



# Bright Horizons



Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

February 2007

## *“Lent: A Time of Releasing”*

### Inside this Issue

Jelly Bean Challenge	2
Applications Available	2
Lupus Support Group	3
Parish Nurse News	3
Annual Celebration	insert
UM Calendar of Events	4

Christmas and Epiphany are seasons proclaiming the Birth of Jesus, Emanuel and the glory of God revealed in Jesus Christ. One of the highlights of the Birth stories is “and the glory of the Lord shown round about them.” The end of Epiphany is celebrated by recalling the Transfiguration of our Lord. Light and Glory are the great motifs that move and guide our celebrations. Then without much transition comes Lent; a season marked by Bible Study, reflection, prayer, fasting, giving alms to the poor and calls for self denial. The contrast seems rather sharp. I think the contrast is due to the question, “So what?” After God comes to us as Emanuel, after seeing Jesus repeatedly revealed as one

with power and authority, after being blinded by the light, there is that thick headed human demand for understanding. Someone is bound to say, “So what!?”

Lent is the answer to that question. Lent teaches us to order our lives in a manner that makes following Jesus our highest priority to the exclusion of all else. Lent calls us to a single minded following of Jesus that shapes and defines who we are and what our mission is. I remember reading a novel that featured a boat fleeing from an enemy. The boat was going to go over shoals that would sink the pursuers. They began throwing everything overboard to lighten the ship in order to float over the shoals and continue the journey. I remember a movie that featured a young marine in Viet Nam. On his first patrol this marine carried all kinds of extras into the jungle. Heat exhaustion overwhelmed him. His fellow marines lightened his burden by throwing away books and equipment not essential for the mission. Lent is the time we are taught to toss away the things in life that make the journey of following Jesus too difficult to continue. Bible study teaches us to follow Jesus. Prayer and reflection help us to see life as a journey following Christ, and reveals the burdens we carry that are unnecessary. Repentance and fasting are the means by which we unburden ourselves. Fasting is a way of moving closer to God. If we make more room for a relationship with the Living God other things have to go! It is common sense. On the Apollo Eleven the astronauts had to stop all activity and focus upon reaching home. They had to create a filter, move and reroute power to get back to earth. That is very similar to what Christians do during Lent.

Is following Jesus the highest priority of your life? Are you willing to answer the call? So, what are the burdens you need to toss in order to follow Jesus? What do we need to create and organize to make it “home?” Membership in our congregations calls for us to share time, talent, prayer and finances with the Church. The same is true for the Urban Mission. We exist to serve as the hands and feet of Jesus Christ in the Upper Ohio Valley. It happens because people like you choose to live out following Jesus by giving your time, talent, prayer and finances to the Urban Mission. Thank you for your wonderful support. Take the time of Lent as an opportunity to draw closer to Jesus by prayer, study, fasting and giving alms to the poor!

~Love, Pastor Bruce

## JELLY BEAN CHALLENGE



This year's Easter treat bags will be given to the families at the April 19 food distribution. We are in need of **800 bags of jelly beans by Friday, April 13, 2007**. If you would like to help, please contact Linda at 282-2911.

The Easter Basket tradition has its roots in the German folklore of the Easter Hare. Germans believed a white hare would leave brightly colored eggs for all good children on Easter morning. German settlers brought the tradition to the United States in the 18<sup>th</sup> century. By the 19<sup>th</sup> century in the U.S., the Easter hare had become the Easter bunny delighting children with baskets of eggs, chocolates, candy, jelly beans and other gifts on Easter morning.

The exact origins of the jelly bean are lost in time, and only a part of its history is known. Most experts believe the jelly center is a descendent of a Mid-Eastern confection known as Turkish Delight that dates back to Biblical times.

It wasn't until the 1930's that jelly beans became a part of Easter traditions. Because of their egg-like shape, jelly beans became associated with the Easter Bunny who is believed to deliver eggs as a symbol of new life during the spring season.

- On October 15, 1999, the world's largest jar of jelly beans was unveiled. It weighed 6,050 pounds
- April 22<sup>nd</sup> is National Jelly Bean Day
- Each year, U.S. manufacturers produce more than 16 billion jelly beans for Easter – that's enough to completely fill a plastic Easter egg 89 feet high and 60 feet wide (about the height of a nine-story office building)

Now...if there are going to be more than 16 billion jelly beans produced for Easter, let's all work together to get a small portion of those little things delivered to Urban Mission!

We are starting to put together items for the treat bags. Please give me a call if you are going to take this on as a project. With a little help from everyone, we can reach our goal of 800 bags of jelly beans!

~Linda L. Smith, Program Director

## Volunteers Wanted



Volunteers are wanted to help with packing and on food distribution days. Packing of the food distribution bags for this month will be on Tuesday, **February 13 beginning at 9 AM** and **Food Distribution will take place on February 15 beginning at 9 AM**. If you would be willing to volunteer a few hours each month to help with this project, please call Linda Smith at 282-2911.

## APPLICATIONS NOW AVAILABLE

**Robert E. Hutton Memorial Scholarship Applications** are available to low-income students of any age wanting to pursue **higher education**. Proof of income and letters of acceptance and reference are required in order to be eligible for a scholarship.



For an application, stop by Urban Mission or call us at 740-282-8010 and an application can be mailed to you. **The deadline for applications to be submitted is March 30, 2007.**

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**Joshua Applications** are available to area low-income homeowners. Stop in and pick one up or call and one can be mailed to you.

In order to be eligible, you *must* own your home and provide proof of income and ownership. Please be aware that Joshua projects are *not* completed on a first come, first served basis, but rather by the abilities of the groups coming and the work that needs to be done. For more information please call Sister Mary O'Connor at 740-282-8010. **The deadline for applications to be submitted is April 15, 2007.**

## FEINSTEIN HUNGER CHALLENGE



It's that time again! We have received another challenge from Rhode Island Philanthropist Alan Shawn Feinstein to proportionately match donations of funds marked for **HUNGER** from **March 1 thru April 30, 2007 only**. Your donation toward this program makes you a partner in the most successful grassroots campaign to fight hunger of all time.

Mark your calendars and pinch your pennies between now and **March** and help us fight hunger in the Upper Ohio Valley. Additional details to come.

## CERAMICS CLASS

Are you looking for a new hobby or just an activity to participate in within the community?? Then why not join our ceramics class?!?! The ceramics class, taught by Peg Bell, is held each **Thursday from 9 a.m. - 3 p.m.** at Urban Mission, 301 North 5th Street. You can bring your own projects to work on in the class or purchase pieces from Peg.



If you are interested in being a part of this fun and productive class, stop by the Mission and visit Peg on Thursday's or give her a call at 740-282-8010.

## LUPUS SUPPORT GROUP SESSION

### *"Body Recall-Get Fit"*

*Lupus Education and Support Group*

*Monday, February 19, 2007*

*6:00—8:00 PM*

*Trinity Medical Center East  
Gymnasium (First Floor)*

*Instructor: Tammy Gregory*



Join the members of the Lupus Support Group in learning how to begin a personal exercise program. Tammy Gregory, certified physical fitness instructor, will start us on the road to, "Get Fit" in the New Year. Healthy refreshments will be served.

*Sharon Kirtdoll, Lupus Program Director  
Walter and Pat Howard & Talitha "Patti" West  
Support Group Coordinators*

*Program Funded by the Ohio Commission on Minority Health*

## NCDC NEWS

### No Shoe Giveaway!

**WHAT?!?!?** That's right. There will be **no shoe giveaway** in 2007. We will have a shoe giveaway next year. We ask that you please do not collect or bring in shoes, as we will have no place to store them until next year.



**But, what about the coat giveaway?** **YES!!** We will still have the annual coat giveaway in the fall. We will inform you of those dates closer to the giveaway.

Thanks to all the churches and individuals for making this a viable program. I look forward to your help and donation of shoes next year.

*~Sharon Kirtdoll, Community Developer*

## PARISH NURSE NEWS: DENTAL HYGIENE AND ORAL CARE

February is Children's Dental Health Month. Diseases of the mouth cause pain and disability for millions of Americans. The most common oral disease in children is cavities. Untreated cavities can cause pain, dysfunction, absence from school, underweight, and poor appearance. Oral problems for adults include tooth loss due to cavities or gum disease. Tooth loss can lead to nutrition problems due to limitations on the foods a person can eat. Almost all oral diseases can be prevented with good dental hygiene and oral care.

Good dental hygiene should begin at an early age. As soon as the first tooth appears, the parents should clean the teeth with a clean, damp cloth every day. When more teeth come in, cleaning can be done with a small, soft toothbrush. Toothpaste with fluoride can be started when the child is 2 years old. Even though fluoride is important for fighting cavities, too much fluoride can cause white spots on permanent teeth. To keep this from happening, use only a small pea-size amount of toothpaste and teach the child to spit out the toothpaste and rinse well after brushing. Children's teeth should be brushed twice a day. Parents should brush children's teeth until the child has the skill to handle the toothbrush alone. Parents should then supervise tooth brushing to make sure that the child is doing a thorough job and using only a small amount of toothpaste.

Good dental hygiene should be continued throughout the lifetime. In addition to brushing teeth twice a day, additional measures may be recommended for dental hygiene. These additional measures can include a fluoride mouth

rinse to help prevent cavities, and flossing for more thorough cleaning. Proxabrushes are small brushes that can be used to clean wide spaces between teeth. Stim-u-dent plaque removers are small, wooden sticks that can help to prevent gum disease. Your dentist or dental hygienist may recommend some of these additional measures for your dental hygiene.



In addition to tooth brushing, oral care includes routine dental check-ups. Dental check-ups can include cleaning, x-rays, visual examination of the mouth, and prophylactic treatments such as fluoride and dental sealants. Assessments can be performed for malocclusions that may need treated by orthodontic appliances. Gum disease that can lead to tooth loss can be discovered during cleaning and examination of the mouth. Other oral problems such as cancer or pre-cancerous conditions can be found during the dental check-up. Both fluoride application and dental sealants, which decrease the incidence of cavities in children, can be performed. Routine dental check-ups are recommended twice a year. Dental check-ups, x-rays, and cleanings can be done for a small fee at a college that has a dental hygiene program or dental school.

Good teeth are important for more than appearance. Good dental hygiene and oral care is needed to keep out teeth and gums healthy. Take care of your teeth and keep smiling.

*~Michalene A. King, RN, MSED, MSN*



*Annual Celebration /Scholarship Dinner*  
*Thursday, February 22, 2007; 5:30 PM*  
*The Rose by Clara's Catering*  
*680 Lovers Lane*  
*Steubenville, Ohio 43953*

On Thursday, **February 22, 2007**, Urban Mission will hold the **Annual Celebration/Scholarship Dinner** at The Rose by Clara's Catering. This will be a special evening of food, fellowship and inspiration that you will not want to miss. The dinner will be held **from 5:30 - 7:30 p.m.** A special program is being planned to celebrate an exciting and fruitful year.

Each year Urban Mission provides four (4) scholarships to area residents to further their education. A portion of the nights proceeds will go to provide these scholarships.

We invite all those who are able to attend this special evening to contact Urban Mission to reserve a ticket. Tables are available for churches, businesses and groups. Individual tickets are also available for **\$20 per person**. The deadline for dinner reservations is **February 9, 2007**.

If you have any questions about purchasing tickets, or making a donation to the Annual or Scholarship Fund, please call the Mission at 740-282-8010. We look forward to seeing you all at the dinner celebration!



*Reservation Form*  
*Urban Mission Annual Celebration /Scholarship Dinner*  
*Thursday, February 22, 2007*

Name: \_\_\_\_\_

Phone: (        ) \_\_\_\_\_ Number of Dinner Reservations: \_\_\_\_\_

Amount Enclosed (**\$20 per individual ticket**): \_\_\_\_\_

Scholarship Fund Contribution of \$\_\_\_\_\_ enclosed.

Total Amount Enclosed: \_\_\_\_\_

If you would like your tickets mailed, please enclose a **self addressed, stamped envelope**.

**Reservation Deadline: February 9, 2007**

*Please mail to Urban Mission Scholarship Banquet, 301 North 5th Street, Steubenville.*



**February 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](mailto:mail@urbanmission.org)  
[www.urbanmission.org](http://www.urbanmission.org)**

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

RETURN SERVICE REQUESTED

LABEL

### **Upcoming Events in February 2007**

|    |                                                                                                            |                     |
|----|------------------------------------------------------------------------------------------------------------|---------------------|
| 1  | Neighborhood Community Development Center Meeting<br>Greater Steubenville Community Development Corp. Mtg. | 4:00 PM<br>5:00 PM  |
| 3  | Mission Rejoice Service                                                                                    | 6:00 PM             |
| 5  | Parish Nurse                                                                                               | 11:00 AM            |
| 6  | God's Pantry Hunger Committee Meeting                                                                      | 10:00 AM            |
| 7  | Program/Evaluation Committee Meeting                                                                       | 2:00 PM             |
| 10 | Mission Rejoice Service                                                                                    | 6:00 PM             |
| 12 | Parish Nurse                                                                                               | 11:00 AM            |
| 13 | Packing for Food Distribution<br>Finance Committee Meeting                                                 | 9:00 AM<br>6:00 PM  |
| 15 | God's Pantry Food Distribution                                                                             | 9-12; 1-3           |
| 17 | Mission Rejoice Service                                                                                    | 6:00 PM             |
| 19 | Parish Nurse<br>Lupus Support Group Meeting                                                                | 11:00 AM<br>6:00 PM |
| 20 | CSFP Senior Food Distribution                                                                              | 1:00 PM             |
| 22 | Annual Celebration and Scholarship Banquet (See insert.)                                                   | 5:30 PM             |
| 24 | Mission Rejoice Service                                                                                    | 6:00 PM             |
| 26 | Parish Nurse                                                                                               | 11:00 AM            |

### ***Roasters Needed for Unity Kitchen***



The Unity Kitchen is in need of six (6) new large roasters for meal preparation and serving.

#### ***Fast Facts:***

The Unity Kitchen served over **20,000** hot meals in 2006. All of this was accomplished with just one part-time staff member, senior employment workers and a host of faithful volunteers.

