



Triumph *Newsletter*

FEBRUARY 2021

2021 Lenten Devotional Call for Contributors!

It is a long-standing tradition at St. Thomas that our Lay Leaders help oversee the production of our own Devotional Booklet for the season of Lent, which begins this year on Ash Wednesday, February 17. This year, our plan is to offer this devotional by text and email, and we will post the daily entries to a permanent blog that “lives” on our website for future use beyond Lent.

We are organizing this year’s Lenten Devotional around the Spiritual Disciplines (or Holy Habits) we’ve been learning more about in worship this year. What is your experience? Have you tried any of the disciplines and found them meaningful in deepening your walk with Christ? Has one been harder than the others for you to use? Please consider sharing your testimony as a means of encouragement for others!

Here is a summary by week:

Week 1 (Feb 17 – 23) Prayer & Meditation

Week 2 (Feb 24 – Mar 2) Scripture & Study

Week 3 (Mar 3 – 9) Fasting (From Food or Other Things)

Week 4 (Mar 10 – 16) Silence & Solitude

Week 5 (Mar 17 – 23) Service & Submission

Week 6 (Mar 24 – 27) Confession

Holy Week (Mar 28 – Apr 4) Worship & Celebration

This year, we are asking for contributions in a variety of formats to invite more participation. Contributors may submit a written testimony up to 300 words, a recorded testimony (by cell phone), or a thematic photograph or piece of original artwork. To help ensure consistency and make it easier on our editors from the Communication Team, we are asking contributors to use the following digital form to upload their written and digital testimonies and/or artwork:

<https://forms.gle/BbhVGpzerfXC91eK6>. If you need help submitting your entry using the form, please call or speak with the front office staff and volunteers (703-368-5161). They are happy to help you!

We will then share a devotional each day throughout Lent as a means of grace and an inspiration to live more faithfully like Christ. We can learn from one another and be encouraged to use the spiritual disciplines no matter where we are in our faith development. Questions? Please speak with any of our Lay Leaders: Gordy Haines, Pat Brown, or Paula Renfro.

To receive the Lenten Devotional:
Email receptionist@stthomasumc.org

“Christ on Trial” Lenten Sermon Series Overview

(February 17 – April 4)



Ladies and gentlemen of the jury, the case for Christ is before you. We suggest that during your weeks of hearing evidence and deliberating on it, you review carefully the supporting documents--the lessons for the week. Examine also your own lives for evidence of any influence the one being accused may have on you. Consider what part Jesus plays in what you think and do. And feel free to talk among yourselves and with those outside our courtroom about what you hear. Yours is a solemn duty, exercise it well.

Ash Wednesday

Opening statements are made about the pending trial of Jesus Christ, the Messiah, the Song of God.

Isaiah 52:13-53:6, Psalm 51:10-17, Hebrews 12:1-3, Matthew 26:57-66

First Sunday of Lent, February 21

Matthew, a tax collector, testifies on Jesus' association with sinners.

Hosea 6:1-6, Jeremiah 31:32-34, Romans 5:6-8, Mark 2:14-17

Second Sunday of Lent, February 28

A once crippled woman testifies Jesus illegally healed her on the Sabbath.

Isaiah 40 28-31, 2 Corinthians 4:6-12, Luke 13:10-17

Third Sunday of Lent, March 7

Nicodemus, a Jewish leader, speaks of Jesus disturbing the peace.

Numbers 21:6-9, 1 John 1:5-2:2, John 3:1-21

Fourth Sunday of Lent, March 14

A woman caught in adultery testifies how Jesus halted her execution.

Isaiah 11:1-5, Colossians 2:13-15, John 8:2-11

Fifth Sunday of Lent, March 21

John speaks to accusations of consuming Jesus' body and blood.

Isaiah 55:1-7, 1 Corinthians 11:23-26, John 6:47-51

Palm Sunday, March 28

Mary Magdalene is a witness to Jesus' activities, especially in his last week.

Isaiah 53:10-12, 1 Peter 2:21-25, Mark 15:33-41

Good Friday, April 2

Tenebrae Service | “Shadows of Sacrifice”

A dramatic retelling of the last days of Jesus' life featuring music from our various ensembles.

Isaiah 52:13-53:6, Philippians 2:5-11, Luke 23:26-49

Easter Sunday, April 4

Mary Magdalene rejoins the courtroom as a witness to the miraculous resurrection of Jesus, the Christ.

Isaiah 25: 6-9, Acts 10:34-43, John 20:1-18

Two Ash Wednesday Services @ 7 am & 7 pm!

Ever seen a little smudge mark on someone's forehead as they walk out of church? That's a sign of the cross, and it means it's Ash Wednesday. Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Historically, Lent began as a period of fasting and preparation for baptism by converts to the faith and then became a time for penance by all Christians. The culmination of Lent is Holy Week – the week we remember the events leading up to Christ's crucifixion and resurrection.

Please plan to join us either at 7 am or 7 pm (or both) on Wednesday, February 17 for a virtual Ash Wednesday service. The first service is specifically designed for those who have signed up to receive the "Lent-at-Home" Activity Kit and the second service is a more traditional service with Holy Communion — both services will offer the disposition of ashes. Did you know that the ashes for Ash Wednesday services are made from the burnt Palms that we used the year before on Palm Sunday? **Please do NOT use your own ashes or create them at home** – because you can hurt yourself! Instead, please pick up your "ashes to go" on Tuesday evening, February 16 during the typical dinner pick up process. Sign-ups will be available beginning Sunday, February 7.

12-Hour Congregational Fast

To mark the season of Lent, you are invited to join Pastor Abi in a 12-hour congregational wide fast beginning at 7 AM on February 17 and concluding at 7 PM that same day.

Families are invited to start their day with worship at home on Ash Wednesday (7 am morning virtual service) by being marked with ashes and to commit to an intentional season of drawing closer to Christ through prayer, service, meditating on Scripture, etc. All ages are invited to participate. If you haven't fasted before, then consider starting with one meal on this day.

Then, at the 7 PM service, we will break our fast with Holy Communion together during worship.

By letting go of the material things of this world through the spiritual disciplines of prayer and fasting, we can better center our attention on Christ and his will for our life and our congregation. During this 12-hour period, you are invited to voluntarily go without food in order to focus on prayer & fellowship with God. This is also a good time to focus on those in our community who daily struggle with having enough to feed themselves and their families.

Lent-at-Home Activity Kits

As we prepare for the second Lent & Easter season during the COVID-19 pandemic, we are trying to be as creative and as faithful as possible. Our deepest desire is to be able to reach out and connect with families in our congregation. Regardless of the challenges we face, we still want to provide you with the resources to ensure a meaningful Season of Lent as we prepare to celebrate Easter! One significant way we are doing this is by providing Lent-at-Home Kits with a variety of resources and hands-on activities for families. To get your Lent-at-Home Kit, please sign up using this link <https://www.signupgenius.com/go/70A0F4FAAA728A3F85-lentathome> Or, you can sign up on your online registration "connect card" during Sunday worship.



A New Recipient for the General Donald R. Keith Endowment Fund



Pictured here is the ceremony held in December when a check for \$1,500 was awarded to Semper K9 Assistance Dogs from the General Donald R. Keith Endowment Fund. The Endowment Fund was established at St. Thomas by Mike and Carolyn Keith to honor the life of Mike's father. In the group picture below, from left to right, are Wayne Avery of our congregation and his assistance dog, Timmy, Amanda Baity and Tisa Newhouse representing Semper K9 Assistance Dogs, Barry Barger*, Mike Keith, Earl Amstutz*, Kathy Swancott* and Pastor Abi Forester*. Those

marked with an * are members of the Permanent Endowment Committee. Joyce and Frank Hale are also members but were unable to attend.

The local non-profit Semper K9 Assistance Dogs was founded by Chris Baity and his wife, Amanda. Chris served in the United States Marine Corps as a dog trainer and kennel master and is certified in both skills. After several overseas tours in combat zones, Chris left the Corps to establish their business.

Semper K9 Assistance Dogs is unique in that the dogs are either donated to them or are rescue dogs. They are trained with the specific skills necessary to accommodate the needs of their recipient. Wounded or critically ill or injured members of all branches of the U.S. Armed Forces are eligible to apply for a dog. After being trained, the dog is awarded to the recipient at no cost.

General Donald R. Keith served as an enlisted soldier during World War II. After the war, he graduated from the U.S. Military Academy at West Point and was commissioned a field artillery Second Lieutenant. His further education included a Master's Degree from Columbia University and an Honorary Doctor of Laws Degree from the University of Akron.

General Keith was highly decorated and attained the Army's highest rank of a full (four star) General. Only a select few hold this rank at any one time. He was buried with full honors at Arlington National Cemetery.

To learn more about the St. Thomas Permanent Endowment, please feel free to speak to any of the members of the committee. They'd be happy to share with you.



News from the Kitchen

We look forward to serving you on Tuesdays. If you haven't signed up for a Tuesday dinner please consider doing so. You just drive up to the curb by the front doors and we will hand your meal(s) to you. Invite your neighbors and friends to pick up a dinner too.

We would like to know some of your favorite foods. On the menu sheet we hand out each week we will have a place you can write in your favorite salad, entrée, vegetable or side dish, dessert, and cookie. You can fill out the sheet and return it the following week or send your information to Janel by email: jbgirl211@yahoo.com or text: 703-507-9075. We'll begin this with the meal on Feb. 2nd.

We will also have our traditional Shrove Tuesday meal on Feb. 16. Pancakes to go!

Our February menus are as follows:

February 2

BBQ Pulled Pork

Potato and Egg Salad

Cole Slaw

Dessert: Bread Pudding with Caramel Sauce

Kid's Entrée: Hot Dog

Cookie: Pecan Sandies

February 9

Tomato and Mozzarella Salad

Shrimp and Gnocchi w/ Garlic Parmesan Sauce

Tiny Whole Carrots

Dessert: Cherry Pie

Kid's Entrée: Mac-n-Cheese, Chicken Nuggets

Cookie: Red Velvet

February 16 Shrove Tuesday

Buttermilk Pancakes

Sausage Patties

Fruit Cup

Dessert: Shrove Kabob

Kid's Entrée: Same as Adult

Cookie: None this week

February 23

Caesar Salad

Creamy Chicken Marsala

Rice Pilaf / Mixed Vegetables

Bread Stick

Dessert: Lemon Bar

Kid's Entrée: Grilled Cheese

Cookie: Oatmeal Raisin

Tuesday Night Dinner Review - January 26

Frank - a delicious dinner tonight!! I'd never had sea bass so was curious, but we both really enjoyed it! Also, I was thinking about suggesting to you that we haven't had bread pudding for a while, and then I see we're having it next week! Woo hoo!! Along with barbecue and delicious sides! Thank you and your team for the wonderful meals you've been preparing. You spoil us! And we do appreciate it! Blessings, Jane (Amstutz)

United Methodist Women

Thank you for supporting our 2020 Bazaars and sales of apple pies, White House Ornaments, Peanut Brittle, and Rada Cutlery. We will be disbursing the funds raised in 2020 this month. We will be having some virtual bazaars again this year, starting in March, so stay tuned!

Save the Date: for another virtual event on Sunday afternoon, **March 21st**. Details in the March Newsletter.

Student Ministry

By Pastor Arum



The global pandemic has changed everything, and The PACK was no exception. Since September 2020, The PACK has gathered in a hybrid fashion: in-person and online via Zoom. We hope that the PACK continues to be a place where the students can hear a message of hope and encouragement and relax and share a laugh or two with each other. Please keep our students in your prayers so they may stay connected to each other and most of all, to Christ in this difficult time.

The PACK AM on Sunday at 10:10 AM via Zoom

As we kick off the year of 2021, we started a new curriculum, *The Jesus Studies!* This curriculum is designed to help our students navigate through issues they are confronted with on a daily basis in a Christ-centered way. We hope that our students will be equipped to see the relevant issues of their lives through the words of Jesus. Our faithful leader, Perry Bailey, teaches The PACK AM.



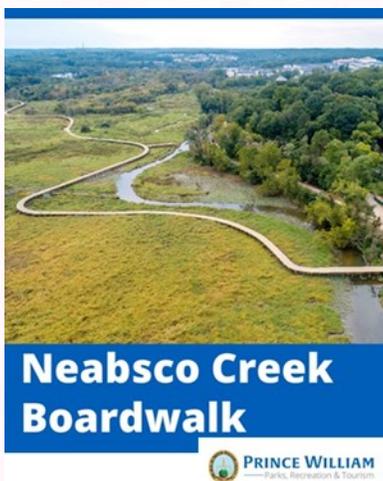
Jesus And Identity
Jesus And Your Faith
Jesus And Culture
Jesus And Loving Others
Jesus And Tough Times

Jesus And Your Image
Jesus And Stress
Jesus And Forgiveness
Jesus And Influence
Jesus And Relationships

Jesus And Your Future
Jesus And Mean People
Jesus And Stuff

The PACK on Tuesday at 4 PM via Zoom or In-Person

Time varies depending on the activity for the day. We will hang out, play fun games, participate in mission projects, and/or discuss how to apply a message of the Sunday worship service in our daily lives. The following is a tentative plan for the month of February. We will be closely monitoring the COVID situation and make a change in the plan if necessary. Please stay tuned in the PACK weekly newsletter for any updates!



- * February 2 (Tue): PACK **via Zoom** at 4 PM – Talk about Healthy Habits 2
- * February 9 (Tue): PACK **in-person** at 4 PM – Talk about Healthy Habits 3 & Do a Service Project
- * February 16 (Tue): **NO** PACK. Instead, all students are encouraged to join a special Ash Wednesday Service on February 17
- * February 20 (**Sat**): **A special PACK: Wetland Wonders Program at Neabsco Regional Park** at 10 AM – 12 PM (15125 Blackburn Rd, Woodbridge, VA, 22191) Join us for a boardwalk hike! A park ranger will guide us and teach us all about a wetland.
- * February 23 (Tue) PACK **via Zoom** at 4 PM – Talk about Lent



God made us for love—the greatest love. He made that clear when He sent His Son, Jesus, to show us how to give and receive His love. When Jesus walked the Earth, He was God’s love in the flesh. Jesus showed us time and time again that He loves us. We were all made for His love! We want every child to know that Jesus is their friend and He is inviting them—all of them—to join Him, because He loves them. Everyone can play in The Big Sandbox!

In a world where people and circumstances can easily make a person feel unloved, it is our desperate prayer that we can equip our preschoolers with the powerful truth that Jesus loves me. We want our preschoolers to live life knowing and believing—never doubting—that they are loved by the greatest love, and nothing will ever change that. After all, this is what they were made for—they were made for His love.



God was kind to us even when we didn’t deserve it. Because of His love for us, we can be kind to everyone. Kindness is a fruit of the Spirit. And when you show kindness to others, you give them a glimpse into the heart of God, and how much God loves them. Kindness should be a characteristic of people who follow Jesus. Not only did Jesus model kindness, but He also commanded it. He taught us to treat others the way we want to be treated.

Bottom Line: Kindness-Showing others they are valuable by how you treat them.

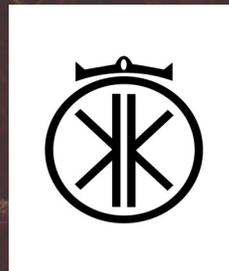
MEMORY VERSE: "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience." Colossians 3:12, NIV

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 SCHOOL @ 10:15 am



FOR PRESCHOOL AND ELEMENTARY KIDS ON ZOOM:

All kids are invited to join us on Zoom for lessons and activities around each week’s Bible Story. We’d love to have you join us.

Be sure to sign up for our

weekly King's Kids E-News to stay up to date and receive Zoom codes each week by contacting our the church office.

KIDS CARE 2: 345



Attention! Our meeting date/time has changed! We will gather on Friday, February 5 at 6 PM in the Fellowship Hall at church. Autumn Prescott, mother of one of our Kids Care

2 students, will join us to talk about what she does at the hospital as a nurse. After her presentation, we will make a Valentine's Card/snack bag to donate to the medical professionals in the COVID unit at Fair Oaks Hospital. All tweens 3rd-5th grade are invited to participate and friends are always welcome!

Until a new Children's Director joins St. Thomas, Pastor Arum will lead the Kids Care 2 Ministry.



Operation Bearhug is Underway

Please bring your **NEW** bears to the church and place them in the pews in the sanctuary by **February 11th**. We will tag and distribute them on the 12th to Prince William Hospital and Manassas Health and Rehab. Remember bears should be not too big and not too small. They should be the size that can fit in the bed with the patient comfortably. Thank you for all that you do.

Sunbeam Children's Center Registration

Registration for the 2021-2022 Preschool school year begins February 1st for currently enrolled students, February 8th for church members and February 12th for the public. Day Care enrollment continues throughout the year. For Registration, contact: Sunbeam Children's Center at sunbeam@stthomasumc.org



St. Thomas
United Methodist Church

8899 Sudley Road, Manassas,
Rev. Abi Foerster, Senior Pastor
Rev. Arum Kim, Associate 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

Upcoming Events

- Feb 5 6:00pm Kids Care 2 - Fellowship Hall
- Feb 11 Last Day for Operation Bearhug
- Feb 16 Shrove Tuesday/Pancake Dinner-To-Go
- Feb 17 Ash Wednesday Virtual Service
- 7 AM "Lent-at-Home" Service
- 7 PM "Christ on Trial" Service
- Feb 23 Church Council Meeting

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February Birthdays	1 Pavel Steen	2	3	4 Traci Birdsell	5 Barbara Kurtz John Rosko	6 Ruth Gorgas Ann McKinney
	7 Dylan Fowler Lynne Goldfarb Brandon Hayes	8 Forrest Michalek	9	10 Frank Priest	11 Chris Verosko	12
	14 Jhenny Michalek	15	16 Cathy Campbell	17	18	19 Dave Enke
	21 Laney Schoch	22	23	24	25 Rick McMahon	26 Alisha Alexander
	28 Miranda Banner					