



First Mount Zion Baptist Church

2018 Theme: *Living in His Abundance*

2 Corinthians 9:8

October 7, 2018
Vol. 14 Issue 2

The Messenger

Message from the Pastor



words that address determination and help us to press on:

I'm determined,
I've got a made up mind.
I can't stand around wasting my time.
I'm gonna keep on working for Jesus
Every day of my life,
Cause I've got heaven on my mind.

May God's peace and grace always strengthen your determination. Be encouraged! Be determined!

Pastor Luke E. Torian

DETERMINED!

On September 16, I preached from Romans 8:37-39 which tells us that nothing can separate us from the love of God in Christ Jesus. The determination to press on through the valleys of life and to be more than conquerors through God's abundant love gives me strength and encouragement. Our 2018 Church theme strengthens and highlights why we can be determined to overcome the issues of life. God's abundant love, grace, and mercy strengthen us and persuade us that we CAN make it through our afflictions and setbacks. Several years ago Rev. Luther Barnes sang a song called, "Heaven on My Mind." Here are a few encouraging

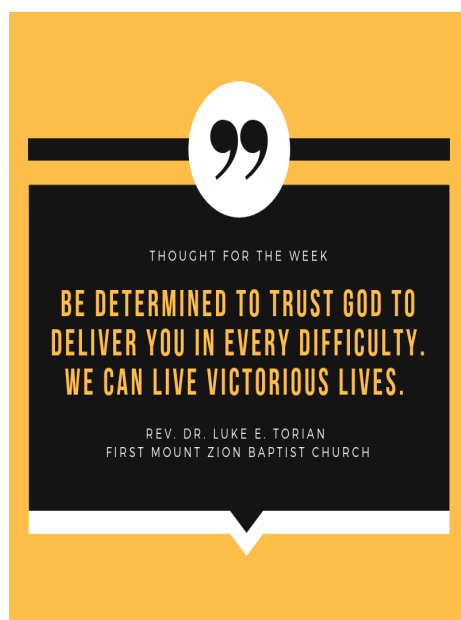


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Upcoming Events

10/8	Columbus Day — Church Closed
10/13	Community Giveaway
10/20	Volunteer Screening
10/31	Fall Carnival



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World

Welcome to the Trustees' Corner

...Meet Trustee Murray Parker

Since joining First Mount Zion Baptist Church (FMZBC) in 1976, Trustee Murray Parker has diligently served in various Church ministries and was appointed as a Trustee on August 1, 1981. He has served multiple terms as Trustee Chair, as well as participated in various Church and Trustee sub-committees. After 42 years of membership, including 37 years as Trustee, he is a coach and mentor for many. His spirit of service to God and to the FMZBC Congregation has an enduring impact and is well-aligned with the Trustee Mission Statement: To ensure that the development, acquisition, maintenance, and use of Church property, as well as the overall fiscal management of the Church, is done in a manner that is above reproach and in such a way as to duly carry out the Church's Mission.

The Trustees would like to have this *Messenger* article serve as an opportunity to share a few of Trustee Parker's Ministry efforts with the Congregation and to express appreciation for his spirit of service. These highlights emphasize his professional efforts associated with zoning and rezoning of FMZBC property to meet Prince William County (PWC) building guidelines and demonstrate his in-depth knowledge and business acumen in working with the PWC Government and its regulations, procedures, and processes. While certainly not all-inclusive of his contributions, these efforts represent how his work has positioned FMZBC in achieving its current strategic plan. Highlights include:

- In 1994, worked with the Trustee Ministry to purchase 9.4 acres of land; positioning FMZBC to have enough land to build-out our current site.

- Worked with Trustees and Deacons to host a 1995 planning session for developing a vision for the future FMZBC.



- In 1998, helped to negotiate the purchase of an additional 16.1 acres of land, allowing for future expansion. (Note: The Church saved \$50K by closing this loan in record time.)
- In 2000 and 2001 as Trustee Chair, shepherded the development of a procurement plan to acquire furniture and equipment for the current FMZBC facilities.
- Led a 2011-12 Trustee Committee to accomplish a feasibility study and complete a Master Plan in order to determine if additional surface and underground parking could be developed on the land adjacent to the current FMZBC facilities.
- In 2012, worked with a locally contracted company to develop a master plan study for the entire property owned by FMZBC for exploration of uses of the remaining land not occupied by the current Church facility. Accordingly, a church-wide survey was accomplished to allow the congregation to participate in developing a vision for future facilities and land use.
- In 2013 and 2014, spearheaded the rezoning effort for the land purchased in 1998, which will allow FMZBC to expand its facilities and parking. The rezoning effort was approved on August 5, 2014.



In summary, his long service and contributions will forever impact the future of FMZBC. We are blessed to call him Trustee.



**We are so thankful
for all our new
members and we
encourage you to
find your place in the
FMZ Family.**



INSPIRATION

**"Trust in the Lord
with all your heart,
And lean not on your
own understanding;
In all your ways acknowledge Him,
And He shall direct your paths."
Proverbs 3:5-6 (NKJV)**



Deacons' **Devotional:**

"RESPECTFUL"

Your Deacons' Ministry focuses on serving every member of our congregation. As your deacons serve and pray, they strive to become men after God's own heart. In September, the idea and practice of being respectful was our devotional topic. Here are some highlights for your uplifting and consideration.

Respectful - polite, civil, mannerly, **humble**, gracious, courteous, obedient, submissive, self-effacing (modest), dutiful, courtly, deferential, reverential, solicitous (thoughtful), reverent, regardful, well-mannered; full of, or exhibiting respect; respectful behavior.

- **Matthew 7:12** - So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

- **Romans 12:10** - Be devoted to one another in love. Honor one another above yourselves.

- **Titus 2:7** - In everything set them an example by doing what is good. In your teaching show integrity, seriousness.

- **1 Peter 2:17** - Show proper respect to everyone, love the

family of believers, fear God, honor the emperor.

- **1 Cor. 10:33** - Even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.

- **John 13:34-35** - 34. A new command I give you; Love one another. As I have loved you, so you must love one another. 35. By this everyone will know that you are my disciples (deacons), if you love one another.

- **1 Thess. 5:12-13** 12. Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. 13. Hold them in the highest regard in love because of their work. Live in peace with each other.

Deacons' Prayer

Our Father in Heaven:

Teach us to pray, and give us teachable spirits. Help us to respect both You and Your People. Remind us daily that it's not "who" we are but it's "Whose" we are. We will respectfully seek Your face and love one another, to the end that You will be glorified, and we will be edified! In Jesus Name we pray, Amen!!

Join us on Sunday mornings after service in the Chapel for a time of personal prayer.

MINISTRIES' MEETING SCHEDULE

- 10/9: Women's Ministry Book Club (7- 8:30 PM)
- 10/11: Jewels Choir (7-8:30 PM)
Married Couples Ministry (7-8:30 PM)
Pastor's Aide Ministry (7-9 PM)
The CORE Ministry Meeting (7-9 PM)
Voices of Zion (7-9 PM)
Men's Ministry Monthly Meeting (7:30-9 PM)
- 10/13: Deaconess Ministry Community Giveaway (6 AM - Noon)
Men's Ministry Fellowship (9-11 AM)
Women's Ministry Monthly Fellowship (9-11:30 AM)
Mary Elizabeth Ministry (11-1 PM)
- 10/16: Academic Education Ministry Monthly Meeting (7-8 PM)
Men's Choir (7:30-9 PM)
- 10/17: Senior's Ministry (12:30-2:30 PM)
- 10/18: Jewels Choir (7-8:30 PM)
Motorcycle Ministry (7-8 PM)
Voices of Zion (7-9 PM)
- 10/20: Volunteer Screening (8:30-Noon)
SHARE Distribution (9-Noon)
Sunday School Ministry (9-Noon)
Mary Elizabeth Ministry (11-1 PM)
Women's Ministry Book Club (11-12:30 PM)
Junior Ushers (11:30-12:30 PM)
- 10/22: Communications and Publicity Committee/Ministry (7-8:30 PM)
- 10/23: Photography Ministry (7-9 PM)
- 10/27: Spiritual Gifts (8:30-Noon)
Health Ministry (9-11 AM)
Joint Leadership Training Session (9-Noon)
Women's Ministry Planning Meeting (9 -11AM)
Spiritual Cancer Support Ministry (10 -1 PM)
Women's Ministry Book Club (10-11:30 AM)
Mary Elizabeth Ministry (11-1 PM)
- 10/29: Journey to Joy/GriefShare (7-9 PM)



*What's Your Secret?
Sign over a chaplain's door: If you have worries, come in and let's talk them over. If not, come in and tell us how you do it!*

The Community "Giveaway"
"Yard Sale with a TWIST..."
Everything is Free!"

"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, it is more blessed to give than to receive"
(Acts 20:35)

The 2018 Annual Community "Giveaway," sponsored by the Deaconess Ministry is scheduled for October 13th, in the Church gymnasium. See the Church Website and the "Giveaway" announcement sheets in the Narthex for additional information on how to donate and volunteer your time.

The Community "Giveaway" is an annual outreach project sponsored by the Deaconess Ministry. The Divinely-inspired concept to collect clothing and household items and give them away *free of charge* to anyone in need had its humble beginning in 2007. Recently, former Deaconess Sheila Williams shared her memories of the Divinely-inspired vision God planted within her for the "Giveaway" and some of the activities during the early years.

Sister Williams recalled that, "Yard Sale with a TWIST" was the name that came to mind as she processed what the Lord spoke to her that day in 2007 on the way home from a Deaconess Ministry event. "I had been praying about something that we could do to help families who needed assistance with preparing their children for back to school (clothing, shoes, backpacks, and school supplies)."

"First Mount Zion has a huge giving heart. We also have things that we no longer



need or did not need in the first place! The biggest challenge was timing. Ministries take a break in July and August and school started shortly thereafter. So that day when the Lord said "think yard sale with a twist...everything is free", and [He] proceeded to lay out the plan, I was so emotionally overwhelmed that I pulled

over to the side of the road to get myself together. After much prayer, tweaking and conversations with leadership and Pastor Torian, the Community "Giveaway" was scheduled for the second Saturday in October 2007.

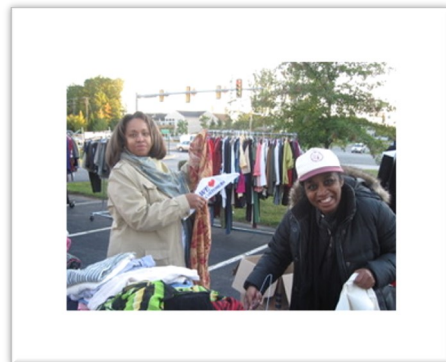
We got the word out to the congregation by setting up in the Narthex with information and a sign-up sheet for anyone who wanted a space. We used the parking lot area near the 7-Eleven for exposure. Signs and a banner were anonymously donated. Individuals who previously signed up could select a parking space to arrange their items on the tables provided for their use. At the end of the event, items that had not been taken by the shoppers went back home with the individual."

"How People Benefitted: The shoppers' reaction to hearing that everything was free ranged from skepticism to sheer joy. Some insisted on giving a donation. Others were smiling, giving handshakes and hugs. They also took time to share how the "Giveaway" blessed them or gave them an opportunity to bless others. There were so many touching stories. The donors also benefitted by clearing their dwellings, storage units, etc. of things that were no longer being used. "Cleaning out, made them feel better, some said."

"Growth: Due to the positive response from donors and shoppers, planning, organizing and executing this Divine outreach to the community has evolved into what it is today. After a few years on the parking lot, the Giveaway" was moved inside to the Church gymnasium because it began to rain one year as setup was taking place. Donations have increased exponentially. Whatever is left over gets boxed up and donated to charitable organizations."

The "Giveaway" had a small humble beginning, but it was evident after moving into the gymnasium that God was continuing to grow this Divinely-inspired seed He had planted within Sister Sheila Williams. Each year the numbers of donations and volunteers have continued to increase, along with the quality of

clothing and household items (many are brand new with sales tags still attached). And all items are still provided free of charge!



We are grateful to our Lord and Savior for how He has abundantly blessed the work of our hands; abundantly increased the donations given, and expanded the scope of the "Giveaway" over the past eleven years. Spanish language flyers and a Spanish Interpreter on the day of the event, along with the automated system to sign-ups volunteers are among some of the new features recently added to the project.

In 2017, the "Giveaway" outreach efforts were redirected to bless those in need far beyond the local community. In coordination with Pastor Torian and the Christian Disaster Response organization, approximately 2,000 health, clean-up and food disaster relief kits were packaged and shipped to residents of Puerto Rico who were impacted by Hurricanes, Harvey, Irma and Maria.

"God's Work--Our Hands!" This is the story of how God has blessed those in need with "A Yard Sale with a TWIST" called the Community "Giveaway," where *everything is Free!*



Welcome to the Women's Ministry Corner. . .

. . . A Ministry for All Women

The First Mount Zion Women's Ministry (WM) is a sisterhood of Christian women who are single, married and widowed; they are moms, sisters, daughters, aunts, nieces, grandmothers, great-grandmothers, and even great-great-grandmothers. These women unite monthly for fellowship, fun, encouraging words, and spiritual growth. The Ministry allows women to foster new relationships with one another, as well as reconnect with sisters from the past in an effort to rebuild friendships as they journey toward personal and spiritual wholeness, finding strength in the Savior and seeking wisdom through His word.

Sister Linda Young leads the Women's Ministry. She encourages continued growth and invites all women to fellowship on the second Saturday of each month from 9 – 11 a.m. The Women's Ministry encourages its members to commit to "live as women answerable to God and faithfully committed to His Word."

June 2018 Fellowship Topic - Your Legacy, Building a Memoir

school of fish that immersed the audience as Jesus told his disciples they would become fishers of men. We all witnessed God's love, grace and mercy from the first scene of Jesus assembling His disciples to the Day of Pentecost – an amazing experience we will treasure forever.

WOMEN'S MINISTRY BOOK CLUB

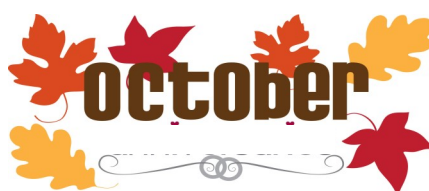
The Women's Ministry Book Club is an intimate place for all women of First Mount Zion to study the Word of God, and share and encourage each other. Launched in the spring of 2016 with the study of "The Armor of God" by Priscilla Shirer, it added a fall session this year to return to this book's study by popular demand. While the women have undergone other studies by Shirer -- Gideon in 2017 and Discerning The Voice of God this past spring – the seven powerful sessions in the Armor of God gave them tools to apply to their everyday lives with a better understanding of how to access God. They gained specific instruction on how to activate each piece of the Armor and use them in a way that guarantees victory in spiritual battle; regardless of their location, they have direct and immediate access to the blessing in heavenly places. Above all, the greatest lesson the women receive in this study was the value of prayer, which is the seventh piece of Armor that activates all the other pieces of their Armor. The Women's Ministry invites all women who desire spiritual growth and fellowship with their Sisters in Christ to join in this special ministry of study and prayer.



Submitted by Linda L. Young
Director, Women's Ministry
Sisters Abounding in Light and Truth
(SALT) - John 15:5

GIRLFRIEND DAY II - SEPTEMBER 1, 2018

For the second annual trip to Sight & Sound in Lancaster, Pa., the Women's Ministry organized 52 faith-filled women that included FMZ members and their family and friends for Girlfriends Day II on September 1st. We prayed, laughed, played games and watched movies on our bus journey, and then enjoyed fellowship over lunch and shopping before heading to the theater for their "Jesus" production. From the grounds through the lobby, moments of the life of Jesus came to life in the decorations, filling every corner with the Spirit of the Lord. The play's powerful graphics lifted the words of the Bible and brought them into every seat, like the magnificent display of a swimming





Proverbs Place
Child Care & Learning Center

Nurturing Faithful, Promising Futures

Beaming through the window in the Infant Play Room, the smiles and waves of a boy tell the best story of the learning experience children receive at Proverbs Place. You would not know that he first came to the Center crawling and silent like many other students, but within weeks in the care of his teacher, Paulette Treadwell, he was standing, talking and communicating.

Licensed and mandated by Department of Social Services, the Center utilizes the faith-based A Beka Curriculum in all four classrooms, from Infant (1 yrs old) to Pre-K (8 yrs old). Its accelerated progression can also be linked to two interconnected aspects of Proverbs Place that is uncommon for a daycare center – the continuity of Lead Teachers in its 12 years of existence has sustained a loving core as the foundation of learning.

“Each year, you watch the children grow and how you impact their lives. That is my joy and reward. I am a part of setting the foundation for them to blossom for the rest of their lives,” shared Ms. Treadwell, who has taught at the Center for the past eight years. “I respect them and want the best for them, no different than what I want for my own child.”

Having noted the loving, clean and inviting environment that greets you at the door and permeates throughout



the Center, the Virginia Quality Education Network has set Proverbs Place as a model where they can send teachers and staff from other learning centers to see firsthand the exemplary implementation of its standards and best practices. The beautiful Center is located on the first level of the Church building, to the left of the Grain of Heaven. FMZ members form the Board of Directors of Connected To Connect, Inc. at FMZ, the nonprofit governing body of Proverbs Place, to support the Church's vision.

Everything done at the Center is intentional and purposeful to develop the milestones of the children. The staff are true childcare providers—not babysitters—and, in that, they understand what children between the ages of 0-5 need academically, socially, emotionally, recognized nationally as a critical development stage.

Small classrooms with low teacher-pupil ratios are maintained so teachers can truly get to know the children and establish strong relationships with their families. Practical parenting classes and resources—like working with tantrums, biting and potty training—are offered as an essential tool to help align a child's home life to reinforce their classroom learning.

Proverbs Place also features awe-inspiring daily morning praise and worship with the children; a budding library voluntarily run by FMZ members where students check out books and carry them out in

little bags; a Physical Education program provided by FMZ Fitness Director, Lori Valkenburg, and a summer-long program for all school-aged children and youth.

Within one year, the Center attained Virginia Quality's Level 3 of 5 standards. This Fall, it will implement the SAC (before-and-after school) program, with Pattie Elementary and Grant Park Middle schools serving as feeders because the Center lies along their bus routes. Plans are underway to purchase a van to enable the Center to pick up and drop off students at schools and thereby expand the program's reach within a 10-mile radius of the Church. With a firm focus on improvement and advancement, Proverbs Place continues to be an incubator for the growth of children within it.



Interested in enrolling your child or volunteering at Proverbs Place? Aid a teacher, read to students, assist with the annual Christmas musical program, or support the fall festival or fall book fair. Substitute teachers are always needed. Please email director@proverbsplace.net for further details.

Important **PROCEDURES** You Need To Know - provided by the Church Business Administrator:

Question: How do I reserve a meeting or event space at FMZ?

Submit a Building Use Request Form For Meetings (BURF)

- Be Timely (14 days in advance)
- Be Thorough (note the start and end time; equipment needs & requested support on the BURF)
- Be Prompt (start and end on time)
- Be Prepared (bring pens, markers, etc.; arrive early)
- Be Polite (call to cancel; treat areas as your own)



*FMZBC -
A Ministry Exhibiting a
Spirit of Excellence!*

SALVATION

*is nearer to
us now than
when we*

FIRST BELIEVED.

ROMANS 13:II, ESV

from the Authors' Corner

siLent PrayEr

The moment the words "silent prayer" are read, the definition may become obvious. The quiet utterance of absolutely nothing... aloud, no words necessary or required. It deafens the ears of those straining to hear. Why? Because it wasn't meant for thee or all accompanying. For it is He to whom one is "speaking". A "silent prayer" is difficult to recognize for many, as the gesture is subtle and not for show. A slightly bowed head, at any given moment, to the unusually long embrace - an extra squeeze of a person's hand or shoulder, or that blank stare, into the eyes of another; instantly making them look away. Unbeknownst to them, a prayer was just sent on their behalf.

The mind is powerful in and of itself, with the owner controlling all its thoughts. The hearing of prayer requests, whether many or few, to reading the names of individuals requesting the same, quietly fulfills a previous claim of "my thoughts and prayers are with you". The gentle rub of one's temples or pinch of the bridge of one's nose, is not a sign of stress or a nagging headache but an indication of the immediacy and intensity of a "silent prayer"; in the making. A "silent prayer" can happen at any time but is most needed if the name of someone is suddenly remembered.

The situation or circumstance doesn't have to be dire or grave, it could be just the opposite. Nevertheless, take that very opportunity to send up a "silent prayer"; for the person(s) you just thought of.

**From the Heart and Mind of
Yours Truly,
Veronica M. Foy**



Communications and Publicity Ministry

The Communications and Publicity Ministry (CPM) represents the congregation and provides cohesive, coherent, and coordinated communications and publicity to amplify our mission and vision, pastoral messages, and the Word of God. One of the main responsibilities is developing the Messenger, the FMZBC newsletter, which is published every first Sunday.

The CPM consists of leaders and members from across the congregation under the oversight of the Trustee Ministry. Current members include Joe Boutte, James Hawkins, Oonagh Bell, Dora Muhammad, Benson Blake, Beverly Grant and Charles Stokes. The CPM is augmented by authors, graphic artists, and Zone reporters who periodically provide articles, photos, and other inputs. All members are encouraged to engage the CPM and submit articles, photos, and events to:

cpm@firstmountzionbc.org or through our web form at www.bit.ly/FMZBC_Articles

Reminder: Article submissions must be received no later than 12 noon on the 15th of each month to be considered for the upcoming Newsletter. We reserve the right to edit articles as necessary.



Mortgage Elimination Campaign

Please complete your pledge using the envelopes in the pews.

FIRST MOUNT ZION BAPTIST CHURCH
MORTGAGE ELIMINATION CAMPAIGN
PLEDGED PAYMENT ENVELOPE

DATE _____ MEMBERSHIP NUMBER _____
NAME _____ AMOUNT ENCLOSED: \$ _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____

Gentle Reminder

Amount used to help. If you can help, all things are possible to him who believes. Mark 9:23

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

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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 Worship Service Schedule

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

Quarterly Wednesday Worship Service Schedule

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: [@thecore_fmzbc](https://www.instagram.com/thecore_fmzbc)
Vimeo: vimeo.com/25203195



**IF YOU NEED
TRANSPORTATION
TO/FROM CHURCH,
PLEASE CALL THE OFFICE AT
(703) 670-0184
MONDAY - FRIDAY,
8 A.M. - 5 P.M. TO
SCHEDULE A RIDE!!**