

500



REFORMATION

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An Order for the Public Worship of God

REFORMATION SUNDAY
AND
KIRKIN' O' THE TARTANS

First Presbyterian Church (USA)

Albemarle, North Carolina

Founded in 1898

Eleven o'clock in the morning

The Twenty-Ninth Day of October

Two Thousand and Seventeen A.D.

A SERVICE FOR THE WORSHIP OF GOD

IN PREPARATION FOR WORSHIP

On August 17, 1560, reformer John Knox and five of his colleagues presented the first reformed Confession of Faith written in the English language to the Parliament of Scotland. 'The Scots Confession', as it is now known, united all of Scotland in its politics and in the church. From that day on, the nation was united under a Protestant Flag, emblazoned with the cross of St. Andrew. It was the birth of the Church of Scotland, and Presbyterianism became a new denomination of Christians. We celebrate the 500th anniversary of the beginning of the Protestant Reformation and our Scottish heritage. It is from an unadorned Calvinist faith of Word and Sacrament, preached passionately in Scotland by the great reformer, John Knox, during the sixteenth century that the First Presbyterian Church continues to draw its life and mission. With voices singing and bagpipes playing, we offer our worship to the Glory of God.

PRELUDE

Thomas Hahn, bagpipes

*CALL TO WORSHIP

Reverend Elizabeth McNair Ayscue

*From a prayer by Peter Marshall (b. Scotland 1902),
originator of the service leading to the Kirkin' o' the Tartans in the United States.*

One: We do need you, Lord.

Many: We need you now.

One: We know that we can do without many of the things that once we thought were necessities,

Many: But without you we cannot live, and dare not die.

One: We needed you when shadows were thrown across the thresholds of our lives,

Many: And you did not fail us then;

One: When sickness laid a hand upon our families,

Many: And we cried to you, and you did hear.

One: Speak to us, that we may have courage for hard times, strength for difficult places, determination for challenging tasks.

Many: We ask of you no easy way, but only your grace that is sufficient for every need,

One: So that no matter how hard the way, how challenging the hour, how dark the sky,

Many: We shall be enabled to overcome. Praise be to God!

*PROCESSION OF THE TARTANS

Thomas Hahn, bagpipes

*Tartans are carried by members and friends of First Presbyterian Church, Norwood,
Locust Presbyterian Church, and First Presbyterian Church, Albemarle.*

*CHORAL INTROIT

A Mighty Fortress Is Our God

Martin Luther, arr. Roger Price

A Mighty Fortress is one of the best-loved hymns of the Lutheran and Protestant traditions. After its publication, it gained immense popularity throughout reformed Europe. Hymnologist, Louis Benson, has written: *It was the 'Marseillaise' of the Reformation. It was sung at Augsburg during the Diet, and in all the churches of Saxony, often against the protest of the priest. It was sung in the streets...and by poor Protestant emigrants on their way into exile, and by martyrs at their death. It is woven into the web of the history of Reformation times, and it became the true 'national anthem' of Protestant Germany. It has had a part in countless celebrations commemorating the people and events of the Reformation; and its first line is engraved on the base of Luther's monument at Wittenburg.* Over four hundred years later, the hymn's enduring popularity has broken the boundaries of the Reformation to the extent that it is included in the Catholic liturgy and hymnals.

The choral introit, with its highly rhythmic energy in the style of Renaissance dance music, is the version that Luther's congregation would have sung in the 16th century. The sturdy, regular pulse of *Glory to God* hymn No. 275, which we sing today, dates to the eighteenth century.

***BLESSING OF THE CONGREGATION AND THE TARTANS**

One: Raise your Tartans! (*Banner Bearers lift high their tartans.*)

Many: We raise them up to the Lord!

One: Thank you, O God, for your Word which has ordained a rich heritage of faith and sacrifice from our ancestors, from Adam to Noah, from Noah to Abraham, from Abraham to David, so onward to the incarnation of Jesus Christ, to the establishment of his church: our brothers and sisters in Christ everywhere. Never let us forget that a heritage of faith is a responsibility to be shared.

Many: Bless us that we may be a blessing, O Lord.

One: Thank you, O God, for the blessing of family; the warmth, comfort, and security of family love. Never let us forget that our family love is a gift to be shared, that the stranger may be as welcome as a sibling.

Many: Bless us that we may be a blessing, O Lord.

One: We praise you, O God, for those who have lived and died in Christ that we might have the freedom to dwell in a community of faith. Never let us forget that the days of sacrifice are not yet over, that we too, have lives to live in faith.

Many: Bless us that we may be a blessing, O Lord.

One: On behalf of all clans, families, nations, and faith communities, we stand before God in gratitude for our heritage and pray God's blessing on God's servant people in all lands.

Many: We proclaim that we are all united in the covenant of Jesus Christ, for there is but one Lord, one faith, one baptism, one God and Creator of us all. Let us worship God.

One: Post Tartans. (*Banners are lowered and posted.*)

***HYMN 275**

A Mighty Fortress Is Our God

Ein' feste Burg

***PRAYER OF CONFESSION**

Martin Luther

Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in the faith; strengthen me. I am cold in love; warm me and make me fervent, that my love may go out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust You altogether. O Lord, help me. Strengthen my faith and trust in You. In You I have sealed the treasure of all I have. I am poor; You are rich and came to be merciful to the poor. I am a sinner; You are upright. With me there is an abundance of sin; in You is the fullness of righteousness. Therefore, I will remain with You of whom I can receive, but to whom I may not give.

***ASSURANCE OF FORGIVENESS**

from Psalm 103:8

One: *The LORD is tender and compassionate, slow to anger, and always loving.* May we learn the humility, and find the strength, to live as those created in God's image. Friends, believe the Good News:

Many: In Jesus Christ, we are forgiven! Alleluia! Amen.

***GLORIA PATRI**

Old Scottish Chant

CHILDREN OF THE KIRK

LIFE OF THE KIRK

***THE SMALL ENTRANCE**

Scripture Bearers: Jordan Hesley and Jim Hesley

God's Word Is Like A Flaming Sword

PRAYER FOR ILLUMINATION

Almighty God, as the Scriptures are read, reveal yourself to us, and grant that in this time of holy quiet, the Holy Spirit may renew, illuminate, and refresh our souls. Amen.

PSALM OF THE DAY

I To the Hills Will Lift My Eyes (Psalm 121)

Scottish Psalter

Christ is our Cornerstone, on him alone we build;
 With his true saints alone the courts of heaven filled;
 On His great love our hopes we place of present grace and joys above.
 O then with hymns of praise these hallowed courts shall ring;
 Our voices we will raise the Three in One to sing;
 And thus proclaim in joyful song both loud and long, that glorious Name.
 Here, gracious God, do thou forevermore draw nigh;
 Accept each faithful vow, and mark each suppliant sigh;
 In copious shower on all who pray each holy day thy blessings pour.
 Here may we gain from heav'n the grace which we implore;
 And may that grace, once given, be with us evermore;
 Until that day when all the blest to endless rest are called away.
 Christ is our Cornerstone, on Him alone we build.

NEW TESTAMENT SCRIPTURE

II Corinthians 5:14-6:1

Pew Bible, page 170

PRAYER FOR ILLUMINATION

John Calvin

Grant unto us, O Lord, to be occupied in the mysteries of Thy heavenly wisdom, with true progress in piety, to Thy glory and our own edification. Amen.

SERMON

Reformed and Always Reforming: To Reconcile the World

Reverend Evan Amo

*AFFIRMATION OF FAITH

from *The Scots Confession of 1560*

We confess and acknowledge one God alone, to whom alone we must cleave, whom alone we must serve, whom only we must worship, and in whom alone we put our trust. Who is eternal, infinite, immeasurable, incomprehensible, omnipotent, invisible; one in substance and yet distinct in three persons, the Father, the Son, and the Holy Ghost. By whom we confess and believe all things in heaven and earth, visible and invisible, to have been created, to be retained in their being, and to be ruled and guided by his inscrutable providence for such end as his eternal wisdom, goodness, and justice have appointed, and to the manifestation of his own glory. Amen.

*HYMN 694

Great God of Every Blessing

Aurelia

OFFERING

Invitation

Offertory

Highland Cathedral

Ulrich Roever and Michael Korb

Prayer of Dedication

THE SACRAMENT OF THE LORD'S SUPPER

Invitation

Great Prayer of Thanksgiving

Words of Institution

Reverend Julie Hill & Reverend Matt Drumheller

Celebration

The Lord's table is open to all who trust in Jesus Christ and will be received by intinction. On cue from an usher, worshippers are asked to move forward by the center aisles to receive the sacrament and return to their seats by the side aisles. The elements are also available in the balcony and at the rear of the sanctuary. Gluten-free elements are available upon request at the front of the sanctuary.

Prayer and the Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

*HYMN 649	<i>Amazing Grace, How Sweet the Sound</i>	Amazing Grace
*BENEDICTION		
*CHORAL RESPONSE	<i>The Lord Bless You and Keep You</i>	Peter C. Lutkin
RECESSIONAL		Thomas Hahn, bagpipes
	<i>The congregation is asked to be seated during the recession of the tartans.</i>	
*POSTLUDE	<i>A Mighty Fortress Is Our God</i>	Percy Fletcher

*All who are able may stand.

Visitors are always welcome at First Presbyterian Church. We especially welcome those who have come to worship with us today as we celebrate the rich Scottish history of the Presbyterian Church.

A nursery is available this morning.

Plan to stay following worship for refreshments and fellowship in the pit stop.

Special thanks to the Fellowship Committee, the Worship Committee, and the many folks who have shared their gifts to make worship this morning a moving experience.

Thanks to Thomas Hahn, and the choirs of First Presbyterian Church, Norwood, Locust Presbyterian Church, and First Presbyterian Church, Albemarle, for their participation in worship.

The acolyte today is Danny Saltzman. After extinguishing the Christ candle, the acolyte takes the light of Jesus Christ out into the world.

Communion servers today are Amy Bates and Larry Baucom from Locust Presbyterian Church, Mason Crump and Jeff Russell from First Presbyterian Church, Norwood, Martha Sue Hall and Ellen Snyder from First Presbyterian Church, Albemarle, and the pastors of all three churches.

Ushers: Taylor Jolly, captain, Leah Beamon, Lee Boone, Heather Deese, Adam Jolly, Dona Lisk, Jack Morton, Penny Morton, and Ellen Snyder **Elder Greeters:** Sarah Michael; Lynn White **Nursery:** Kaitlyn Massey; Penny Morton **Toddler Room:** McKenzie Hinson; Laura Beth Marks **Preschool Partners:** Laura & Mike McLeod **Nana & Papa Team:** Chris Mabry **No Children's Church**

There will be no Children's Church today. Children in grades K-2 are encouraged to participate in worship.

We ask that you keep these people in your prayers: Polly Moose (Trinity Place Room F10; rehab and therapy), Frankie Palmer, Calvin Hall (kidney cancer), Mike Lehr (brother-in-law of Connie Wallace; radiation & chemotherapy treatment for lung cancer), Braden Poplin (son of Carla and Dustin Poplin; autism therapy), Myra Land, Marlene Sanges. **See newsletter for complete list.**

Tartan Bearers

Tartan

Buchanan
Clergy
Davidson
Frazier
Glasgow
Glasgow
Gordon
Gunn
Keith
Leslie
Lindsey
Livingston
MacDonald
MacDougall
MacDuff
MacFarland
MacFarland
MacKay
MacLeod of Harris
MacNaughton
MacNeil
MacQueen
McLeod
Montgomery
Robertson
Ross
Shaw
Stewart
Stewart
Tara
Wallace
Wallace
Watson

Donor Family

Hahn
Ayscue
Finley
Frazier
Palmer
Palmer
Hahn
McManus
Andrew
Abernathy
Cumming
Andrew
Cotton
Sanges
Ayscue
Ayscue
Ayscue
Troutman
Bryson
Carter
Hall
Palmer
McLeod
Montgomery
Knight/Wallace
Liles
Montgomery
Liles
Myers
Jolly
Palmer
Wallace/Knight
Green

Carrier

Debbie Hahn
Reverend Julie Hill
Peggy Finley
Andy Cotton
Frankie Palmer
Jacob Palmer
John Hahn
Lee McManus
Keith Byrd
Don Abernathy
Steve Cumming & Ella Cumming
Al Andrew
James Cotton
Rob McIntyre
Ruth Cotton
Rebekah Ayscue
Alice Crump Carliss
Keith Bryson
Duncan Bryson
Jim Carter
Bill Hall
Martha Finley Sutton
Andy McLeod
Elizabeth Bryson
Ken Knight
Rachel Grace Campbell
Anne Montgomery
Dick Liles
Elaine Coats
Katherine Jolly
Trevor Bates
Connie Wallace
Steven Remsburg

THE SCOTTISH TRADITION

The Presbyterian Church is steeped in Scottish tradition as it was developed in the 16th century by John Knox. In 1560, he developed the First Book of Discipline which attempted to apply the theocratic system, developed in Geneva, Switzerland by John Calvin, to a whole kingdom. In each congregation, there would be a minister and elders holding office and forming a Session with the consent of the congregation. Presbyteries, Synods, and General Assemblies were part of this plan as well. Besides the ecclesiastical features, the book sketched out notable schemes of national education and relief for the poor.

For conduct of public worship, Knox prepared a Book of Common Order which was approved by the General Assembly in 1564. This document suggests much about the order of Scottish worship and its rugged simplicity included in today's service. A few comments are in order so that worshipers might fully appreciate this service.

1. The Entrances are of strategic importance. The Scottish Presbyterian held in highest honor the open Word of God and the Communion (Great Entrance). Thus, each Sunday the people would stand in honor as the holy items were brought into and taken from the Sanctuary. This custom is still observed in the old parish churches of Scotland.
2. The *Old Scottish Gloria Patri* will be sung by the choir.
3. Scottish Presbyterians are heard affirming their faith. Today's service includes the Scots Confession. This confession was written in 1560 by six ministers, including John Knox, in a period of four days. It is grounded upon the infallible word of God.
4. The bagpipes are Scotland's traditional music makers. The sounds are stately, joyous, and thrilling. Depending on the particular clan of Scots, the royal dress was that of tartan kilts.
5. While our service order is not an exact replica of the traditional Scottish service, it highlights the tone and distinctiveness of that worship event.

THE SCOTS CONFESSION AND BANNER SYMBOLS

1. The Blue (Presbyterian blue) is the background color of the seal of the Church of Scotland.

2. The Tartan, X-shaped cross is called the St. Andrews cross since he was the apostle, who according to tradition, brought the Gospel to Scotland. The tartan, or plaid, is of the Hamilton clad, because Patrick Hamilton was the first martyr of the Scottish Reformation.

3. The Celtic Cross is associated with early Christians in the British Isles and especially St. Columba and the Isle of Iona, on the West Coast of Scotland. Three stone Celtic crosses still stand on the Island. The Celtic Cross is the traditional symbol of the Presbyterian Church.

4. The Ship is a symbol of the Church. There is also the Biblical imagery of the ark. The Confession contains a remarkable strong doctrine of the church.

5. The Bible and the Sword: Paul called the Word of God *The Sword of the Spirit*. John Knox's preaching of the Word was a major power for Reformation in Scotland. Knox, a teacher himself, put considerable emphasis on the study of the Word of God and Church Education. He said there should be a school in every church parish.

6. The Burning Bush, unconsumed, reminds us of Moses' experience on Mt. Sinai. It is a symbol of God's presence and His call to us in our day and time. *The Scots Confession was written in Scotland in 1560 by John Knox and five other men in several days time.*



KIRKIN' O' THE TARTANS 2017

Worshippers gathered 76 years ago on Sunday evening, April 27, 1941, in Washington, D.C., at a special service led by Peter Marshall, famed pastor (1935-1949) of the New York Avenue Presbyterian Church, and Chaplain to the United States Senate (1947-1949). Attended by some members of the St. Andrews Society of Washington, D.C., the service had Scottish airs as a prelude to the service.

Originally designed to raise funds, this service sought to aid Scottish churches during the early days of World War II, as well as the British war effort by providing a mobile kitchen, according to the church bulletin. This service later evolved into what is today the Kirkin' o' the Tartan held in many locations across America. Since 1952, an annual Kirkin' has been held at the National Cathedral in the nation's capital.

Remembrance of early Scottish Presbyterianism, Kirkin' o' the Tartan worship services have spread across America. In Albemarle, our first Kirkin' was held in July 2003.

Scotland, in the mid-18th century, saw the English parliament and monarch (*The Disarming Act*, 1746-1782) banning weapons, as well as the wearing of tartans or kilts by Highland clansmen (effective August 1747). Some legends and folklore have it that clansmen would carry small pieces of the banned tartan cloth to the Church (Kirk) and the clergymen would slip a blessing into the service.

Holy Scriptures were the responsibility of The Beadle, a lay person in the Scottish Kirk. The Beadle brought the Bible into the Kirk for the worship service, as we do for today's service.

In early history, clans were simply a gathering of peoples for their protection and for economic, political, and social support. They were not necessarily related by blood. Specific tartans developed simply because each area liked to weave a certain design using local herb dyes. Why then do we celebrate clans and tartans? It is because the clansmen and clanswomen demonstrated true brotherhood and the clan was the family. The tartan is a symbol of this love and togetherness.

Prayer and praise are central to all Kirkin' worship services. Today, we invite you to remain in prayer as we remember ancient times and our present kith and kin, while asking God's help and blessings for the future.

The Reformation

On October 31, 1517, Martin Luther, a Catholic monk, posted *The Ninety Five Theses*, the common title to his *Disputation on the Power and Efficacy of Indulgences* on the castle door at Wittenburg. Though the disputation did not take place, it launched a Reformation of the church and resulted in the birth of the Protestant Church. On this 500th anniversary of Martin Luther's act, we commemorate this memorial date and celebrate the particular gifts of the Reformation which we hold dear. Among those are the *solas* that have formed the theology of the Presbyterian Church.

Sola scriptura (by Scripture alone)
Sola fide (by faith alone)
Sola gratia (by grace alone)
Solo Christo (through Christ alone)
Soli Deo (glory to God alone)

We celebrate our common commitment to Jesus Christ and our acknowledgement that we come to know Christ only by God's grace.

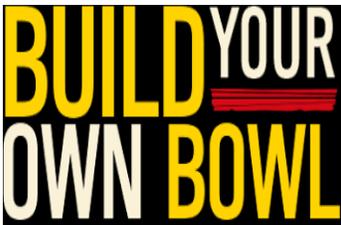
To God be the glory.





Trick-or-Treat for UNICEF during Sunday School on October 29

The children’s classes will visit the Youth Sunday School and all adult Sunday School classes with information about UNICEF and their UNICEF boxes. Please be prepared to support UNICEF and the children of First Presbyterian Church as they support the children of the world on Sunday, October 29. **Your gifts make a difference!**



**FIRST FAMILY GATHERING
EVENING PRAYER AT 5:45 P.M. (CHAPEL)
WEDNESDAY, NOVEMBER 1 AT 6:00PM (GYM)**

We will gather as a church family for dinner on November 1 at 6:00pm. Everyone is welcome for fellowship and a delicious meal together. Jane needs your help cooking, baking, prepping, serving and cleaning up.

MAKE YOUR OWN RICE BOWL

- Thai Rice Bowl – Brown Rice, Shredded Chicken, Bean Sprouts, Carrots, Edamame, Peanut Sauce or Garlic Yogurt Sauce, Crushed Peanuts
- Southern Barbecue Bowl –White Rice, Shredded Pork, Corn, Pintos , Pickles, Slaw, Tangy White Sauce
- Desserts: Sweet Potato Cake, Lemon Cookies, and Chocolate Cake

Contact the church office to make reservations: 704-982-2722 or klambert@fpcalbemarle.org.

Volunteers Needed for next First Family Gathering

- Dessert Crew: Tuesday, October 31 at 10:00 a.m.
- Main Course Crew: Wednesday, November 1 at 10:00 a.m.
- Set up crew: Wednesday, November 1 at 3:45 p.m.
- Final Touches crew: Wednesday, November 1 at 5:00 p.m.
- Clean-up crew: Wednesday, November 1 at 6:45 p.m.



Before and after the First Family Gathering is a great time for fellowship. We have so much fun in the kitchen. I would love to have you join us! Please call Jane Snyder at the church 704-982-2722, on her phone 704-438-3358 or email her at jsnyder@fpcalbemarle.org.

VETERANS DAY FLORAL ARRANGEMENTS

On Veterans Day, the flowers in the sanctuary will be in honor/memory of veterans. **Each name is \$2.00.** Please mail, deliver or place in the offering plate your money with the form below **no later than Sunday, November 5.** Please make your check payable to *First Presbyterian Church* and designate for Veterans Day Arrangements. The names of donors and those being remembered/honored will be listed on Sunday, November 12. Any money collected over the cost of the arrangements will be donated to the Minister’s Discretionary Fund.



VETERANS DAY ARRANGEMENTS

Please print below the information exactly as it is to appear in the bulletin.

In memory of: _____

Given by: _____

In honor of: _____

Given by: _____



Live a Generous Life 2017 Stewardship Season

Consecration Sunday November 5

Live a generous life! God has blessed us with His love and generosity. You will have an opportunity to return your pledge card on Consecration Sunday (November 5).

*...whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.
(II Corinthians 9:6)*

Following worship, everyone is invited to a luncheon provided by the Fellowship Committee. We hope you will plan to stay and enjoy fellowship and delicious food. On the menu:

Craig Taylor's Beef Brisket with Gravy, Mashed Potatoes, Green Beans, Glazed Carrots, Rolls, Desserts, Tea, Coffee, and Water



All Saints' Day Sunday, November 5

On the day we remember all those who have gone before us, the Worship Committee will provide an opportunity for you to remember your saint. Please pick up a daisy provided as you enter the sanctuary on Sunday, November 5. During the service at the designated time, you may place your daisy in a basket located at the front of the sanctuary as you remember your loved one.



Backpack Food Program

UPDATED LIST OF DONATIONS NEEDED:

Oatmeal Packets, Breakfast Cookies, Individual Bags of Goldfish, Large Cans of Soup, Saltine Crackers, Tuna Helper, Canned Tuna, Snack Crackers, Pineapple, or Fruit Cocktail Cups
A bin in the pit stop will receive your donation.

OPPORTUNITIES THIS WEEK

Sunday, October 29

500th Anniversary of the Protestant Reformation & Kirkin' of the Tartans

Trick-or-Treat for UNICEF

9:45 am *Sunday School

11:00 am *Worship

12:00 pm Reformation Reception

Monday, October 30

8:00 pm-9:00 pm Bible Study with Matt at Off the Square

8:30 pm Senior High Bible Study at Elizabeth's

Tuesday, October 31 *Halloween*

10:00 am-11:30 a.m. Adult Bible Study

Wednesday, November 1

6:30 am Toby Webb Men's Prayer Breakfast

9:15 am-11:00 am *Pray & Play

10:00 am First Family Main Course Crew

12:00 pm Prayer Shawl Ministry (Parlor)

3:15 pm-5:15 pm Youth Cubs/Youth Club

3:45 pm First Family Set-up Crew

5:00 pm First Family Final Touches Crew

5:15 pm-5:45 pm Youth Orff Ensemble (Grades K-2)

5:15 pm-5:45 pm Youth Handbells (Grades 3-5)

5:45 pm Evening Prayer

6:00 pm First Family Dinner

6:45 pm First Family Clean-up Crew

7:00 pm Chancel Choir Rehearsal

Thursday, November 2

10:00 am Staff Meeting

12:00 pm Young Adult Lunch at El Ranchito

Saturday, November 4

9:00 am-2:00 pm FPC Choir Retreat at Pfeiffer University

Sunday, November 5

Consecration Sunday

All Saints Day

Ten-Cents-A-Meal Offering for Hunger

The Sacrament of the Lord's Supper

Deadline for Veteran's Day Flower Form

Daylight Saving Time Ends

9:45 am *Sunday School

10:00 am *Child Protection Policy Training (Session Room)

11:00 am *Worship

12:00 pm Congregational Luncheon

5:00 pm-7:30 pm Youth Group

***childcare provided**

HAPPY BIRTHDAY!

OCTOBER

29- Lillie Hancock

30- Teresa Taylor

31- Ruth Cotton

HAPPY ANNIVERSARY!

OCTOBER

31- Sam & Liz Davis

HAPPY BIRTHDAY!

NOVEMBER

01- Brody Campbell

Donna Gaither

03- Bailey Holshouser

Barbara Overcash

04- Connie Wallace

HAPPY ANNIVERSARY!

NOVEMBER

03- Matt & Katie Carpenter

SCCM FOOD CHALLENGE FOR

OCTOBER:

CANNED MEAT

(Tuna, Chicken, Spam, Salmon)

SCCM FOOD CHALLENGE FOR

NOVEMBER:

CANNED FRUIT

(Lite Syrup or No Sugar Added)