



# THE RIDER

## Trinity United Methodist Church

### September 2015

Volume MMXV Issue IX

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### EMAIL DIRECTORY

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### PASTOR'S CORNER: HAVE YOU NOT KNOWN?

REV. TERESA KEEZEL

*"Have you not known? Have you not heard?*

*Have you not been told from the beginning?*

*Have you not understood from the foundations of the earth?"*

*It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers;*

*Who stretches out the heavens like a curtain, and spreads them like a tent to dwell in;*

These are part of the beginning words of Second Isaiah. The amazing part is, that many people have not heard. They have never been told that an almighty, I AM, loves them. That He has plans for them. Plans for their good. People have never been told that someone who sits outside of time and space is walking with them.

So it is our job to do this. We know people. We know people who need to hear the good news. We know them well enough to know how to share this news without offending them. We do not want to frighten. We do not want to threaten with Hell. We just want to share with them that this force has been with them all along. That He wants to get to know them better. And that He has sent us to be part of the group that wants to answer their questions. Even as we have been their friend up to now, we want to continue to be their friend as together we grow in Christ together.

Who is in your life that you can share this good news with? Someone you won't scare. Someone with whom you can keep walking? Someone you can love?

Have you not known?

Have you not heard?

Have you not understood?

## NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, September 20 for inclusion in the October 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.



## TOOLS FOR SCHOOL

The school in Kivalina is thinking outside the box – teaching kids shop class skills to help repair and renovate the school. The problem is that INSIDE the [tool]box is empty.



Any old screwdrivers, hammers, wrenches, putty knives, nails, screws, hand saws, levelers, etc are all sought – basically any sets or items that are old and not in use are still perfect for the students.

Contact Pastor Teresa for more information.

## FEEDING THE HUNGRY

DEBORAH NAPOLITANO

### ONE HARVEST

The deadline for ordering online is Wednesday, September 9 at 11:59 pm. Distribution is on Saturday, September 19 from 8-9 am.

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



**ONE HARVEST**  
FOOD MINISTRIES  
[www.oneharvest.com](http://www.oneharvest.com)

There is a ministry meeting on Wednesday, September 23 at 10:30 am in the Faith classroom. Contact Deborah for more information.

### SHERBOURNE

The food focus for September is dry spaghetti and jarred pasta sauce.

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

Sherbourne will meet September 12, October 10, and November 14. November 14 will be our last Sherbourne day.

### MEADOWBROOK HIGH FOOD PROGRAM

Our Meadowbrook High student food program continues in the school year as hungry teens return to school. Check the table for updated list of needs, or contact Deborah Napolitano for more info.

## OFFICE CLOSURES IN SEPTEMBER

The church office will be closed Monday, September 7.

Please plan your office needs accordingly.



## JOINT WORSHIP SERVICE SEPTEMBER 6

Sunday School – 9 am

Joint Worship Service – 10 am

# MUSIC Ministry

## FALL DATES AT A GLANCE

Wednesday, Sept 9

### BACK TO CHOIR NIGHT

Men's Chorus - 7 pm

Chancel Choir - 7:30 pm

Sunday, Sept 13

### CHILDREN'S MUSIC RESUMES

Chimes Choir - 4 pm

Odyssey Choir - 4 pm

Angel Choir - 5 pm

Monday, Sept 14 • 6 pm

### TRINITY BELLES SALAD KICKOFF

Wednesday, Sept 16

### WED NIGHT CHILDREN'S MUSIC KICKOFF & PARENT MEETING

Dinner begins at 5:45

Sunday, October 25

### ANGELS & CHERUBS AT LUCY CORR

Saturday, Nov 14 • 7 pm

### RALEIGH RINGERS @ REVEILLE UMC

Sunday, Dec 13\*

### CHRISTMAS CANTATA

Sunday, Dec 20\*

### CHILDREN'S PLAY & SANTA PARTY

\*Scheduled as of 8/27/2015

## SEPTEMBER MUSIC NEWS

PAT MADISON, DIRECTOR OF MUSIC

Our Chancel Choir had a wonderful time participating in the choir concert at Bethany Place Baptist Church this August. It was a great experience for us to sing with so many other choir members and to make new friends with people from other churches. Thanks to all the wonderful Trinity Congregation that came to hear the concert that afternoon. I hope you enjoyed it as much as we did seeing you there. Thank you for your support.

Thanks to the Chancel choir for your dedication to service this summer. We will be returning to our scheduled rehearsals with "Back to Choir Night" on September 9 with the Men's Chorus meeting at 7:00 pm and Ladies joining us at 7:30. This is a rehearsal but also a time to socialize and share vacation pictures. Bring a snack to share! This is a great time to join this musical group. All are welcome!

Our Christmas Cantata, "Sing We Now of Christmas" will be here so everyone come and learn this exciting new music together. We would love to have a larger choir for our cantata this year which is scheduled for December 13. If needed, we can provide a nursery for young children during rehearsals which we have offered in past years. Please consider being a part of this celebration of Christ's birth.



The Trinity Belles will resume rehearsal on Monday, September 14 at 6 pm Bring a salad to share and your calendar of events for the planning of the year. If you are interested in becoming a member of this group, please contact me at 748-2439 or e-mail piano4mom@gmail.com. Looking forward to ringing again!



Raleigh Ringers will be performing at Reveille United Methodist Church on Saturday, November 14 at 7:00 pm. They are an amazing performing group that have many different kinds of bells. Their concerts are entertaining as well as beautiful!

All music activities begin on September 13 with Chimes and Odyssey at 4:00 and Angel Choir at 5:00.

CONTINUED ON PAGE 3

## MUSIC NOTES, CONTINUED FROM PAGE 2

Chime Choir is looking for additional ringers this year. This is a great way to learn how to read music as well as have fun. This is a great educational opportunity for your children. It has been proven through studies of children that those who play an instrument improve their attention skill, anxiety management, and emotional control. Please consider how this activity might help your child.

Odyssey will begin this year will learning new music for Youth Jam and rehearsing our new play "The Shoemaker's Three Visits from Christ" adapted by our own Linda Goodman. All youth are welcome to join us at 4:00 on Sundays!

Our Wednesday night children's choir program will begin September 16. Dinner will begin at 5:45 pm and will be provided by Pat Madison. We are asking parents to join us for dinner that evening. Yes, expect Pat's cookies!

We are hoping for many children to come and participate in this Wednesday program of music, Bible study, and crafts. If you are interested in the 5:30 to 6:00 drumming class, please contact me. Come on the 16th and learn the schedule for these groups. The Cherubs and Angels will be working on the Christmas play "Wrapping All the Way" as well as songs to be sung in service. The Angels and Cherubs will be entertaining at Lucy Corr on October 25 in the afternoon. This is always a great mission for these children. They bring so much joy to these residents.

Once again I am looking for a theme for this year's talent show. Let's get those ideas coming and let me know your idea at piano4mom@gmail.com.

Let's make it spectacular this year!

I always feel that September is a time of new beginnings. I hope you and your family will choose to be a part of our new beginning in the music department at Trinity this year. See you in September!



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KRYSTAL COFER

## KICKOFF MEETING

Our kickoff meeting is Sept 13 at 5pm. Please bring your calendar & a dish to share. We will discuss our events and upcoming fundraisers.

## WILLOW RUN RETREAT

Our first retreat is Sept 26-27 at Camp willow Run. This is a great time after a couple weeks of school to be surrounded by others who love Christ. This event is run by the DYC (District Youth Council) Maggie Miller is our DYC representative and has spent countless hours planning this event.

## BOY HOW THEY GROW

Trinity Youth would like to welcome Abby and Peyton! They will be starting 6th grade.

Can you believe we have two seniors this year! Brandon Matheny and Noah Walker will both be graduating from Bird High School. Please stop them and ask them how they are doing.

We also have several starting high school. How fun! Emma, April, Lucas & Juan all be attending Bird for their freshman year.

# Children's Ministry



STEPHANYE FUINA

## SPIDERS, SPIDERS ME-OH-MY!

In an effort to keep the Fall Festival fun and exciting each year the Children's Ministry looks for new and fun attractions.

The Cow bounce house was a big hit last year BUT this year will be a show stopper! With your support we will secure a mechanical spider ride for the Fall Festival (similar to a mechanical bull but shaped like a spider). This, in addition to the other fun events, is sure to be exciting for the children and their families who will be in attendance.

If you would like to make a monetary donation in support of this attraction you can place your donation in the offering plate and label it Fall Fest. There will also be a spider giving tree in the Narthex, please feel free to attach your donation to the spiders hanging on the tree.

As always, the Children's Ministry is extremely grateful for all of the support from our church family!



## FALL FESTIVAL

The Children's Ministry is excited to be hosting the annual TUMC Fall Festival on October 10 from 4-6 pm.

With the seasons quickly changing there will be less than 48 days left until the big day once this newsletter is received.

Here at Trinity we have an amazing church family. The Fall Festival gives us the opportunity to share the love we have for God and for each other with our community by inviting families to participate in fun and fellowship here on the church grounds. In previous years we have had over 200 in attendance! Our goal is to reach even more of our community this year!

The Children's Ministry has begun work on new games and attractions. In addition to games and prizes, we will have a CAKE baking contest this year and concessions for purchase. Proceeds from the concession sales will benefit the Imagine No Malaria project and TUMC Youth Group.

Volunteers are always needed! If you are interested in volunteering, please contact either Amanda Kelly or Stephanye Fuina at [childrensministry@trinity-umc.com](mailto:childrensministry@trinity-umc.com) .

Donations of individually wrapped Halloween Candy, small treat bags and prizes are appreciated. Donations can be placed in the box located in the Narthex labeled Fall Fest donations.





## UMW – STARTING BACK UP!

LANA LEFFERTS, UMW PRESIDENT

The UMW extends an invitation to all the ladies of the Church to join us for our "begin again" pot luck dinner on Thursday, September 10 at 6:30 pm. Our meeting will be held in the sanctuary next to the kitchen area due to our dinner.

We have quite a lot of business to catch up on (books read, sending notes to Missionaries, etc.) as well as discuss future plans for our group (such as helping with the Pumpkin Patch).

In addition, you may be hearing from Barbara Smith as we are seeking women to serve as officers of our group. Please talk with Barbara Smith when she calls you—we need willing participants!

We look forward to seeing a lot of women at our meeting—please come and enjoy!

## PUMPKIN PATCH 2015

ED SISMOUR, PUMPKIN PATCH PLANNING COMMITTEE CHAIR

How time flies. As I sit comfortably indoors composing this missive, with outdoor temperature is in the upper 80's/lower 90's, I am astonished once again that we are only about 60 days from Halloween, the herald of the holiday season.

Here at Trinity the herald of Halloween for the past 15-plus years has been the arrival of lots and lots of pumpkins. At the time of this writing, this year's crop is scheduled to be delivered Monday, Sept. 28 (not Sept. 30 as previously announced). I've requested delivery for the prior week (Monday or Wednesday), but this change does not appear likely. Announcements will be made if there is a change.

Regarding delivery, I request that you do two things:

- 1) mark the date on your calendars and come help unload, even for a short time (it's a good time for fellowship), and
- 2) pray for dry weather (we weren't so fortunate last year but we had an enjoyable evening nonetheless).

Pumpkin Patch set-up will be Saturday morning (9 am), Sept. 26 (rain-date Sept. 27). Volunteer sign-up sheets for working the Pumpkin Patch will be available after Labor Day.

Money raised through Pumpkin Patch is used to support TUMC (10% tithe to defer expenses) and local, district-wide, national and international charities. Some supported charities have included HeartHavens, Charitas, CARES, UMCOR, UMFS, Christmas Mother, and missionary support to name a few.

A companion letter from Harry Descheene, HR director for Pumpkin Patch, is included in this issue (see page 7). I asked that it be included to make you aware of the impact you have by supporting our Pumpkin Patch through your efforts and purchases and so you know that it's not just me when I say that your time and efforts are truly appreciated. Please take a moment to read it.

## YOUNG AT HEART

DEBORAH NAPOLITANO

We continued to meet over the summer with some tasty luncheons to Maggiano's and Sibley's. As always the company was the best part of the meal.

If you are retired or semi-retired and wish to become part of this group, please join us for our fall kick-off on Wednesday, September 23, at 10:30 am in the Faith Class room. We will visit and try to plan some activities through December. There will be coffee and refreshments.

I hope to see you there!



## ADMINISTRATIVE COUNCIL MINUTES

In the email with the link to this newsletter should have been links to the most recent financial reports and Admin Council minutes.

Miss the email? Need a copy directly emailed to you? Contact the office at [trinity@trinity-umc.com](mailto:trinity@trinity-umc.com).

## LETTER FROM PUMPKIN PATCH FUNDRAISERS

SUBMITTED BY ED SISMOUR

Dear Pumpkin Patch Partner

My name is Harry Descheene, I am the Human Resources Director for Pumpkin Patch Fundraisers. I've been with Pumpkin Patch, off & on for 22 years. I would like to thank you as Pumpkin Patch Partners for participating in the project and to let you know what your participation helps provide to Native Americans.

I am a Navajo, living on the reservation all of my life (56 years). Pumpkin Patch has been employing Native Americans here on the Reservation for over 20 years. Our staff here in New Mexico is 100% Navajo, including all management. During the harvest we also hire Pueblo, both Zuni & Hopi tribes (300 workers). Unemployment on the Navajo Reservation is 42%.

My experience as an employee and manager is that Pumpkin Patch goes above and beyond what any organizations of the Reservation do to take care of their employees.

Pumpkin Patch pays for the transportation of their employees from all of the different Reservations, some as far as 4 hours away. Pumpkin Patch also provides residential facilities (dorms), laundry facilities, recreational facilities, a upscale kitchen with a chef and kitchen staff, a huge dining hall, extensive safety orientation before workers actually begin field work. Transportation was also provided to and from the fields. After completion of the harvest season all workers are provided with transportation back to their communities.

For many of our workers, it's the only opportunity to provide for their families and themselves. The approximately 1.3 million dollars in harvest labor makes a significant difference in the quality of the lives of my people. Opportunities like this are very scarce on our reservations.

I grew up tending livestock on the Reservation, went to boarding school and worked in local government as an elected official in the capacity of chapter president for 12 years. My salary and benefits with Pumpkin Patch are substantially above what I might receive from other private enterprises in the Farmington area. I have found that the owners of Pumpkin Patch are extremely concerned with the welfare of all of their employees both full and part time.

Another important aspect of Pumpkin Patch is the donations that they make to local organizations. Thousands of school children, senior citizen centers, special education & handicapped facilities, behavioral health facilities, church organizations, government services, correctional youth services and civic groups receive free pumpkins for their causes.

Again let me say that I cannot underestimate the value of the service and work provided to the Navajo people by Pumpkin Patch Fundraisers and its nonprofit partners.

Thanks, Harry

## PRAYER SHAWL

PAM SOTO

I know you have not heard from us for a while, but we have been busy at making shawls and blankets to be given to those in need.

With Fall quickly approaching we will start focusing on the triangle shawls for Cares for Christmas. We continue to make fleece blankets for UMFS.

We have a fun time and pray and laugh and cry together, so please join us for an evening and "try us out!" You don't need to know how to crochet or knit ...if you can tie a knot we have something for you to work on.

Also, if by chance we have missed you or a loved one to receive a shawl, please accept our apology. It is very important to let someone know if you or someone you know or love is sick or in need of a shawl because they are grieving, etc. because that is the only way we know to give them one.

If you have any questions, please contact Pam Soto or Janet Collins or any member of this ministry.

Our next meeting is Sept 22 at 6:30 pm. In October we will likely going back to twice a month meetings, so watch the calendar and bulletins for updates.

## THE GIFT OF GIVING

GEORGE KINGSLEY

I have heard many times lately that American's are the most charitable people there are. We always seem willing to help anyone no matter where they are on the planet. It is my prayer that this short note will touch this spirit within all of us.

Long ago as a young boy I would be given a quarter each Sunday morning. My Mother would remind me to put it in the collection plate during the service. When at church I would set between my father and grandfather. I don't know why, but that morning I left the quarter in my pocket instead of putting it in the collection plate. I really didn't think of it until I changed out of my good clothes and it fell out of my pocket. I was all of five at the time and I was scared I would really get in trouble.

On Sunday afternoons both my grandfather and great grandfather would set in rocking chairs on the front porch and smoke their pipes. They were the oldest and wisest men I knew. So I decided to ask them what I should do? My great grandfather seldom said much, but that day he spoke more than he ever had. "Did you do it on purpose boy?" I said no. I just forgot it was there. He then spoke again. "You know who the money is for don't you?" I said yes it was for the church. He said no I was wrong. The money was for God so that he can do things that needed to be done. It is given to repay him for all the wonderful things he gives us every day. It helps the poor and helps maintain his house of worship. Grandpa Joe said not to worry because he would take me by the church on Monday after school and I could drop it off then. He also said not to worry because God always forgives us.

I had not thought of those times in a long while. I miss both of those great men. At that age they were giants I looked up to and admired. Their wisdom has stuck with me over all the years. In these days of limited cash on hand and fixed incomes because of age, we are hard pressed to meet the needs of our parish. I now think back to those days and how little money was available yet we always put money aside for God's work. As I think upon my great grandfather's words he is more right than ever. The money we give is not only for a building or the people it's for God and when we hold back we fail in repaying our debt to Him.

I think that's why our generosity is so great in this country. We put God before all other things. His Son paid a price we can never hope to repay. All we can do is as asked of all his children and that is give what we can with a generous heart. God Bless You All

# 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!

Sept. 1	Lori Poythress
Sept. 4	Kevin Quinley
Sept. 5	Kaitlyn Leinberger
Sept. 7	Todd Miller
	Anthony Napolitano
Sept. 8	Tristan Echols
Sept. 9	Angela Bailey
	Laura Parrish
Sept. 10	Kayla Parrish
	Stephanie Potvin
	Jane Lisagor
Sept. 11	Brian Foutz
Sept. 12	Charlotte Sawyer
Sept. 13	Donna Short
	Allan Fallin
	Campbell Griffin
Sept. 14	Kevin Sapp
	Bill Justice
Sept. 15	Sarah Bishop
Sept. 16	Clark Griffin
Sept. 18	Robert Linkous
Sept. 21	James Day Sr.
	Dawn Fallin
	Ryan Sapp
Sept. 22	Odette Burley
	Kari Collins
	Judy Seely
	Taylor O'Shea
	Zachary Mills
	Hannah Donithan
Sept. 23	Abigail Pettigrew
Sept. 24	Bob Adams
Sept. 25	TJ Kennedy
	Barbara Smith
Sept. 26	Linda Lewis
	Jean Harvey
Sept. 27	Norma Stanfield
Sept. 28	David Cox
Sept. 29	Michael Cash
	Stephanie Arnold

## SEPTEMBER SERVANTS OF WORSHIP

### OFFERING TELLERS

<b>Sept 6 &amp; 13</b>	Harold Saunders & Ed Boroch
<b>Sept 20 &amp; 27</b>	Pat Shrader & Debbie Turner

### USHERS

<b>Sept 6 &amp; 20</b>	Ron Gray, John Morris, Bob Cassada, Bill Foster
<b>Sept 13 &amp; 27</b>	Danny Mizelle, Kim & Carol Pratt, Faye Cormier

## THANK YOU NOTE

Many thanks to the church family for supporting us through your kind words of encouragement, support, prayers, cards and food. They meant so much to us during this difficult time. The love shown to us was a reflection of God's love from all of you. We were surrounded by some very "special angels". Words cannot express how much it meant to each of us and our family. Thank you so much for being there for us. May God bless each and every one of you.

Margaret and Stephanie Cox

**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

# September 2015

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

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

**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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 7 pm Praise Team 7 pm Worship Committee	<b>2</b> <i>Regular Summer Wed. Schedule</i>	<b>3</b> 7 pm AA 7 pm Thursday Nite Lite 8 pm Rob Bell Study	<b>4</b>	<b>5</b> 8 am UMM
<b>6</b> <b>JOINT SERVICE SUNDAY</b> <b>9 am Sunday School</b> <b>10 am Joint Service</b>	<b>7</b> <b>OFFICE CLOSED</b> 7 pm Boy Scouts	<b>8</b> 7 pm Praise Team	<b>9</b> <i>Regular Summer Wed. Schedule</i>	<b>10</b> 6:30 pm UMW 7 pm AA	<b>11</b> 5:15 pm UMFS	<b>12</b> 9 am Sherbourne
<b>13</b> <i>Regular Sunday Schedule</i> 2 pm SPR Children's Music, Youth & Disciple Resume	<b>14</b> 6:30 pm Cub Scouts 7 pm Boy Scouts	<b>15</b> 6:30 pm Cub Scouts 7 pm Praise Team	<b>16</b> <i>Regular Wed. Schedule</i> Children's Music Resumes 6:30 pm BSA District Leaders Meeting	<b>17</b> 7 pm AA 7 pm Administrative Council	<b>18</b>	<b>19</b> 8 am OneHarvest Distribution
<b>20</b> <b>NEWSLETTER DEADLINE</b> <i>Regular Sunday Schedule</i>	<b>21</b> 7 pm Boy Scouts 6:pm Trinity Belles Kickoff	<b>22</b> 6:30 pm Prayer Shawl 7 pm Praise Team	<b>23</b> <i>Regular Wed. Schedule</i> 10:30 One Harvest Meeting 10:30 Young at Heart	<b>24</b> 7 pm AA	<b>25</b>	<b>26</b> 9 am Pumpkin Patch Setup  Youth Willow Run Retreat
<b>27</b> <i>Regular Sunday Schedule</i>  Youth Willow Run Retreat	<b>28</b> Pumpkin Delivery/ Offloading (scheduled) 6:30 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	<b>29</b> 6:30 pm Cub Scouts 7 pm Praise Team	<b>30</b> <i>Regular Summer Wed. Schedule</i>			



## SEPTEMBER 2015 MENU

No restrictions or limitations!  
Anyone can order

### #1 FAMILY BOX \$37.50

2 lb Avg Boneless Skinless Chicken Tenders  
1.5 lb Avg RTC Flounder Premium Filets  
5 lb Avg. Chicken Drumsticks Family Pack  
1.5 lb Avg. Hamburgers Patties (6 – 1/4 lb patties)  
1.5 lb Avg Mesquite BBQ Pork Loin OR 1.5 lb Avg Lemon Pepper Pork Loin  
1 lb Premium Ground Beef  
1.25 lb Avg. Breakfast Sausage Patties (10 - 2 oz OR 8 - 2.5 oz patties)  
1 lb Pepper Jack Smoked Sausage  
32 oz Shoestring French Fries OR 28 oz Crinkle Cut Fries  
1 lb Frozen Peas OR 12 oz Frozen California Medley Vegetables  
1 lb Frozen Sliced Carrots  
1 lb Quick Grits  
1 lb Whole Grain Brown Rice  
7.5 oz Macaroni & Cheese  
8.5 oz Jiffy Corn Muffin Mix  
8 oz Jiffy Buttermilk Biscuit Mix  
10 ct Pumpkin with White Chocolate Chip Cookies (3 oz)

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

2 lb Avg Boneless Skinless Chicken Tenders  
1.5 lb Avg RTC Flounder Premium Filets  
6 lb Avg Chicken Thighs, RTC Bone In  
1.5 lb Avg Pollack Fish Filets (8 x 3 oz Filets)  
5 lb Avg. Chicken Drumsticks Family Pack  
2 lb Avg Boneless Skinless Chicken Breast  
1.5 Avg. Hamburgers Patties (6 – 1/4 lb patties)  
2 lb Avg All Meat Hotdogs  
1.5 lb Avg Mesquite BBQ Pork Loin  
1 lb Premium Ground Beef  
1.25 lb Avg. Breakfast Sausage Patties (10 - 2 oz OR 8 - 2.5 oz patties)  
1 lb Whole Grain Brown Rice  
16 oz Frozen Cut Corn  
16 oz Italian Green Beans  
1 lb Quick Grits  
1 lb Frozen Sliced Apples  
7.25 oz Macaroni & Cheese  
18 oz Peanut Butter  
8 oz Jiffy Buttermilk Biscuit Mix  
Dessert Item

### #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 Broccoli & Black Bean Blend

CHURCH AND ONLINE ORDER DEADLINE  
WEDNESDAY SEPT 9, 2015 11:59PM EST  
DISTRIBUTION DATE SATURDAY SEPT 19

### #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
1 lb 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 JUST RIGHT BOX \$23.50

4 lb Avg. Chicken Drumsticks, Bone In (2-2 lb. Trays)  
1.5 lb Avg. Boneless Skinless Chicken Breast  
1.5 lb Avg. Hamburgers Patties (6 – 1/4 lb patties)  
2 lb Avg. Chicken Tenders  
16 oz Italian Green Beans

Pork  
Free

### #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) Beef & Cheese Burritos	(4) Sausage, Egg & Cheese Sandwiches
(4) BBQ Rib Sandwiches	(4) Sausage Biscuit Sandwiches
(4) Cheese Quesadilla	(10) Sausage Pancake on a Stick
(6) Corn Dogs	(2) 7.25 oz Macaroni & Cheese
(8) 4 oz Fruit Punch Boxes	(4) 4 oz Fruit Cups
(4) Peanut Butter & Jelly Uncrustable	

### #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 1/4lb each

### #11 ST. LOUIS STYLE SPARE RIBS \$28.00

10 lbs St. Louis Style Spare Ribs

### #12 BONELESS CENTER CUT PORK CHOP 10LB \$32.00

10 lbs Boneless Center Cut Pork Chops

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.

