



THE RIDER

Trinity United Methodist Church

October 2015

Volume MMXV Issue X

6600 Greenyard Road
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COURAGE: EVERYDAY BOLDNESS

CRAIG BRIAN LARSON, SUBMITTED BY DAVID BAILEY

The king asked, "Well, how can I help you?"

With a prayer to the God of heaven, I replied, "If it please Your Majesty and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried."

Nehemiah 2:4-5

An important leader in our church told me that his work schedule had stretched him to the limit and he didn't know what to do about his church commitments. In these situations my default mode is to cut a person some slack. "Why don't we relieve you of your responsibility for a time," I'll usually say, "and you tell me when you are ready to serve again." Sometimes that is the right course, but I didn't think so in this case. I felt he needed to cut back on his work schedule (which he himself had set) rather than curtail his church involvement.

I told him I would pray and get back to him. Prayer only reinforced my view, and at that point I faced a decision. I knew that challenging him to sacrifice for Christ in this manner posed a big risk. He might misconstrue my appeal as an inconsiderate effort to exploit him and consequently abandon both his ministry and the church and leave us in dire straits. I decided, however, that I had to push through that wall of uncertainty and risk and say what I thought God wanted me to say to him.

I am thankful that he received my words well and continued in ministry.

Every day faithful leaders face hazardous moments, large and small. Such moments always require courage if we are to give optimum leadership for the Lord's sake.

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NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, October 25 for inclusion in the November newsletter.

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



COURAGE: EVERYDAY BOLDNESS CONTINUED FROM FRONT PAGE

Nehemiah faced one of these gut-check moments. As a captive in a foreign land he was cupbearer to the king. He wanted to return home and help his fellow Israelites, but he knew that bringing up such a request to the king, who had the power of life and death, would be to take his life in his hands. "I was badly frightened," says Nehemiah, but he goes on boldly to present his request (see Neh. 2:1-8). In order to lead God's people, Nehemiah had to press through danger.

Courage is not something leaders need every now and then at a ministry crossroads such as a building program. No, leaders of integrity need courage every day as we face decisions, meetings, and challenges that have the potential for loss and pain. We risk emotional pain, ministry problems, relationships, reputation, money, time, failure. We are tempted to play it safe.

But we build our leadership and ministry on dozens and hundreds of daily steps of courage: confronting a halfhearted staffer, speaking our vision, making a commitment, reading a critical letter, evaluating our ministry's progress. These are the decisive moments that define a courageous ministry.

REFLECTION

In what hazardous situations have I been most tempted to "wimp out"? Do have a lot to lose, or have already given everything to the Lord? Which steps of courage do I find the most faith for, and why?

PRAYER

Father, when Christ lived on earth, he spoke words that were difficult for people to hear, and he was often misunderstood and rejected. Yet he continued to speak your truth and did the work you gave him to do in order to accomplish your purpose. Give me the courage to follow in his footsteps.

"Life shrinks or expands in proportion to one's courage."

—ANAÏS NIN, AMERICAN AUTHOR

PASTOR'S CORNER: PRAYER, HOW WE TALK WITH GOD

REV. TERESA KEEZEL

How can you build a relationship with a person with whom you do not talk?

It can be extremely difficult. When we talk with one another, we learn about each other; we work out misunderstandings; we grow in sharing dreams and concerns and thoughts. Prayer has been and continues to be one of the keys spiritual paths in growing our relationship with God. In prayer, we both talk with God and listen to him. Like any growing relationship, the more we like someone, the more time we want to share together. We want to get to know each other better. We want to learn more about each other. We want to just be in each other's presence.

CONTINUED ON NEXT PAGE

PASTOR'S CORNER: PRAYER (CONTINUED FROM PAGE 2)

The Bishop has invited all the congregations of the Conference to join him in growing into praying one hour a day. This prayer can be done while sitting with a cup of coffee, journaling at some point in the day, writing cards, or walking the dog and various other ways. The hour does not have to be fulfilled all in one sitting.

I am inviting the congregation to join me in trying to grow into this covenant. Throughout the year we will offer up different 'disciplines' on how to talk with God and how to listen. We will offer up techniques and styles so that you can keep trying different things until you find the combination that fits you.

Pray time is like good recipes. You put in a little of this and a little of that. You have staples that always go in but change ups that add variety as well.

Are you game?

Please consider if you will be willing to try to grow into an hour a day. Each of us will start where we are and go from there. Each of us are a different places and are already using different types of prayer disciplines in our relationships with God. So we will commit to mix and match how and when we talk to God as we grow the amount of time we spend with him.



Covenant for Spiritual Discipline

Prayer is essential to sustain our faith. Jesus modeled a life of prayer that established the DNA for the Christian Wesleyan heritage of prayer. Bishop Cho has envisioned spending his episcopacy in the Virginia Conference creating a culture of prayer. In his episcopal address at Annual Conference, he established a goal for at least 10% of the clergy of the Virginia Conference to engage in spiritual disciplines for one hour each day and for 10% of Virginia Conference churches to become a *Prayer Covenant Congregation*.

Virginia Conference clergy and laity are invited to:

Engage "one hour daily" in spiritual disciplines (fasting, intercessory prayer, Lectio Divina (sacred or spiritual reading), centering prayer, breath prayer, contemplative prayer, Tongsung Kido prayer, a service of common prayer, morning midday or evening prayers, etc.)

Congregations are invited to become a *Prayer Covenant Congregation* by:

1. Having at least one weekly prayer group that will include weekly prayers for the renewal and revival of their congregation, the Virginia Conference, and The United Methodist Church.
2. Offering at least one class on prayer annually.
3. Participating in Conference or District prayer equipping (training) events.
4. Moving toward at least 10% of the laity practicing a "one hour daily" spiritual discipline.
5. Indicating commitment to this covenant through approval by the Church Council.

After prayerful discernment, our congregation has decided to become a *Prayer Covenant Congregation* by having at least one weekly prayer group, offer at least one class on prayer annually, participate in Conference prayer equipping events and move toward at least 10% of our members practicing "one hour daily" spiritual disciplines.

Name of Congregation/District: _____

Clergy Signature: _____

Church Council Chairperson Signature: _____

Date: _____

To the right is *Covenant for Spiritual Discipline*. It is also available on the conference website, VAUMC.org.

MUSIC Ministry

OCTOBER MUSIC NEWS

PAT MADISON, DIRECTOR OF MUSIC



Fall is here and all choirs are singing and ringing praises! Chimes and bells are learning new music for fall and Christmas. Pat would welcome one more in chimes and the bell choir would love to have a music reader join our group. Ringing chimes and bells is fun, and also great for the mind, body, and spirit. See Pat Shrader for chimes and Pat Madison for bells if you are interested.

Thanks to Wayne Haley, Linda Richardson, and Pat Shrader for their help with organizing and filing music in the music department. Also a big thanks to Ed Borocho for our additional file cabinet.

The Trinity Chancel Choir will be presenting "Sing We Noel" on December 13th at the 11:00 a.m. service. This is a service of lessons and carols beautifully written by Howard Helvey. We are beginning to learn the music now. We would love to have additional singers join us for this event. We rehearse every Wednesday night at 7:30 p.m. A babysitter would be provided if needed. Come sing and celebrate the birth of Christ with us.

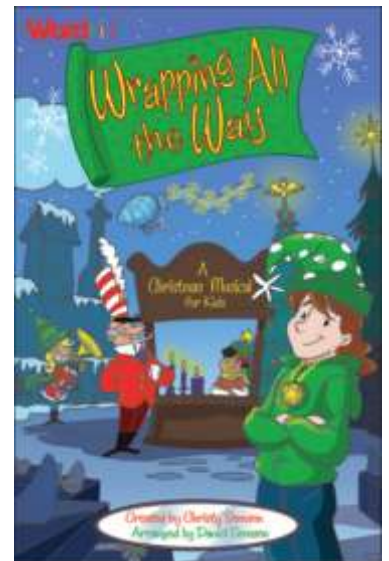
The Odyssey choir which meets at 4:00 on Sundays now has 5 members and hopefully growing. We are learning music for Youth Jam on November 20 & 21 at River Road Baptist Church. This is a great experience singing songs we have learned with other youth from Virginia and North Carolina. A concert is held at 3 p.m. on Saturday afternoon. Our other project is working on a play adapted by our own Linda Goodman entitled "The Shoemakers's Three Visits from Christ". We will be performing this as part of the entertainment for the Thanksgiving dinner on Sunday, November 22nd. If you are interested in participating in this please meet with us on Sunday afternoon at 4:00.

Children's choirs are now in full swing on Wednesday nights and Sunday afternoons. We meet at 5:45 on Wednesdays and 5:00 on Sundays. Wednesday nights include dinner, music, Bible study, and a craft. The Angels are learning a new musical for Christmas, "Wrapping All the Way" to be presented on Sunday night, December 20 at 7:00. It is a lot of fun so come and join us on Wednesdays and Sundays.

Our Children's choirs will be travelling to Lucy Corr to entertain the residents there on Sunday, October 25, 2015 at 2:00. We are looking forward to bringing the residents pumpkins and cards and watching the smiles on their faces!

This is a busy but exciting time of year. We have a musical group for every age so come and join the group of your choice. All are welcome!

Blessings, Pat



“WHAT DID YOU SAY?”

REV. TERESA KEEZEL

As you know, we have been working on our sound system. We installed new speakers to better the sound but have now discovered that the hearing devices keep a white sound noise in the background. Our members who have been using them have had to filter through the white noise to hear anything else. We have been requested to both work through the white noise problem and to add devices to the system. The cost of the system is about \$1200 dollars. We have several offers to help pay for the system. If you want to help in this ministry, please put the offering into the plate and mark it “sound system”. Thanks for all the offers to help.



OCTOBER YOUTH NEWS

KRYSTAL COFER

MEETINGS

Meetings are Sundays from 5-6:15 pm. Meeting this month on October 4, 18 & 25. Please contact Krystal if you are willing to bring food or sit in with a group.

FALL FESTIVAL

The youth will be assisting the Children’s Ministry with the Fall festival. Please arrive at 2:30 and plan to stay until 7 pm.

PUMPKIN PATCH

The youth have signed up to work the pumpkin patch from 5-7 pm for the month of October. Your youth can be picked up between 6:15-7 on any of October dates.

ASSISTANCE NEEDED

Our youth group has grown – How fun! We have 22 youth aged here at Trinity!

We combine and eat together for the first 15/20 minutes. However, we split for message, scripture/devotional.

We are looking for adults who can sit in with a group that they can get to know our youth and be someone for the youth to trust and know.

FELLOWSHIP FRIDAY

The youth will be meeting on Fridays when the Children’s ministry meets at Trinity. This will allow parents to have their children of all ages at one location! Our first Fellowship Friday will be 11/6 from 6-7:30 pm.

APPLE BUTTER UPDATE

KAREN POOLE



I am sad to say that we need to postpone our apple butter project for Friday evening (9/25) and all day Saturday (9/26) due to approaching rain. Even Jim Duncan is saying a 60% chance on

Saturday, and he is usually very conservative with his predictions. We will re-schedule for Friday, October 16, and Saturday, October 17. If anyone has pre-paid and would like a refund, please let Karen know. Otherwise, checks and cash will be held until the 17th.

Pumpkin Patch

KAIROS 56

Maury Beck

Hello again Trinity Church Family. It is that time of year again; Kairos at Greenville



Correctional Center is almost upon us – October 22-25, 2015. Check out the new website: KairosVA.org

PUMPKIN PATCH 2015

ED SISMOUR

A quick reminder that volunteers are needed to host the Pumpkin Patch. Please review the volunteer sign-up sheets for the schedule and open time slots. Postcards with TUMC and activity information will be available to distribute. Please use this contact time to talk with them. If customers question prices, let them know that their money is put to a variety of uses. See the September newsletter for examples.

PUMPKIN HOST NEEDED

One or more volunteers are needed to host visiting school groups on weekday mornings. Interested parties should contact Ed Sismour.

BAKING

The team will need about 5000 cookies for Food Agape for the weekend. If you feel so inclined to have your Sunday School class or any other community group bake cookies, please feel free to do so. We welcome them!

It is very important that you go by the Kairos Cookie Recipe and instructions. Copies are available online at KairosVA.org or printed copies are available in the narthex.

PRAYING AND CREATING

While you are baking and packaging, please pray over these cookies that God will use them to change lives for Christ. Kids can get involved, too; place mats or posters that they draw are welcomed. We are also seeking prayer volunteers for a prayer vigil. You can sign up at the Kairos website: KairosVA.org

TEAMING AND GOING

We need a team of 35 people to pull off Kairos. We are seeking anyone interested in teaming – or just volunteering or attending the closing ceremony. Contact Maury for more information. It is a very powerful experience.

DEADLINES

I need the COOKIES, POSTERS, and PLACEMATS by Tuesday, October 20. You can leave them in the kitchen. Contact me (Maury) know at 804/393.1504 with any questions. As always God Bless You for working in his Kingdom.

FEEDING THE HUNGRY

DEBORAH NAPOLITANO

ONE HARVEST

The deadline for ordering online is Wednesday, October 14 at 11:59 pm. Distribution is on Saturday, October 24 from 8-9 am.

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

SHERBOURNE

We meet at Sherbourne the second Saturday of the month at 9 am to bag food.

Sherbourne will meet October 10 and November 14. November 14 will be our last Sherbourne day.

BRUNSWICK STEW

Trinity United Methodist Men will be conducting their Annual BRUNSWICK STEW fundraiser on Saturday, October 3RD. We ask for your assistance in preparing the ingredients on Friday evening, October 2ND, starting at 5:30 P.M. Please bring a cutting board, a sharp knife and/or a potato peeler and enjoy interesting social discussions with your fellow volunteers. We will also appreciate any assistance in cooking the stew on Saturday morning. As we utilize three 75-gallon stew kettles, we require a minimum of 10-12 individuals to stir the stew for the five hours it is cooking. If available to work on Saturday and/or have any questions, please contact John Morris at 804-777-9163 or email PJNSUMO@COMCAST.NET.

Historically, the funds raised from this fundraiser has been used to support the church (Kitchen renovation, New Carpet, New Shed, Boy Scouts, etc.)! We are very proud of our Methodist stew and it has apparently gained an excellent reputation as evidenced by the historically selling over 600 quarts each fall!! Unfortunately, due to increased prices of the meats and vegetables for the stew, we are forced to increase the price to \$8.00 per quart this year. We would very much appreciate you and your friends and family buying our stew by pre-ordering on the order sheets to be passed through the congregation on Sundays. The Methodist Men appreciate your support!!!

STEWARDSHIP NOTE

ED BARNES, STEWARDSHIP CHAIR

As we move forward with the goals of the church, please consider that the General Fund is used for operating the Church and for congregational projects. Try to be as generous as you can for God's Church. We would appreciate the return of your pledge cards of support by Sunday, October 4. Thank you for your generosity.

Trinity United Methodist Church
 2016 Giving Card Plan

But as for me and my household, we will serve the LORD Joshua 24:15b

Because of God's great love and grace for me/us, I/we wish to help share God's love with my/our ongoing financial support of the mission and ministries of Trinity United Methodist Church. To help fulfill our ministry opportunities in 2016, I/we commit to give::

\$ _____ per week
 \$ _____ per month
 \$ _____ per _____

Totaling \$ _____ annually

Name _____ Date _____



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!

- Oct. 1 Georgina Foster
 Elizabeth Sawyer
- Oct. 3 Ed Sismour
- Oct. 4 Lana Lefferts
 Cindy Frey
 Krystal Cofer
- Oct. 5 Kendell Saunders
- Oct. 7 Tyler Farrar
 Maggie Miller
 Ian Pollard
- Oct. 8 Jacob Hairfield
 Mary McDonald
 Noah Walker
- Oct. 12 Alvin Harman
- Oct. 13 Jane Wallace
- Oct. 14 Laura Shelton
- Oct. 15 Bill Lockhufe
- Oct. 16 Carol Sanders
 Violet Frith
- Oct. 17 Douglas Cook
- Oct. 18 Jacob Reeves
 Kathy Ruxton
 Wendy Kump
 Mary Faris
- Oct. 19 Benjamin Saunders
 Amanda Kelly
 Alan Tougas
- Oct. 21 Preston Arnold II
- Oct. 22 Deborah Napolitano
- Oct. 23 Jane Quinley
- Oct. 26 Raymond Potter Jr.
 Kathryn McGuffin
- Oct. 29 Tom Reis
- Oct. 31 Doris Crowell

OCTOBER SERVANTS OF WORSHIP

OFFERING TELLERS

October 4 & 11 Aubrey Tarkington & Dana Potter
October 18 & 25 Flo Gray & Ted Soto

USHERS

October 4 & 18 Allen & Chris Fallin, Debbie Turner, Ann Wright
October 11 & 25 Tom Reis, Mary Palmer, Hannah Donithan,
 Bruce Edmiston

THANK YOU NOTE

Thank you all for your prayers, cards, visits and words of encouragement during my recent back surgeries.

With all my love,
Lois Thomas

NEW MEMBERS

Brenda and Carroll Shepherd joined last month. They transferred into us from Ironbridge Baptist Church.

This month Barbara Stewart and Janice Fisher have transferred in. Barbara has come to us from Kuhn Memorial Presbyterian Church in Barboursville, West Virginia. Her address is 6653 Roundabout Way, Apt. 206, Chesterfield, Va. 23832.

Janice Fisher is transferring into us from Woodlake United Methodist. Her address is 10424 Brynmore Drive, N. Chesterfield, Va 23237. Best wishes and congratulations to her and Bob Ellis who are getting married in October.

Regular Sunday Schedule (resumes 9/13)
 8:30 am Contemporary Service • 9:45 am Sunday School
 11 am Traditional Service • 4 pm Odyssey & Chimes
 4 pm Disciple IV • 5 pm Treble Clefs • 5 pm Youth Group

October 2015

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

Summer Wednesday Schedule
 7 pm Men's Chorus • 7:30 pm Choir
Regular Wednesday Schedule (resumes 9/16)
 5:45 pm Children's Choirs
 7 pm Men's Chorus • 7:30 pm Choir

by email to trinity@trinity-umc.com or phone at 748-2439.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---------------------------------|--|
| Pumpkin Patch Weekdays 3:30 – 7:30 pm • Weekends Noon – 7:30 pm | | | | 1 7 pm AA 8 pm Rob Bell Study | 2 Brunswick Stew Prep | 3 Brunswick Stew Event |
| 4 <i>Regular Sunday Schedule</i> | 5 7 pm Boy Scouts 7 pm Trinity Belles | 6 10:30 am Young at Heart 7 pm Praise Team | 7 <i>Regular Wed. Schedule</i> | 8 6:30 pm UMW 7 pm AA | 9 | 10 9 am Sherbourne 4-6 pm Fall Festival |
| 11 <i>Regular Sunday Schedule</i> 2 pm SPR Children's Music, Youth & Disciple Resume | 12 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles | 13 6:30 pm Cub Scouts 7 pm Praise Team | 14 <i>Regular Wed. Schedule</i> 6:30 pm BSA District Leaders Meeting | 15 7 pm AA 7 pm Administrative Council | 16 Apple Butter Prep | 17 Apple Butter Event |
| 18 <i>Regular Sunday Schedule</i> | 19 7 pm Boy Scouts 7 pm Trinity Belles | 20 Kairos Cookies Due 6:30 pm Prayer Shawl 7 pm Praise Team | 21 <i>Regular Wed. Schedule</i> 10:45 Young at Heart lunch outing | 22 7 pm Thursday Nite Lite 7 pm AA | 23 5:15 pm UMFS | 24 8 am OneHarvest Distribution |
| 25 NEWSLETTER DEADLINE <i>Regular Sunday Schedule</i> No Youth | 26 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles | 27 6:30 pm Cub Scouts 7 pm Praise Team | 28 <i>Regular Summer Wed.</i> <i>Schedule</i> | 29 7 pm AA | 30 | 31 |



OCTOBER 2015 MENU

No restrictions or limitations!
Anyone can order

**CHURCH AND ONLINE ORDER DEADLINE
WEDNESDAY OCT 14, 2015 11:59PM EST
DISTRIBUTION DATE SATURDAY OCT 24**

#1 FAMILY BOX \$37.50

- 2 lb Avg Boneless Skinless Chicken Tenders
- 2 lb Avg Boneless Pork Roast
- 5 – 6 lb Avg. Family Pack Chicken Thighs
- 1.5 lb Avg Boneless Pork Chops
- 1.5 lb. Avg Hamburger Patties (6 – ¼ lb patties)
- 1 lb Premium Ground Beef
- 1.25 lb Avg Breakfast Sausage Patties (10 - 2 oz or 8 -2.5 oz patties)
- 2 lb Frozen Skillet Fries
- 1lb Frozen Mixed Vegetables
- 1 lb Frozen Cut Yellow Corn
- 1 lb Frozen Broccoli Florets
- 1lb Elbow Noodles
- 1 lb Spaghetti Noodles
- 7.25 oz Macaroni & Cheese
- 1 lb White Long Grain Rice
- 8 oz Jiffy Buttermilk Biscuits
- 4 Personal Size Apple Pies

#2 MORE THAN ENOUGH BOX \$46.00

- 2 lb Avg Boneless Skinless Chicken Tenders
- 2 lb Avg Boneless Pork Roast
- 2 lb Avg Boneless Skinless Chicken Breast
- 1.5 lb Avg Hamburger Patties (6 – ¼ lb patties)
- 4 – 5 lb Avg. Family Pack Chicken Drumsticks
- 1 lb Hillshire Farms Italian Sausage
- 1.5 lb Boneless Pork Chops
- 1 lb Breaded Chicken Breast Patties
- 1 lb Premium Ground Beef
- 1.25 lb Avg Breakfast Sausage (10 - 2 oz or 8 -2.5 oz patties)
- (2) 10 Inch Mozzarella Tomato Pesto Pizzas
- 2 lb Frozen Skillet Fries
- 1 lb Frozen Broccoli Florets
- 1 lb Frozen Sugar Snap Peas
- 1 lb Frozen Mixed Vegetables
- 1 lb Frozen Strawberries
- 7.25 oz Macaroni & Cheese
- 1 lb Spaghetti Noodles
- 8.5 oz Jiffy Corn Muffin Mix
- 10 Inch Apple Pie

#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, Mashed Potatoes, Green Beans & Carrots
- Meat Lasagna, Green Beans & Cauliflower.
- Lemon Pepper Baked Fish, Green Beans, Cauliflower & Yellow Squash
- Chicken Ala King – Chicken Breast pieces, Vegetables & Sauce over Bowtie Pasta, Cheesy Cauliflower & Spinach & Chickpeas
- White Turkey & Dressing with Gravy, Corn & Green Beans
- Chicken & Rice with Mushroom Sauce with Swiss Cheese, Broccoli & Carrots
- Salisbury Steak with Gravy, Roasted Red Skin Potatoes, Peas & Carrots & Cauliflower
- Meat Loaf Patty, Mashed Potatoes, Brussel Sprouts & Corn
- Spaghetti & Meatballs with Bolognese & Black Bean Blend

#4 FROZEN VEGETABLE BOX \$27.00

- 1 lb Frozen Strawberries
- 12 ct Frozen Dinner Rolls
- 1 lb Frozen Diced Carrots
- 1 lb Frozen Fajita Blend
- 1 lb Frozen Broccoli Florets
- 1 lb Frozen Green Peas & Carrots
- 1 lb Frozen Blueberries
- 1 lb Frozen California Medley
- 1lb Frozen Lima Beans
- 1 lb Frozen Butternut Squash
- 1 lb Frozen Cut Yellow Corn
- 1 lb Frozen Mixed Vegetables
- 1 lb Frozen Sugar Snap Peas
- 1 lb Frozen Italian Green Beans
- 1 lb Frozen Green Peas
- 1 lb Frozen Cut Green Beans

#5 BREADED POPCORN CHICKEN \$21.50

- 10 lbs Ready to Cook Chicken Chunks (2 – 5 lb bags)

#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 COST CUTTER GRILL SPECIAL \$21.00

- 6-6oz USDA Choice Strip Steaks (36 oz total)

#8 KIDS BOX \$29.00

Microwavable, heat and serve or shelf stable items

- (4) Cheese Quesadilla
- (8) Chicken Sliders
- 10 oz Tyson Fully Cooked Chicken Fries
- (12) Sausage Biscuits
- (4) Beef & Cheese Burritos
- (8) 4 oz. Fruit Punch Boxes
- (1) 7.25 oz Macaroni & Cheese
- 18 oz Peanut Butter
- (1) 7.2 oz Tony's Pepperoni Pizza
- 1lb Quick Grits
- (4) Flame-Broiled Beef Patty w/Cheese Sandwich

#9 BONELESS SKINLESS SEASONED CHICKEN BREAST \$29.50

- 10 lbs Seasoned Skinless Chicken Breast
(Seasoned with sea salt, natural flavors, onion powder, garlic powder, paprika)

#10 HAMBURGER PATTIES \$28.00

- 8 lbs Hamburger Patties – 32 patties ¼lb each

#11 THANKSGIVING BOX \$32.00

PRE-ORDER FOR NOVEMBER DELIVERY

- (2) 6-7 lb Avg. Roasting Hens
- 28 oz Frozen Green Beans
- (2) 6 oz Boxes Cornbread Stuffing
- 28 oz Frozen Cut Corn
- (2) 6.6 oz Herb & Butter Potatoes
- 28 oz Sliced Carrots
- 8 oz Jiffy Buttermilk Biscuit Mix
- 8.5 oz Jiffy Corn Muffin Mix
- (2) Pies - Pumpkin **AND/OR** Fruit Pies

#12 FULLY COOKED CHICKEN SANDWICH PATTIES \$21.50

- 10 lbs Fully Cooked Breaded Chicken Sandwich Patties
(2 – 5 lb bags)

**Find a location OR
Order online at: www.oneharvest.com**

***Item weights are approximate.*

In the event of a shortage, items may be substituted.