



TRINITY TIDINGS JULY 2010

Trinity Episcopal Church
318 Duchesne Drive, St. Charles, MO 63301
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From the Rector

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the Pursuit of Happiness . . .

The *Declaration of Independence* begins with these stirring words. This year, our nation's birthday, July 4, falls on Sunday. That morning, we will pray for the nation and the world. We will give thanks for the freedoms we share and the gift of possibility presented 234 years ago, possibility become reality and protected for the last two centuries. We will pray also for forgiveness in taking for granted the liberties we enjoy and for denying them to others from time to time. We'll share Communion as a sign that unity overcomes division, and that diversity can make us strong.

That afternoon, we invite you to our ***Star-Spangled Celebration!***, with short readings, solos, and a sing-along of national hymns, like *America*, and traditional songs, like *O, Susanna*, and *Home on the Range*. We'll top off the music with home-made strawberry shortcake and lemonade.

We are making a particular effort to invite those international students from Lindenwood who are still around for the summer. We think this event will give them a touch of Americana and a sense of the deep reasons we celebrate the Fourth of July. They, and we, will still have time for events at Riverfront Park, as well as fireworks in the evening. Wear red, white, and blue, and share the fun! About ten days ago, the Vestry and I

turned in an application to the Lilly Endowment for sabbatical leave funding in their Clergy Renewal Program. We will not hear for several months whether or not the church will receive this grant, but if it does, events and programs we are planning to celebrate our 175th anniversary as a congregation will be a part of the work we do as pastor and congregation in the renewal process funded by this grant.

The plan is that we will have a send-off event on Trinity Sunday, June 19, 2011, and a welcome home event Oct. 2, also 2011. I will be exploring our roots and my own in Anglican Church history and Celtic spirituality, spending some time traveling with my family, and learning about missional leadership. I will be making a retreat near the end of this time, and doing some writing and reflecting to "Put it all together" as well.

Essentially, I will be "retooling" so as to become a more effective leader. At the same time, we—who as Trinity Church already have become part of the pilot project in Missional Model Congregations sponsored by our diocese—will delve further into missional development and do some retooling here at home. That time period will be an opportunity for growth and reflection for all of us, not to mention, fun!

Elsewhere in this newsletter, you see meetings for the Stewardship Committee and for those persons interested in forming a Community Garden. Both groups are to meet July 11 after church. Because a garden is a natural expression of care for the earth and care for others—stewardship of creation, and of time, talent, and treasure—the garden-planners and the Stewardship committee will meet together. If we do such a garden, preparations will be made in the fall for next year, and the Garden will become a community project in celebration of our 175 years of ministry in St. Charles. – TEW

ABOUT OUR PARISH FAMILY

July Birthday Wishes To:



Peggy Unser	7/01
John Torrisi	7/03
Ellen Sundermeyer	7/03
Julie McKenney	7/03
Joe Shatro	7/05
William Brown	7/06
Jan Taylor	7/06
Todd Bergantz	7/06
Dolores Phelps	7/07
Carol Abilock	7/07
Jean Urquhart	7/09
Jane Fisher	7/11
Jane Huskison	7/11
Robert Westfall	7/11
Bill Verhine	7/12
Craig Lackey	7/13
Brett Grassmuck	7/14
Patricia Brown	7/18
Heather Braucksick	7/22
Greg Bolte	7/26
James Boswell	7/28

July Anniversaries



Kurt & Sarah Wainwright	7/28
Bart & Joyce Slatton	7/28
Greg & Holli Bolte	

Departed:

Kathy Rion, daughter of Sally Rion,
friend of Marilyn Stafford

Sam Mayer, mother of Peggy Unser's
son-in-law, and friend of Eileen Prichard

Mabel Anna Hebbberger, aunt of Babs
Kehl-Fairchild, Trinity St. James, Mo

Thanksgivings:

Please contact the office at 636-949-0160
if your birthday or anniversary was not
included so we can enter it into the computer.

Trinity Tidings

Articles for the Trinity Tidings can be emailed to Deanna Miller at
dymiller@charter.net.

May We Pray For You?

Oftentimes it is very hard to pray for ourselves when we have a particular need. It is at times like this that we call upon the community to pray for us.



If you have a prayer need, please write it on the green card on the table in the Narthex and place it in the little box. Someone in the community will pray for you, and be assured that your request will remain confidential.

LET US PRAY FOR YOU!

HAPPY BAPTISMAL ANNIVERSARY



Katie Lillard

You mark a place in your journey of formation today. Celebrating this anniversary reminds us, challenges us, and encourages us, to follow Christ Jesus.

God Bless you as you celebrate the anniversary of your baptism.

COMMUNITY GARDEN FOR TRINITY

YOU tell us! It has been suggested by several people that Trinity should plan a Community Garden and have the produce distributed to the local food pantries.

Let's meet to talk about what it will take to plant and upkeep such a garden, and who will be responsible for this garden, etc. etc.??

If you are interested in such a project, please join us on **Sunday, July 11th at 11:45 am upstairs in the St Hilda Room.**

Thank you.

Betty Bowen, Babs Fairchild & Vicki Barnard

The Knots Prayer

Dear God:

Please untie the knots
That are in my mind,
My heart and my life.
Remove the have nots,
The can nots and the do nots
That I have in my mind.

Erase the will nots,
May nots, might nots
that may find a home in my heart.

Release me from the could nots,
Would nots and should nots
That obstruct my life.

And most of all, Dear God,
I ask that you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought that I am not
good enough.

Amen

-author unknown



Knitting Group

We will **NOT** be meeting during the month of July.

We can continue making prayer shawls at home if we have the time, and we welcome whatever you can finish and bring in to be blessed.

Thank you for the beautiful shawls and baby blankets that you make so willingly – please know that they are very much appreciated by all those who receive them.

We will meet again in August. Have a Happy July!

God Bless

Betty

Fundraiser: Silent Auction Did you know that your talent can raise money for our church? If you haven't signed up for the Silent Auction, do so now. *YOUR TALENT* can be yard work, painting, baby sitting, cooking sewing,

Please sign the sheet on the easel stating the talent or service you have that you would be willing to sell. After we have our list of volunteers, we'll tell how the auction will work. Thanks for all your support. Any questions, contact Deanna Miller at dymiller@charter.net or 636-947-0026

Summer "Pick-Up" Choir 🎵 Want to sing in the choir but can't do regular Wednesday rehearsals? You're in luck. In the summer, interested singers meet in the Church at 8:30 am to prepare for the 9:15 am service. You are invited to sing with us any Sunday that you're available.

TRINITY VOLUNTEERS NEEDED PARENTS NIGHT OUT

One Evening a Month

6 to 9 pm

(we will ask parents to pick up children at 8:30 pm)

September through November

The Parish Education Committee is exploring the possibility of having an outreach to the community project - "*Parents Night Out*," one evening a month, 6 to 8 pm, from September through November. (Day and dates to be determined.) This evening would provide an opportunity for working parents to do some of the things they need to do without worrying about their children.

The Committee envisions:

- three age groups: 3 to 4 (children must be potty trained to enter the program); 5 to 6 and 7 to 8. Class size will be limited to six children.
- parents will commit to three nights and there will be a \$15 registration fee. (Scholarships will be made available.)

We need two volunteers in each room for a total of six volunteers. The *Godly Play* materials will be used. There will be a training class (probably the first of August) on how to use the materials and a teacher's planning meeting prior to the first night. You will also need to attend the "Prevention of Child Sexual Abuse" class that will be offered at Trinity the end of August.

PLEASE SIGN UP TODAY! Someone will call you with additional information. Leave completed form in basket on the table under the Education bulletin boards in the Reception Area.

ROMEO REPORT

our June 12th gathering, we had 17 in attendance. We hope everyone had a fun time. We had five first time attendees and hope that they liked what they saw and will return.



At
had

We

A note of interest – a member (not associate) who a couple of months ago was invited out into the parking lot to settle a minor dispute returned to the scene. He and his party made it through the evening without incident. (Now that is good news!)

Lots of talk about how to hassle each other, vacations and “remember when's?” (these are always fun). Good conversation all around.

One of the primary reasons for this group is to develop fraternity among the men of the church. Anyone with ideas or suggestions, please let us know.

Next gathering will be the second Saturday on July 10 at 8:30 am (NOT 8:00 am) at J-J-s Restaurant, 1215 South Duchesne. Any questions, please call: Bill Warren (314) 220-0011, Bill Verhine (636) 947-2475, or Tom Seaton (636) 723.5698.

Ragtime Piano Concert – August 14!



Put this date on your calendar. This concert will be performed by Bob Milne and will be held at 2:30 pm on Saturday, Aug. 14 at Trinity Church! Tickets are \$15. A BBQ will follow the concert for an additional price. To reserve tickets for the concert, email gbr1015@sbcglobal.net. Bob Milne is a nationally known Ragtime artist. Come enjoy the show! (More information in upcoming bulletins)

Save these Dates!
New Events!
Write These Down!



Evening Women's Bible Study Thursdays, for four weeks beginning Sept. 9. This new women's Bible study will be the Book of Philippians, and will meet from 6:30 – 8 pm in the St. Hilda Room. Class dates are September 9, 16, 23 and 30.

Trinity Prayer Breakfast

Sept. 18, 9 am
Clarence Heller, Speaker

A Month of Guided Prayer

Oct. 17 – Nov. 14
Retreat in Everyday Life

Watch for more information about all of these events in *Trinity Tidings* and on the Parish Education table.

Stewardship Committee Meets July 11

We'll meet briefly at 10:30 am, then join with all those interested in a Community Garden – stewardship of the earth – to consider the possibilities.

Trinity Men's Club – July 17

The Trinity Men's Club will meet the 3rd Saturday of the month on July 17 at the church at 8:00 am. All men attending Trinity are members of the Men's Club and are encouraged to attend.

This is a work-project as well as a social group. Come join and get acquainted and/or present a work project idea. Any questions, please call John Nichols 636-947-6399.

Third-Century To Visit Trinity 7/25: Your Roots Are Showing!

Did you know that *liturgy* is a Greek word meaning, “the work of the people”? How about *Eucharist*? That’s another Greek word meaning, “thanksgiving.” So a Eucharistic liturgy is the people’s work of thanksgiving for God’s gift of Jesus and his institution of the Last Supper on the night before he died for us.

On July 25, from 10:30 – 11:30 a.m., we will enjoy the second of three parish food-and-conversation events this summer. At the 9:15 a.m. service, we will celebrate the Eucharist using a pre-Nicene liturgy. That means that we’ll be worshipping according a form written before the year 325 CE (AD). (The Council of Nicaea was held in 325 and resulted in the first version of the Nicene Creed.)

As we go through the service, we will offer comment (instruction) about the practices of the Early Church and how they have affected what we do today. After worship, we’ll share refreshments in the parish hall, including some foods that would have been part of a meal in the time-period of the liturgy. We’ll talk a little more about what’s necessary in worship and how our culture and our time have affected what we do—and about how easily we can also see our own roots in a worship form used about 1900 years ago.

Book Review

7 Simple Steps to Green Your Church

He has told you, O mortal, what is good. And what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God? Micah 6:8

This passage from Micah leads into the introduction for this book by Rebekah Simon-Peter. Simon-Peter offers a step-by-step approach to reducing energy production at

church and to understanding care of creation as a principle of stewardship. The book includes a second section with twelve Areas of Focus, one for each month. The last of the seven steps is “Pay It Forward”; the twelfth area of focus is “Go and Do Likewise.”

In each section, the book provides clear, specific suggestions, check-lists, and details for assessing and addressing the energy use by the congregation as the church. Suggestions for home are included. The Stewardship Committee will be using the book, as they continue to develop the concept of year-round, all-around stewardship. In August, we will hold the third of our Sunday morning events after church, with food, of course. We will have a guest speaker, Sabine McDowell, whose passion is working with congregations and other groups on environmental sustainability.

Adam’s Apple—Fun and Funny Fare!

If you were here on Sunday, June 13, you worshipped in the Garden of Eden and heard a small contingent of the *Adam’s Apple* cast sing for the Offertory about Adam’s hiding in the Garden. Trees, vines, flowers, a stone wall and a no-trespassing sign decorated the chancel. We celebrated at a table in the aisle and received Communion at stations in front of the pews.

Vacation Bible School this year was a Music Camp involving 21 children and young people, as well as three adult singers, a silent teenage snake, a teenage percussionist, our minister of music on keyboard and directing, and various adult volunteers.

Every evening, the program started with a meal prepared by groups at Trinity, including the West of 50, the Outreach Committee, Children of Lui, and the Daughters of the King. Crafts included tee-shirts used as costumes, props, and details for the Garden of Eden, such as apples, vines, leaves, flowers and painted pots, as well as stones for the wall and clouds for the sky.

Each night, we heard the story of Adam and Eve in the Garden, as well as a little skit, such as *A Conversation with the Snake* or a poem on the question, *Why Is It an Apple?* Music practice was a part of every evening, and each person who wanted had up to three lines, in addition to Adam and Eve who had longer speaking parts. About fifty people attended the performance on Friday, June 11, including a couple of people from the neighborhood who had seen the event advertised on our sign. Various parishioners provided goodies for the reception which followed.

Adult singers were Sydney Griffith, Judy Hodge, and Marty Neuman. Cameron Nichols played percussion (snare-drum and cymbals); Will Whistler-Brown sneaked around as the snake; and John Hawn directed the play and accompanied the singers. Jan Peery organized the week. Stephanie Hill worked with Jan on trees and crafts, along with Kathy and Rob Longton, Carol Nicholson, Debra Bricker, Avril Arthurton-Brudy, other parents and grandparents, and Betty Bowen.

Fundraising Committee Meets July 18

Anyone interested in helping with the Talent Auction or the Ragtime Concert is invited to attend the Fundraising committee meeting on Sunday, July 18, following the 9:15 am service.



Oil and Gas Exploration in the Gulf of Mexico – Stewardship Thoughts

¼ of US domestic natural gas and 1/8 of US oil is extracted from the Gulf

The offshore oil and gas industry employees 55,000 workers in the Gulf

In 2006, the offshore rigs extracted 470 million barrels of oil

Lease rates paid to MMS (Minerals Management Service) – up to \$1million/day

Maximum fine MMS can levy for violations is \$35,000

Dollars spent by BP on clean up: \$17.5 million/day, so far

BP profits (1st quarter 2010): \$93 million/day and market value

What's a Pre-Nicene Liturgy?

Our first Parish Event after church was held June 27. This was the first of three summer congregational events to engage three different topics: June was: *Missional Ministry*. On July 25, we'll think about *Third-Century Words and Actions, Here and Now*; In August: *Who, Me? A Steward of the Earth?*

Each event will last an hour, involve food and fellowship, and offer opportunities for lively discussion for all ages. Try it and see!



O.A.S.I.S.
FOOD PANTRY
& THRIFT SHOP

OASIS food pantry has entered the “Pepsi Challenge”. They are asking all those who support OASIS to help them by voting EVERY DAY in July in order to gain this grant of \$250,000. They will be able to buy the property they now occupy that includes four buildings and an acre of land.

This property will be used solely for the food pantry, thrift store and other charitable organizations to help the families in our community. To vote: Go to www.refresheverything.com (1) Go to the blue banner at the bottom of the screen and in the lower left hand corner and click on “sign in” (2) Follow the instructions to register: The first time you click on this site select “No I’m new here,” register; then click on “sign in.” NOW you are signed in and can vote every day in July. (3) At the top of this new page on the right hand side is a white box with a “spy glass” in it. Type in (exactly as shown) O.A.S.I.S. (or) o.a.s.i.s. (be sure to type in the periods) then click on the “spy glass” and it will take you to our O.A.S.I.S. grant. On the right side of our banner is a button that says: VOTE FOR THIS IDEA. Click on this button and your vote is counted. Remember the project with the most votes in the month wins. So.....

Vote every day in July and ask your friends to do the same. THANKS

You are cordially invited to

*“Making the Past Come
Alive”*

*A Demonstration and Exhibition of
Native American Sand painting*

Featuring
Mitchell Silas
Navajo (Diné) Sand painter

Mitchell has traveled for many years demonstrating the rarely ever seen ceremonial sand paintings and displaying artwork from his permanent collection in all of North America, Northern Europe, and Russia. He has been featured on TV and radio. He has taught sand painting in classes of pre-schoolers to the university level and has works in collections all over the world.

**FRIDAY, JULY 9, 2010
7:30 PM
TRINITY EPISCOPAL CHURCH**

**FREE ADMISSION
Some art work will be for sale**

**Sponsored By the St. Charles Bahá’i
Community**

July Serving Schedule -- 9:15 A.M. WORSHIP

July 4, 2010

Eucharistic Minister

Grace Nichols

Mark Vogel

Lector: Barbara Ritter

Ushers: Bart Slatton & Bill Warren

Acolyte: Will Whistler-Brown

Please note: Acolytes need to be robed 15 minutes prior to the service.

If you find that you cannot serve, please find a replacement and notify the church office so the bulletin will reflect the change. Thank you

July 11, 2010

Eucharistic Ministers

Jon Murray

Carolyn Hackman

Lector: Jason Roddick

Usher: Bob Sundermeyer & Debra Bricker

Acolytes: S/C: Mark Meyer

T: Nancy Noel

T: Kendra Braucksick

You Are an Acolyte

When you become an acolyte, you join the ranks of those who have assisted at worship since 250 AD. The word *acolyte* means "follower," or "one who helps." An acolyte is a companion or helper to assist the priest, performing a number of important functions before, during, and at the close of the liturgy, whether it is a typical Sunday Eucharist, a marriage, baptism, funeral, or other worship service.

When acolytes first helped with the liturgy, they carried candles in processions, lighted candles on the altar, and assisted with Holy Eucharist. The Acolyte was the highest of four Minor Orders of the Medieval Church. Today, the acolyte is an important person in the worship service and is of great help to the celebrant. An acolyte's work and presence is a gift to God, and requires a reverent and dignified manner. Whether you are six, 12 or 112 does not matter: Knowing your work and doing it well is what is important.

July 18, 2010

Eucharistic Minister

Keith Hazelwood

Jon Murray

Lector: Michael Geiler

Ushers: Julie Cramer & Bill Cramer

Acolytes: S/C: Jessica Heupel

T: Ben McCune

T: Heather Braucksick

July 25, 2010

Eucharistic Minister

John Nichols

Grace Nichols

Lector: Avril Arthurton-Brudy

Ushers: Keith Dowling & Jim Gigliotti

Acolytes: S: Cindy Lackey

C: Becky Lackey

August 1, 2010

Eucharistic Minister

Pat Willmering

Mark Vogel

Lector: Sydney Griffith

Ushers: Gail Miller & Bill Warren

Acolyte: Bart Slatton

Groseneck, Conrad, ed. and Clyde Ricks, illus. *You Are an Acolyte*. Cincinnati, OH: Forward Movement Publications, 2001, pp. 4-5.

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 1 lb. Baby Carrots
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

Fast and Flavorful Cuisine *More Convenience meals great for seniors and people living with diabetes!*

More Food!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Fish Sticks** with a Rice/Bean Blend, Broccoli and Carrots
- Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots
- Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts
- Meat Lasagna** with Carrots and Green Beans
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

\$28.00

5 lb. Allergen-Free Food Box

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

Just 4 Me – After School Box

\$24.00

An assortment of child-friendly snacks. Great for after school or any time.

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- 2 6.5 oz. Pepperoni Pizza
- 2 2.8 oz. Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- 2 3.7 oz. Twin Charbroil Hamburgers with Cheese
- 2 2.2 oz. PBJ on Graham Wafer

Just 4 Me – After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit snacks especially for kids.

- | | |
|-----------------------------|------------------------|
| 3 Red Delicious Apples | 3 Granny Smith Apples |
| 1 (6 ct.) Caramel Apple Dip | 3 Pears |
| 3 Navel Oranges | 1 (6 ct.) Raisins |
| 1 (8 oz.) Trail Mix | 1 (1 lb.) Mini Carrots |
| 4 Chewy Granola Bars | |

JULY SPECIAL #1

Steak Grill Box (4.5 lb.)

\$23.00

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

JULY SPECIAL #2

Assorted Grill Box (6.5 lb.)

\$22.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

JULY SPECIAL #3

IQF Chicken Breast Box (10 lbs.)

\$21.00

- 10 lbs. IQF Chicken Breasts

JULY SPECIAL #4

Premium Fresh Fruit and Veggie Box

\$21.00

- 3 lb. bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple
- AFM July 2010 Fruit and Veggie Recipe Sheet



JULY SPECIAL #5

Bit O' Blessing Box

\$21.00

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

Please note that some host sites have earlier order deadlines. Please contact your local host site for information. Visit our website to locate a host site near you

Orders Due: Sunday, July 25th

Order Pick-up: Saturday, July 31st, 8:15 a.m. – 9:30 a.m.

Trinity Episcopal Church, 318 S. Duchesne Drive

St. Charles, MO Phone: 636-949-0160

