

A Ministry Exhibiting a Spirit of Excellence!



February is African-American History Month  
LET US CELEBRATE OUR RICH HERITAGE!

# The Messenger

2019 Theme: Living in God's Assurance—Isaiah 41:10

## Message from the Pastor

### Our Testimony

"I will praise you to all my brothers; I will stand up before the congregation and testify of the wonderful things you have done." Psalm 22:22

This country's greatness is a testimony to the generations of men and women who forged the way before us. From slave ships and chains to live in a nation where we still find ourselves at moments having to prove our worth and value as a people simply because of the color of our skin. During the month of February which is African American History Month, we live and possibly resurrect the reminders and the memories of the champions of justice and the sacrifices they made to bring us to this point, we honor the contributions of African Americans since our country's beginning, and we recommit to reaching for a day when no person is judged by anything but the content of their character.

We pay tribute to countless courageous citizens -- from the Underground Railroad to a bus in Alabama, and all across our nation -- they stood up and sat in so that we may have stable footing on equal ground to live life freely, enjoying liberties and the pursuit of happiness wherever we desire. It is our responsibility to address the inequalities and injustices that still exist and do what is right by all people but especially people of color.

Our testimony in the words of *Lift Every Voice and Sing* by James Weldon Johnson:

*"God of our weary years, God of our silent tears, Thou who hast brought us thus far along the way; Thou who hast by Thy might Led us into the light, Keep us forever in the path, we pray."*

Living in God's Assurance,  
Pastor Luke E. Torian



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### Upcoming Events

- 2/18: Church Closed (Presidents' Day)  
2/24: Pastor's Aid Ministry: 43rd Anniversary





## Our FMZ Giants in Service

In honor of Black History Month, we are honoring three dedicated servant-leaders who have made lifelong contributions to our community and beyond. Sister Fannie Fitzgerald, Brother George M. Hampton, PhD, and Brother John Harper have each made significant and consistent contributions to the Prince William Community through selfless service, courage, and care for others. Here are some short vignettes to highlight our Brothers and Sister whose lifetime achievement were recognized by the naming of schools in their honor. Although the vignettes highlight their work outside the walls of First Mount Zion, they quietly and humbly served our congregation in various ministries for decades. We are thankful for having people of their strength and courage as part of our congregation and we honor them as our Black History Giants.

### Sister Fannie W. Fitzgerald (1930-2016)



"Children are children. It doesn't matter what color they are."

Fannie Wilkinson Fitzgerald was born in Amelia County, Virginia on July 27, 1930. She is the youngest of eleven children. Sister Fitzgerald always wanted to be a teacher. With

hard work and dedication, she attended college and received a Bachelor of Arts degree in Elementary Education from Virginia Union University in 1952. Her first teaching position was as head

teacher in Amelia. It was a two-room school, with no cafeteria, indoor plumbing, or central heating. After teaching there for three years, Sister Fitzgerald decided to relocate.

In August of 1956, Sister Fitzgerald was offered a job in Prince William County. She was assigned to Antioch-McCrae Elementary School, a school for African-Americans in the western end of Prince William County. Sister Fitzgerald's dedication and commitment to children prompted her to better prepare herself to teach her students. She traveled to New York to attend Columbia University. After graduating from Columbia University, Sister Fitzgerald began teaching at Jennie Dean School in Manassas, Virginia.

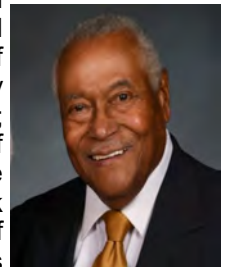
In 1964, the Prince William County Public School Board appointed Fannie and three other African-American teachers to integrate the all-white schools in Prince William County. She was assigned to Fred Lynn Elementary and Middle School. As a result of the hard work, fortitude and perseverance by Sister Fannie and the three other teachers, Prince William County Public Schools were fully integrated in September 1965. When asked about being one of the first teachers to integrate Prince William County Public Schools, Sister Fitzgerald replied, "Children are children. It doesn't matter what color they are." During the 1964-65 school year, Sister Fitzgerald became the first African-American to teach at Manassas Park Elementary School. In 1968, Sister Fitzgerald was selected to be the first elementary supervisor of the integrated schools in Prince William County. Sister Fitzgerald's longest service was to students at Dale City Elementary School from 1971-1988. During those years, she was a fourth-grade teacher and a learning disabilities specialist. After thirty-five years of outstanding service, Sister Fitzgerald retired in June of 1988. She continued to volunteer and serve the children of Prince William County in numerous ways.

As a result of Sister Fannie Fitzgerald's historic contributions to Prince William County Public Schools, the school board voted to name an elementary school for her. Located on Benita Fitzgerald Drive, a street named for her oldest daughter, an Olympic gold medalist, the school stands as a testament to academic excellence. Sister Fitzgerald died April 7,

2016. Her legacy for excellence continues today. Sister Fitzgerald helped start and sustain several ministries as she served faithfully through her many decades of membership at our church. She attended regularly until her passing in 2016, but her sweet spirit of excellence and service continues to set an example of servanthood for our congregation.

### Brother John Harper

John Harper is considered a trailblazer for Prince William County (PWC), as the first African American in many distinguished posts, including that of Prince William County School Board member; member of the Board of Directors for the Prince William County Park Authority; member of the Board of Directors of the PWC Committee



of 100; Department director in the Prince William County government for the Dale City Sanitary District and Recreation Center; and Grand Marshal of the Dale City Independence Day Parade, the signature celebration for the community of more than 40,000 residents. Brother Harper has been a passionate voice for progress and opportunity for youth since settling in Prince William County with his family more than 30 years ago. His experience in the United States Army and advanced academic studies honed his leadership and management skills. He is a Vietnam War veteran and retired as a Lieutenant Colonel after 23 years. His military honors include a Bronze Star Medal with Oak Leaf Cluster and a Meritorious Service Medal with Oak Leaf Cluster, Vietnamese Cross of Gallantry with Silver Star, Air Medal, Aircraft Crewman's Badge, Combat Infantryman's Badge, and a National Defense Service Medal. He is a graduate of the United States Army Command and General Staff College and the Army's Logistics Executive Development Course.

After graduating with a Bachelor of Science (Chemistry) degree from Howard University, he earned a Master of Arts in Business Management from Central Michigan University. He is also a graduate of the FBI Citizens Academy. While serving

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Brother John Harper—cont'd

on the Prince William County School Board, Brother Harper initiated a review of the revenue sharing agreement for the School Division, leading to an increase from 49 percent to 53 percent and over \$25 million in additional annual funds for Prince William County Public Schools. As Director of the Dale City Recreation Center, he implemented "Midnight Basketball" to give teenagers and young adults a positive environment and opportunities to enhance athletic abilities and build social and leadership skills. During this period, he also was a volunteer mentor at Minnieville Elementary School. In 2003, he was appointed by Virginia Governor Mark Warner to the Board of Trustees for the Virginia War Memorial Foundation. He was subsequently re-appointed in 2006 and 2010 by Governor Timothy Kaine. He was awarded the "Trailblazer Award" in 2014 by the Virginia Leadership Institute for his outstanding service to the community.

The Prince William County School Board recognized Brother Harper's legacy of leadership and service by co-naming one of the county's newest elementary schools in his honor. He shares this honor with another icon of Prince William County Schools, Mrs. Betty Covington. The two demonstrated true community devotion and friendship by agreeing to be the namesakes of Covington Harper Elementary School in Potomac Shores. The students of Prince William are fortunate to have these pillars of the community available for mentoring and continuing their service to the students and families of our community.

Brother Harper is an avid member of the A-11 Sunday School Class along with his wife, Sister BJ Harper, who have enjoyed over 50 years of "uninterrupted service" and marital bliss, in Brother Harper's words. Their love of the Word and active participation across the congregation is the model for "connecting people who have a desire to become fully devoted followers of Jesus Christ".

We thank Brother Harper and Sister Harper for being a dynamic duo of service, history, trailblazing, and God's eternal love.

## Brother George M. Hampton



First Mount Zion has an abundant share of great Americans who have served God, our Church, and the country in exemplary ways. One of our giants is Brother George M. Hampton. Brother Hampton was born in Englewood, NJ in 1928 and has lived, led, and served in Prince William County for over 50 years.

Brother Hampton's service, achievements, and contributions extend to all levels of our local, state, national, and international communities. His lifelong commitment to youth is exemplified through the George M. Hampton Foundation which has provided tens of thousands of dollars to scholarships to local students, including many from First Mount Zion. Brother Hampton is engaged in several organizations to include Omega Psi Phi Fraternity, Disabled American Veterans, Veterans of Foreign Wars, The American Legion, The ROCKS, the Fellowship Club of Prince William County, and was one of the Founding Members of the National Negro Golf Association.

His long career included service in the United States Army, Research Scientist with the American Institutes for Research, and the Institute for International Research. In his roles with these august organizations, Brother Hampton served others by delivering solutions for development projects in Asia and Africa, served as an Army officer in the Korean War, and developed the Marine Corps Leadership and Human Relations Program at Quantico and San Diego, California.

He served the students of Virginia State University as an Assistant Professor of Military Science where he mentored dozens of future Army leaders. Brother Hampton also served on various positions with Virginia on the Virginia Parole Board, Chairman and CEO of the Virginia Alcohol-

ic Beverage Control Board, Vice Chair of the State Board of Elections, Juvenile and Domestic Relations Court Citizens Advisory Council, and the Board of Visitors at Virginia State University. These are a sampling of an extensive life of service, leadership, and community engagement. In each position, Brother Hampton established high standards and blazed a trail of excellence for others to use as a roadmap for serving others through public service and community service.

Brother Hampton is one of our Black History Giants because of all his work, but more importantly because of his friendship and manifestation of manhood, scholarship, perseverance, and uplift, the cardinal principles of his beloved Omega Psi Phi Fraternity. In 2016 the Prince William County Public Schools honored his life of service by renaming a middle school in his honor. The George M. Hampton Middle School in Dale City provides a unique educational environment where future leaders can engage with their school's namesake. Brother Hampton stays involved and supportive of the students, the programs, and the various activities. The school hosts a challenging and comprehensive International Baccalaureate Middle Years Program, which is consistent with Brother Hampton's lifelong examples of community engagement. The program connects the subject areas of language arts, social studies, mathematics, science, foreign language, technology, fine and performing arts, and physical education through global contexts to prepare the students for life in a global, connected community.

Brother Hampton is a man who overcame prejudices of earlier eras to exemplify the true American dream. He combined advanced education and years of success in the fields of research and training to serve the community and the administrations of several Virginia governors. One of his friends refers to Brother Hampton as an unsung hero and wrote these words:

Unsung heroes are individuals who make profound, selfless sacrifices to inspire their community. They act to improve the lives of others but seek no

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in a touring Gilbert and Sullivan group. In 1920, Hurston earned an Associate degree from Howard University, having published one of her earliest works in the University's newspaper.

She became a fixture of New York City's Harlem Renaissance, thanks to novels like "Their Eyes Were Watching God" and shorter works like "Sweat." She was also an outstanding folklorist and anthropologist who recorded cultural history, as illustrated by her "Mules and Men". Hurston died in poverty in 1960, before a revival of interest led to posthumous recognition of her accomplishments or of the masterwork "Their Eyes Were Watching God" which she wrote in Haiti in 1937. It would become her most famous work. The novel tells the story of Janie Mae Crawford, who learns the value of self-reliance through multiple marriages and tragedy. Although highly acclaimed today, the book drew its share of criticism at the time, particularly from leading men in African-American literary circles. Author Richard Wright, for one, decried Hurston's style as a "minstrel technique" designed to appeal to white audiences.

Hurston moved to New York City's Harlem neighborhood in the 1920s and became a fixture in the area's thriving art scene, with her apartment reportedly becoming a popular spot for social gatherings. Hurston befriended the likes of Langston Hughes and Countee Cullen, among several others, with whom she launched a short-lived literary magazine, *Fire!!* Along with her literary interests, Hurston landed a scholarship to Barnard College, where she pursued the subject of anthropology and studied with Franz Boas.

She established herself as a literary force with her spot-on accounts of the African-American experience. One of her early acclaimed short stories, "Sweat" (1926), told of a woman dealing with an unfaithful husband who takes her money, before receiving his comeuppance. She also drew attention for the autobiographical essay "How It Feels to be Colored Me" (1928), in which she recounted her childhood and the jolt of moving to an all-white area. Additionally, Hurston contributed articles to magazines, including the *Journal of American Folklore*.

She published her first novel, *Jonah's Gourd Vine*, in 1934 which told the tale of the African-American experience, only through a man, flawed pastor, John Buddy Pearson. Having returned to Florida to collect African-American folk tales in the late

1920s, Hurston went on to publish a collection of these stories, *Mules and Men* (1935). In 1942, she published her autobiography, *Dust Tracks on a Road*, a personal work that was well-received by critics.

In the 1930s, Hurston worked with Hughes on a play called *Mule-Bone: A Comedy of Negro Life*. Disputes over the work would eventually lead to a falling out between the two, and she went on to write several other plays, including *The Great Day* and *From Sun to Sun*.

Hurston was charged with molesting a 10-year-old boy in 1948; despite strong evidence that the accusation was false, her reputation suffered greatly in the aftermath. Additionally, Hurston experienced some backlash for her criticism of the 1954 U.S. Supreme Court decision in *Brown v. Board of Education*, which called for the end of school segregation.

For all her accomplishments, Hurston struggled financially and personally during her final decade. She kept writing, but she had difficulty getting her work published. A few years later, Hurston suffered several strokes and was living in the St. Lucie County Welfare Home. The once-famous writer and folklorist died poor and alone on January 28, 1960, and was buried in an unmarked grave in Fort Pierce, Florida.

More than a decade after her death, another great talent helped to revive interest in Hurston and her work: Alice Walker wrote about Hurston in the essay "In Search of Zora Neale Hurston," published in *Ms. Magazine* in 1975. Walker's essay helped introduce Hurston to a new generation of readers, and encouraged publishers to print new editions of Hurston's long-out-of-print novels and other writings. In addition to Walker, Hurston heavily influenced Gayl Jones and Ralph Ellison, among other writers.

**"The chief desire of faith is to know the ways of the One above."**

**Rev Gardner C. Taylor**

Brother George Hampton -- cont'd

recognition. They are rarely, if ever, on the front pages of newspapers because they work behind the scenes and they prefer it that way. Most people, including their friends, do not know about their contributions. They seek no recognition unless recognition is thrust upon them.

Brother Hampton served his nation, receiving the Legion of Merit for meritorious conduct in the performance of outstanding services and the Bronze Star. He served the Commonwealth of Virginia in a non-partisan manner and was appointed to serve on boards by six Virginia governors. He has been a university professor of military science and psychology. In 2016, the Prince William County Board of Supervisors honored him in its first, Juneteenth Celebration.

We are thankful to have this giant of a servant-leader in our congregation and community. We celebrate and honor his personal journey that lights the path for many to follow.

## Who Was Zora Neale Hurston?



Writer and anthropologist Zora Neale Hurston was born in Alabama in 1891 to two former slaves. Her father, John Hurston, was a pastor, and he moved the family to Florida when Hurston was very young. Following the death of her mother, Lucy Ann (Potts) Hurston in 1904, and her father's subsequent remarriage, Hurston lived with an assortment of family members for the next few years. To support herself and finance her efforts to get an education, Hurston worked a variety of jobs, including as a maid for an actress



## February Focus The Authority of Jesus

In Sunday School this month we will discuss the authority of Jesus. It will be a very interesting journey. The first Sunday's lesson is Jesus' *Far Reaching Authority* and centers around Matthew 8:5-19. The text concerns the Roman Centurion and his request for Jesus to heal his servant. The Centurion believes Jesus can heal the servant from where Jesus is standing. Second Sunday's lesson is rich, we discuss Matthew 8:23-34, *Astonishing Authority*; Jesus rebukes the wind and sea and afterwards cast out demons in Gergesenes. In this lesson Jesus exercised his authority similar to the way he did in Mark 4:39, "Peace, be still. And the wind ceased." Matthew 9:1-8, *Authority to Forgives Sin* takes center stage on third Sunday. Jesus met a man sick of palsy and said, "Son, be of good cheer; thy sins are forgiven thee." His act was considered blasphemy! The religious leaders questioned Jesus' authority to forgive sin. *Delegated Authority* on fourth Sunday provides the closing touch from Matthew 10:1-15. The lesson discusses Jesus giving the disciples authority to heal the sick, cast out devils and to bless people during their journey to spread the Gospel throughout the world. After studying and discussing February's lessons we should have a better understanding of Jesus and his authority.

Brother Gillis M. Taylor  
Sunday School Superintendent



FMZBC Senior Ministry is growing but there is still room for you. Join us for fun and games every other Wednesday (starting January, 16, 2019) from 12:00-2:30 pm. Our theme is A FRESH START. All senior members and guests 55 and up are invited to join us. 12:00 pm is the social hour and the meeting begins promptly at 12:30 pm. Come out and meet other senior members for food, fun and fellowship. POC: Mary Melton or Shirley Hardy at [senior-sministry@firstmountzionbc.org](mailto:senior-sministry@firstmountzionbc.org).

Also, **VOLUNTEER DRIVERS** are needed to transport our Seniors to/from FMZ. If you are available to drive the Church van to pick up AND/OR drop off the Seniors on either the 1st and/or 3rd Wednesdays of each month, or if you can drive one way in the morning or afternoon, or can drive round trip, please contact Rev. Maxine Thompson at (703) 670-0184 or [mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org).

The specific times are as follows:

Depart FMZ 10 a.m. -- Pick up and bring to FMZ.

Depart FMZ 2:30 p.m. -- Take Seniors back to their homes.

Thank you!



Carter G. Woodson -  
Historian (1875–1950)

Carter G. Woodson was an African-American writer and historian who was born in 1875 in New Canton, Virginia. Carter G. Woodson was the second African American to receive a doctorate from Harvard, after W.E.B. Du Bois. Known as the "Father of Black History," Woodson dedicated his career to the field of African-American history and lobbied extensively to establish Black History Month as a nationwide institution.

He wrote more than a dozen books over the course of his career, most notably *Mis-Education of the Negro* (1933). With its focus on the Western indoctrination system and African-American self-empowerment, *Mis-Education* has become required reading at numerous colleges and universities. Additional books from the author include *A Century of Negro Migration* (1918), *The History of the Negro Church* (1921) and *The Negro in Our History* (1922). Woodson also penned literature for elementary and secondary school students. He died in Washington, D.C., in 1950.

### Read more at:

<https://www.biography.com/people/carter-g-woodson-9536515>

### INSPIRATION

**"Then** you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me **with all your heart.**"

Jeremiah 29:12-13—NKJV



## Enjoy A Healthier Life

February is Heart Health Awareness Month and we take a look at some factors to heart health beyond eating more fruits and vegetables. From our finances to relationships, on the next two pages you will find ways to keep your heart beating with life. Our FMZ Fitness Director Lori Valkenburg shares tips for fitness commitments, our Money Smart Ministry offers insights into proper budgeting, and our Married Couples Ministry's journey in 2018 is a treasure map to a thriving relationship. We also culled wisdom from two FMZ small groups and the books they are studying to bring you nutrition help from the Eagles Health and Nutrition small group and dating guidance from the Christian Dating small group. For more info on these two groups, contact Small Groups Director Stephanie Craddock at (703) 670-0184 or email [scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org). Just like the end of your day, we close with tips to a better night's rest from the American Heart Association. A healthy heart is a happy heart, so here's to your health!

## The Chemistry of Nutrition

Understanding how our body functions is key to maintain nutritional health. Here are some important things to consider:

Drink water. It gets nutrients to our cells, cools our body, flushes waste, circulates immune cells and facilitates metabolism. Eat breakfast. It's the body's signal to kick-start itself.

Proteins help avoid low blood sugar levels. Healthy fats (omega-3 fatty acids, olive oil) slow stomach emptying (keeps one full longer). Fiber enhances digestive tract health and prevents constipation.

Read food labels to help you limit sodium (salt) intake and refined sugar products which can lead to massive insulin response, overeating and obesity, heart disease and diabetes. Eat more whole grain foods, where more nutrients are preserved.

And be weary of the low fat, high carb craze! It may trigger higher insulin levels, possibly leading to increased fat storage and overactivation of the cortisol-stress pathway.



## Your Financial Game-Changer

*"He who has no rule over his own spirit is like a broken down city without a wall" - Proverbs 25:28*

A spending plan (budget) is supposed to get you closer to your money, not further away from it. A clear, solid one can help you live according to your values, save money, manage your cash-flow and achieve financial goals. You will see where you are spending and where to adjust.

Here are some key terms:

**INCOME:** **Gross** is the total amount of money you earn before deductions (taxes, Social Security, insurance, retirement). **Net** is your total take-home pay after all deductions. Base your spending plan on your net income; base your tithes on your gross income.

**EXPENSES:** **Fixed** stay the same each month or don't change much (tithing 10%, saving 10%, mortgage, rent, insurance, car payment). **Flexible** can be adjusted (utilities, groceries, credit cards, clothes, phone). **Discretionary** you can choose but don't need to spend (entertainment, restaurants, movies).

Look for ways to decrease your flexible and discretionary expenses, and/or increase your income. Track your spending manually with an Excel spreadsheet or a notebook; or pick a personal finance apps or a free registered personal financial representative to help you. Pick a method that you'll feel comfortable and actually want to use. Contact the Money Smart Ministry for more information at:

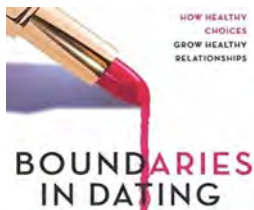
[moneysmartministry@firstmountzionbc.org](mailto:moneysmartministry@firstmountzionbc.org)

## How To Stick With An Exercise Program

- ◆ Make sure it is enjoyable! Dancing, ping pong, boxing or gardening.
- ◆ Include your loved ones. Take a walk with your spouse/kids/grandkids or dog.
- ◆ Put headphones on. Listen to uplifting music/books/sermon.
- ◆ Make an appointment with yourself. Like a doctor's appointment.
- ◆ Find a workout partner. Preferably one that is equally yoked.
- ◆ Focus on the benefits. You are improving your life!
- ◆ Celebrate the small accomplishments. They add up!
- ◆ Recognize that there will be setbacks. It happens, be prepared.

Remember Philippians 4:13. "I can do all things through Christ who strengthens me." Know God loves you. You are worth it!

The FMZ Fit-By-God Center is located on the 1st floor. See programs and classes at [firstmountzionbc.org/ministries/fit-by-god/fitness-calendar/](http://firstmountzionbc.org/ministries/fit-by-god/fitness-calendar/)



## Take Charge of Your Dating Life

The New Year is a time when many singles

make the resolution to date more, find "the one" or decide that dating is not for them. Whatever your choice, always keep God and dating in perspective.



Dating is a healthy social activity. God wants companionship for us (Ecclesiastes 4:9-12). A date is a learning experience, not a relationship. Get to know one another. Be open to date someone who may not be "your type." You may be surprised!

Have boundaries to guard against relationships moving too fast. Make the first three dates casual, 90-minute, "getting to know you" dates (coffee, ice cream, appetizers). Limit physical contact to an A-frame hug (the church hug).

Keep a healthy perspective. Dating is not about marriage but marriage can be an outcome! Take the pressure off.

Take God on a date. Spend time with God to reassure you in who you are in Him. Remind yourself to have a realistic view of who the person shows themselves to be. Look for the fruits of the spirit in the lives of your dates.

**And may the Lord make you increase and abound in love to one another and to all, just as we do to you. 1 Thessalonians 3:12**



**Sleep!!**  
Bet You Need More



The amount and quality of sleep can influence eating habits, mood, memory, internal organs and more. Here are a few tips to wake up more refreshed from the American Heart Association.

**Tech Tweaks.** Is your phone keeping you up at night? Charge your device as far away from your bed as possible. Dim your screen. Set a bedtime alarm to remind you that it's time to wrap it up for the night. Put your phone on do not disturb to block it all out.

**Establish a Wake-up Routine.** Get the right amount of sleep. Even adults need a solid 7-9 hours. Your body and brain work best with a set wake-up time to keep your biological rhythms synced. Hitting snooze to nod off for another restless 5 minutes may only leave you groggy when you wake up for a second (or third) time. Wake up to bright, natural sunlight or at least get indoor lights going. Morning light can help you wake up more naturally and quickly.

## MARRIED COUPLES ministry

### Growing, Thriving, and Loving Marriages Together

Capping a year filled with meaningful monthly fellowship, enrichment and support under the theme, "Demonstrate Love, Honor and Understanding Every Day", the Married Couples Ministry closed out 2018 with its second Vision Board session at the end of December following an elegant "Remember The Promise" dinner, dance and recommitment ceremony attended by 80 couples earlier in the month.

For the past two years, Les and Karen Young have led the ministry in awesome experiences. Whether it was their couples paint party, bowling night, sweetheart breakfast or seminar, members enjoyed group activities and Bible-based study

about marriage God's way, shared faith, trust, understanding, commitment, love and respect for their mates.

A key resource was a facilitated interactive discussion about essential investments to make in order to get a good return in life and marriage, and "Marriage Building Blocks" that are the foundation of any quality relationship.

And both vision board sessions were a profound help to each couple as they reflected on their desired future as a team for the next 5 to 10 years. The essential truth weaved through their collective growth was understanding that a marriage must have a vision to thrive and a love that overcomes life's circumstances.

*"Complete my joy by being of the same mind, having the same love, being in full accord and of one mind." Philippians 2:2*



Vision Board Session



Paint Party



"Remember the Promise" dinner



## LEADERSHIP CHAPLAIN'S CORNER

Let us continue with our study of the twelve Spiritual Disciplines. In the January 2019 article, we studied the first of the four Inward Disciplines, "Meditation". Let's see what author, Richard J. Foster, has to say about the 2nd Inward Discipline of Prayer: Discipline #2: Prayer - Source: Celebration of Disciplines

Lesson/Discussion: As I travel, I find several common misconceptions that defeat the work of prayer.

The first misconception is the notion that prayer mainly involves asking things from God. Answers to prayer are wonderful, but they are secondary to the main function of prayer, which is a growing, perpetual communion. To sink down into the light of Christ and become comfortable is that posture, to sing, "He walks with me and He talks with me" and know it as a radiant reality to discover God in all the moments of our days, and to be pleased rather than perturbed at the discovery—this is the stuff of prayer. It is out of this refreshing life of communion that answered prayer comes as a happy by-product.

The second misconception is the view that prayer must always be a struggle, "getting under the burden of prayer," as we say. I certainly would not want to deny those times of intensity and difficulty, but I have not found that such times are the most common experience. Nor would I want to minimize the sense of awe, and even terror, that we feel in the presence of the Sovereign of the universe. And yet, the most frequent experience during prayer is one of lightness, joy, comfort, serenity. Even laughter comes at times, though it is richer and less pretentious (should I say, more holy) than ordinary laughing. There is a feeling of companionship, though again it is a different quality from the ordinary human variety. Perhaps it is that we are becoming friends with God.

The third misconception is the idea that we live in a closed universe, that everything is fixed. We think "since everything is set and God knows the end

from the beginning, why pray?" But if the Apostle Paul is right that "we are fellow workers with God" (1 Cor. 3:9), then ours is indeed an open universe. We are working with God to determine the outcome of things. It needs to be said reverently, but it does not need to be said: we are co-creators with God in advancing His kingdom upon the earth.

A forth misconception is the fear that our faith will crumble if our prayers are not answered the first time every time. As one person put it to me, "If God doesn't answer this prayer, it is all over; I will never be able to believe in prayer again." It is this fear that causes us to gravitate toward vague prayers—then if nothing happens, no one is the wiser. But suppose I walk into my office and turn on the light and nothing happens. Would I say, "I never believed in electricity anyway?" No, I would assume something is wrong, and I would set out to find out what it is: perhaps the bulb is burned out or the wiring connections are faulty. The same is true with prayer, and very often I have found the problem is indeed a faulty connection on our end.

A fifth misconception about prayer is the common teaching, "Pray once! Any more than that shows a lack of faith." Now I understand the good intentions of people who teach this way, but, very frankly, it flies in the face of a great deal of biblical experience and teaching, especially Jesus' parables on importunity. We are to keep at this work, mainly, I think, because we are the channel through which God's life and light flow into individuals or situations. And, incidentally, I have found prayer to be the most helpful of the Disciplines in freeing us from the monsters of the past because of the inner healing that comes through the hands of those who pray for us.

May I call you to the adventure of prayer? Nothing draws us closer to the heart of God.

Submitted by Leadership Chaplains:

Deacon Ron Cooper  
Deacon Vince O'Neal  
Trustee Nicole Johnson  
Deaconess Terry Davis



## Santa Visits the Thurman Brisben Center

For several years, members of the K and N Zones have visited the Thurman Brisben Center (Christmas Eve) to help bring some Christmas cheer to the residents staying there. The Center is a homeless center, serving up to 80 men, women and children at any given time. It is the Stafford/Fredericksburg community's largest emergency shelter in the four county area.

The Brisben Center is a safe, secure and supportive place with a caring staff, where women, men, children and families without housing are provided shelter, a shower, a bed and meals, 24 hours a day/365 days a year — at no cost to residents.

Each Christmas Eve we participate in the Center's annual Christmas program. Take a good look at Santa, a member of the Church's security team. Can you tell who he is? Santa usually brings an elf or two, willingly giving up his time each year to bless the residents of the Center. We also set up Christmas crafts for the children and help Santa distribute the gifts provided by local community organizations. To give all residents something to remember of the day, they were given a picture with Santa. Supporting this program is one of the ways Zones K and N support our local communities.







## Deacon Ministry Monthly Update

God's Word exhorts us to care for those in need and extend love and compassion to others who are traversing difficult times. We call this "member care" in the Deacon and Zone Ministries. In 2019 your Deacon Ministry continues to provide member care to meet the needs of our members as we partner with Pastor Torian and work side by side with the Deaconess and Trustee Ministries to serve our members. Over the last few months of 2018, we supported our Share Ministry activities to provide Thanksgiving and Christmas meals to families of First Mount Zion and our extended community. The Deacon Ministry looks forward to strengthening member care and working with leadership, ministries, and committees in meeting our congregation's needs. As we live in God's assurance, your deacons, led by the Deacon Ministry Executive Committee (DMEC) are available through the Zone Ministry.

The Deacon's Theme for 2019 is *Serving with Humility in Unity* based on Philippians 2:1-4 as we support the Church's theme of Living in God's Assurance (Isaiah 41:10). We pray that in 2019 the congregation and all those that we come into contact with will know our Lord and Savior and seek to enhance their relationships with Him.

The Deacon Ministry leadership for 2019 consists of the following deacons:

Chair: Deacon Jeffrey Manning

Vice Chair of Operations: Deacon Carl Ross

Vice Chair of Communications, Education, and Policy: Deacon Dennis Crimiel

Secretary: Deacon Alonzo Wilson

Assistant Secretary: Deacon Kevin Johnson

Chaplain: Deacon Ronald Cooper

Assistant Chaplain: Deacon Vincent O'Neal



The Women's Ministry Book Club was organized in January 2016. Over the past three years, our study curriculum has been based on Bible teachings from Priscilla Shirer, whose ministry is focused on the "expository teaching of the Word of God to women". Her learning techniques and activities provided the women a time of application and reflection. The Book Club has completed three of her books individually and through a collective study; *The Armor of God*, *Gideon*, and *Discerning the Voice of God*.

On November 18, 2018 Priscilla Shirer ministered at First Baptist Church of Glen Arden, Glen Arden, MD. A few of the women and guests embarked upon a personal venture, carpooled and attended the service and was blessed to have an opportunity to see the phenomenal speaker in person. The experience was even more overwhelming than the virtual training sessions. They witnessed the power of the Holy Spirit move through her teaching. Thank God for the opportunity and blessing!

Girlfriend Day Brunch followed!

The Book Club will commence on March 16, 2019 at FMZ from 10-11:30am. The book we will be studying is "One in a Million, Bible Study Book" by Priscilla Shirer. Registration dates to sign up for the upcoming study will be on February 24th, March 3rd, and March 10th, in the Narthex after 8:00am & 11:00 am services.

POC: Sister Robin Hawkins - [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)



## A Spirit of Excellence!

By Oonagh M. Bell

Daniel 6:3 (NKJV) says, "Then this Daniel distinguished himself above the governors and satraps, because an **excellent spirit** was in him . . ."

When I first came to First Mount Zion some three years ago, I was struck by the way the Ministry functioned . . . much different from where I previously served, even though that Ministry also performed at a very high level. I found that everyone with whom I came in contact, no matter what their role, seemed to be walking in the **Spirit of Excellence**. Excellence is doing ordinary things in an exceptional way and that is what I noticed. My Dad always used to tell me that anything worth doing is worth doing right and he instilled in me to do nothing less than always exhibit a Spirit of Excellence in whatever I did.

So, when the Messenger became a reality and it was going to be revived, I thought that the perfect slogan that properly reflected this Ministry, from my perspective, is "A Ministry Exhibiting a Spirit of Excellence". Everything we offer to God must be done with a spirit of EXCELLENCE and FMZ, you display this attribute in a huge way. So when you see the slogan on our Messenger, remember that it was your behavior and attitude that led to that slogan and always ask yourself, "am I truly giving God my best in every area of service to Him".

## Celebrate Recovery Support Small Group

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Find community and freedom from the issues that are controlling our life. Gender specific-discussions.

Leaders: Rev. Tarra Taylor, Bro. Stacy Funches & Sis. Sherry Johnson  
POC: [Scraddock@fiestmountzionbc.org](mailto:Scraddock@fiestmountzionbc.org) or 703.670.0184



## Ministries' Meeting Schedules 2019

- 2/4 Deacon Executive Committee Meeting (7-9 PM)  
Deaconess Executive Team Meeting (7:30-9 PM)
- 2/5 Mary Elizabeth Ministry (7-8:30 PM)  
Usher Ministry (7-9 PM)  
Trustee Ministry (7:30-9 PM)
- 2/6 Seniors' Ministry (12:30-2:30 PM)
- 2/9 Men's Ministry Fellowship (9-11 AM)  
Women's Ministry Fellowship (9-11 AM)
- 2/12 Mary Elizabeth Ministry Monthly Meeting (7-8:30 PM)
- 2/14 Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)  
Pastor's Aide Ministry Meeting (7-9 PM)  
Men's Ministry Monthly Meeting (7:30-9 PM)  
Trustee HR/Admin Committee (7:30-9 PM)
- 2/17 Small Groups Spring Fair (After 8 AM and 11 AM services)
- 2/19 Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 2/20 Seniors' Ministry (12:30-2:30 PM)
- 2/21 Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)  
Women's Ministry Meeting (7-9 PM)  
Deacon Ministry Meeting (7:30-9 PM)
- 2/23 Spiritual Gifts Workshop (8:30 AM-12:30 PM)  
Sunday School Ministry Quarterly Training (9-11 AM)
- 2/25 Journey to Joy/GriefShare (7-9 PM)
- 2/26 Trustee Executive Board Meeting (7-9 PM)  
Photography Ministry Meeting (7-9 PM)
- 2/28 The C.O.R.E. Committee Meeting (7-9 PM)  
Trustee Strategic Planning Committee (7-9 PM)



## Welcome to the Trustees' Corner

### Service

In the spirit of historical reflection, over the next several issues of the Messenger, the Trustee Ministry will honor First Mount Zion Baptist Church Trustee Emeritus Fred Fortune, Trustee Emeritus Howard Gholson and Trustee Emeritus Andrew Thompson. This initial article highlights Trustee Emeritus Fred Fortune.

Fred Fortune became a member of FMZBC in 1970 where he and his late wife Agnes committed to service. He was voted into the position of Trustee by the FMZBC congregation in February 1978. From that time, Trustee Fortune faithfully served in the Trustee Ministry with the majority of those years in the position of Church Treasurer. He consistently performed his duties and responsibilities in a spiritually, morally and steadfast manner. In his professional, life he retired from the federal government after 35 years of service; worked an additional 19 years at Quantico; another 11 years driving a commuter bus into DC; and finally retired at the age of 84.

Fred Fortune's impact is penetrating and lasting on the lives that he comes in contact with. He continues to serve as a consultant, advisor, mentor and friend to the Trustees and his presence brings light and love into any room. With Love and Respect – thank you for your service Trustee Emeritus Fortune!



### Stewardship

Ever need help with completing your stewardship envelopes? The information below is a brief tutorial for accurately completing your envelopes. Writing clearly and following these simple steps helps the Trustees to help you with accuracy of your stewardship records.

- **Non-Member:** Check this box if you are not be a member of FMZBC (i.e., you do not have a member number assigned)
- **Membership Number:** Insert your assigned member number. If you have forgotten this number, please contact the church office for assistance.
- **Name and Address:** Insert your personal data in this section. If your name or address has changed, please contact the church office with your updated information. Keeping this data current helps to ensure receipt of your annual contribution summary via the U.S. Postal Service.
- **Date:** Insert the date on which you complete the envelope.
- **Document the amount of your enclosed funds to be allocated within each category of Offering, Tithes, Benevolence, Sunday School, Building Funds and Scholarship.** Write your entry clearly on the line corresponding to the desired category.

**FIRST MOUNT ZION BAPTIST CHURCH  
STEWARDSHIP ENVELOPE**

16622 Dumfries Road  
Dumfries, VA 22026

☐ **Non-Member**  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Zip Code: \_\_\_\_\_

**Membership Number**  
 Date: \_\_\_\_\_

Offering . . . . . \$ \_\_\_\_\_


Tithes . . . . . \$ \_\_\_\_\_

Benevolence . . . . . \$ \_\_\_\_\_

Sunday School . . . . . \$ \_\_\_\_\_

Building Fund . . . . . \$ \_\_\_\_\_

Scholarship . . . . . \$ \_\_\_\_\_

  
*"Every man according as he purposeth in his heart, so let him give, not grudgingly, or of necessity: for God loveth a cheerful giver."*  
2 Cor 9:7

This ministry reserves the right to allocate the funds as deemed necessary.



There are days when we can bring before God...laughter of joy and gratitude. There will be other days when we can only muster a bitter, angry complaint. Be confident that God will accept whatever we lift up before him, and he will make it serve his purpose and our good.

— Gardner C. Taylor —



New Youth Bible Study Series on Wednesdays at 8pm: Study Gary Chapman's "A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships with your Friends". There are no requirements to attend.

Youth First Friday Boy/Girl Talk (Fake Friends or Real Friends?): February 1st at 7pm, all youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! Let's explore ways to make friends and to develop healthy friendships. Have you ever considered how God talks about friends and friendships?

Youth and Family Weekly Prayer Toolkit Distribution: All FMZ families with teens are invited to pick up a weekly prayer toolkit. If your family has not received one, please email or call Rev. McNeill to coordinate your receipt of a toolkit. Look out for details regarding our Family Prayer celebrations and updates. Supplies are limited. POC: Rev. J. McNeill, phone (703) 670-0184 or send email to: [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).

**The effective, fervent prayer of the righteous avail much.**  
**James 5:16**



FMZBC Leadership will be available in the Chapel every Sunday immediately after the 8 and 11 am Worship Services for anyone who desires prayer.



## New in 2019

Join us for our Wednesday Midday Bible Study from 11:30am-12:30pm. We will be studying "God Speaks Your Love Language" by Gary Chapman. Wherever you experience the love of God, it is always personal, intimate, and life changing. The key to learning and choosing love is tapping into divine love. Do you realize that the God of the universe speaks your love language, and your expressions of love for Him are shaped by your love language? Learn how you can give and receive God's love through the five love languages — words of affirmation, quality time, gifts, acts of service, and physical touch. Take the love language profile quiz to discover your personal love language at: <https://www.5lovelanguages.com/profile/>.

We will also continue Wednesday evening Bible Study - Praise and Worship at 7:30pm and Bible Study at 8:00. Contact the Church office at 703-670-0184 for more information.

POC: Rev. Sandra K. James, email: [sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

## SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions should not exceed 300-350 words and must be received no later than 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:  
[cpm@firstmountzionbc.org](mailto:cpm@firstmountzionbc.org)  
or through our web form at:  
[http://bit.ly/FMZBC\\_Articles](http://bit.ly/FMZBC_Articles)

We look forward to your participation!!  
Thank you!

Dr. Luke E. Torian, Pastor  
Rev. Sandra K. James, Assistant Pastor  
Sylvia Moore, Executive Assistant  
Renee Woolfolk, Church Business Administrator  
Karen Davis, Chair, Trustee Ministry  
Jeffrey Manning, Chair, Deacon Ministry  
Claudia Woolfolk, Chair, Deaconess Ministry

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Email: [fmzbc@firstmountzionbc.org](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

## Sunday Worship Service Schedule

Sunday School – 7:00 AM (Adults Only)  
First Service – 8:00 AM  
Sunday School – 9:45 AM (All Ages)  
Second Service – 11:00 AM  
Children's Church – 11:00 AM

## Wednesday Night Bible Study Schedule

Praise and Worship – 7:30 PM  
Bible Study – 8:00 PM

## Monthly Wednesday Worship Service Schedule (last Wednesday of each month)

Praise and Worship – 7:30 PM  
Worship Service with Associate Ministers – 8:00 PM

## Fifth Sunday Unity Worship Service Schedule

Sunday School – 8:30 AM  
Worship Service – 10:00 AM

## Connect with us on Social Media:

Facebook: [www.facebook.com/fmzbcdumfries](http://www.facebook.com/fmzbcdumfries)  
Twitter: [@fmzbc1](https://twitter.com/fmzbc1)  
Instagram: [@the\\_core\\_fmzbc](https://www.instagram.com/the_core_fmzbc)  
Vimeo: [vimeo.com/25203195](https://vimeo.com/25203195)



**If you need transportation to/from church, please call the church office:**  
**(703) 670-0184**

**MONDAY - FRIDAY**  
**8 A.M. - 5 P.M.**

**TO SCHEDULE A RIDE**