



Triumph Newsletter

JUNE 2025

Dear Church Family

Summer is here! This is a season that often brings a more relaxed pace, opportunities to travel, and precious time with family and friends. As the days grow longer and warmer, we encourage you to embrace this season as a time of rest and renewal. Even Jesus, in the midst of his busy ministry, would withdraw to quiet places to rest and pray (Luke 5:16). He understood the importance of stepping away from the demands of life to be refreshed in body and spirit.

So, take time this summer, whether it's a vacation, a quiet afternoon in the backyard, or a simple walk—to slow down, breathe deeply, and reconnect with God and those you love.

As a congregation we will also take a little more relaxed approach to summer. We're excited to share that beginning **Sunday, June 29 through Sunday, August 10, 2025**, we will transition to **one combined worship service at 10:00 AM** each Sunday.

These summer services will be *blended*, incorporating both traditional and contemporary elements, allowing us to celebrate the rich diversity of worship styles in our church. It's a beautiful opportunity for us to come together as one body, to connect with friends old and new, and to experience the joy of worshiping side by side.

Scripture reminds us in Hebrews 10:24–25, “*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another.*” This season is a wonderful time to live into that encouragement—to gather, to grow, and to rejoice together in God's presence.

Enjoy your summer relaxation, and we look forward to seeing all of you as we worship together in unity and love!

In Christ,
Pastor Matt

Staff Parish Relations Committee

Janie Russell

Several changes have occurred with the staff this past month. Gary Gilham, our Food Pantry director, resigned effective May 3rd. As food pantry employees have been paid through grants and donations and it's currently more difficult to find grants, we no longer have the necessary funds to fill Gary's position. Jon Weed, who has been our Food Pantry assistant, has agreed to step up as Food Pantry Coordinator. We've increased his hours so he can supervise the day to day running of the pantry including Saturday distribution, as well as attend pertinent meetings, etc. In addition, we are setting up a Food Pantry Committee to coordinate other needed jobs in order to keep the pantry running smoothly. We will be looking for volunteers to assist with these needs.

There has also been a staff change with Sunbeam Children's Center. Teresa Rook, the assistant director, retired effective May 23rd. Gasna Thomas has agreed to serve as interim assistant director. SPRC, in conjunction with the SCC Board, will be looking at this position. All SCC employees are also employees of St. Thomas UMC, and the positions of Director and Assistant Director are directly overseen by SPRC.

Pastor Matt is starting his third year with our church. The Committee continues to feel that St. Thomas is blessed to have him. And one other staff "change" is Kristi Swanson is officially both the Children's and Youth Director. And we are also blessed to have her.

Adult Discipleship

Pat Brown

The month of June brings two opportunities for all adults at St. Thomas. First, on Wednesday, June 25 we will have our annual Adult Vacation Bible School. Come join us as we, like the children will do in the mornings, take a "Road Trip". You are invited to join in stories, crafts, recreation (suitable for all ages) and other activities. The hours are 6:30pm-9:00pm. Please sign up by Friday, June 20 either by stopping by the Welcome Desk or by calling the church office (703-368-5161) or emailing (receptionist@stthomasumc.org).

Our Summer Pop-Ups program will start on Sunday, June 29. Since we will begin having just one service at 10:00am for most of the summer, the Pop-Ups will be held prior to the worship service from 9:15am-9:45am. As in the past, we will have a variety of presenters and topics.

The Adult Discipleship Team looks forward to see you at these events.

Volunteer Opportunities with the Food Pantry

Current needs include:

- Assisting with packing boxes for Thursday deliveries to senior citizens
- A team of 2 people to deliver to the seniors on Thursday afternoon
- Back up drivers when needed for pick up at groceries stores
- Running the computer on Saturday morning during distribution (training available!)
- Assisting during Saturday distribution
- Assisting with sorting food after deliveries on weekday mornings
- Fund raising (Applying for Grants or finding ways to increase donations)
- Assisting with volunteer coordination.

Please call the church office, or contact Jon Weed (jon.weed@stthomasumc.org) or Janie Russell (ptjanie1@gmail.com) if you would like more information on how to volunteer with this important church ministry.



Thank You, Judy & Gary Gallahan

The city of Manassas honored 15 volunteers, one posthumously, for their contributions to the community during a late-April volunteer reception and dinner at the Hylton Center for the Performing Arts. The 2025 Outstanding Volunteers included our own Judy and Gary Gallahan.

Judy and Gary Gallahan have each given over 50 years of volunteer service to the city of Manassas and surrounding jurisdictions. Gary has been an EMT and cardiac technician and is currently the auxiliary's vice president and has served as the squad's liaison for Hutton Hall in recent years. Judy joined the auxiliary over 50 years ago and currently serves as secretary and is the primary contact for all information and rentals at Hutton Hall.



The city of Manassas 2025 Outstanding Volunteer Award winners (front row, from left): Robert Carter, Jeff McWhirt; (middle row, from left) Elaine Trautwein, Anita Ebert, Robyn Johnson, Eithne Richardson, Robert Fox; (top row, from left) David Button, Gary Gallahan, and Judy Gallahan. Not pictured were Ryan Crisman, Andy Morris, Ed Spall and Ruth Williams.



United
Women
in Faith

Father's Day Carnations

The UWF is happy to continue our tradition of selling carnations to honor or remember those special men in your life on Father's Day, Sunday, June 15. Cost is \$3 each. Proceeds support the two Compassion International children we sponsor. You may take your carnations from the altar arrangement after each service on Father's Day. Order carnations and make your dedications by June 8; contact Pat Dodson at andyandpatd@yahoo.com.

Women's Walking Group

Our next walk will be on Sat, Jun 7 at 9 am. Meet at the Jennie Dean Elementary School parking lot to walk the Winters Branch Trail. All ladies welcome!

Dorcas Circle

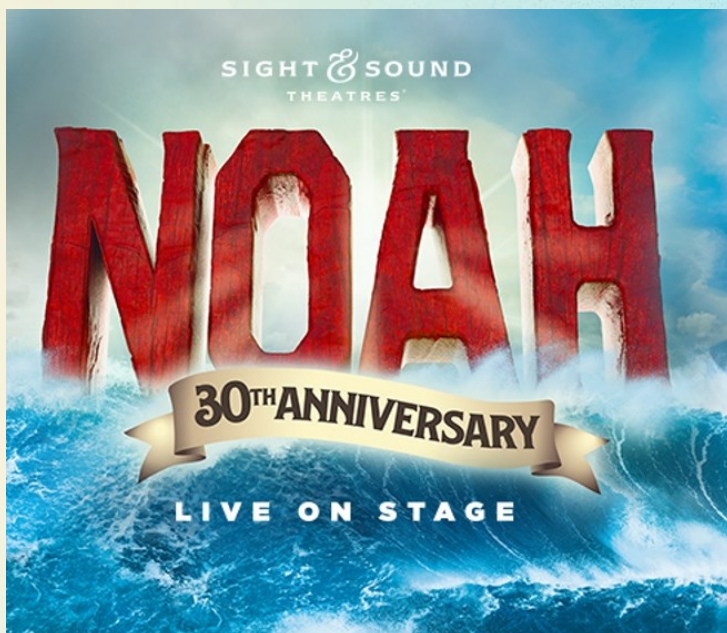
Our next Dorcas Circle meeting will be lunch at Olive Garden on **Tuesday, June 10 at 1 pm**. We invite all interested women to join us. Invite a friend!

Ladies Book Club

The Ladies Book Group will meet on June 13th at 10:30 am in Room 304 to discuss *THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME*. Christopher is "on the spectrum" and when he discovers a dead dog in his yard, he is compelled to solve the mystery. Along the way, we learn the joys and challenges facing Christopher. Author Haddon has worked with "special" children in both a school and a medical setting and brings knowledge, expertise and empathy to the novel.

On July 11th, we will discuss *PEOPLE OF THE BOOK* by Geraldine Brooks. Brooks, a Pulitzer Prize winning author, relates the possible history of a 15th century Haggadah beautifully illustrated in a manner unusual for the time period. When the rare book is preserved and presented for restoration after the shelling of Sarajevo's library, a number of tiny artifacts are discovered in the books binding leading the books restorer to speculate on the books history.

Join us even if you have not finished (or even started) the book. The discussion may encourage to read the book!



Bus Trip to Sight & Sound Theatre

Join us on Saturday, Nov 1 for a trip to Lancaster, PA to see the landmark production of *Noah* as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season!

Cost for the trip is \$150 - including bus transportation, tickets for *Noah* and lunch at Bird-in-Hand Restaurant. Contact Pat Dodson to sign up.



OWLS MINISTRY
OLDER WISER LIVELIER SENIOR MINISTRY



KITCHEN MINISTRY
ST. THOMAS UNITED METHODIST CHURCH

The OWLS headed to Bonefish Grill in Gainesville for their May outing. The date was changed to May 30 because Lynn and Marian were both out of town. The change in date didn't affect the wonderful turnout as nearly 30 members still enjoyed the fun, food and fellowship of Bonefish Grill. Love their Bang, Bang Shrimp!!

The June lunch outing will be at Flaming Grill and Buffet, 8260 Shoppers Square, in the Maplewood Shopping Center on June 2. This is a buffet, with an Asian flair but has offerings that will surely satisfy everyone. We went to Flaming Grill and Buffet last year and several people requested that it be put on our repeat list. We will meet at 1:00 pm. Please RSVP via Connect Card or by contacting Marian or Lynn by June 24 so we can give the restaurant a count on June 25. Remember, OWLS is open to anyone 55 and older. You do not need to be a member of St Thomas so invite your friends. The more the merrier !



News from the Kitchen

Janel Weed

This has been a difficult year for our team. We thank you for continuing to support the Tuesday Night Dinners. We are taking a much needed break for the summer. We will use this time to regroup and figure out our future plan. Stay tuned for details in the next newsletter.

We will have our Christmas in July dinner on July 22nd so please mark your calendars now and be thinking about wearing something "Christmas"-red or green. Maybe we will have some carol singing in the fellowship hall after dinner? Our serving times will be the same as what we've done this year: dine-in: 5:00pm-5:45pm and curbside 5:30pm-6:00pm.

I am so appreciative for the volunteers we have on this team and the way they have rallied to finish out this school year. Please thank them when you see them: Connie Santee, Janie Russell, Crissy Stone, Deb Crawford, Bill Buchanan, Joe Buchanan, Cliff Farrar, Bob & Gwen Glausser, Dave Delozier, & Buddy Kilby. We have had guest chefs throughout the year who have helped in tremendous ways and we thank them as well.

Enjoy your summer!



THE PACK

ST. THOMAS UNITED METHODIST CHURCH

The youth ministry has been wrapping up the school year with a lot of fun and fellowship. We had a blast at our Time Missions escape room experience and our color wars and BBQ was a great way to spend time with our church family. We got very messy, but we enjoyed our time together.



The youth ministry will host Graduation Sunday on June 1 with a reception to celebrate the graduates. After church, all youth are invited to participate in our pool party at the Thornton's home at 1:30. We'll have pizza, drinks, and one last fun time together before the school year ends.

Summer for the youth will be focused on service, but we will also find time for fun. Keep an eye out for our summer missions schedule and the fun activities that will go along with it.



The children's ministry had a busy May, enjoying the Recess curriculum theme which will continue in June, Mother's Day activities which brought fun for moms and kids alike, and a tweens wrap-up event that was so much fun! The spa time for Mother's Day was a nice retreat for the moms and the kids even had a chance to enjoy it for a while as we cleaned up after the encore session. The kids and some youth did a fantastic job putting on a funny and sentimental program during the services and handing out flowers to the mother figures of our church.



For June, we will wrap up our Sunday School curriculum for the school year. VBS will take place June 23-27 and we are looking forward to our "Road Trip!" where we will learn a lot and have tons of fun together. It's not too late to register on the website and the fee is waived using code NEWSLETTER25. VBS after care is also available until 5pm. Contact kristi.swanson@stthomasumc.org for more information. Front porch will host a VBS themed movie night on the evening of June 27, and VBS Sunday will be held during one service at 10am on June 29.



After VBS Sunday, we will host Sunday Fundays each week during the one 10am service. Families should begin in the sanctuary and kids will be dismissed to Sunday Funday after the children's message. We'll keep this schedule until August 11 when you can save the date for Blessing of the Backpacks. We'll return to two services at 9 and 11am that day, with backpack blessings at each service. We will have a bounce house, school bus rides, and other fun activities from 10-11am, to round out the summer before kids return to school.

We will have so much fun together as a church this summer!





Cokesbury Kids
ROAD TRIP
 ON THE GO WITH GOD

VBS REGISTRATION NOW OPEN
 Kindergarten - 5th Graders

VBS is Mon, Jun 23 - Fri, Jun 27
 from 9 am to 12:15 pm

Register today!




Upcoming Events

8899 Sudley Road, Manassas, VA 20110

Rev. Matt Sergent, Senior Pastor

stthomasumc.org

703-368-5161

Newsletter Deadline:

15th of the month

Please email all articles to both:

samantha.bouquet@stthomasumc.org

receptionist@stthomasumc.org

May 31	Movie Night: <i>The Wild Robot</i> Church Lawn at 7:30pm
June 1 - 7	START in Asheville, NC
June 7	UWF Walking Group Winters Branch Trail at 9am
June 10	Dorcas Circle Olive Garden Restaurant at 1pm
June 11 - 14	Virginia Annual Conference Roanoke VA
June 13	Ladies Book Club Room 304 at 10:30am
June 15	Father's Day
June 16 - 20	Pirates & Mermaids Summer Camp
June 23 - 27	Vacation Bible School
June 27	OWLS at Flaming Grill & Buffet 1pm
June 29	VBS Sunday One Service at 10am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Martha Barlow Sheila Dawson	3	4	5 Andrew Santee	6	7 Mary Haines
8	9	10	11 Alex Boyd	12	13 Marissa Stone Jennifer Miller	14 Phil Schrack Christen Thompson Caiden Thompson
15	16	17 Larry Madison	18 Christopher Bixby John Evans Buddy Kilby Bryan Spencer Al Sanchez	19	20	21 Jim Buchanan
22 Janie Crompton Anne Madison	23 Margot Enke	24	25	26 Nancy Recinos Helen Brewer-Irons	27 Davina Norman Wesley Swanson	28 Annette Juran
29	30		June Birthdays			