

Bright Horizons



Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

Inside this Issue

Mission Receives Award	2
The Magic of Christmas	3
MLK Community Events	4
M. Rejoice Calendar Open	4
Parish Nurse News	5
UM Calendar of Events	6

Human Relations Day Sunday, January 20, 2008

Human Relations Day encourages us to learn more about the diverse community we live in.



On this special day, United Methodist congregations are

asked to contribute to a special offering that supports thirty Community Developers Programs throughout the country.

Neighborhood Community Development Center (NCDC), a program of Urban Mission, is a program of the General Board of Global Ministries funded by the Human Relations Day offering. Community Developer, Ms. Sharon Kirtdoll seeks funding for community programs including Math Excellence for elementary school students, Health Education and Prevention for the African American Community, Affordable Housing Development for area residents and Lupus Education and Support Program for Jefferson County residents.

Life's Journey

Many have the perception that the holidays are over and we can get back to business as usual. Those who practice their faith the year around know how false the consumer perception is. The Wisemen are just now completing the journey to Bethlehem. What will they find there? Is the person they have traveled to see the One they have hoped for? Will this Child inspire them to give their gifts?

The journey to Jesus Christ is the only journey of significance that any of us will ever take. It is not the sort of journey we expect. It is not a journey to obtain wealth or power. Those journeys simply destroy the soul and leave us empty. It is not a journey that has a physical destination. A physical journey may serve as a backdrop to the journey within, but only serves as a stage for those seeking meaning, purpose, hope and salvation.

Our journey is one within ourselves to find God. The Gospel, 1 John 2:27, reminds us that we do not need anyone to teach us, but the Spirit that remains in us. John 14:7 is the promise of the Counselor, who lives with us and in us. To be sure this journey within will be similar to a typical journey with a destination in mind. There will be obstacles; most of them our own making. There will be costs involved, but much less expensive than refusing to go on the journey. There will be many unexpected experiences and adventures. We will meet many friends and foes on the way. Eventually we will learn that the journey does not end. But we will gain a Companion who never leaves, never fails and never gives up on us. This

Companion forgives us and invites us to join in the work of God.

The meaning and purpose of life is found in the journey of souls walking with Jesus Christ. A friend and pastor recently commented about the work of the Urban Mission. He said, "I cannot imagine working with the poor all the time. I just cannot imagine." Part of his comment was about the sheer weight of the work that is continually growing. Part of the comment was meant to be a positive and encouraging word to the Mission. Part of the comment was the genuine question, "How and, why do you work like this? The only way to answer the question is to talk about the inward journey to Jesus Christ. There is a Home within us.

Some essentials for the journey include a Bible, a journal, some friends, silence, prayer, a worshiping community, nature, and a willingness to begin following Jesus without knowing where it will lead. There have been times in my journey when I stopped. I did not want to go where Jesus lead. Jesus waited, encouraging me and loving me until I could go on. Sometimes I saw a huge abyss with no way to cross. Christ built a bridge! I still struggle with moving ahead on the journey. I have fears; even with the experience of Christ being present in every new place.

As we journey with Jesus Christ, a new perspective emerges. The journey teaches us to look ahead with hope and expectation. I may not know where the journey will take us next, but I know who will be with us loving us. Wanna go for a walk?

-Love, Pastor Bruce

Mission Receives Prestigious "Poverello" Award

On Saturday, December 8, 2007, **Urban Mission** was awarded the **Prestigious Poverello Medal** at the Fifty-Eighth Annual Founders' Association Dinner at Franciscan University. Executive Director, Rev. Bruce Hitchcock received the award of behalf of the Mission.



Named after St. Francis Assisi, who was called *il poverello* ("the little poor man") the Poverello Medal is the highest non-academic honor awarded by Franciscan University of Steubenville. Cast of steel to signify the ideals of Franciscan simplicity and poverty, the medal is three inches in diameter. Etched on the front is an image of St. Francis giving money to the poor. On the opposite side are the words "*In recognition of great benefactions to humanity, exemplifying in our age the Christ-like spirit of charity which filled the life of Saint Francis of Assisi.*"

The award commemorates organizations and individuals, which through great strength of character and the practice of Christian charity, have imitated the little man from Assisi in their love for and service to the poor. Past recipients include Blessed Teresa of Calcutta, Dorothy Day and Catherine de Hueck Doherty.

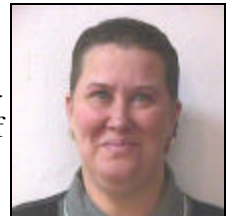
Also among the evening honorees was the Jefferson County Fourth Street Health Center. Dr. Frank J. Petrola received the award on behalf of the Health Center. Over 900 poor and uninsured individuals in Jefferson County have received health care since the Center opened in March 2006.

Editors Note: *We share the Poverello Medal with all the staff, volunteers and donors to Urban Mission. Without the generosity, love and contributions of those within our community, we would not be able to accomplish all that we do.*

Bryan Awarded for Achievements in Fighting Homelessness

On Friday, December 14, **Debra Bryan**, Hutton House Homeless Director was honored with a "**Horizon Award**" by the Jefferson County Coalition on Housing and Homelessness. The award was in recognition of her service in making positive strides in housing and homeless efforts. Several other similar events were held throughout the country during the same time period in memory of those who lost their battle against homelessness.

Bryan was celebrated for her exemplary history of serving the low-income and special needs population. The ceremony was held at the Mingo Junction Knights of Columbus with Cathy Johnston from the State Coalition on Housing and Homelessness being the keynote speaker.



Debra Bryan, Director
Hutton House
Homeless Shelter

Bryan has served as the Director of the Hutton House Homeless Shelter since 1991 and oversees two sites, one located on South Seventh Street and one on Market Street. In 2006, the Shelter provided a temporary home for 130 children and adults. Congratulations to Debra for her hard work and achievements in fighting homelessness!

Mission Rejoice Calendar Open

We are currently scheduling churches for the **2008 Mission Rejoice Calendar**. Singing Groups, Sunday School Classes, UMW's and groups of all kinds are invited to serve as a Host Church.

Mission Rejoice is held from 6-8 PM on Saturday evenings here in our beautiful sanctuary. Churches can provide the meal and preaching or one or the other. For additional information about the program or to schedule your night of ministry, please call Rev. Toni, Monday through

Wednesday from 9-1 at 740-282-8010.



Hutton House Accepting Vehicle Donations



Do you have a used vehicle you would like to donate to Charity? Hutton House is accepting vehicle donations for our homeless families. By donating a vehicle, you can receive the full "Fair Market Value" tax-deduction. We will provide your vehicle to a family with an adult licensed driver, free of charge. Vehicles will be used by these families to assist them in their transportation needs and help them to continue to work and become self-sufficient, productive members of our community. If you are interested in donating your used (working) vehicle, please call Debra at 740-282-8903.

Martin Luther King Community Events

MLK Children's Activities

Saturday, January 19, 2008

11:00 AM

Martin Luther King Center

905 Market Street, Steubenville, Ohio

MLK Memorial Choir Concert

6:00 PM

Simpson United Methodist Church

430 Slack Street, Steubenville, Ohio

Martin Luther King Memorial Mass Choir under the direction of Mrs. Delores Wiggins, Minister of Music.

Community Ecumenical Service

Sunday, January 20, 2008

6:00 PM

Quinn Memorial AME Church

515 North Street, Steubenville, Ohio



MLK Commemorative March

Monday, January 21, 2008

9:00 AM Continental Breakfast

9:30 Program Begins 10:30 March Begins

Martin Luther King Center

Market Street, Steubenville, Ohio

March from the Martin Luther King Center to Steubenville High School.

Community Celebration

Monday, January 21, 2008

11:00 AM

Steubenville High School

420 North 4th Street, Steubenville, Ohio

Music, presentations, essay winner and more!

Mark your calendars and join us for one or all of these events.

Parish Nurse News: Thyroid Disorders

What do you know about the thyroid gland? How do you know if you have a problem with your thyroid gland? Let's take a few minutes and talk about the thyroid gland and thyroid disorders.

The thyroid gland is one of several endocrine glands in the body. The word "endocrine" means ductless, as these glands do not have ducts and secrete their hormones into the bloodstream. Endocrine glands work like the thermostat on your furnace. When the level of hormone decreases, the thyroid gland secretes enough hormone to increase the level to the proper amount. When the proper amount is reached, the gland stops secreting the hormone. The hormones secreted by the thyroid gland affect virtually all cells of the body with the major effect being metabolism.

The thyroid gland can become under active (hypothyroidism) or overactive (hyperthyroidism). The symptoms that you experience and the treatment you will receive will depend upon the amount of thyroid hormones released by the thyroid gland.

If you have an underactive thyroid gland, you will have decreased metabolism. Your body is not able to metabolize all the nutrients that you consume. Symptoms of hypothyroidism include: weight gain, fatigue, feeling cold, loss of appetite, sleepiness, constipation, menstrual irregularities, and feeling depressed. An enlarged thyroid gland can occur, because the thyroid gland enlarges to try to increase the secretion of hormones. Some symptoms of an enlarged thyroid gland are the feeling of a lump in your throat or a goiter (a swelling of the gland that can be seen in the front of the throat). Blood tests will reveal that

there is an insufficient amount of the thyroid hormones. You will need to take thyroid hormones for the rest of your life and will require periodic blood tests to make sure that you are receiving the right amount of thyroid hormones. If the thyroid gland is enlarged, a partial or total removal of the gland may be done followed by thyroid hormone replacement therapy.



If you have an overactive thyroid gland, you will have increased metabolism of nutrients. Symptoms of hyperthyroidism include: weight loss, hunger, restlessness, sleeping problems, increased appetite, feeling hot, lack of menstrual periods, and anxiety. Prolonged hyperthyroidism can lead to a condition called exophthalmos, in which the person has a wide-eyed look. Blood tests will reveal increased amounts of thyroid hormones. Treatment consists of removal or destruction of all or part of the thyroid gland. The thyroid gland can be destroyed using radioactive iodine therapy, as the thyroid gland takes up the iodine and the radioactivity destroys the thyroid gland cells. There is no way to tell how much of the thyroid gland will be destroyed using radioactive iodine therapy, so surgical removal of part or all of the thyroid gland is the treatment of choice for hyperthyroidism. Thyroid hormone replacement will be needed for the rest of your life with periodic blood tests to make sure that you are receiving the right amount of thyroid hormones.

The thyroid gland is an amazing gland that affects all cells in the body. If you think that you have symptoms of either hyperthyroidism or hypothyroidism, see your doctor or nurse practitioner and ask for blood tests to confirm the diagnosis.

-Michalene A. King, PhD, RN

The Magic of Christmas

My very favorite Christmas song is "I Wonder as I Wander". There are only three verses and it is the first verse I want to share. It reads as follows:

*"If I were a shepherd, I would bring a lamb.
If I were a wise man, I would do my part:
Yet what can I give Him – Give my heart."*

-Christina Georgina Rossetti

adjective and think of it as enchantment. It was our goal to provide this enchantment, the delight and excitement of Christmas morning for these children and their families.

*"I wonder as I wander out under the sky
How Jesus the Savior did come for to die
For poor on'ry people like you and like I;
I wonder as I wander out under the sky."*



Some of gifts for the 697 children that were adopted.

'For poor on'ry people like you and like I'...Do you feel as though you are poor? Webster's dictionary describes poor as having little or no

strength, beauty, or dignity; insignificant; spiritless. Are we the poor ordinary people the words of the song are talking about?

The Christmas season is now behind us. It was an extremely busy time for Urban Mission. We had 120 more children registered for our Christmas Kids program than were registered last year. These children belong to families who fall into the part of the definition of poor as having little or no means. I knew we were going to have to find some kind of magic to help these families provide gifts for their children.

When used as a noun, "magic" is defined as the pretended art of working by the power or assistance of supernatural beings. Personally, I like to use magic as an

I am proud to say we reached that goal. It took the love and caring from many of you to help us to do just that. There are so many of you that I could not begin to list names for fear of forgetting someone. As in the words at the top, you were the shepherds and the wise men. When you provided the gifts for the children, you were giving Him your heart.

Volunteers organize the table of Mitten Tree Items



Poor can also be described as an expression of tenderness, compassion. Yes, we are poor on'ry people. The song goes on to say that if Jesus wanted anything, absolutely anything, he surely could have it, 'cause he was the King. Jesus wanted these families to experience the enchantment of Christmas. He knew you were going to be part of helping to make this happen even before you made the decision to do so. That is how He wanted it, 'cause He is still the King.

Special thanks to all those who volunteered during the holidays, adopted children, donated mitten tree items, toys and gifts for Santa's Recycle Shop, gave monetarily and assisted the

Mission in any way. God Bless all of you!

-Linda L. Smith, Program Director



Several of the 150+ bicycles received.

Hutton House Thanks

Thanks to the many donors who gave gifts and monetary donations so that our shelter guests would have gifts at Christmas. Each child at the Shelter had a Christmas tree and something to open on Christmas morning! Joy filled each apartment as families experienced the outpouring of love from the community. Thank you for sharing of your gifts that others might be blessed!

-Debra Bryan, Shelter Director



Holiday Closing

Offices will be **closed** on **Monday,**

January 21, in honor of Martin Luther King Day.

Please feel free to attend the area events in honor of Dr. King.



Urban Mission Annual Dinner
Tuesday, February 19, 2008
St. Florian Hall 286 Luray Drive Wintersville, Ohio 43953



On **Tuesday, February 19, 2008**, we will hold our **Annual Dinner Celebration** at St. Florian Hall. This will be a special evening of food, fellowship and inspiration that you will not want to miss. A special program is being planned to celebrate an exciting and fruitful year.

We invite you to join us to see how your contributions are making a difference in the lives of folks right here in your community. Last year alone, over 600,000 pounds of food and 28,000+ hot meals were distributed to folks in need. There are a wide array of other needs the Mission provides for including four scholarships for low-income students to help further their education. A portion of the nights proceeds go toward providing these scholarships.

Please make plans to join us at St. Florian Hall to hear the Urban Mission story and meet many of its special disciples as we host our Annual Dinner Celebration. Matthew 25:40, concludes with the words of Jesus saying, "...As you did it to one of the least of these, you did it to me." Do something special for yourself as you "do unto others." Join us by sending in your reservation today.

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Reservation Form
Urban Mission Annual Dinner Celebration
Tuesday, February 19, 2008

Name: _____

Phone: () _____ Number of Dinner Reservations: _____

Amount Enclosed (**\$25 per 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 12, 2008

Please mail to:
Urban Mission Annual Dinner
301 North 5th Street
Steubenville, Ohio 43952

January 2008

**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**

RETURN SERVICE REQUESTED

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

LABEL

Upcoming Events in January 2008

2	Lupus Support Group Meeting: Trinity East	6:00 PM
5, 12 & 26	Mission Rejoice Service (Saturday's)	6:00 PM
7, 14, 28	Parish Nurse (Monday's)	11:00 AM
8	God's Pantry Hunger Committee Meeting	10:00 AM
9	Program/Evaluation Committee Meeting	2:00 PM
10	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Meeting	4:00 PM 5:00 PM
15	Packing for Food Distribution	9:00 AM
17	God's Pantry Food Distribution	9-12; 1-3
19, 20 & 21	Martin Luther King Celebration Community Events	See Page
22	CSFP Senior Food Program	4:30 PM
24	Board of Directors Meeting	4:30 PM
28	Lupus Support Group Meeting: Martin Luther King Center	6:00 PM
31	UM Bright Horizons Newsletter Folding	9:00 AM
	<i>Bible Study with Rev. Toni: Friday's</i>	6:00 PM

Hutton Memorial
Scholarship
Applications will be
available beginning
February 1, 2008.



Watch for more
information about
this program in the
next newsletter.