

# Triumph Newsletter

JULY 2022

## July Sermon Series: *Living Faith*

John Wesley, the founder of the Methodist movement, insisted that Christian faith was more than just a set of beliefs or a feeling. Faith changes our lives and results in faithful action in the world.

This summer series led by Pastor Arum will look at John Wesley's General Rules in connection with a book, *Three Simple Rules: A Wesleyan Way of Living* by Rueben P. Job, to show how our faith can come to life in all that we say and do.

### (July 3) Week 1

**Genuine Faith | James 2:14-26**

*Independence Day Weekend*

Genuine faith not only affects personal existence, but also produces change in the world.

### (July 10) Week 2

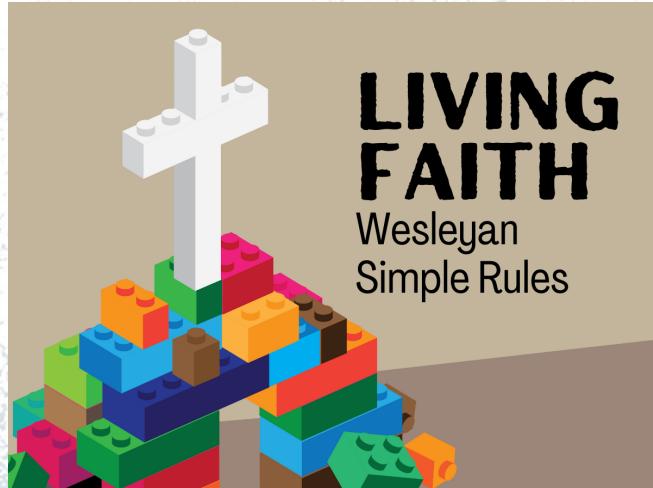
**Do No Harm | Romans 13:8-10 & Matthew 18:6-9**

When our words and actions are guided by this first simple rule, our life brings healing and goodness to all it touches.

### (July 17) Week 3:

**Do Good | Galatians 6:1-10**

Doing good is not limited to those like me or those



who like me. It is directed at everyone.

### (July 24) Week 4

**Stay in Love with God | John 15:1-11**

*Bibles to Tweens*

Being in love with God isn't about getting what we want; it's all about relationship.

**Holy Communion** is offered on the first Sunday of the month at both services, and every week at the 11 AM service. A children's message is offered at both services and Children's Church is offered during the sermon at 11 AM.

# Reports from Annual Conference

St. Thomas was well represented at Annual Conference this year. Holly Banner was our designated church representative. Joe Steen (Council Chair), Pat Brown (Lay Leader), and Pat Dodson were District-at-Large members. Here are their comments:

**From Holly Banner:** As my first experience at the Virginia Annual Conference, I was not sure what to expect. Basically, this conference is to handle the business for the year, to include missions, churches closing, passing the conference budget, retirements and appointments. I imagined that all of the representatives would be sitting together from each district, but we were able to choose our own seats. There was a surprise (to me) orientation the Sunday prior, which I attended via Zoom. The Book of Reports, which is the agenda for the three-day conference, was a lot to read, and so I did a brief overview, and then read more closely prior to each day's agenda. The Wi-Fi at the Conference Center was not good to reference it during the Conference, so I made sure to download the Book of Reports once I had a good connection.

There were many items to vote on, and there were many procedural actions (points of order, discussions in support of or against an issue, and then voting). As St. Thomas' Lay Delegate representative in voting at Annual Conference, I prayed for discernment and took each issue with serious discernment before voting.

The worship experience was moving. There was wonderful music, uplifting messages, and a time of prayer. It was great to be able to fellowship with my brothers and sisters, and I enjoyed getting to know our own church district representatives. We ask that



## 2022 VAUMC ANNUAL CONFERENCE

*God is spirit, and it is necessary to worship God in spirit and truth. —John 4:24 CEB*

you all pray for our Northern Virginia District (new name for our Alexandria/Arlington District), the Virginia Annual Conference, and ultimately the United Methodist Church and the newly announced Global Methodist Church. **Here is the Virginia Conference website if you wish to find out more about Annual Conference: <https://vaumc.org/ac2022/>**

More information about the delayed General Conference (scheduled for 2024) will appear in future newsletters.

**From Joe Steen:** Being the first time attending a VA annual conference, I went with an open mind and with very little expectations. Having received the 147-page Book of Reports a couple of weeks before the gathering, I knew the three days would be filled with mostly necessary but mundane business matters. While that initial impression was mostly true, I was pleasantly surprised by the incredible worshiping that took place. Bishop Lewis gave a moving sermon during the opening worship. Most moving for me was the "Service for the Ordering of Ministry" which saw many men and women take vows for various clergy. I sat there feeling the Holy Spirit, praying for each clergy member and thanking God for their servanthood.

**From Pat Brown:** In addition to the business conducted at Annual Conference, there are messages shared by both clergy and laity. Bishop Lewis referenced the words of Henry Blackaby stating that he “believes that God is constantly at work around us. He believes that God accomplishes this work through the local churches by communicating God’s will and inviting each church to join in His activity in specific ways.” Martha Stokes, our Conference Lay Leader, talked about there being “an old hallelujah with a new melody”. She said, “We have new invitations, new opportunities before us, but they will not be met by returning to our comfortable ways of ‘being church,’ of singing the same song....The new song demands that each of us lift our voices to live as authentic followers of Jesus in this current reality in which we find ourselves.” Rev. Lisa Greenwood conducted the morning Bible Study. She spoke about the following shifts: less Sunday centered/more relational, less building centered/more community, less pastor centered/more laity driven, less offering plate dependent/more diverse revenue streams. Dr. Steve Summers preached the Closing Worship service. His message titled “From Mess to Bless” affirmed that our world is in quite a mess right now and we need to move from Mess to Bless. Dr. Summers shared what leadership experts have called the VUCA world – a world of Volatility, Uncertainty, Complexity and Ambiguity. More recently, another “C” was added, Chaos. Dr. Summers suggests a new VUCA that includes Vision, Understanding, Clarity and Agility. “We move from Mess to Bless when we fully embrace that we are all sinners in need of God’s grace,” says Dr. Summers. This confession unites us – we all need Jesus. Getting from Mess to Bless requires moving from a posture of “me/you” to one of “we” and boldly acknowledging that messes don’t control us. God’s blessing comes when we give up our self-centered approach to handling our messes.

Additional items of interest: the Youth Delegation is stepping up to have a greater level of participation throughout the Conference, the Rev. Tom Berlin of Floris UMC was endorsed as a nominee for the position of bishop and Conference Apportionments will stay the same in 2023 as they are in 2022.

**From Pat Dodson:** One major development was the discussion and vote on the District Initiative. In early 2021 Bishop Lewis appointed only eight district superintendents; each to serve two of the 16 districts in Virginia. Rev. Dr. Sarah Calvert was appointed as the District Superintendent of the Alexandria and Arlington Districts and began serving both districts in July of 2021. Since then all of the Bi-Districts in the state have worked on the processes, budgets and structure needed to combine each into one district. That change was approved at this year’s Annual Conference and the names of all of the new districts were announced. Our new district will be named The Northern Virginia District. Because Alexandria and Arlington have a great history of working together already as a Bi-District often called NoVaUMC, this name suits us and provides a clear way to refer to our geographic location. **You can find more information on our district website: [novaumc.org](http://novaumc.org)**



**NORTHERN  
VIRGINIA  
DISTRICT**

# Discipleship is an Exciting Journey!

What Is your plan for growing as a disciple of Jesus Christ?

All adults are encouraged to complete and turn in their spiritual growth plans for the next year. This helps the Adult Discipleship Team better plan for what small groups and classes are needed for the fall. We're also learning what resources are meaningful to other adults in our community and plan to make these suggestions available to others. Blank forms are in the Narthex and may be submitted in the brass plates along with your connect card, or emailed / given to Pastor Abi.



## Volunteers Needed!

The City of Manassas is hosting the annual "Celebrate America" event on July 4th in Old Town Manassas. We will have our own booth at the event to meet and greet people in our community and tell them how awesome St Thomas is, and to give away flyers and gifts. Please sign up to share two or more hours with us at the booth:

[https://www.signupgenius.com/  
go/4090a4ea8a82ba7ff2-2022](https://www.signupgenius.com/go/4090a4ea8a82ba7ff2-2022)

Any questions? Please contact Pastor Arum at [arum.kim@stthomasumc.org](mailto:arum.kim@stthomasumc.org)

### STUMC Booth at Celebrate America

Monday, July 4th  
Old Town Manassas  
2 - 8:00 pm



Volunteers Needed!  
Sign up today with the  
QR Code or Link



## News from the Kitchen

We are using this “break time” to clean, organize, and prepare for our next round of Tuesday Night Dinners beginning September 6<sup>th</sup>. Many of our volunteers are enjoying vacation time and extra time with family and friends. We are grateful for the time our volunteers give each week and hope this time off gives them time to relax and enjoy other activities. If you would like to join our team please contact Janel Weed at [jbgirl211@yahoo.com](mailto:jbgirl211@yahoo.com). We can always use an extra set of hands!

Please plan to join us on July 19<sup>th</sup> for our annual “Christmas in July” meal. We have a lot of fun preparing the meal and thinking of cooler weather!

Enjoy your summer and look for our September menus in the September newsletter along with the details about our inside dining. Many of you have asked if we will be continuing our curbside pickup and the answer is YES we will!

Thank you!  
The Kitchen Ministry Team



**ST. THOMAS**  
UNITED METHODIST CHURCH  
REACH • NOURISH • SERVE

8899 Sudley Rd Manassas, VA

# Health Fair

## Join us July 9th

**12 noon—4 pm**

- |                         |                                 |
|-------------------------|---------------------------------|
| * Vision Screening      | * Examen de la vista            |
| * Hearing Screening     | * Prueba de audición            |
| * Blood Pressure Checks | * Controles de presión arterial |
| * Kids Crafts           | * manualidades para niños       |
| * Face Painting         | * Pintura de la cara            |
| * And much more!        | * Y mucho más!                  |



Face mask optional



**VIRGINIA  
GATEWAY  
LIONS CLUB**

máscara facial opcional

# The United Methodist Women Are Now the United Women in Faith

On March 2, 2022, the United Methodist Women



changed their name to United Women in Faith and also changed their logo.

The move is part of a refreshing of the organization that includes a new logo and an array of new and improved programs to nurture current members and welcome new women to join to put their love in action on behalf of women, children, and youth.

It's a new name for our women with the same goals – putting faith, hope, and love in action for women, children, and youth. The new name will help other women beyond the United Methodist Church know that we welcome their participation in our work.

The new programs are fruits of research conducted over the past five years with more than 24,000 United Methodists and women of other Christian traditions participating in the surveys, focus groups and interviews. This input informed the prayerful discernment of staff and elected leaders.

The name has changed and there are new programs, but we remain an organization committed to:

- training women for leadership
- growing spiritually
- transforming through education
- providing opportunities for service and advocacy

The changes are designed to address the different needs and life stages of current members and new women and expand options for membership and engagement. The new name also aims to welcome current members whose local churches may choose to disaffiliate from The United Methodist Church as well as women of other faith traditions who want to join.

The new mission statement for the organization is *"United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education so that they can inspire, influence and impact local and global communities."* The key focus of the UWF is faith, action and sisterhood.

One thing that may be a bit confusing is that although the United Methodist Women is now doing business as United Women in Faith. The name of the organization has not been legally changed. Therefore, until that occurs, checks will still be made out to STUMW.

You can visit the new website at [www.uwfaith.org](http://www.uwfaith.org) and explore the new approaches to our enduring commitments.

## Here at St. Thomas, most things will NOT Change!

### Dorcas Circle: The ladies of Dorcas

Circle will meet through the summer for friendship and concerns. Our July meeting will be held at Lois Dymond's home in Manassas, Tuesday, July 12th at 1:00PM. Open invitation is extended. Please call the church office for more information.

**Ice Cream Social:** Join us on Saturday, July 23 from 3 - 5pm, to enjoy the Summer weather and good fellowship outside under the pine trees. (In case of rain, we'll move to the Fellowship Hall). Women of all ages are invited! Ice Cream treats, water and sodas will be provided, but please bring your own chair.

# Older, Wiser, Livelier Seniors (OWLS)

On June 17, fifteen OWLS enjoyed a trip to Glen Echo Park. Upon arrival we met up with Bert Kenyon, who operated the beautiful 101 year old carousel. Bert treated us to a fun ride on the horses and other animals on the carousel. Some even rode twice. We are all kids at heart and enjoyed channeling our inner child. After riding the carousel we ventured over to the ballroom. However, it was in use so we were unable to tour the dance floor area. After taking a group picture, we headed to Centreville where we had lunch at Outback Steak House. It was a great day of fun, food and



The OWLS will meet for lunch on Friday, July 22, 2022 at 1:00 PM. In July we are meeting at Three Monkeys Pub and Chophouse, 9329 Main Street, Manassas. After lunch we will travel to Nathan's on Mathis Ave for dessert. Three Monkeys is owned by the daughter of former members Hal and Barb Weed and Nathan's is owned by the son of former members John and Shirley Hutton. Please RSVP to Marian Ludlow (571-315-4390) or Lynn Furlong (703-499-0243) by July 20. OWLS is for everyone 55 and older. Invite a friend or two!



# KING'S KIDS

ST. THOMAS UNITED METHODIST CHURCH

The children's ministry has kicked off summer with a successful VBS program. We had lots of fun with over 65 kids in the main program and even more of our little friends from Sunbeam joining us for portions of the program.



Our first Wacky Wednesday event took place on June 29 with Popsicles and

Playground. We had a great time playing and enjoying popsicles together. If you weren't able to make it, we hope you can join us next time for yard games in Nelson Park at 10am on July 6, or for one of our other events this summer.

There is still time to register for Spy Academy, Camp Tweens, and Innovation Lab. We hope to see you there!



Sunday School is taking a hiatus for the summer, but Children's Church will still be available during the 11:00 service. Kids can head out with our staff after the children's message and be picked up on the first floor after the service.

Plan to be in services on August 14 for Blessing of the Backpacks. We have so much fun planned! There will be rides on a school bus, stories, games, snacks, activities, and of course, a special gift and blessing for students of all ages.

We wish everyone the most awesome summer!

## Camp Tweens

July 20 - July 21, 9am-3pm

Our special summer camp for rising 3rd - graduating 5th graders will teach our tweens how to read the Bible amidst a whirlwind of summer fun.

Please comment on the sign-up if you prefer a virtual option as we may provide a hybrid option.



Our special summer camp for rising 3rd - graduating 5th graders will teach our tweens how to read the Bible amidst a whirlwind of summer fun. We will present Bibles to each participating tween on the following Sunday, July 24, during the 9:00 and 11:00 services. Tweens may attend either service. If you would like to receive a Bible but cannot attend camp, please contact me at [kristi.swanson@stthomasumc.org](mailto:kristi.swanson@stthomasumc.org).

Sign up for Camp Tweens using the link below:  
<https://www.stthomasumc.org/reach/events/402-camp-tweens.html>

Camp Tweens is being planned as an in-person experience, but we may expand to a hybrid option if there are several members interested. Please comment on the sign-up if you prefer a virtual option. Tweens will meet at the St. Thomas campus each day for fun and learning. We will go off-campus in the church van for the ice cream tour on July 20. Lunch and snack will be provided each day. Tweens are welcome to bring their own lunch and snack if they have special dietary concerns or preferences, but we will do our best to accommodate any requests. Please comment on the sign-up or e-mail me directly if your child has any allergies or medical concerns. All 3rd-5th graders are invited to participate and friends are always welcome. Pre-registration is required.





The PACK will have two special gatherings for mission & fun in the month of July. Summer heat cannot stop us working for sharing God's love!

### 1<sup>st</sup> Mission Weekend

- **Thursday, July 7:** We will put the paint primer in the downstairs at the Youth Center. Mr. Dave Rea from the Trustees will join us in this project. Lunch provided.
- **Friday, July 8:** Fun Day! We will visit Camp Highroad to do a High Rope & Challenge Course. Cost covered, but please bring your lunch.
- **Saturday, July 9:** We will help the Food Pantry in the morning and a Health Fair in the afternoon at church. Lunch provided.

### 2<sup>nd</sup> Mission Weekend

- **Thursday, July 28:** We will visit *Rising Hope Mission Church*, Alexandria, which is one of the Virginia Annual Conference's mission churches, specialized for offering the need-based assistance and service, such as Food Pantry, Rising Hope Kitchen, Hope Closet, Hypothermia Shelter. We will paint the main office area, an art wall, and possibly outside, too. Lunch provided.
- **Friday, July 29:** We will visit Loch Lomond Elementary School again! A projects is TBD. Lunch provided.
- **Saturday, July 30:** After the two-days long mission work, we deserve some fun! We will go either Sky Zone for some jumping or Pev's Paintball. A survey will go out soon to ask a student's preference. Stay tuned!

Here are the highlights of THE PACK in June! June 5<sup>th</sup> was a very special day. Our Confirmands (Jonathan Buck, Stephanie Burnette, Daniel Ometz, Christopher Verosko) were confirmed during the 11 AM Contemporary Worship Service in front of their family, mentor and St Thomas church family. They now share the same rights and responsibilities as a professing member of the church. It's my privilege and honor to witness how God has worked in the life of our students. Thank St Thomas church family for your prayer, support and warm welcome throughout their confirmation journey!



June 5<sup>th</sup> was also the last day of our PACK Night. We had a blast with a powder war and water games! Two hours were too short to enjoy all the fun. We had to say a Good-Bye to a couple of PACK regular attendees as they graduated from high school: Daniel Becker, Jonathan Buck, Bridgette Rudolph, and Pavel Steen. We will miss them so much!



# Sunbeam Children's Center:

We're accepting registrations for the 2022-23 school year. Here is our availability:

- Toddler Room— 4 spaces left
- 2 Year Old Room— 6 spots left
- 3 Year Old Room— 7 spots left

Don't miss out, schedule a private tour with Veronica McGuin, SCC Director!



## St. Thomas UMC

8899 Sudley Road,

Manassas, VA 20110

Rev. Abi Foerster, Senior Pastor

Rev. Arum Kim, Associate 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)

## July Church Events

- July 4                          4th of July - Office Closed
- July 6                          Kid's Wacky Wednesday
- July 7 - 9                      Pack Mission Weekend
- July 11-15                     Spy Academy - Camp
- July 12                          Dorcas Circle
- July 20                          Kid's Wacky Wednesday
- July 20-21                     Camp Tweens
- July 28 - 30                   Pack Mission Weekend
- July 27                          Kid's Wacky Wednesday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lori Hardy	2 Matt Yost
3 Gavin McGregor	4 Michael Palian	5 George Anderson	6	7	8 Bob Jones Steve Santee	9
10	11 Eric Schoch	12 Dave Rea	13 Charlotte Shin Joon Shin	14 Terry Gay Carrigan Keyser Emily Miler	15 Connie Rickerson	16 Frank Hale
17 Sara Boyd	18	19	20 W.S. Gay	21 Mitchell Banner Lois Stanley	22 Marjorie Koch	23 Barry Barnard Sara Lowry Paula Renfro Sam Spencer
24 Teresa Hayes	25	26 Susan Anderson Liz Fontaine	27 Richard Labrozzi	28	29	30 Nancy Buchanan
31						