



THE RIDER

Trinity United Methodist Church

September 2014

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6600 Greenyard Road
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PASTOR'S CORNER

REV. TERESA KEEZEL

NEW LIFE....

This is the time of year that we ask questions about where we want to go next year. Some of the questions asked to me have been....

EMAIL DIRECTORY

Church Office

trinity@trinity-umc.com

Pastor • Rev. Teresa Keezel

trinityrev@trinity-umc.com

Music Director • Patricia Madison

piano4mom@gmail.com

Interim Praise Team Leader •

Turner Wilkes

Twilkes86@hotmail.com

Prayer Group

kevinquinley@verizon.net

- Can we have a church-wide Wednesday night dinner and not just for the children's program? Can we combine children's programs, music programs, and a non-music adult program on Wednesday nights?
- Can we work on how the church looks on the outside? Can we work on a landscaping idea for the front yard and do something to make the dumpsters look nicer in the back?
- Next summer can we have a Thursday night worship service for people who are going out of town? If we did, what would the format be?
- How can we grow our small group programs so that new people can find a connection sooner?

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One Harvest September Menu

These are some of the questions that have been asked of me. What do ya'll think? Where do ya'll want to go? Anything new you want to try? Anyone want to join in?

CONFIRMATION CLASS

Yes, the time has come around again, to sit down with our youth, look at Scripture in a little older light, and help our children grow in membership. Once again this year, we will be holding the classes on Sunday but the schedule will be a little different. Some of youth want to join the Odyssey music program and participate in confirmation. As well, Bill and Judy are doing a super job with Sunday school. So as to keep all three ministries engaged we will be rotating between Sunday school and prior to youth group. Like last time, I will need someone to sit in the class with me. I will be looking for volunteers.....

You know what this means....a sign-up sheet. So if you are willing and interested, please sign up and join me one of the times.

Let's grow in our Biblical knowledge together!

CONFIRMATION DATES AND SCHEDULE

9/7	4-5pm
9/14	Sunday School
9/21	4-5pm
9/28	No Class/Willow Run
10/5	4-5pm
10/12	Sunday School
10/19	4-5pm
10/26	Sunday School
11/2	No Class
11/9	4-5pm
11/16	Sunday School
11/23	4-5 pm
11/30	No Class
12/7	Advent
12/14	4-5 pm

WHY DO PEOPLE NEED JESUS CHRIST? WHY DO PEOPLE NEED THE CHURCH? WHY DO WE NEED JESUS CHRIST?

These are the questions that the District Superintendent is asking us to answer at our November Charge Conference. The question has to do with what is the place of Jesus Christ and what does it mean to share Christ. How do we make disciples of Jesus Christ. In November when the DS comes he would like us to have conversation around these questions. He would like to have a volunteer to share how this church's ministries, has transformed them.

So what do you think.....how do we answer? Of course we need Jesus. But why do we need him and in what ways do we need him? And not with words like 'he saves us'....he saves us *for* what? He saves us *from* what....and not from *sin*...what sin? What *effects* of sin? Not from hell, but he saves us *for what* purpose?.... Why do people need Jesus? Why do I need Jesus? T

FINANCIAL WORKSHOPS

The District is offering three financial workshops. Because some discrepancies have caused some trouble in various churches around the Conference, (Chester being one) the District is holding three workshops to help Finance Committees better understand how the Methodist Discipline orders this committee. Topics will cover information about

- Local church finances and accounting practices
- Proper internal controls
- What is a church audit?
- Financial reporting and transparency
- Restricted, unrestricted, designated and donor restricted
- Creative stewardship ideas.

The first one will be held here on September 11. On Sept 11, gathering will begin at 7pm. The topics will be "Finance 101 - The Nuts and Bolts of Local Church Finance." On Oct 9 at 7pm the topic will shift to Stewardship. "Stewardship: Nurturing a Generous Spirit in Building Vital Congregations" will help us learn how to promote tithing. This gathering will be at Main Street Suffolk. On Nov 6 the final gathering will meet at Wesley in Colonial Heights. This final meeting will explore "Higher Level Church Finances".

While these meetings are being held for Finance Committees, anyone and everyone is welcomed to attend. We will have people going to each meeting so if you are interested and want to share a ride, please give the office (748-2439) a call. Thanks!

SEPTEMBER MUSIC NOTES

PAT MADISON, MUSIC DIRECTOR

Congratulations to the 21 members of the Trinity Chancel Choir that participated in the multi-choir concert at Bethany Place Church on August 10. You helped to create a beautiful service. We enjoyed learning the music and making new friends. We thank all who came to the concert in support of Trinity's choir. It was truly a blessed event.

TRINITY CHOIR

Due to the unfortunate incident of someone stealing money from purses in the music room, we will no longer have pocketbooks or wallets left in that area. Please make other arrangements for purses while in the choir. My office will be available and will be locked during 11 am service.

Everyone needs to check their robe and be sure it is clean for the upcoming fall and winter seasons. If you are unsure of robe number, see Ruth Allyn.

"Back to Choir" night will be Wednesday, September 10. Bring a snack and pictures from your vacation to share! We will have social time after a short rehearsal. This is a great time to return to choir or come and join us for the first time. Our Men's Chorus will be rehearsing at 7-7:30. All men are welcome to join us at that time. The Trinity Chancel Choir rehearses at 7:30. Music for the Fall, Advent, and Christmas will be available. Please come and be a part of this vital group. We welcome new members!

TRINITY BELLES

Our annual handbell retreat at Blackstone will be September 12 and 13. Everyone bring your calendars with you so that we can make plans for the coming year. Thanks to those ringers who rang bells at the concert at Bethany. A special thanks to those who helped to pack up bells and tables and transport to and from the church.

CHILDREN'S MUSIC PROGRAMS

SEPTEMBER 7 "Expo" will be held at 4 pm for all children, youth, and their parents who plan to participate in the Wednesday evening and Sunday afternoon music programs. Registration forms must be filled in for all children and youth participating in Cherubs, Seraphims, Angels, Treble Clefs, Chimes, Odyssey, and our new world drumming class for middle school students. The children will have a story, snack, introduction of the Christmas musical, and learn about some new instruments I discovered this summer! Those in grades 2-6 that are interested in chimes will meet with Pat Shrader during this time as well.

SCHEDULE FOR CHILDREN AND YOUTH MUSIC PROGRAMS

Sundays

- 4 to 5 pm Trinity Chimes (Grades 2-6)
- 4 to 5 pm Odyssey (Grades 6-12)
- 5 to 6 pm Treble Clefs (Grades 1-6)

Wednesday night for Cherubs, Seraphims, and Angels begins at 5:45 pm with dinner followed by music, Bible stories, crafts until 7 pm

Middle Schoolers will meet at 5:30 for a new class of "world drumming" and learning simple melodies to accompany our drumming. They will also have dinner at 6 and Bible study at 6:30.

We look forward to seeing everyone on September 7 & 10 as our program of music and mission begins. We will be participating in Children's Sabbath on October 12 and once again entertaining the residents at Lucy Corr on October 26. Our Christmas musical this year is "We Three Spies", a delightful play with a real mission. All children and youth are welcome!

Blessings, Pat

NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, August 21st for inclusion in the October Newsletter.

Mark this deadline on your calendar now so you don't miss it! Early submissions are always accepted and appreciated.

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 Monday, September 1 in observance of Labor Day.

TRINITY YOUTH

Our youth will be busy this fall! Mark your calendars now so you don't miss any of our happenings. Our regular Sunday meetings are from 5-6:15 pm. Have questions? Contact Krystal Cofer.

Sept 7 - 2015/15 Kickoff

Sept 14 - Regular meeting

Headcut is needed at this meeting for Swader's Sports Park Day (Sept 21) and Willow Run Retreat (Sept 27/28).

Sept 21 - Bring a Friend to Swaders

We will be leaving after 11o'clock service to Swaders Sport Park, where we will eat lunch and play games to kickoff the school year. Youth are encouraged to bring a friend (youth age; grades 6-12); there is no cost for the youth or their friend for this event.

Sat Sept 27 - Leave for Willow Run Retreat

This is run by NYC and is an overnight on the lake where the kids will bunk in old box cars.

Sept 28 - No meeting

We will be returning from Willow Run midday.

CALENDAR FUNDRAISER

The youth will be selling 2015 pocket and full-sized calendars as a fundraiser. Be on the lookout for a signup sheet and display calendars for the church to view, coming soon.




THE CHILDREN'S MINISTRY UPDATE PAGE

MARK YOUR CALANDERS!!

October 25 from 4-7 is the Annual TUMC Fall Festival sponsored by the Children's Ministry. There will be exciting new games and activities, food and fun for the entire family!

Who makes the best pie? Find out for yourself at the Fall Festival as our brave contestants enter their yummy treats for the Fall Festival Pie Baking Contest. A sign-up sheet is going around for those who would like to participate.

WE NEED YOU! Volunteers are needed to help make the Fall Festival successful and fun, there are a variety of areas that need help please see Stephanye Fuina or email childrensministry@trinity-umc.com if you would like to volunteer. Not able to volunteer your time but still want to help? Donations of Halloween treats would be appreciated: Halloween candy, baked items such as cookies, brownies, etc and hotdogs are appreciated.

	<input type="checkbox"/> Individual (\$5)	<input type="checkbox"/> Meal for Four (\$15)
	Checks payable to Trinity UMC—Children's Ministry by September 7.	
	<input type="checkbox"/> Marinara	<input type="checkbox"/> Garlic Bread
	<input type="checkbox"/> Meat Sauce	<input type="checkbox"/> Tossed Salad
	<input type="checkbox"/> Alfredo	
Name: (please print) _____ Telephone: _____		
Meals will be ready for pick up after 11AM Service on September 14		
One Order Per Form		

MAMA MIA ITSA SPAGHETTI-TO-GO!

Support the children's ministry and feed your tummy! Now through September 7th, spaghetti dinners can be pre-ordered for individual meals for \$5 or a family size meal for \$15 (feeds 4).

Servings include pasta with your choice of sauce (meat, marinara, or alfredo), tossed salad and garlic bread. Orders will be available for pick up at the kitchen window after Sunday School and after the 11:00 service on September 14th.

Don't wait to place your order!!! Order forms are available during both worship services or you can request an order form by emailing the children's ministry at childrensministry@trinity-umc.com. Completed order forms can be given to Amanda Kelly, Jen Lively and Stephanye Fuina or placed in the children's ministry mailbox. All proceeds will benefit the children's ministry in support of their upcoming year-end events.

CHILDREN'S FELLOWSHIP

LANA LEFFERTS

Come one, come all—but only if you are age 3 through 5th grade!

The UMCF will meet Friday, September 14 from 6:30 to 8 PM in the Education wing for food, fun and fellowship!

We encourage all children in the above age range to come out and enjoy getting to know one another a little better. As we are looking forward to October, our activity for the evening will revolve around both the Pumpkin Patch and the Fall Festival. The children will be broken out into two groups as they prepare goodies for our October activities at Trinity.

Come on out and see how each of you can help Trinity raise funds for the Pumpkin Patch as well as assist with the Fall Festival. We look forward to seeing YOU there!!!





Worship Committee
WORSHIP COMMITTEE

The Worship Committee will meet Tuesday, September 2 at 7:30 pm

YOUNG AT HEART

DEBORAH NAPOLITANO

This September we will begin a fellowship group for the folks who are old enough to remember when:

- Gas was 30 cents a gallon
- We left our doors unlocked
- We respected our elders
- A blue collar worker could provide for his whole family and where debt was falling.
- You get the idea!

If you are interested in getting to know more folks at church through fellowship, come to our first monthly get together on Wednesday, September 24th at 10:30 am. There will be a light brunch. Please contact Deborah Napolitano @ 386-8555 for questions.

SHERBOURNE FOOD FOCUS

The Sherbourne Food Focus for September is **Peanut Butter**.

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!

UNITED METHODIST WOMEN ATTENTION--ALL WOMEN OF TRINITY.

Our United Methodist Women (UMW) group resumes its meetings for 2014 on September 4 at 6:30 PM.

Because we are "going green", we will be located in the sanctuary next to the kitchen for this meeting.

We will be having a "pot luck" dinner that night and getting to know one another. Come join in the fellowship of this group of women where we will be discussing many issues but our focus will be on both the UMW Bazaar and the Pumpkin Patch.

There's room for everyone so come out and join in the fellowship, food, and fun! See you there!

HERE COMES THE BAZAAR

Summer is going fast and before we know it October will be here. The ladies of the UMW are busy planning for the Fall Bazaar on October 17 and 18, but we can use everyone's help. The money we make is used for a variety of mission projects including programs in our church, our county and around the world. There are many ways you can help.

BAKED GOODS – You can buy some at the Bazaar and freeze some for later! We can use cakes, pies, cookies, jellies and more.

CAFE – Enjoy yummy homemade soups and sandwiches. The soups freeze well for later, too. Think about contributing a crock pot of your favorite soup.

"NEARLY NEW" – We are looking for gently used items like the "crème de la crème" of a yard sale. See what special items you have in your attic or closets. We do not take electronic, appliances or clothing and it helps if you put a price on the items you donate.

HALLOWEEN COSTUMES – We will take used or homemade costumes.

CHILDREN'S CORNER – This area will feature special activities the children can enjoy while their parents shop. If you would like to help with this corner contact Judy Powell.

So think about what you would like to help with the Bazaar this year. If you have a special item you would like to contribute please let Barbara Smith or Lana Lefferts know. If you can make baked goods or soup, there will be sign up sheets at the beginning of October. The October newsletter will have more details about how and when to contribute various items. Hope to see you at the Bazaar!

BUILDING AND LIABILITY INSURANCE – PLEASE READ

MAURICE LINKOUS, TRUSTEES CHAIRMAN

Two years ago I had the honor and pleasure to open the Stewardship Campaign and address the congregation. The theme of that address was “Why Trinity”. Many of you drive by numerous churches to attend Trinity. The reason is simple; Trinity is a warm, open, friendly church that undertakes many missions. Not just locally but in other states as well as other countries. This speaks volumes for the church but with these activities there are risks to which the church has a duty to its people. Obviously we carry insurance not just on the building and furnishings but liability as well.

The Trustees are in process of reviewing the church’s insurance policy. There are some policy requirements which we must take steps to satisfy for continued and adequate coverage. The Administrative Counsel has adopted and approved a child protection policy; however, there appears to be some weakness in the policy. The insurance company has a questionnaire which must be completed to give us the desired coverage. Most of the questions can be answered in the affirmative but several rules must now be adopted and/or enforced. Recently one of the trustees attended a church sponsored work shop in Virginia Beach regarding child abuse in the church sanctuary. The goal was to become informed as best as possible, but learn how to guard against invading ones privacy and not make volunteering uncomfortable. Trinity is not currently experiencing any problems in how it ministers to the youth and children.

Unfortunately this is not the same society that many of us grew up in and many acts occur today that expose churches to liability. The trustee workshop attendee made an interesting statement at the last trustee meeting. He said because schools have tightened security, that would-be child predators have moved from targeting schools to churches. In the work shop it was pointed out how those people plan and make churches vulnerable to law suits. It is sad that we have to think in this vein but because of this Trinity has to adopt preventative measures. God’s house is open to all and everyone is welcome but for the preceding reason cited we have to adopt a rule that a new attendee at Trinity cannot work with the youth or children for 6 months. Additionally we have to follow the “Two Adult Rule”, meaning that in all programs involving children, youth, and/or vulnerable adults, 2 unrelated adults must be present at all times and a limited background check must be done.

If you are volunteering to work with the youth, children, etc. and are asked to sign an authorization form, your cooperation will be appreciated. Only those factors that are inappropriate in having contact with this group will be of interest to the insurance company. And most importantly – confidentiality and privacy is assured. A very limited number of people will be implementing our policy and conducting background checks. We wish to leave everyone comfortable as we go forward so if you have any concerns, please feel free to email or contact me. Our goal is encourage your continued volunteering while satisfying the requirements of our insurance company. Thank you for your understanding and cooperation.

UNITED METHODIST FAMILY SERVICES

We have two upcoming visits to UMFS planned – Friday, September 12 and Friday, October 24. We will leave the church at 5 pm each time. Contact Deborah Napolitano for more information.

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!

- Sept. 1 Lori Poythress
- Sept. 4 Kevin Quinley
- Sept. 5 Kaitlyn Leinberger
- Sept. 7 Todd Miller
Anthony Napolitano
- Sept. 8 Tristan Echols
- Sept. 9 Angela Bailey
Laura Parrish
- Sept. 10 Kayla Parrish
Stephanie Potvin
Jane Lisagor
- Sept. 11 Brian Foutz
- Sept. 12 Charlotte Sawyer
- Sept. 13 Donna Short
Allan Fallin
- Sept. 14 Kevin Sapp
- Sept. 15 Sarah Bishop
- Sept. 18 Robert Linkous
- Sept. 21 James Day Sr.
Dawn Fallin
Ryan Sapp
- Sept. 22 Odette Burley
Kari Collins
Judy Seely
Taylor O'Shea
Zachary Mills
Hannah Donithan
- Sept. 23 Abigail Pettigrew
- Sept. 24 Bob Adams
- Sept. 25 TJ Kennedy
- Sept. 26 Linda Lewis
Jean Harvey
- Sept. 27 Norma Stanfield
Keith Nowlin Sr.
- Sept. 28 David Cox
- Sept. 29 Michael Cash
Stephanie Arnold

OFFERING TELLERS

- Sept 7 & 14 Karen Poole & Aubrey Tarkington
- Sept 21 & 28 Harold Saunders & John Morris

NURSERY WORKERS

Volunteers needed for each week

PEOPLE NOTE FROM THE PASTOR: INTRODUCING JAMES AND ED

REV. TERESA KEEZEL

We are blessed here at Trinity. We are blessed for various reasons. One of them is that we have two gentlemen who feel called to full-time Christian ministry. These are James Benfield and Ed Cole. Both are reading books and writing call stories.

James preached his call story in August in preparation of having to submit it to the District Board of Ordained Ministry. James has also volunteered to co-chair the Building and Grounds Committee as a way to get some experience in the inner workings of the church.

This fall, Ed will co-teach the Disciple III class with Paul while James helps me with the Confirmation Class. To get both gentlemen experience leading worship, starting in September they will both start helping lead different parts of the 11 am service. I will also get them to come and help some with the 8:30. This way they can practice leading prayers, sitting with the children, reading Scripture and all the other aspects of worship.

Somewhere along the way, we/Administrative Council will have to give them our impressions, so I am giving them experience. T

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY OFFICE CLOSED 7 pm Boy Scouts	2 7 pm Praise Team 7:30 pm Worship Committee	3 7 pm Men's Chorus 7:30 pm Choir	4 6:30 pm UMW Potluck Dinner 7 pm AA	5	6 8:30 am UMM
7 <i>Regular Morning Schedule</i> 2 pm SPR 4 pm Confirmation 4 pm "Music Expo" Music Resumes	8 6:30 pm Cub Scouts 7 pm Trinity Belles 7 pm Boy Scouts	9 6:30 pm Cub Scouts 7 pm Praise Team 7 pm Trustees 7 pm Pumpkin Patch	10 5:30 pm World Drumming 5:45 pm Children's Choirs "Back to Choir" Night 7 pm Men's Chorus 7:30 pm Choir	11 7 pm AA 7 pm District Finance Meeting	12 5 pm UMFS <div style="background-color: #d9e1f2; padding: 5px; text-align: center;">Handbell Retreat</div>	13 9:00 am Sherbourne
14 <i>Regular Morning Schedule</i> Spaghetti Dinner Pickup OneHarvest Online Deadline 9:45 am Confirmation 4 pm Odyssey & Chimes 5 pm Treble Clefs 5 pm Youth Group	15 7 pm Boy Scouts 7 pm Trinity Belles	16 7 pm Praise Team 7 pm Bible Study	17 10 am Prayer Cards Mtg 5:30 pm World Drumming 5:45 pm Children's Choirs 6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir	18 7 pm AA 7 pm Admin Council	19 6:30 pm Children's Fellowship	20 8:30 am One Harvest Distribution
21 NEWSLETTER DEADLINE <i>Regular Morning Schedule</i> Pumpkin Patch Setup 12:30 pm Swaders Youth Trip 4 pm Confirmation 4 pm Odyssey & Chimes 5 pm Treble Clefs 5 pm Youth Group	22 6:30 pm Cub Scouts 7 pm Trinity Belles 7 pm Boy Scouts	23 6:30 pm Cub Scouts 6:30 pm Mission Committee 7 pm Praise Team <div style="background-color: #ffe4c4; padding: 5px; text-align: center;">Pastor at District Retreat</div>	24 See You at the Pole 5:30 pm Pumpkin Offloading 5:30 pm World Drumming 5:45 pm Children's Choirs 7 pm Men's Chorus 7:30 pm Choir	25 7 pm AA	26 3 pm Apple Butter Prep	27 6 am Apple Butter <div style="background-color: #d9d9e9; padding: 5px; text-align: center;">Youth at Willow Run</div>
28 <i>Regular Morning Schedule</i> 4 pm Odyssey & Chimes 5 pm Treble Clefs <div style="background-color: #d9d9e9; padding: 5px;">Youth at Willow Run</div>	29 7 pm Trinity Belles 7 pm Boy Scouts	30 7 pm Praise Team	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.			



SEPTEMBER 2014 MENU

No restrictions or limitations!
Anyone can order

#1 FAMILY BOX \$37.50

1.5 lb to 1.75 lb Avg Boneless Skinless Chicken Tenders
 1.5 lb Avg Boneless Center Cut Pork Chops
 2 lb Flounder Filets
 1.5 lb to 1.75 lb Avg Boneless Skinless Chicken Breast
 2.5 lb Avg Breaded Cut Up Chicken (Bone In)
 1 lb Premium Ground Beef
 1 lb Premium Breakfast Sausage
 10 ct Hashbrown Patties
 18 oz Pampa Smooth Peanut Butter
 16 oz Frozen Cut Green Beans
 16 oz Frozen Cut Yellow Corn
 16oz Fresh Frozen Mixed Vegetables
 16 oz Elbow Pasta
 12 oz Wide Egg Noodles
 8.5 oz Jiffy Corn Muffin Mix
 8 oz Jiffy Buttermilk Biscuit Mix
 4 Individually Wrapped Mrs. Edwards's Key Lime Pies

#2 MORE THAN ENOUGH BOX \$46.00

1.75 lb Avg Beef Shoulder Tenderloin, Peppercorn Flavored
 1.5 lb to 1.75 lb Avg Boneless Skinless Chicken Tenders
 1.5 lb Avg Boneless Center Cut Pork Chops
 2 lb Flounder Filets
 1.5 lb to 1.75 lb Avg Boneless Skinless Chicken Breast
 2.5 lb Avg Breaded Cut Up Chicken (Bone In)
 2 lb RTC Breaded Chicken Sandwich Patties
 2 lb Smoked Sausage
 1 lb Premium Ground Beef
 1 lb Premium Breakfast Sausage
 32 oz Crinkle Cut French Fries
 10 count Hashbrown Patties
 16 oz Frozen Cut Green Beans
 16 oz Frozen Cut Yellow Corn
 16 oz Fresh Frozen Mixed Veggies
 16 oz Elbow Pasta
 12 oz Wide Egg Noodles
 8.5 oz Jiffy Corn Muffin Mix
 6 Individually Wrapped Mrs. Edwards's Key Lime Pies

#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 Bacon & Cheddar Hamburger Patties \$28.50
Can only be purchased online

CHURCH ORDER DEADLINE FRI SEPT 12
ONLINE ORDER DEADLINE SUN SEPT 14
DELIVERY DATE SATURDAY SEPT 20

#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 \$29.95

10lbs Boneless Center Cut Pork Chops

#6 PREMIUM GRILLING SPECIAL \$49.95 (New Price)

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

#7 BREADED CHICKEN BREAST FILET \$25.00

10lbs Breaded Boneless Chicken Breast Filets (2 – 5lb bags)

#8 KIDS BOX \$29.00

Microwavable, heat and serve or shelf stable items

(10) 4 oz Turkey Corn Dogs 6 oz box Raisin Bran Cereal
 (2) Tony's Cheese Pizzas (7.12 oz ea) 10 Pancake Sausage on a Stick
 (4) Full size Charbroiled Cheese Burgers 14 oz FC Chicken Nuggets
 (4) Egg, Sausage, Cheese Breakfast Flatbread
 (2) Peanut Butter & Jelly Uncrustables
 (2) Pork Sausage on Maple Biscuit
 (2) pkgs Aunt Jemima Mini Blueberry Pancakes
 2 lb McCain Ham & Cheese Bread Bowls
 Box of 6 Crunchv Oat Honey Bars or Apple Crisp Bars

#9 BONELESS SKINLESS CHICKEN SPECIAL \$26.50

10lbs Boneless Skinless Chicken Breast

#10 BREADED CHICKEN CHUNKS \$19.00

10lbs RTC Breaded Chicken Chunks All White Meat

#11 DESSERT BOX \$25.50

1- 49 oz Apple Pie 1-24 oz Pecan Pie
 1-46 oz Blueberry Pie 1-46 oz Cherry Pie
 1-22oz Pumpkin Pie 1-22 oz Buttermilk Chess Pie
 10 Ind Wrapped Cheese Danishes

Order online at: oneharvest.com