THE FLame

Semesterly Newsletter from Wesley at Virginia Tech

Volume 62. Fall 2025



Wesley this semester

This fall was a semester filled with vibrant ministry, deepening community, and transformative student leadership at Wesley. Inside, you'll find stories of spiritual growth, service, and connection—from fellowship events and outreach initiatives to worship highlights, mission projects, and personal testimonies of impact. The newsletter also features updates from our Student Campus Minister, Board Chair, and Campus Minister, along with a development reflection from alumna-turned-Director of Development, Minoka Yonts.

As we look ahead to Wesley's 80th anniversary and an exciting season of ministry, this issue celebrates the many ways Wesley continues to love our loud!

In this Issue:

Campus Ministry Updates

Updates from the student leadership at Wesley about whats been happening this Fall.

Stories of Impact

Hear stories of students impacted by the ministry and community at Wesley

Development Update

Learn about the impact of philanthropy at Wesley and how you can help

Alumni Announcements

Hear news from our community of amazing Alumni

A Word from Bret

Insight from our campus minister, Bret Gresham



A Note from Your Board Chair

I hope this Flame finds you faithfully in the midst of preparing to celebrate the birth of Christ. This birth, which changed everything, has developed disciples that grow their faith in a wide variety of ways all over the world. A shining example of this faith, particularly at the collegiate level, is our own Wesley foundation. Please check out the articles in this edition of the Flame to see the myriad of ways our students are Living Out Loud. Can you believe it has been 80 years since the Wesley foundation was started on campus and 50 years since the current version has been active? (check for accuracy and proper wording) It has been an amazing journey.



Please join the board in doing what we can to ensure that our programs and our building are set up to extend the ministry for the next 50 years!

A Note from the Student Campus Minister

Throughout this semester as SCM I have been so blessed to have the opportunity to see the Wesley community from a different perspective. Throughout my time at Wesley, I have known this community to be loving and grace filled, but I get to see it even more in depth now. Our mission to love out loud has been fostered into every aspect of what we do. Through working with CMT I get to see how exactly we use our gifts and the gifts of those in Wesley to help make the space even more inclusive to everyone we interact with. Being able to be the person that those in the community feel comfortable coming up to and discussing ideas or asking to get involved has allowed me to both foster leadership as well as get a direct view of the impact that we make. I am forever grateful for Wesley and all it has done for me, and I am even more thankful for the opportunities presented to pass it forward through my time as SCM. Through various events across our ministry areas, to sending out TWiW weekly for our students, and being a resource for those that need it, I have been able to fulfill our mission of loving out loud and made sure everyone else has the space to do it as well. I am so thankful to have worked with such a wonderful CMT this year and I am so proud of everything they have accomplished.









Alumni Announcments:

Jessica Caruthers Long
(Class of 2006) was promoted
in September to the Assistant
Director for Facilities Planning,
Design and Construction at
the University of South
Carolina.

Britannia Vondrasek (BS '13, PhD '20) married Cedric Jacob on September 20th in Baltimore, MD.



Interest in providing a Sunday meal for Wesley?

Signup using the QR code (you don't have to be local!)





Student Impact: Addison

Hi, my name is Addison Bright, and I'm a PhD student at Virginia Tech involved with the Wesley Foundation. Before finding Wesley, I struggled to connect with a faith community that truly felt welcoming and embodied the love and grace I was longing for. Wesley changed that for me. It quickly became a place where I felt safe to ask questions, grow in my faith, and simply be myself.

Over time, I've stepped into small leadership roles that have stretched me in meaningful ways such as, guiding discussions, helping with events, and supporting the community that has supported me. Wesley has become a space I genuinely look forward to coming to every day, whether I'm doing homework, playing games, worshiping, or just having intentional conversations with people who care. This ministry continually challenges me to grow both spiritually and personally, inviting me to live with greater purpose, compassion, and authenticity. I am incredibly grateful for the ways Wesley has shaped my journey and continues to shape who I'm becoming.



Fall Retreat

This year's fall retreat theme was called "Eyes Wide Open" and served as a reminder to take time away from the business of college and find God in creation through your environment, in yourself, and in your communities. We stayed at Camp Dickenson once again where we were able to help out with some projects they needed assistance with, as well as getting to do some ziplining this year! We held three different worships, each focusing on one of those places to find God, where Bret would speak briefly to guide students in the right direction and then have activities that would allow them to see God for themselves. For example what we did for seeing God in yourself was something a little different than what we would typically do. We had students take the Clifton Strengths Finder test and see where exactly some of their strengths lie, we then used those to see the strengths of the Wesley community as a whole, to give insights on the community. After each activity we would move into time for small groups where students were encouraged to speak about their thoughts on the sermon and have some greater discussion through some guided questions. Overall, it was a great experience for everyone that went and was as fun as we had hoped it would be.

Mady Mitchell





Resident Spotlight: Morgan Peterson

This semester as a resident at Wesley has been amazing. Wesley has always felt like a home base for me, but living here has taken that to a whole new level. Starting and ending my days in a place filled with people I love has made such a positive impact on my life as a student at Virginia Tech. Friends are always popping in and out, and the other residents and staff truly feel like family. It's the kind of community people hope for when they go to college, and somehow I get to live right in the middle of it.

One of my favorite moments from the whole semester happened right after the Wesley Silent Disco. Almost everyone had already gone home, and a small group of us were just hanging out, still catching our breath from the night (we had belted practically song from Wicked). Out of nowhere, we all collectively decided it was time to turn Wesley in a winter wonderland. Someone put on Christmas music, decorations appeared from everywhere, and suddenly we were all running around hanging lights and transforming the building. It felt like we were living inside a Hallmark movie. It was chaotic in the best way, and honestly magical.

A huge part of why living here is so special is the dynamic I have with the other residents. My roommate, Mady, is the student campus minister and also my best friend. We lived together freshman and sophomore year in the dorms, shared an apartment junior year, and now we're back to sharing a room again in Wesley. She's the reason I came to Wesley in the first place, and she really is the human version of Wesley's spirit: welcoming, joyful, and such a light to everyone who walks in the door.

And then there's Luke, who gives total little-brother energy (which is funny because I only have a younger sister, so I'm guessing a bit here). He brings so much laughter and kindness into the space, all of us residents together just have this really fun, easygoing dynamic. It makes living here feel even more like home.

Being a resident has also pushed me to grow in ways I didn't expect. Living in a shared space, not only with the other residents but with the entire Wesley community, has taught me how to be more flexible and a lot more social. My social battery has grown so much this semester. I've learned how to show up for people, communicate better, and embrace the little everyday moments that make community what it is. I'm really grateful for this place and the people who make it feel like home. I'm excited for next semester and everything ahead, and I feel lucky every day that I get to live, grow, and serve in a community as special as Wesley.

Fellowship

Hello again! While fall semester wraps up, I'd like to share what fellowship team has been doing this semester, as we've been hard at work providing ways for Wesley to get closer as a community. We began the semester strong with a Labor Day hike to Stiles Falls, allowing us to clear our minds after a busy first week of classes. We kept the ball rolling with our Wesley vs. Newman volleyball tournament, which helped our students to get to know our neighbors much better and provide a space for friendly competition. Later in September, we went out to the NRV Super Bowl, where we bowled and played laser tag. In October, we hiked the Dragon's Tooth trail during peak fall colors, which was amazing to see. No Halloween season would be complete without a trip to a pumpkin patch, so Wesley did just that, going out to the Sinkland Farm pumpkin festival, where we got lost in their corn maze and picked out pumpkins! To wrap our events up for the semester, we painted pottery at Paint 'n Fun Ceramics, and are going to ice skate in Roanoke.

Similar to last semester, themed family dinners were a big hit! We started off with our Halloween family dinner/party, where students dressed in their best costumes, participated in a donut-on-a-string eating contest, and played Sardines, a Wesley favorite. The following week, we had Anything but a Cup family dinner, where students were encouraged to bring anything but a cup to use as a cup. I personally brought a frying pan, which I managed to not spill down my shirt (slight flex). Finally, we brought the islands to Blacksburg with our luau family dinner, where fellowship team cooked barbecue! Additionally, Wesley intramurals have been tons of fun. We began the semester with 4v4 sand volleyball and 8v8 kickball, and are currently playing 3v3 Battleship and 6v6 indoor volleyball. We've seen some newfound success this semester, and hope to carry it forward. To wrap things up, I'd like to thank the fellowship team (Jonas, Griffin, Addison, Andrew, and Maddie). None of what we have done this semester would be possible without their hard work and effort. We've had an awesome semester so far, and I can't wait to see what the spring semester has in store for us!







Outreach

Hello! I'm Luke Henshaw, the Outreach Minister here at Wesley. This past semester has been nothing short of incredible. Before anything else, I want to thank the Outreach Team for all their hard work in making everything we accomplished possible.

I also want to thank CMT for their constant support throughout the semester. Our work for this fall actually started back in the spring as we began planning Weeks of Welcome. We met several times over the summer to plan out the first two weeks of the semester, where we put on 13 events, three of which were brand new.

Weeks of Welcome exceeded our expectations, bringing in as many (if not more) new students as we graduated last year. From there, we kept our good momentum going with five more events throughout the rest of the semester. Highlights include Nintendo Night, Silent Disco, Snack Bar Bingo, Donut Stress, and PJs & Popcorn in November and December.

As we look ahead to next semester, Outreach has already started planning Welcome Back Weeks, where we hope to continue growing our community and loving out loud. None of what we do would be possible without the support of our students, alumni, and staff, so thank you.

Follow us on instagram: @vtwesley and Facebook: @Wesley at Virginia Tech to hear about all of our events and news.

-By Luke Henshaw



Missions

Hello! My name is Emma, and I have had the privilege of serving as the Missions Minister this year. Over the past several months, our ministry has had the joy of serving in a variety of ways that have made a meaningful impact throughout our community and the surrounding areas. Each event, whether large or small, has helped build relationships, meet real needs, and reflect the spirit of compassion that drives our Love Out Loud mission.

We began the semester by participating in Micah's Backpack where our students worked together to prepare weekend food bags for children experiencing food insecurity. This was a wonderful opportunity to give back to the Blacksburg community. Following that, we hosted another Double Good fundraiser to raise money for purchasing cake mixes for the Montgomery County Christmas Store (MCCS). Our community showed overwhelming support, and the collection went exceptionally well – so well that we surpassed our fundraising goal. Thank you! In addition to this fundraiser, we spent a mission day at the MCCS sorting canned goods, stocking shelves, and enjoying time together in service. This was an incredible experience for our students.

To close out the semester, we held a hotdog handout, offering free hotdogs to those downtown and creating a space for fellowship and connection. This event is always filled with generosity and joy, demonstrating how a simple act of Loving Out Loud can be both meaningful and fun.

Fun 143

This year, we are seeing between three and six students on any given day for our Fun143 program. While we have not had any participating high schoolers this semester, the middle school students remain a very close-knit group. During each tutoring session, our dedicated Wesley students consistently go above and beyond serving as role models, listening ears, and providers of one-on-one homework support.

We are also grateful for BUMC's/edges's support in providing well-balanced meals throughout the year. Their partnership has been invaluable. In early November, we once again participated in Angel Tree. We partnered with the First UMC Youth Group, shared dinner together, then went to Walmart to shop for a family of four boys. As always, it was a meaningful opportunity to share love with our Fun143 community and spend time in fellowship with the youth group and our broader community. Fun143 is not just about academics; it's about connection, confidence, and creating a supportive space where kids can thrive. We are all looking forward to the spring semester and to getting back with the students, working alongside them, and watching them grow.

Emma Anderson

209 Marketplace

My name is John Tinsley and I am the leader of 209 Marketplace. I am so blessed to be able to work in such an amazing pantry. We do our best to help serve and provide to the undergraduate student population of Virginia Tech. We are open Mondays and Thursdays from 4:30-6 every week. Especially now with higher food costs, it is essential that we are able to provide provisions for the students. Working with 209 has been one of the best experiences that I could ever ask for and I am very excited to see where it will go in the future.

Freshman Bio: Nathan Beck

1) Tell me about yourself. What is your major? I'm Nathan Beck, a Music Performance (Percussion) and Music Education double-major.

2) How did you hear about Wesley?

I heard about Wesley from my parents – they were part of this group when they were in school.

3) Why did you stay at Wesley?

I've stayed at Wesley because it's a great way to get to know people outside of my major, and the strong community it provides is something I was looking for at college.



4) Do you spend a lot of time at Wesley?

Regrettably, my full schedule this semester prevents me from spending as much time as I would like at Wesley. I look forward to next semester when I will have more time to be a part of the group.

5) Where are you from? Did you go to church before?

I'm from Huntsville, Alabama, and went to church there.

6) What have you been involved in at Wesley?

I've been enjoying playing in the worship band, being a part of the freshman Community of Grace, and attending events such as Fall Retreat and hikes.

7) What has been your favorite thing so far? Why?

My favorite thing about Wesley so far is how much like a family it feels. As soon as you walk in the door, you can feel the trust and deep love everyone has for each other, and spending more time at Wesley only shows more and more what great people make up this community.

Alumni Connect Explanation

We are excited to share that our Student Leadership and Board of Directors created an opportunity for students and alumni to connect in a whole new way. With the landscape of job opportunities, competition in the workplace, and the need for mentors, we believe this Alumni Connect program will enable our students to get meaningful help with resume' building, internships, and advice from people in their fields.

Wesley is a community that thrives on fellowship and connection. This ministry will increase those connections as current students will have more opportunities to engage with alumni and for alumni to remain connected to the ministry of Wesley. The idea is to create a database of alumni that are willing to mentor, provide internships and job opportunities, and help new grads get connected in areas they find themselves after graduation. Our students will have access to the database to reach out to alums in their respective fields to seek guidance and support.



We ask that you all fill out this form (scan QR Code) to help us connect with you in this new and exciting way!

Worship

As always, worship during this fall semester has been wonderful. Across 13 Wednesdays (at the time of writing) we have had 446 total worship goers, 5 different sermon series, 4 guest preachers, and a partridge in a pear tree! We kicked off the year with a four-part series titled "Big Truths, Small Boxes," centered on Wesley's core values of Grace, Love, Spiritual Growth, and Community. The semester continued with two stand-alone weeks: "Thrill Rides and Attractions," which explored the ups and downs of life, and a recap of our Fall Retreat, "Eyes Wide Open."

At the midpoint of the semester, we shifted into "Bible Busters," a Mythbusters-style series addressing commonly misinterpreted Bible stories. Our final series of the semester, "Reel Talk," has combined scripture with films such as Meet The Robinsons, Harry Potter, and Gravity, and featured two student sermons from Junior Luke Henshaw and Sophomore Ian Brown. Overall, this semester has been full of meaningful worship experiences that would not have been possible without our student-led Worship and A/V teams, as well as Wesley's praise band, Faith Unshaken. Here's to many more wonderful Wednesdays in the spring semester!





YOU CAN SUPPORT WESLEY BY FOLLOWING US ON SOCIAL MEDIA USE THE CORRESPONDING OR CODES TO CONNECT WITH US!!

-By Nate Birchfield







Discipleship

CoGs Spotlight: Community, Growth & Good Vibes

FAC — Freshmen Finding Their People

FAC CoG has been the place to be for freshmen this season. It's relaxed, welcoming, and full of people figuring out college life together. Lots of laughs, lots of support, and a whole lot of "oh wow, you too?" moments. Freshmen have really been finding their crew here, and it shows.

BYBQ CoG — Big Questions, Bigger Conversations

BYBQ CoG has been going strong with deep dives, bold questions, and conversations that somehow go from serious to hilarious in under five seconds. Students have been exploring Scripture, sharing perspectives, and enjoying the kind of discussions that stick with you long after the meeting ends.

Yoga CoG — Mindfulness, Stretching & Chill Energy

Yoga CoG continues to be the calm in everyone's weekly chaos. With gentle movement, mindful moments, and a whole lot of relaxing energy, this group has become a mini retreat for students. It's the perfect mix of stretching, breathing, and mentally rebooting.

Community CoG by CMT — Hanging Out Without the Hats

Community CoG has been a fun way for our Core Ministry Team to spend time with students without their leadership hats on. It's all about real conversations, casual hangs, and just enjoying time together. The vibe has been super genuine, and it's helped everyone feel even more connected across the ministry.

Upcoming Prayer Vigil

We're gearing up for our upcoming Prayer Vigil on December 10th, a night full of intention, reflection, and community. It's a chance to pause, come together, and share a meaningful moment as a ministry.

Finance Report

Wesley entered December with a budget deficit of nearly \$3,000.

Total receipts through 11/30/25: \$124,572.71

Total disbursements through 11/30/25: \$127,535.10

Total budgeted for 2025: \$154,928.30

A strong month of giving should help us close the year on a positive note

How Can You Help?

Do you love the incredible ministry that Wesley students are doing?
You can help directly support Wesley's ministry by becoming a Wesley 23 donor! Wesley
23 donors also receive a special monthly email from Bret highlighting Wesley news,
students, and prayer requests for the ministry. To find out more about becoming part of
Wesley 23, scan the QR code to the right!



From Alumna to Director of Development: Coming Home to Wesley

Returning to Wesley as the Director of Development has felt less like starting a new job and more like coming home. As a student, Wesley shaped my faith, my leadership, and my understanding of what it means to be part of a community grounded in grace and purpose. Now, serving on staff, I have the privilege of helping ensure that future generations of Hokies experience that same life-changing formation.

Stepping into this role as both alumna and staff member allows me to give back to the place that has given so much to me. I am grateful for the chance to reconnect with fellow alumni, partner with generous friends, and help lead Wesley boldly into its next season of ministry. Each week I get to engage with a growing team of volunteers who are supporting our capital campaign. These moments remind me why supporting Wesley matters - its a legacy of people. Coming full circle is an honor and a blessing.

Although I work primarily remotely, I had the joy of returning to Blacksburg this fall and seeing firsthand the vibrant community flourishing at Wesley. I watched students step into leadership, shepherd their passions, and grow in their faith. During my visit, I had the privilege of preaching at Wednesday Night Worship on the vocation of restoration—our shared call to repair broken relationships, rebuild ruins, and embody God's justice in the world. Wesley was one of the first places that taught me how to do that.

I'll leave you with a short reflection from that sermon, in hopes it conveys the deep impact Wesley has had on me—even now, as I return in a new role:

"I learned to repair relationships with honesty and compassion among people who didn't always think like I did but were wrestling together with how to love God faithfully. I helped rebuild literal ruins on spring break trips and discovered a love for walking alongside those rebuilding their lives. I began the work of seeking God's justice by learning to speak about my faith—often imperfectly—with confidence and growing clarity. At Wesley, Jesus's influence on my life became part of my daily flourishing, not just a Sunday morning practice."

Grace and peace to you this Advent season.

I hope that you can take time this Advent to reflect on Wesley's impact on your life today. If I can help you find connection with Wesley—whether as an alum, a friend, or someone in between—please don't hesitate to reach out.

Minoka Yonts



Donors: May 2025 - November 2025

Thank you for your generosity!

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A Word from Bret

Over Thanksgiving break, my family went on a Disney Cruise (those of you who know me well are saying, "of course he did!"). The night before our trip my children commented, "this is like Christmas Eve! We can't waituntil tomorrow morning when we leave for the cruise...I don't know if I will be able to sleep!"

Anticipation can be such a gift and, at the same time, it can feel like such a burden. When we are looking forward to something, then anticipation brings about hope, excitement, and yearning. When what we are looking forward to is foreboding, then anticipation brings about anxiety, uncertainty, and even loneliness. We live in a world where we continually count down to the next thing; sometimes before the first thing has even finished. Pumpkins and scarecrows fill the stores right after the 4 th of July when summer is still in its peak. Thanksgiving décor is set out before we can take down the masks and costumes of Halloween. Don't even get me started about Christmas; the trees and lights go up around September now!! But it isn't only about the Holidays. This is the world we live in, it becomes ingrained into our lifestyle. During the Spring we long for the heat and sun of Summer, in the Summer we desire the cool of Fall or Winter, and when the first snow hits we begin longing for the heat and sun of Summer again! It is a constant "what's next" mentality and waiting for it is not something we enjoy, because who has to wait anymore? I believe that due to this phenomena in our world, many times anticipation brings about more anxiety, loneliness, and fear than hope, excitement, and yearning.

And yet, Scripture continually reminds us that God does some of the most transformative work in the waiting...in the anticipation. When anticipation is seen as a gift, we can sit in the hope, excitement, and joy of the moment. In the work of campus ministry, I have a unique perspective when it comes to anticipation. I witness the hard times of students anticipating the next exam, breaks, internship offers, and graduation (truth be told I anticipate the breaks as well!!). But in this perspective I also anticipate with hope and excitement who the students are becoming; their growth and understanding of their faith, the leaders that they are and can be, and how they live into their calling in life. This anticipation can also be a heavy burden because that growth for students will also have moments that are challenging, uncertain, and painful. But in the midst of the waiting, I continually see God at work in ways that are unimaginable and grace-filled.

In this season of anticipation and waiting that we call Advent, I hope that we can live into the anticipation with hope and joy. The thing about anticipation is that it doesn't have to be passive. In the "not yet" of waiting and anticipation, we discover more and more who we are becoming. For students, it is building resilience and patience during long semesters of work, trust and humility while waiting for internship answers and changing of majors, and faith and hope when thinking about what is happening after graduation. For all of us, it is living more fully in the moment and finding joy where we are right now as we still anticipate with hope what is next.

This where I sit right now as the campus minister at Wesley! There is so much to look forward to for this campus ministry that we all love, but I am also sitting, with all of you, in the expectant hope and the joy of anticipation as God continues to form us in the here and now.

So, in this season of anticipation in Advent (and in life), you may be waiting for clarity, healing, job opportunities, or that next vacation. And in the midst of all of this, you are not alone. The gift of Emmanuel "God with us," is always a truth that we can rely on in these spaces of anticipation and waiting. Anticipation does not have to be empty space full of anxiety, uncertainty, or loneliness. It can be sacred and holy ground where God can do the Divine's most transformative work. In this space we will find a God that forms us, grounds us, and prepares us for what is next. In these spaces, like the season of Advent, the waiting and anticipation becomes the place where we see God the most! It is just like those nights of Christmas Eve where our anticipatory waiting brings us excitement, joy, and hope in the most amazing ways.

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