Events Schedule

REGISTRATION FOR THANKSGIVING CHRISTMAS KIDS & COAT DISTRIBUTION

October 23, 24 and 25, 2006
9:00 – 12:00 & 1:00 – 3:00

PACKING BAGS FOR THANKSGIVING

Tuesday, November 14, 2006
Beginning at 9:00 AM
(Lunch provided for volunteers.)

THANKSGIVING DISTRIBUTION

Wednesday, November 15, 2006
9:00 – 12:00 & 1:00 – 3:00

Thursday, November 16, 2006
9:00 – 12:00 only



CHRISTMAS TOY DISTRIBUTION, TEEN STOCKINGS AND MITTEN TREE

December 14 & 15, 2006
9:00 – 12:00 & 1:00 – 3:00

SANTA'S RECYCLE SHOP
December 20 & 21, 2006
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 they prefer privacy for the interview process, that can be arranged. If anyone has any questions concerning the process of registration, please call Linda at 740-282-2911.

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



Items that can be included in the stockings are:

Soap/Body Wash	Comb & brush
Toothbrush & Toothpaste	Deodorant
Shampoo & Conditioner	Lotion
Cologne/Aftershave	Talc Powder
Lip Gloss/ Lip Stick	Hair Spray
Hair Combs/Accessories	Nail Polish
Cotton Balls	Q-tips
Jewelry	Restaurant Gift Cards (McDonalds, Wendy's, etc.)

Please have the stockings back to Urban Mission on or before **Friday, December 8, 2006.**

Mitten Tree



Each year, we fill up a large Christmas tree with hats, mittens, gloves, socks and underwear for parents to take for their children when they pick up the gifts from our Christmas Kids Program.

Last year, we had dozens of boxes and most of the items 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, socks and underwear.**

Anyone wishing to help with this project can bring the items to the Warehouse at 311 North 6th Street.

Santa's Recycle Shop

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" on **December 20 and 21 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: 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 a way that only 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 282-2911. I will be glad to work with you and share the Spirit of the Season!



-Linda Smith, Program Director

Hutton House Homeless Shelter



During the cooler months there is always an increase in families calling for shelter in the Hutton House. This increase in families housed also bring an increase for the need for new supplies at Hutton House for the apartments. Our current needs are cleaning supplies, pots and pans, alarm clocks, garbage cans and household items.

We are also making preparations for the Christmas Holiday Season. Families experiencing homelessness often find this time very difficult when they are unable to provide gifts for their children. 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 would like further information about how you can help 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.

-Debbie Bryan, Hutton House Director

Mission Rejoice Youth Group



Did you know that Urban Mission has a youth group? The youth group is a ministry that reaches out to young people ages 11-19. It takes place on Saturday evenings during the Mission Rejoice service. Student volunteers from Franciscan University come each week to conduct a program, which strives to develop a lasting faith in Jesus Christ and a thirst for His life giving Word.

Over the next thirteen (13) weeks, we will be going through a DVD Bible study series called "Revolution". Some of the topics that will be discussed include, guilt, anger, worry, doubt and impact. You won't want to miss out on the powerful message that Jesus wants to share, so make sure you come each Saturday at 6:00 p.m.

Mission Rejoice, led by Rev. Toni Hubbard, offers ministry each Saturday at 6:00 p.m. for all ages, children through adults. You are invited to join in the fellowship or to serve as a host Church. For additional information about Mission Rejoice, please contact Rev. Toni at 740-282-8010.

Parish Nurse News: Beware of Head Lice

School is in session. Children are studying together and playing together. They are engaged in sports activities and slumber parties. They are exchanging caps, combs, and hair ribbons. While engaging in these seemingly innocent activities, they can also be spreading head lice. Let's take a few minutes to learn some facts about head lice.

Anyone who comes in close contact with someone who already has head lice, or that person's contaminated clothing or belongings is at risk for getting head lice. Preschool and elementary school children and their families are infested most often. Girls and women get head lice more often than boys and men. As many as 6-12 million people worldwide get head lice every year.



Head lice can be found in 3 forms: the nit, the nymph, and the adult louse. Nits are head lice eggs, which are firmly attached to the hair shaft. They are oval and yellow or white in color. They are hard to see and can be confused for dandruff or hair products. A nit takes about 1 week to hatch into a baby louse, which is called a nymph. Nymphs look like adult lice, but are much smaller. Nymphs mature in about 7 days and must feed on blood. An adult louse is about the size of a sesame seed, has 6 legs, and is tan to grayish-white in color. Female lice are larger and lay nits. Adult lice live up to 30 days on a person's head and need

to feed on blood. If a louse falls off a person, it dies within 2 days. Head lice are commonly found on the scalp behind the ears and near the neckline at the back of the neck. They hold on to hair with hook-like claws found at the end of each of their 6 legs. Head lice infestation is diagnosed by closely looking through the hair and scalp for nits, nymphs, or adult lice. Nymphs and adult lice move quickly and may be difficult to find. Nits are only found within ¼ inch of the scalp. If you are not sure if a person has head lice, the diagnosis should be made by a health care professional, such as the school nurse or your family physician. Head lice are treated using either prescription or over-the-counter medications.

In summary, head lice are common in school age children. Lice infestation is diagnosed by observation of nits, nymphs, or adult lice on the scalp. Lice infestation is treated with either prescription or over-the-counter medication. Follow the medication directions exactly. Treat the environment to prevent re-infestation. Teach your children to avoid activities that will put them at risk for becoming infested with head lice. Additional information about head lice infestation can be obtained from the Centers for Disease Control Website, www.cdc.gov under the section entitled "Health Topics A-Z".

-Michalene A. King, RN, MSEd, MSN



October is Lupus Awareness Month

The NCDC Lupus Program is proud to present to you this calendar of events and information about the disease, Lupus (loo-puss). The Lupus Foundation of America, Inc. (LFA) has a public awareness campaign, entitled, "Someone You Know Has Lupus". We at NCDC have joined that campaign. The annual observance is national and was first established in 1977. The chronic (incurable) disease affects more than 1.5 million Americans, impacts men, women and children alike. Please feel free to contact the Lupus coordinators or myself and make a special effort to attend the health events throughout the month. Wishing you the best of health!

~Sharon Kirtdoll, NCDC Director

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

Lupus Events

Sunday, October 8, 2006; 1-3 PM

Healthy Lifestyles Fair

St. James AME Church

300 East Market Street, Cadiz, Ohio

Join us for a health fair immediately following morning worship service. There will be mini-workshops, booths, health screenings and food samples.

Thursday, October 19, 2006; 6-8 PM

"Look Who's Talking Now"

Talk Show

Martin Luther King Center

905 Market Street, Steubenville, Ohio

The host will be Shelby Zarotney of WTOV-TV 9, Steubenville, OH.

Sunday, October 22, 2006; 1-3 PM

Healthy Lifestyles Fair

Shiloh Temple Church

117 1st Street, Bridgeport, Ohio

Join us for a health fair immediately following morning worship service. There will be mini-workshops, booths, health screenings and food samples.

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 Kirtdoll at 740-282-8010.

See you there!

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 come Lupus sufferers are sensitive to the sun and not others.
- 10. Where can I find out more about Lupus?** In addition to the self-help societies such as www.lupusuk.com, there are patient networks in most countries of the world.



Upcoming Lupus Education and Support Meetings



November 2006

November 1: Trinity Medical Center East 6:00-8:00 PM ***Coordinators:*** Walter and Pat Howard
November 13: Martin Luther King Center 6:00-8:00 PM ***Coordinator:*** Patti West

December 2006

December 6: Outing, SHS Orchestra Concert 7:00 PM ***Coordinators:*** Walter and Pat Howard
December 18: Martin Luther King Center 6:00-8:00 PM ***Coordinator:*** Patti West

“Look Good, Feel Good!”, Guest Speaker: Trina Lawson

January 2007

January 3: Trinity Medical Center East 6:00-8:00 PM ***Coordinators:*** Walter and Pat Howard

February 2007

February 19: Trinity Medical Center East Gym 6:00-8:00 PM ***Coordinators:*** The Howard’s & Patti West

“Total Body Recall”, Guest Speaker: Tammy Gregory

March 2007

March 19: Martin Luther King Center 6:00-8:00 PM ***Coordinator:*** Patti West

“All About Attitude”, Guest Speaker: Mary Kroskoph, Jefferson Behavioral Health

April 2007

April 4: Trinity Medical Center East 6:00-8:00 PM ***Coordinators:*** Walter and Pat Howard

April 16: Martin Luther King Center 6:00– 8:00 PM ***Coordinator:*** Patti West

Guest Speaker: Connie Vinson

May 2007

May 2: Trinity Medical Center East 6:00-8:00 PM ***Coordinators:*** Walter and Pat Howard

May 21: Martin Luther King Center 6:00-8:00 PM ***Coordinator:*** Patti West

Guest Speaker: Gloria Crossland

June 2007:

June 18: Belleview Pool House 6:00-8:00 PM ***Coordinators:*** The Howard’s & Patti West



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.

OCTOBER 2006

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OCTOBER IS LUPUS AWARENESS MONTH

Upcoming Events in October 2006

2, 9, 16, 23, 30	Parish Nurse (Monday's)	11:00 AM
3	God's Pantry Hunger Committee	10:00 AM
4	No Program/Evaluation Committee Meeting	No Meeting
5	Neighborhood Community Development Center Mtg. Greater Steubenville Community Development Corp. Mtg.	4:00 PM 5:00 PM
7, 14, 21 28	Mission Rejoice Service (Saturday's)	6:00 PM
8	Healthy Lifestyles Health Fair, Cadiz, Ohio	1:00 PM
10	Finance Committee Meeting	6:00 PM
17	Packing for Food Distribution	9:00 AM
19	God's Pantry Food Distribution "Look Who's Talking Now", Talk Show, Steubenville, OH	9-12; 1-3 6:00 PM
22	Healthy Lifestyles Health Fair, Bridgeport, OH	1:00 PM
23, 24, 25	Thanksgiving, Christmas and Food Registrations held at 301 North 5th Street, Steubenville, OH 43952	9-12; 1-3
23, 24, 25	Annual Coat Giveaway held at the Warehouse, 311 North 6th Street, Steubenville, OH 43952	9-12; 1-3
26	Newsletter Folding at UM Board of Directors Meeting	9:00 AM 4:30 PM
	<i>Bible Study with Rev. Toni Hubbard: Friday's</i>	4-6 PM

Annual Coat Giveaway

Urban Mission Warehouse

311 North 6th Street, Steubenville

October 23, 24 & 25

9-12; 1-3

The Annual Coat Giveaway is just around the corner. We are still 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, 2006**.

Please help us to make this winter a warmer one for our friends and neighbors in need.