

Triumph Newsletter

JUNE 2019

Summer Sermon Series

In Pursuit of the Promise: Insights for Living from Exodus

Beginning Sunday, June 30 – August 18

Every person's life has the promise of becoming extraordinary. The same is true for the church. And yet, sometimes we find ourselves aimlessly wandering in the wilderness far from God's original plan longer than we ever thought possible. This new sermon series looks at the major characters of the Exodus to explore God's insights for living a life of promise – individually and collectively – and will help us move beyond life's many challenges to experience the blessing of God's Promised Land. Come, be a part of the journey on Sunday mornings during worship.

- Overcoming a Hardened Heart (Pharaoh)
Exodus 1:1 – 14.
- Living with Open Arms (The Midwives & Moses' Mother)
Exodus 1:15 – 2:10.
- Learning to Say an Encouraging Word (Aaron)
Exodus 4:10 – 17, 27 – 31.
- Dancing on the Dawn of a New Day (Miriam)
Exodus 15:19 – 21.
- I Might as Well Do it Myself! (Jethro & Moses)
Exodus 18:1 – 27.
- Rise Up and Be Counted (Joshua)
Numbers 27:15 – 23.

79-Day Summer Challenge

This summer, we double dog dare YOU to host a party or get-together with your neighbors and then post a picture from the event on our Facebook Page (with the hashtag, #BetterTogether). Each week, we'll share testimonies in worship and those who've hosted a get-together will receive a t-shirt like the ones the staff will be wearing (see "What Should I Wear to Church This Summer?"). The 79-Day Summer Challenge begins June 16 and ends on September 3 when the kids go back to school.



Ponderings...

By the Senior Pastor



Dear Church Family,
Saint Augustine in Chapter 1 of The Confessions writes “Our heart is restless until it rests in you.” At the beginning of May, I returned from ten glorious days of resting in God’s

presence with dear friends on the island of Maui in Hawaii. During this time of rest and relaxation, I rediscovered a pace of life where people arise and live their lives in sync with the rhythm of the tides and the sun. IMHO, northern VA could use a little more of the ALOHA-spirit on a daily basis! I found myself wondering, “Why is it that we succumb so easily to the frantic pace of life in our community when there is equal beauty in our own backyard?”

While I was in this alternative and slower universe, I witnessed many wonder-filled sunsets, delighted in new foods (like real shaved ice, which is delicious and not what you think), photographed breathtaking flora and fauna that appeared to have fallen from the pages of a Dr. Seuss book, and enjoyed sunbathing by the clear, blue waves or reading a book by the pool. We should all have time like this built into our lives, and hopefully, this summer – you and your family will!

As you’ll discover in this month’s newsletter, we’ve attempted to focus our summer programming and events around the following key principles:

1. **REST (Ecclesiastes 3:1)** – There is a time for everything, a season for every activity under heaven. Summer is a season of rest after a busy year of transition. What can we plan that is not labor intensive and that is restorative to us and to our community?

2. **RELATIONSHIPS (John 13:34 – 35, Deut. 6:4 – 8, & Romans 12)**. What activities, small groups, and events might we plan that will help foster relationships with one another and that will help us love one another better?

So, check out what we’ve planned this summer and choose to participate in what will help your heart rest in God. I know for my family, we’re looking forward to being in worship, bringing a picnic and some lawn chairs for the outdoor showing of the movie Sandlot, and helping to bless our community by washing cars at the free car wash in August. I hope to see you at some of these events!

And last but not least, I would be remiss if I didn’t say a big “THANK YOU” to Leslie Oakes and Deb Crawford for preaching, as well as to all the staff and leaders for ensuring that St. Thomas continued to run smoothly, as well as my wonderful husband, Lacy, for watching our daughter and home in my absence.

To God be the glory!

Pastor Abi



Haymarket Campus News

By Rev. Brian Johnson

Haymarket Church, the Haymarket Campus of St. Thomas UMC, is on the move this summer! During the month of May, Haymarket Church moved its offices and ministry center from the Old Bank Building (in Haymarket) across the street to the second floor of the Haymarket Town Hall building (15000 Washington Street, Suite 206, Haymarket, VA, 20169). This move will save upwards of \$3000/month while still giving Haymarket Church a strong physical presence in the town of Haymarket. In addition, beginning on Sunday, July 7, Haymarket Church will move its Sunday worship location from Gravelly Elementary School (in Dominion Valley) to Haymarket Elementary School (closer to the town of Haymarket and in the middle of a new housing development that is just beginning to be built). The worship location move is an opportunity to get in on the ground floor of a new community AND to strengthen an existing partnership with Haymarket Elementary School. We are excited about how God is leading us forward into these changes and helping us take our next steps forward!"



Being “Part of the Process”

By Ron Campbell, Convener

SPARK, the strategic planning team for STUMC, has been busy over the last two months. After completing the initial community demographic study, nine congregational “listening sessions” were held over a four-week period. SPARK had come up with some ideas after much discussion and it was time to hear what the congregation had to say. The purpose of the listening sessions was to get your ideas of what the future of St. Thomas UMC should look like. Over 100 people participated in the listening sessions and became “part of the process.” Thank you to those who were able to participate! There have been many good ideas and much discussion about the direction of the church. We want more!

If you were unable to participate in a scheduled listening session, now is your opportunity! Please answer the five questions below and forward your response to Ron Campbell at rcampbell46@yahoo.com. Please respond by June 5.

- How long have you attended St. Thomas UMC and what service do you attend?
- What brought you to STUMC?
- What keeps you here?
- Where is God calling us next as a congregation?

The next step for the SPARK team is to compile your comments with the ideas we have and then create a 3-5 year plan that meets the needs of the congregation and the community spiritually and otherwise. There will be further feedback requested from the congregation as this task moves forward. We ask that over the summer, you keep this whole process in your prayers and we will be providing tools to help our entire congregation do this together.

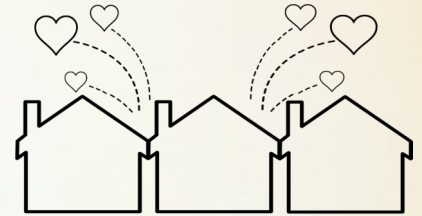
Thank YOU for being part of the process!

Summer at St Thomas!

Feel Free to Wear Your Casual Clothes to Worship

Because of the hot days of summer, worship at all services is intentionally casual! Feel free to wear shorts and a t-shirt, flip flops, jeans, a sundress, etc. (9:40 worship is already pretty casual throughout the year, but in the summer months our traditional services will be too). In similar fashion, clergy, choir, and acolytes will not be robing either. Officially, casual dress begins the Sunday after Pentecost with

the JNS Summer Concert Tour on Sunday, June 16 through September 1 (Labor Day Weekend). Staff will be wearing a specially designed t-shirt for Sunday mornings during this same time period.



#BetterTogether

*“There is a time for everything,
and a season for every activity under the heavens.”*

~ Ecclesiastes 3:1



May Baptisms & New Members

On Confirmation Sunday, May 19, Jessica Thornton was baptized and then Jessica and the other members of our Confirmation Class, Kameika & Kayla Lyle, Bridgette Rudolph, & Matthew Santee, made their professions of faith. (see picture & article on the back cover)

On Sunday, May 26, we welcomed Juli & Erik Enke as new members and baptized their baby Bridget. This makes four generations of the Enke family worshipping here at St. Thomas including grandparents Dave & Cindy and great-grandma Lee!

And finally, also on Sunday, May 26, we celebrated a milestone for the Izzo Family with the baptism of Dominick J. Izzo VI, son of Dominick & Abby.

Please take a moment this month to welcome these new members of our community of faith!



Summer Event Calendar

Saturday, June 1 – Outdoor Movie Night, Food Trucks @ 7:30 pm, Feature Film, “The Sandlot (PG) starts at sundown, 8:30 pm. Bring a picnic blanket or lawn chair for seating.



Sunday, June 9 – Church Picnic, 2 – 5 pm @ Northern Fauquier Community Park. Last Names, A – M, bring a side dish, N – Z bring a dessert to share.

Sunday, June 16 – Joyful Noise Singers Summer Concert Tour will be leading Worship at all services.



Tuesday, June 18 – Ice Cream Social & Family Night, 6:30 pm. Bring your favorite game and a topping to share!

Sunday, June 30 – Red, White & Blue Jean Day in Honor of Our Community Workers. Come and enjoy a red, white & blue “bomb pop” on us!



Sunday, July 14 – VBS Celebration Sunday, 9:40 & 11 am services.

Sunday, July 28 - Theatre & Arts Camp Celebration, 9:40 & 11 am services.

Saturday, August 3 – “All Hands on Deck” Service Project.



Help bless our neighbors with a free community car wash. Any food or cash donations will support our Food Pantry & Children & Youth Programs.

Friday, August 9 – “Ace Ventura Pet Detective Night” at Potomac Nationals Baseball Game. Bring your pets and join us in the Outfield!



meetup

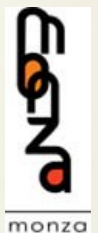
After Worship Lunch Meet Ups

This summer, our staff will be “hosting” a handful of lunch meetups after worship (sometimes after the 9:40 am service and sometimes after the 11 am service). This is a great time to connect with our staff outside of church and to get to know other members of the church you might not know. All ages welcome to join the fun! Check out the schedule below. Sign-ups will be through the Connect Card to help us plan accordingly, but folks can also just drop by.

June 16 - Meet @ The Bone (BBQ), 12:30 pm. Pastor Abi & Frank Priest hosting.



June 30 - Meet @ Monza, 11:15 pm Rodney Miller & Veronica McGuin hosting.



July 14 - Meet @ TBD, 12:30 pm Leslie Oakes & Weber Davis hosting.

July 28 - Meet @ TBD, 11:15 pm Sam Daniel & Kristi Swanson hosting.

August 11 - Meet @ C.J.Finz, 12:30 pm Dominick Izzo & Sam Bouquet



August 25 - Meet at City Tavern, 12:30 pm Caleb Mathews & Jacqui Watkins hosting.



A Note from the Music Director...

Happy almost Summer from St Thomas Music Ministries!

I would like to start off with great gratitude for your love and support of the Lenten and Easter season. Everything from the Bells Ringing, our “littles” singing, to our joint Cantata with Grace UMC, your love, support, and prayers were felt; thank you!

As things begin to “wind down” for the summer season, everything seems to be doing quite the opposite. The Joyful Noise Singers, our youth choir, is knee deep in preparations for our yearly mission tour to Upstate New York. Since January, our youth have been keeping a busy rehearsal schedule which included an overnight retreat in Southern Virginia. At the retreat, the kids rehearsed for over 8 hours, participated in bonding activities, and enjoyed food and fellowship. All of these rehearsals are leading to our farewell concert during all three worship services on June 16th. Please come support our youth in attending one of these three concerts.

This year’s tour, aptly named “Living on a Prayer,” focuses on the acts of prayer and its many forms. The kids will present this concert from June 20th

through June 26th throughout Upstate New York’s Capital Region. We will be staying at Camp Skye Farm, a camp for youth run by the United Methodist Church near Lake George New York. We will be singing at many of the Churches where I was either a substitute organist, or the music director growing up. We will also be teaming up with the youth group from St. Kateri Tekakawitha parish, my family’s church, and working on a farm that helps source the local City Mission; an organization which feeds and supports the homeless in the community. We will also be taking advantage of my family residing nearby, and partaking in delicious home cooked food. Please consider writing notes to our youth and chaperones to uplift as during our journey. The kids especially enjoy the words or comfort and encouragement from the people at home!

Over the summer, while the choir and bells take a much needed rest, we will be utilizing individual talents from our congregation members in the form of special music. If you or someone in your family wishes to play or sing during a worship service this summer, please do not hesitate to contact me at music.director@stthomasumc.org

We would love to have new faces being a part of music leadership at St Thomas.

Blessings, Dominick



Annual Conference

The 237th Session of the Virginia Annual Conference of the United Methodist Church will take place from June 20-22 in Roanoke. This year's theme is Moving Forward in God's Mission. The scriptural focus for the Conference is Matthew 28:18-20 (Christ's great commission to each of us).

Representing our Manassas and Haymarket campuses are our pastors - Abi and Brian, and Lay Delegates - Pat Brown (Manassas) and Brenda Grembowski (Haymarket). Alexandria District representatives from our campuses are Deb Angerman, Pat Dodson and Kim Johnson.

The main business item for this year's conference is the election of clergy and lay delegates to the 2020 General Conference and the 2020 Southeastern Jurisdictional Conference. In addition to the business, there will be six worship services including the Mission, Retirement, Memorial, and Ordering of Ministry services.

Please keep all involved in the Conference in your prayers, especially our Interim Bishop Peter Weaver who's serving in place of Bishop Lewis (and for Bishop Lewis while she is on medical leave).

We Need Your Help

One of the big projects going on at the church is the review of our membership files to determine the current active members. Members who have not attended for an extended period of time will be contacted to give them an opportunity to let us know if they wish to retain their membership or if they have moved on (hopefully) to another church family. Some of you have adult children who have been baptized, confirmed and /or joined with you here and have grown up here. They are full members of the church. Their current addresses are not on file in the church records, so if you are able to provide that information or can check with your child(ren) as to their wishes concerning continued membership at STUMC it would be of great help. You can leave the information at the church office or by email to receptionist@stthomasumc.org.

By Pat Brown

News from the Kitchen

We are fast approaching the end of our Tuesday Night Dinners for this school year. Our last dinner will be June 11th. We have enjoyed serving you. The kitchen team will be taking some time off this summer. Our first Tuesday Night Dinner will be August 27th so be sure to mark your calendars.

While we won't be having dinner every week we will be around to help with special events throughout the summer. We also use this "down" time to reorganize, clean, and plan for the next school year of Tuesday Night Dinners.

Our June menus are:

June 4

Salad
Pizza Party
Dessert

June 11

Roasted Pork Loin
Mashed Potatoes
with Gravy
Vegetable
Dessert



Thank you!

The Kitchen Ministry Team

Food Pantry Update

On May 15, Aaron Priest, who had recently joined the staff as the Assistant Food Pantry Coordinator, stepped down due to the resurgence of several significant health concerns. Please continue to lift Aaron and his family in prayer as he seeks to address these health challenges. This position is open again. So, if you or someone you know might be a good fit, please speak to or email Sam Daniels, Food Pantry Director, food.pantry@stthomasumc.org.

Thank you!

Older, Wiser, Livelier Seniors

PLAN B – The OWLS trip to Lewis Ginter Gardens in Richmond, on April 26, was changed due to pending inclement weather. The forecast was for heavy rain starting before noon and NO ONE wanted to explore a botanical garden in the rain. Therefore, we quickly came up with Plan B. Instead, we enjoyed a warm, friendly lunch at Café Torino in Warrenton. We were a small group of 8 so we all sat at one table. The food was wonderful, as was the fellowship. In the same parking lot was Carousel Frozen Treats, a delicious soft

serve ice cream stop. So, we walked across the parking lot and enjoyed dessert. Everyone agreed that this was a wonderful change of original plans. Oh, yes, it didn't start raining until later in the day.

Our May trip has also gone to Plan B. The original date was May 17 but the boat ride to Tangier Island was sold out for the 17th so we switched the trip to the 24th. Check out the July newsletter for news about our adventure!.



**Lunch & Ice Cream
on April 26th**



LUNCH ON JUNE 21st - Please, plan to join us on Friday, June 21 at 1:00 pm. We will be staying local and dining at Tortino Mare restaurant in Manassas Park. It is an elegant Italian restaurant that promises to elevate the OWLS dining experience. Reservations are a must and the establishment has requested that reservations be made by Monday, June 17. Therefore, please RSVP to Marian (571-315-6881) or Lynn (703-499-0243) no later than Sunday, June 16th. Tortino Mare is located in the Kent Village Square shopping center adjacent to the Manassas Park Police department on Manassas Drive. We know you will enjoy this fine dining experience.

**Lunch again on June 21 - Clearly,
we are true Methodists!**



United Methodist Women

PATRIOTIC / SUMMER MINI-BAZAAR

Come to our Mini-Bazaar on Sunday, June 2 in the Fellowship Hall 8 am – 12:15 pm. We will have many items to decorate your home or show your patriotic spirit.



FATHER'S DAY CARNATION SALES

Our last day for selling carnations for Father's Day will be June 9. Please take your carnations at the end of your worship service on Father's Day. Help us support our two Compassion International boys, Juan and Mika, by purchasing carnations. For more information on the boys, see our table in the Narthex.

ICE CREAM SOCIAL and GAME NIGHT

Tuesday, June 18, 6:30 – 8:30 pm. Join us for worship, ice cream, games, and fellowship. We will begin by meeting in the Sanctuary for family worship and then move to the Fellowship Hall for ice cream and games.

SAVE THE DATES!

September 14: One day retreat for women, *Cozy Mountain Lodge*. Stay tuned for more information.

April 25, 2020: Trip to Sight and Sound Theatre in Lancaster, PA to see *Queen Esther*. This bus trip is open to everyone. Tickets will go on sale in December and will include the bus, show ticket, and lunch.

If you have any questions, please contact us at Chair.STUMW@gmail.com

Vacation Bible School - ROAR!



ROAR VBS Registration is open! July 8-12, 8:45 am-12:15 pm. VBS Sunday is July 14! Our VBS is open to all kids who have just completed Kindergarten-5th Grade (based off the 2018-2019 school year).

Registration closes June 23. Visit stthomasumc.org to register today!

Opportunities to Serve During VBS: Visit the bulletin boards in the Narthex to see exciting ways you can get involved with this ministry! There are numerous places to serve such as:

- Decoration Workshops each Wednesday at 10am
- Crew Leaders
- Supply Donations
- Set Up and Tear Down

Plan to attend the Kick-Off meeting for all volunteers on Sunday June 2 at 12:15 pm in Room 300. Visit our website to register yourself as a volunteer today!



Student Ministry



THE PACK AM: SUNDAYS AT 9:40 am in Room 305 Students 6th-12th grade are invited to join us as we journey together through "The Gospel Project," God's redemptive story for mankind.

THE PACK: 1ST, 3RD, AND 5TH TUESDAYS

Meet us at 5:30 pm for dinner in the Fellowship Hall! After dinner, we head over to "The Den" where we play games and talk about relevant faith topics that impact our every day lives until 7:00 pm. All students grades 6th-12th are welcome!

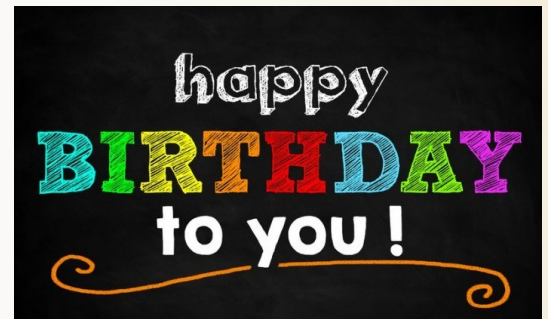
UPCOMING PACK MEETINGS

June 4: Pack Meeting
June 18: Ice Cream Social

Upcoming Events

King's Kids Birthday Bash Sunday June 2 at 9:40

Join us in King's Kids as we celebrate everyone's birthdays from this school year! There will be cake, games, and fun for all!



Summer Sunday School Volunteer Opportunities:

Can you give an hour a few times over the summer to help teach our kids in Elementary and Preschool? This is a great way to try out our Children's Ministry and teach our kids about Jesus! Come join in on all the fun we have each Sunday in King's Kids and check out the bulletin board in the Narthex for dates running June 23-September 1.

Summer Camps for Kids: This summer our Children's Ministry team plan to host several day camps for 6-11 year olds in addition to Vacation Bible School. Mark your calendars now so you don't miss out:

- Science Camp, June 24-28, 9am-4pm
- VBS: July 8-12, 2019, 8:45 am-12:15 pm (FREE)
- Cooking Camp, July 15-19, 9am-4pm
- Music and Arts Camp, July 22-26, 9am-4pm

Cost is \$150 per camp (that's approximately \$4.25/hr of enrichment - what a steal!) After care from 4-5 pm is available for an additional \$25. Visit stthomasumc.org to register today!



King's Kids

Our ministry with children seeks to share the faith with the next generation of children from birth through 5th grade. The primary ministry occurs on Sunday mornings. Check it out...

SUNDAY MORNINGS AT STUMC:



Nursery, 0-2 years old:

Provided during all three worship services from 8:00 am—12:15 pm.

SUNDAY SCHOOL @ 9:40 am

Preschool Kids,
Room 107



Elementary Kids,
Worship Center



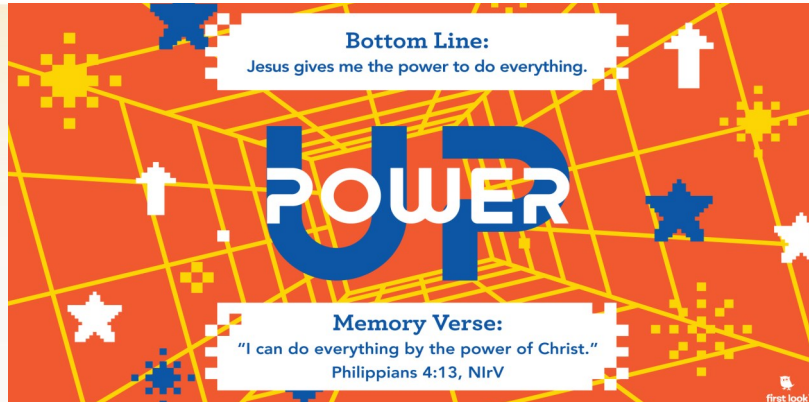
KIDS CHURCH @ 11:00 am

3 years old-2nd Grade

Families begin worship together in the Sanctuary. Following the Children's Message, kids are escorted downstairs to the Nursery for worship through song, activities, and play. Parents may pick up there after service. The Kid's Church Choir will sing monthly at 11:00 am Worship.



Helping Hands Mission, August 1-2, 2019 KidsCare2 and Ignite (Haymarket Campus) are joining together to attend an exciting two-day mission experience for children offered to all member churches of the Virginia Annual Conference of the UMC. All rising 4th-6th Graders and parents are welcome to join! We hope to see you then as we serve together.



Have you ever played PAC-MAN? The best part of that game is eating the large power pellets. Pac-Man immediately powers up, and then you can do anything. The bad guys can't get you! It's awesome!

Feeling like we can do anything is a pretty great feeling. We may not have power pellets lying around that we can eat to power up, but we do have another power source—a real power source that gives us the power to do everything God wants us to do. His name is Jesus. And, He is AMAZING!

We are going to Power Up through the next two months with the hope of creating a super fun and engaging experience for preschoolers to learn about the fruit of the spirit—what happens when we are connected to Jesus, the real power source.



God created us in His image, and He sent His Son, Jesus, to show us the way to live. He also knew we would need help; that's why He sent us the Holy Spirit. With the power of the Spirit, we can produce fruit that points others to Jesus. Every month, kids discover something about God's character and how they can reflect or respond to that character because they are created in God's image. We call those Life- Apps. And this summer we're discovering how several of these Life-Apps show up specifically in what the Apostle Paul calls the fruit of the Spirit. **Life App:** What God is doing in you to change the world around you.

MEMORY VERSE: "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23A, NIV



Confirmation

Congratulations to our five Confirmands and newest members of St. Thomas! These students completed a 14-week process that included classes on the basics of our faith, trips to explore different denominations, participation in leading worship, and individual time with a mentor. It's such a joy to see our students make the choice to follow Jesus as it is life changing! May Kameika, Kayla, Bridgette, Matthew, and Jessica all know the love of God and walk the path of faith for all of their lives.

~ Caleb Mathews



Senior Pastor, Rev. Abi Foerster
stthomasumc.org
703-368-5161

Newsletter Deadline:
15th of the month

Please email all articles to both:
samantha.bouquet@stthomasumc.org
receptionist@stthomasumc.org

June Church Events

- June 1 Movie Night—"The Sandlot"
- June 2 Mini-Bazaar,
VBS Kick-off Meeting
- June 9 Church Picnic
- June 11 Last Tuesday Night Dinner
- June 16 JNS Concert at all services
Spiritual Gifts Class
- June 18 Ice Cream Social & Game Night
- June 30 Red, White & Blue Jean Day and
Community Worker Recognition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June Birthdays						1 Nancy Birdsell
2 Sheila Dawson Martha Barlow	3	4 Florence Adams	5 Andrew Santee	6 David Connor	7 Mary Haines	8
9	10	11 Alex Haines	12	13	14 Christen Horton- Thompson Phil Schrack Caiden Thompson	15
16	17	18 Christopher Bixby Al Sanchez Bryan Spencer Buddy Kilby	19	20 Harper Simpson	21 June Childress Jim Buchanan Benjamin Haines	22 Janie Crompton
23	24	25 Ed Glade	26 Helen Brewer-Irons	27 Davina Norman Linda Barger	28 Bob Hagan	29 Annette Juran
30 Launie Spedden						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June Event Calendar						1 Outdoor Movie Night 7:30pm Picnic with Food Trucks on site 8:30pm "The Sandlot"
2 UMW Mini-Bazaar All morning 12:15pm VBS Kick-off Meeting 5:00pm DC Homeless Mission	3	4 5:30pm The PACK 7:15pm Trustees & Congregational Care	5	6	7 9:30am Care Giver's Support 7:00pm Media Circle	8
9 Church Picnic 2pm to 5pm Northern Fauquier Community Park	10 6:30pm UMW Exec. Mtg 7:00pm Life after Miscarriage Group	11 7:15pm Finance, Evangelism, Communication, Children/Youth	12	13 7:00pm Worship Committee	14	15 5:30pm Emmaus Gathering
16 Father's Day JNS Concert all services	17	18 6:30pm Ice Cream Social & Game Night 7:15pm SPRC & Adult Discipleship	19	20	21	22
23	24	25 7:15pm Church Council	26	27	27	29
30 Red, White & Blue Jean Day						
Weekly Schedule (subject to change due to holidays or other events – check with your coordinator)						
	7:30pm St Thom Cats	5:30pm Tuesday Night Dinner (thru 6/11) 6:30pm Tuesday Night Worship 7:15pm Praise Band 8:00pm AA Meeting	10:00am Quilts for Kids	9:30am UMW Bazaar Crafters		8:00am Ladies Emmaus Group 8:00am Men's Breakfast Group 9:00am Food Pantry