



THE RIDER

Trinity United Methodist Church

August 2014

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PASTOR'S CORNER

REV. TERESA KEEZEL

LORD TEACH ME HOW TO PRAY....

The disciples asked Jesus then and we continue to ask....teach us to pray. Teach us to talk with you, what are the areas of our lives that we should be focused on? How do we connect with God? And grow in this connection?

This summer we have been exploring areas of spiritual growth. We have been exploring how to pray. We've looked at breaking the Lord's Prayer up and praying it. We have looked at breathing. We've been trying intercessory prayers and praying through scripture.

Next week the labyrinth is coming back. For the first two Sundays in August, the labyrinth will be laid out in the sanctuary. It will be available from 9-12, 2-4 and 7-9 most days. Remember that choirs



meet on Tuesday and Wednesday nights. Then it will be available from 10-12, 2-4, and evenings on the weekends. George Kingsley is taking stewardship of the Labyrinth. If you have signed up for a spot and cannot make it, please call him and he will fill in. (743-4544, or 316-2152 cell) We have a few spots still open for someone to come and sit. Please know that we want people to have time to come and just rest in God's house. I hope that some time will work for you. Please come and breathe with God.

God so longs for you to be in his house. He loves you so dearly and wants to grow closer. I hope that one of these times will be good for you.

Grace and love,

Teresa

EMAIL DIRECTORY

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Twilkes86@hotmail.com

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NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, August 24th for inclusion in the September Newsletter.

This is traditionally a very full newsletter, with many ministries and groups starting back up with the school year. Mark this deadline on your calendar now so you don't miss it! Early submissions are always accepted and appreciated – this month even more so.

You can send items by email to trinity@trinity-umc.com or drop off in the “Church Secretary” hallway mailbox.



OFFICE CLOSED

The church office will be closed Aug. 21 through 28 as the secretary is on vacation. Please plan your office needs accordingly.

The pastor will be on vacation beginning Aug. 22, and will return to the office Sept. 2. In case of emergency, contact Paul Brown during this period.



AUGUST MUSIC NOTES

PAT MADISON, MUSIC DIRECTOR

The Trinity Choir will be participating in a multi-choir concert at Bethany Place Baptist Church on Providence Road on August 10th at 5 pm. The concert will include diverse styles of music from Classical to Gospel. Experiencing a large choir is wonderful for participant and listener alike. Please plan to join us on Sunday afternoon, August 10th!

The annual Handbell Retreat to Blackstone will be on September 12th and 13th. All bell ringers need to check their calendars and e-mail me concerning their attendance. Please e-mail at piano4mom@gmail.com. Thanks for saving the date!

A few people from Trinity attended the Voices of Youth Concert last Sunday. It was a great concert and we listened to the testimony of these young people who went to the Bahamas to help people rebuild houses.

It was good to see Michelle Hayes who was a former member of our church speak about her faith and experience. She is planning to apply to be an intern there next summer. Our best wishes to Michelle!

With summer quickly passing, the fall will soon be here. Plans are being made for the music activities to begin on September 7th at 4 pm. We would like for all who plan to participate this year in the children and youth music programs which are Sunday afternoon and Wednesday evenings to attend a “Welcome Back” event. We need parents as well as children to attend so that all necessary forms can be filled out as well as the opportunity to learn what we have planned for the upcoming season. Please put this date on your calendar-September 7th! Look for more specific plans in the September newsletter!

Pat Shrader and I will be attending a music conference the last week of July at Va. Wesleyan. We will be attending classes on handbells, choirs (both adult and children, styles of worship, and use of drama in the church service.

I have always found these workshops to be informative and uplifting and appreciate the opportunity to listen and talk with some great church musicians. Please keep us in your prayers as we travel to learn more about how to better serve God.

Blessings, Pat

ADULT MISSION TEAM ICE CREAM SOCIAL

KAREN POOLE

The Adult Mission Team will have an ice-cream social at 6 pm on Sunday, August 3rd in the 1-2 grade classroom (behind the choir loft) to make final plans for our mission trip to Franklin, WV on August 17 - 22. Anyone else interested in going is welcome to come.

SANCTUARY CARPET AND TILE

The installation phase of this project will begin Monday, August 18 and is projected to run through Thursday, August 21.

Please plan your church needs for the month to avoid these days in the Sanctuary area. Thank you!

PRAYER CARDS

On Wednesday, August 13th from 10-11 am (regular meeting time) the prayer group will spend time preparing prayer cards, then end with a prayer on the Labyrinth.

All are welcome to join.

UNITED METHODIST MEN

TOM WALLACE, UMM SECRETARY

August 2, 2014 – Meeting at 8 am

HOT COFFEE and breakfast by Tom Wallace. Our guest speaker will be Michael Sawyer, talking about Boy Scouts and Cub Scouts

Please be with us for prayer, devotion, discussion and fellowship.

UNITED METHODIST WOMEN

ATTENTION: LADIES OF THE CHURCH

Our UMW meeting date has changed for September. We will be meeting September 4 at 6:30 PM and we are having a "pot luck" dinner.

Please come out and enjoy the food and fellowship as you learn what the UMW is all about here at Trinity!

PLANNING FOR THE BAZAAR

Yes, the UMW is already making plans for our fall bazaar. We'd like your help in making this year's event another successful fund raiser and outreach to the community. We are looking for Halloween costumes – complete or partial outfits, homemade or store bought or gently used, and even recital costumes. Again we are featuring a "Nearly New" section so put aside those almost new items you never use as you clean out those cupboards and closets. Sorry, but we cannot accept any electrical items or clothing. And of course we would love to have any hand-crafted items that you would like to donate.

Please let Barbara Smith know what you are making so that we will know what to prepare for in set up. Remember, you don't have to be a UMW member to contribute. Thanks so much for helping us prepare.

UMW does not meet August. Our next meeting will be a salad supper at 6:30 pm on Thursday, Sept.11. All women of the church are invited and welcome. Come and see what we are all about!

EMERGENCY FOOD BAGS

DIANE SPRINGFIELD

The UMW and the Fellowship Class now have bags of groceries available to families who have come to the church on weekends and evenings needing food



FEED THE HUNGRY

Each bag should feed a family of four for two days. We have "regular" bags for families

who have access to electricity and "ready to eat" bags who do not have access to electricity i.e. Hot plates or microwaves, etc.

The bags are labeled and located in large plastic containers in the Mission closet. Please have the client date and sign the checkout book and the person distributing the bag should sign as well.

The Fellowship Class has provided a limited number of \$25 gas cards from WAWA, but as these are limited the recipients should really need them. If one of these cards are given out, Please annotate in the checkout book that it has been done.

Additionally, each bag has the phone number of Social Services and CHASM attached.

SHERBOURNE AUGUST FOOD FOCUS

The Sherbourne Food Focus for August is Cereal.

Many families that use the food bank are supplemented during the school year by the school breakfast program. During the summer, providing this additional meal stretches already thin food resources. Your donations are vital to the monthly prepare food bags that feed 60 families.

Also, you can join us on the second Saturday of each month at 9 am at Sherbourne UMC to bag food. Contact Deborah Napolitano with any questions!



BELLWOOD SCHOOL SUPPLIES DRIVE

Chesterfield Social Services is not conducting the "Tools for Schools" drive in which we usually participate, so this year we are sponsoring children directly through the our contacts at Bellwood Elementary.

August 10 is the deadline to have your completed school shopping lists back. Contact Deborah Napolitano if you want to participate and don't yet have a list.

CHILDREN'S MINISTRY PLANNING AND PARENTS MEETING

Calling all Children's Ministry Parents and Volunteers! Join us Wednesday, August 6 at 6:30 pm in the Faith classroom for a planning meeting for the upcoming year.

In addition, Child Protection Policies sheets will be available for anyone who still need to fill one out.

Do you have questions, or are unable to attend and have ideas/suggestions? Contact childrensministry@trinity-umc.com.

LABYRINTH

The Labyrinth will is available August 2-17 for personal prayer and reflection.

Weekdays	9-12	2-4	7-9
Weekends	10-12 (Sat)	2-4	evenings

BIRTHDAYS

Help us update our information; if your birthday is this month and you are not listed, please notify the office so we won't miss you again!

- August 1**
JoAnne Jones
- August 2**
Karen Bradley
- August 4**
Bill Shields
- August 7**
Lee Kump
- August 10**
Melissa Galluzzo
- August 11**
Preston Bradley
- August 13**
Olivia Hairfield
Ron Gray
Mark Babcock
- August 14**
Ann Willis
Hannah Lisagor
- August 16**
Megan Madison
Benjamin Fallin
- August 21**
Lizanne Orn
- August 22**
Michelle Kennedy
Karen Paxton
David Murdock
- August 23**
Sara Echols
- August 24**
Lois Thomas
- August 25**
Ashley Lively
- August 28**
Amanda Langford
Brian Harman
Robert Ellis
- August 29**
Anne Shelton

OFFERING TELLERS

- August 3 & 10** Wayne Haley
- August 17 & 24** Flo Gray & Ted Soto
- August 31** Maurey Beck & Shirley Huffman

NURSERY WORKERS

- August 3** Ann Wright & Lana Lefferts
- August 10** Michelle Sawyer & Cindy Morris
- August 17** Angie & Rodney Rasmussen
(One More Helper Needed)
- August 24** Janet Collins (One More Helper Needed)
- August 31** Stephanye Fuina & Kelly Cawthorn

SODA CAN TABS



One of our church members is collecting soda can tabs. If you drink soda from cans and have tabs to pass on, there is a glass jar outside of Teresa's office you can put them in.

MULTI-CHOIR CONCERT

Sunday, August 10 • 5 pm

Bethany Place Baptist Church

It's time for the FOURTH Annual Bethany Place Choir Concert! Singers from Bethany Place Baptist Church, Jahnke Road Baptist Church, Beulah United Methodist Church and Trinity United Methodist Church will come together for a concert of great choral music. Randall Thompson, Mack Wilberg and Rollo Dilworth are all on this year's fantastic program! Come hear the 90+-voice choir made up of singers from these great churches as well as guest musicians from around Chesterfield County!

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you have items to add to the calendar, please let the office know by email to trinity@trinity-umc.com or phone at 748-2439.</p>					1	2 8 am UMM Labyrinth
3 <i>Regular Morning Schedule</i>	4 7 pm Boy Scouts	5 7 pm Praise Team 7 pm Bible Study	6 6:30 pm Child. Min. Parents&Planning Mtg. 7 pm Men's Chorus 7:30 pm Choir	7 7 pm AA	8	9 9 am Sherbourne
Labyrinth						
10 <i>Regular Morning Schedule</i> OneHarvest Online Deadline 5pm Multi-Choir Special	11 7 pm Boy Scouts	12 6:30 pm Prayer Shawl 7 pm Praise Team 7 pm Bible Study	13 10 am Teach Me to Pray 7 pm Men's Chorus 7:30 pm Choir	14 7 pm AA	15	16 8:30 am One Harvest Distribution
Labyrinth						
17 <i>Regular Morning Schedule</i>	18 7 pm Boy Scouts	19 7 pm Praise Team 7 pm Bible Study	20 6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir	21 7 pm AA	22	23
Labyrinth	Sanctuary Reflooring			Office Closed/Secretary & Pastor Vacation		
Adult Mission Trip to WV						
24 NEWSLETTER DEADLINE <i>Regular Morning Schedule</i>	25 7 pm Boy Scouts	26 7 pm Praise Team	27 7 pm Men's Chorus 7:30 pm Choir	28 7 pm AA	29	30
Office Closed/Secretary & Pastor Vacation				Pastor Vacation		
31 <i>Regular Morning Schedule</i> Pastor Vacation						



AUGUST 2014 MENU

No restrictions or limitations!

Anyone can order

CHURCH ORDER DEADLINE FRI AUG 8
ONLINE ORDER DEADLINE SUN AUG 10
DELIVERY DATE SATURDAY AUG 16

#1 FAMILY BOX \$37.50

- 3.5 lb Avg Whole Fryer Chicken
- 1.5 lb Boneless Center Cut Pork Chops
- 1.5 – 1.75lb Boneless Skinless Chicken Breast
- 2 lb Swiss Cheese, Bacon, Onion Turkey Burger (8 burgers)
- 1.25 lb Breaded Veal Patties (5 Patties)
- 1 lb Beef Meatballs, Italian Style
- 1 lb Premium Ground Beef
- 1 lb Breakfast Sausage
- 32 oz Crinkle Cut French Fries
- 16 oz Frozen Lima Beans
- 16 oz Frozen Turnip Greens
- 1 lb Spaghetti
- 1 lb Quick Grits
- Dessert Item

#2 MORE THAN ENOUGH BOX \$46.00

- 3.5 lb Avg Whole Fryer Chicken
- 1.5 lb Boneless Center Cut Pork Chops
- 1.5 - 1.75 lb Boneless Skinless Chicken Breast
- 2.5 lb Avg. Breaded Whole Cut Up Chicken Parts (Bone-In)
- 1 lb Beef Meatballs, Italian Style
- 2 lb Swiss Cheese, Bacon, Onion Turkey Burger (8 burgers)
OR 2lb Beef Bacon Cheddar Burger (6 burgers)
- 1.25 lb Breaded Veal Patties (5 Patties)
- 1 lb Premium Ground Beef
- 1 lb Breakfast Sausage
- (4) Tony's Individually Boxes Pizzas Pepperoni 7.12 oz each
- 32 oz Crinkle Cut French Fries
- 16 oz Frozen Lima Beans
- 16 oz Frozen Turnip Greens
- 16 oz Frozen Green Beans
- 16 oz Fresh Frozen Sliced Carrots
- 1 lb Spaghetti
- 1 lb Long Grain Brown Rice
- 1 lb Quick Grits
- Package of 6 Blueberry Bagels
- 6 Individually Wrapped Sara Lee Double Chocolate Muffin

#4 FRESH FROZEN VEGGIE BOX \$27.00

ALL ITEMS IN THE BOX ARE FRESH FROZEN

- | | |
|------------------------------|----------------------------------|
| 1lb FF Strawberries | 12 ct Frozen Southern Biscuits |
| 1lb FF Sliced Carrots | 1lb FF Corn on the Cob |
| 1lb FF Broccoli Florets | 1lb FF Green Peas and Carrots |
| 1lb FF Mixed Vegetables | 1lb FF Vegetable Gumbo |
| 1lb FF Sliced Yellow Squash | 1lb FF Breaded Okra |
| 1lb FF Speckled Butter Beans | 1lb FF White Shoepeg Corn |
| 1lb FF Field Peas with Snaps | 1lb FF Stir-Fry Mixed Vegetables |
| 1lb FF Green Peas | 1lb FF Green Beans |

VISIT OUR ONLINE STORE TO SEE OUR ONLINE SPECIAL

- 10lbs St Louis Spare Ribs \$29.00
- Can only be purchased online

#3 GOLDEN CUISINE EXPRESS MEALS 10 MEALS FOR \$29.95 (MSG FREE)

Easy to prepare in a conventional oven, microwave or toaster oven

Single Portion, Diabetic and Cholesterol Friendly

- Breaded Baked Fish served on a Garden Pasta Medley with Brussels Sprouts & Yellow Squash
- Chicken w/Rice and Mushroom Sauce & Swiss Cheese served w/Broccoli & Carrots
- Roasted Chicken w/Red Skin Potatoes and Sugar Snap Peas & Carrots
- Swedish Meatballs over Noodles in sauce w/Broccoli & a Black Bean blend
- Ginger Chicken pieces in a sesame ginger sauce over rice & vegetables served with Sugar Snap Peas & Cauliflower
- Breaded Chicken Patty w/Mozzarella & Marinara sauce over Fettuccine served with Yellow Squash & Zucchini
- Meatloaf Patty with Tangy Tomato Sauce on Mashed Potatoes served w/ Brussels Sprouts & Corn
- Chili with Beef and Beans, Sweet Potatoes, Green Beans
- Turkey Medallions, w/Cannellini beans & Peas over Bowtie Pasta served w/Yellow Squash & Spinach & Chickpeas
- Chicken Teriyaki over a Rice & Vegetable blend served w/Sugar Snap Peas & Squash

#5 PORK CHOP SPECIAL \$29.95 (New Price)

10lbs Boneless Center Cut Pork Chops

#6 PREMIUM GRILLING SPECIAL \$42.00

- (4) 8 oz USDA Sirloin Steaks (2lb)
- (4) 8oz Marinated Rib Eyes (2lb)
- 4 lb Marinated Chicken Breasts

#7 HAMBURGER SPECIAL \$28.50

10 lb Chuck Hamburger Patties

#8 KIDS BOX \$29.50

Microwavable, heat and serve or shelf stable items

- | | |
|--|-----------------------------------|
| (4) Pork Sausage on Multi Grain Biscuit | 1 lb Box Quick Grits |
| (4) Full size Charbroiled Cheese Burgers | 10 Pancake Sausage on a stick |
| 14 oz Fully Cooked Chicken Strips | 18 oz Creamy Peanut Butter |
| (4) Tony's Pepperoni Pizzas (7.12 oz ea) | (2) Individually Wrapped Brownies |
| (2) Tony's Cheese Pizzas (7.12 oz ea) | |
| (2) pkgs Aunt Jemima Mini Blueberry Pancakes | |
| 2 lb Heat & Eat French Toast Sticks | |

#9 BONELESS SKINLESS CHICKEN SPECIAL \$28.00

10lbs Boneless Skinless Chicken Breast

#10 POPCORN CHICKEN \$16.50

10lbs RTC Breaded Chicken Popcorn Chunks (2-5lb)

#11 BREADED YELLOWFIN FLOUNDER \$25.00

10lb Breaded Yellow Fin Flounder

Order online at: oneharvest.com