



# Triumph *Newsletter*

## September Worship Series

### Letting Go: How to Face Uncertainty and Change

Moses said to the people, *“Do not be afraid, stand firm, and see the deliverance that the Lord will accomplish for you today”* (Exodus 14:13).

Let’s face it, it’s in our human nature to resist change. Change is hard. It almost always comes with some form of fear attached to it. Even change initiated by ourselves can be so difficult that we end up reverting back to what’s comfortable rather than what is right. Yet, change is inevitable and it will leave us behind if we hold on to the comfort of the past for too long. In this worship series we will discuss making positive and healthy *transitions* in life as individuals and as a church, rather than being overcome by change and fear. We are called by God to let go of the old and step into the “wilderness” as the Israelites did when leaving Egypt, so that God can direct us towards the Promised Land of new life and opportunities.

Drawing inspiration from Matt Miofsky's book “Let Go” we will walk through the Exodus story and examine the role faith plays in answering the call from God. In the words of Matt Miofsky, the story of the Exodus is “a guide to manage the transitions in your life using faith as your compass.”

Week 1: September 1 <sup>st</sup> “Letting Go: Just Go for It!”	Exodus 3:1-15
Week 2: September 8 <sup>th</sup> “Letting Go: Going Through the Waters”	Exodus 14:5-22
Week 3: September 15 <sup>th</sup> “Letting Go: Never Give Up”	Exodus 16:2-15
Week 4: September 22 <sup>nd</sup> “Letting Go” We Can Do it!”	Joshua 3:7-17

# September Is Staff Appreciation Month

Staff Parish Relations Committee is pleased to announce that during September we will recognize and celebrate our amazing staff.

Activities will include a PowerPoint presentation on Sunday mornings to introduce our staff which might include some interesting information you may not know about them. On September 8<sup>th</sup> and 15<sup>th</sup> we will have tables set up in the fellowship hall so you will be able to write thank you notes to staff members. On September 29<sup>th</sup> we are having one church service at 10:00 am followed by a churchwide brunch giving you an opportunity to personally thank our staff for all they do for the Church.

List of our staff members:

## **Full Time:**

Pastor Matt Sergent	Pastor
Samantha Bouquet	Administrative Director
Elana Verosko	Bookkeeper and Finance Manager
Dominic Izzo	Director of Music
Kristi Swanson	Children's Ministry Director
Veronica McGuin	Director of Sunbeam Children's Center
Gary Gilham	Food Pantry Director

## **Part Time:**

Rodney Miller	Contemporary Worship Leader
Frank Priest	Hospitality Kitchen Manager
Jon Weed	Food Pantry Assistant

## **Unpaid Office Staff:**

Pat Dodson - Monday
Marian Ludlow - Tuesday
Pat Brown – Wednesday
Paula Harper - Thursday
Kathy Swancott - Friday

## **Unpaid Kitchen Volunteer**

Janel Weed

Other SPRC News

- Welcome back to Pastor Matt and Barbara (and Chloe the dog) following their much-deserved vacation.
- Thank you to Becca Leathers and Rev. David Forrest for filling the pulpit during Matt's absence. I received much positive feedback from church members.
- We will be starting the budget process soon.
- We are continuing to search for a Youth Director. Youth Director is one of the hardest staff positions for a church to fill.

# Welcome Back Sunday – Sunday, September 15!

Join us for Welcome Back Sunday on September 15 from 9 am to 3 pm! We're excited to kick off the new season with a fun-filled day for everyone. We'll have a bounce house, dunk tank and other exciting activities, perfect for kids and adults alike. This is a great opportunity to reconnect, have fun, and welcome new faces into our church family. Bring your friends and family, and let's celebrate the start of a new season together!

## Tuesday Night Dinners RETURN!

We are ready to begin our new season of Tuesday Night Dinners! We hope you have had an enjoyable summer.

Please remember to sign up by noon on Mondays - it helps so much when you do. If you forget, please let us know as soon as possible. For special dietary needs we need that sign up by Monday, otherwise we can't guarantee that special meal.

Pricing remains the same: \$7.00 for individual meals or kid adult meals, \$25.00 for a family of 4 and then \$5.00 per person over that, kid meals are \$5.00 (for 10 and under).

Dine-In serving time is 5:00pm-5:45pm and we ask that you leave by 6:30pm so our volunteers can clean the tables and leave before 7:00pm. Curbside pickup is 5:30pm-6:00pm. If you are running late please call Janel at 703-507-9075 and leave a message if she doesn't answer. We can leave your meal(s) in the fridge for pickup the next day if needed.

We also deliver meals to first responders each week. If you would like to deliver those meals please look for the signup listed in the bulletin or call the church office. If you would like to make a monetary donation to help cover the cost of those meals please note that on your check.

**Our menus for September are:**

**Cookie of the Month:** Lemon Coolers  
\$10.00 for a dozen.

### September 3

Garden Salad  
Spaghetti and Meatballs  
Mixed Vegetables  
Bubble Bread

**Dessert:** Italian Ricotta Cookies

**Kid's Menu Entrée:** Same as Adults

### September 10

Beef Stew Dinner Bowl  
Buttermilk Biscuit

**Dessert:** Hot Fudge Pudding Cake

**Kid's Menu Entrée:** Hamburger

### September 17

START Team Fundraiser  
BBQ Pulled Pork/Roll  
Potato Salad  
Cole Slaw

Baked Beans

**Dessert:** Banana Pudding

**Kid's Menu Entrée:** Hot Dog

### September 24

Fettuccini Alfredo with Shrimp or Chicken  
Caesar Salad  
Roasted Vegetables  
Garlic Bread

**Dessert:** Italian Wedding Cake

**Kid's Menu Entrée:** Ravioli



United  
Women  
in Faith

## White House Ornaments

The 2024 Official White House Christmas Ornament honors President Jimmy Carter. The ornament's anchor shape, an iconic symbol of hope, represents Carter's service in the United States Navy. The design also highlights historic moments from his life and presidency. The price this year is \$24, with proceeds going to local and international missions. You can purchase your ornaments now through the church office.



## 51st Annual Holiday Bazaar

Save the date - Saturday, October 19th! More details in the October newsletter, but expect all your favorites, including Crafts, Jewelry, Good As New, White House Ornaments and Food!

## Dorcas Circle

The Dorcas Circle returns to their regular meeting schedule on Tuesday, September 10 at 1:00 pm, upstairs at the church in Room 300. Join us for food, fellowship and our continuing study, Women of the Bible. All women are welcome!

## Women's Walking Group

On September 7 the Women's Walking group from St. Thomas UMC will be walking on the Broad Run Trail

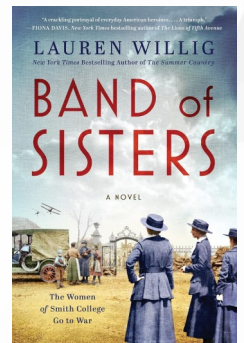


behind Grace Life Church, 9560 Linton Hall Road, Bristow. Turn left when entering and we will meet in the parking lot. This is a beautiful Virginia bluebell

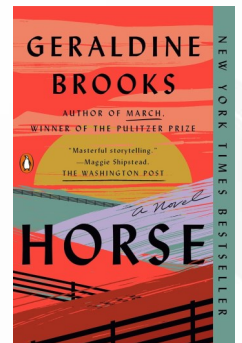
path in the spring. We walk at a leisurely pace, get to know each other, share a lot of laughter and end with refreshments. Contact is Marian Ludlow, 571-315-6881. We meet no matter what the weather is. No need to sign up, just come by 9:00am on the first Friday of the month. In October we will again walk at the St. Benedictine Sister's Campus at the request of those who were unable to come for our May walk.

## Ladies Book Club

France during World War I is the location for **BAND OF SISTERS** by Lauren Willig, the book to be discussed on Sept. 13th. A group of young women from Smith College band together to aid the citizens of France who have seen their homes repeatedly destroyed by the combat swirling around them. At first dismissed as overprivileged and incompetent, the women receive the highest accolades of the governments of both France and the US by the end of the war.



Switching topics and countries, the book group will discuss Pulitzer Prize winner Gerladine Brooks' lightly fictionalized account of **HORSE** on October 11th. When a dusty skeleton of a horse is (re)discovered in the attic of the Smithsonian the race is on to discover the true story of one of the nation's most revered race horses and how its skeleton came to be forgotten in the attic. Switching between the history of the horse Lexington, his trainers and races and the scientists studying a dust covered painting and the long ignored skeleton makes a compelling story.



The Ladies Book Group meets the second Friday of each month at 10:30 am in Room 300. ALL ARE



## Time to order Apple Pies!



It's Apple Pie Season! There will be 60 pies available for sale each week, beginning September 24 through October 15. This year, pies are again \$15

each - we hope that you still feel our handmade pies are a great value! Cash & checks accepted. We have now updated our bank account to match our official name, so please make checks out to STUWF (not UMW or the church). All the money will be donated to local and international Missions.

As always, we freeze the pies as soon as we make them on Thursday afternoon, so transport is easy and they will keep until the holidays (and beyond!). This year there will be 3 options for pickup: After Worship services on Sundays, at the Church on Monday or Tuesday during office hours (9am to 5pm), or on Tuesday evenings from 5pm to 6pm (Convenient if you ordered Tuesday Night Dinner!)

Check the Events Page on the Church website to order your pies (available for orders now). When you sign up, please leave a note in the comments about when you expect to pick up your pies so we can be prepared for you. We ask that you pick up your pies by Tuesday evening at the latest so that we have freezer space available for the next batch!

Last year we sold out, so don't miss the chance to order your pies!

*If you are interested in making pie dough, donating supplies or joining our pie making team on Thursday afternoons, please contact Pat Dodson at [andyandpatd@yahoo.com](mailto:andyandpatd@yahoo.com) Thank you!*



The OWLS had a very enjoyable lunch, August 23, at BJ's Brewhouse in Gainesville. As usual, the tables were all a buzz with conversation and laughter as we all got to know each other a little better. Our servers, Tiffany and Christina, made sure our drink glasses were full and that our food came out in a timely manner. Everyone agreed it was a wonderful day.



Our next outing will be September 27 when we will travel out to Warrenton. We will gather at O'Brien's Irish Pub, 380 Broadview Ave. at 1:00. The staff at O'Briens is looking forward to our visit. Please RSVP via Connect Card or by contacting Marian Ludlow or Lynn Furlong no later than September 24. If you need to car pool, or you are able to take extra passengers, please let Marian or Lynn know. Car pooling will begin and end at the church. We hope to see everyone there!



**KING'S KIDS**  
ST. THOMAS UNITED METHODIST CHURCH

We had so much fun together this summer! We are continuing our fun throughout the school year with Fifth Sunday Fundays! Every month that has a 5th Sunday, we will use that 5th Sunday for some fun time together in children's church. The first Fifth Sunday Funday will be September 29 at 10am.



**Sunday School Kick Off:** Sunday School will kick off on September 8 at 10am. Each Sunday we will meet to learn from the GrowKids curriculum. For September we will launch the "Lead the Way" series, a jungle themed curriculum teaching about Moses. In the jungle, every day is an



unpredictable adventure! But to safely navigate the vines, animals, and tricky terrain, we'll need a guide to help lead us. This four-week series follows the life of Moses and his journey to leading the Israelites out of Egypt. Through his story, we'll discover how God teaches us how to lead, and learn how to follow God's lead as God leads us to safety, and to what we need. Children's Church will continue to follow the themes from the curriculum and children's messages. Virtual Sunday School will be offered again this

year, but you must register here: <https://www.signupgenius.com/go/409054EABAA2CABFC1-50830585-virtual>

**Welcome Back Sunday:** September 15, the Outreach Committee will host Welcome Back Sunday. We want the kids to be free for all the fun, so we are pivoting to a Sunday School Open House that day. We will be in the fellowship hall with Grow TV, an activity, and balloons! Stop by for a few minutes then continue to enjoy the event.

**Save the Date for Trunk or Treat on October 27th:**

This year's theme will be Noah's Ark. This year will be all about animals, including a costume contest for pets, complete with prizes. If you are hosting a trunk, decorating for the theme is encouraged but not at all required.



We will begin collecting candy on September 29, so you can start looking for deals now. We thank you in advance for your candy donations. If you would like to host a trunk or volunteer to help with other activities, click here: <https://www.signupgenius.com/go/409054EABAA2CABFC1-50825159-trunk>

We are looking forward to spending the Fall together!



# Summer Fun



# Family Taco Night



# Blessing of the Backpacks





# START Team Planning Meeting for Fall Mission Trip

The START team will return to New Bern, NC to continue our service rebuilding homes damaged by hurricane Florence. The dates for the trip are OCTOBER 13-19, 2024. We hope you will be able to serve with us on this trip. If you are interested, please attend our next meeting on Tuesday, September 10 at 7PM in Room 300. All skill levels are welcome. If you have questions call Cliff Farrar at 703-881-8718.

## You're invited to our Food Pantry Open House on Sunday, September 22!

Join us between services and after the 11 am service to tour the Food Pantry, learn more about how we serve the community, and discover ways you can get involved. This is a great opportunity to see firsthand the impact we're making and to meet the dedicated volunteers who keep this vital ministry running. We'll also be sharing exciting news about upcoming projects and needs. Whether you're a long-time supporter or new to our mission, we'd love for you to come be a part of this special event.



## Upcoming Events

8899 Sudley Road, Manassas, VA 20110

Rev. Matt Sergent, Senior Pastor

[stthomasumc.org](http://stthomasumc.org)

703-368-5161

Newsletter Deadline:

15th of the month

Please email all articles to both:

[samantha.bouquet@stthomasumc.org](mailto:samantha.bouquet@stthomasumc.org)

[receptionist@stthomasumc.org](mailto:receptionist@stthomasumc.org)

Sep 3

Tuesday Night Dinners Return

Sep 7

Women's Walking Group | 9am Broad Run Trail

Sep 8

King's Kids Sunday School Kick Off | 10am

Sep 10

Dorcas Circle | 1pm Room 300/302

Sep 10

START Meeting | 7pm Room 300/302

Sep 13

Ladies Book Club | 10:30am Room 304

Sep 14

Church Council Retreat | 9am Room 300/302

Sep 15

Welcome Back Sunday

Sep 27

OWLS | 1pm O'Brien's Irish Pub, Gainesville

Sep 29

Staff Appreciation Sunday | One service 10:00am

Churchwide Brunch 11am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Revonda Wack	2 JD Sayle	3	4	5 Mandy Burnett	6 David Norman Parker Sutton	7
8	9 Lou Sager	10 Olivia Santee	11 Scott Yost	12	13	14 Benjamin Brookwell Jon Weed
15	16	17 Declan Johnson	18 Catherine Brookwell Paula Harper	19	20	21 Gary Gilham
22 Judy Fake	23	24 Wayne Avery	25 Bea Flynn	26 John White	27	28
29	30			September Birthdays		