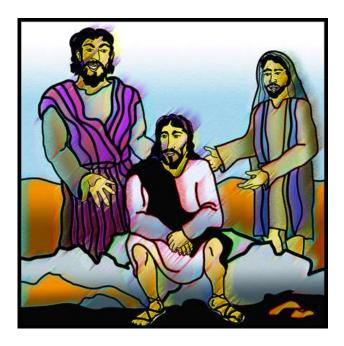
# **Twenty-Second Sunday after Pentecost**



# **Concordia Lutheran Church**



40 Pitkin Street Manchester, Connecticut, 06040

Concordia's WHY/Purpose Statement

To be a welcoming and inviting community empowered by the Word of God; So that we may work for social justice and exhibit compassion for all

## October 20, 2024

\*\*Hearing devices for the service are available if needed, kindly contact an Usher\*\*

**Introduction:** Today's gospel starts with disciples obsessing over who will be closest to Jesus, leading to Jesus teaching his followers about God's take on importance and power. Here Jesus makes it explicit that the reversal of values in God's community is a direct challenge to the values of the dominant culture, where wielding power over others is what makes you great. When we pray "your kingdom come" we are praying for an end to tyranny and oppression. We pray this gathered around the cross, a sign of great shame transformed to be the sign of great honor and service.

#### We prepare for worship in quiet prayer and meditation

#### Welcome!



Prelude

Benedictus - Max Reger

John Anderson, Organist

#### **Confession and Forgiveness**

All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.

Blessed be the holy Trinity, + one God, who forgives all our sin, whose mercy endures forever. **Amen.** 

Let us confess our sin and come to God for healing.

# Please kneel as you are able. Silence is kept for reflection.

Gracious God, have mercy on us. We confess that we have honored you with our lips, but have harmed our neighbors with our tongues. The cravings at war within us cause conflicts and disputes. In our desire to be first we make distinctions among ourselves. We place the needs of the poor and the suffering last. In your great mercy, forgive us our sins. Draw near to us with grace in time of need. and turn us to follow in the way of Jesus Christ. our Savior and Lord. Amen. God promises to forgive our iniquity and to remember our sin no more. By grace you have been saved. In the name of + Jesus Christ, the source of eternal healing, your sins are forgiven.

#### Amen.

#### Gathering

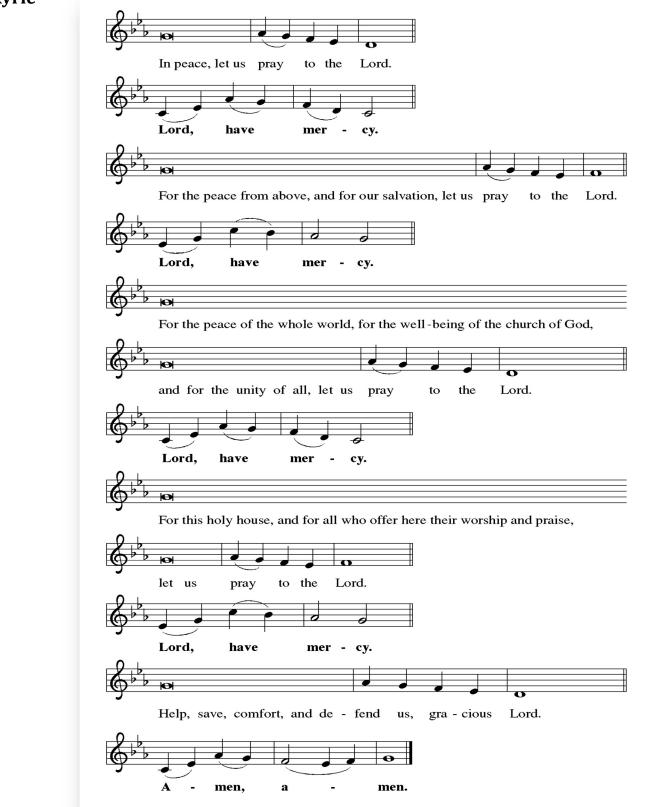
**Gathering Hymn** 

Lord, Speak to Us, That We May Speak

#### Greeting

The grace of our Lord Jesus Christ, the love of God and the communion of the Holy Spirit be with you all. **And also with you.** 

#### Kyrie



Gloria



4



#### **Prayer of the Day**

Sovereign God, you turn your greatness into goodness for all the peoples on earth. Shape us into willing servants of your kingdom, and make us desire always and only your will, through Jesus Christ, our Savior and Lord. **Amen.** 

All are seated.



## Word

#### **First Reading**

#### Isaiah 53:4-12

This reading is from the last of four passages in Isaiah that are often called "servant songs." Christians are probably most familiar with this servant song. In light of Christian faith, the servant's healing ministry and redemptive suffering are understood to be fulfilled in the life and death of Christ.

<sup>4</sup>Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken,

struck down by God, and afflicted.

<sup>5</sup>But he was wounded for our transgressions,

crushed for our iniquities;

upon him was the punishment that made us whole,

and by his bruises we are healed. <sup>6</sup>All we like sheep have gone astray; we have all turned to our own way, and the LORD has laid on him the iniquity of us all.

<sup>7</sup>He was oppressed, and he was afflicted, yet he did not open his mouth;
like a lamb that is led to the slaughter, and like a sheep that before its

shearers is silent,

so he did not open his mouth.

<sup>8</sup>By a perversion of justice he was taken away.

Who could have imagined his future? For he was cut off from the land of the living,

stricken for the transgression of my people.

<sup>9</sup>They made his grave with the wicked and his tomb with the rich,

although he had done no violence, and there was no deceit in his mouth.

 $^{10}\mbox{Yet}$  it was the will of the LORD to crush him with pain.

When you make his life an offering for sin,

he shall see his offspring, and shall prolong his days;

through him the will of the LORD shall prosper.

<sup>11</sup>Out of his anguish he shall see light; he shall find satisfaction through his knowledge.

The righteous one, my servant, shall make many righteous,

and he shall bear their iniquities.

<sup>12</sup>Therefore I will allot him a portion with the great,

and he shall divide the spoil with the strong;

because he poured out himself to death, and was numbered with the

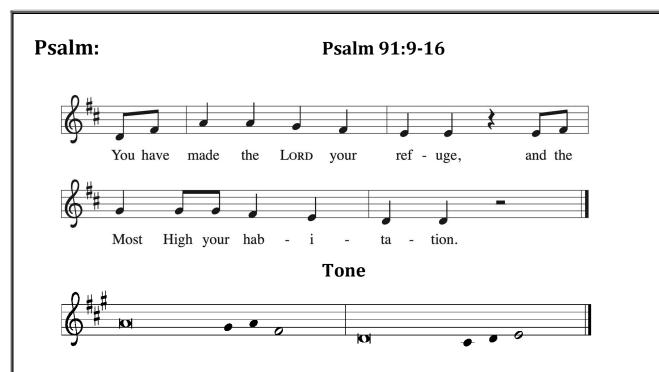
transgressors;

yet he bore the sin of many,

and made intercession for the transgressors.

The Word of the Lord.

Thanks be to God.



You have made the Lord your refuge, and the Most High your habitation. (Ps. 91:9)

<sup>9</sup>Because you have made the <sup>|</sup> LORD your refuge,

and the Most High your | habitation,

<sup>10</sup>no evil | will befall you,

nor shall affliction come | near your dwelling.

<sup>11</sup>For God will give the angels charge I over you,

to guard you in I all your ways.

 $^{12}\mbox{Upon their hands they will}$  bear you up,

lest you strike your foot a- | gainst a stone. R

<sup>13</sup>You will tread upon the lion <sup>I</sup> cub and viper;

you will trample down the lion  $\ensuremath{^{|}}$  and the serpent.

<sup>14</sup>I will deliver those who | cling to me; I will uphold them, because

#### they | know my name.

 $^{\rm 15}{\rm They}$  will call me, and I will  $^{\rm I}$  answer them;

I will be with them in trouble; I will rescue and I honor them.

<sup>16</sup>With long life will I | satisfy them, and show them | my salvation. R

#### **Second Reading**

**Hebrews 5:1-10** 

Using imagery from scripture and from Jewish worship practices, Jesus is presented as the great high priest who was obedient to God's saving plan. Through his suffering and death he has become the source of eternal salvation.

<sup>1</sup>Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. <sup>2</sup>He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; <sup>3</sup>and because of this he must offer sacrifice for his own sins as well as for those of the people. <sup>4</sup>And one does not presume to take this honor, but takes it only when called by God, just as

#### Aaron was.

<sup>5</sup>So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

"You are my Son, today I have begotten you"; <sup>6</sup>as he says also in another place,

"You are a priest forever,

according to the order of Melchizedek." <sup>7</sup>In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save

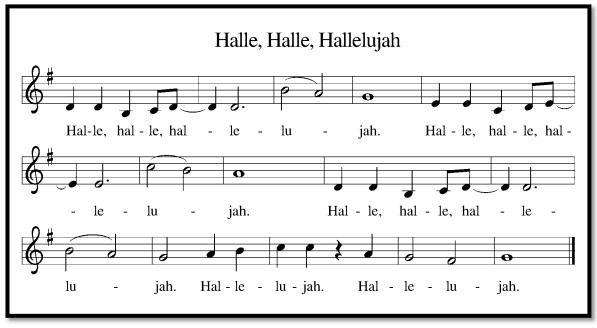
#### All Stand as able.

him from death, and he was heard because of his reverent submission. <sup>8</sup>Although he was a Son, he learned obedience through what he suffered; <sup>9</sup>and having been made perfect, he became the source of eternal salvation for all who obey him, <sup>10</sup>having been designated by God a high priest according to the order of Melchizedek.

The Word of the Lord.

Thanks be to God

#### **The Gospel Acclamation**



#### Gospel

#### Mark 10:35-45

Jesus has been teaching his disciples about what is most valued in God's eyes. Now, a conversation with a rich man brings his message home to the disciples in a way that is surprising but unforgettable.

A reading from the Holy Gospel according to Mark.

#### Glory to you, O Lord.

<sup>35</sup>James and John, the sons of Zebedee, came forward to him and said to him, "Teacher, we want you to do for us whatever we ask of you." <sup>36</sup>And he said to them, "What is it you want me to do for you?" <sup>37</sup>And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." <sup>38</sup>But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" <sup>39</sup>They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; <sup>40</sup>but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

<sup>41</sup>When the ten heard this, they began to be angry with James and John. <sup>42</sup>So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them,

All are seated.

#### Sermon

All stand as able.

Hymn of the Day

Will You Let Me Be Your Servant

#### **Apostle's Creed**

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was

buried; he descended to the dead.\*

On the third day he rose again;

he ascended into heaven, he is seated at the right hand of the

Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Amen.



and their great ones are tyrants over them. <sup>43</sup>But it is not so among you; but whoever wishes to become great among you must be your servant, <sup>44</sup>and whoever wishes to be first among you must be slave of all. <sup>45</sup>For the Son of Man came not to be served but to serve, and to give his life a ransom for many." The Gospel of the Lord.

Praise to you, O Christ.

Reverend Rolf Hedberg

ELW 659

#### **Prayers of Intercession**

Challenged by God's Word in Christ, let us pray for the church, the world, and the whole creation.

#### A brief silence.

Holy One, we give thanks for all servant leaders of the church. Bless bishops, pastors, and deacons with humble wisdom and ground them in your love. God of grace, **hear our prayer.** 

Creative One, we give thanks for the delicate balance of the natural world. Kindle in us a spirit of caring strength in the preservation of habitats, food availability, and centers of refuge, that all wildlife may thrive. God of grace,

#### hear our prayer.

Empowering One, fill the leaders of governments with a spirit of service that prioritizes those on the margins due to job loss, underemployment, unsafe working conditions, and immigration status. May economic equity be achieved for all people. God of grace, **hear our prayer.** 

Restoring One, send your angels to watch over, rescue, and protect those who are injured or ill. Nurse those who suffer hardship, disease, injury, or difficulty with your comfort and peace especially those in our prayer list. God of grace,

#### hear our prayer.

Abiding One, you call pastors to shepherd the congregation toward faithful living as servants and followers of Jesus. Inspire all ordained ministers and seminarians to ministry that challenges, engages, and comforts those in their care. God of grace, **hear our prayer.** 

Saving One, we give thanks for the disciples James and John and all saints who have faithfully served you. We rejoice in a promised place at the feast of victory that we receive by your grace alone. God of grace,

#### hear our prayer.

Into your hands, O God, we commend all for whom we pray, trusting in the saving grace you freely give, both now and forever.

#### Amen.

#### **Exchange of Peace**

The peace of Christ be with you always. And also with you.



#### All are seated.

## Meal

#### **Offertory Hymn**

We Place Upon Your Table, Lord

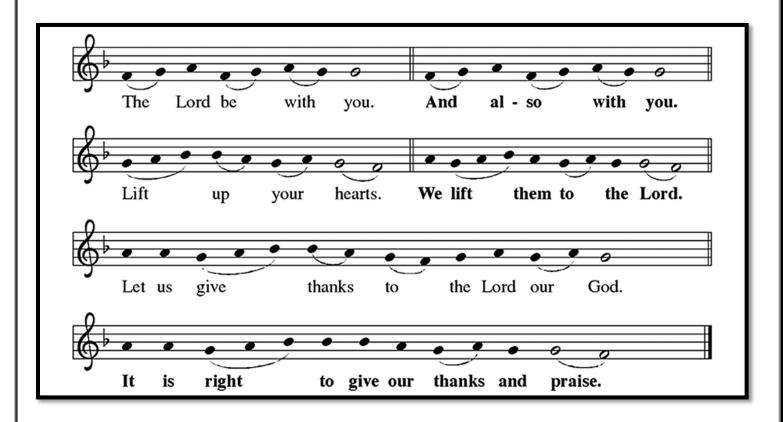
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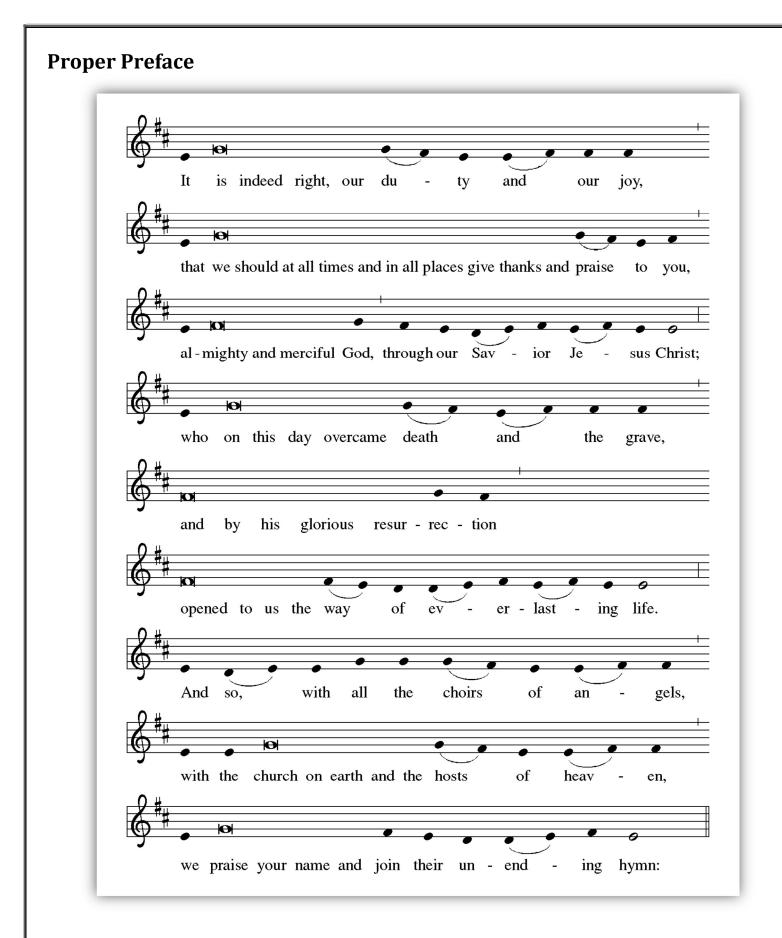
#### All stand as able.

#### **Offertory Prayer**

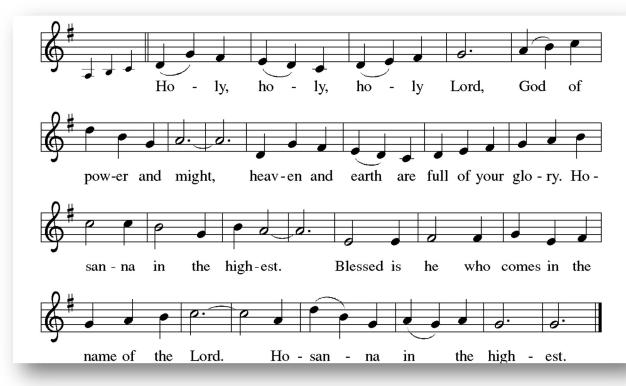
Blessed are you, O God, source of every gift of your creation. By these gifts and with our lives, help us to serve one another and all in need, through Jesus Christ, our Savior and Lord. **Amen.** 

#### Dialogue





#### Sanctus



#### Thanksgiving at the Table

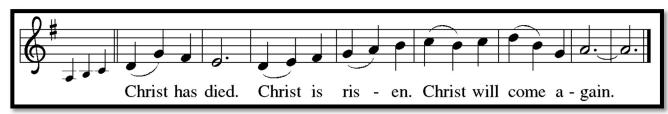
Holy God, holy and mighty, holy and immortal: you we praise and glorify, you we worship and adore.

You formed the earth from chaos; you encircled the globe with air; you created fire for warmth and light; you nourish the lands with water. You molded us in your image, and with mercy higher than the mountains, with grace deeper than the seas, you blessed the Israelites and cherished them as your own.

That also we, estranged and dying, might be adopted to live in your Spirit, you called to us through the life and death of Jesus.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Together as the body of Christ, we proclaim the Lord's death until he comes:



With this bread and cup we remember your Son,

the first-born of your new creation.

We remember his life lived for others,

and his death and resurrection, which renews the face of the earth.

We await his coming,

when, with the world made perfect through your wisdom,

all our sins and sorrows will be no more.

#### Amen. Come, Lord Jesus.

Holy God, holy and merciful one, holy and compassionate, send upon us and this meal your Holy Spirit, whose breath revives us for life, whose fire rouses us to love. Enfold in your arms all who share this holy food. Nurture in us the fruits of the Spirit, that we may be a living tree, sharing your bounty with all the world. **Amen. Come, Holy Spirit.** 

Holy and benevolent God,

receive our praise and petitions,

as Jesus received the cry of the needy,

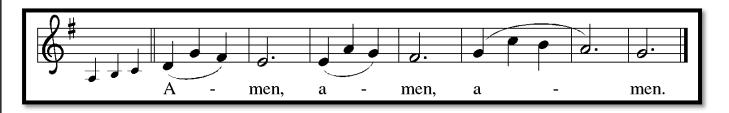
and fill us with your blessing,

until, needy no longer and bound to you in love,

we feast forever in the triumph of the Lamb:

through whom all glory and honor is yours, O God, O Living One,

with the Holy Spirit, in your holy church, now and forever.



#### Lord's Prayer

With hearts set on God's kingdom and hands open to serve our neighbor, let us pray as Jesus taught us.



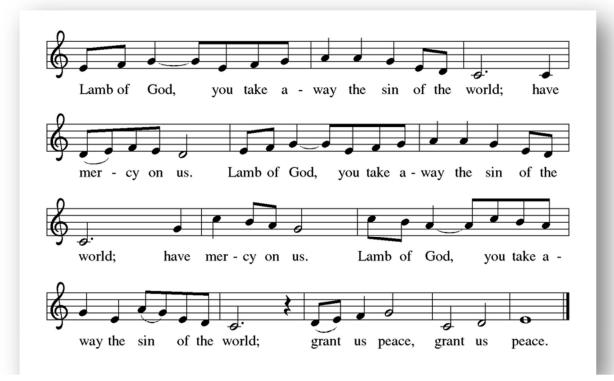
Our Father in Heaven, Hallowed be your name, Your kingdom come, Your will be done, On earth as it is in heaven. Give us today our daily bread. Forgive us our sins, As we forgive those who sin against us. Save us from the time of trial, And deliver us from evil. For the kingdom, the power, And the glory, are yours, Now and forever, Amen.

#### Invitation

Jesus welcomes you to this table. Come, here is your God.

#### All are seated.

## Lamb of God



#### Anthem

The Church of Christ, In Every Age

#### All stand as able.



#### **Communion Blessing**

The body and blood of our Lord and Savior Jesus Christ strengthen you and keep you in God's grace.

#### Amen

#### **Prayer after Communion**

Holy God, you have welcomed us to this meal and fed us with dignity at your table. Send us now to welcome others and to be at peace with one another, through Jesus Christ our Lord. **Amen.** 

#### Blessing

God all mighty, God most merciful + bless you, keep you, And give you peace. Amen.

## Sending

Sending Hymn	Master, Let Me Walk With Yo	<i>ELW</i> 818
Dismissal		
Go in peace. Follow Je <b>Thanks be to God.</b>	esus.	
Postlude	Festival Voluntary - Flor Peeters	John Anderson, Organist

## + + + To God Be the Glory + + +

Serving in Worship Today			
Presiding:	<b>Reverend Rolf Hedberg</b>	Assisting Minister(	

Tina Sollinger-Ruggiero

Sandy Baranowski

Mark Winzler

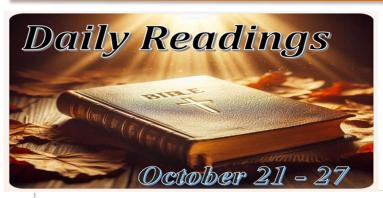
Organist: John Anderson

Ushers:

(s):

# **Brief Announcements**

- > If you wish to have someone remembered on All Saints Sunday, please write the name of the person in the book which will be in the Narthex on Sundays, until *Sunday, October 27th*. Please see the flyer in CLC calendar.
- This year's Stewardship Sunday will be on Sunday, November 17, 2024, Pastor Rolf will be communicating more on this, and you'll be hearing from the committee in the next few weeks!
- Stewardship Committee, kindly stay for our scheduled meeting today after service.
- > Pop Up Store are now collecting (*throughout the whole school year*) healthy snacks for Highland Park Elem. School – please bring in healthy snacks with you to our next service!
- Please check out the flyers for upcoming CLC and community events!



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
Psalm 37:23-40	Psalm 37:23-40	Psalm 37:23-40	Psalm 126
1 Samuel 8:1-18	1 Samuel 10:17-25	1 Samuel 12:1-25	Jeremiah 23:9-15
Hebrews 6:1-12	Hebrews 6:13-20	John 13:1-17	Hebrews 7:1-10
<u>Friday</u>	<u>Saturday</u>	Sunday, October 27, Reformation Sunday	
Psalm 126	Psalm 126	Jeremiah 31:7-9	
Jeremiah 26:12-24	Jeremiah 29:24-32	Psalm 126	
Hebrews 7:11-22	Mark 8:22-26	Hebrews 7:23-28	
		Mark 10:46-52	

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# Prayers of the Community

Contact parish office for Prayer requests. Names will be held in prayer for one month, unless otherwise requested.

Date Requested	Praying for (person/family)	Prayers for	Requested by:
10/7/2024	Mark & Candace Wilson and Family	As they grieve the passing of Frank, Mark's Father.	Candace Wilson
10/2/2024	Robert Feder	Resilience, comfort, and healing amidst profound health challenge since March 2023.	Gail Feder
9/29/2024	Dan Burnett	Strength, comfort, and healing during this significant health challenge.	Carol Burnett
9/19/2024	The family of Revered Dr. Paul D. Krampitz and the congregation of Bethany Lutheran Church in Cromwell.	As they grieve Pastor Krampitz' passing	Mark Winzler
9/19/2024	Ed Brainerd	Skilled hands of the medical team , a successful surgery and smooth recovery	Jane Casserly

For Concordia's ongoing transition process.

The Intentions of this Community:

- Concordia Nursery School Students and their families
- ✤ The work of MACC
- For our Cub Scout Pack and Scout Troop
- For Licensed Lay Minister Beatrice Luciano and Ministerio Nueva Creación
- For Pr. Simpson and the people of New Horizons
- For our Friends at Emanuel Lutheran and former members of St. Mary's now merged with St. John's Episcopal Church in Vernon.

**Concordia Lutheran Church** 

Reverend Rolf Hedberg, Transitional Pastor Mrs. Margie Gallagher, Parish Administrator

40 Pitkin Street, Manchester, CT 06040

A (860)649-5311

office@concordiamanchester.org

www.concordiamanchester.org  $\oplus$ 

Church Office Hours: Monday - Thursday, 9 a.m. to 2 p.m.



# Concordia Lutheran Church Calendar

Date of Event	Event	Location	<u>Time</u>
Sunday, October 20, 2024	Stewardship Committee Meeting	Concordia Lutheran Church	After Service
	November 2024 CHIMES	Email Margie at	
Thursday, October 24, 2024	Content Due!!!!!	office@concordiamanchester.org	9 a.m. to 2 p.m.
Friday, October 25, 2024	MNC Men's Group Meeting	Concordia Lutheran Church	6:30 to 8:30 p.m.
Saturday, October 26, 2024	Pop Up Store	Concordia Lutheran Church	10 a.m. to 2 p.m.
Saturday, November 2, 2024	<b>Congregational Council Meeting</b>	Concordia Lutheran Church	After Service
Sunday, November 3, 2024	All Saints Sunday	Concordia Lutheran Church	10:00 a.m.
Sunday, November 17, 2024	Stewardship Sunday	Concordia Lutheran Church	TBA
	Healthy Snacks for Highland Park		
All throughout School Year	Elementary School	Concordia Lutheran Church	All Day



**POP UP Store** 

**Healthy Snacks for** 

Examples:

# Stewardship Committee

Will Be

Meeting After Church

On <u>October 20<sup>th</sup>.</u>

Highland Park Elementary School

School is now *in session* and we are graciously requesting from our congregation: *healthy, non-perishable snacks* (*no nuts please*).

We will be collecting **all school year**, kindly shop for healthy snacks and bring

#### The next **M**inisterio **N**ueva **C**reación's Men's Group Meeting is on



Friday, October 25<sup>th</sup> at Concordia from 6:30 p.m. to 8:00 p.m.

*Everyone* is welcome, and *Chinese Food* will be provided!



#### The Topic: Our Journeys to Faith

If interested, please contact <u>David Smith</u>, or sign up in the church office, or call 860.649.5311.

#### All Saints Sunday November 3, 2024



Each year on **All Saints Sunday** we remember Concordia members as well as relatives and friends of Concordia members who have completed their earthly pilgrimage since last year's (*November 5, 2023*) All Saints Sunday.

If you wish to have someone remembered on All Saints Sunday, please *either*:

a) Write the name of the person in the book which will be in the Narthex on *Sundays beginning <u>October 6</u>*.

<u> 0R</u>

b) Call (860-649-5311) or e-mail (office@concordiamanchester.org) our Parish Administrator, Margie Gallagher, who will be sure that the name is included.



Please submit all names no later than <u>Sunday, October 29</u>.



them with you to our next service!



## **Community Upcoming Events**



Date of Event	Event	Place	<u>Time</u>
	Manchester Women's Club	11 Center St.	
Monday, October 21, 2024	Meeting	(Congregational Church)	6:30 p.m. to 8 p.m.
	Northwest Park Farmer's	448 Tolland Tpk	
Wednesday, October 23, 2024	Market	(Northwest Park)	4 p.m. to 7 p.m.
	New England Women of the		
	ELCA 13th Biennial Convention	Calumet Camp and Conference	
Thursday, October 24, 2024	& Gathering	Center	All Day
	Northwest Park Farmer's	448 Tolland Tpk	
Wednesday, October 30, 2024	Market	(Northwest Park)	4 p.m. to 7 p.m.
		385 North Main St.	
Saturday, November 2, 2024	New England Country Fair	(2nd Congregational Church)	9 a.m. to 3 p.m.
		10 Polling locations,	
Tuesday, November 5, 2024	Presidential Election	pls scan the QR code in the flyer.	6 a.m. to 8 p.m.
	16th Annual Emergency of	-	
Nov. 9th, 10th, 16th, & 17th	Hunger Food Drive	Local Food Pantry	

## Women's Club

Next date: Monday, October 21, 2024 | 06:30 PM to 08:00 PM

Ladies, if you would like to have fun and make new friends while helping the community, then we are looking for you! Check out the Manchester Women's Club, we meet the 3rd Monday of the month 6:30 - 8:00 p.m. at Center Congregational Church - 11 Center Street (next door to the Town Hall. Enter through the Nursery School door on the left side of the building.)

Mancy

We do a wide variety of volunteer activities to help

others in the community, such as Little Free Libraries for children, projects for Vets and MACC, as well as social activities to get to know each other. We have speakers come in from the community on a variety of topics. We would love to have you join us!

For more information:

www.manchesterwomensclub.org



#### Northwest Park Farmer's Market 2024

Northwest Park Farmers Market will be open on Wednesdays, September 4 through October 30, 2024, from 4:00 PM-7:00 PM at Northwest Park, 448 Tolland Turnpike, Manchester, CT.

Local vendor selections are thoughtfully curated to include diverse foods and business owners; with products including: fresh fruits & vegetables,

eggs, honey, maple syrup, baked goods, food trucks/tents, and artisans. See the weekly theme and vendor list at https://www.facebook.com/NorthwestParkFarmersMarketCT

Our market accepts SNAP/EBT payments & will double the value of SNAP purchases up to \$30.00 (spend \$30.00 using your EBT card to receive an additional \$30.00 to spend on SNAP-eligible items). In addition, all children in attendance will receive a \$2.00 Power of Produce (POP) voucher at each market for use on any fresh produce. Visit our Welcome Table for assistance.

#### When

16 0004104-00 DM 07-00 DM Wednesday, October 23, 2024 | 04:00 PM - 07:00 PM Wednesday, October 30, 2024 | 04:00 PM - 07:00 PM



Contact (860) 647-3089 cacanto@manchesterct.gov

Cost

Free



Scan Me





#### New England Women of the ELCA 13th Biennial Convention & Gathering

Affordable \* Room and Meals \* Community \* Bible study \* Worship Full convention incudes 2 nights and 7 meals \$252 Staff House | \$263 Conference center | \$315 Village Cabins

Register now for the 13th Convention & Gathering taking place from October 24 - 26, at Calumet Camp & Conference Center.

#### **Election Workers**

The Manchester Registrars of Voters is looking to hire residents to be paid election officials to work at the polls for the upcoming Presidential Election, Tuesday, November 5, 2024 and any other future elections. We are looking for dedicated citizens who care about their community, who want to ensure that each vote counts, and who want each voter to have the best possible voting experience. This is an opportunity to fulfill an important civic duty and to get paid as well. It is a very satisfying day, as you assist in the ultimate democratic right and process-voting.

Scan me for more information, or contact the **Registrars** of Voters office by emailing your contact information to: registrar@manchesterct.gov or visiting:



manchesterct.gov/vote





#### 16th Annual Emergency of Hunger Food Drive



#### Support Your Local Food Pantry!

#### November 9th, 10th, 16th, & 17th, 2024

Ambulance Service of Manchester and other local fire and police will be collecting food and gift card donations during this food drive to support MACC Charities, HVCC, and South Windsor Food and Fuel Bank, sustaining these food pantries/banks for the winter months. All donations will go to fighting food insecurity in our local

community.



#### 16th ANNUAL

#### EMERGENCY OF HUNGER FOOD DRIVE

#### PANTRY NEEDS LIST

Help a neighbor in need this holiday season by purchasing an item from the list below to fight food insecurity in your community. All items will be given to the Community Emergency Food Pantry – MACC Charities.

- Whole Chickens
- Pumpkin & Apple Pie
- Instant Potatoes / Stuffing
- Fried Onions
- Gravy and Cranberry Sauce
- Hot Chocolate
- Coffee (Regular, Decaf or Instant)
- Canned Veggies
- Toiletries and Hygiene Products
- Peanut Butter / Jelly
- · Baking Mix (Cake & Brownie)
- Cooking Oil / Butter
- Rice / Rice Mixes
- Beans
- Ketchup / Mayonnaise
- Fresh Fruit and Veggies
- Sugar / Flour
- Pasta / Pasta Sauce
- Ramen Noodles
- Chili / Beef Stew / Canned Pasta







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