



# THE RIDER

Trinity United Methodist Church

**July 2014**

Volume MMIV Issue VII

6600 Greenyard Road  
(at Ironbridge Road)  
Chester, VA 23831  
(804) 748-2439

[www.trinity-umc.com](http://www.trinity-umc.com)  
[www.facebook.com/TUMC.Chester](http://www.facebook.com/TUMC.Chester)

## PASTOR'S CORNER

REV. TERESA KEEZEL

### WE SUPPORT MISSIONS!!!

Yes we do. We are a mission minded congregation. We believe in helping people and showing God's love in action. If there is one thing that we can say about Trinity, it is that we support missions.

Every year, congregations are asked to submit to Conference a 'Congregational Profile.' It tells people who we are. Different from a missions' statement, the profile says who we are, not where we are moving. Now we haven't done this for a while, and I would appreciate us working on this together. Over the next couple of months, we will be exploring who we understand ourselves to be. I'd like for us to start the discussion with missions. In my time here, I keep hearing all kinds of opinions about what 'missions' is. I am hoping that on Monday July 28th at 7pm we can get together and talk about it together. All of us. Like a flower that is opening, I think that we will be delighted to see how our petals keep opening.

As we look about our participation in missions, we ask the question: is 'mission always located outside of the church? We do Sherbourne, Elder Homes and Lucy Corr to name a few. These mission fields are located outside of our building. Are mission giving and activities always focused away from our group? Or can our own family be part of our 'mission' field? Can missions occur right here?

I keep hearing two branches of this tree. One branch grows acts of kindness that carry no words of Jesus Christ. The loving offerings grow out of God's love for us and our grateful response. We give to others, because God has given to us. The other branch of the tree is giving and offering opportunities for people to get to know Jesus Christ. Two branches of one large, flowering tree.

CONTINUED ON NEXT PAGE

## EMAIL DIRECTORY

Church Office

[trinity@trinity-umc.com](mailto:trinity@trinity-umc.com)

Pastor • Rev. Teresa Keezel

[trinityrev@trinity-umc.com](mailto:trinityrev@trinity-umc.com)

Music Director • Patricia Madison

[piano4mom@gmail.com](mailto:piano4mom@gmail.com)

Prayer Group

[kevinquinley@verizon.net](mailto:kevinquinley@verizon.net)

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**People Page** July Birthdays • Offering Tellers  
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**One Harvest July Menu**

## NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, July 20<sup>th</sup> for inclusion in the August Newsletter. You can send items by email to [trinity@trinity-umc.com](mailto:trinity@trinity-umc.com) or drop off in the "Church Secretary" hallway mailbox.



## JULY OFFICE HOURS



In July the office hours will shift by one half hour.

From June 30-July 31, the hours will be 8:30 am – 11:30 am.

WE SUPPORT MISSIONS, CONTINUED FROM FRONT PAGE

I'd like for us to explore together the possibility for VBS to be a children's activity, a fellowship time, and a mission project. The same can be said for the Apple Butter and Brunswick Stew projects.

I hope we will already start talking about how we answer these questions. Keep asking and talking to each other. I will be putting up paper in the narthex and I am asking you to jot down where you do missions. Meals on wheels...tutoring...elder center...helping my neighbor with their house repairs....Wherever God is sending us. In all the places we share the love of Christ. Please, no names are necessary. Just jot it down. If someone already writes if first...joy 'me too!'. Then on the Monday the 28<sup>th</sup> we will get together in a large group, and we will share our thoughts. In elementary school my children learned how to create 'webs' of thought and vision. These webs were not orderly lines but connections and circles. The connections mapped out a story. We have a story. We are a mission minded people. This is one of Trinity's biggest values. Let's get together and fill out our 'web'. Let's see how big this tree God has been growing has grown. God's vision is inspiring, and rich, and full of life. So please join me and let's celebrate and share together.

Thanks Teresa

## TEACH ME HOW TO PRAY

Prayer comes in many forms. For a long time now, we've realized that if we accompany what we say with actions, the actions reinforce and help us both remember and incorporate what we've heard. This summer's sermons are focusing on Spiritual Disciplines. 'Disciplines' like exercise help us to grow stronger. Spiritual Disciplines help us grow our ability to carry within us more of the grace and spirit of God. The Disciplines also help develop our endurance and depth. On Sunday's I will be preaching on various Disciplines. The growth areas will include intercessory prayer, fasting, tithing, and speaking the truth in love. Then on every other Wednesday morning, I hope to do sort of workshops some of these areas.

- On July 2<sup>nd</sup>, we will play with how to use our breathing as prayers (pray at all times)
- On July 16<sup>th</sup>, we will paint and draw as we explore creating a prayer on paper.
- On July 30<sup>th</sup>, we will bring some of our spare cards and enjoy a time of intercessory prayer.

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## ADULT MISSION TRIP

KAREN POOLE

Sunday, Aug. 17 - Friday, Aug.  
22, 2014

Franklin, West Virginia

Cost: \$120 per person

Please consider going with the mission team this summer to work with Habitat for Humanity in constructing new homes for families who are currently living in sub-standard housing in Pendleton County. We will stay at the Habitat for Humanity lodge, and each person has a real bed with a semi-comfortable mattress. On Wednesday afternoon we will visit a local attraction in the area. On Thursday evening we will host a community dinner for the families whose homes we have worked on all week - - it is very rewarding to meet the families and hear their stories. Tools (and instructions on their use) are provided. We would really like to have some younger adults to go along since most of us are 55+ and retired.

Theresa will have a sign-up sheet, or you can contact Karen Poole @ 677-6430 or billandkaren@mindspring.com for further details.

TEACH ME HOW TO PRAY, CONTINUED FROM PAGE 2

Then we'll conclude for the summer on August 13<sup>th</sup> with playing with walking prayers.

We all know how to pray. We just want to grow our prayer life. We want to try praying in ways we may have not tried before, or just enjoying praying with a group of fellow Christians. Hope the topics look inviting. Hope you will come and join me as we grow in Christ together.

## FAMILY REUNIONS: SUMMER BIBLE STUDY

I enjoy hearing family stories. There are so many versions of the same story. Someone starts telling the story and then they get interrupted with a redaction (a correction, a retelling, an adjustment). You know how these conversations go: "no, that's not what he said; remember? He said this....she did that...." Oh the version; the side trips. The laughter! The perspectives!!!! Sometimes...it is easy to forget that the Bible is both "the word of God for the people of God" and a transcript of a family reunion. Once you know the players, you can hear who is speaking, when. Once you know the speakers, when you hear the story, you understand their perspective and sometimes their agendas. As Paul says so much later in history..."we see thru a mirror dimly."

This summer on Tuesday nights at 7pm, I am offering a Bible Study where we will once again hear our family stories. We will listen for who is talking and explore how the different speakers effect the story they are retelling for us. Here are the family stories that we will listen to...

- July 1      The 2 different creation stories • Genesis 1-2
- July 8      Rebellion & its place in growing up • Genesis 3-9
- July 22     Risk Taking • Genesis 12-17
- July 29     Surprise!!! • Genesis 37-45
- August 5    Remember.... • Exodus 1-18
- August 12   How to make a people • Exodus 19-23
- August 19   How to live with mistakes • Leviticus 16,25

So join me for the family reunion. See you there!! T

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**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!*

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**JULY MUSIC NOTES**

PAT MADISON, MUSIC DIRECTOR

Thanks to the Cherubs, Seraphims, Trinity Chimes, Angels, and Treble Clefs for their participation in the service on June 1<sup>st</sup>. Your leaders and I are so proud of your accomplishments this year. We appreciate the extra effort to learn the notes, words to all the songs, the choreography, and lines. A special thanks to all the leaders and to our parents for bringing their children to us. Have a great summer! Programs begin again in September.

A special thanks to Wayne Haley for providing us with the wonderful boat we had for the play. It was perfect for our "trip down the Nile"!

Thanks to the Trinity Belles for their beautiful music on June 15<sup>th</sup>. We are so blessed to have such talent and dedication to the bell program here at Trinity. Have a blessed summer and see you in September!

The Trinity Chancel Choir will be participating in a special service with 3 other churches on August 10<sup>th</sup> at 5:00 at Bethany Place Baptist Church located at 1501 S Providence Road. Every choir learns the music at their own church and then we combine choirs for the concert on the 10<sup>th</sup>. Choir members will have a rehearsal at the church on August 9<sup>th</sup>. More information will be available soon. Please join us for the concert on the 10<sup>th</sup>.

Thanks to Pat Shrader, Mary Palmer, and Karen Poole for your help with organizing and filing music last week. We still have a long way to go, but we have made a good start. If you have some time this summer and would like to help, please let me know.

As we look to the coming year, please let me know if you have a special talent that you would like to share with our music program. We grow when we share those gifts that God has given us. Thanks for your help.

Blessings, Pat

## UMM

TOM WALLACE, UMM SECRETARY

July 2014 – NO MEETING

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.

## FLOWERS

There are a few open spaces left on our 2014 flower calendar. Of course you can place an arrangement any Sunday, and we will enjoy double the flowers that week, but we especially need sponsors for:

June 29

August 24

December 28

Contact Lucy Shields with any questions, or sign up on the flower chart or by emailing the office ([trinity@trinity-umc.com](mailto:trinity@trinity-umc.com))

## GOT COOKIE SHEETS?

The kitchen could use a few more cookie/baking sheets. Do you have extras cluttering your cabinets that you could donate?

## UNITED METHODIST WOMEN NEWS

### UMCOR THANKS

The UMW ladies would like to thank you for your generous donations for the kits for UMCOR which we recently sent to General Conference. We were able to send thirteen sewing kits and ten layette kits. We appreciate your support of this project.

### 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 in July or August. Our next meeting will be Sept.11. All women of the church are invited and welcome. Come and see what we are all about!

## CHILDREN'S MINISTRY UPDATES

STEPHANYE FUINA

The Children's Ministry would like to thank all of the many volunteers and helping hands that are helping to make VBS such a fun and successful event!

Thank you to everyone who donated their time, money, food and supplies; without your support this year's VBS would not happen.

We are gearing up for the Wilderness Escape kickoff, Sunday, June 22 at 6 pm. We look forward to seeing all of the children and encourage them to bring as many friends as they would like.

Look for pictures of the festivities on the church website and next month's newsletter!!



## GARDEN TO FOOD BANK HUNGER SOLUTION GROWING IN OUR OWN BACKYARD

"Every summer and fall, we see the faces of so many caring people bringing fresh vegetables to share. Last year, we received over 85,000lbs from community and school gardens, small farms, and even businesses that planted a row," said Annie Andrews, Feedmore food sourcing manger.

"Every little bit helps, and the pounds really add up, reminds Annie Andrews. "Whether it's a bag of tomatoes from a backyard garden to bushels of corn donated from a local farm, fresh local produce is a real treat for families who have so little."

If you have extra produce you would like to donate to Feedmore (Foodbank) contact Ann Wright-794-0403 or Mary Potter-748-3904. We make a trip to the community kitchen at Feedmore every Tuesday and would be happy to deliver any fresh vegetables.

## SHERBOURNE JULY FOOD FOCUS

The Sherbourne Food Focus for July is Pasta Dinner - macaroni and a quart of pasta sauce. 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!

## HAVE YOU NOTICED?



We've added two new handicap parking places in the back lot by the playground.



We're growing Pumpkins and Corn for the Pumpkin Patch (Rt. 10 side). Keep an eye on it and help us keep it watered!

## YOUTH MISSION TRIP



## PICTURES FROM VACATION BIBLE SCHOOL



Story Telling About the Passover



Three volunteers waiting for their next assignment.



Eveyrone was fed each night



All participants lean the songs, sign language, and dance moves



Our leaders continue fine tuning all week



More music practice

## 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!*

- July 1 Stephanie Griffith
- July 2 Karen Poole  
Todd Morgan
- July 3 Mike Potvin  
Heather Madison
- July 5 Merle Foster  
Christopher Fallin
- July 6 Bill Faris
- July 9 Craig Stariha  
Logan Mills
- July 10 Ann Wright
- July 13 Wayne Walker
- July 15 Aaron Poythress  
Annabelle Rasmussen
- July 17 Heidi Foutz  
Nicholas Ruxton  
Doris Peterson  
Beth Wilkes
- July 18 Turner Wilkes
- July 20 Irene Cassada  
Emily Moody
- July 22 Bill Poole  
Joshua Prentice
- July 23 Amy Babcock  
Wendy Linkous
- July 24 Janet Collins
- July 25 Joe Love  
Jeff Short
- July 26 Paul Sanders  
Amber McGuffin
- July 28 Tim Ruxton  
Alex Arnold
- July 31 Cindy Shelton  
Ed Boroch

## OFFERING TELLERS

- July 6 & 13 Harold Saunders & John Morris
- July 20 & 27 Gary Potter & Maurice Linkous

## NURSERY WORKERS

- July 6 Cindy Morris & Michelle Sawyer
- July 13 Rosie Tarkington & Carol Sanders
- July 20 Mike Sawyer (*One More Helper Needed*)
- July 27 Diane Springfield & Laurie Dingle

## THANK YOU NOTES

To My Trinity Family,

I would like to thank everyone for their prayers, thoughts, cards, food and visits while I have been recovering from my broken ankles. I would especially like to thank the men who installed my wheelchair ramp and all monetary contributions to the ramp. This has made it able to get to doctor appointments.

Thank you,

Ann Willis

I am truly blessed with a wonderful, caring church family and I want to thank you all for your many kind thoughts and deeds. I have felt your prayers for my recovery and have been strengthened by your support. The many cards you all sent reminded me on a daily basis of how much you care. I thank you for supporting my family throughout my illness and for your continued support of my recovery.

God love and bless you all!

Betty Sawyer

TUMC,

Thank you all so much for my graduation present (BC Class of '14 – whoop!). It means so much that my church family is always supporting me!

Blessings,

Brittany Napolitano



# July 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 <a href="mailto:trinity@trinity-umc.com">trinity@trinity-umc.com</a> or phone at 748-2439.</p>		<p><b>1</b></p> <p>7 pm Praise Team 7 pm Bible Study</p>	<p><b>2</b></p> <p>10 am Teach Me to Pray 7 pm Men's Chorus 7:30 pm Choir</p>	<p><b>3</b></p> <p>7 pm AA</p>	<p><b>4</b> INDEPENDENCE DAY Church Office Closed</p>	<p><b>5</b></p>
<p><b>6</b></p> <p>Regular Morning Schedule</p>	<p><b>7</b></p> <p>7 pm Boy Scouts</p>	<p><b>8</b></p> <p>7 pm Praise Team 7 pm Bible Study</p>	<p><b>9</b></p> <p>7 pm Men's Chorus 7:30 pm Choir</p>	<p><b>10</b></p> <p>7 pm AA 7 pm Trustees Meeting</p>	<p><b>11</b></p>	<p><b>12</b></p> <p>9 am Sherbourne</p>
<p><b>13</b></p> <p>Regular Morning Schedule</p>	<p><b>14</b></p> <p>7 pm Boy Scouts</p>	<p><b>15</b></p> <p>7 pm Praise Team 7 pm Bible Study</p>	<p><b>16</b></p> <p>10 am Teach Me to Pray 6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir</p>	<p><b>17</b></p> <p>7 pm AA</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>8:30 am One Harvest Distribution</p>
<p><b>20</b></p> <p><b>NEWSLETTER DEADLINE</b> Regular Morning Schedule</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>7 pm Praise Team 7 pm Bible Study</p>	<p><b>23</b></p> <p>7 pm Men's Chorus 7:30 pm Choir</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p> <p>Regular Morning Schedule</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>7 pm Praise Team 7 pm Bible Study</p>	<p><b>30</b></p> <p>10 am Teach Me to Pray 7 pm Men's Chorus 7:30 pm Choir</p>	<p><b>31</b></p>		



# JULY 2014 MENU

No restrictions or limitations!  
Anyone can order

**CHURCH ORDER DEADLINE FRI JULY 11**  
**ONLINE ORDER DEADLINE SUN JULY 13**  
**DELIVERY DATE SATURDAY JULY 19**

## #1 FAMILY BOX \$37.50

- 1 ¾ lb Beef Shoulder Tenderloin w/Peppercorn Seasoning
- 30 oz RTC Angus Chuck Hamburgers (6-5 oz patties)
- 2 lb RTC Breaded Chicken Sandwich Patties
- 1 lb Wild Caught Cape Hake Fish (4-4oz pcs)
  - White, Firm, Flaky Texture, similar to Cod
- 1 lb Bratwurst Sausage (5-6 Sausages)
- 38 oz Meat & Cheese Lasagna
- 1 lb Premium Ground Beef (**New Vendor**)
- 1 lb Jimmy Dean Breakfast Sausage
- 18 oz Hillshire Farm Lunch Meat (Ham or Turkey)
- 1 lb Frozen Yellow Cut Corn
- 1 lb Frozen Green Beans
- 1 lb Fresh Frozen Mixed Veggies
- 16 oz Idaho Roasted Garlic Mashed Potatoes
- 1 lb Quick Grits
- 1 lb Long Grain White Rice
- 7 oz Jiffy Corn Muffin Mix
- 6 ea Sara Lee Cake Slices

## #2 MORE THAN ENOUGH BOX \$46.00

- 1 ¾ lb Beef Shoulder Tenderloin w/Peppercorn Seasoning
- 3 lb Split Chicken Breasts
- 30 oz RTC Angus Chuck Hamburgers (6-5 oz patties)
- 2 lb Smoked Sausage (traditional rope style)
- 2 lb RTC Breaded Chicken Sandwich Patties
- 1 lb Wild Caught Cape Hake Fish (4-4oz pcs)
  - White, Firm, Flaky Texture, similar to Cod
- 1 lb Bratwurst Sausage (5-6 Sausages)
- 38 oz Meat & Cheese Lasagna
- 1 lb Premium Ground Beef (**New Vendor**)
- 1 lb Jimmy Dean Breakfast Sausage
- 18 oz Hillshire Farm Lunch Meat (Ham or Turkey)
- 1 lb Frozen Yellow Cut Corn
- 1 lb Frozen Green Beans
- 1 lb Fresh Frozen Mixed Veggies
- 1 lb Fresh Frozen Sliced Carrots
- 16 oz Idaho Roasted Garlic Mashed Potatoes
- 6 oz Raisin Bran Cereal
- 1 lb Quick Grits
- 1 lb Long Grain Brown Rice
- Double Crusted Apple Pie

## #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               |

## #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**

- Mesquite Chicken in barbeque sauce over a black bean & rice blend with carrots & green beans
- Country Herb Chicken Breast with gravy served with mashed potatoes, green beans & carrots
- Fettuccine Alfredo with broccoli & carrots, brussel sprouts, zucchini & red peppers
- Lemon pepper baked fish served on a bed of green beans with a side of cauliflower & yellow squash
- Chicken Ala King – Chicken Breast pieces with vegetables in sauce over bowtie pasta served with cheesy cauliflower & a blend of spinach & chickpeas
- White Turkey & Dressing with gravy, corn & green beans
- Fiesta Chicken - White Chicken meat pieces in a fiesta sauce with peppers over rice, served with yellow squash & a black bean blend
- Salisbury Steak - Beef patty with gravy served on roasted red skin potatoes with peas & carrots & cauliflower
- Low Country Style crab cake served on a bed of chickpeas, tomatoes & rice with broccoli & a garden vegetable medley
- Spaghetti & meatballs with broccoli & a black bean blend

## #5 PORK CHOP SPECIAL \$29.50

10lbs Boneless Center Cut Pork Chops

## #6 PREMIUM GRILLING SPECIAL \$46.00

- (4) 10 oz USDA Select T-Bone Steaks (2.5 lbs.)
- (4) 8 oz. Choice Cut USDA Sirloin Steaks (2lbs.)
- 3.75 lbs Choice Cut Bone In Pork Chops

## #7 HAMBURGER SPECIAL \$28.50

10 lb Angus Chuck Hamburger Patties

## #8 KIDS BOX \$29.50

**Microwavable, heat and serve or shelf stable items**

- |   |                                 |
|---|---------------------------------|
| 18 oz Hillshire Farms Lunch Meat                      | 1 lb Box of Quick Grits         |
| 14 oz Fully Cooked Chicken Nuggets                    | (4) Angus Beef w/Cheese Sliders |
| (4) Pork Sausage on Multi Grain Biscuit               | (4) 5oz. Beef Burritos          |
| (4) Turkey Sausage, Egg & Cheese Bagels               | 11 oz Oatmeal & Raisin Cookies  |
| (4) Spicy Breaded Chicken Sandwiches                  |                                 |
| (2) Panino's Southwest Sandwiches                     |                                 |
| (4) Peanut Butter & Jelly Uncrustables                |                                 |
| (4) Mini Chicken Sandwiches w/ Bacon & Cheddar Cheese |                                 |

## #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 ST LOUIS SPARE RIBS \$29.00

10 lbs RTC St. Louis Spare Ribs, Smaller Ribs, More Tender

**VISIT OUR ONLINE STORE TO SEE OUR ONLINE SPECIAL**

**10lb Tilapia Fillets \$35.00**

*Can only be purchased online*

**Order online at: [oneharvest.com](http://oneharvest.com)**

*\*\*Item weights are approximate. In the event of a shortage, items may be substituted.*



06/18/14