



BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

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Angie Brown, Newsletter Editor

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Jelly Bean Challenge

The Easter Bunny has been in touch and has informed me that since everything went so well last year, he is planning on coming back. He said he was very pleased with the response from the Jelly Bean Challenge last year. He also informed me that we are going to have to increase the number of bags needed!



Would you like to help Mr. Bunny again this year? He is going to need **800 bags of jelly beans** to be used in the April food distributions. If you can help, please contact Linda Poe at 282-2911 and let her know. You can also deliver them to the warehouse at 311 North 6th Street before Monday, April 12. Let's all work on this together and help Mr. Easter Bunny provide every bag of jelly beans needed.

More Than Just A Face

In my mind's eye there are many images of people's faces. The people of Senegal have had a lasting impression. One could talk about the demographic statistics, the climate, the poverty, the religion, the transportation, (driving is quite frightening and led to a much deeper prayer life), or the different customs of the land. But my mind is occupied with the people. I see the faces, the clothing, the expressions, the hope and fear in their eyes. I also see the despair, the hurt, the abuse and the calculations going on behind the eyes. And never is the Presence of God far from our encounters with the people of Senegal.



The question occurred over and over again in varying versions. "Why are you here? What is your purpose? Where are you working? What is your job?" And most did not understand our answers. "We are here to rehabilitate the Refugee Center and build a class room in Tambacounda." You could see the confusion on their faces. Why would anyone want to help refugees, (refugees are foreigners in Senegal), and why would anyone build a school for people living in the bush? Sometimes we hear that same question at home. Why would you want to go to Steubenville? Why would you want

to work downtown with *those* people? Don't you get tired of working with people who are not the brightest, the best, the most beautiful, the most talented and blessed?

One beggar boy stands out in my mind. He is around seven years old. His shirt is reduced to a dirty rag. The shorts are filthy and too big. He is barefoot. He holds a rusting coffee can out begging for change. His large dark eyes have seen hunger, exploitation, anger, and are far too old for his age. He has no hope beyond surviving this day. Some-

how this little boy reveals much about all of us before God. Are any of us different than this child when we stand before the Glory of God? Perhaps we have not been as exploited as this child, but we are all beggars before the Lord. Grace has placed us in a position to follow God by serving people. By God's grace we will do just that. We will serve.

-Love, Pastor Bruce

Editor's Note: Pastor Bruce was a part of a Mission's team from the United Methodist Church that went to Senegal, Africa for three weeks in January. They worked on building a school and rehabilitating the Refugee Center.

A Night of Memories

The Urban Mission's Annual Scholarship Dinner was held on Saturday, February 21, 2004 at Calvary Pentecostal Church. This year over 160 people attended the dinner, of which a large portion of the proceeds go towards providing four \$650 scholarships to low-income persons to further their education.

This was a very special evening that also honored volunteers who have contributed to Urban Mission during 2003. Among the honorees were Teresa Givens and Harry Jarvis, Female and Male Volunteers of the Year; Kenneth Miller, Quite Servant Award, Word of Life Fellowship, Church of the Year; Mor For Less (Riesbeck's Food Market), Business of the Year, and Wal Mart Store (Steubenville) and Distribution Center, which were honored with the Executive Director's Award. Flowers were also presented to Anita Jackson for her service as Board of Directors President for the past two years.



Pictured from left to right: Rev. Russell Witkowski, Pastor, Word of Life Fellowship, Teresa Givens, Nancy Courtney (daughter of Laura Hobson) and Kenneth Miller. Top Row: Pete Gittins, Wal Mart Distribution Center, Robert Motes of Mor For Less (Riesbeck's) and Scott Bowman, Wal Mart Distribution Center. Not pictured, Harry Jarvis.

One of the night's memorable moments was a touching tribute in memory of Laura Hobson, former Reading is Fundamental (RIF) coordinator. Laura passed away last fall after years upon years of faithful service to the program. It was said of Laura that the RIF program was not just a ministry to her but rather her Mission.

It is the faithful service of those like Laura and the other honorees that make Urban Mission what it is. We could not exist without the continual outpouring of love, prayers, donations and finances of those within our Community.

We extend a Special "Thank You" to every person who helped make this night a success and to those of you who continue to share your blessings to those in need within the Upper Ohio

Valley. Your generosity will never be forgotten! Thank you for your faithful service.

Protein Products Needed

As the need for food increases in the Upper Ohio Valley, so has our expenses regarding the purchase of food. A large portion of our costs goes toward providing protein in the Distribution Bags. We are in need of your help to supplement the cost of purchasing meat and protein products. We need donations of canned meats such as Tuna and Salmon, beans, chili, and peanut butter. Would you, your church, organization or group consider donating these items to help us meet the need? If you can help us by collecting these food items, please bring them to the Warehouse at 311 North 6th Street. Thank you in advance to responding to our need.

Annual Shoe Giveaway

It's time to start collecting and bringing in your good used shoes for the shoe giveaway. We are in need of shoes for men, women and children. We also have a special need for large size shoes for men and women (sizes 11+). This year's giveaway will be held on **May 3, 4 and 5, 2004**.



We are also collecting hats and handbags for this event. Please drop off your good shoes and other accessories at the Warehouse, 311 North 6th Street, **by April 23, 2004**.

Feinstein Challenge Time!



In an effort to eliminate hunger in the U.S., Rhode Island Philanthropist Alan Shawn Feinstein has pledged to proportionately match donations of funds marked for hunger from **March 1 thru April 30, 2004**. It's time to start sending in your donations! Help us fight hunger in the Upper Ohio Valley by sending in your contribution today. Please be sure to mark "Hunger" in the memo if donating by check.

Applications Still Available

Applications for the Hutton Memorial Scholarship program and the JOSHUA Home Repairs program are still available. If you or someone you know would like an application for either of these programs, you may stop in and pick one up or call the Mission at 740-282-8010 and one will be mailed to you. The deadline for the Hutton Scholarship application to be returned is **April 5, 2004** and the deadline for JOSHUA applications is **April 16, 2004**. Please note: Applicants must be of a low income household and meet other eligibility requirements in order to qualify for these programs.

Reality of Hunger

In a recent issue of our local newspaper, the Herald-Star, there was an article concerning the hunger issue in Ohio. The information for this article was provided by the Children's Hunger Alliance and stated that nearly 1.2 million Ohioans are hungry or live in households that struggle each month to find money for food. An estimated 129,000 children and 180,000 adult Ohioans go hungry, while another 480,000 adults and 366,000 children are at risk of going hungry, said William Dolan, the alliance's chief executive. "These families live on the verge of hunger and are often unsure how they will be able to afford their next meal," Dolan said. Ohio now ranks 18th in the nation for accuracy for checking changes in income for families who participate in the state's food stamp program. "Enrollment in the program has increased by 50 percent in three years," Allen said. "There are now over 900,000 Ohioans receiving benefits."

The Urban Mission knows that these figures include many of the families in our immediate area. We are constantly striving to continue to make our food programs operate in a manner to which we can continue to serve these families. There are many of you who have donated your time, food items, monetary donations and your many prayers. We thank you for all that you have done in the past and ask that you continue to support our food program. We can all look at our current economy and know that times have changed. But, by working together, time will allow us to make these conditions better. *"You must give some time to your fellow men. Even if it's a little thing, do something for others—something for which you get no pay but the privilege of doing it."* By: Albert Schweitzer

-Linda L. Poe, Program Director

NCDC News

Minority Health Month Kickoff

April 3, 2004

10:00 AM –12:00 PM

Our Place in the Ville

339 South 5th Street

Steubenville, OH 43952

Mark your calendars now!

Math Excellence Program

An Open House for the Math Excellence Program was held on February 5, 2004 at Garfield School.

Parents, teachers and students were on hand to celebrate the success of the program. Members of the Jefferson County Community Foundation also attended the Open House.



Front Row: Vicki Cumminsky, Executive Director and Eugene Gillision. Standing: Kate Carlson, Meredith Hitchcock and Eric Joyce.

Parish Nurse News: National Nutrition Month

March is National Nutrition Month. Nutrition has become a huge problem in our country. Obesity is at an epidemic level. Diseases, such as Type II diabetes and hypertension, that traditionally were seen in adults are now being diagnosed in teenagers. Let's look at ways that we can eat healthier.

- Make sure that you eat enough fruits and vegetables.
- Start the day with a healthy breakfast, which includes fruit or fruit juice.
- Eat salads and other vegetables with meals or snacks.
- Don't add large amounts of high fat/calorie dressings or dips that add fat to your healthy snack.
- Switch to "lite" or low-fat dairy products.
- Use butter or margarine sparingly or switch to other products for your baked potatoes and baked goods.
- Choose leaner cuts of meat such as beef round, loin, sirloin, pork loin chops, turkey, chicken, and roasts.
- Trim fat from meat before cooking and drain grease.
- Avoid fried foods because they are high in fat.

- Avoid store-bought processed snacks. They contain large amounts of fat and salt. If you must eat store-bought snacks, choose healthier ones such as pretzels.
- Cut down on the portion size of desserts or how often you eat them.
- Substitute low-fat or fat-free baked goods, cookies, and ice cream for the regular ones, just make sure that you eat the appropriate amount.
- At restaurants either order a half serving or eat half the food and take the other half home.
- At fast food restaurants order lean roast beef or grilled chicken sandwiches, don't super size your meal and don't order items with cheese. You can still eat out and eat healthier.

Poor nutrition has been linked to many diseases including diabetes, heart disease, and cancer. Follow these eating tips and exercise regularly to lead a healthier life.

-Michalene A. King, RN, MEd, MSN

March 2004

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LABEL

Upcoming Events in March 2004

1	Parish Nurse	11:00 AM
2	Hunger Committee Meeting	10:00 AM
3	Program/Evaluation Committee Meeting	2:00 PM
6	Mission Rejoice: Toronto Presbyterian Church	6:00 PM
8	Parish Nurse	11:00 AM
9	Finance Committee Meeting	6:00 PM
11	Ministries Council Meeting	5:00 PM
13	Mission Rejoice: Mt. Pleasant Friends	6:00 PM
15	Parish Nurse	11:00 AM
16	Packing of Food Distribution Bags	9:00 AM
18	God's Pantry Ohio Food Distribution	9-12;13
20	Mission Rejoice: Word of Life Fellowship	6:00 PM
22	Parish Nurse	11:00 AM
23	CSFP Senior Food Distribution	1:00 PM
25	God's Pantry West Virginia Food Distribution	9-12
25	Board of Directors Meeting	4:30 PM
27	Mission Rejoice: Mt. Zion UMC	6:00 PM
31	Lupus Support Group Meeting	6:00 PM

HUTTON HOUSE NEEDS

As we began preparing the new Hutton House site for families, we are in need of several furnishings including those below. If you can donate any of these items, please call Debra at 740-282-8903.

- Complete single and double beds
- Couch beds
- Can openers
- Coffee pots
- Sets of dishes, silverware, cooking utensils, pots & pans
- Coffee and end tables
- Working refrigerators and stoves
- Table and chairs