



THE RIDER

Trinity United Methodist Church

March 2015

Volume MMXV Issue III

6600 Greenyard Road
(at Ironbridge Road)
Chester, VA 23831
(804) 748-2439
www.trinity-umc.com
www.facebook.com/TUMC.Chester

PASTOR'S CORNER: ADULT BIBLE BEGINNINGS

REV. TERESA KEEZEL

March 4 - Creation Stories (Genesis 1-2)

March 11 or 18 - The Trouble with Choices (Genesis 2-3)

March 25 - Father Abraham (Genesis)

April 1 - Child Sacrifice (Genesis)

Starting the first week in March, we are offering a Bible Study for those not used to the Bible. So often we begining in the beginning. We are beginning with the stories.

I am a big fan of the Harry Potter series. In this, the children learn that children's stories were not always meant to be that. Many of the stories that we tell to children, are the foundational stories of who we are. We simplify them to teach small ones our stories, but they are rich in meaning and complexity. We will indeed start in the beginning/genesis.

Please join us at 6 pm with our Bibles (children's or adult) and we will walk through the two creation stories. Who are we? Who is this eternal spirit that we join our lives to? Please come and let's journey together.

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

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NEWSLETTER DEADLINE

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

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



DAYLIGHT SAVINGS



Daylight Savings Time begins on Sunday, March 8.

Don't forget to set your clock FORWARD an hour before bed on Saturday the 7th!

CONFIRMATION

REV. TERESA KEEZEL

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

WHO ARE WE? A VIEW FROM THE STAFF PARISH COMMITTEE

REV. TERESA KEEZEL

Last month we shared the questions that SPR had to answer in November and December about who they think Trinity is. In January the SPR has to answer another set of questions. The earlier questions create the resource and framework for this month.

Remember that last month the questions and answers were:

What are the church's priorities for mission and ministry?

We believe our priority and mission is to reach out to others in need within the church, locally, and nationally. 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.

What are the church's three greatest strengths?

A loving and caring congregation; we demonstrate this by our outreach programs to help those in need. Our location: we are in a growing area and we are very visible. The variety of programs and activities that we offer.

In what area does our congregation need to develop strength?

We are trying to grow in our capacity to adjust. We are trying to work on communication skills. We keep working on developing our staff into a team.

(CONTINUED ON PAGE 3)

WHO ARE WE? A VIEW FROM SPR CONTINUED FROM PAGE 2

Based on these questions and responses the next set of questions are:

WHAT TYPE OF PASTOR DO WE NEED?

- What gifts and skills does the current pastor possess that are needed most in this church at the present time?
- How does the current pastor effectively meet the defined needs for pastoral leadership in the life of this congregation?

Some of the answers were that we need a pastor that can engagingly preach, meet various needs, visits shut-ins, the sick, and new people and one who loves God's people. We want a pastor that works with volunteers, members and staff by providing guidance and encouragement. We want a pastor that helps the congregation grow in their spiritual faith.

Sometimes figuring out how to say what we need is challenging. Everyone wants to enjoy worship and feel loved. But what we want out of worship and how to meet different needs is so varied that we accept that we cannot be everything to everyone. Setting priorities can be challenging. We ask for your prayers and trust that God Is With Us.

Thanks be to God.

CHILDREN'S MINISTRY

Immediately following the Palm Sunday Service the Children's Ministry will host a hot dog luncheon. Please bring a side to share. Desserts will also be provided. After lunch is underway, the children will be able to hunt for eggs! Bring your family and enjoy.



AMANDA KELLY

CANDY NEEDED

There is a drop off box in the narthex for candy donations for the Easter egg hunt.

UMM BOSTON BUTT SALE

JOHN MORRIS



The Methodist Men will again be offering "Boston Butts" for sale in April.

This will be an opportunity to purchase 6-7 pounds of tasteful roast pork which will make great Barbeque for only \$25 each, in addition to assisting the Methodist Men raise funds to support our many missions and numerous church projects.

As was the case last year, the meat will be cooked by Sibley's Barbeque and will be available for pickup on Sunday, April 19.

We will be offering a "tasting" in early April where you can sample this delicious meat before you purchase it.

More information will be forthcoming in the church bulletin and announcements. We truly appreciate your support for this fundraiser.

Thanks, John

SHROVE TUESDAY HALFWAY THROUGH LENT?

The snow made us miss our Trinity Tradition of soup dinner fellowship on Shrove Tuesday, but we aren't missing out on the fun!

The annual talent show and dinner is a natural place to join forces so we can have our soup - and eat it too!

The night is different, but the dinner plan is the same. Bring soup (or just come hungry!) or cake that you signed up for, and we will sit in fellowship with others born the same month as us.

To top it all off, we get top notch entertainment with the 2015 Talent Show!

As planned with the Annual Talent Show and Dinner, there will be a love offering taken that is a major support of the youth mission trip and music programs.



MARCH MUSIC NEWS

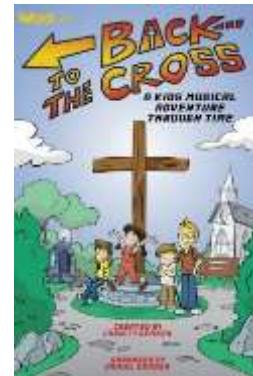
PAT MADISON, DIRECTOR OF MUSIC

The Talent Show will be held on Friday, March 13! Due to the snow and time of the year, we are combining the Talent Show with the annual soup supper with birthday cakes. The dinner will begin at 6:30 pm. Mr. Ted Soto will provide dinner music for your enjoyment. So come, eat, relax, and listen to the entertainment we have prepared for you. We have dancing, drumming, singing, skits, jokes, art work, and lots of good fun! Mr. David Heird will be our Master of Ceremonies again this year! Donations for the evening will go to the youth mission trip and the music department. Come and bring your neighbors and friends. This is a great way for our community to know us, so bring a friend!

Wednesday night music and Bible study continues to thrive as we teach our little ones about Jesus through songs and stories. If you have not come before, please know that you are welcome to join us. Drumming at 5:30 pm and dinner is served at 5:45 pm. Our drumming class is so much fun with Nick Ruxton. All middle schoolers are welcome to come and join us for the drumming class at 5:30.

Our Angel Choir is working on "Back to the Cross" to be presented on May 31. Parts will be assigned next week so if interested please attend March 1 rehearsal at 5 pm. The music is very upbeat and fun!

The Chancel Choir will be presenting "The Song Everlasting" at the 11 am Service on March 15. This cantata will be accompanied by a small group of instrumentalists who will help us bring the message of the life of Christ through music. Please join us on the fifteenth.



Blessings, Pat Madison

COLOR MY WORLD - 2015 TALENT SHOW

All Act Rehearsal

Sunday, March 1 • 3:00 pm



Talent Show

Friday, March 13 • 6:30 pm



EASTER EGG FUNDRAISER

It's that time again already! We will be making peanut butter and butter cream eggs again this year!

We want this to be a church wide fundraiser, with all proceeds going to paying against the mortgage principle, so pick up order forms and take them to work, your neighborhood, and to family members. The eggs will be \$4.00 each again this year and we ask that you use ONE ORDER FORM PER EGG. You can pick up your forms near the front doors, or clip out the form at the end of the newsletter.

Order forms and payment must be turned in by April 6. The eggs will be made that week so you can pick them up the Sunday before Easter.

If you have any questions, contact Beth Wilkes @ 796-6441 or Mary Potter @ 748-3904.



YOUTH NEWS

KRYSTAL COFER

MARCH YOUTH SCHEDULE

- Sunday, March 1 2 pm Flyer Distribution, no PM meeting
Extra drivers WANTED for distribution
- Saturday, March 7 12:30pm Flyer Distribution
Extra drivers WANTED for distribution
- Sunday, March 8 5 pm meeting
(Food needed, extra adult needed)
- Thursday, March 12 6:30 pm Set up tables for Talent show
- Friday, March 13 Talent show
arrive 4:30-5 to prep/serve/clean up
- Sunday, March 15 No meeting
- Saturday, March 21 7 am MULCH DELIVERY – lunch provided!
Estimated complete including clean-up 4 pm
- Sunday, March 22 no meeting
- Sunday, March 29 5 pm regular meeting
(Food needed, extra adult needed)
last day to sign up for June Missions trip

TALENT SHOW/ SHROVE TUESDAY

For the second year we got snowed out for Shrove Tuesday! However, the cold cannot keep the fellowship away! Please mark your calendars for March 13th where we will combine the Shrove Fellowship soup fellowship with the talent of Trinity! Please enjoy a night out and bring a friend or two! The youth will be having some additional food and will serve this event. Donations support the music department as well as Youth.

THE MULCH IS COMING IN 3-2-1!

Calling all volunteers for help with Trinity Youth helping the boys scouts on Delivering Mulch on 3-21! We will need trucks/trailers to deliver the mulch. This is an all-day event where the youth are able to fund raise for their missions trip this June 14-20th to Union Beach, New Jersey to help with Sandy relief. If you have a truck that another driver can use please see Krystal. If you want to drive/ help deliver for a few hours or the day please contact Krystal at coferkr@vcu.edu. Any and all volunteers are welcome and appreciated.



FUN AND GAMES - BIBLE NAME PUZZLE ANSWERS

FROM SUNDAY SCHOOL NETWORK.COM

Did you find thirty (30) books of the Bible in the paragraph below last month? We hope you had fun with this one!

UNITED METHODIST WOMEN

LANA LEFFERTS

ALL WOMEN OF TRINITY - You are invited to attend the UMW meeting on Thursday, March 12 at 7 pm. Please come and learn more about this great group of women that put God first and work through missions to help others! Come join us!



ONE HARVEST
FOOD MINISTRIES

www.oneharvest.com

ONE HARVEST

The deadline for ordering in person-Thursday, March 5 or online Wednesday, March 11 at midnight. Distribution in Saturday, March 21.

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

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, **KE**eping 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**. **EL**aine 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 nerv**ES. 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**, **ES**pecially since the book names are not necessarily capitalized. **TRUTHfully**, **FROM ANS**wers we get, we are forced to admit **IT US**ually takes a minister or a scholar to see some of the **M 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 LEMON**ade 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** Huma**NA HUM**bly 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 nor**MAL. A CHIP**per attitude will help you com**PETE** 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 lur**KING** Somewhere in this paragraph waiting to be found. God Bless.

DISCIPLE IV CLASS

JOHN THOMAS "TOM" WALLACE

I would like to see more people taking Disciple IV. These classes do not have to be taken in order.

So I submit this writing to you that I probably wrote and emailed to many of you, probably in 2011.

I was a sinner and not the person I am today when I took that first class. The education of learning the way of God is now a walk in the light I understand. I am not perfect but I know the way and Disciple I, II and III helped me tremendously. PLEASE join with those that have signed up for Disciple IV. Classes begin soon with facilitators Paul Brown, Ed Cole, Jr, and Barbara Smith. If you need a ride to class please ask me or other class member.

There is a lot of reading and the workbook is around \$35 [ed note: the current book is available from Cokesbury for \$39.99]

One of the best things I have ever done was taking Disciple 1...

I have been away from church for many years; I found God in nature, and Yes, God is there. Going back to church was not easy. I lived in a deep, dark abyss. Occasionally I would stick my head out and look around, then slide back to the dark, cold depths – the world of sin. I was raised Methodist and I wanted to be so again.

I started out attending church in rural Tennessee where I visited the early service at a Methodist Church It was a cold church – there was no compassion, no understanding, no feeling of God's presence. I was totally alone.

I worked with mentally retarded and developmentally disabled adults at a State of Tennessee facility that was filled with love for the persons that resided there. The rules and regulations were unbearable, but my heart was with helping those that cannot help themselves. I had an instructor that radiated with God's presence and through Peggy I met probably the two best Christians I have ever known – Peggy and Byron Garland. I saw Peggy occasionally at the facility, and Byron became my barber. Every Friday night I would be at the barber shop's backroom and listen to a form of music and singing that lured me away from that abyss to a life in sunshine. Soon I was attending the Methodist early service and then driving to Oakland Cumberland Presbyterian Church to attend their service. When opening the doors of that church and going inside, I was never alone, the congregation was so warm and outgoing – God was everywhere! I was invited to eat at their home after church (as were many from church) and often stayed hours later as the children played, adults talked, and others rode horses n petted the mule. IT was a closeness I will never forget.

I moved back to Virginia and the search began for a church.

I ended up going to Trinity United Methodist Church where I attended the early service. I was greeted by Barbara and Doug Smith, and after services I was guided by Barbara to the Fellowship Sunday School Class; looks like I have found a church family and a church home. I even discovered that I have cousins that attend here, some that I did not know even existed and Cindy Morris that I had not seen in about 50 years!

I noticed as many that participate in all programs operations of the church, I decided to take Disciple I. This was scare for someone who never even been to a Bible study, but I realized that God would be with me and I took the step. Our facilitators were Barbara Smith and Paul Brown with classmates that I only knew casually or not at all. I was scared. We were told that during the course our classmates would form a special bond; we did and I love everyone in that group.

At the end of Disciple I, we talked about the strengths and weaknesses of each other. I think most everyone was dreading this, but it was positive and a joy! I knew I was not a teacher, a prophet, or other choice, so I decided that I would take a different ministry that "came to me" in 1999 after a near death illness. I enjoy people – the sick, the aged, the lonely and anyone that needs a visit. When I left the hospital in 1999 I felt an urge to communicate – phone calls, post cards and the computer. It helped me and it helped so many others! I have tried to visit church members that are ill or otherwise need a visitor and I am a member of The Virginia State Police Alumni where we have a Health and Welfare committee that lets others knew of deaths or illness. I have visited several former or retired troopers (usually from out of town) that are patients in local hospitals. This I my calling and I love it! I particularly liked this quote from a book I read:

"They need comfort, no theology. The best comfort is for them to know that someone is with them in their suffering, and that's where God really shines" - Don Piper, 90 Minutes in Heaven, page 118

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!

March 1 Les Morgan
March 2 Lucy Shields
Matthew Saunders
Amber Schneider
March 5 Lurie Bailey
March 6 Gerald Moody
March 9 Carolyn Wilson
Elizabeth Kump
March 10 Peggy Farrar
March 11 Corey Sapp
March 12 Hillary Shields
Emily Shields
March 14 Evelyn Cox
March 16 Guy Cash
March 17 Pat Trombley
Alyssa Lively
March 21 Dylan Day
March 23 James Miller
March 24 Peyton Roach
March 26 Joe Sellers
March 28 Angie Parrish
March 29 Bert Watson
March 30 Dorothy Taylor
Rachael Linkous
March 31 Bobby Farmer
Betty Adams
Madeline Sawyer

MARCH SERVANTS OF WORSHIP

OFFERING TELLERS

Mar. 1 Pat Shrader & Debbie Turner
Mar. 8 & 15 Aubrey Tarkington & Dana Potter
Mar. 22 & 29 Flo Gray & Ted Soto

NURSERY WORKERS

March 1 Dawn Makins (one more helper needed)
March 8 Ann Wright & Jackie Sawyer
March 15 Cindy Morris & Michelle Sawyer
March 22 (volunteers needed)
March 29 Angie Rasmussen & Diane Springfield

USHERS

Mar. 1 & 15 Ron Gray, John Morris, Bob Cassada & Bill Foster
Mar. 8 & 22 Danny Mizelle, Kim & Carol Pratt, Faye Cormier
Mar. 29 TBD

EASTER FLOWERS

This year we will be offering Easter Lilies, Hydrangeas and Azaleas to place for the Easter service in honor or in memory of a loved one. Easter is on April 5 this year.

Use the order form on the next page, or available at church, with your payment when ordering.

Paid orders are due by March 29.

FLOWER CALENDAR

There are many openings on the flower calendar. See the chart next to the nursery.

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Easter Egg Order Form for Trinity UMC

Please fill out a separate form for each egg

Person Ordering Egg: _____

Phone Number: _____

Name on Egg (please print): _____

Circle one: Peanut Butter Butter Cream

Eggs are \$4 each and must be prepaid. Please make checks payable to TUMC and mark it for Easter eggs. Forms are due by March 22; eggs can be picked up on Sunday, March 29.



Orders Due by Sunday, March 29

Easter Flowers

This Easter Sunday, April 5, a variety of spring flowers will beautify our sanctuary. To order flowers, please indicate below your choice of flowers and wording for the bulletin. Please place this order form and your payment in the offering plate or return it to the church office. Kindly make checks out to "Trinity UMC" and note they are for "Easter Flowers"

Easter Lily _____ x \$12 _____

Hydrangea _____ x \$18 _____

Florist Azaleas _____ x \$18 _____

Totals: _____ enclosed _____

Following the 11 am Service on Easter Sunday, please take your ordered flowers with you to enjoy at home. Please take care to print your information neatly and legibly to ensure it appears as you would like in the bulletin. Thank you!

In Honor Of _____

OR In Memory Of _____

By _____



Troop 2886 – Chesterfield, VA – Trinity United Methodist Church

11th Annual Mulch Sale

For Our Loyal Friends and Neighbors:

Just in time for spring, Boy Scout Troop 2886, and the Trinity UMC Youth Group, will deliver to your residence, 2 cu. foot bags of “virgin forest” shredded hardwood mulch.

**Delivery date: Saturday, March 21, 2015,
Starting at 9 a.m.,
rain or shine.**

**7* – 24 bags.....\$3.25/bag
25-79 bags.....\$3.15/bag
80 or more.....\$3.00/bag**

*minimum order of 7 bags per household for delivery.

“Chester & Courthouse” areas please.

- All orders must be received and prepaid by March 13th to guarantee delivery.
- For email based ordering, email mulch@troop2886.org or call for instructions.
- Self pick up on Saturday 21 March, 9 AM to noon, for 10% discount. Again, email or call for details. No minimum order for self pick up.

These funds will be used to defer costs for Scout camp, dues, trips, fees, etc., or church youth service programs
For any questions or concerns, please contact us at mulch@troop2886.org or call Mark at 748-3271.

Thank you for your support.

Please print for clarity, detach here and mail.

Name: _____

Address: _____

Phone: _____ Email: _____

Please explain where on your property you would prefer to have your order placed:

How many bags of mulch do you wish to order? _____ Bags

Amount enclosed: \$ _____

Please make checks payable to:
Boy Scout Troop 2886

Mail this coupon and payment to:

Trinity United Methodist Church
c/o Michael Sawyer – BSA Troop 2886
6600 Greenyard Rd.,
Chester, Virginia 23831 - 1400

2015 / A

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

March 2015

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.

Regular Wednesday Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Regular Morning Schedule</i> 3 pm Talent Show Rehearsal	2 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	3 6:30 pm Cub Scouts 7 pm Praise Team	4 <i>Regular Wed. Schedule</i> 6 pm Bible Study	5 7 pm AA	6 6 pm Children's Fellowship	7 8:30 am UMM
8 <i>Regular Sunday Schedule</i> 	9 7 pm Trinity Belles 7 pm Boy Scouts	10 7 pm Praise Team	11 <i>Regular Wed. Schedule</i> 10:30 am Young at Heart 6 pm Bible Study	12 7 pm UMW 7 pm AA	13 5 pm UMFS 6:30 pm Talent Show & Dinner 	14 9 am Sherbourne
15 <i>Regular Sunday Schedule</i> 11 am Cantata	16 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	17 6:30 pm Cub Scouts 7 pm Praise Team	18 <i>Regular Wed. Schedule</i> 6 pm Bible Study 6:30 pm BSA District Leaders Meeting	19 7 pm AA	20 	21 7 am Mulch delivery/distribution 8 am OneHarvest Distribution
22 NEWSLETTER DEADLINE <i>Regular Sunday Schedule</i> 2 pm Pet Memorial Service	23 7 pm Trinity Belles 7 pm Boy Scouts	24 7 pm Praise Team	25 <i>Regular Wed. Schedule</i> 6 pm Bible Study	26 7 pm AA	27	28
29 <i>Regular Sunday Schedule</i>	30 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	31 6:30 pm Cub Scouts 7 pm Praise Team				



MARCH 2015 MENU

No restrictions or limitations!
Anyone can order

#1 FAMILY BOX \$37.50

2 lb Pork Roast
 1.6875 Avg. Boneless Skinless Chicken Breast
 1.5 lb Boneless Center Cut Pork Chops
 1.6875 lb Beef Hamburger Patties (9-3 oz)
 1 lb Smoked Sausage
 1 lb Premium Ground Beef
 1 lb Premium Breakfast Sausage
 (4) Tony's Pepperoni OR Cheese Pizzas
 32 oz Shoestring French Fries
 14 oz Yellow Cut Corn
 16 oz Green Beans
 16 oz California Blend Vegetables
 1 lb Spaghetti Noodles
 1 lb Whole Grain Brown Rice
 8.5 oz Jiffy Cornbread Muffin Mix
 (4) 3 oz Cheese Danish

#2 MORE THAN ENOUGH BOX \$46.00

2 lb Pork Roast
 1.33 lb Avg. Chicken Leg Drumsticks (Bone In)
 1.6875 Avg. Boneless Skinless Chicken Breast
 1.5 lb Boneless Center Cut Pork Chops
 2 lb Chicken Thighs (Bone In)
 2 lb Avg. Breaded RTC Cut-Up Chicken (Bone-In)
 16 oz Hot Italian Sausage Grillers
 1.6875 lb Avg. Beef Hamburger Patties (9-3 oz)
 1 lb Smoked Sausage
 1 lb Premium Ground Beef
 1 lb Premium Breakfast Sausage
 32 oz Shoestring French Fries
 8 Ready to Cook Home style Biscuits
 20 oz Rice & Vegetables (2 -10oz pkgs)
 16 oz Green Beans
 16 oz Yellow Squash
 14 oz Cut Yellow Corn
 16 oz Quick Grits
 1 lb Whole Grain Brown Rice
 16 oz Spaghetti Noodles
 2 Cheese Danish
 10 Ct. Red Velvet Cookies

#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

CHURCH AND ONLINE ORDER DEADLINE

WEDNESDAY MARCH 11 11:59PM EST

DISTRIBUTION DATE SATURDAY MARCH 21

#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 barbecue 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 BONE IN CUT UP CHICKEN 10LB \$21.00

10lb Bone In Cut Up Chicken (2 - 5lb bags)

#8 KIDS BOX \$29.00

Microwavable, heat and serve or shelf stable items

(4) Cheeseburger Sliders	(2) BBQ Pork Sliders
(2) 5.6 oz Breaded Chicken Sandwich	(4) Hormel Ham & Cheese Wraps
(2) 5 oz Beef & Cheese Burritos	(2) Hormel Turkey & Cheese Wraps
(4) Sausage Biscuits Twin Packs	(6) 4.5 oz Honey Oats Granola Bars
(4) Egg, Sausage & Cheese Flatbreads	(4) Cheese Danish
16 oz Fully Cooked Breaded Chicken Tenders	
(4) French Toast, Egg, Bacon & Cheese Sandwich	

#9 BREADED CHICKEN TENDER 10LB \$23.00

10lbs Fully Cooked Breaded Chicken Tender

#10 ST. LOUIS STYLE SPARE RIBS \$30.00

10 lbs St. Louis Style Spare Ribs

#11 EASTER BOX \$29.00

9 lb Avg Half Ham Black Pepper Coated	14oz Frozen Yellow Cut Corn
32oz Frozen Green Beans	16oz Frozen Yellow Squash
(2) 6 oz Box Cornbread Stuffing Mix	8oz Buttermilk Biscuit Mix
8oz Buttermilk Biscuit Mix	8oz Corn Muffin Mix
(2) 6.6 oz Box Herb & Butter Mashed Potatoes	Dessert

Find a location OR

Order online at: www.oneharvest.com

VISIT OUR ONLINE STORE TO SEE OUR ONLINE SPECIAL
details available at www.oneharvest.com