



I have seen everything that is done under the Sun, and
behold, all is vanity and a striving after the Wind...

-Ecclesiastes 1:14

AUGUST 3RD, 2025

THE 8TH SUNDAY AFTER PENTECOST / PROPER 13C

9AM SERVICE

SAINT PAUL LUTHERAN CHURCH

4660 West 94th Street, Oak Lawn, Illinois 60453

(708) 423-1040

Pastor: Rev. Gregg Ramirez

www.stpauloaklawn.org

Director of Music: Jeff Kiel

✠ Divine Service Setting Three ✠

Opening Hymn Sit "God of Grace and God of Glory"

#850

- | | |
|---|--|
| 1 God of grace and God of glory,
On Your people pour Your pow'r;
Crown Your ancient Church's story;
Bring its bud to glorious flow'r.
Grant us wisdom, grant us courage
For the facing of this hour,
For the facing of this hour. | 3 Cure Your children's warring madness;
Bend our pride to Your control;
Shame our wanton, selfish gladness,
Rich in things and poor in soul.
Grant us wisdom, grant us courage
Lest we miss Your kingdom's goal,
Lest we miss Your kingdom's goal. |
| 2 Lo, the hosts of evil round us
Scorn the Christ, assail His ways!
From the fears that long have bound us
Free our hearts to faith and praise.
Grant us wisdom, grant us courage
For the living of these days,
For the living of these days. | 4 Save us from weak resignation
To the evils we deplore;
Let the gift of Your salvation
Be our glory evermore.
Grant us wisdom, grant us courage,
Serving You whom we adore,
Serving You whom we adore. |

Text: Public domain

✠ Confession and Absolution ✠

Invocation (Stand)

- P** In the name of the Father and of the ✠ Son and of the Holy Spirit.
C Amen.
P Beloved in the Lord! Let us draw near with a true heart and confess our sins unto God our Father, beseeching Him in the name of our Lord Jesus Christ to grant us forgiveness.
P Our help is in the name of the Lord,
C who made heaven and earth.
P I said, I will confess my transgressions unto the Lord,
C and You forgave the iniquity of my sin.

Kneel / Sit

- P** O almighty God, merciful Father,
C I, a poor miserable sinner, confess unto You all my sins and iniquities with which I have ever offended You and justly deserve Your temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray You of Your boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Your beloved Son, Jesus Christ, to be gracious and merciful to me, a poor sinful being.
P Upon this your confession, I, by virtue of my office, as a called and ordained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of my Lord Jesus Christ, I forgive you all your sins in the name of the Father and of the ✠ Son and of the Holy Spirit.
C Amen.

✠ Service of the Word ✠

Introit (*Stand*)

Psalm 49: 7-8, 13-14a, 15; antiphon: vv. 1-2

P Hear this, all peoples!

Give ear, all inhabitants of the world, both low and high, rich and poor together.

C Truly no man can ransom another, or give to God the price of his life,

P for the ransom of their life is costly and can never suffice.

C This is the path of those who have foolish confidence;

P yet after them people approve of their boasts.

C Like sheep they are appointed for Sheol; death shall be their shepherd.

P But God will ransom my soul from the power of Sheol, for he will receive me.

C (*Sung*) Glo-ry be to the Fa-ther, and to the Son, and to the Ho-ly Ghost;
as it was in the be-gin-ning, is now, and ev-er shall be, world with-out end. A-men.

Kyrie ~ Lord, Have Mercy: (*Sung*)

LSB 186

C Lord, have mer-cy up-on us.

Christ, have mer-cy up-on us.

Lord, have mer-cy up-on us.

Gloria in Excelsis ~ Glory to God in the Highest (*Cantor / Sung – Congregation*) LSB 187-189

A Glory be to God on high:

C (*Sung*): and on earth peace, good-will toward men.

We praise Thee, we bless Thee, we wor-ship Thee,

we glorify Thee, we give thanks to Thee, for Thy great glory.

O Lord God, heav'n-ly King, God the Fa-ther Al-mighty.

O Lord, the only-begotten Son, Je-sus Christ;

O Lord God, Lamb of God, Son of the Father,

that takest away the sin of the world, have mercy up-on us,

Thou that takest away the sin of the world, re-ceive our prayer,

Thou that sittest at the right hand of God the Father, have mercy up-on us.

For Thou only art holy; Thou on-ly art the Lord.

Thou only, O Christ, with the Ho-ly Ghost,

art most high in the glory of God the Father. A-men.

Salutation and Collect of the Day (*Spoken / Sung*)

LSB 189

P The Lord be with you.

C (*Sung*): And with thy spir-it.

P Let us pray.

O Lord, grant us wisdom to recognize the treasures You have stored up for us in heaven, that we may never despair but always rejoice and be thankful for the riches of Your grace; through Jesus

Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C (*Sung*): **A-men.**

Old Testament (*Sit*)

Ecclesiastes 1:2, 12-14; and 2:18-26

²Vanity of vanities, says the Preacher, vanity of vanities! All is vanity...

The Vanity of Wisdom

¹²I the Preacher have been king over Israel in Jerusalem. ¹³And I applied my heart to seek and to search out by wisdom all that is done under heaven. It is an unhappy business that God has given to the children of man to be busy with. ¹⁴I have seen everything that is done under the sun, and behold, all is vanity and a striving after wind.

The Vanity of Toil

¹⁸I hated all my toil in which I toil under the sun, seeing that I must leave it to the man who will come after me, ¹⁹and who knows whether he will be wise or a fool? Yet he will be master of all for which I toiled and used my wisdom under the sun. This also is vanity. ²⁰So I turned about and gave my heart up to despair over all the toil of my labors under the sun, ²¹because sometimes a person who has toiled with wisdom and knowledge and skill must leave everything to be enjoyed by someone who did not toil for it. This also is vanity and a great evil. ²²What has a man from all the toil and striving of heart with which he toils beneath the sun? ²³For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity.

²⁴There is nothing better for a person than that he should eat and drink and find enjoyment in his toil. This also, I saw, is from the hand of God, ²⁵for apart from him who can eat or who can have enjoyment? ²⁶For to the one who pleases him God has given wisdom and knowledge and joy, but to the sinner he has given the business of gathering and collecting, only to give to one who pleases God. This also is vanity and a striving after wind.

L The Word of the Lord.

C **Thanks be to God.**

Epistle

Colossians 3:1-11

Put on the New Self

¹If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God. ⁴When Christ who is your life appears, then you also will appear with him in glory.

⁵Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶On account of these the wrath of God is coming. ⁷In these you too once walked, when you were living in them. ⁸But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

L The Word of the Lord.

C **Thanks be to God.**

C Al-le-lu-ia. Al-le-lu-ia. Al-le-lu-ia.

Holy Gospel

Luke 12: 13-21

P The Holy Gospel according to St. Luke, the twelfth chapter.

C (Sung): Glo-ry be to Thee, O Lord.

LSB 190

The Parable of the Rich Fool

¹³Someone in the crowd said to [Jesus], "Teacher, tell my brother to divide the inheritance with me." ¹⁴But he said to him, "Man, who made me a judge or arbitrator over you?" ¹⁵And he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." ¹⁶And he told them a parable, saying, "The land of a rich man produced plentifully, ¹⁷and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' ¹⁸And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. ¹⁹And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.' ²⁰But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' ²¹So is the one who lays up treasure for himself and is not rich toward God."

P This is the Gospel of the Lord.

C (Sung): Praise be to Thee, O Christ.

✠ Confession of Faith ✠

The Nicene Creed

C I believe in one God, the Father Almighty,
maker of heaven and earth
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of His Father before all worlds,
God of God, Light of Light,
very God of very God, begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation came
down from heaven
and was incarnate by the Holy Spirit of the
virgin Mary, and was made man;
and was crucified also for us under
Pontius Pilate.
He suffered and was buried.

And the third day He rose again according to
the Scriptures

and ascended into heaven,
and sits at the right hand of the Father.
And He will come again with glory to judge
both the living and the dead,
whose kingdom will have no end.

And I believe in the Holy Spirit,
the Lord and giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son together is
worshiped and glorified,
who spoke by the prophets.
And I believe in one holy Christian and
apostolic Church,
I acknowledge one Baptism for the
remission of sins,
and I look for the resurrection of the dead
and the life ✠ of the world to come. Amen.

Sermon Hymn: "Chief of Sinners Though I Be" (*verses 1,2 & 5 only*) #611

- | | |
|---|---|
| 1 Chief of sinners though I be,
Jesus shed His blood for me,
Died that I might live on high,
Lives that I might never die.
As the branch is to the vine,
I am His, and He is mine. | Love that found me—wondrous thought!
Found me when I sought Him not. |
| 2 Oh, the height of Jesus' love,
Higher than the heav'ns above,
Deeper than the depths of sea,
Lasting as eternity! | 5 O my Savior, help afford
By Your Spirit and Your Word!
When my wayward heart would stray,
Keep me in the narrow way;
Grace in time of need supply
While I live and when I die. |
- Text: Public domain

Sermon

Prayer of the Church

Announcements

Sharing of God's Peace

Offering—may be left in the offering plates near the doors as you leave. Offerings may also be dropped off at the office or mailed, and on-line giving is available to everyone on our website at www.stpauloaklawn.org. For information about regular electronic giving, please call the church office.

Offertory: (Sung) "Create in me"

LSB 192-193

- ☐ Cre-ate in me a clean heart, O God,
and re-new a right spir-it with-in me.
Cast me not a-way from Thy pres-ence;
and take not Thy Ho-ly Spir-it from me.
Re-store un-to me the joy of Thy sal-va-tion;
and up-hold me with Thy free spir-it. A-men.**

Text: Public domain

A word about the Sacrament of the Altar...

We believe Jesus' own words that the bread and wine we receive in Holy Communion are indeed His true Body and Blood and not just a representation of them. We also acknowledge St. Paul's instruction to the Church at Corinth that it is harmful for anyone to receive the Sacrament without recognizing the real presence of His Body and Blood. Because of this, in Christian love we ask anyone who does not understand these truths to please refrain from receiving the Sacrament until you've spoken with the pastor. (*Matt. 26:26-28; 1 Cor. 11:23-30*)

✠ The Sacrament of the Altar ✠

Preface (Cantor / Sung – Congregation)

LSB 194

P The Lord be with you.

C And with thy spir-it.

A Lift up your hearts.

C We lift them up un-to the Lord.

A Let us give thanks un-to the Lord, our God.

C It is meet and right so to do.

P It is truly good, right, and salutary... *evermore praising You and saying:*

Sanctus ~ Holy, Holy, Holy (Sung)

LSB 195

C Ho-ly, ho-ly, ho-ly Lord God of Sab-a-oth;

Heav'n and earth are full of Thy glo-ry.

Ho-san-na, ho-san-na, ho-san-na in the high-est.

Bless-ed is He, bless-ed is He, bless-ed is He that com-eth in the name of the Lord.

Ho-san-na, ho-san-na, ho-san-na in the high-est.

Lord's Prayer (Cantor / Sung – Congregation)

LSB 196

A 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 trespasses, as we forgive those who trespass against us;

and lead us not into temptation, but deliver us from evil.

C (Sung): For Thine is the kingdom, and the power, and the glo-ry for-ev-er and ev-er. A-men.

The Words of our Lord

LSB 197

P Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: Take, eat: this is My ✠ body, which is given for you. This do in remembrance of Me."

In the same way also, He took the cup after supper, and when He had given thanks, He gave it to them saying: "Drink of it, all of you: this cup is the new testament in My ✠ blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

Pax Domini ~ The Peace of the Lord (Spoken / Sung)

LSB 197

P The peace of the Lord be with you al-ways.

C A-men.

Agnus Dei ~ Lamb of God (Sung)

LSB 198

C O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up-on us.

O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up-on us.

O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, grant us Thy peace. A-men.

✠ Distribution of the Sacrament ✠

Sit

“I Come, O Savior, to Thy Table” (*verses 1-3 only*)

#618

1 I come, O Savior, to Thy table,
For weak and weary is my soul;
Thou, Bread of Life, alone art able
To satisfy and make me whole: *Refrain*

*ref Lord, may Thy body and Thy blood
Be for my soul the highest good!*

2 Thy heart is filled with fervent yearning
That sinners may salvation see

Who, Lord, to Thee in faith are turning;
So I, a sinner, come to Thee. *Refrain*

3 Unworthy though I am, O Savior,
Because I have a sinful heart,
Yet Thou Thy lamb wilt banish never,
For Thou my faithful shepherd art: *Refrain*

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“Oh, That the Lord Would Guide My Ways”

#707

1 Oh, that the Lord would guide my ways
To keep His statutes still!
Oh, that my God would grant me grace
To know and do His will!

2 Order my footsteps by Thy Word
And make my heart sincere;
Let sin have no dominion, Lord,
But keep my conscience clear.

3 Assist my soul, too apt to stray,
A stricter watch to keep;
And should I e’er forget Thy way,
Restore Thy wand’ring sheep.

4 Make me to walk in Thy commands—
’Tis a delightful road—
Nor let my head or heart or hands
Offend against my God.

Text: Public domain

Stand

Communion Blessing

LSB 199

P The Body and Blood of our Lord Jesus Christ strengthen and preserve you in body and soul to life everlasting. Depart ✠ in peace.

C Amen.

Nunc Dimittis ~ Song of Simeon (*Sung*)

LSB 199

C Lord, now lettest Thou Thy servant de-part in peace ac-cord-ing to Thy word,
for mine eyes have seen Thy salvation, which Thou hast pre-pared be-fore the face of all people.
a light to light-en the Gen-tiles and the glo-ry of Thy peo-ple Is-ra-el.
Glo-ry be to the Father, and to the Son, and to the Ho-ly Ghost;
As it was in the beginning, is now, and ev-er shall be, world with-out end. A-men.

Thanksgiving (*Cantor / Sung – Congregation*)

LSB 200

A O give thanks unto the Lord, for He is good,

C and His mercy endureth for-ev-er.

Collect

LSB 201

P Let us pray.

O God the Father, the fountain and source of all goodness, who in loving-kindness sent Your only-begotten Son into the flesh, we thank You that for His sake You have given us pardon and peace in this Sacrament, and we ask You not to forsake Your children but always to rule our hearts and minds by your Holy Spirit that we may be enabled constantly to serve You; through Jesus Christ, your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C *(Sung)* A-men.

Salutation and Benedicamus *(Spoken / Sung)*

LSB 201

P The Lord be with you.

C And with thy spir-it.

P Bless we the Lord.

C Thanks be to God.

Benediction *(Spoken / Sung)*

LSB 202

P The Lord bless you and keep you.

The Lord make His face shine upon you and be gracious unto you.

The Lord lift up His countenance upon you and ☩ give you peace.

C *(Sung)* A-men, A-men, A-men.

Closing Hymn "Savior, Again to Thy Dear Name We Raise"

#917

- 1 Savior, again to Thy dear name we raise
With one accord our parting hymn of praise;
Once more we bless Thee ere our worship cease,
Then, lowly bending, wait Thy word of peace.
- 2 Grant us Thy peace upon our homeward way;
With Thee began, with Thee shall end, the day.
Guard Thou the lips from sin, the hearts from shame,
That in this house have called upon Thy name.
- 3 Grant us Thy peace, Lord, through the coming night;
Turn Thou for us its darkness into light.
From harm and danger keep Thy children free;
For dark and light are both alike to Thee.
- 4 Grant us Thy peace throughout our earthly life,
Our balm in sorrow and our stay in strife;
Then, when Thy voice shall bid our conflict cease,
Call us, O Lord, to Thine eternal peace.

Postlude

ACKNOWLEDGMENTS & THANKS

Vacancy Pastor: Rev. Gregg Ramirez

Lector: Rich Przybycien

Organist: Jeff Kiel

Altar Care: Sue Lilja

Vocalist/Cantor: Mandy Signorelli

Elder on Duty: Bill Leise & Keith Vanselow

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Announcements:

8/3 Sunday – 10:30am – Bible Class

8/5 Tuesday – 10am – Board of Elders Meeting

– 6:30pm – Board of Evangelism/Parish Ed; & Board of Trustees Meetings

8/6 Wednesday – 2 to 4:00pm – Food Pantry Day

Bible Class will continue this morning in the Timothy Room, following the service.

Grab something to eat & drink – then please join us!

St. Paul's Newsletter for August is now available! Please pick up your copy from the counters located in the narthex and the wings of the church, or online at our website: www.stpauloaklawn.org.

The ***Sign-up Sheet*** for our fun-filled, action-packed ***Parking Lot Party*** on ***SATURDAY, August 23rd***, is posted on the counter area, just outside the Church Office, for those interested in volunteering to help out. -We appreciate your support!

The ***Luther South High School Class of 1970*** will have their ***Reunion*** on ***SATURDAY, September 13th*** at ***Coach's Corner in Willow Springs***. For further details, please ***contact Sandra (Gates) Pauly at 630-975-7606***. Please pass the word along to family or friends you may know from this class. -Thank you.

***** Our Service Video, Bulletin, and Newsletter*** can be found on our website, www.stpauloaklawn.org. For more info., please contact the church office.

Remembering our homebound friends is a caring ministry of St. Paul meant to help us stay in touch with our members who aren't able to be with us for worship. Please remember them in your prayers. You may also like to send a note or a card. This week our homebound friend is Raymond Pavesic, 4513 W. 102nd Street, Oak Lawn, IL 60453.

8-03-2025-Please let the church office know when your need for our congregational prayers is over. (708) 423-1040

These people *urgently* need our prayers

*Sandy Barry
George Oberg
Elaine Lebron
Barbara Prendergast
Sarah Weber
Betty Larson
Bobbie Austin
Karen (Leise) Bidus*

Please also pray for these members of our St. Paul family

Betty Beegle
Vic & Marty Both
Jan Briede
Delphine Cherry
Doris Cyga
Jennifer Garcia
Arthur Gerth
Amanda Greene
June Hagberg
Kevin Hickey
Roy Hodgeman
Herta Iversen
Graham Jackson
Janice Janiszewski
Flora Jones
Robert Kaczmarek
Ron Klingensmith
Betty Kruckow
Jan Leise
Ingrid Lesko
Gloria Meyer
Carol Miller
Warren Miller
Dorothy Pavella
Rich & Jan Przybycien

David Purdy
Rosa Richardson
Lori (Freeze) Safstrom
Dawn Schumann
Kurt Seehofer
Beverly Sellers
Norma Silinski
Carol Small
Melva Smith
Delores Stegemann
Bill Volk
Susan E Volk
Wayne Volk

Please pray for these friends and family of our members:

Lisa Anglin
Barbara Apt
Devon Abt
Carrie Aspan
Lance Barrientos
Cathy Becker
Sue Berg
LeRoy Bitner
Henry Bonder
Sharon Bryant
Selma Carmichel
Frank Coglinase
Judy Collins
Mike Cyganiewicz
Steve Czerniejewski
John Darge
Dana DeAngelis
Rudy DeAngelis
Bridget & Nick DeAngelo
Shirley Demyres
George Dodaro, Sr.

Tom Domogal
Shirley Fairchild
Justin & Ashley Fasel
Diane Fauser
Emily Feehan
Tristan Ferry
Gloria Folsom
David Franzone
Tom Groh
Jerry Gross
Ted Gross
Donald Hakanson
Shawn Harland
Charley Heitz
Amanda Hermansen
Ann Herold
Elaine Hoffstetter
Doreen Holford
Carl Hoppe
Vern Howe
Louise Hrynkow
Kyle Hughes
Rich Huscher
Ray Jackson
Marissa Jiminez
Dana Kahn
Monica Kato
Debby Kehrli
Jimmy Kennedy, Jr.
Julie King
Debbie Kleeman
Herb Kleeman
Zech Kleeman
Neil Koning
Evelyn & Ron Konieski
Christopher Kosary
Jerome "Jerry" Kreten
Dorothy Kroll
The Lamberth Family

Robert Lee
Margaret Lundgreen
Bob Marcinkowski
Adrian Martinez
Iris McCoy
Carol Jean & Tim McPhillips
Audrey Metes
Carol Milazzo
Marie Miller
Daniel Musser
Roberta & Carlos Owens
Pam Palhegyi
Patricia Paulsen
Jorene Pierzga
Sandy Plath
Jackie Plichta
Barb Potter
Guillermo Ramirez
Raquel Rameriz
Kimberly Rooney
Sophia Salus
Elmo Schultz
Rhonda Scott
Allyson Seehofer
Linda Shuman
Al Silinski
Gail Skelly
Kim Skelton
Sarah Skelton
Janet Trierweiler
Bernadette & Rich Trusk
Jose Urena
Vicki Warren
Michael Watkins
Gene Wawrzynikowski
Cindy (Joens) Wendel
Katherine Zeleny
Jean & Al Zirbel

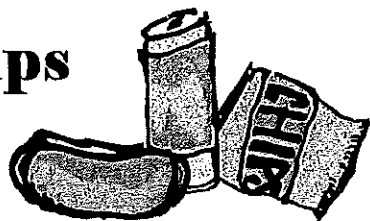
Parking Lot Party

St. Paul Lutheran Church

Saturday August 23, 2025

1:00pm - 4:00pm

**Hot Dogs, Chips
& a Drink**



BINGO!

Bouncy House with Slide



Comfort Dogs



Face Painter



Photo Booth



Balloon Artist



Craft Table



Games



Police Dept



Fire Dept



All at no charge! Fun For All!

4660 W. 94th st. (708) 423-1040

Non-Perishable donations for the Food Pantry are appreciated.



What a friend we have in Jesus! What a gift to teach our children that that Jesus loves them unconditionally. Jesus will be their friend forever.

St. Paul Lutheran Church will be starting Sunday School on September 14, 2025. We would love to see your children's smiling faces, (even the grumpy ones). We will work to put a smile on their face!!

The Bible says, "Let the little children come to me, do not hinder them, for the kingdom of heaven belongs to such as these" Matthew 19:14.

Please consider sending your children 8 to 10 years of age to St. Paul for Sunday School. September 14, 2025 from 10:30am to 11:15am. While your children are learning about Jesus and his love, there is an adult Bible Study, grab a refreshment and join us.

St. Paul Lutheran Church
4660 W. 94th Street
Oak lawn, IL 60453
(708) 423-1040
www.stpauloaklawn.org

Food Pantry Donations Appreciated

- **Breakfast:** cold cereal, instant oatmeal, old fashioned oats, pancake mix & syrup
- **Vegetables canned:** beets, mixed vegetables, corn, beans, carrots, tomatoes
- **Beans canned:** pork 'n beans, chili beans, kidney, garbanzo, pinto, black
- **Fruit canned:** 15 oz fruit cocktail, peaches, pears
- **Meal-in-a-can:** Spaghettios, Chef Boyardee ravioli, chili, stew)
- **Soup for dinner:** 18.8 oz Progresso, Chunky - chicken, beef
- **Soup for lunch:** 10.5 oz chicken noodle, beef vegetable, cream of chicken/mushroom
- **Meat canned:** tuna, salmon, Spam, sardines
- **Pasta sauce:** 24 oz
- **Pasta:** 16 oz rotini, farfalle, penne, spaghetti
- **Meal-in-a-box:** Hamburger Helper, Suddenly Salad
- **Carb side dish:** rice w/ sauce, pasta w/ sauce, boxed potato-scalloped /au gratin / instant mashed, stuffing
- **Macaroni & Cheese**
- **Ramen noodles:** Nissin/Maruchan
- **Cup noodles:** Nissin/Maruchan
- **Peanut butter:** creamy, crunchy
- **Jelly:** 30 oz grape, strawberry
- **Snacks:** cookies, granola/breakfast bars
- **Crackers:**
- **Paper products:** kleenex