

The MESSENGER

A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor

What's INSIDE

SHOW ME!



"Now Thomas, called the Twin, one of the twelve, was not with them when Jesus came. The other disciples therefore said to him, 'We have seen the Lord.' So he said to them, 'Unless I see His hands with the print of the nails, and put my hand into His side, I will not believe.'" John 20:24-25

The Show Me State...this most widely recognized nickname for Missouri was in use in the late 1890s. It's not known exactly where or how this nickname originated. The most popular story regarding this nickname revolves around remarks made by United States Congressman Willard Duncan Vandiver who served as a member of the U.S. House Committee on Naval Affairs. Mr. Vandiver, a scholar, writer and lecturer with a passing resemblance to Mark Twain, was speaking to Philadelphia's Five O'Clock Club. Questioning the accuracy of an earlier speaker's remarks, he concluded, "I come from a state that raises corn and cotton and cockleburs and Democrats, and frothy eloquence neither convinces nor satisfies me. **I am from Missouri. You have got to show me.**"

Another story is that the nickname originated as a derogatory reference to Missouri miners working in Leadville, Colorado. During the Colorado miner's strike, men from Joplin, Missouri were brought in to work the mines. It is said that the Missouri workers, unfamiliar with Colorado mining methods, required frequent instructions from the pit bosses. **"That man is from Missouri. You'll have to show him."**

Regardless of the stories, Missourians are known for "show me - seeing is believing." So it was for the disciple Thomas, one of the 12 disciples in the Bible. Jesus appears to some of the disciples, but Thomas was not with them the first time. [John 20:25](#) says, "So the other disciples told him, 'We have seen the Lord!' But he [Thomas] said to them, 'Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it.'"

Eight days later, Jesus appears before His disciples again: "A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, 'Peace be with you!' Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.' Thomas said to him, 'My Lord and my God!' Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed' ([John 20:26-29](#)).

Like Thomas, I am sure that we all have faced challenges in our lives that may cause us to question the truth that Jesus lives. The fact is I have not seen Jesus in person but in faith I believe Jesus lives, because Jesus has "shown up" time and time again in my life. Through answered prayers and the blessed assurance that He "will never leave me or forsake me and that He is with me always!" I am from North Carolina and

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I don't have to "see" because I believed...when He **"showed up"** in my heart! What about you? Do you believe?

Living in His Assurance,

Pastor Luke E. Torian

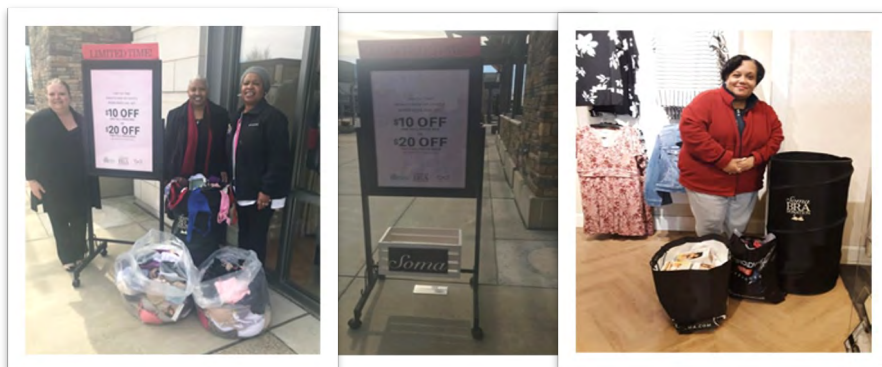


Deaconess Ministry



SOMA BRA OUTREACH A SUCCESS!

The Deaconess Ministry appreciates the giving spirit of all those who supported its 2019 Soma Bra Outreach Project. On February 26th, the Deaconess Ministry delivered 324 new and gently used bras to the Woodbridge Soma Store, serving homeless women and domestic violence survivors. Deaconesses Cathy Harkless, Sharron Johnson and Patricia Suggs coordinated this year's collection which ran from January 23rd to February 24th. Now in its third year, the outreach was supported by the FMZBC Congregation and the Women's Ministry, which collected donations at its February Executive Meeting and Women's Fellowship. The Deaconess Ministry extends a big THANKS and God's blessing for the generous way FMZBC has blessed others!



GRIEF SHARE

A Journey from Mourning to Joy

FMZBC's Grief Support Ministry, Journey to Joy will host our seventh Grief-Share session on April 8, 2019. Grief-Share is a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This program runs through May 20, 2019 from 7-9 pm. GriefShare is a free facilitator designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. Join us on Monday evenings! We know it hurts and we want to help and provide encouragement after the death and separation of a loved one.

POC: sjames@firstmountzionbc.org

the CORE

First Mount Zion's Young Adult Ministry

2019 is off to an amazing start for The Center of a Righteous Empire (The CORE - FMZBC's Young Adult Ministry)! We have hosted successful events in each of our four focus areas: Spiritual Growth, Sessions, Service and Social. We kicked off our activities in January taking care of our temples in "CORE Fitness," a workout session led by Ministry member, Adrian Ampeh, a certified personal trainer; and hosted a vision board party that provided young adults at FMZ an opportunity to intentionally outline our 2019 goals.

February centered around a theme of Love, Relationships, Dating and Marriage. Assistant Pastor, Rev. Sandra James, led a life-changing edition of The Ministry of LIFE, the Ministry's monthly spiritual growth session held - -

- - continued on next page

COME JOIN OUR



Please note the schedule for Bible Study during the month of April and mark your calendars accordingly. Thank you!

DATE	LESSON
April 3, 2019	9: Getting out of your comfort zone
April 10, 2019	Session 10: Whatever the Language, Let Love Prevail
April 17, 2019	Wednesday Evening Worship (No midday Bible Study)
April 18, 2019	NO Maundy Thursday Service
April 19, 2019	Good Friday Service
April 24, 2019	Bible Study

every 2nd Thursday. The CORE also hosted "Relationship Goals" featuring a young adult roundtable discussion and a guest panel of FMZ's married couples. The advice of the panel and transparency of young adults made for an unforgettable event.

Serving meals to those less fortunate at Streetlight Community Outreach Ministries in March was a truly rewarding experience for CORE members. Youth Minister, Rev. John McNeill, gave a vital lesson in prayer and devotion at the March session of The Ministry of LIFE. Members were also blessed through the fun, fellowship and friendship they experienced participating in other FMZ ministries in March — the Women's History Month Choir and Men's Ministry annual bowling night.

The CORE is excited about the awesome things God is doing in our Ministry and can't wait to see what else He has in store! Follow The CORE on Instagram/ Twitter @TheCore_FMZBC or join its Facebook Group: First Mount Zion Baptist Church Young Adult Ministry.



Ministries' Meeting Schedules

2019

- 4/8 Journey to Joy/GriefShare (7-9 PM)
- 4/9 Mary Elizabeth Ministry (7-8:30 PM)
- 4/11 Jewels Choir (7-8:30 PM)
Voices of Zion (7-9 PM)
Men's Ministry Monthly Meeting (7:30-9 PM)
Music and Arts Rehearsal for Easter (7:30-9 PM)
Trustee HR/Admin Committee (7:30-9 PM)
- 4/13 Men's Ministry Fellowship (9-11 AM)
Women's Ministry Fellowship (9-11 AM)
- 4/15 Journey to Joy/GriefShare (7-9 PM)
Deacon Ministry (Interview Training) (7:30-9 PM)
Music and Arts Rehearsal for Easter (7:30-9 PM)
Trustee Ministry/Finance Committee (7:30-9 PM)
- 4/16 Women's Ministry (IPT) (7-8 PM)
Deaconess Ministry Monthly Meeting (7:30-9 PM)
Music and Arts Rehearsal for Easter (7:30-9 PM)
- 4/18 Jewels Choir (7-8:30 PM)
Voices of Zion (7-9 PM)
Deacon Ministry Meeting (7:30-9 PM)
Trustee Ministry - Facility/Real Property Committee (7:30-9 PM)
- 4/19 Good Friday Service (7:30-9 PM)
- 4/20 School of Ushering Class (9 AM-1 PM)
Women's Ministry Book Club (10 AM-11:30 AM)
Junior Ushers (11:30 AM-12:30 PM)
- 4/22 Journey to Joy/GriefShare (7-9 PM)
- 4/23 Singles' Ministry Meeting (7-9 PM)
Trustee Executive Board Meeting (7-9 PM)
- 4/25 Trustee Strategic Planning Committee (7-9 PM)
- 4/27 Volunteer Screening (9 AM-Noon)
Women's Ministry Meeting - (9:00-11:00 AM)
Women's Ministry Book Club (11 AM-12:30 PM)
- 4/29 Journey to Joy/GriefShare (7-9 PM)

For additional Activities and Events:
http://bit.ly/FMZ_Calendar

LEADERSHIP CHAPLAIN'S CORNER

THE SPIRITUAL DISCIPLINE OF STUDY

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly *equipped for every good work*" (2 Timothy 3:16-17 NIV).

Let us continue with *Study*, the last discipline examined in Inward Spiritual Disciplines, following Meditation, Prayer and Fasting.

The purpose of Spiritual Disciplines is the total transformation of the person. They aim to replace destructive habits of thought with new life-giving habits. *No-where is this purpose more clearly seen than in the Discipline of Study.* The Apostle Paul tells us that we are transformed through the renewal of the mind (Rom. 12:2). The mind is renewed by applying to it to those things that will transform it. "Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things" (Phil. 4:8). *The Discipline of Study* is the *primary vehicle to bring us to "think about these things."* Therefore, we should rejoice that we are not left to our own devices but have been given this means of God's grace for the changing of our inner spirit.

Many Christians remain in bondage to fears and anxieties simply because they do not avail themselves of the *Discipline of Study*. They may be faithful in church attendance and earnest in fulfilling their religious duties, and still they are not changed. We are not here speaking only of those who are going through mere religious forms, but of those who are genuinely seeking to worship and obey Jesus Christ as Lord and Master. They may sing with gusto, pray in the Spirit, live as obediently as they know, even receive divine visions and revelations,

and yet *the tenor of their lives remains unchanged.* Why? Because they have never taken up one of the central ways God uses to change us—*study*. Jesus made it unmistakably clear that the knowledge of the truth will set us free. "You will know the truth, and the truth will make you free" (John 8:32). Good feelings will not free us; ecstatic experiences will not free us.

Let us therefore apply ourselves to learning what constitutes the *Discipline of Study*, identifying its pitfalls, practicing it with joy, and experiencing the liberation it brings. Study is a specific kind of experience, through careful attention to reality, wherein *the mind is enabled to move in a certain direction.*

Study involves four steps:

1. **Repetition.** Repetition regularly channels the mind in a specific direction, thus ingraining habits of thought.
2. **Concentration.** When a person concentrates on what is being studied, learning is vastly increased.
3. **Reflection.** While comprehension defines what we are studying, reflection defines the significance of what we are studying. Reflection brings us to see things from God's perspective.
4. **Humility.** Study simply cannot happen until we are willing to be subject to the subject matter. We must submit to the system. *We must come as student, not teacher.* Not only is study directly dependent upon humility, but it is conducive to it. *Arrogance and a teachable spirit are mutually exclusive.*

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, *rightly* dividing the word of truth." 2 Timothy 2:15 (KJV).

Leadership Chaplains



Out with the old, in with the New!

Ernest A. Robbins, CCFM
Facility Manager

Church operations are no different than other building operations. It can be a government building, school facility, a home, or other managed structures, they all require standard maintenance provisions, equipment maintenance schedules & unlimited repairs, based on their various mechanical or electrical functions. In many cases, equipment and other building deficiencies may happen simultaneously.

From HVAC systems to plumbing, from electrical power requirements and infrastructure stability, everything has to be maintained consistently to support standard operations. As the old saying goes, **"Nothing lasts forever."** And correctly so, you can be assured various equipment components are going to need to be repaired or replaced within the life of the building.

First Mount Zion has come to that period. A 50-ton air-cooled condensing unit was removed on January 8th and a "NEW" unit installed the same day. Contractors remained on-site for several weeks completing all electrical and installation procedures. The new unit was tested and the system start-up was performed by Carrier Corporation. We give all the Glory and Thanksgiving to God for providing the resources for such a replacement. Believe me, this is not the last of equipment failures. It will happen again and again during the life of the building.

MINISTRY BEYOND THE WALLS

Miss Jonelle Brown, a member of FMZ since five years old, also becoming a member of the Jewels choir at that same age, is now all grown up. Miss Brown, like so many other FMZ youth, graduated high school and was blessed to receive an FMZ scholarship to assist with furthering her education, where she is currently a student at Christopher Newport University (CNU), Newport News, Virginia, but studying abroad this semester. Recently, an article was forwarded to the Communication and Publicity Ministry that highlighted how Miss Brown has become a blessing beyond the walls of FMZ. Make yourself comfortable and allow the below article about Miss Jonelle Brown to bless you.

MUSIC AS A MEANS OF WORSHIP

Agape Gospel Choir, a fairly new club on campus, hopes to provide a welcoming environment for all.

Emma Dixon
EMMA.DIXON17@CNU.EDU
CNU News, Wednesday, November 28, 2018

The Office of Student Activities (OSA) offers over 200 organizations on campus for CNU students. Fairly recently, a new organization the Agape Gospel Choir.

Founder and Choir Director, Jonelle Brown, stated she created the Agape Gospel Choir when she got to CNU her freshman year and saw all of the religious organizations on campus but could not find one that matched the experiences she was used to at home.

"I grew up in a traditionally Black Baptist Church and I love music, so I decided to bring a Gospel Choir to campus. I've been in choir since I was little but professionally since high school. I [thought], 'I have a little experience and I can get started.' I just really wanted to bring that atmosphere of Gospel music here and introduce people to what it is," Brown said.

The Agape Gospel Choir is a non-denominational choir who strives to share and spread the love and message of God to all who are willing to listen. They perform Gospel Music, which is a genre within Christian Music.

"The Agape Gospel Choir is a ministry, a community. Our theme is sharing God's love through music so that's really what we try to do. It's more than just singing; it's a little family we have," Brown said.

Although the group is somewhat new to CNU, they have already had a few performances. Last spring, the Agape Gospel Choir performed at a retirement home. Early this semester, members performed at the United Campus Ministries (UCM) Festival of Church Music, which Brown considers their first real performance.

"We didn't even start [rehearsals] officially until October. We had two weeks to get everything together. I think it went really well. It was a new experience," Brown said. "I want people in our choir to not just visit the churches I'm familiar with; I want them to visit other types of churches. We're starting to do church hopping together. This [performance] was a way for everyone to see different kinds of services. They had Lutheran churches and Presbyterian churches there."

It took approximately one year for the choir to become an official organization on campus. Brown began the process of creating the organization Spring 2016 and it was finally established in Fall 2017. There are currently around ten active members in the choir. They meet every Tuesday from 9-11 p.m. in the Ferguson Center room A208, although this changes each semester.

"We're non-denominational and non-discriminatory, so we accept everyone. You just have to be willing to serve and praise God through music," Brown said. "I often get, 'Oh, well I can't sing,' or, 'I can hold a note but I'm not that good.' To me, I feel like if you can hold a note then I can teach you. We can work together and I'll be willing to help you out. I welcome everybody that wants to learn."

Brown mentioned that her favorite part about running and being involved in the Agape Gospel Choir is the friendships and community they have built.

"We're all friends, we all hang out and we've gotten dinner before. I really like that we're bonding together," Brown said. "I don't want anyone to feel like I'm telling them what to do. I want it to be their choir because it's their club too; it's not just mine."

"I just want people to feel comfortable and grow in this community in Christ; to fellowship with us and feel like they have gotten something out of the experience. It doesn't matter if you're a certain type of Christian. We accept everyone and want everyone to feel welcomed and like they can find a place on campus they belong to."

The choir is currently looking to find more singers and musicians who can preferably play by ear. Prior training is not necessary. Students interested in joining the choir can email Brown at agapegospelcnu@gmail.com.



Meet our Clergy



Biography of Reverend Deloris Brown

Charles Wesley wrote, *“A charge to keep I have, a God to glorify; A never-dying soul to save, and fit it for the sky. To serve this present age, my calling to fulfill: O may it all my powers engage, to do my Master’s will!”*

Reverend Deloris Brown is a “Jersey Girl!” She was born and raised in the inner city of

Camden, New Jersey, where she graduated from Woodrow Wilson High School.

After high school, Reverend Brown applied and was accepted to the New Jersey Institute of Technology in Newark, New Jersey. After completing her first year of college, she moved on to attend and graduate from the Harris School of Business in Cherry Hill, New Jersey.

Advancing forward, while living in Germany, Reverend Brown began her career as a Department of the Army civilian within the federal government; and with her return to the United States where she lived in Washington State, Reverend Brown’s career opportunities advanced her to work on the campus of Seattle University. It was during this season in Reverend Brown’s life when she would receive her Call to the Ministry of Jesus Christ.

A federal government employee with a career spanning over 30 years, Reverend Brown completed her college education, having graduated with honors from Strayer University in Washington, D.C., with Associate of Arts and Bachelor of Science degrees in Business Administration. She is also a graduate of Wesley Theological Seminary (also located in Washington, D.C.) with a Master of Divinity degree.

Today, Reverend Brown is blessed to have been licensed and ordained to the Ministry of Jesus Christ by her Pastor, the Reverend Dr. Luke E. Torian of First Mount Zion Baptist Church in Dumfries, Virginia, where she serves as an Associate Minister in addition to her continuing career within the federal government.

Reverend Brown has been blessed to serve in ministering the love of Jesus Christ in the church, workplace, and the community at large because Reverend Brown’s call is a charge of Jesus Christ.

Her Assignment is *“A Charge To Keep ...*

Her Purpose: *A God To Glorify!”*

In Celebration of Women - Women Who Preach!

There is a rise in women preachers! Data reported by DBG (Delivered By Grace), a theology blog focused on theology, states that there are more women preachers and pastors today - and we celebrate that trend! We celebrate the increased numbers although it may not be celebrated by everyone. The Barna Research Group reports, “One of every 11 Protestant pastors is a woman—triple as many as 25 years ago.” In a new statistical analysis, *“State of Clergywomen in the U.S.: A Statistical Update”* the numbers indicate that within “most Mainline denominations, the percentage of clergywomen has doubled or tripled since 1994.”

Since the late 1990s, women called to ministry at First Mount Zion (FMZ) have enrolled and graduated from seminary, become licensed and, in most cases, been ordained. In 2019, FMZ has 20 clergywomen who are ordained/licensed or Ministers-in-Training; this number has increased in the last 10 years.

Here are a few more insights from the *“State of Clergywomen in the U.S.: A Statistical Update”*:

- In 1960, women were 2.3% of U.S. clergy. In 2016, women are 20.7% of U.S. clergy.
- Since 2015, Roman Catholic lay ministers outnumber priests in the U.S., and 80% of them are women.
- In 2017 women remain fewer than 25% of seminary faculty and deans, and just 11% of the presidents.
- In most Mainline denominations, the percentage of clergywomen has doubled or tripled since 1994.
- Unitarian Universalist and United Church of Christ clergywomen have reached numerical equity with clergymen.
- More women of color and fewer white women are going to seminary to earn Master of Divinity degrees since 2008.

We are proud of our legacy here at FMZ and the number of women who choose to serve out their call to ministry here. Our group of clergy both women and men are warm and welcoming as well as committed and dedicated to serve this congregation. In this Women’s History Month, we celebrate the **Women Who Preach!**

Rev. Maxine Wright Thompson

In Honor of Women's History Month . . . the awesome Women Clergy of FMZBC!!!



(1st row, l-r): Reverends Tracey Holley (MCE), Cheryl McNeill, Ann Finch, Sandra K. James (AP)
(2nd row, l-r): Helen Parker, Sis. Marlene Johnson, Sis. Kathy Russell, Tarra Taylor
(3rd row, l-r): Josephine Cherry, Sis. Cynthia Ball, Sis. Kara Taylor, Deloris Brown
(4th row, l-r): Beverly Jiggetts, Carolyn Taylor, Glenda Brown, Sharon Wallace

WOMEN'S HISTORY MONTH CHOIR



A thought to consider --

Fly Above the Clouds

In certain situations, gazing out an airplane window can serve as a reminder that we should always try to fly above the clouds. The clouds represent all of the stuff, the "issues of life", that clog our mind and occasionally weighs us down. We should always try and fly above the clouds, where the air is pure and free of verbal debris and unfairness; things that cause corrosion of the mind and spirit. There are no obstacles, stumbling blocks, things, or individuals, above the clouds, to cause us mental anguish. The way is clear - dreams; aspirations; and optimism are ever present - above the clouds.

An excerpt from the book "you know, I was just thinking", by Kyana Maria (aka Veronica M. Foy)





Members of the Youth Ministry will be travelling to Arcadia, CA, on their MISSION TRIP to render service, from July 22 - 26, 2019. Only 9th – 12th Grade Members will be permitted to participate.

Youth and Chaperone participants please contact Rev. John McNeill, Youth Minister, for more details at (703) 670-0184 or email him at jmcneill@firstmountzionbc.org.

Also, YOUTH, please Save the Date for our Youth Retreat to YMCA Camp Letts (Edgewater, MD) Theme: "A Teen After God's Own Heart"

Friday, April 12 (from 3 pm) ends Saturday, April 13 (5 pm)

POC: Rev. John McNeill, Youth Minister



If you are interested in serving with the Children's Ministry - Kids Kingdom, which runs from September-June, we encourage you to be part of our Ministry by sharing your giftedness. Sign up in the Narthex TODAY after 11 am worship service.

Kids Kingdom provides children (pre K - 5th grade) a place where kids are taught about their royalty in Christ Jesus. This is a wonderful opportunity for children to worship in a safe, age appropriate, and fun environment.

Children's Church Guidelines:
Nursery - 12 months - 3 years
Children's Church - 3 years (potty trained) and up.

POC: Michelle Wallace at Childrens-Ministry@firstmountzionbc.org or 240-602-5929.

SHARE DISTRIBUTION

April **SHARE** packages will be distributed on Saturday, **April 13, 2019** from 9 - 10 in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

VBS VOLUNTEERS NEEDED

Volunteers are needed to join Team VBS 2019. *Through Whoosh: Take Flight to Where God Leads You*, Hebrews 11:8, children will discover with NEW eyes, a GREAT and AWESOME God and be DELIGHTED to realize how VALUABLE they are in Jesus Christ! Join us June 24-28, 2019 from 8 a.m. to 12:30 p.m. to make Vacation Bible School 2019 a success. Sign up in the Narthex or contact Carmia Salcedo (703-307-6296) or Kim Nelson (202-520-8016) at vbs@firstmountzionbc.org. Volunteer screening is mandatory; attend April 27, 2019 or May 18, 2019. Student sign-up begins May 1, 2019.

SINGLES' MINISTRY SCHEDULE

The Singles' Ministry meets on the 4th Tuesday of each month. Upcoming dates are:

April 23rd - Tues 7pm
May 28th - Tues 7pm
June 25th - Tues 7pm

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:

cpm1@firstmountzionbc.org

We look forward to your participation!!

Thank you!

Communications and Publicity Ministry

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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Dumfries, Virginia 22025-1920
Telephone: 703-670-0184
Email: fmzbc@firstmountzionbc.org
Website: 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 Bible Study Schedule

Midday Bible Study
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
Twitter: [@fmzbc1](https://twitter.com/fmzbc1)
Instagram: [@the_core_fmzbc](https://www.instagram.com/the_core_fmzbc)
Vimeo: vimeo.com/25203195



If you need transportation to/from Church, please call the Administrative Office:
(703) 670-0184

MONDAY - FRIDAY
8:30 A.M. - 5 P.M.

TO SCHEDULE A RIDE