



# THE RIDER

Trinity United Methodist Church

**February 2015**

Volume MMXV Issue II

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

[www.trinity-umc.com](http://www.trinity-umc.com)  
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## PASTOR'S CORNER

REV. TERESA KEEZEL

## EMAIL DIRECTORY

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## IN THIS ISSUE

Pastor's Corner Atonement •  
RelevantChildresMinistry.com article •  
Shrove Tuesday • Confirmation Calendar •  
Who Are We? A View from SPR

Music Notes February Music Notes • Color My  
World Talent Show • Trinity Belles  
Recognition

Notes and Updates Newsletter Deadline •  
UMW Notes • Youth News • Updated Child  
and Youth Protection Policy • Sherbourne  
Food Focus • One Harvest • Young at Heart  
• Stories from Meadowbrook • Buildings &  
Grounds Contacts • Thursday Nite Lite •  
Children's Ministry Updates • Bible Name  
Puzzle • People Page

February Calendar

Child and Youth Protection Policy

One Harvest February Menu

## ATONEMENT

## AT-ONE-MENT



Ever since our placement in The Garden, God has laid out his vision for us: that we would walk with him and with those he gives to us for company. We are to walk together and find comfort and strength. Unfortunately, also in the Garden was the ability to pull away from him and from each other. Hand in hand with our creation and our fall comes God's effort to reunite with us: ATONEMENT

In this season of Lent we will explore the various ways God has worked to heal our relationships. Substitution; Scapegoat; Propitiation; Redemption/Ransom. These are the various ways throughout the Scriptures that we experience God's reaching out to us.

I invite you to come and hear how much God wants to build a relationship with you.

Trinity United Methodist Church

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## NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, February 22 for inclusion in the March 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.



## 5 TELLTALE SIGNS THAT CHILDREN'S MINISTRY IS NOT A PRIORITY AT A CHURCH

FROM [HTTP://WWW.RELEVANTCHILDRENSMINISTRY.COM/](http://www.relevantchildrensministry.com/)

Here are 5 telltale signs that children's ministry is NOT a priority at a church.

1. **Lack of Personnel** You can't fill the lists needed to lead nursery or Sunday school teachers.
2. **Lack of Promotion** Children's ministry events are not highlighted, put on the screen or bulletin or celebrated.
3. **Lack of Funding** While money is spent for other ministries in the church, the percentage (%) that goes to children's ministry is much smaller.
4. **Lack of Space** Closets and rooms for children's supplies are smaller and an afterthought.
5. **Lack of Percentage of Kids** The percentage (%) of kids is much smaller than all the other age brackets. Giggles and cries of babies are not heard or endured.

*How are we doing? Where are we good? Where and how can we improve?*

## CONFIRMATION

REV. TERESA KEEZEL

February 1: 4pm  
February 8: Sunday School  
February 15: OFF  
(Blackstone Retreat)  
February 22: 4 pm  
March 1: Sunday School  
March 8: 4 pm  
March 15: Sunday School  
March 22: OFF  
(Mulch Weekend)  
March 29: Sunday School  
April 5: OFF  
(Easter Weekend)  
April 12: Sunday School  
April 19: Confirmation

## SHROVE TUESDAY

REV. TERESA KEEZEL



Here at Trinity, we are a little different. Instead of starting Lent with Pancakes, we celebrate with soup and salads on Shrove Tuesday.

On this special night we gather in the sanctuary to eat soup and salad and birthday cake! The hall is set up with tables for each month (sometimes we combine months). Then people sit at their birth table and eat and laugh with each other. While we don't go as crazy as New Orleans, we certainly do laugh. Some of us go from table to table nibbling off of other months' birthday cakes!

The fun starts at 6:30. If you make soup, chili – whatever! – please bring some. If you don't cook, but still love to eat, please join us. Laughter and joy are eagerly encouraged. See you here!

## WHO ARE WE? A VIEW FROM SPR

REV. TERESA KEEZEL

The Staff Parish Committee is the Personnel or Human Resources Committee in the Methodist Church. Over this year, we are hoping to share with the congregation different processes that the Virginia Conference asks us to work through.

Every January the SPR Committee is asked to vote on whether they think the minister should return in June or move. This decision is to be decided by discernment and not by polling the congregation. It is to be decided out of what the members of the committee see happening in the various committees and activities that they attend. It used to be that this vote was based on 'whether we like you or not.' The Church is trying to move us more toward 'who is this congregation at this time and what goals and needs do they have, and what type of person does the congregation need to relate to them and help them meet those goals and needs'.

In November or December the SPR Committee (present members and the new members coming on) is asked to answer a set of questions on goals and vision:

1. What are the church's priorities for mission and ministry?
2. What are the church's three (3) greatest strengths?
3. In what area(s) does our congregation need to develop strength?

The Staff Parish Relations Committee (SPR) answered these questions this way:

1. Priorities
  - a. We believe our priority and mission is to reach out to others in need within the church, locally, and nationally.
  - b. We try to encourage and guide ourselves and each other in growing a stronger personal relationship with God both within our church and out to the community. We know we need to meet people at a variety of points in individual faith walks.
2. We believe Trinity's greatest strengths are...
  - a. A loving and caring congregation; we demonstrate this by our outreach programs to help those in need.
  - b. Our location; we are in a growing area and we are very visible.
  - c. The variety of programs and activities that we offer.
3. The areas in which we hope to develop more strength are...
  - a. We are trying to grow in our capacity to adjust to a larger/growing church size and growing congregation and to adjust to the changes in schedules and programs to attract and maintain new people.
  - b. We are trying to work on our congregation and staff's communication skills. Our goal is to improve our communications between committees, the Church Council and the congregation as a whole. Trinity is trying to better share the matters discussed and approved by Council with the congregation.
  - c. We keep working on developing our staff into a team. We also keep working on helping our individual staff members' relationships with groups and members within the congregation.

As we, the SPR (Church Personnel Committee), work with our church and our church staff, we hope that these are fair visions of who Trinity is and who the Spirit is calling us to become.

## UMW NOTES

LANA LEFFERTS, TRINITY UMW  
PRESIDENT

### ATTENTION ALL LADIES OF THE CHURCH!

The UMW meeting for February is a "Ladies' Night Out." This will take place Thursday, February 12 at 6:30 pm at Rivers Bend Grill. Come and join us for a nice evening where we get to know each other a little better.

Some of us will be meeting at the Church at 6 pm to carpool. See you there!

### RECEPTION HELP THANKS

I would like to thank all of those who helped with Paul Sanders Memorial reception. The set up on Friday went smoothly as we had a tremendous amount of help at that time blending young and the "Young At Heart" members.

On Saturday, we had an unbelievable amount of help with the food, serving, and dismantling. Trinity people come together when there is a need answering God's call to help and be kind to and love one another! Thanks to all who were there helping with this endeavor.

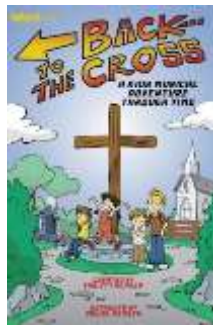
Blessings,  
Lana Lefferts

## FEBRUARY MUSIC NEWS

PAT MADISON, DIRECTOR OF MUSIC

Don't let the winter cold get you down! Come and be involved in the many musical groups here at Trinity. This is a great time to join a choir, ring bells and chimes, or join the Wednesday night Children's choir program. Come and get rid of those winter blues!

Let's get ready for the talent show! This year the talent show will be on Friday night, March 13 beginning with dinner at 6:30 pm. Food will be provided and served by the Trinity Youth Group. The theme for the show this year is "Color My World". We have some wonderful acts planned and have space for only a few more. Please see me immediately if you are interested in participating. Proceeds from the program will be used for the youth mission trip and the music department. David Heird has agreed to MC our show again this year. Please come and enjoy a wonderful night of fun and fellowship!



Our children have begun to work on the spring musical, "Back to the Cross" which will be presented on May 31 followed by a church picnic. All are welcome to come and learn the songs and participate in this celebration. Thanks to all who help to make our Sunday afternoon and Wednesday evening activities possible.

If you have any questions about the music groups, please contact me at church (748-2439) or (586-0342).

Blessings,  
Pat

### COLOR MY WORLD - 2015 TALENT SHOW

#### All Act Rehearsal

Sunday, March 1 • 3:00 pm

#### Talent Show

Friday, March 13 • 6:30 pm



### BELLS RECOGNITION

The Mission Leader of St. Francis hospital has sent a thanks and recognition of the Trinity Belles handbell choir for their participation in the Sounds of St. Francis program to minister through music to the patients, visitors and staff of the hospital. The full note is available to read on the door to the Secretary's office. Thank you, Belles, for sharing the gift of Christmas through music.

## YOUTH NEWS

KRYSTAL COFER

### FEBRUARY MEETINGS

#### Feb 8

5-6:15 meeting

*extra adult needed*

#### Feb 15

no PM meeting (retreat weekend)

#### Feb 22

5-6:15 meeting

*snack/adult needed*

### UPCOMING EVENTS

**YOUTH RETREAT** The annual Youth Weekend retreat to Blackstone is this month. The theme is "Jesus is my Superstar."

Trinity will be taking 14. The event cost \$135 per person and is the weekend of 2/13-2/15.

If you feel led please put any monetary donation in the collection plate memo Blackstone.

**MULCH IS COMING** We will be participating for our third year with the Boy Scout troop to deliver Mulch on March 21. Please mark your calendars if you would like to help deliver or feel led to let us borrow a trailer/truck. This is our biggest fundraiser of the year and all are welcome to help.

## UPDATED CHILD AND YOUTH PROTECTION POLICY

LEE KUMP

At the Church's Administrative Council meeting in November last year, Council approved an updated Child and Youth Protection Policy, as well as a deadline of March 1, 2015 to have the Policy fully implemented.

A copy of the Policy has been included at the end of the Newsletter and I encourage you to read it.

Under the Policy, every worker (Church employee or volunteer 18 or older) in a Church program or activity involving children under the age of 18 (Sunday School, youth programs, youth mission trips, etc.) will be required to read the Policy, complete a screening form and give permission for an annual criminal history/sex offender/crimes against minors background check to be conducted through the VA State Police. Background checks will be performed through the Pastor's office and the Church will bear the cost.

The screening form is being circulated to the Chairs of applicable Church Committees and is also available through the Pastor's office. Each child/youth worker will need to complete and sign the screening form, and return it to the Pastor's office. The information from the screening form will then be entered by the Pastor's office into an online form required by the State Police to generate a completed background check request/authorization form which requires the notarized signature of the child/youth worker.

Watch for future announcements regarding times when the Church will have a notary available to notarize signatures. The completed, signed and notarized forms will then be sent to the State Police to perform the background checks. Should you have any questions, please contact the Pastor's office.

Thanks to the Church Trustees, Council and other Church members who provided input and guidance on the updates to the Policy.





## STORIES FROM MEADOWBROOK

DEBORAH NAPOLITANO

Twenty bags of food were purchased for students of Meadowbrook High School who were known by the social worker and the guidance counselors to be chronically hungry: children who had little or no food for Christmas break. When the guidance counselor delivered a bag of food to one family, the mother with tears in her eyes told her that there was no food in the house and that the family would not have eaten that day. The children immediately began opening the bread, bologna and cheese and making sandwiches. We were that family's answer to a prayer.

Word of food available has been making the rounds. Students have begun confiding in a trusted adult, a teacher, a guidance counselor, a coach. The school nurse noticed many youth coming in with headaches. She realized that many of them simply had not eaten that day. She began offering these students the food that y'all are donating, and instead of sending them home to a house that had little or no food in it, she is now sending them back to class.

Your monetary and food donations are appreciated and put to good use.

Here is a suggested list of foods:

- Ramen Noodles
- Canned soups and stews
- Canned macaroni products
- Instant oatmeal, cream of wheat or grits
- Granola bars
- Nutragrain bars
- Peanut butter or cheese crackers
- Fruit cups
- Protein bars
- Non-perishable packaged meals to be microwaved

## SHERBOURNE FOOD FOCUS

The Sherbourne Food Foci for February are Canned Tuna and Canned Chicken.

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!



[www.oneharvest.com](http://www.oneharvest.com)

## ONE HARVEST

The deadline for ordering in person-Thursday, February 5 or on line Wednesday, February 11 at midnight. Distribution in Saturday, February 21.

See the back of the newsletter for this month's menu.

## YOUNG AT HEART

Join us for our two Wednesday meetings in February - February 11 at 11 am, and February 25 at 10:30 am.



## BUILDING AND GROUNDS CONTACTS

James Benfield, Chair	taijutsu123@yahoo.com
Cindy Frey, Janitor Coordinator	cindyrd@comcast.net
Karen Sismour, Kitchen Coordinator	kjsismour@verizon.net
Wayne Haley, Grounds	wfhaley@verizon.net
Gary Morrissett, Light Bulbs	morrissettg@gmail.com

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## THURSDAY NITE LITE... COMING TO A SANCTUARY NEAR YOU!!!

CINDY FREY

That's right you heard it here first. We are bringing a new and exciting worship experience to Trinity! It will be on Thursday nights and we are keeping things *lite*! Now what could be more fun than a mid-week service surrounded by your fellow members in a casual and laid back atmosphere?

Our first interest meeting went well and we discussed many options and ideas for this service. Most importantly we discussed what our members want in a mid-week service. Discussions involved continuing the core goals of any service which include scripture, music, a message and sharing. Beyond this the ideas are endless. Other ideas include an interactive discussion of the scripture and message, a discussion or series on cultural diversity and worship, a prayer service(s), a mid-week communion, a biblically based series of "real world" issues, a music filled service, the options are truly endless. As this service grows we can do something different every week or every month. We are excited for every member of Trinity to be able to share their ideas and their talents as God moves our congregation to pursue a new worship opportunity.

We also hope a mid-week service will fill the needs of many members who work weekends, or have family commitments that may keep them from the regular Sunday services. Or maybe you need a mid-week "shot in the arm" to be surrounded by your fellow members in a light and informal service.

This is all in the beginning stages and we hope you join us in the excitement of being able to offer a new and different worship experience for our members. In true Methodist fashion there will be "lite snacks" at the end of every service with time for fellowship and reflection.

Our first "Kick Off Service" will be Thursday, April 23 at 7 pm. We have lots to do before this first service and are excited for you to be part of this new opportunity here at Trinity. Our next planning meeting will be held Thursday, February 12 at 7:30 pm. Remember we are still in the planning stages, so any and all ideas are welcome. If you have a talent or some time to volunteer to the success of these services, we would LOVE for you to join us. If you can't attend our next meeting, no worries. In the next few months we will be working on a survey that is accessible via our website using a site such as survey monkey to voice your ideas as well.

If you are interested in attending our next planning meeting on February 12 please email Cindy Frey at [cindyrd@comcast.net](mailto:cindyrd@comcast.net). Please include in the subject line: Thursday Nite Lite.

# CHILDREN'S MINISTRY UPDATES

## FEBRUARY FELLOWSHIP

February 6, 2015

6 pm-8 pm

Ages 2 and up

We will have snacks, games and make Valentine's for our shut-ins.



Making snowflakes and learning how God made no 2 flakes are alike just like us!

## JANUARY FELLOWSHIP

Thank you so much to Angie Rasmussen for organizing the January Children's Fellowship. So much fun was had making snow globes, snowflakes and learning how God makes us all different!!! The most exciting part was the new friends we made!!



Alex



Maddie

## NURSERY VOLUNTEERS

See the clipboard in the sanctuary on Sunday mornings, or contact the office to fill our nursery volunteer positions.



Alexis, Erick and Ellie



Hayden



# Trinity UMC People Page

## 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!*

- Feb 1** Darleen Morgan
- Feb 3** Isabelle Clarke
- Feb 5** Allie Pettigrew  
Cecil Burley  
Anthony Lively
- Feb 7** Gary Poythress
- Feb 8** Eric Rasmussen
- Feb 9** Rodney Shields
- Feb 10** Drew D'Amato  
Katie Haley
- Feb 11** Diana D'Amato
- Feb 12** Lucas Griffith  
Alexis Bailey  
Katie Griffith
- Feb 13** Mark Saunders  
Claude Springfield
- Feb 14** Suzanne Saunders
- Feb 17** Faye Cormier
- Feb 18** Henry Sawyer
- Feb 19** Barbara Linkous  
Jack Ball  
Angela Rasmussen
- Feb 20** Maurice Linkous
- Feb 25** Ronald Cash  
Tom Kennedy  
Joshua Lisagor
- Feb 27** Sally Love

## FEBRUARY SERVANTS OF WORSHIP

### OFFERING TELLERS

- Feb. 1** Karen Poole & Wayne Haley
- Feb. 8 & 15** Harold Saunders & Ed Boroch
- Feb. 22 & Mar. 1** Pat Shrader & Debbie Turner

### NURSERY WORKERS

- February 1** Janet Collins & Lana Lefferts
- February 8** Rosie Tarkington & Jackie Sawyer
- February 15** Cindy Morris & Carol Sanders
- February 22** Dawn Fallin & Jackie Sawyer

### USHERS

- Feb. 1 & 15** Allen & Chris Fallin, Debbie Turner, Ann Wright
- Feb. 8 & 22** Tom Reis, Mary Palmer, Hannah Donithan, Bruce Edmiston

## PERSONAL NOTE

PAT MURDOCK

After my husband passed away, I realize that the house had several projects that needed to be taken care of. I could not find anyone to even replace the trim on the garage. It just so happened that a very good friend remembered the person that did some work for her. Best thing I ever did was call him. He has a class A contractor license. He not only replaced the trim on the garage doors, he completely repaired Dave's workshop. He was dependable, always on time, only took a lunch break. I am very satisfied with the results. I have some of his cards if you want one.

## FUN AND GAMES - BIBLE NAME PUZZLE

FROM SUNDAYSCHOOLNETWORK.COM

**Can you find thirty (30) books of the Bible in the paragraph below? Actually there are thirty-one (31) Bible *names*, one being a variant of a prophet's name from the Old Testament. Answers to appear in March issue of The Rider.**

"This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus; there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless."

**Regular Sunday Schedule**

8:30 am Contemporary Service • 9:45 am Sunday School  
 11 am Traditional Service • 4 pm Odyssey & Chimes  
 4 pm Disciple III • 5 pm Treble Clefs • 5 pm Youth Group

# February 2015

If you have items to add to the calendar,  
 please let the office know

**Regular Wednesday Schedule**

5:30 pm World Drumming • 5:45 pm Children's Choirs  
 6:30 pm Exercise Group • 7 pm Men's Chorus  
 7:30 pm Choir

by email to [trinity@trinity-umc.com](mailto:trinity@trinity-umc.com) or phone at 748-2439.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <i>Regular Morning Schedule</i>	<b>2</b> 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	<b>3</b> 6:30 pm Cub Scouts 7 pm Praise Team	<b>4</b> <i>Regular Wed. Schedule</i>	<b>5</b> 7 pm AA	<b>6</b> 6 pm Children's Fellowship	<b>7</b> 8 am UMM Noon-2 pm Cub Parent's Meeting
<b>8</b> <i>Regular Sunday Schedule Scout Sunday</i>	<b>9</b> 7 pm Trinity Belles 7 pm Boy Scouts	<b>10</b> 6:30 pm Prayer Shawl 7 pm Praise Team	<b>11</b> <i>Regular Wed. Schedule</i> 11 am Young at Heart	<b>12</b> 6:30 pm UMW Ladies' Night Out 7 pm AA 7:30 pm Thursday Night Lite Planning	<b>13</b>	<b>14</b> 9 am Sherbourne
<b>15</b> <i>Regular Sunday Schedule</i> 2 pm SPR NO YOUTH GROUP	<b>16</b> 7 pm Trinity Belles 7 pm Boy Scouts	<b>17</b> 6:30 pm Shrove Tuesday Dinner	<b>18</b> <i>Regular Wed. Schedule</i> 6:30 pm BSA District Leaders Meeting 7 pm Ash Wednesday Service	<b>19</b> 7 pm AA 6:30 pm Cub Den Meeting (sanctuary)	<b>20</b> 6 pm Scouts Setup	<b>21</b> 8 am One Harvest Distribution 1 pm Scouts Blue & Gold
<b>22</b> <b>NEWSLETTER DEADLINE</b> <i>Regular Sunday Schedule</i>	<b>23</b> 7 pm Trinity Belles 7 pm Boy Scouts	<b>24</b> 6:30 pm Prayer Shawl 7 pm Endowment 7 pm Praise Team	<b>25</b> <i>Regular Wed. Schedule</i> 10:30 am Young at Heart	<b>26</b> 7 pm AA	<b>27</b>	<b>28</b>

Trinity United Methodist Church  
Child and Youth Protection Policy

Trinity United Methodist Church (TUMC) is committed to providing a welcoming and safe environment for its children and youth. In order to protect children and youth participating in TUMC programs and activities, TUMC has developed and adopted the following Child and Youth Protection Policy. Child abuse of any kind (sexual, physical, emotional, mental) shall not be tolerated or permitted at TUMC.

Definitions:

“child” or “youth” means anyone younger than 18; “worker” means a TUMC employee or volunteer 18 or older

Preventative Measures:

- Every worker in a TUMC program or activity involving children (Sunday School, youth programs, youth mission trips, etc.):
  - Shall receive a copy of this Policy.
  - Should have previously participated in TUMC activities for a period of six months; however, this may be waived where the worker has appropriate references (church, work, personal), applicable employed or volunteer experience, or otherwise in the reasonable discretion of the Pastor.
  - Will be required to complete a screening/application form and give permission for an annual criminal history/sex offender/crimes against minors background check to be conducted through the VA State Police. Background checks shall be performed through the Pastor’s office and TUMC will bear the cost.
- Whenever possible, every TUMC youth activity shall be supervised by two previously screened workers, preferably unrelated. If all participating youth are of the same gender, at least one of the supervisory workers should be of the same gender.
- Rooms in which child and youth programs and activities are being held at TUMC should remain unlocked and open if possible, and are subject to visitation at any time. Door windows should not be blocked or covered.
- Children and youth participating in TUMC activities should be led and encouraged to behave appropriately; however, corporal (physical) punishment or verbal abuse in any form of any child or youth is a violation of this Policy and should not occur.
- Circumstances may arise where it is not possible for every worker participating in a TUMC program or activity involving children to have been previously screened. In such a circumstance, at least one previously screened worker should supervise the activity and any unscreened worker(s) should not be permitted to have sole supervision or care of any participating child or youth.

Reporting:

- Any violation of this Policy should be reported to the Pastor and Lay Leader.
- Anyone witnessing or having knowledge of any sexual, physical, emotional or mental abuse of any child at TUMC or in connection with any TUMC program or activity should promptly notify the Pastor, Lay Leader and appropriate legal authorities.







# FEBRUARY 2015 MENU

No restrictions or limitations!  
Anyone can order

**CHURCH AND ONLINE ORDER DEADLINE**  
**WEDNESDAY FEB 11 11:59PM EST**  
**DISTRIBUTION DATE SATURDAY FEB 21**

### #1 FAMILY BOX \$37.50

- 16.8 oz Fully Cooked Boneless Pork Ribs in Sauce
- 1.6875 lb Avg. Beef Patties (9- 3oz)
- 1.75 lb Avg. Boneless Skinless Chicken Breast
- 1.5 lb Avg. Boneless Center Cut Pork Chops
- 1.3 lb Chicken Leg Drumsticks (Bone In)
- 2 lb All Meat Hotdogs
- 1 lb Premium Ground Beef
- 1 lb Premium Breakfast Sausage
- 28 oz Frozen Crinkle Cut French Fries
- 18 oz Creamy Peanut Butter
- 16 oz Frozen Peas & Carrots
- 16 oz Frozen Cut Broccoli
- 16 oz Frozen Mixed Vegetables
- 1 lb Spaghetti Noodles
- 1 lb White Rice
- 8 oz Buttermilk Biscuit Mix OR 8.5 oz Corn Muffin Mix
- Dessert

### #2 MORE THAN ENOUGH BOX \$46.00

- 2.6 lb Chicken Leg Drumsticks (Bone In)
- 16 oz Hot Italian Sausage Grillers
- 16.8 oz Fully Cooked Boneless Pork Ribs in Sauce
- 1.6875 lb Avg. Beef Patties (9- 3oz)
- 1.75 lb Avg. Boneless Skinless Chicken Breast
- 1.5 lb Avg. Boneless Center Cut Pork Chops
- 2 lb Avg. Breaded Cut-Up Chicken (Bone In)
- 1lb Breaded Chicken Breast Patties
- 2 lb All Meat Hotdogs
- 1 lb Premium Ground Beef
- 1 lb Premium Breakfast Sausage
- 28 oz Frozen Crinkle Cut French Fries
- 18 oz Creamy Peanut Butter
- 16 oz Frozen Peas & Carrots
- 14 oz Frozen Yellow Cut Corn
- 16 oz Frozen Mixed Vegetables
- 16 oz Frozen California Blend
- 8 Ready to Cook Frozen Home Style Biscuits
- 1 lb Brown Rice OR 1 lb White Rice
- 1 lb Spaghetti Noodles
- 6 Ct Blueberry Bagels
- Dessert

### #4 FRESH FROZEN VEGGIE BOX \$27.00

**ALL ITEMS IN THE BOX ARE FRESH FROZEN**

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

### #3 GOLDEN GOURMET 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
- Meat Lasagna pasta & beef blended with marinara sauce & mozzarella cheese served with green beans & cauliflower.
- 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
- Chicken & rice with mushroom sauce with Swiss cheese, served with broccoli & carrots
- Salisbury Steak - Beef patty with gravy served on roasted red skin potatoes with peas & carrots & cauliflower
- Meat loaf patty with tangy tomato sauce on mashed potatoes served with Brussel sprouts & corn.
- Spaghetti & meatballs with broccoli & a black bean blend

### #5 PORK CHOP SPECIAL \$32.00

10 lbs Boneless Center Cut Pork Chops

### #6 PREMIUM GRILLING SPECIAL \$49.95

- (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 ROAST BOX \$46.50

2 lb Southwest Pork Roast                      2 lb Seasoned Pork Roast  
4 lb USDA Choice Sirloin Beef Roast (2 -2lb roasts)

### #8 KIDS BOX \$29.00

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

- (4) Cheeseburger Sliders
- (4) Tyson Mini Chicken BBQ Sandwiches
- (4) Grilled Chicken Sandwiches
- (4) 5 oz Beef & Cheese Burrito
- (4) Sausage Biscuits (2 per pkg)
- (2) Sausage, Egg & Cheese Biscuits
- 4 ct Sausage, Egg & Cheese Breakfast Flat Bread
- 14.5 oz Aunt Jemima Buttermilk Pancakes
- (4) Ham & Cheese Sandwiches
- 6 ct Blueberry Bagels
- 18 oz Creamy Peanut Butter
- 6 ct Box Honey Oat Granola Bars

### #9 BONELESS SKINLESS CHICKEN BREAST \$27.50

10lbs Boneless Skinless Chicken Breast

### #10 HAMBURGER PATTIES 10LB \$29.00

3oz Beef Patties, 9 per pack, 6 packs per box

### #11 BREADED CHICKEN TENDERS \$22.00

10 lbs Breaded Chicken Tenders (2-5 lb bags)

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

**DESSERT BOX \$29.00 – details available at**

**www.oneharvest.com**

Can only be purchased online

**Find a location OR**

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

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



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