

A Ministry Exhibiting a Spirit of Excellence!



The Messenger

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

Message from the Pastor



2019 - A Year of Living In God's Assurance

"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand." Isaiah 41:10

Happy New Year! I pray that 2018 was a year of abundance and blessings for each of you as we continue to trust God for all our needs. We accomplished many good things last year but there is still much work to do. Our Church theme for this year is *"Living in God's Assurance", Isaiah 41:10.*

In a world of so much uncertainty, it is good to know that we serve a Faithful and True God who is the Promise Keeper. To live in assurance is "positive declaration intended to give confidence; it is a promise". Therefore, "Living in God's Assurance" is to believe in faith that the promises of Isaiah 41:10 are true:

- ◆ Do not be fearful or dismayed (consternation and distress, typically caused by something unexpected)
- ◆ The Lord is with you
- ◆ The Lord will strengthen you in any life challenge
- ◆ The Lord is your Helper
- ◆ The Lord will uphold you...

God's assurance is never failing; let our prayer be "Gracious God, Help us to trust you more...this is our blessed assurance. In Jesus name, Amen."

*Living In God's Assurance,
Pastor Torian*

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Upcoming Events

1/21: Church Closed (MLK Birthday)

INSPIRATION

"He who dwells in the secret place of the Most High, shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress; My God, in Him I will trust."

Psalms 91:1-2 NKJV



Singles MINISTRY

SINGLE...But Never Alone!

CHRISTMAS CELEBRATION 2018



Ministry Group Photo



UGLY Sweater Contestants with **WINNER**, Trena Moore (center)

2018 - A Year in Review

Singles Ministry is comprised of all adults, 18 years and up, who are not yet married, not married by choice, divorced, separated or widowed. Our ministry goals are: 1) "to encourage and equip single individuals to maximize their God-given gifts, talents and resources"; 2) "to encourage single individuals to embrace their singleness as an opportunity and not a deficiency"; and 3) "to teach single individuals how to live transformed and spiritually-balanced lives." Adopted from the Singles Ministry at Bethany Baptist Church, Lindenwold, New Jersey.

We have experienced a busy, interesting and exciting year through meeting monthly on the 4th Tuesday, around contemporary topics such as, *Embracing your Singleness*, *Myths about Singleness*, and *Single Not Alone*. We had a book review where Ministry members gave an overview of one of the chapters in the book entitled, *Thrive, the Single Life as God Intended* by Lina Abujamra. We met on the first Saturday of the month at 2pm to bowl at Bowl America in Occoquan, and we met quarterly for our Saturday Café around topics such as, Change+ Transition=Transformation, and Loving Me! Loving God!

We ended this year with a roundtable conversation with 19 Ministry members attending to have what we called "Can We Talk/Real Talk" about relationships between Christian men and women. It was direct, fresh and engaged conversation by all. We closed out the year with a gathering of the Ministry on Dec 1st to enjoy some good food, good old and new friends and great fun. Our fellowship was warm, welcoming and wonderful.

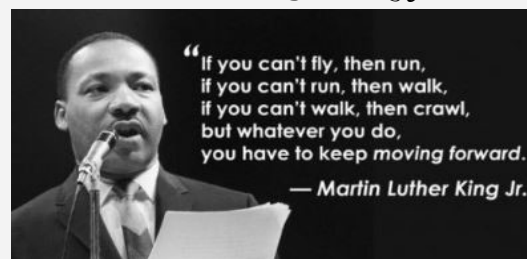
Looking Ahead

The Ministry will continue to bowl on first Saturdays at 2pm at Bowl America in Occoquan, Jan 5th. We have planned a one-day trip to Harlem, New York on May 4, 2019, cost \$99, deadline to pay is January 31, 2019. The next Ministry meeting is on 4th Tuesday, January 22nd, 2019 at 7pm. Please join us!

You may contact the Ministry at singlesministry@firstmountzionbc.org or call the Christian Education Department (CED) office (703) 670-0184 x1193, Rev. Maxine W. Thompson, Singles Ministry Chair.



Remembering Dr. Martin Luther King



Martin Luther King Jr. was born in 1929 in Atlanta, Georgia. King, a Baptist minister and civil-rights activist, had a seismic impact on race relations in the United States, beginning in the mid-1950s.

Among his many efforts, King headed the Southern Christian Leadership Conference. Through his activism and inspirational speeches he played a pivotal role in ending the legal segregation of African-American citizens in the United States, as well as the creation of the **Civil Rights Act** of 1964 and the **Voting Rights Act** of 1965.

King received the Nobel Peace Prize in 1964, among several other honors. He was assassinated in April 1968, and continues to be remembered as one of the most influential and inspirational African-American leaders in history. Each third Monday of January, the nation pauses to remember this giant leader through service in the community, oratorical contests, memorials, and rededication to the principles of non-violence and equality.

Martin Luther King Jr.'s life had a seismic impact on race relations in the United States. Years after his death, he is the most widely known African-American leader of his era. His life and work have been honored with a national holiday, schools and public buildings named after him, and a memorial on Independence Mall in Washington, D.C. But his life remains controversial as well. In the 1970s, FBI files, released under the Freedom of Information Act, revealed that he was under government surveillance, and suggested his involvement in adulterous relationships and communist influences. Over the years, extensive archival studies have led to a more balanced and comprehensive assessment of his life, portraying him as a complex figure: flawed, fallible and limited in his control over the mass movements with which he was associated, yet a visionary leader who was deeply committed to achieving social justice through nonviolent means.



Men's Ministry Brings Relief to Military Families with Monthly Fellowship

From breaking bread over fresh coffee and pastries to relaxing at socials with hot dogs and ice cream sundaes, the men have enjoyed engaging in conversation about military and personal life, competing in card and dice games, and being entertained by YouTube videos.

Residents continue to remark that the shared fun and laughter are more than welcome distractions from the medical realities they are confronting, and a genuine break from the craziness that have overwhelmed their days. The value of the ministry visits was best described by one resident upon her arrival for her first night at Fisher House after leaving ICU where her daughter was fighting cancer: "It was such a relief hearing the laughter." The Men's Ministry was equally moved by the words of appreciation by another resident, "Sometimes in life, only God knows how much the smallest effort can create a difference in another's journey."

From an outreach vision to serve active military and veterans that first developed in 2017, the Men's Ministry continues to grow a special relationship with the residents of the Fort Belvoir Fisher House. The Fisher House Foundation builds comfort homes where military and veteran families can stay, free of charge, during the hospitalization of a loved one. Located at military and Veteran Affairs (VA) medical centers around the world, Fisher Houses have up to 21 suites, with private bedrooms and baths along with a shared kitchen, laundry facilities, and inviting dining and living rooms.

After an introductory tour of the facility with House Manager Roxannamaria (Rocky) Calderon, the Men's Ministry decided that simply spending time in fellowship with the residents would offer the best support.



For additional information about this fellowship or other Men's Ministry gatherings, please email:



Divine Inspirations Bookstore invites you to join with us in our celebration of Jesus Christ and His teachings. We are so much more than just a book store. Yes, we are the best

place to find an extensive collection of Christian books, Christian CDs, biblical research, information, games and gifts. Our dedication to teaching and sharing the wisdom of Christ led us to offer not only information, but inspiration and education as well. This is a place to find a community of like-minded people walking the Christian path together and sharing the journey.

Integrity..Values .. Social Responsibility .. Devotion .. Service

We have come together at Divine Inspirations Bookstore to commune with purpose, to share our love of Jesus Christ, educate, inspire and support.

More than 4,600 members currently share in all that Divine Inspirations Bookstore has to offer. Our goal remains to provide the best in inspirational books, education materials, Bibles and more. Whether you can visit our physical location or online store,

we welcome you in the spirit of Jesus Christ's love and communion.

Website: <http://divineinspirations.biz/store/>

PASTOR'S READING LIST

Books by Howard Thurman:

*Deep River and the Negro Spiritual
With Head and Heart
Jesus and the Disinherited*

Be diligent to present yourself approved to God,
a worker who does not need to be ashamed,
rightly dividing the word of truth.

2 Timothy 2:15 (NKJV)

LEADERSHIP CHAPLAIN'S CORNER

"It is one thing to praise discipline, and another to submit to it". - Don Quixote de La Mancha

Did you know that every first Friday of the month, the FMZ Deacon, Deaconess and Trustee Ministries fast and pray over this Body of Believers, to include the Pastor, Assistant Pastor, Staff, Leadership, Congregation and over any other issues needing corporate prayer?

The three Chaplains collaborated in 2018 and decided to use Richard J. Foster's Study Guide for Celebration of Discipline and dedicated each month to a Spiritual Discipline. Each "First Friday of the Month" we focused on one of the 12 Disciplines and want to share some Spiritual nuggets with the Congregation.

The four **Inward** Disciplines which will improve a person's spiritual life: Meditation, Prayer, Fasting, and Study. The four **Outward** Disciplines--Simplicity, Solitude, Submission and Service--reveal what people need to do to improve the world around them. The last four are the Corporate Disciplines--Confession, Worship, Guidance, and Celebration--which focus on relationships within the community growing closer to God. The author of Celebration of Disciplines also shows how important faith, hope, and love are to the spiritual journey, and the benefits of living a life of discipline.

If we expect to enter wholeheartedly into the experience of the Spiritual Disciplines, we must understand clearly that

these Disciplines open us to the Good Life. *Their purpose is not to make life miserable but joyful, not to put us in bondage but to set us free, not to confine but to liberate.*

There is a general cultural confusion today about the Good Life and, given the popular notion of abundance, it is almost impossible to believe that God is good and that His desire is to fill our lives with His goodness. The Good Life is often identified with *power, wealth, status, and freedom from all "authority"*. We have today two systems of teaching; one has its roots in the culture around us; the other has its roots in the God of Abraham, Isaac, and Jacob. Both claim to bring us into the Good Life, and we must underscore the fact that their teachings are mutually exclusive. But we will never see the classical Disciplines of the spiritual life as a good thing until we perceive their function of bringing us into the abundant life of the Kingdom of God. And we cannot see this until we are able to understand how life under God and in His Kingdom is truly good and ultimately fulfilling, as opposed to the "good life" of human invention.

INWARD DISCIPLINE #1. THE DISCIPLINE OF MEDITATION

The purpose of **meditation** is to enable us to hear God more clearly. Meditation is listening, sensing, heeding the life and light of Christ. This comes right to the heart of our faith. The life that pleases God is not a set of religious duties; it is listening to His voice and obeying His Word. **Meditation** opens the door to this way of living. Jean-Pierre de Caussade wrote, "There remains one single duty. It is to keep one's gaze fixed on the Master one has chosen and to be constantly listening to understand and hear and --

immediately obey His will." **Meditation** is a more passive Discipline. It is characterized more by reflecting than by studying, more by listening than by thinking, more by releasing than by grabbing. In the Discipline of **Meditation** we are not so much acting, as we are opening ourselves to be acted upon. We invite the Holy Spirit to come and work within us—teaching, cleansing, comforting, rebuking. We also surround ourselves with the strong light of Christ to protect us from any influence not of God.

Finally, meditate upon John 6 as an example of one approach to the meditation on Scripture. It is our hope that this will encourage all of us to drink deeply and extensively at this, the most central and important form of **Christian meditation**. Beyond this, we make a plea for the memorization of Scripture. Through memorization, the biblical witness becomes rooted deeply in the inner mind and begins to mold and adjust our world view almost without our realizing it. Then, too, as we submit ourselves to this small discipline, God can reach us through the Word of Scripture at any given moment, even as we sleep. **Memorization is a helpful means to enhance our meditation upon Scripture.**

Relevant Scripture Readings

The glory of meditation/Exodus 24:15–18
The friendship of meditation/Exodus 33:11
The terror of meditation/Exodus 20:18–19
The object of meditation/Psalm 1:1–3
The comfort of meditation/1 Kings 19:9–18
The insights of meditation/Acts 10:9–20

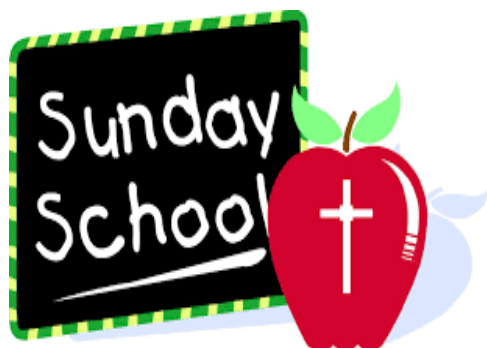
Submitted by Leadership Chaplains:

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



Thank you, FMZ Family, once again, for your heart of compassion during the Christmas SHARE distribution. You generously shared with our program and we were able to provide Share packages to 582 families. We are forever grateful to the many SHARE Ministry Servants who continuously give of their time, talent and treasure to bless others who are less fortunate than they. We pray God's immense blessings upon you and your family as you continue to do HIS Will. We love you and thank God for you!

Wishing each and every one of you a blessed and prosperous New Year! Continue to live in God's Abundance and His Assurance. To GOD be the glory!



Our Sunday School Ministry is a teaching part of the ministry. Sunday School classes meet every Sunday morning at 7:00 a.m. and 9:45 a.m. On fifth Sundays we meet at 8:30 a.m. We are excited about Sunday School and our diverse set of teachers and classes to meet your needs. We invite you to come and study the Word of God with us ([2 Timothy 2:15](#)). Our Sunday School classes provide a time to study the scriptures, discuss their application in our lives, and connect in fellowship as we grow our faith ([Romans 10:17](#)).

First Mount Zion has Sunday Bible school classes for age appropriate groups. This enables the student to engage at their level and helps them to understand the Word better. Our teachers are also students of the Word as well and each one has made a commitment to serving through teaching the Word. As we come together, teacher and student to study God's Word, we show Him great honor, as we grow in the grace and knowledge of our Lord and Savior Jesus Christ. "For if these things be in...you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ." ([2 Peter 1:8](#))

The Sunday School Ministry maintains a Christian atmosphere where individuals and families receive sound instruction in the Word of God. Every class has as a goal to lead people to a saving knowledge of Jesus Christ, make disciples and train them to live and serve under the Lordship of Jesus Christ.

<http://firstmountzionbc.org/ministries/christian-education/ced-ministries/#tabs-9>

Brother Gillis M. Taylor
Sunday School Superintendent

Daughters of the King Outreach Small Group

During our Fall Semester, The Daughters of the King Outreach Interest Based Small Group focused on providing children gifts for Christmas.



Stuffing Christmas Stockings

We stuffed 47 Christmas Stockings full of various items for children in foster care. We also partnered with Unity-Works, a non-profit, gift-giving organization, and provided unwrapped toys to children in need.



Making no-sew blankets

Finally, we partnered with Bro. Walter Holmes' State Burners Motorcycle Club and made thirty-five (35) no-sew blankets which we donated to The Richmond Children's Hospital Oncology Ward. We are passionate about serving God by serving others.

Beverly H. Grant, Small Group Leader
Daughter of the King Outreach Small Group

For information regarding the Small Groups Ministry, please contact Stephanie M. Craddock, Small Groups Director, 703-670-0184 or scraddock@firstmountzionbc.org



I bring you greetings on behalf of the Women's Ministry. We are women uniting in fellowship with love, praise, and worship. The women of FMZ fellowship every 2nd Saturday of the month from 9 -11 a.m. We welcome you to join us for a blessed time of sharing and spiritual encouragement. If you are a woman at least 18 years of age, then you are already a part of the wonderful Women's Ministry. So please come and grow in the Word of God with your sisters in Christ and bring a friend.

The 2019 Women's Ministry focus is to support women with speakers that engage them in practical living while applying spiritual truths. The purpose of this focus is to teach women how to have spiritual success when going through day to day life and circumstances. My prayer is that the Women's Ministry will equip women to get through life with the Word of God; teach them how to win their spiritual battles; and prepare them to handle issues in the spiritual realm vs. the natural. My prayer is that each woman will experience continual spiritual and personal growth.

The Women's Ministry will be hosting a Prayer Breakfast for the women and men of FMZ on January 26, 2019 from 9-12 p.m. The Word will be presented by our very own Associate Ministers, Rev. Brian Woolfolk and Rev. Josephine Cherry. Come and join us for spiritual enrichment focused on "The Importance and Power of Prayer".

We are women committed to living our lives answerable to God and faithfully committed to His Word. Amen.

Veronica D. Hackett
Director, Women's Ministry



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Carpenters For Christ Small Group members connect through a common interest in carpentry while enhancing skills through local projects, area workshops and much more!! We have a great time. All skills are welcome!! I will highlight a few projects our group members diligently worked on during our Fall semester.

1. Fisher House at Fort Belvoir Upgrade Chair Project Task- Sand and paint 24 Large White Rocking Chairs for the residents.
2. The Grab-Bar Project - Assisted one of our FMZ members who recently had surgery. We were informed he should use a grab bar to help assist him.
3. During the December meeting, the picture shown is our session on tiling. We are learning how to find the center to begin a tiling project.

Carpenters for Christ Small Group

Bro. Everett Griggs, Small Group Leader
Sis. Allison Smith, Small Group Co-leader

For information regarding The Small Groups Ministry, please contact Stephanie M. Craddock, Director, at scraddock@firstmountzionbc.org or 703-670-0184.



Ministries' Meeting Schedules 2019

- 1/7 Deaconess Executive Team Meeting (7:30-9 PM)
- 1/8: Mary Elizabeth Ministry Monthly Meeting (7-8:30 PM)
- 1/10: 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)
- 1/15: Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 1/16: Seniors' Ministry (12:30-2:30 PM)
- 1/17: Jewels Choir (7-8:30 PM)
Voices of Zion (7-9 PM)
Communications & Publicity Ministry Meeting (7-9 PM)
Deacon Ministry Meeting (7:30-9 PM)
- 1/22: Trustee Executive Board Meeting (7-9 PM)
Photography Ministry Meeting (7-9 PM)
- 1/24: The C.O.R.E. Committee Meeting (7-9 PM)
Trustee Strategic Planning Committee (7-9 PM)
- 1/26: Women's Ministry Prayer Breakfast (9-Noon)

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



Male and Female
Volunteers needed
to visit members
who are in long-term
care, rehabilitation,
or nursing facilities.

Must be at least 18 years old.

Please contact
Deaconess Andrea Bryson
(703) 494-2596
for additional information.

Welcome to the Trustees' Corner

Thank you in advance for your prayers and engagement as we progress into 2019. The Trustee Ministry serves in the oversight role for several Ministries at FMZBC. A brief summary of the purpose of these Ministries and the corresponding Chairs for 2019 is below. As you see these members on duty, in church service and other activities, please take a moment to thank them for their service. If you have interest in joining one of these Ministries or have a question, please send your communication to Trustees@FirstMountZionBC.org.

<u>Ministry/Activity</u>	<u>Chair/Primary Point of Contact</u>
<u>Archives</u> - preserves items or records having historical value to the Church; responsible for all records not required for current use; updates the Church's official history annually; records a quarterly summary of all major events; and presents annual historical report to the Church.	Gwen Hopson
<u>Auditing</u> - coordinates auditing of the financial records of the Church.	Marie (Maxine) Dufore
<u>Spiritual Cancer Support</u> - provides a safe, caring and spiritually supportive place for those touched by cancer.	Sheila Coverson
<u>Communication & Publicity</u> - provides cohesive, coherent and coordinated communication and publicity to amplify the Word of God.	Joe Boutte
<u>Health</u> - provides emergency first aid during church services, programs and events and assists in health and wellness education and disease prevention in the congregation.	Lynette Juluke
<u>Parking</u> - acts as ambassadors for FMZ while providing safe and secure parking for worshipers and their vehicles, along with managing pedestrian traffic.	Ricky Grayson
<u>Security</u> - provides security measures for church members, and physical security for the building, ensuring safety during worship and fellowship activities.	Yvonne Dabney
<u>Strategic Planning</u> - reviews and analyzes current and future FMZBC organization, operations, and finances and develops a five-year strategic plan for the staffing, operating, and financing of FMZBC.	Ricky Gallaway
<u>Transportation</u> - ensures safe transportation for its members and others, to participate at Sunday Worship Services and other fellowship activities from within a reasonable geographical area.	Gwen Joiner

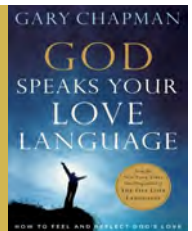
Join us for Bible Study in 2019

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. The craving for love is our deepest emotional need, and we feel it and are drawn to others when they speak love in our language. This same principle applies to the most important relationship — our relationship with God.

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.

Gary writes, "As we respond to the love of God and begin to identify the variety of languages He uses to speak to us, we soon learn to speak those languages ourselves. Whatever love language you prefer, may you find ever deeper satisfaction in using that language in your relationship with God and with other people." Contains personal reflection questions and a study guide for groups.

Take the love language profile quiz to discover your personal love language at <https://www.5lovelanguages.com/profile/>. Books are available for purchase in the Bookstore. Please contact the Church office for more information at 703-670-0184.



Youth & Family

WEEKLY PRAYER Guide

"...as for me and my house we will serve the Lord (Jos. 24:15)."

It has been said that a family that prays together stays together. This **Youth & Family Weekly Prayer Guide** is designed so that families can take 15 minutes a week to pray together, read scripture, and share prayer requests in an effort to draw closer to the Lord and to one another as supportive family members.

This initiative challenges us to open our hearts to God's presence, love and wisdom at home with our families. In our Baptist tradition, generations would lift their voices and hearts to read a covenant. Some of the words from that traditional covenant says that we will "engage in family and secret devotion... to religiously educate our children".

The wise counsel of Proverbs 14:16 asserts, "He who fears the Lord has a secure fortress, and for his children it will be a refuge..." *Prayer Saturated Kids* author, Cheryl Sacks, shares that "Prayer builds unity and intimacy. We become intimate to whom we pray, for whom we pray, and with whom we pray."

Therefore, the First Mount Zion Youth Ministry introduces the following three steps to this family time of prayer:

Step 1: Singing praise and worship songs to God.

- ♦ Establish the spiritual atmosphere for your family and home. Jesus, to His beloved disciples, declared: "For where two or three are gathered together in my name, there am I in the midst of them (Psalm 100:1-2)." Come before God's presence with a unified voice through song.

Step 2: Reading and Reflecting on God's Word, Holy Scripture.

- ♦ Parents or spiritual guides are encouraged to devote the full measure of their heart, soul, and might to God in love. The Word of God emphasizes that we are to serve as spiritual life teachers within our families at home and away.

Step 3: Praying together and offering your joys and concerns to God.

- ♦ Prayer is simply communication with God. Before the prayer, engage your family members in a conversation about the concerns of their hearts whether they are fears, frustrations, joys or hopes. Thus, the primary goal is to support your family members in their heart concerns by allowing the Holy Spirit to nurture honest dialogue and strengthen family ties.

For details or support, contact:

Rev. John McNeill
FMZ Youth Minister
703-670-0184
Email: jmcneill@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
or through our web form at:
http://bit.ly/FMZBC_Articles

We look forward to your participation!!

Thank you!

Communications and Publicity Ministry
Deacon Joseph Boutte, Chair
Benson Blake Oonagh Bell
Beverly Grant James Hawkins
Dora Muhammad Charles Stokes

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
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

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 OFFICE AT
(703) 670-0184
MONDAY - FRIDAY,
8 A.M. - 5 P.M. TO
SCHEDULE A RIDE!!