

Triumph *Newsletter*

MARCH 2024

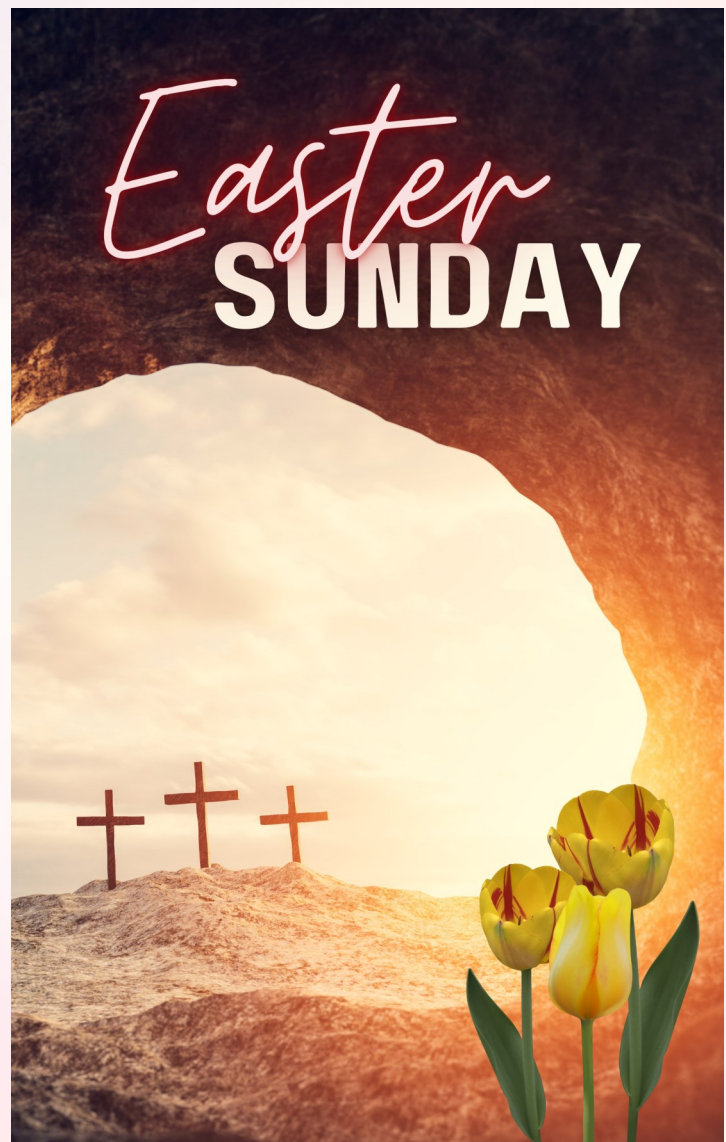
Easter is Here!

It's my favorite time of year! Easter is upon us once again. It's fun to see spring unfold with all its bright colors, watch children hunt for colored eggs, and visit with the Easter Bunny. While I love being an observer of all these things, for the Christian Easter is much more than bright colors, eggs, and Easter Bunnies. Easter celebrates the most stupendous event in all of history – the resurrection of our Lord and Savior Jesus Christ.

In the resurrection, God has said that the future is open with possibilities. So many people today say “no” to the resurrection. It can't be! But in believing, God says “yes” to eternal life. The only thing that holds us back from claiming God's “yes” is our reluctance to trust Him: we so often cling to our own “no.” This Easter, let your heart believe! Say “yes” and accept Jesus' gift life, for it is promised: “If you confess with your lips that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved (Romans 10:9).

Rejoice! Happy Easter!

Pastor Matt



Experience Lent and Holy Week at St Thomas

Sunday Lenten Season Worship | “Forward in Faith” Worship Series Continues through March 17th.

Wednesday Evening Communion, Dinner, and Lenten Discussion on “Forward in Faith” Worship Series

Continues Wednesdays through March 20th from 6:30 pm to 8:00 pm.

Dinner and Choir Cantata, Saturday, March 23rd | Dinner 6:00pm, Cantata 7:00pm

Palm Sunday, March 24th | 9:00 am Traditional Worship, 11:00 am Contemporary Worship.

Holy Thursday, March 28th | Communion Service, at 7:00 pm

Good Friday, March 29th | Tenebrae Service at 7:00 pm , The Seven Last Words of Christ.

Easter Sunday. March 31st

- Easter Sunrise Service | 7:00 am outside, bring lawn chairs and ones to share with visitors. In the event of rain we will move inside.
- Breakfast in the Fellowship Hall following Sunrise Service. Served by Men’s Group until 9am.
- Traditional Easter Worship, 9:00 am, Contemporary Easter Worship, 11:00 am.
- Easter Egg Hunt | At both services, Children will be dismissed with the Children’s Ministry team after the Children’s Message to enjoy an Easter Egg Hunt on the playground. Photos with the Easter Bunny will take place in the Fellowship Hall from 10-11am, so there will be no Sunday School.

Help Decorate our Easter Cross with Flowers!

You are encouraged to bring blooms from your garden to decorate a barren wire-covered cross on the church Entrance Plaza on Easter morning, rain or shine. The flowering of the cross represents the transition from Good Friday to Easter, from meditation on Jesus' death to joyful celebration of his resurrection. With our colorful living blossoms, we transform a barren cross, a reminder of Jesus' death, into a symbol of the continuing presence of Christ among us. It also makes a beautiful backdrop for photos, if the weather cooperates.





**DINNER & CHOIR CANTATA
"THE SEVEN LAST WORDS
OF CHRIST"**

Sat, Mar 23
Dinner 6 pm | Cantata 7 pm

Join us on Sat, March 23 beginning at 6 pm for dinner followed by our Choir Cantata "The Seven Last Words of Christ" beginning at 7pm. Dinner will include honey roasted chicken, baked potato, mixed vegetables and dinner roll with a brownie and chocolate ice cream for dessert. There will be no charge for this meal but a love offering is appreciated.

Holy Week begins on March 24, Palm Sunday with Traditional Service at 9am, Contemporary Service at 11am. Our journey with Christ towards the cross continues with Holy Thursday Communion Service at 7pm, March 28 and Good Friday Tenebrae Service at 7pm, March 29.



**HOLY THURSDAY
MARCH 28
7 PM**



**GOOD FRIDAY
March 29 | 7 pm
TENEBRAE SERVICE:
The Seven Last
Words of Christ**

Begin Easter Sunday with Sunrise Service at 7am in front of the Columbarium. Bring flowers to decorate the Cross at the church entrance and bring lawn chairs for the service. If you have extra chairs, please bring them, as we often have guests join us!

After Sunrise Service, the Men's Group will be serving another delicious breakfast. This is a wonderful time of fellowship as we celebrate Jesus' Resurrection.

Traditional Easter Worship begins at 9am. After the Children's Message, the children will go downstairs for their Easter Egg Hunt.

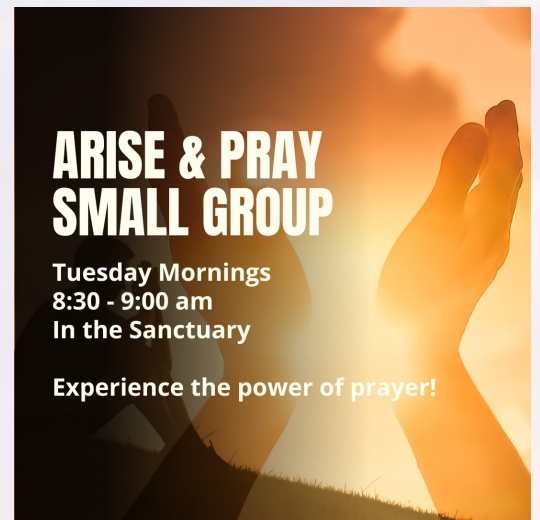
Between Services, the Easter Bunny will be available for photos - signup on the website!

Contemporary Easter Worship begins at 11am. Once again, after the Children's Message, the children will go downstairs for an Easter Egg Hunt.



Arise and Pray

It is a very meaningful experience to sit quietly in our sanctuary communing with our Lord – with no outside distractions. All are invited to come on Tuesday mornings from 8:30 to 9:00 am for communal prayer time in the Sanctuary. Soft music is playing in the background while we pray silently. Each person attending the past Sunday St. Thomas UMC church service is prayed for from the completed Connect Card. We pray for our staff, our neighbors, our community, our country, our world and anything our Lord lays on our heart. Everyone is welcome at any time during the 30 minutes. We close our prayer time by reading together from the Healing Prayer.



Quilts 4 Kids

The faithful ladies of Quilts 4 Kids were very busy in 2023, making 340 quilts (plus over 150 hats, Christmas Stockings and other items) for distribution to the Pregnancy Center, CASA, SERVE, local Police, hospitals and Prince William Community Services. The group is happy to include more quilters! They meet at the church on Wednesday mornings at 10am



Movie Night Saturday, March 9

Come join us at our Movie Night Saturday March 9th, for a heart touching tale, filled with song and laughter. Lyle, Lyle Crocodile is a movie for all ages, so make sure to bring the family, and tell your friends. Popcorn, candy and refreshments will be provided. Doors open at 6pm, movie starts at 6:30pm, please contact the church office or Alicia Hamilton, if you have any questions.



News from the Kitchen

Welcome to March! We enjoy seeing each of you on Tuesdays!

Several questions came up last month so we would like to take the time to address them.

1. The Kid Adult meal was created to provide an alternative to the main entrée. If you order this meal you will get the sides and dessert mentioned for the adult meal but you will receive the kid's entrée with them. The price is \$7.00 for this meal.
2. If there is something on the menu that you do not care for you may not substitute a double portion of something else on the menu for the item you choose not to eat. \$7.00 for the meal is a great bargain even if you choose to omit an item. Frank works very hard to prepare the entire meal based on the number of people signed up. We are not a restaurant, unfortunately, and so we ask that you do not request a "special" meal unless you have a food allergy. (For those who dine in you have the option to not take the item you don't wish to eat.)
3. We do our best to provide special meals for those who have allergies: gluten free, dairy free being the most common but we do ask that you sign up no later than noon on Monday as those meals are prepared separately from the other meals.

Thanks for your understanding on these answers to questions we have had.

Thank you!

The Kitchen Ministry Team

Our March menus are as follows:

Cookie of the month available each week: Frosted Lemon Sugar Cookie

March 5

BBQ Pulled Pork/Roll

Coleslaw

Potato Salad

Baked Beans

Dessert: Banana Pudding

Kid's: Hot Dog

March 12 St. Patrick's Day Dinner

Corned Beef and Cabbage

Potatoes, Carrots

Irish Soda Bread

Dessert: Guinness Irish Chocolate Cake

Kid's: Fish Sticks

March 19 Guest Chef: Dom Izzo

Street Tacos

Mexican Rice

Dessert: Churros

Kid's: Same as Adults

March 28

Salmon Patty w/ Shrimp Newburg Sauce

Rice Pilaf

Steamed Broccoli

Hot Cross Buns

Dessert: Key Lime Pie

Kid's: Chicken Tenderloin



United Women in Faith

Reimagine Women's Ministry Update

Eighteen women gathered on February 10th to discuss new and exciting ways to enhance our Women's Ministry. With over 100 post-it notes full of great ideas, it may take a while to sort through them all, but new things are happening already! There are a few recurring themes: a desire for regular fellowship along with activity or service projects, a need to switch up our dates and times to accommodate women's varied schedules, and an interest in bible studies, retreats and field trips. The bible studies and trips will require more planning, but check out the March events below. We are also looking forward to an April meet-up at Tuesday Night Dinner, then helping sort and fold clothes for the Clothing Closet (details to follow) and our Annual Spring Tea in May.

Food Pantry Clean-up Day

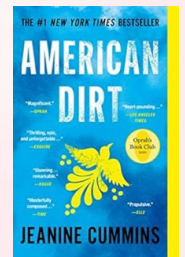
Join us on Saturday, March 16 at 12:15pm to help with some deep cleaning and organizing after the regular Saturday distribution. We will help sort stock for expiration dates, wipe down shelves and clean out the refrigerators and freezers - all while enjoying fellowship. Many hands make light work! See you there.

Women's Walking Group

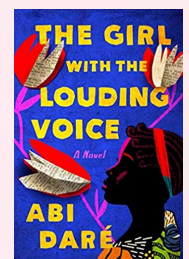
We are starting a new Women's Walking Group on Saturday March 3 at 9:00am. Meet us at The Manassas Battlefield Visitor Center - rain or shine. If the weather takes a turn, the group will decide on an alternative (walking at the mall, coffee at Panera's, etc). Add this to your calendars on the first Saturday of each month and look for announcements of the meeting place in the Triumph Newsletter and weekly bulletins. If you have questions, contact Marian Ludlow, (571) 315-6881, marianldlw5@gmail.com

Book Club

Join us for an exciting discussion of AMERICAN DIRT by Jeanine Cummins on Friday, March 8th in Room 300-304. AMERICAN DIRT is the story of a mother and son fleeing a drug cartel in Mexico and hoping to gain safety in America. The novel follows the pair as they flee by car, train, walking, the top of a train and finally walking through the desert always followed by the nightmare of grief, accompanied by human kindness, and pursued by a murderous gang of drug lords.



On April 12th we will be discussing THE GIRL WITH THE LOUDING VOICE by Abi Dare. Aduni, 14, the third wife of a Nigerian farmer, is expected to keep silent and work hard for the first wife. But Aduni is set on getting an education despite adversity. This is a book of hope, good cheer and love, simultaneously heartbreaking and triumphant.



Dorcas Circle

The Dorcas Circle continues to meet on the second Tuesday of each month 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!



OWLS MINISTRY

OLDER WISER LIVELIER SENIOR MINISTRY

The OWLS had a wonderful time at their February outing. Thirty-two OWLS had lunch at Hector's in Nokesville, which has become an OWLS favorite. The staff at Hector's was very welcoming and attentive, adding to the enjoyment of the meal. Everyone had a great time fellowshiping with friends as we dined on authentic Mexican food.

Our next OWLS outing will be March 22 when we will be having lunch at Cracker Barrel, 1801 Battleview Parkway, Manassas. We will meet at 1:00 PM. Many of us, in the past, have taken this opportunity to wait on each other while enjoying the rocking chairs in front of the restaurant or browsing in the country store. There is so much more to Cracker Barrel than just good food. Please RSVP, no later than March 19, via Connect Card or by contacting Marian Ludlow or Lynn Furlong. Also, don't forget to let us know if your plans change and you can't join us after you have signed up to attend. We do need to give the restaurant an accurate count. Hope to see you at Cracker Barrel in March.





THE PACK

ST. THOMAS UNITED METHODIST CHURCH

The PACK is continuing to gather regularly to enjoy a meal and fellowship with friends. We had a lot of fun doing a Scavenger Hunt in the Youth Center looking for “puzzle pieces” that we connected to reveal a bible verse. We also enjoyed an evening of “winter themed” activities including hot cocoa and s’mores.

In addition to having fun “playing”, we engaged in discussion about prayer. We discovered that “Prayer is always less complicated than we try to make it”, and that a simple, powerful prayer is “Help me, help me, help me”, and “Thank you, thank you, thank you”.

We appreciated Pastor Matt joining us for an evening of “Stump the Pastor”. The youth were prepared with tough questions about their faith, the bible, and God. Pastor Matt led us in a lively discussion addressing their questions and doubts. It was a great opportunity for the youth to get to know him and for him to get to know them on a deeper level. We have a wonderful group of youth and we appreciated their openness and vulnerability. It was a memorable night. And yes, I do believe they “Stumped the Pastor” at least once.

For the time being, the youth are joining the adult Sunday School class on Sunday mornings. We are enjoying the study of David led by Earl Amstutz.

Until we hire a new Youth Director, the PACK is entirely volunteer-led. If you have an idea and would like to lead a PACK night/event, contact Cheryl or John Rosko.

If you would like to provide a meal for our PACK gathering it would be greatly appreciated! A PACK Night dinner sign up has been created which takes us thru April. To sign up use the link below. Thank you!

<https://www.signupgenius.com/go/8050949AEA72EA13-47914340-pack#/>



2024 SUMMER CAMPS REGISTRATION OPEN

Cooking, Music & Arts, Secret Agent & More!



VISIT OUR WEBSITE FOR MORE DETAILS

After Vacation Bible School, the fun continues with six more Summer Camps for kids 6 to 11. Don't miss out on the adventure, fun, and lifelong memories waiting for your child this summer. From being a secret agent, a junior chef, creating their own magical creatures and more, our camps offer a wide range of experiences to ignite your child's (or grandchild's!) imagination and foster new friendships. Visit our website <https://www.stthomasumc.org/summercamp2024> to learn more and to register your camper today!

- Ages 6-8 years and 9-11 years
- Cost \$200 per camp (Cooking Camp is \$225)
- There is a non-refundable cost of \$15.00 per camp if cancelled at any time.
- Camp times are from 9 am – 4 pm.
- After care is available for \$50.
- There is a 10% sibling discount for the full day camps. If you are registering more than one child in your family you are eligible for a 10% discount.
- Snack will be provided, but participants need to bring a lunch each day.
- Both age groups will enjoy one common theme but at different developmental levels: games, crafts, friendly competitions, new experiences and outdoor play.
- Each week our campers will experience an onsite event for the whole family to enjoy.

The Children's Ministry started Lent with our event, Lent for Littles. We played a fun pancake game for Shrove Tuesday, learned about the ashes we receive on Ash Wednesday, and distributed devotional activity books and other Lenten materials. The



we will join The Pack for dinner on March 10 and do a lesson on St. Patrick.

Easter is going to be structured a little differently this year as we will host the egg hunt on Easter Sunday. During the 9 and 11am services after the children's message, kids will be invited to the children's worship center and playground for an egg hunt and lesson. No registration is required. We will still offer photos with the Easter Bunny from 10am-11am. Registration is required for photos. Register here: <https://www.signupgenius.com/go/409054EABAA2CABFC1-47602108-photos> Please donate candy for the egg hunt in the narthex!

As we move toward Easter, the kids will follow the along with the Lenten curriculum the adults are using: Pause. For Sunday School we will begin the Changing Gears series from our GrowKids curriculum. Every kid wishes they had super powers, but with Jesus we don't need x-ray vision or

Tweens February meeting was to help with this event. In March,

invisibility to be heroes! In this four-week series, kids will hear stories about the heroes of the early Church — the apostles and disciples who used their unique abilities to spread the good news of Jesus. Through their stories, we'll see that anyone can do great things for God because God gives everyone a mission, the Holy Spirit gives us power, and we're heroic when we work as a team!

It's awesome that we have this theme for Sunday School, because our VBS theme this year is Hero Hotline! Kids will become super heroes at the Hero Hotline Headquarters where everyone's gifts are valued and every hero has a role to play. Each day at the Hero Hotline Headquarters, superheroes of all ages and abilities answer the call and join the Professor and veteran hero, Super Meer the Meerkat, to provide expert assistance and solutions to Hero Teams everywhere. It will be an amazing week



including a movie night on the last day of VBS and a very special program on VBS Sunday, a Father's Day luncheon for some of the heroes in our lives — our father figures! If you would like to join headquarters as a volunteer, please sign up here. <https://www.signupgenius.com/go/409054EABAA2CABFC1-47364685-vbsvolunteers>

This summer will also boast a number of Sunday Fundays, fun instructional get-togethers on summer Sundays during the 11:00am service in children's church. We hope to give kids the opportunity to meet and get to know congregants they may not have a lot of interaction with throughout the year. We invite you to sign up to share a skill or interest you may have with the kids below. Included on the signup are some requested themes from our kids. However, dates and topics are flexible if you reach out to Kristi by March 21.



We would like to have a schedule set at that time so we can share our upcoming plans with new families who may join us on Palm Sunday and Easter. <https://www.signupgenius.com/go/409054EABAA2CABFC1-48134717-sunday>

We are looking forward to all the fun and learning ahead. We hope you will join us for our upcoming events and activities.



Operation Bearhug

This is a special thank you to everyone for donating bears to Operation Bearhug. We collected 307 bears and 8 non bears. Unfortunately, the day before the tagging, we received a call from Prince William Hospital saying that the rules have changed and they could no longer accept the bears because of risk of infection. Not to worry, we still took 50 bears to Manassas Health and Rehab and the rest to Birmingham Green who were delighted to receive them. We have already received calls and cards from the residents at Willow Oaks thanking us for the bears. Also we would like to thank the D.A.R. for their participation. Hope everyone had a Happy Valentine's Day!



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

Mar 2

Women's Waking Group - Battlefield 9am

Mar 8

Book Club 10:30am

Mar 9

Movie Night | Lyle, Lyle Crocodile 6:00pm

Mar 12

Dorcas Circle 1pm

Mar 16

UWF Event - Food Pantry Clean-up 12:15pm

Mar 23

Dinner 6pm

Cantata 7pm

Mar 24

Palm Sunday

Mar 24 - 28

START Trip New Bern, NC

Mar 28

Holy Thursday Worship 7pm

Mar 29

Good Friday Tenebrae Service 7pm

Mar 31

Easter Sunday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dom Izzo	2 Dottie Dawson Carter Guice
3 Maddie Harcup	4 Bob Glausser	5 Ashby Boyd	6	7	8 Ron Campbell	9 Gale Heuser
10	11	12 Lori Perez Wyatt Almond	13	14 Katie Furlong	15 Rachel Ometz	16 Felicia Michalek Munah Norman
17 Pat Clark	18	19	20	21	22	23 Elana Verosko Nathan Hall
24	25 Rick Weed Donna Williams	26	27 Tony Hoxworth	28 Galen Freeze Rich Banner	29	30
31 Helen Stidham						