

WEST SIDE CHRISTIAN CHURCH
535 Cherokee Road
Portsmouth, Virginia 23701
www.westsidccdoc.org

Non-Profit Organization
US Postage Paid
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Portsmouth, VA



**ADDRESS SERVICE
REQUESTED**

The West Side Staff

Rev. Cyd Cowgill, Senior Minister

Rev. Keith Lowry, Youth Minister

Trish Barker, Office Manager

Joe Diggs, Custodial Services

June 2011

VACATION BIBLE SCHOOL

July 24th - 29th

6:00 - 8:30 PM

STATEMENT OF CALLING

**West Side Christian Church is a faithful and caring church family
committed to making disciples of
Jesus Christ in our CHURCH, our COMMUNITY, and our WORLD.**

CHURCH: *Equip* our church family through spiritual growth and leadership development.

COMMUNITY: *Share* the love of Christ through service.

WORLD: *Witness* through support of Disciples' missions.



June 2011

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center;">May 2011</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center;">Jul 2011</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p style="text-align: center; color: red; font-size: 2em;">1</p> <p>10:00 AM DWF (Lydia & Rebekah)</p> <p>10:00 AM Prayer Group</p> <p>2:00 PM Angel Food</p> <p>7:15 PM Choir</p>	<p style="text-align: center; color: red; font-size: 2em;">2</p>	<p style="text-align: center; color: red; font-size: 2em;">3</p>	<p style="text-align: center; color: red; font-size: 2em;">4</p>
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**High School
Sunday School Class
June 2011**

- | | |
|--|-------------------------|
| June 5 <i>What Is Stress?</i> | Psalm 32:1-7 |
| June 19 <i>Conflict</i> | Mark 9:33-35 |
| June 26 <i>Change is Growth</i> | John 14:27 |
| July 3 <i>The Present Time</i> | Matthew 6:25, 33 |

***Class time is 9:45 AM in the High school room.
Rev. Cyd Cowgill to lead. All high school youth
are invited and encouraged to attend.***

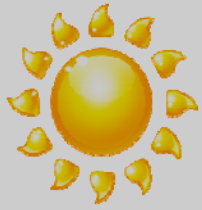


**NEWS FROM CHI RHO -
WE'RE MOVING!**

Chi Rho Youth Group is moving its meeting day to SUNDAY starting June 5th. We'll meet from 5:00 pm-6:30 pm. We are also extending an invitation to all youth and their friends who are rising 3rd graders through 7th grades to join us. We have a short lesson, fellowship & games and a snack time. Bring 50 cents for a drink and snacks are either 10 cents or 25 cents and consist of chips, crackers or small candies.

I still need a regular schedule of parents/adult volunteers to assist me with this group, especially now that it is expanding. Contact Kitty Baker at kitty_baker@adp.com or 374-9508.

CYF WILL MEET ON SUNDAYS 6:00-7:30 pm



From the Pastor



Did you notice all the children who came up front at the beginning of worship yesterday (May 22)? Weren't they a precious sight? West Side has been blessed with several young, visiting families this spring, families whose children are fitting right in!

It's so important that we continue to be a church that welcomes children and youth. Yes, they are the church of the future, but they are so much more. Young children and youth of all ages lend a new depth to worship. Their presence provides a perspective that engages all of us more fully in the present time and moment. When youth are in the pews on Sunday, we are reminded that this is the current generation; this is our current church and therefore one extremely important piece of our ministry kaleidoscope. From the youngest to the oldest, we share one Lord, one baptism and one faith. And in the weeks to come, I hope we are sharing many, many more pews!

Don't miss Youth/Graduation Sunday on June 12! It's also Pentecost Sunday, so wear something red. Why red? Red is fire. Red is flame. Red is Spirit, the Holy Spirit, the part of God that lives inside of us. The Spirit enlivens and animates us, comforts us and teaches us. The Spirit is the gift that Jesus promised. It is the spark of God. What a great day for our youth to lead us in worship!

Joyce Rupp writes of Pentecost: *Spirit! Enable me to see your fiery Presence, consecrating my most insignificant moments. Encircle me with your loving energy, empower me with your active gentleness. Deepen within me a faith in your dynamism which strengthens the tired and the weak. Fill my being with a constant compassion and a deep hope that knows no bounds.*

In a season of beauty and new life, may you feel the ancient yet ever-new, transforming presence of God. May His spirit give you peace.

Glad to be your pastor,
Cyd

And the Lord added.....

West Side welcomes into membership,
Donald Olson

Welcome Don!

Contact Information:
2840 East Point Drive
Chesapeake, VA 23321

Sympathy

We wish to express our deepest sympathy to
Linda Baker, Debbie Ripley and Gayle Wood
on the recent passing of their mother and our dear friend,
Masil Jones

SAVE THE DATE

**SATURDAY
OCTOBER 1st
12:00 - 4:00**

COMMUNITY DAY

We have picked the day and the plans have begun for Community Day 2011.

Please mark your calendars. Volunteers needed!!!

We will need help to set-up and the clean-up. Also, we will need cakes for the cake walk and clothes for the clothes table.

Thank you all for your help in the past. We look forward to another great Community Day at West Side.

Rosemary Lahy, Community Day Team

Stewardship Study

For the next few months, I will be using the thoughts of Dr. David Jeremiah. Dr. Jeremiah is the Senior Pastor of Shadow Mountain Community Church in El Cajon, CA. Born in Toledo, Ohio in 1941, he received his Bachelor's Degree from Centerville University, a Master's from Dallas Theological Seminary and a Doctorate of Divinity from Centerville University. I hope that you will find these articles food for thought.

WHAT IS A STEWARD ?

When you hear pastors speaking about financial responsibility, you most likely hear them talking about being a "good steward." If you don't know the biblical context for this word, it can be difficult to understand how it relates to your present day financial decisions.

In biblical times, a steward, or house servant, was appointed to manage the household or property of his master. We are also considered stewards because God has left us in charge of His creation. Included in our responsibility is the management and distribution of the money with which He has blessed us.

The Bible gives us several important insights regarding the work of a steward:

~A steward is accountable for his master's domain.

~A steward is available when his master needs him.

~A steward is anxious to know his master's will.

~A steward is agreeable to his master's instructions.

~A steward attributes praise to his master.

The Old Testament story of Joseph provides a good example of what it means to be a steward. Genesis 39:4 tells us that Potiphar made Joseph "overseer of his house, and all that he had." Joseph recognized that his master had given him complete control, and his job was to please the will of his master. He managed Potiphar's business while reflecting Potiphar's heart in every matter.

The Greek word for "steward" is oikonomos. It was commonly used to describe the individual who managed the household and staff., but it was also used as a title for a city's treasurer. Since it usually was connected to someone in charge of finances, that Greek term has developed into the modern English word economy.

Jesus often used the concept of stewardship in His parables. In each parable a steward managed responsibilities on behalf of someone else. Christ used this same concept when He assigned responsibilities to His disciples. "Who then is that faithful and wise steward, whom his master will make ruler over his household, to give them their portion of food in due season?" the Lord asked in Luke 12:42. Jesus was gathering His followers in order to say, "I am getting ready to go back to heaven, and I am now putting you in charge."

We have been left on this earth as stewards of God's domain. Our number one goal as his stewards is to manage our Master's resources while we reflect His heart.

For additional information from Dr. Jeremiah on this subject, please order the cassette tape, "Meet the 'Steward' of Stewardship" from the *Giving to God* series at DavidJeremiah.org/shop.

Karen Hartzog

PRAYER LIST

Church Members

Jones Family, Wilma Ingram, Gary Edens,
Cheryl Jarvis, Eddrie Bradley, Barbara Nelson,
John Milam, Darryl Phelps, Lloyd Crawford,
Ruby Fulcher, Freda Pyles, Mary Wyatt,
Janice Deweese

Family & Friends

Maureen Powers, John Slyvestor-Johnson,
Sharon McCrickard, Ruth Ann Gonsalves,
Tim Brown, Phil Barnes, Jordan Lahy, Ida Diggs,
Christie Bradley, Gary Reeves, Pete Mundy,
Barbara & Murray Brown, Teresa Smith,
Price Family, Pauline Moseberth, Martha Whitlow,
Brenda Lewis, Quimby Family

SHUT INS

Myrtle Henderson, Ruth Blackman,
Dennis Davenport, Catherine Buchanan

Lectionary Readings

June 2011

June 5th:	Acts 1:6-14 Psalm 68:1-10, 32-35 1 Peter 4:12-14; 5:6-11 John 17:1-11
June 12th:	Acts 2:1-21 Psalm 104:24-34, 35b 1 Corinthians 12:3b-13 John 20:19-23
June 19th:	Genesis 1:1-2; 4a Psalm 8 1 Corinthians 13:11-13 Matthew 28:16-20
June 26th:	Genesis 22:1-14 Psalm 13 Romans 6:12-23 Matthew 10:40-42



DISCIPLES WOMEN D.W.F.

Disciple Women will hold their *General Meeting* on July 16th at 11a.m. for Brunch. Rebecca / Lydia circle will be our host. We are please to have Rev. Cowgill join us to participate in our program. This will be our installation of officers.

We will hold a special called meeting following the Sunday worship services on June 19th to vote on our slate of officers.

Officers for the July 2011 – June 2012:

President: Betty McCrickard

Vice President: TBA

Secretary: Debbie Friberg

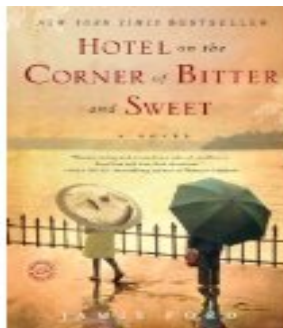
Treasurer: Cheryl Jarvis

Worship: Jennifer Larson

Service: Frances Wells

Program:

Please meet at the front of the sanctuary on June 19th to vote.



Virginia Disciple Women have started a book club. We will be reading the book: "*Hotel on the Corner of Bitter and Sweet*" by Jamie Ford. You can go on to DWF/CWF-Christian church in Virginia, Disciples of Christ Facebook and join discussion under the discussion tab or plan to attend Blackstone Retreat in October, where one of the activities will be a discussion group.



Join us for a
Father's Day
Picnic

Saturday, June
18th at 6:00 PM

More details will
be in the up-
coming Sun-
day bulletins.



SUMMER SCHEDULE CHANGE

Beginning June 1st:

*Office Manager, Trish Barker, off Wednesdays;
Custodian Joe Diggs, off Thursdays & Fridays
Rev. Cowgill will continue to be off on Fridays.*



SERVING AT OASIS

**June 16th
10:00 a.m.**

Sign up to help!!!



**NEWSLETTER
DEADLINE
June 15th**



V

Our VBS program this year is entitled “ Shake it UP Café ” July 24-29

VBS WISH LIST FOR CRAFTS

***Old inexpensive kitchen tools:**

(spatulas, plastic forks, potato mashers, pizza cutters, pastry blenders, cookie cutters, meat tenderizers, bottle caps, markers)

***Adhesive-backed jewels, sequins**

Glue dots, Glue

Lightweight plastic Forks & Spoons

Tempera paints

Green ink pads

Brown felt

Foam shapes

Empty cereal boxes

Large round coffee filters

Chinet plates

Purple ink pad

Floral wire

Patterned paper

Plain ceramic tiles

Cotton swabs

Food shape die-cuts

Adhesive spray

VBS Decorating Supplies Needed

Please label any donated items with your name and phone number so we can return them to you. Email or call Anne Berk (annepberk@yahoo.com) 962-1023, with items you can donate as soon as possible.

Thanks!

B

- ◆ Pictures of food for collage from magazines, catalogs and calendars
- ◆ Hot dog, popcorn, or shaved ice machines
- ◆ Items to decorate walls such as tin diner signs or other café, food, or kitchen art.
- ◆ Aprons, oven mitts, dish towels
- ◆ Clothes line and clothes pins
- ◆ Kitchen utensils such as spatulas, whisks & potato mashers to use for decoration.
- ◆ Harvest items like gourds & Indian corn to create a farmer's market scene.
- ◆ Plastic fruit & vegetables. Rubber chickens! Play food.
- ◆ Large jars – the bigger the better.
- ◆ Shipping tubes
- ◆ Styrofoam balls
- ◆ Large baskets. Bushel baskets if possible.
- ◆ Bistro sets
- ◆ Party decorations to make scenes from Mexican, Italian, Chinese, tiki or seafood eateries.
- ◆ Checkered tablecloths – light weight cloth or plastic
- ◆ Large food containers: #10 cans, potato sacks, rice bags, boxes with pictures, gallon jugs.
- ◆ Clay chiminea
- ◆ Clay dishes
- ◆ Rolls of butcher paper
- ◆ Mortar and pestle
- ◆ Five-gallon buckets (with lids if possible)
- ◆ Large appliance boxes
- ◆ Spray paint – various colors; partial cans are useful
- ◆ Artificial flowers & artificial green branches

S

Join “Scraps” in being a helper for VBS this summer. I have a kitchen coordinator, a craft leader and a main story teller. I will need:

- **adults and teens** to help with **leading**
- **the children to the sessions for crafts, stories, and music (no teaching)**
- **music coordinator** (all music on CD and pre-printed song sheets available), an **assembly leader** (opens and closes each session & coordinates with music leader for final program)
- **2 people** to manage the **nursery** for parents attending the Bible study
- **help with publicity**—posters, decorations for rooms



We will run a full 5day program this year starting with a **cookout at 4 pm on Sunday the 24th** and then meeting from 6-8:30 pm Monday through Thursday. Friday night will be a Pot Luck and Program beginning at 6:30 pm.

There are many ways for **you to help without attending VBS:**

- ⇒ We will need simple desserts for the kids each night (cookies, brownies)
- ⇒ We could use donations of hot dogs, chips, etc for the cookout
- ⇒ You can bring an extra dish to the Pot Luck.
- ⇒ There is a list elsewhere in the newsletter for craft items that can be donated.

New this year, Rev Cyd will be holding Bible Study for the adults during the VBS time. A nursery will be provided **ONLY** for parents attending the bible study.

VBS MEETING, TUESDAY, MAY 31ST 6:30PM

Thanks in advance for your participation!

Kitty Baker



**Join us at West Side Christian Church for
Vacation Bible School July 24-29th, 2011
as we cook up some fabulous fun,
music, crafts and stories!**

Kicking off our fun week is a [Cook-Out at 4 pm, July 22nd](#) on the church grounds and then beginning our sessions at [4:45pm](#) and ending that night at [7 pm](#). [Mon-Thurs](#) we'll begin at [6 pm](#) with a light supper for the children and end at [8:30 pm](#). [Friday the 29th](#) we'll end our week with a [free Pot Luck dinner at 6:30 pm](#) followed by the [children's program](#).

VBS is offered for children [ages 3* through 6th grade](#). [New this year](#) is an adult Bible study while the kids are in their sessions. Please complete the registration form below so that we can know how many children and/or adults to plan for.

Child's name _____ age (as of Jul 1st) _____

Grade just completed _____ Does your child have any food allergies? Yes ___ No ___

If yes, please list: _____

Parent's name(s) (who is authorized to pick up your child) _____
 _____ Phone # _____
 _____ Phone # _____

Will you be staying for the Bible Study? Yes ___ No ___

Name of person(s) attending Bible Study _____

A nursery will be provided [ONLY](#) for parents attending Bible Study.

List the names & ages of children for the nursery, if any

[* Child must be age 3 by July 1, 2011 and be fully potty trained. Light supper is for children only.](#)

For more info call the church at 488 0514 or Kitty Baker @ 374 9508.

West Side Preschool & Kindergarten

It has been a great year of Preschool.

We were blessed to serve at full capacity again this year. Sixty-five children were nurtured and we provided jobs for nine women. We had countless volunteer times for parents and church members. Preschool would like to thank all those who lead chapel,



Helped with the Santa breakfast, provided lunch for the kindergarten program, played the piano for the preschool graduation, filled-in when needed in the classrooms, donated supplies and a never ending number of other things. We are excited about next fall. Mrs. Donna will be leading with her excellent staff. There are still spots open in our 3 yr. and Pre-3 classes. We are sorry to say good-bye to Mrs. Cheryl (Jarvis). She will be busy taking care of her grandchildren. She has been a vital and creative part of this school for many years.

Thank you to Joe, Trish and Rev. Cowgill for all they have done to help our preschool run smoothly. Continue to keep this outreach in your prayers that we may continue to serve those who need us, provide a caring and nurturing environment for the children and share our church with these families.

Thank you for your continued support: Donna Nutting, Jennifer Larson & Preschool Staff

GRADUATION 2011



Patrick Knill

Isle of Wight Academy

Plans to attend Thomas Nelson Community College

Stephen Milam

Western Branch High School

Honor Graduate

Plans to attend Tidewater Community College

Allison Nutting

Nansemond-Suffolk Academy

National Honor Society

District Chorus

All-State Virginia Chorus

Plans to attend James Madison University

Sydney Oliver

Longwood University

Cum Laude / Dean's List

Bachelor of Arts in Communication

Lambda Pi Eta, National Communications Honor Society

Sigma Alpha Pi, National Society of Leadership and Success

Congratulations to all of our West Side Graduates !!

GRADUATION SUNDAY

JUNE 12, 2011

SCHOLARSHIP PRESENTATIONS

AND

LUNCHEON

Graduation Sunday this year will be a very special occasion for a multitude of reasons.

During the morning worship service, we will have Pentecost to celebrate (think about wearing red on the birthday of the church), this year's graduates to honor and Edna Shearin Scholarships to present. What an absolutely wonderful day! Our youth will be taking part in the worship service and adding their special touches to the celebration of Pentecost. We also invite you to join the graduates and their families

At a luncheon immediately following the worship service. Reservation slips will be in the bulletin. We celebrate with all our graduates and wish them continued success in their chosen educational endeavors or job search!

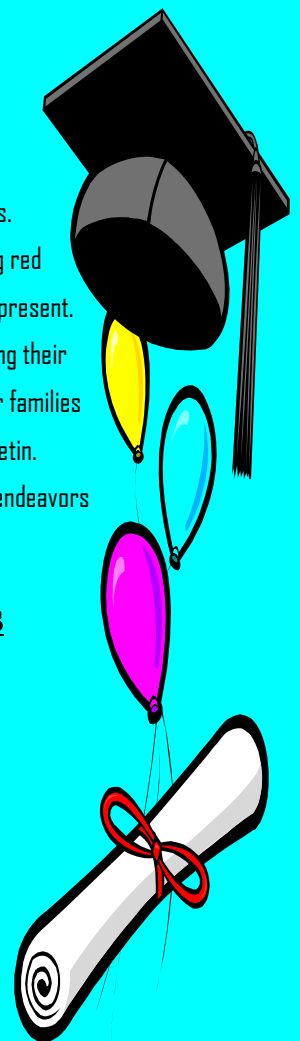
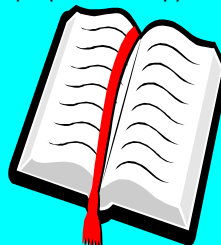
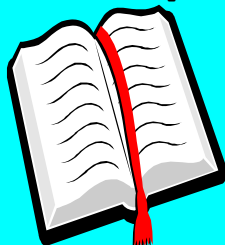
EDNA SHEARIN SCHOLARSHIP RECIPIENTS

Courtney Brown—Tidewater Community College

Matthew Corbett—Old Dominion University/Biology/Pre-Med

Brooke Lowman—College of William & Mary/Biology/Environmental Science

Allison Nutting—James Madison University/Speech Therapy



MARY'S WELLNESS CORNER

"Days pass and the years vanish and we...walk sightless among miracles. Lord, fill our eyes with seeing and our minds with knowing. Let there be moments when your presence, like lightning, illumines the darkness in which we walk. Help us to see, wherever we gaze, that the bush burns unconsumed. And we, clay touched by God, will reach out for holiness and exclaim in wonder, "How filled with awe is this place and we did not know it. Amen."

(from the Reformed Jewish Liturgy)

"Thou dost show me the path of life; in the presence there is fullness of joy, in thy right hand are pleasures for evermore!" Psalms 16:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future," (Jeremiah 29:11)

Summer Safety

Warm weather has arrived, and it's time again to enjoy some of your favorite outdoor activities! From baseball to biking to swimming, there are a lot of fun things you can do. While having fun outside, don't forget to take steps to protect yourself and your family

"Laughter is the most beautiful and beneficial therapy God ever granted humanity. It is often just as sacred to laugh as it is to pray."

Charles R. Swindoll

What is home?

"A roof to keep out the rain? Four walls to keep out the wind? Floors to keep out the cold? Yes, but home is more than that. It is the laugh of a baby, the song of a mother, the strength of a father, warmth of loving hearts, lights from happy eyes, kindness, loyalty, comradeship. Home is first school and first church for young ones, where they learn what is right, what is good, and what is kind, where they go for comfort when they are hurt or sick; where joy is shared and sorrow eased; where fathers and mothers are respected and loved, where children are wanted; where the simplest food is good enough for kings because it is earned; where money is not as important as loving-kindness; where even the tea kettle sings from happiness. That is home. God bless it!"

-Anon.

Mary W. Peris, Parish Nurse



Many thanks for your calls, cards and visits to Mom over the past years. We are so grateful for your kindness. Your thoughts, prayers and encouragement have meant so much to us.

Also, thanks for such a wonderful service.

Sincerely,

The Family of Masil Jones

Memorial Gifts Presented to West Side

In memory of Lorraine Shea given by
David & Betty McCrickard

In memory of Masil Jones given by

Jimmy & Cheryl Jarvis

Curtis & Barbara Nelson

Curtis, Jr. & Kathy Nelson

Dick & Mary Cornwell

Billy & Kim Powell

Ruby Fulcher

Jack & Gloria Bunting

Bill & Janice Bunting

Steve & Lezann Bunting

Mike & Sandie Ellsworth

Pat Ellsworth & Family

Marguerite Roache

Veronica Claud

Jerry & Diane Lawson

June Birthdays

5th: Jerry Thornton
18th: Ivy Kelly
21st: Kaitlyn McNelis
22nd: Tony Peris
Robin Thomas
23rd: Sarah Phillips
27th: Kim Powell
28th: Fran Gray
30th: Lauren Terry





JUNE 2011 MENU

B2 - Bit O' Blessing Box

Quantities are limited. Make sure to order yours today while supplies last!

- 4 lb. Drumsticks & Thighs
 - 2 lb. Meatloaf with Red Sauce
 - 2 lb. 'Heat n Serve' Soup (Tomato Basil, Minestrone or Ham Chowder)
 - 1 lb. Crunchy Fish Bites
 - 1 lb. 80/20 Lean Ground Beef
 - 1 lb. Frozen Spinach
 - 1 lb. Frozen Carrots
 - 2 lb. Waffle Fries
 - 1 lb. Dry Bean Soup Mix
 - Brownie or Chocolate Chip Cookie Mix
- \$22.00***

Back by Popular Demand. New and Improved!

B4 - Golden Cuisine Convenience Meals

Great for seniors and people on the go!

- Spaghetti & Meatballs
 - Chicken Parmesan with Fettuccine Noodles
 - Charbroiled Beef Patty and Gravy
 - Macaroni & Cheese
 - Turkey and Dressing with Gravy
 - Chicken Teriyaki
 - Chili with Beef and Beans
 - Lemon Pepper Baked Fish
 - Cheese Tortellini in Pomodoro Sauce
 - Crab Cakes in Remoulade Sauce
- \$29.00***

Specific meal details can be found at www.angelfoodministries.com

B6 - Just 4 Me After School Box

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

- 2 lb. Fully Cooked Chicken Tenders
 - 1 lb. Corn Dogs
 - 3 (6.5 oz.) Mr. P's Pizza
 - 4 (2.8 oz.) Peanut Butter & Jelly Jamwich
 - 2 (4 oz.) Grilled Cheese Sandwich
 - 2 (4 oz.) Pocket Sandwiches
 - 2 (3.7 oz.) Twin Charbroiled Beef Sandwich with Cheese
 - 2 (4.75 oz.) Pancake and Sausage
 - 2 PBJ on Graham Wafers
 - 10 oz. Mac & Cheese
 - 2 (3.4 oz.) Watermelon Italian Ice
 - 2 (3.2 oz.) Raspberry Fruit Juice Sherbets
- \$25.00***

B8 - Just 4 Me After School Fruit and Veggie Box

- 3 Red Apples
 - 3 Green Apples
 - 3 Peaches
 - 3 Navel Oranges
 - 1 stalk Sleeved Celery
 - 1 lb. Mini Peeled Carrots
 - 1 (6 ct.) Apple Sauce
 - 1 (3 ct.) Sliced Peaches in Pear Juice
 - 1 (6 oz. pack) Blueberries
- \$17.00***

B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 4.5 lb. (avg.) Perdue All Natural Whole Chicken Great for Grilling, Baking or Frying
 - 1.5 lb. Boneless Center Cut Pork Chops (4 x 6 oz.)
 - 1.5 lb. 100% Ground Turkey Burgers (6 x 4 oz.)
 - 2 lb. 'Heat n Serve' New England Clam Chowder
 - 2 lb. 'Heat n Serve' Sloppy Joe Mix (Ground Beef with Sauce)
 - 2 lb. Lasagna with Meat Sauce
 - 1.5 lb. Smoked Sausage "Grillers"
 - 1 lb. 100% Ground Chicken
 - 1 lb. Sliced Carrots
 - 1 lb. Green Beans
 - 1 lb. Triple Veggie Blend
 - 1 lb. Sugar Snap Peas
 - 28 oz. Baked Beans
 - 1 lb. Long Grain White Rice
 - 8.5 oz. Jiffy Corn Muffin Mix
 - 5 ct. Instant Oatmeal
 - 32 oz. 2% Shelf Stable Milk
 - 1 Dozen Eggs
 - 7.5 oz. Break-n-Bake Cookies
- \$35.00***

GLUTEN FREE!†

B5 - Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
 - 1 lb. Breaded Chicken Tenderloins
 - 1 lb. Breaded Breast Fillet Patties
 - 1 lb. Breaded Boneless Chicken Wings
 - 1 lb. Breaded Cubed Steak
- \$25.00***

†Please see our website for other allergen facts.

B7 - Just 4 Me No Child Goes Without

"Blessing America's Children, one Box at a Time"

- 2 Chunk Lite Tuna in Water (.5 oz.) (7.5 oz.) Beans & Wieners
 - 1 (7.5 oz.) Cheezy Mac 'N Cheese
 - 1 (7.5 oz.) Mini Beef Ravioli
 - 1 (7.5 oz.) Spaghetti and Mini Meatballs
 - 1 (7.5 oz.) Noodle Rings & Chicken
 - 1 (7.5 oz.) Cheezy Mac 'N Franks
 - 7 Cereal Bowls (.75 oz. ea.)
 - 1 Peanut Butter (12 oz.)
 - 1 Grape Jelly (19 oz.)
 - 1 (6 pk.) Applesauce
 - 24 oz. Fruit Cups (3 x 8 oz.)
 - 6 Fruit & Grain Bars (1.21 oz.)
 - 3 Crispy Rice Bars (.85 oz.)
 - 32 oz. Shelf-Stable 2% Milk
- \$25.00***

NEW! B9 - Pastor Joe's Premium Box

Quantities are limited. Please order early to ensure that you receive this wonderful box!

- 2.5 lb. Angus Rib Eye Steaks (4 x 10 oz.)
 - 2 lbs. Angus Burgers (4 x 8 oz.)
 - 1.5 lb. Bone-In Pork Chops (4 x 6 oz.)
 - 2 lbs. Premium Salmon Fillets
 - 1 lb. Premium Sugar Snap Peas
 - 4 ct. Corn-on-the-Cob
 - 20 oz. Twice-Baked Potatoes (2 x 2 ct. pkgs.)
- \$55.00***

B3 - Bountiful Blessing Box

- 4.5 lb. (avg.) Perdue All Natural Whole Chicken Great for Grilling, Baking or Frying
 - 1.5 lb. IQF Unbreaded Whiting Fillets or 2 lb. Flounder Fillets
 - 2 lb. Boneless Skinless Chicken Breast (Tray Pack)
 - 1.5 lb. Boneless Center Cut Pork Chops (4 x 6 oz.)
 - 1.5 lb. 100% Ground Turkey Burgers (6 x 4 oz.)
 - 2 lb. 'Heat n Serve' New England Clam Chowder
 - 2 lb. 'Heat n Serve' Sloppy Joe Mix (Ground Beef with Sauce)
 - 2 lb. Lasagna with Meat Sauce
 - 1.5 lb. Smoked Sausage "Grillers"
 - 1 lb. 80/20 Lean Ground Beef
 - 1 lb. 100% Ground Chicken
 - 1 lb. Sliced Carrots
 - 1 lb. Green Beans
 - 1 lb. Triple Veggie Blend
 - 1 lb. Sugar Snap Peas
 - 24 oz. Natural Cut Fries
 - 28 oz. Baked Beans
 - 1 lb. Long Grain White Rice
 - 1 lb. Pasta
 - 26.5 oz. Pasta Sauce with Mushrooms
 - 8.5 oz. Jiffy Corn Muffin Mix
 - 5 ct. Instant Oatmeal
 - 32 oz. 2% Shelf Stable Milk
 - 1 Dozen Eggs
 - 7.5 oz. Break-n-Bake Cookies
- \$46.00***

S1 - JUNE SPECIAL #1 \$25.00*

- ### Grill Combo Special
- 2 lb. Steak Burgers (4 x 8 oz.)
 - 2 lb. Bone-In Pork Chops (4 x 8 oz.)
 - 2 lb. IQF Boneless Skinless Chicken Breast (8 x 4 oz. individually wrapped)

S2 - JUNE SPECIAL #2 \$33.00*

- ### Seafood Special Box - Quantities are limited.
- 2 lbs. Tilapia (2 x 1 lb. pkgs.)
 - 2 lbs. Battered Haddock (14-16 oven ready portions)
 - 2 lbs. Crab Cakes (10 oven-ready crab cakes)

S3 - JUNE SPECIAL #3 \$24.00*

Premium Fresh Fruit and Veggie Box

- 4 ears Yellow Corn
- 2 Yellow Squash
- 2 Zucchini Squash
- 2 lb. Sweet Vidalia Onions
- 4 Baking Potatoes
- 1 lb. Whole Carrots
- 1 Head, Green Cabbage
- 1 Golden Ripe Pineapple
- 1 Mini Seedless Watermelon
- 1 Honey Dew Melon
- 1 Cantaloupe
- 1 Mango
- 4 Peaches
- 6 Lemons

*all prices are plus sales tax where applicable

Please see our website for additional limited quantity specials

Angel Food Ministries Reserves the Right to Substitute Any 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

For ordering information

Contact Beth Branch @ 675-6826

**Angel Food Distribution
Saturday, June 25, 2011
West Side Christian Church
9 am - 11 am**

