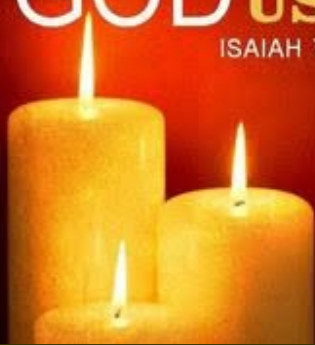


Emmanuel GOD with US

ISAIAH 7:14



First Mount Zion Baptist Church

Mission: To connect people who have a desire to become fully devoted followers of Jesus Christ.

2018 Theme: *Living in His Abundance 2 Corinthians 9:8*

The MESSENGER

December 2, 2018
Volume 14 - Issue 4



Message from the Pastor



*Rejoice in the
Season of Advent*

Advent is a time of looking back to the birth of Christ and looking forward to the day Christ comes again. For Christians, this is also a declaration and a promise. The word "Advent" is derived from the Latin word *adventus*, meaning "coming." Advent was a season of preparation for the baptism of new Christians at the January feast of Epiphany, the celebration of God's incarnation represented by the visit of the Magi to the baby Jesus ([Matthew 2:1](#)), His baptism in the Jordan River by John the

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Baptist [John 1:29](#)), and His first miracle at Cana ([John 2:1](#)).

The season of Advent lasts for four Sundays leading up to Christmas. Advent symbolizes the present situation of the Church in these "last days" ([Acts 2:17](#), [Hebrews 1:2](#)), as God's people wait for the return of Christ in glory to consummate His eternal kingdom. The Church is in a similar situation as Israel at the end of the Old Testament: in exile, waiting and hoping in prayerful expectation for the coming of the Messiah. Israel looked back to God's past gracious actions on their behalf in leading them out of Egypt in the Exodus and, on this basis, they called for God once again to act for them. In the same way, the Church today, during Advent, looks back upon Christ's coming in celebration while at the same time looking forward in eager anticipation to the second coming of Christ's kingdom when He returns for His people. In this light, the Advent hymn "O Come, O Come, Emmanuel" perfectly represents the Church's cry during the Advent season:

*O come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appears.
Rejoice! Rejoice! Emmanuel shall come
to thee, O Israel.*

While Israel would have sung the song in expectation of Christ's first coming, we now sing the song in commemoration of that first coming and in joyful expectation of the second coming of Christ as Lord of lords and King of kings. I encourage you and invite you to rejoice in this season of Advent!

*Rejoice!
Pastor Luke E. Torian*

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Upcoming Events

- 12/2: Christmas Fellowship (Zones B-H2)
- 12/9: Christmas Fellowship (Zones I-N)
- 12/15: Angel Tree Christmas Party
- 12/24: Christmas Eve Service
- 12/25: Church Closed

”

THOUGHT FOR THE WEEK

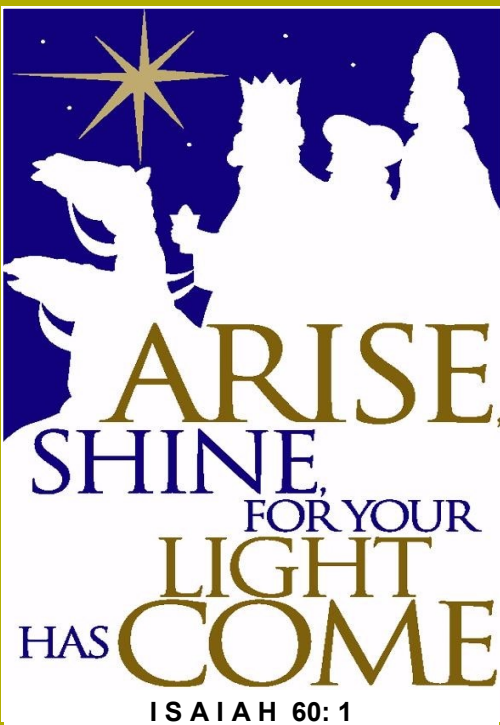
**LIVE WITH YOUR HANDS OPEN.
YOU CAN ONLY RECEIVE FROM GOD
AND GIVE TO OTHERS WITH
AN OPEN MIND AND HEART.**

REV. DR. LUKE E. TORIAN
FIRST MOUNT ZION BAPTIST CHURCH

Small Groups Ministry

Greetings Brothers & Sisters in Christ, at First Mount Zion, our Interest Based Small Group meetings is a gathering of 15 people or less who connect with others who have a common interest or activity and engage in life-giving conversation and study. Regardless of the type of group, through that common interest, we seek to love God, grow in God, serve God and share God together and with others. Participants may include First Mount Zion members and non-members. Join us! We have a variety of groups for everyone, including YOU. Please view our Interest Based Small Groups Connection Point Wall directly across from the Executive Conference Room. There you will find a brief description of every Interest Based Small Group available to you along with the contact information for all of our Small Group leaders. We look forward to serving you. God bless you!

Stephanie M. Craddock
Small Groups Director
Scraddock@firstmountzionbc.org
703.670.0184



Hours of Operation and Notice of Closure During Inclement Weather

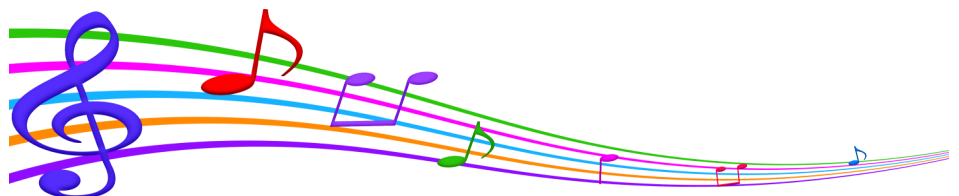
The Church Office is open Monday – Friday 8:30 a.m. – 5:00 p.m. and reopens again at 6:30 p.m. for evening activities that begin at 7:00 p.m. Any changes to normal operational hours will be posted on our website at www.fmzbc.com. If you call the Office during a closure, there will be a recorded message with details.

In the event of closure **due to inclement weather**, you will be notified by your Zone Leader. Other resources include calling the Church at (703) 670-0184 to listen to the voicemail greeting or by visiting our website. You may also tune in to WTOP Radio 103.5 or watch WJLA Channel 7 or News Channel 8.

Members are encouraged to sign-up to receive an email notification by going to www.cancellations.com.



You don't want to miss this awesome Christmas Musical on Sunday, December 16, 2018. It is not too late to participate. Rehearsals will be held December 3, 4, 6, 10, 11, 13 from 7 p.m. to 9 p.m. and final Dress Rehearsal, Saturday, December 15th, at 9 a.m. - 1 p.m. Please call Min. Sylstea Sledge at (703) 670-0184 and get on board!



Our Gifts for the King

“And when they had come into the house, they saw the young Child with Mary His mother, and fell down and worshiped Him. And when they had opened their treasures, they presented gifts to Him: gold, frankincense, and myrrh.” ([Matthew 2:11 KJV](#))

In December, the Sunday School will discuss the birth of Jesus Christ and all that Christ's birth means to us. Let's take note that the wise men presented the new born king gifts of gold, frankincense and myrrh. As we celebrate the birth of Jesus let us take a moment to ask ourselves what is our gold, frankincense and myrrh? What have we to present to the King? As we look back on this year was our work good as gold or rusted metal? Were our hearts like frankincense and emitted a sweet fragrance before the Lord or a foul odor? Did our hands and words heal like myrrh, or were they injurious like a dagger and coarse like sandpaper? This Christmas as we prepare to give gifts let's ask ourselves what are we giving the King? As a Sunday School we have a lot to be thankful for. Every day is an opportunity to present the King our gold, frankincense and Myrrh.

Amen! Amen! Amen!

Brother Gillis M. Taylor
Sunday School Superintendent

KIDS' KINGDOM CHILDREN'S CHURCH

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 and up (potty trained)

If you are interested in serving with Kids' Kingdom, which runs from September-June, we encourage you to be part of our Ministry by sharing your giftedness.

Stay tuned for our full article in the January Issue of the Newsletter on the ribbon-cutting ceremony in honor of Kids' Kingdom together with a collage showing off their upgraded “digs”.

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



THANK YOU FROM THE SHARE MINISTRY



Thank you, FMZ Family, for your heart of compassion during the Thanksgiving holiday. As a result of your generosity, we collected in excess of \$25,000 for our Special Offering last month and we were able to provide Share packages to 540 families. Special thanks to the more than 100 SHARE Ministry Servants who worked diligently to package the groceries in advance so that when the families arrived to pick up, everything was in place and ready to be distributed. It was a great success! To GOD be the glory!

Now, as we enter the Christmas season, a time of giving, please help your Zone Leaders identify families in our congregation and community who would appreciate a SHARE package. Names are due to Zone Leaders by December 15. SHARE distribution will take place on December 22, from 9AM – Noon.

SUBMITTED BY GRIEFSHARE MINISTRY

Survival Tips for Handling the Holidays
by Laura Petherbridge

When I was a child, the holidays were an elaborate event. My nana prepared an exceptional menu of meats, fish, pastas and pastries that would make angels salivate. Cousins, aunts, uncles, godparents and various other people filled the house with boisterous talking, bellowing laughter and an occasional argument. Nana's girlfriends spoke only Italian, and they smelled a little odd. But their pinch to your cheek or bone-crunching hug only added to the fun... The holidays were never quite the same without my nana.

For those experiencing a loss, October through December can be excruciatingly painful months. Death, separation, divorce, illness, family trauma, job loss or moving to a new location result in great losses that make the holidays difficult.



Here are a few practical tips.

- **PREPARE** — The ambush of emotions can attack at any time; prepare beforehand.
- **ACCEPT** the difficulty of this time of year and your loss. Remind yourself that it's a season and it will pass.
- **SOCIALIZE** — Don't hibernate. Insecure feelings may tempt you to isolate, but force yourself to go out even if it's only for a short time.
- **LOWER** your expectations — Movies and songs paint an unrealistic picture of the holidays.
- **DON'T ANESTHETIZE** the pain with drugs or alcohol — Numbing emotional distress with chemicals creates more depression.
- **TRIMMING** — If old ornaments or trimmings cause too much pain, don't hang them this year. Put them aside for another time.
- **GET UP AND MOVE** — Take care of your physical well-being. Healthy foods will give you strength; fattening and sugar-filled foods can worsen your depression. Exercise produces natural stress reducers.
- **SHOP** online if going to the mall is too stressful. But beware of "retail therapy"...shopping to make yourself "feel" better, racking up unnecessary bills!
- **COPING STRATEGY** — Have the phone number of your counselor, pastor, church, close friend or hotline taped to your phone. Make the commitment to call someone if negative thoughts get fierce.
- **LIGHT** — Get some sunshine. Winter can take its toll on your emotions by the loss of sun you experience.
- **INVITE** a new friend to see a movie, have dinner or help decorate the house. Be careful of rushing into new romantic relationships!
- **SET BOUNDARIES** — Clearly explain to your family and friends what you are capable of doing this year, and what you aren't. Don't let others guilt you into taking on more than you can handle.
- **REACH OTHERS** by discovering people who might be alone during the holidays.



“GROWING IN COMMUNITY”

by Sis. Maria M. Bradley

Can You Hear Us? Cherish the gifts of the deaf. While some may not be able to speak with their voices, they are very talented and creative in dance, writing, drawing, and painting; astute in discernment, empathy, spirituality, love and loyalty; and have the ability to see beyond our imagination.

Established as a committee in 2003, the Deaf Ministry came to be at FMZBC in 2005. With over 13 members and growing, the Deaf Ministry's gifts and talents convey a silent hearing of the Word of Christ through sight (sign language). The ministry is anointed to edify and exalt the Lord Jesus Christ in ways in which to reach a population that is easily forgotten.

The Hands Sharing the Gospel FMZ Deaf Ministry held its Annual Deaf Awareness Day Program on Saturday, November 3rd in the Chapel. The theme was “Growing in Community” and the Scripture reference was [Acts 2:42-47](#).

The program featured FMZ Deaf member's Spiritual Gifts and talents along with their personal testimonies about their struggles growing up in hearing households with varying degrees of family support, or even with some parents not learning to communicate with them until later in their life.

Testimonies included the lack of understanding and assistance as they matured in a world of “the hearing.” The brothers and sisters in the FMZ Deaf Ministry glorified God and offered thanks to FMZBC and the opportunities to participate in ministry here (Sunday School, Worship Service, Parking Ministry, Choir etc.).

Another program highlight presented by a member of the Deaf ministry was a moving dance presentation, and glory to God, a song. Before closing with remarks and prayer, there was a very enlightening question and answer period.



It is estimated that 98 percent of the Deaf population does not know Christ. The purpose of the Deaf Ministry is to preach “The Gospel” (The Good News) to the Deaf Community. It is the desire of the Ministry to be obedient to the Lord, and do as He has commanded in [Mark 16:15, 20](#): “And He said to them, ‘Go into all the world and preach the gospel to every creature.’ And they went out and preached everywhere, the Lord working with them and confirming the Word through the accompanying signs.”

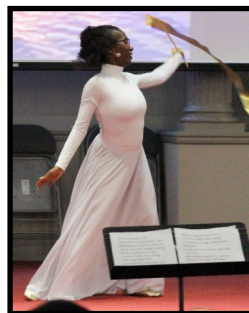


MINISTRIES' MEETING SCHEDULE

- 12/3: Journey to Joy/GriefShare (7-9 PM)
- 12/4: Ushers' Ministry (7-9 PM)
Trustees' Ministry (7:30-9 PM)
- 12/5: Senior's Ministry (12:30-2:30 PM)
- 12/7: Youth First Friday (Movie) (7-9 PM)
- 12/8: Men's Ministry Fellowship (9-11 AM)
Mary Elizabeth Ministry (11-1 PM)
- 12/10: Journey to Joy/GriefShare (7-9 PM)
- 12/11: Deaf Ministry (7-9 PM)
Mary Elizabeth Planning Meeting (7-8:30 PM)
- 12/13: Jewels Choir (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)
- 12/15: SHARE Distribution (9-Noon)
Junior Ushers (11:30-12:30 PM)
Wreaths Across America (10:00 AM)
- 12/17: Communications and Publicity Ministry (7 PM)
Journey to Joy/GriefShare (7-9 PM)
- 12/18: Academic Education Ministry Monthly Meeting (7-8 PM)
Women's Ministry Planning Meeting (7-8 PM)
Deaconess Ministry Monthly Meeting (7:30-9 PM)
Men's Choir (7:30-9 PM)
- 12/20: Deacon Ministry Meeting (7:30-9 PM)
Jewels Choir (7-8:30 PM)
Motorcycle Ministry (7-8 PM)
Trustees Ministry/Strategic Planning Committee (7-8:30PM)
Voices of Zion (7-9 PM)
- 12/27: The CORE Ministry Meeting (7-9 PM)
Strategic Planning Committee (7-9 PM)

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

The Hands Sharing the Gospel FMZ Deaf Ministry's closing scripture was “Beloved, if God so loved us, we also ought to love one another”, [1 John 4:11](#). The Ministry celebrates its Annual Deaf Awareness Day on the first Saturday in November.



Welcome to the Trustees' Corner

THE ANNUAL BUDGET

As we bring the 2018 budget year to a close and commence 2019, we thank God for this Congregation and its continued commitment to financial stewardship. Thank you for your engagement and prayers as we execute our fiduciary responsibilities on behalf of the First Mount Zion Baptist Church (FMZBC) Congregation.



Each Ministry and activity will have its budget allocation documented by January 1, 2019 for execution during the year and in accordance with the amount approved at the December 1, 2018 Church meeting. Even as we commence execution of the 2019 budget, we're already contemplating the future years. This Messenger article provides a brief overview of the annual budget process that will help with your early planning for the upcoming operating years.

BUDGET DEVELOPMENT AND REVIEW

- In the July/August timeframe, the detailed budget development process for the upcoming year will commence with each Ministry submitting a thorough summary of the projected income and expenses for their planned activities including justification for any significant increases or decreases from the prior year. The Trustee Finance Committee will ensure that the consolidated expenses do not exceed projected income and work with the Ministry Chairs, Trustee Chair and Pastor to make appropriate adjustments to ensure a balanced budget.

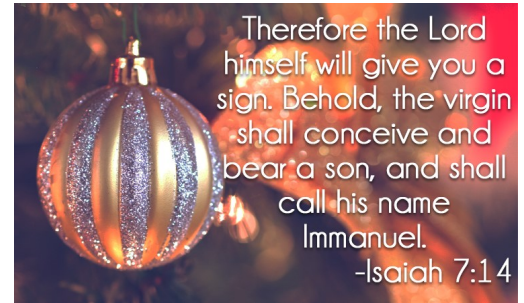
BUDGET APPROVAL AND DISTRIBUTION

- The Finance Committee will submit the balanced draft budget to the Trustee Ministry for initial approval before meeting with Church Joint Leadership and subsequently distributing the draft budget to the congregation for review. The draft budget will be distributed to the congregation at least 2 – 3 Sundays prior to the December 2019 Church meeting. This will allow the congregation time to review and submit written questions to the Trustee Ministry for response prior to the Church meeting and vote on the proposed budget. A copy of the Church-approved budget will be attached to the Church Meeting minutes as a matter of record and becomes effective on January 1 of the following year.

BUDGET EXECUTION

- Budget execution includes regular reviews of the approved budget versus actual income and expenses. Proposed changes to the Church-approved budget can be made in writing with justification and are adjudicated during the June/July mid-year review process and voted on by the Congregation at the August Church Meeting.

Again, thank you for your engagement and prayers throughout the year. We are grateful and dedicated in serving God and this Congregation in the capacity of Trustee.



New Members Encouraged and Equipped For Service



The Fall 2018 New Member Graduation was one of the largest classes in recent years - with 18 members completing the Orientation curriculum. "We are enriched by our participation in ministry," shared Pastor Torian in his special message at the graduation ceremony on Sunday, November 18th. The program included a special musical tribute sung by FMZ Music and Fine Arts Ministry member, Jonathan Randal; introductions by Church Leadership in the Trustee, Deacon and Deaconess ministries; and remarks by Sunday School Ministry Superintendent Gillis Taylor. Each graduate received a special letter from Pastor and graduation certificates. Words of wisdom from the Minister of Christian Education, Rev. Tracey Holley, came from [1 Corinthians 16:14](#), further exhorting the graduates to do everything in love and to use their gifts in the service of the Lord. They were reminded that "He who hath done a good work in them shall complete it until the day of Jesus Christ," [Philippians 1:6](#). Rev. Holley concluded by saying, "as long as we are willing, God is able. Put your best foot forward and God will do the rest."



DON'T GET WEARY

by Kim Niles



Life has a way of knocking you down. It seems to happen when life is going really well. Isn't that how life usually works? You make a plan, set some great goals, are totally onboard to make some great changes...then "life happens"?

So what do you do when you've exhausted all your efforts and resources to make life good again, you've prayed and fasted, and begged God for healing or for a change in your circumstances? What if God chooses to be still and your circumstances never change? Well to be honest, most of us get pretty ticked off at our circumstances, other people, and then ultimately at God.

No one plans on becoming one of those angry people, but when life becomes tough, it can happen...because everybody is human.

Why do we become so upset when life becomes extremely trying?

It is usually because we foolishly think that God owes us something. We have expectations of how "life" should be. We also compare ourselves to others.

As we go through loss, we must decide to do more praying and self-reflection instead of wasting our time being mad or on what ultimately doesn't matter. It is vital to look at everyday like the absolute gift it truly is...and to see blessings through the stormy days.

Loss refines every aspect of your life and has the power to make life genuine and real. It forces you into being more thoughtful about life, more transparent, more genuine and authentic, and more thoughtful about who and what is truly important. And those are true gifts!

Make the decision to continue to love God, family, friends and life... no matter what.

Focus on what you can do, never on what you can't do.

The thing is, if you focus on loss, you'll live a life of loss...If you focus on all the good, you'll live a good life.

Never give up. Loss produces perseverance, character, and hope. God does have a plan and He desires for you to become better...not bitter...through life challenges.

Allow Him to change and mold you through your trials.

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." [Galatians 6:9 NKJV](#)



Please be reminded that the Christmas Card exchange mailbox will be available in the Narthex through the holidays for members to share greeting cards while saving on postage. Please place cards in the section that is labeled with the first letter of the person's last name.





First Mount Zion Baptist Church
Youth Ministry Prayer Dinner

Dec. 7th, 2018
7:00pm - 9:00pm
Fun, Food, "Canned Food Drive Contest," Gifts and so much more

TO PARTICIPATE OR FOR MORE DETAILS, CONTACT REV. JOHN MCNEILL, FMZ YOUTH MINISTER, AT 703-670-0184 OR jmcneill@firstmountzionbc.org.

The Youth Prayer Dinner will be held the **First Friday in December** from 7-9 p.m. in the Grain of Heaven for 6th thru 12th graders. **Sign-ups end Sunday, December 2nd after the 11am service.** Dressy attire is required for this event. Jeans and tennis shoes are not allowed. Also, youth are asked to participate in the **Youth Canned Food Drive Contest** to fight hunger in the community. The top 6 winners will receive a prize. Canned goods should be brought to the prayer dinner. POC: Rev. McNeill at jmcneill@firstmountzionbc.org or 703-670-0184.



Mortgage Elimination Campaign

Please complete your pledge using the envelopes in the pews.

FIRST MOUNT ZION BAPTIST CHURCH
MORTGAGE ELIMINATION CAMPAIGN
PLEGDED PAYMENT ENVELOPE

DATE _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Gentle Reminder - PLEASE "GIVE!!!"

Jesus said to him, "If you can believe, all things are possible to him who believes." Mark 9:23



Do we have your e-mail address? If your personal information is not updated, please either see your Zone leader, or go to the Leadership Desk in the Narthex and fill out the information, or you can also leave it with the Administrative Office.

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

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!

Communications and Publicity Ministry

Joseph Boutte, Chair
Benson Blake Oonagh Bell
Beverly Grant James Hawkins
Dora Muhammad Charles Stokes



Merry Christmas

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
Brodrick Wilcox, Chair, Deacon Ministry
Claudia Woolfolk, Chair, Deaconess Ministry

16622 Dumfries Road
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 Night Bible Study Schedule

****Suspended until January 2019 ****

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

****Suspended until January 2019 ****

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,
8:30 A.M. - 5 P.M. TO
SCHEDULE A RIDE!!**