



# THE RIDER

## Trinity United Methodist Church

### August 2014

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### PASTOR'S CORNER

REV. TERESA KEEZEL

#### LORD TEACH ME HOW TO PRAY....

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

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

Next week the labyrinth is coming back. For the first two Sundays in August, the labyrinth will be laid out in the sanctuary. It will be available from 9-12, 2-4 and 7-9 most days. Remember that choirs meet on Tuesday and Wednesday nights. Then it will be available from 10-12, 2-4, and evenings on the weekends. George Kingsley is taking stewardship of the Labyrinth. If you have signed up for a spot and cannot make it, please call him and he will fill in. (743-4544, or 316-2152 cell) We have a few spots still open for someone to come and sit. Please know that we want people to have time to come and just rest in God's house. I hope that some time will work for you. Please come and breathe with God.



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

Grace and love,

Teresa

## NEWSLETTER DEADLINE

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

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

You can send items by email to [trinity@trinity-umc.com](mailto:trinity@trinity-umc.com) or drop off in the "Church Secretary" hallway mailbox.



## OFFICE CLOSED

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

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



## AUGUST MUSIC NOTES

PAT MADISON, MUSIC DIRECTOR

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

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

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

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

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

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

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

Blessings, Pat

## **ADULT MISSION TEAM ICE CREAM SOCIAL**

KAREN POOLE

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

## **SANCTUARY CARPET AND TILE**

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

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

## **PRAYER CARDS**

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

All are welcome to join.

## **UNITED METHODIST MEN**

TOM WALLACE, UMM SECRETARY

August 2, 2014 – Meeting at 8 am

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

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

## **UNITED METHODIST WOMEN**

### **ATTENTION: LADIES OF THE CHURCH**

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

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

## **PLANNING FOR THE BAZAAR**

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

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

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

## EMERGENCY FOOD BAGS

DIANE SPRINGFIELD

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



**FEED THE HUNGRY**

Each bag should feed a family of four for two days. We have "regular" bags for families who have access to electricity and "ready to eat" bags who do not have access to electricity i.e. Hot plates or microwaves, etc.

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

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

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

## SHERBOURNE AUGUST FOOD FOCUS

The Sherbourne Food Focus for August is Cereal.

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

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



## BELLWOOD SCHOOL SUPPLIES DRIVE

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

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

## CHILDREN'S MINISTRY PLANNING AND PARENTS MEETING

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

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

Do you have questions, or are unable to attend and have ideas/suggestions? Contact [childrensministry@trinity-umc.com](mailto:childrensministry@trinity-umc.com).

## LABYRINTH

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

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

## BIRTHDAYS

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

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

## OFFERING TELLERS

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

## NURSERY WORKERS

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

## SODA CAN TABS



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

## MULTI-CHOIR CONCERT

**Sunday, August 10 • 5 pm**

**Bethany Place Baptist Church**

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

# August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 8 am UMM Labyrinth
3 Regular Morning Schedule	4 7 pm Boy Scouts	5 7 pm Praise Team 7 pm Bible Study	6 6:30 pm Child. Min. Parents&Planning Mtg. 7 pm Men's Chorus 7:30 pm Choir	7 7 pm AA	8	9 9 am Sherbourne
			6:30 pm Child. Min. Parents&Planning Mtg. 7 pm Men's Chorus 7:30 pm Choir	Labyrinth		
10 Regular Morning Schedule OneHarvest Online Deadline 5pm Multi-Choir Special	11 7 pm Boy Scouts	12 6:30 pm Prayer Shawl 7 pm Praise Team 7 pm Bible Study	13 10 am Teach Me to Pray 7 pm Men's Chorus 7:30 pm Choir	14 7 pm AA	15	16 8:30 am One Harvest Distribution
			10 am Teach Me to Pray 7 pm Men's Chorus 7:30 pm Choir	Labyrinth		
17 Regular Morning Schedule	18 7 pm Boy Scouts	19 7 pm Praise Team 7 pm Bible Study	20 6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir	21 7 pm AA	22	23
Labyrinth			6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir	7 pm AA		
			6:30 pm BSA District Leaders Meeting 7 pm Men's Chorus 7:30 pm Choir	Office Closed/Secretary & Pastor Vacation		
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24 NEWSLETTER DEADLINE Regular Morning Schedule	25 7 pm Boy Scouts	26 7 pm Praise Team	27 7 pm Men's Chorus 7:30 pm Choir	28 7 pm AA	29	30
			7 pm Men's Chorus 7:30 pm Choir	7 pm AA		
			7 pm Men's Chorus 7:30 pm Choir	Office Closed/Secretary & Pastor Vacation		
			7 pm Men's Chorus 7:30 pm Choir	Office Closed/Secretary & Pastor Vacation		
31 Regular Morning Schedule						
Pastor Vacation						



## AUGUST 2014 MENU

No restrictions or limitations!  
Anyone can order

### #1 FAMILY BOX \$37.50

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

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

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

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

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

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

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

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

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

### #3 GOLDEN CUISINE EXPRESS MEALS

**10 MEALS FOR \$29.95 (MSG FREE)**

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

*Single Portion, Diabetic and Cholesterol Friendly*

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

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

10lbs Boneless Center Cut Pork Chops

### #6 PREMIUM GRILLING SPECIAL \$42.00

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

### #7 HAMBURGER SPECIAL \$28.50

10 lb Chuck Hamburger Patties

### #8 KIDS BOX \$29.50

*Microwavable, heat and serve or shelf stable items*

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

### #9 BONELESS SKINLESS CHICKEN SPECIAL \$28.00

10lbs Boneless Skinless Chicken Breast

### #10 POPCORN CHICKEN \$16.50

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

### #11 BREADED YELLOWFIN FLOUNDER \$25.00

10lb Breaded Yellow Fin Flounder

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

07/15/14

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