



Triumph Newsletter

OCTOBER 2019

Ponderings by the Senior Pastor

Every day, I try to prioritize a God-first life because I recognize that the Kingdom of God is a present reality – it is here and now in my own walk with Christ, in my relationships with family and friends, in our community, church and world. As Christ’s followers, it’s what we’re to be doing on earth right now. The power of God is at the ready as a present resource. It’s the energy God gives us so that we can do what God wants us to do once we’ve surrendered and submitted to his plan.

However, there are so many things that clamor for our attention and devotion: our jobs, our kids, our spouses, our hobbies and interests—the demands and distractions of daily life. We have to be careful not to let these become more important or more of a priority than our relationship with God. But we’re human and it’s easy to lose focus. Romans 11:36 says, *“Everything comes from him and exists by his power and is intended for his glory”* (NLT).

I encounter people every day who tell me, “I have so much, yet I feel so unfulfilled. I’ve got a good family. I’ve got a decent job. I’ve got great kids and good friends. I go to church – I’m a good person. So, why am I so unfulfilled?” It’s because you were made for more than this! You were made for more than hour-long commutes, long work weeks and the relentless rhythm of getting meals, driving kids and grand-kids around, and attending to all the minutia of life. None of us will ever find fulfillment in life until we begin to live in God’s Kingdom, by God’s power, and for God’s glory. Period.

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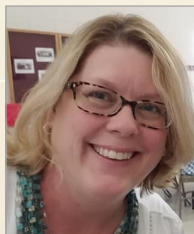
The Bible tells us in 1 Thessalonians 2:12, “We encouraged you, we comforted you, and we kept urging you to live the kind of life that pleases God, who calls you to share in his own Kingdom and glory.” (GNT). What does it mean to live in God’s Kingdom? It means you make God’s agenda your agenda. You make God’s will your will. You care about what God cares about. Whatever you want God to bless, you put him first in that area.

- If you want peace at home – put God first.
- If you want joy at work – put God first.
- If you want love to be the dominant feeling in your relationships – put God first.
- If you want greater health in body, mind, and spirit – put God first.
- If you want your church to grow and have an effective witness in your community – put God first.

It’s that simple, really. Each of us must ask, “Do I want to experience blessing and freedom?” If we do, then it all starts with the decision to put God first. Putting God first may sound easy in theory, but I have discovered it can be harder to apply as life unfolds. So, how can we put God first in our life? Pastor Rick Warren of Saddleback Church in California made up an acrostic with the word **FIRST**, to help us think about where we might begin to put God first:

- **Finances.** If you want God to bless your finances, even during difficult seasons, God invites us to put God first through a tithe (10%). If you’re not currently tithing, then consider how you might grow one percent this year towards a tithe.
- **Interests.** Put God first in your hobbies, your career, and your recreation. Consider subscribing to a Christian Podcast or listening to Christian music when you work out. Invite God to be in every decision and activity.
- **Relationships.** Put God first in your family, your marriage, and your friendships.
- **Schedule.** Start your day with prayer. Get up and sit on the side of your bed every morning and say, “Thank you God for today! If I don’t get anything else done, help me to love you a little bit more and know you a little bit better.” On the first day of the week, make worship a priority and plan to join your church family in the Sanctuary.
- **Troubles.** When you face troubles or have a problem, turn to God first. Prayer should never be your last resort. It should be your first choice.

Hopefully, this will help you keep **GOD FIRST**. When you decide to serve God with your whole heart and make God first in your life, your soul will prosper and your joy and peace will increase.



Grace upon grace,

Pastor Abi

abi.foerster@stthomasumc.org

Make SAFETY a PRIORITY !

The *Congregational Care Team* of St. Thomas is hosting a three-part Safety Forum, for our church family and for the community, presenting very important topics of our day. These events will be presented here at St. Thomas on the following **Dates** and **Topics**:

Monday, October 28, 7:00pm

Postal Safety Presenter: HUNTER LENZ

Daily, we are bombarded by foreign lottery/telephone scams, IRS scams, work from home check scams, Charity fraud, and fraudulent change of address requests. Come learn how to avoid being scammed!

Internet Safety Presenters: CHRIS ALBRIGHT and MARK G. COOKE

Our lives are lived digitally, but this also means it can be easier to experience identity theft and online banking fraud. Join us and increase your financial security awareness and avoid having your identity stolen.

Monday, November 4, 7:00pm

Personal Safety Presenters: SERGEANT A. BARAHONA, Manassas City Police

SARAH MAHONEY, Manassas City Police, Crime Prevention Specialist

Nothing feels worse than when we feel threatened. Learn when to call the police and how to facilitate positive interaction between the Police and citizens; as well as the benefits of the "See Something, Say Something" program and personal safety (residential, auto), as well as police services in general.

Monday, November 18, 7:00pm

Bullying/Cyber-bullying: what *everyone* should know.

Presenter: JENNY MISCHEL, PhD George Mason University

Jenny is an expert in the field of bullying identification and prevention.

Teens are encouraged to attend.

Reservations are kindly requested for preparation and space purposes.

Please contact the St. Thomas Church Office

Samantha.Bouquet@stthomasumc.org OR 703-368-5161 x 101

Notice of Email and Text Phishing Scam:

Our own church has been experiencing a phishing scam that is targeting local clergy accounts. If you receive an email from Pastor Abi, please check the 'from' address carefully. The email address may say Abi Foerster or Pastor Abi, but the underlying email address is not correct. Most importantly: Pastor Abi will NEVER ask you for money or gift cards via text or email! If you ever have questions, please call the church office.

News from the Kitchen

We are very thankful for the new chairs in Fellowship Hall, which were a gift from an individual donor. Don't they look nice? We hope you will enjoy the comfort of sitting in them for many years. Please help us take good care them. These chairs are to remain in Fellowship Hall. There are some metal folding chairs that can be used in other locations if extra chairs are needed elsewhere.

It's great seeing you at Tuesday Night Dinners. It's so nice to hear the conversations and watch people enjoying friendships as they eat. For this month we thought it would be fun to see what "National Days" are on Tuesdays. Some of the days are: National Homemade Cookie Day, National Nut Day, National Oatmeal Day, National Pierogi Day, National Cheese Curd Day, National Coffee Day. How many of them can you find in this month's menus? Come try some new foods!

You can help us know how many to prepare for each week by signing up on the connect card, signing up online, or calling the church office.

If you know of someone who is in need of a meal, please call the church office at 703-368-5161 or Janel Weed at 703-507-9075. We would be delighted to fix a meal or two to help out.

Thank you!
The Kitchen
Ministry Team



October Menus

October 1

Fried Chicken
Mashed Potatoes with Country Gravy
Green Beans
Cornbread
Cookie and Coffee Bar
Kid's Menu Entrée: Chicken Nuggets

October 8

Pierogis with Garlic Butter
Carrots
Onion Rings
Applesauce
Blueberry Cheesecake
Kid's Menu Entrée: Grilled Cheese

October 15

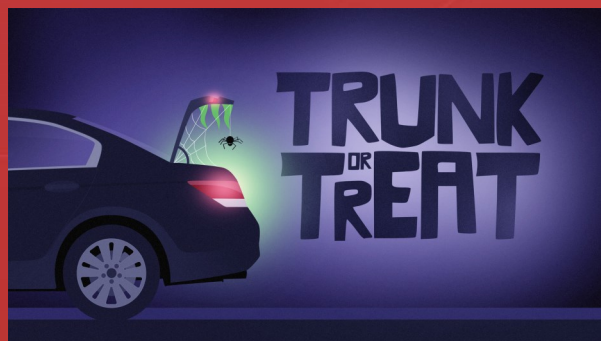
Chicken Parmesan
Cheese Curds
Peas and Carrots
Bubble Bread
Cannoli
Kid's Menu Entrée: Chicken Nuggets

October 22

Baked Meatloaf
Mashed Potatoes and Gravy
Fresh Bread
Broccoli
Grapenut Pudding
Kid's Menu Entrée: Hot Dog

October 29

Join us for Trunk or Treat!
Hot Dogs & Sodas will be available for purchase



Evangelism & Outreach

by Renee Kinnear



The Evangelism and Outreach committee never has a dull month! BFF Day was a great success! BBQ, music, fellowship, and fun for the kiddo's was enjoyed by all. We had over 40 guests attend and several have come back again to worship with us! Thanks to ALL for your help and support, for visiting the service fair, and inviting your neighbors to join us! We couldn't do these events without you. Continue to invite and encourage your neighbors to join us for weekly worship and other community events.

Country Fair Booth on Saturday, October 5

Our committee is hosting a booth at the upcoming Youth For Tomorrow Country Fair on Oct 5 from 10am – 5pm in Bristow (Just off Linton Hall Road). This event benefits a residential youth home and private school for at-risk teens. We will have the Manassas Therapy Dogs there with their pups, as well as promoting upcoming events in the life of our church, our Food Pantry, Sunbeam Children's Center, and Children's groups/activities. We could still use a few smiling faces to help out on the day of the event. Reach out to Joe Steen or Cindy Enke if you can commit to an hour or two. Stop by and see us if

you're there!



Drive-Thru Living Nativity, Saturday, December 14

Save the date for Dec 14, Drive-Thru Living Nativity!

This is one of our biggest outreach events of the year. It takes over 100 people to make this event happen, and a few live animals! We need cast members, scene managers, scene setup and

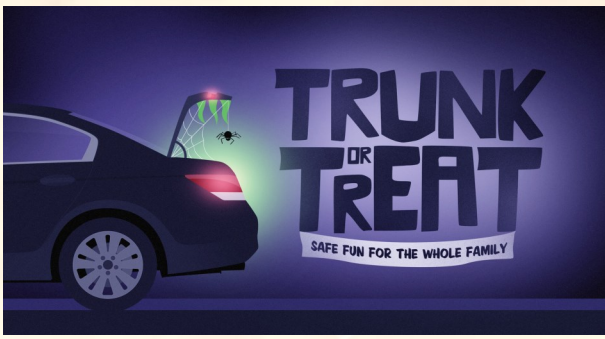


cleanup, and of course food to feed all of us! This is a great family fun outreach. Kids, teens, and adults are all needed. Costumes provided, no speaking parts, lots of good fun, fellowship and food are 100% guaranteed! Watch for signups starting next month.

New Welcome Team Being Formed

We are excited to start a new Welcome Team that will be available at the Welcome Table (eventually will become a Welcome Kiosk) to meet guests, welcome them, and connect with them. In order to make this happen, we need YOU to join our team. Time commitments would be before and after services, about 1 hour per month. Training will be provided. If you are being called to serve in this way, please talk to Renee Kinnear or Pastor Abi.





Trunk or Treat This Year Tuesday, Oct 29, 6-8 pm

Trunk or Treat is on Tuesday, Oct. 29 from 6 to 8:00 pm in our Front Parking Lot this year. This is a change from past events. Inspired by our church vision to love our neighbors, the Children and Youth Council felt led to move this event to Tuesday Night so that our members can be present in their neighborhoods on Halloween. This allows us to still provide a safe place for our community to gather, while giving our congregants this key time to connect with their neighbors when they will be out trick or treating in their neighborhood!



As with anything we do in the life of our church, it takes a team of volunteers to make this event happen. Take a moment to check out the bulletin board in the Narthex to see how you can support this huge outreach to our community. If you are available October 29, there are many opportunities to help with set up and tear down. We also need volunteers to help run games, serve food, greet attendees, manage the parking lot, and refill candy. Most of all we need your trunk! Specifically, about 20-30 cars host a “trunk” and hand out a candy treat - decorating and costumes add to the fun. Last year’s theme was “Shrek” (see picture to the left). The theme this year is Star Wars, so think like a Jedi!



If you aren't able to support this event day of, consider donating some candy (nut free please). We are excited about what God is doing through this event! We hope you will find a way to help us put together this free gift to our community while making an effort to continue loving on and getting to know those who live right around you.

D

ear Church Family,

As some of you might know, for my BSA Eagle Scout Project, I built a bocce ball court at Birmingham Green’s Willow Oaks assisted living facility. The project was done in honor & memory of my Grandfather who had found joy in playing Bocce despite having Parkinson’s disease. We have recently found that the project has been a huge success with the residents – all of whom have limited mobility. One resident has even made a goal for himself to try out for the USA Special Olympic Bocce team. The project took a tremendous amount of money and my family and I are very thankful to those who donated to the project including the St Thomas Missions Committee. Furthermore, I found out in August that I was nominated and awarded the Virginia Health Care Assn Teen Volunteer of the Year for the entire State. I am very thankful for this award and I am truly grateful to everybody who contributed their money and their efforts to such a meaningful project.



Thanks so much, Stephen Verosko

Backpack Attack: Kids Helping Kids!

Many thanks to all those who helped make our Back Pack Attack such a success! Through the packing last spring and on Sunday the 15th, we were able to pack 550 bags to feed kids in our local schools! The food was sent back to Osbourn High School where it will later be distributed to kids in schools to help feed them over the weekends. Over the past 8 years that St. Thomas has partnered with this organization, we've helped feed about 450 individuals! Thank you again for your support of this ministry as we share God's love with those in our community.



Our Kids and Teens serving others
in our community!

OWLS: Older, Wiser, Livelier Seniors

By Lynn Furlong

On August 16, twenty-four OWLS had a wonderful, very relaxing trip to the summer home of Nancy and Bill Buchanan in King George, VA. We were able to enjoy the very large deck overlooking



the Potomac River before we were forced inside because of rain. But it was time to eat anyway so that was great timing. Lunch

was a potluck, and as usual, there was no shortage of delicious food followed by equally exceptional desserts.

No one went away hungry. After lunch and some stimulating conversation, the rain had stopped, so we



piled into their 8-seater golf cart and Bill took several of us on a sightseeing tour of Fairview Beach. The tour was so popular, a second group decided they wanted to go on a tour, too. After everyone returned from the tours, we all gathered our dishes and climbed into the church vans and several personal vehicles and headed back to Manassas. It was a lovely day, again, enjoying fun, food and fellowship with friends.



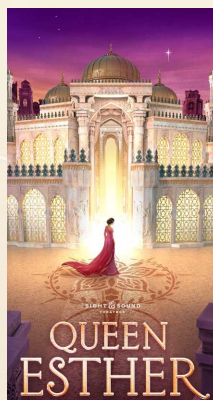
Our September outing to the home of former St Thomas members, Kay and Pete Polen will be highlighted in the next newsletter.

We always have a great time when the OWLS get together. Plan to join us on October 18th as we meet at Jukebox Diner, Sudley Rd., across from the hospital. We will meet at 1:00 PM. Because this is the day before the UMW Annual Bazaar, we are staying close to the church to allow ladies setting up for the bazaar to take a break and join us for lunch. Please RSVP to Marian Ludlow (703-361-4390) or Lynn Furlong (703-499-0243) by October 15 so we can give Jukebox Diner a final number.

The OWLS small group is open to anyone, invite your friends, 50 years old and older. I can guarantee you will have fun.

SAVE THE DATE: April 25, 2020:
Trip to Sight and Sound to see "Queen Esther".

This bus trip is open to everyone, including teens! Tickets will go on sale in December and will include the bus, show ticket, and lunch. Sponsored by the United Methodist Women.



Wednesday Nights - *Holy Bowly*

Churches earn 20% back on Bowling & Gaming every Wednesday night.

United Methodist Women: Holiday Bazaar

The United Methodist Women will hold their 46th Annual Holiday Bazaar on Saturday, October 19. All proceeds from this event support mission projects benefiting women and children both locally and internationally. Shops include Crafts, Jewelry Booth, Good as New Shop, a Silent Auction, White House Ornaments, Bake Sale and lunch at the Manna Café.

- The **Jewelry Booth** would love to help recycle your jewelry donations for the bazaar. Please place items in the workroom labeled Jewelry. At the Bazaar, shop for a whole new Jewelry wardrobe!
- The **Silent Auction** this year includes an autographed Nats baseball & cap, tickets to the Gold Cup Races, gift certificates from Flower Gallery & Nathan's plus much more! We are taking donations now. If you own a business, can you provide an item or service? Are you an Artist or Craftsman and willing to donate a piece of art or craft? Have a favorite store? Please consider purchasing a gift card or asking for a donation. We have a letter that you can provide to vendors with your request. Place items in the workroom labeled Bazaar.
- The **Good As New Shop** is a great place to pick-up just the glassware, serving pieces, storage, gadgets or toys you have been looking for! Until Wednesday, Oct 16, we are accepting your donations of NEW or Gently Used items. Please place your donations in the workroom labeled 'Good As New'. If the item is large, please place it behind the screens in the Fellowship Hall. No Electronics, Clothes, or Books please!
- The **Bake Sale** will be selling treats of all kinds: cookies, brownies, bars, cakes, candies and breads. We gladly accept your donations beginning Friday before the Bazaar.
- The **Bethlehem Craft Shop** is the highlight of the Bazaar, located upstairs in Rooms 300 to 306. The ladies have been working all year on seasonal décor and gifts. Check out the curio cabinet in the corner of the Narthex for a sneak peek at some of their wonderful crafts.
- **White House Ornaments** are available to purchase for \$22 each. This year the ornament symbolizes President Eisenhower's commitment to innovation. He was the first president to fly in a helicopter while in office in July 1957. Since 1957, Sikorsky, a Lockheed Martin Company, has built the Presidential helicopter.



Would you like to help? We are always looking for some new people to join in the fun and help serve at this event. We are sure to have a place that fits your abilities and personality! You don't have to lead, just come and work with other like-minded ladies to raise money for missions! For more information contact Sarah Hammack & Donna Williams at chair.stumc@gmail.com

MEDIA CIRCLE: Do you like to read? The Media Circle would love for you to join our book discussions on the first Friday of each month at 7 PM in the church library.

For more info, please contact Teresa Hayes by email, teryann.hayes@verizon.net.

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



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.

UPCOMING PACK MEETINGS

- October 1:** Pack Meeting
- October 15:** Pack Meeting
- October 29:** Trunk or Treat, 5:30 pm-8:00 pm



VAUMC FALL YOUTH RETREAT

CALLED 2019

ONE

EPH 4:1-6

Speakers: Bp. Sharma Lewis (VAUMC)
Todd Campbell (Chicago, IL)
Luiz Cardoso (Manchester, UK)

Music: 360 Collective + Guests

Plus: Great Workshops, Fun
Activities, Contests & More!

ONE RETREAT
MIDDLE +
HIGH SCHOOL

REGISTER AT
VAUMC.ORG/YOUTHEVENTS

EARLYBIRD: \$140 THROUGH SEP 30
REGULAR: \$155 THROUGH NOV 5

All 6th-12th Graders invited to attend November 15-17! Join hundreds of middle and high school youth exploring what it takes and what it looks like to be ONE! Spots are limited this year, so move quickly and guarantee your groups place! Deadline to register and pay is November 3. Cost is \$155. Contact Caleb Mathews to register and pay: caleb.mathews@stthomasumc.org



Bottom Line:
God can help
me be brave.



Memory Verse:
"Be strong and courageous.
Do not be afraid . . .
for the Lord your
God goes with you!"
DEUTERONOMY 31:6, NIV

Preschool: We all want to be strong and courageous. We all want to say we would be brave when faced with fear. But how? What can help us be brave? How can our preschoolers be strong and courageous Super Kids without the capes and super powers we see in the movies? This month we plan on giving preschoolers the answers to all of these questions.

We want our preschoolers to grow up knowing that they can be brave because God is with them. How awesome would it be if preschoolers began thinking, 'God can help me be brave,' when they are afraid to walk into the dentist office or talk to a new friend at school. Rather than shy away, they can go for it! And, they don't even need a cape or a mask!



Elementary: Throughout our lives, God may ask us to take risks or do something we may not feel prepared to do. But God will also give us the courage we need to face that challenge. We see this as Jesus faced death on the cross. He chose to be brave and follow through on God's plan.

Bottom Line: Courage-Being brave enough to do what you should do, even when you're afraid.

MEMORY VERSE: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9b



Tween Ministry

Join us for our next Tween
Gathering

Friday Oct. 25, 6pm-8pm in the
Children's Worship Center on the
1st floor. We'll be traveling to Caton Merchant
House for reverse trick-or-treating. Wear a
costume!

Every month we gather for food, fun, faith, and a
hands on service project. Plan to join us this month



A few snapshots of having fun together on BFF Sunday!



New October Sermon Series



God First Giving

Experiencing Financial Freedom & Joy



St. Thomas
United Methodist Church

Rev. Abi Foerster, 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

October Events

- Oct 6 DC Homeless Mission
- Oct 7 Red Cross Blood Drive
- Oct 19 UMW Holiday Bazaar
- Oct 28 Safety Forum
- Oct 29 Trunk or Treat

November: Save the Date!

Nov 3 One Service at 10am

Ignite the Fire Celebration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>October Event Calendar</p>		<p>1 1:00pm Legacy Giving 5:30pm The PACK 7:15pm Trustees, Stewardship, Congregational Care</p>	<p>2 6:30pm Apple Pie Making 6:00pm Alzheimer's Networking Group</p>	<p>3 6:30pm Nominations</p>	<p>4 9:30am Care Giver's Support Group 7:00pm Media Circle</p>	<p>5 8:00am Youth for Tomorrow Country Fair Booth</p>	
	<p>6 5pm DC Homeless Mission</p>	<p>7 2:00pm Red Cross Blood Drive 6:30pm UMW Bazaar Mtg</p>	<p>8 1:00pm Dorcas Circle 7:15pm Evangelism, Communications, Finance, Children & Youth, START Mtg.</p>	<p>9 1:00pm Apple Pie Making</p>	<p>10 12:30pm District Children's Ministry Fellowship Meeting</p>	<p>11</p>	<p>12 11:00am DAR Meeting</p>
	<p>13</p>	<p>14 7:30pm Life After Miscarriage</p>	<p>15 5:30pm The PACK 7:15pm Missions, Adult Discipleship, SPRC</p>	<p>16 1:00pm Apple Pie Making</p>	<p>17</p>	<p>18</p>	<p>19 Holiday Bazaar 8:00am USDA Food Distribution 11:00am Memory Cafe</p>
	<p>20</p>	<p>21</p>	<p>22 7:15pm Church Council SCC Board Mtg</p>	<p>23 6:30pm Therapy Dogs</p>	<p>24</p>	<p>25 6:00pm KidsCare2 Field Trip</p>	<p>26</p>
	<p>27</p>	<p>28 7:00pm Safety Forum</p>	<p>29 6:00pm Trunk or Treat</p>	<p>30</p>	<p>31</p>		
<p>Weekly Schedule (subject to change due to holidays or other events – check with your coordinator)</p>							
<p>12:15pm JNS Rehearsal</p>	<p>7:30pm St Thom Cats</p>	<p>5:30pm Dinner 6:00pm Kidz Rock Choir 6:30pm Worship 7:15pm Praise Band 8:00pm AA Meeting</p>	<p>10:00am Quilts for Kids 6:45pm Chancel Choir</p>	<p>9:00am Classical Conversations 9:30am UMW Bazaar Crafters 7:30pm Handbell Choir 8:00pm AA Meeting</p>		<p>8:00am Ladies Emmaus Group 8:00am Men's Breakfast Group 9:00am Food Pantry</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Birthdays						
		1	2	3 Jim McKinney Kelly Evans Bernadine White	4	5 Larry Burch
6 Valyn Johnston Amy Thornton Barry Barger	7 Christopher Adams Stephen Gardner	8 Preston Davis	9 Landon Young	10 Kayla Lyle	11	12 Lindsey Mouser
13 Harmon Davis	14	15 Gary Crawford Jim Sexton	16 Greg Austin Sabrina Schoch Lora Ometz	17 Katie Palian	18 Regan Lowry Barbara Coleman Sim Stidham	19 Mark Mouser Matthew Santee
20 Carol Cole	21	22 Kimberly Fick Ryan Fick Emily Guice Daniel Deem	23 Nicholas Thompson	24 Mike Travis Colleen Sexton	25	26 Sharon Concha
27 Laura Deem	28 John Gorgas Bob McCurry	29 Gene Close	30	31		