

THE SPIRE



Centenary United Methodist Church 1501 Rivermont Avenue Lynchburg, VA 24503

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www.centenary1806.com

October 2009

Get Ready NOW for a Fantastic Fall Bazaar!



Now is the time for all Centenary members to work together for a terrific fall bazaar just a month away. It's happening Saturday, Nov. 7 8am-1pm in the Fellowship Hall.

Co-chairs Linda (GiGi) Porter and Angie Campbell have as their assistants Fred and Faye Gillispie. And these folks think big! Their plans include a huge variety of both food and gift items. Smart shoppers will avoid holiday hassle by stashing frozen entrees and baked goods in their freezers and gathering great gift items. Check out the enclosed pre-order form for the terrific variety of foods offered.

Food, yes, but so much more! Melissa and Marty Waugh are collecting valuable items for a silent auction. Treasures appearing on a white elephant table may be just what you need for a special gift. Mari Smallshaw and Belva Shelor are overseeing an assortment of handcrafted items. Susan Hall will have plants to sell while Paula Howell and Kathleen Nuckles offer baked and canned goods. Eleanor Wood, whose design genius was honed over decades managing Leo Wood Florist, is creating seasonal and other permanent floral arrangements.

Such big plans need help from each of us with the essential three P's: preparation, promotion and purchases. In how many ways can you help?
Preparation



Solicit silent auction items from local businesses or consider offering an item of value that you no longer use. Have a vacation home or a special skill? It can be worth quite a bit to someone else. Be creative, then contact the Waughs at 384-4707. And don't forget

to corral the white elephants that roam most homes freely. No clothes, just new or slightly used items of value.

Get busy with your favorite handicraft projects. Susan McCann's knitting needles are throwing off sparks; Katherine Sasser is creating beautiful and unique stationery. Mari White and Belva Shelor are gathering crafters in the Fellowship Hall each Friday evening from 6-8pm for a craft session. Join them for good fun and conversation; they even offer instruction and supplies for the craft-impaired.

As you preserve, pickle or can, set aside a few jars for Paula Howell and Kathleen Nuckles. Then get out your favorite recipes and plan to whip up goodies for the bake sale. We



anticipate an awesome array of breads, cakes, cookies, muffins, tarts, pies and more, including your specialties.

We need everyone to prepare frozen casseroles for our pre-order form. Recipes are available in this issue!! We are hoping to sell a lot of casseroles, so we need a lot of cooking help. Angie Campbell and her circle members are preparing casseroles during their circle meeting...how about a special get together to assembly line a bunch of casseroles?

Have any containers or permanent flowers that you no longer need? Get them to Eleanor Wood (847-4508) and she will turn them into a work of art.



With the advent of frost, houseplants are being brought indoors with many being repotted and divided. Please set aside a few choice ones for the bazaar. Contact Susan Hall, 238-7986, if you have questions.

Continued on Page 2



Dear Friends –
 We are entering a very busy season in our lives and in the life of the Church. By the time you read this, we'll be in the middle of our study on Christianity and World Religions – you may

still join us even if you've missed some sessions. Charge Conference, with a new format for 2009, will be on Sunday, October 18 at Peakland UMC at 6pm.

The Lynchburg District is re-organizing itself along the lines of the Virginia Conference's Common Table, working toward more meaningful

Bazaar (continued)

Call the church office, 846-4601, to offer your help. Betty Wooldridge needs at least two more baggers; Denise Bryson needs additional cashiers.



Promotion

See the pre-order form included in this Spire. It's for your orders, but please don't stop there! For a successful bazaar, we depend on your circulating these forms widely. Get more by picking up as many as you wish in the church office. Persons on Centenary's e-mail list will receive a copy, which can then be printed and distributed or simply forwarded to those who may be interested. Do mention the October 20 return date. Please distribute pre-order forms to as many persons as possible.

Be sure to point out the convenient curbside delivery available for pre-ordered items. Carl Gravely, Chris Howell and Tim Campbell will speedily and efficiently deliver to persons who drive up to a designated "To Go" area.

Invite people to visit the Fellowship Hall on November 7 to see all the great items available, definitely too numerous to mention. Tell all your friends to bring their friends! Suggest they treat themselves to a breakfast snack of ham biscuit and coffee and/or to a Brunswick Stew lunch. Irene Reed will



ministries in our 92 churches. All Things New, the lead program of the Virginia Conference is underway, showing us new ways to think about stewardship and financing the growth of our church. As you know, Centenary joined the Five Talent Academy of the Virginia Conference and that group will also begin their work in strengthening the church in outreach and evangelism. I'll also be at the Elders' Retreat for Virginia UMC clergy at VUMAC of October 25-27.

Of course, the last three months of the calendar year all seem to work toward Thanksgiving, and Advent and Christmas. We have much to be thankful for as this year speeds rapidly to its conclusion. Thank you for all you've done this year!

Grace and Peace,

welcome them to the "Corner Café" where good food will energize them for more shopping.

Emphasize the joys of having frozen quarts of



Brunswick Stew and dinner entrees in the freezer as the basis of a special meal, when you need food to carry to a friend, or when you are simply out of time and need to quickly prepare dinner. Same goes for baked goods which can be frozen, then used to delight your family or serve as a welcomed gift.

Purchases

Now is the time to complete your own pre-order form and to mark your calendar for attending the bazaar November 7. Your purchases will give you a wonderful head start on holiday preparations in your kitchen and on collecting a number of nice gift items. Family and friends will enjoy the same benefits when you have extended that invitation to them.



For those who may be away that day or are unable to participate, why not consider writing a check marked "bazaar?" In that way you will have gone straight to the heart of the matter, helping Centenary end the year with greater fiscal stability.

-Submitted by Ida Powell, SPIRE Reporter

October 2009 Spire



THE STORY OF STEPHEN MINISTRY

Stephen Ministry - where did it all begin? It dates back to 1974 when Kenneth C. Haugk, a pastor and clinical psychologist, was pastor of St. Stephen's Lutheran Church in St. Louis. Fresh out of seminary, his strengths and heart were in caregiving ministry, and he was looking forward to making a positive impact on his congregation and community by providing pastoral care to all those experiencing divorce, grief, hospitalization, discouragement, and other life difficulties.

Very quickly, though, he found that the needs for care by far exceeded that which he alone could provide. He faced one of a pastor's greatest frustrations: seeing people slipping through the cracks because their urgent needs were going unmet. In November of 1974, using the scripture from Ephesians 4 "equipping the saints for the work of ministry" Haugk developed a plan. He recruited and trained nine lay people in Christian caregiving. By March 1975 the nine were commissioned as "Stephen Ministers." Their first care receivers included a widower, a blind person, a young woman with cancer, a truck driver forced to retire early and an inactive member struggling with faith issues.

The impact was immediate. People began receiving the focused Christian care they needed. Haugk found he had more time to perform his other pastoral duties.

The story would have ended there, had not two of the Stephen Ministers cornered Haugk on a hot May morning after worship services. "This is good stuff," they said to him. "We're not going to let you go until you promise to bring this ministry to other churches!" Still wearing his vestments and perspiring from the heat, Haugk gave in and agreed to find a way to bring Stephen Ministry to other churches.

In November 1975 the Stephen Ministries organization was founded and began bringing Stephen Ministry to other congregations. It spread like wildfire. Centenary is one of more than 10,000 congregations from more than 150 Christian denominations that now have Stephen Ministry. More than half a million people have been trained as Stephen Ministers. Finally, the story of Stephen Ministry is a million stories and more of caring ministry.

Centenary's Marvelous Mature Methodists are going Munchin' in the Mountains!

Tuesday, October 20 at the Peaks of Otter



Join us for good fellowship and see the beautiful
Fall colors on the Blue Ridge

9:45am - Meet in the parking lot in back of the church and determine car pools or church van riders.

10:00am - Latest Departure time. **Earl Simpson** is our travel coordinator.

10:45am - Arrive at restaurant and sit in dining room area reserved for us

11:00am - Latest time breakfast food will be available for menu orders. There will be no breakfast buffet.

Each person selects and pays for his/her own meal.

A 15% gratuity will be added to each check.

2:00pm - Estimated arrival back at Centenary

Henry Fork Mission Update

During the summer, Centenary United Methodist Women received a "Thank-You" note from the Henry Fork Service Center in Rocky Mount, Virginia. Centenary members have been saving Campbell's soup labels for several years to help the children, families and staff of the Henry Fork Mission purchase a new 15 passenger van. As of May 30, 2009, the mission had banked 1,053,505 UPC labels or 66% of the goal of 1,600,000 labels.

Since 2007, the Dana Tyson Circle has taken responsibility for collecting, clipping and packing the soup labels for the Henry Fork Mission project. We have sent over 2500 UPC labels in the past two years, thanks to the diligent label savers at Centenary.

Keep those labels coming to help meet the goal for the Henry Fork Mission project. Remove the entire label from the cans or boxes and drop them in the basket near the breezeway door. The Dana Tyson Circle members trim the labels to assure that we have the entire UPC and point value education symbol for credit. Thanks again for your mission efforts!

Teddy Bear Drive 2008-09

The 2008-2009 "Children Helping Children" came to an end when Mr. Garland, Ms. Betty, Jennifer Coffey, Taylor Ordway, Rick and Wes Smallshaw gave them to Gleaning For The World.

It was a big success. We had at least 277 stuffed animals and \$302 for transportation. Rick Smallshaw gave the check to the person who accepted them.

The place is very important to the whole world. They collect supplies like shoes, food, medical supplies, etc. They are being sent all over the world right now to people with needs.

You can find out more at www.GFTW.org.

-Submitted by Jennifer Coffey, former Elem. 3-5 student P.S. Teddy Bears will be collected for 2009-2010. Thank you very much for your support.



A Year to Celebrate!

One hundred and forty years ago in 1869, Methodist women organized for mission. Their first project was working to improve the lives of women and children in India. Today we are an organization of one million members working to improve the lives of women, children and youth in over 100 countries including ours.

This is our year to celebrate our history and our successes. Our Annual Meeting in Blackstone, October 24-25 will be our official celebration for the Virginia Conference. Part of this observance will be a special offering of a penny for each year of our missionary work (\$1.40) to be given by each UMW member. Checks may be made out to Centenary UMW and sent to Ann Harper, Treasurer, for the "Birthday Fund" by Sunday Oct. 18. This special offering will be sent to the District Treasurer who will present the District gift at the meeting in Blackstone. The money will be used to further mission projects.

The keynote speaker at the Annual Meeting will be Julie Taylor from the General Board of Global Missions.

CUMC Van "Rushing" Around

Rush Hour Tours-Reserve Your Seat!

"I have been to the luncheons and read the newsletter but this was lightyears beyond. There is nothing like seeing the homes and hearing the stories firsthand!" - donor and recent tour guest

Rush Homes is taking our information sessions on the road! We will offer monthly tours starting in October and going through May. Seating is limited to 10 guests per tour. Stops include our recently completed development on Mays Street in Madison Heights and our new development on Victoria Avenue in Lynchburg (will start construction later this year). Many thanks to Centenary United Methodist Church for donating their van for the tours. All tours are one hour and depart from the Renaissance Theatre (1022 Commerce St.) promptly at 12:05. We encourage guests to arrive at 11:45 in order to find parking and sign in. The fall tour schedule is as follows: Oct. 13, noon (tour is full), Nov. 10, noon, Nov. 18, 5:30 p.m. (if enough interest), Dec. 8, noon

Please call our office to reserve your seat - (434) 455-2120. If you have a group that is interested and one of the dates above will not work, please let us know and we will try to schedule a private tour for you. We hope to see you on the van soon!

-Allison Wingfield, Executive Director

UMW Going NUTS!!!

Big, fat, juicy pecans are on the way from Georgia to enhance your baking projects for holidays and every day. And have you tried them on waffles and pancakes ??? Or just plain in a little bowl like peanuts ??? YUM YUM !!! Centenary UMW will sell pound bags of fresh halves and medium pieces from this year's crop for \$8.00 a piece - same price as last year. The shipping date is Monday, October 26, and we will deliver them if needed. Call Ann Harper 528-2677, Mary Jane Layne 384-2085 or church office 846-4601. Proceeds go to UMW projects. These nuts keep well in the refrigerator and may be frozen for a year.

Centenary's Chimes Ring

Worship on September 13th included a special treat. The congregation got to hear our organ chimes ring for the first time in many years. This is just phase one for Centenary's Chimes. Within October the new state-of-the-art Steeple Chimes system will be installed.

Contributions are still needed to finish the project. Please mark checks for "Steeple Chimes".

October 2009 Spire

Lynchburg District Conference 2009 All Things New - Getting Organized

During the message, Larry Davies said: "The Lynchburg District is not meant to be a church. We are meant to support the church. So, what should be the most important overall purpose of the Lynchburg District? We are to offer support and resources to enable our churches to better serve the mission given to us by Jesus Christ."

"How can we restructure our District to offer quality spiritual leadership and better serve our local churches in four critical areas? Ministry and Missions, Stewardship of Resources, Leadership, Communications."

The Virginia Conference now utilizes a structure based on the common table and so have several of our districts. So, Lynchburg will follow the conference in organizing a common table:

1. The Lynchburg District Common Table is a circle of spiritual leadership empowered by the district to coordinate and prioritize the ministries and resources of the Lynchburg District. The Common Table reports annually to the members of the Lynchburg District and offers recommendations for the goals of the Lynchburg District for the coming year.
2. The Lynchburg District Common Table interprets, engages and advances the vision of the Virginia Conference and the Lynchburg District to benefit the ministry of the local church and our connectional ministry.
3. The Lynchburg District Common Table primarily focuses on strategy, planning and creativity to realize the District vision. District Conference was asked to approve 10 leaders who will spend the next year figuring out how to merge the various committees into four teams who will then report to the common table.
 1. Ministry and Missions
 2. Stewardship of Resources
 3. Leadership
 4. Communications

Common Table for Lynchburg District UMC - Class of 2010

District Superintendent -- Larry Davies
 District Lay Leader -- Fred Fauber
 Ministry and Missions Lay -- Ron Shoultz
 Ministry and Missions Clergy -- Randy Harlow
 Stewardship Lay -- Carl Stinnett
 Stewardship Clergy -- Jim Galford
 Leadership Lay -- Joyce Duncan
 Leadership Clergy -- Rick Ecklund
 Communications Lay -- Al Baughman
 Communications Clergy -- Joe Shoop



Pastor Rick Ecklund addresses the District Conference on the responsibilities of clergy and the District Committee on Ordained Ministry. Pastor Rick was elected one of only ten individuals in our district to be a member of the Lynchburg Common Table. (Photo by Garland Harper).

Study Continuing...

The Christianity & World Religions study continues each Wednesday at 1:30 PM. through October 28 in the Wesley Classroom.

Christianity
AND
World Religions
Reading With Questions (Pages 44)



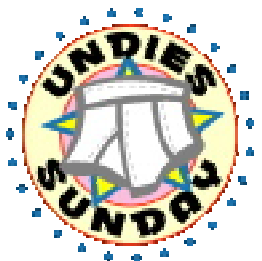
October classes –
 October 7: Buddhism
 October 14: Islam
 October 21: Judaism
 October 28: Christianity
 Please come and learn!

Charge Conference – Oct. 18

Our 2009 Charge Conference will be on Sunday, October 18 at Peakland United Methodist Church (4434 Boonsboro Rd.) We shall be conferencing with Peakland and Boonsboro UMCs. There will be a covered dish dinner and fellowship time at 6pm – Centenary folks are asked to please bring salads & side dishes – followed by the Charge Conference at 7pm.

Undies Sunday is October 25

Please bring new packages of underwear for men, women, and children to church on Sunday, October 25. They will be donated to local area missions for distribution. Thank you!



Thinking Like Christians About Health Care

By Bishop William Willimon, North Alabama Conference

Brother Rowe Wren recently wrote to say, "I would like your thoughts on ... the present health-care bill." In my travels around the conference, I have heard much discussion on this pressing issue before our nation.

I personally find the bill being debated and proposed to be fearfully complicated. But it is an attempt to solve a complicated and expensive problem. Yet we must not be deterred by the complexity.

Above all, we are enjoined to think about this issue and any others like Christians. I'm not sure that I have special light to spread on this subject other than my own attempts to think about this issue in a Christian way. Here, for what they are worth, are some of my responses:

* I hear that most Americans are "happy with their health insurance." I sure am. Our denomination provides our elders

Continued on Page 6

Health Care (continued)

with the most generous of health-care programs. North Alabama Conference heavily subsidizes the health insurance of our retired elders. I am deeply grateful for such support.

We can't leave it at that, however. The most underserved in our society when it comes to health care are poor children. Alabama leads the nation in the number of children who are untouched by medical care, making us also a leader in childhood malnutrition and illness.

As the church, Jesus has given us responsibility for the "least of these." Saying that "I am happy with my health care" is not saying enough. Our concern should not be to protect our entitlements but rather our Jesus-assigned concern is "Am I happy with my neighbor's health care?"

* Scripture tells us that we are "not to bear false witness." It is tough enough to have a national debate over an issue of this complexity without deliberate misinformation being put out on the airways to muddy the conversation and spread unwarranted fear.

* I am so disappointed by our state's members of Congress. Most of them have contributed nothing to this debate. They show a callous disregard for the welfare of their poorest constituents. Let's urge our elected officials to get in the debate and craft good legislation.

We have the most expensive health-care system in the world that leaves out millions because, while it is not government run, it is dominated by the insurance companies. I'm glad that our elected representatives have health care; thousands of their constituents don't.

* I fully trust the American Medical Assn. (AMA) and our doctors to worry about health care. They say we need dramatic reform. Methodists should care about those who can't get health care as much as the AMA is concerned.

I visit church after church where the congregation is having to pull together and provide funds - thank goodness! - for people in their congregation or community who have suffered catastrophic financial loss due to huge medical bills. Some of our health-care professionals volunteer every year to work in medical missions where Christians are trying to help those left out of our health-care system.

Why? We think about these issues with scripture, with Luke 10 where, in one of Jesus' favorite stories, the Samaritan says, "Take care of the wounded man and when I return I will repay you whatever it costs."

It would be great for every pastor and church to explore how your congregation can prayerfully, thoughtfully respond to this issue. Surely we can do better than the likes of TVs Glen Beck and Joe Scarborough.

Of course, they have no desire to think about this issue with Jesus, and it shows. But we do! Read Luke 10:25-35! Then, "go and do likewise."

Bazaar Casserole Recipes!

WILD RICE TURKEY BAKE

To cook wild rice, combine 1-1/2 cups washed rice with 4 cups water in heavy saucepan. Cover and cook for 30-45 minutes or until tender. Drain off any excess water.

Prep Time: :20 Cook Time: :45

Ingredients:

- 3 cups cooked wild rice
- 3 cups chopped cooked turkey
- 16 oz. pkg. frozen french cut green beans, thawed
- 17 oz. jar alfredo sauce
- 1/2 cup soft bread crumbs

Preparation:

Preheat oven to 350 degrees. Mix rice, turkey, green beans and alfredo sauce in large bowl. Place in 12x8" glass baking dish and sprinkle with bread crumbs. Bake at 350 degrees for 45-50 minutes until casserole bubbles at the edges and bread crumbs are browned.

To freeze, undercook rice by 10 minutes. Do not thaw green beans. Mix all ingredients and place in baking dish. Wrap well and attach small freezer bag with bread crumbs. Label and freeze up to three months. To thaw and reheat, thaw casserole overnight in refrigerator. Uncover, sprinkle with bread crumbs, and bake at 350 degrees for 50-65 minutes until bubbly and thoroughly heated. Serves 6

SANTA FE CHICKEN

Prep Time: :15 Cook Time: :35

Ingredients:

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 Tbsp. olive oil
- 9 oz. pkg. frozen fully cooked diced chicken
- 2 (15 oz.) cans black beans, drained and rinsed
- 24 oz. jar thick and chunky salsa
- 1 cup taco sauce
- 8 corn tortillas
- 1 cup sour cream
- 2 cups shredded Cojack cheese

Preparation:

In medium microwave safe bowl, cook onion and garlic in olive oil on HIGH for 2-3 minutes until tender. Stir in frozen chicken, black beans and salsa. (If freezing, cool onion and garlic mixture before adding frozen chicken.)

In 2 quart glass baking dish, pour taco sauce. Lay four corn tortillas over sauce. Top with half of chicken mixture. Spoon on half of sour cream in small dollops. Sprinkle with half of cheese. Top with remaining tortillas, chicken mixture, sour cream and cheese. Cover with foil. At this point, you can wrap the casserole well and freeze up to 3 months.

Bake at 350 degrees for 25-35 minutes until bubbly. Uncover and bake 5-10 minutes longer until cheese is melted. If frozen, thaw casserole overnight in refrigerator, then bake covered at 350 degrees for 35-45 minutes until bubbly; uncover and bake until cheese melts. Serves 6

October is



October 2009 Spire

**2009 Operating Budget
through September 28, 2009**

Receipts:

Pledged Offering	146,026
Unpledged Offering	28,672
Loose Plate Offering	1,895
Church School Offering	2,032
From Rustburg UMC	2,000
From UMFS	2,400
Miscellaneous Offering	675
Easter Offering	5,545
Shortfall Offering	5,137
Interest Income	343
From Memorials	1,591
Total Receipts.....	\$196,316

Expenses:

Apportionments	-19,405
Pastor Support	-49,848
Program Support	-9,461
Building & Grounds	-47,326
Office Support	-12,763
Staff Support	-71,337
Total Expenses.....	\$210,140

Benevolence Receipts

Outside of Budget

Stephen Ministries	4,438
Fellowship Fund	1,298
Sager Brown Trip	279
JIFF	1,346
Pennies with a Purpose	606
Souper Bowl	200
Operation Teddy Bear	303
UMCOR/Conference	310
Local Benevolences	258
Health Ministry	100
TOTAL	\$9,138

Stewardship - September 2009

Operating Budget

September 6	17,986
September 13	5,531
September 20	2,754
September 27	4,852

MEMORIAL GIFTS

InMemoryofMr.&Mrs.C.T.Bryant

Darlene Bryant

InMemoryofConradDodl

Daphne & Eddie Mitchell
Robert Newbill

William & Mary Jane Cameron
Rex & Marjorie Butler Amy
Rummell Grubaugh Clifton
& Virginia Hawkins Chapel
Class

InMemoryofEddieMitchell

Ida & Bill Powell
Terrell & Doris Moseley
Eliot & Irene Marcellus
Anne & Jack Irons
Ernestine Dodl
Aubrey & Ann Mehaffey
Katherine & Doug Sasser
Mary Jane & Charlie Layne
Helen Morgan
Chapel Class
Pauline Simmons
Dayne and Norma Jean Duke

Bazaar Recipes Continued

HAM AND POTATO CASSEROLE

Ingredients:

- 2 lbs. Southern style frozen hash brown potatoes, thawed
- 1 can cream of chicken soup
- 1/2 c. melted butter
- 16 oz. sour cream
- 2 c. cubed ham
- 1/2 tsp. pepper
- Topping:
- 1/3 c. chopped onion
- 1 1/2 c. shredded Cheddar cheese
- 1/4 c. butter, melted

Preparation:

Combine all casserole ingredients and mix well. Place in casserole dish. Combine topping ingredients; sprinkle on casserole. Bake at 350°F for 1 hour.

PASTA BAKE

Chef's Choice! Any noodle based pasta dish you wish. Please indicate a description on the label with heating instructions.

INSIDE THIS ISSUE

Fantastic Fall Bazaar Planned	1
Pastor's Letter	2
MMMs to Munch in the Mountains	3
UMW going Nuts (again!)	4
Underwear Needed for Worship October 25	5
Bazaar Casserole Recipes	6



SHARE Packages available for October

Call in by 10/11. Pickup on 10/24

REGULAR PACKAGE - \$20: Tyson Skillet Creations: grilled chicken

Tuscany & penne, 24 oz.; 1# (pound) ham steak, Hillshire turkey smoked sausage & cheddar cheese, Arctic Shores fish sticks, 1# frozen blueberries, 1# vegetable mix for stir fry, 1# fig newtons, 3# potatoes, Onions, Apples, additional produce

STEAK PACKAGE - \$20: 6 (6 oz.) boneless New York strip steaks & 6 (6 oz.) rib-eye steaks. 12 steaks!!

CHICKEN BREAST NUGGETS - \$6: 2 pound package of chicken nuggets. Just cook and eat. Kids love them!

PORK SAUSAGE PATTIES - \$20: 10# case of fully cooked, pork sausage patties.

OCTOBER SUPPER TIME CONVENIENCE ENTREES - \$20: Each box will include (7) 14 oz. meals that are ready to cook in the oven or microwave. Each meal will include 3-4 ounces of protein. All sauces will be low fat and low salt gravies, tomato/marinara sauces. Beef Stir Fry with Broccoli Florets over Rice; Lasagna with Meat Sauce; Grilled Chicken Breast Alfredo with Penne Pasta and Broccoli Florets; Manicotti with Marinara Sauce; Julianne Ham Strips, With Mashed Potatoes and Super Sweet Corn; Turkey Breast Medallions with Roasted Potatoes and Californian Blend Mixed Vegetables; Chicken Cacciatore: Grilled Chicken Breast with Peppers and Onions with Sauce over Linguine.

SHRIMP PACKAGE - \$9: 2 pounds of breaded ready to cook shrimp, Market Day Label.

SHARE (Self Help and Resource Exchange) is a nonprofit volunteer service and food distribution program that helps people at all income levels stretch their food dollars. Each month, participants pay \$20 in cash or food stamps (EBT) and complete two hours of community service. They get a food package of fresh and frozen meats, produce, specialty items and staples that would cost \$40 at the grocery store.

Call Paula or Chris Howell - 847-8138

**Centenary United Methodist Church
1501 Rivermont Avenue
Lynchburg, VA 24501**

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