



BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

Life-Altering Moments

Some moments in time shape our vision of life and work. Our JOSHUA Director, Bill Morris, had his vision of the JOSHUA Program shaped by one job and one man. JOSHUA built a wheelchair ramp for a man who had lost both of his legs. At the completion of a project, Bill likes to drive by the job to make sure everything is cleaned up and looking good. When he went by the jobsite, he saw the man outside of the home. Bill came alive with the possibilities of changing the quality of an individual's life. JOSHUA is no longer about "getting a job done". It is now about changing another person's environment and quality of life. Bill has a new vision and excitement about the ministry.

Bob Payton, a former employee who has passed on, had a moment that changed his perspective. While picking up food from a local grocer, he noticed an older couple climbing in and out of a trash dumpster in the back. They were looking for food. Bob said, "I thought I had a job driving a truck and working at the Warehouse. What I really have is a chance to help people who are hurting". Bob was touched by the need he saw and the incredible realization that he could make a difference in the suffering of others.

Once a gentleman and I were helping pass out food in a low-income neighborhood. My work partner was a man from prison who was allowed to work in community service. He had the thin sick look of someone who smoked, drank and probably used

drugs too much. His hair was long and his skin marked by many tattoos. On the way back to the Mission, he started crying. I asked what was wrong. He said, "This is the first time I ever helped anyone. I didn't know how good this feels". One hot day in a truck, God changed him, and me.

God can take any moment or incident and change people by providing new vision, new insight and new hope. People go through many transformations in life. Some of the more frightening people I have met in life are the ones who cannot see or experience anything new. I wonder how people can live without any possibility of something beyond themselves. The Bible teaches us that, "without a vision, the people perish".

A local pastor was helping install a furnace at the Warehouse when he was touched by the love of the volunteers passing out food and the gratitude of the people receiving the groceries. He saw love and thanksgiving and it changed his heart. Vision comes in the strangest places and in the strangest events.

I am convinced that the work of God goes on around us all the time. Yet, we are blind to most of what God is doing. I am also convinced that the work of God is going on *in us* all the time. Yet, we are numb to God's presence. O Lord, give us eyes to see and tender hearts, enable us to experience and know your work in us. *Amen!*

-Love, Pastor Bruce

"Urban Mission: Listening with compassion; serving with love"

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Welcome JOSHUA Mission Work Teams!

July 6-11:

Edison Memorial UMC,
Norwalk, OH
Christ UMC, Ashland, OH
Host: Toronto First UMC

July 13-18:

Champion Presbyterian,
Warren, OH
Host: Bell Chapel UMC

July 20-25:

Sacred Heart Chapel,
Lorain, OH
Anoka UMC, Anoka, MN
Host: St. Mark Lutheran

July 27-August 1:

King of Kings, Liverpool,
NY
Host: Starkdale Presbyterian

Hats Off to Our Youth

Urban Mission is often blessed with the presence of students from our area high schools lending a hand. This past year, we had students from Steubenville Big Red, Indian Creek, Toronto, JVS, Jefferson County Christian School, Edison and Brooke High School. We even had a group of high students that were involved with a leadership group at JCC.

I have often made statements about how great it is to have the students with us. There are so many problems in our area towns and moving on out to our world. My generation will never solve the problems and it is the generations coming forward that may have the answers and solutions to make the world a better place.

Oftentimes we receive thank you notes from the students. Such was the case a couple of months ago. But, they were not just thank you notes. The students expressed themselves so well with the positives and negatives they left here with. I was amazed with some of the thoughts that were shared. A few of those included...

- Travis: "Now I know where to go if anything ever happens to me and my family."
- Kealy: "I learned that you don't just give the food away. You give it to people that can't afford to buy groceries."
- Lo'Real: "When I was little, my dad worked with the JOSHUA groups. He loved his job and also loved the staff and people. And someday I want to be like him and help people."
- Paige: My family receives food bags & it was cool seeing how all that happens. I know my family

"Bold love is courageously setting aside our personal agenda to move humbly into the world of others with their well-being in view, willing to risk further pain in our souls, in order to be an aroma of life to some and an aroma of death to others."
 --Dan Allender & Tremper Longman III, *Bold Love*

wouldn't survive if it weren't for people like you."

· Anonymous: "You cannot judge people by what they look like. Any type of person could need help." "Even little acts of kindness towards people can make their lives better & easier."

· Anonymous: "Why are there so many people that are less fortunate now? We are in the 21st century. There should be no poverty."

· Anonymous: "How does the Urban Mission choose who deserves to get food?"

The last statement listed moved me the most. The staff of Urban Mission does not make the choice. God sends those in need to us and we do what we can do to help them. We are only His hands extended.

I am a member of the "Baby Boomer" generation. I see the many needs that need to be met almost on a daily basis. What the staff and I do to help meet these needs is only a temporary fix. The youth that come in to help are part of this 21st century. We continue to make medical miracles and breakthroughs every day. Let's hope and pray the current youth can teach our future youth that something HAS to be done.

The very last paper has the comment "Don't be afraid to speak up." Let's hope and pray this message continues to be passed through the generations. Hats off to the youth working with us today and to the youth who will be here even after we are not.

~Linda L. Smith, Program Director

Annual Street Carnival

Saturday, August 9, 2008
12:00 p.m. - 4:00 p.m.
 Urban Mission Parking Lot



The **Street Carnival** is quickly approaching. This **free** community event requires a lot of preparations for hosting the hundreds of families that will attend.

We are still in need of donations and volunteers. If you would to be involved in this fun-filled day for our community, please give us a call at 740-282-8010.



Thanksgiving Challenge

The heat of summer is here and yet we are planning for Thanksgiving! The challenge item for July is **cranberry sauce (1,200 cans)**. If you missed last months item, it was chicken noodle soup. "Thank you", to those who sent in soup donations.

For more information about this project, please call Linda at 282-2911.

Mission Rejoice Picnic

Saturday, July 26, 2008
2:00-6:00 PM
 Jefferson State Lake Park
 Richmond, Ohio

Join us for free food, games, fellowship and fun!



See you at the park!



Coming Next Issue: Four \$750.00 Robert E. Hutton Memorial Scholarships awarded to area high school graduates. See their photos and hear of their plans to further their education.



Parish Nurse News: Men's Health Month

July is Men's Health Month. Our topic for men's health month is conditions of the prostate gland. We will discuss benign prostatic hyperplasia (BPH) and prostate cancer.

As many men get older, their prostate glands begin to enlarge. As the prostate gland enlarges, it obstructs the flow of urine from the bladder. Symptoms of obstructed urine flow include frequent urination, waking up during the night to urinate, hesitancy when starting urination, reduced force and size of the urine stream, the sensation of incomplete bladder emptying, and dribbling after urination. Men who experience these symptoms need to be evaluated by a urologist (a physician who specializes in diseases of the urinary tract). The examination may include a digital rectal examination, in which the physician can feel the enlarged prostate. Other diagnostic tests can be blood tests including a PSA

(prostate-specific antigen) and x-rays of the urinary tract. Treatment of BPH can include drug therapy with a medication that shrinks the prostate gland or surgical removal of the prostate gland. There are several surgical procedures available, but the most common are transurethral resection of the prostate (TURP) and open prostatectomy, which involves a surgical incision. Men requiring surgical removal of the prostate will be hospitalized following surgery. After a reasonable recovery period, the symptoms they experienced should cease.

Another cause of an enlarged prostate is cancer. Prostate cancer is the sixth most common cancer worldwide. The early symptoms of prostate cancer are the same as BPH, which are symptoms of obstructed urine flow. The same diagnostic procedures will be used to diagnose prostate cancer, but may also include a biopsy to assist with treatment decisions. Prostate cancer is slow-growing and will metastasize (spread) if not treated. Common sites for metastases include the nearby lymph nodes; bone marrow; and bones of the pelvis, sacrum, and lumbar spine

and later to the lungs, liver, adrenals, and kidneys. Treatment of prostate cancer can include surgery, radiation, and drug therapy. One type of radiation therapy that has gained favor is temporary insertion of radiation "seeds", which destroy the gland. Men with prostate cancer need to discuss all the options with their urologists and get second opinions if all the options are not available. Prostate cancer can be successfully treated, and the earlier the treatment is started, the better the rate of success.

All men have prostate glands and these glands can cause health problems as the men get older. When a man experiences symptoms of obstructed urine, he should immediately seek medical attention as both BPH and prostate cancer have the same early symptoms. His health care provider can then refer him to a urologist for appropriate diagnosis and treatment. Both BPH and early prostate cancer can be treated successfully if detected early.

-Michalene A. King, PhD, RN

NCDC News

Local Conversations: Health Disparities

Tuesday, July 22, 2008; 9:00 AM- 3:00 PM
Jefferson Community College
(Lunch will be provided)

The Ohio Commission on Minority Health is interested in hearing from our community on the health needs and concerns in our area. Guest Speaker: Dr. Betty Yung, University of Dayton Medical Center. Coordinators: Sharon Kirtdoll and Sheila Hendricks. Call 282-8010 to register

Minority Health Month (MHM) Technical Assistance

Thursday, July 31, 2008; 2:30-4:30 PM
Martin Luther King Center, 905 Market Street, Steub.

I'm looking for community organizations who are interested in sponsoring an event for MHM in April 2009. Grants up to \$2,000 are available. Phone me for additional information at 740-282-8010 between 9 AM and 4 PM.

-Sharon Kirtdoll, Community Developer

Facelift for Unity Kitchen

Over the last few months, our Unity Kitchen has undergone a makeover! Recently, a JOSHUA team scraped down, painted and applied new wall coverings in the dining area. Two young men completing community service, stripped and waxed the floors giving them a much brighter appearance. Our next project will be to re-cover all of our tables. We are appreciative to everyone who lent a hand to improve our facility! We want our dining area to be the best place it can.

Each week, the Unity Kitchen serves approximately 350 meals to area residents. This includes lunch meals Monday through Wednesday, Bible Study and Mission Rejoice Meals on Friday's and Saturday's.

As you can imagine, it takes a lot of volunteers, work and supplies to provide the large number of meals. We are in need of the following supplies to replenish our stock: aprons, large disposable foil pans, dish towels and rags. If you would like to donate any of these items, please drop them off at the Mission at 301 North 5th Street, Steubenville.



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RETURN SERVICE REQUESTED

LABEL



Upcoming Events in July 2008

1	Hunger Committee Meeting	10:00 AM
2	No Program/Evaluation Committee Meeting	No meeting
4	Offices Closed for Independence Day	Closed
5, 12, 19	Mission Rejoice (Saturday's)	6:00 PM
7, 14, 21, 28	Parish Nurse (Monday's)	11:00 AM
8	Finance Committee Meeting	6:00 PM
15	Packing for Food Distribution	9:00 AM
17	God's Pantry Food Distribution	9-12; 1-3
22	Local Conversations: Health Disparities, Jefferson Community College, 4000 Sunset Blvd., Steubenville. (See page 3)	9:00-3:00
24	Urban Mission Board of Directors Meeting	4:30 PM
26	Mission Rejoice Picnic: Jefferson State Lake Park (See pg. 2)	2:00-6:00 PM
29	CSFP Senior Food Distribution	1:00 PM
31	Urban Mission Newsletter Folding	9:00 AM
31	Minority Health Month Technical Assistance, Martin Luther King Center, 905 Market Street, Steubenville. (See page 3)	2:30-4:30 PM

- HUTTON HOUSE
NEEDS**
- Cribs
 - Personal Care Items
 - Bibles
 - Kitchen Garbage Bags
 - Restroom Garbage Cans
 - Fans
 - Mops, Brooms and Dust Pans
 - Toilet Brushes
 - Silverware
 - Cooking Utensils
 - Pots, Pans and Bake ware

**Offices closed on
July 4, 2008 for
 Independence Day.**

