

## Message from the Pastor



### Her-Story is History

Did you know?

It is very appropriate that we celebrate the 40th anniversary of First Mount Zion's Women's Ministry in March during Women's History Month. The women of First Mount Zion have made their mark in history as trailblazers and legacy bearers and they continue to make history. To all women of FMZ we honor you every day but especially this month.

This year marks the 32nd anniversary of the passage of a law making March Women's History Month in the United States. Women's History Month is a celebration of women's contributions to society. The observation, which was born out of a California school district's celebration of women's achievements, now is celebrated across the country, and includes parades, lectures, health screenings, art exhibits and other activities that highlight women's contributions to society.

March was chosen as the month to celebrate women's history because the first observances of Women's History Week revolved around International Women's Day, which is March 8. President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week.

In 1981, Sen. Orrin Hatch, R-Utah, and Rep. Barbara Mikulski, D-Md., co-sponsored a joint congressional resolution calling the week of March 7, 1982, Women's History Week. Schools across the country began to incorporate Women's History Week into their curriculum and, eventually, the week grew into a month long observance.

Fourteen states had declared March Women's History Month by 1986. In 1987, the National Women's History Project asked Congress to establish March as Women's History Month. On March 12, 1987, the celebration became official when legislation was passed to designate March as Women's History Month in the United States.

Now you know!

*Living in His Assurance,*

*Pastor Luke E. Torian*



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## INSPIRATION

*"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."*

*Matthew 5:16 – NKJV*

## Welcome to the Trustees' Corner



Continuing in the spirit of historical reflection, the Trustee Ministry pays tribute to First Mount Zion's (FMZ) Trustee Emeritus, Howard W. Gholson, PhD.

Howard Gholson first attended FMZ in the fall of 1964. He has been an active member since 1989 and along with his wife, Glorine, continues to serve faithfully 30 years later. Voted into the position of Trustee by the FMZ congregation in 1995, he served in the roles of Trustee Vice-Chair, Human Resources Committee Chair and both Treasurer and Assistant Treasurer. He is one of the original trustees to take on the responsibility of borrowing funds for construction of the new Sanctuary and other components of the facility.

His community and professional contributions include chartering two different chapters of Alpha Phi Alpha Fraternity, Inc., serving as a science and mathematics teacher, and the first African American high school administrator in Prince William County, Virginia, after integration as Assistant Principal at Garfield. He also served as Dean of Academic Affairs and Professor of Public Administration, United States Department of Defense. Other positions held were at the United States Marine Corps University and the United States Marine Corps Command and Staff College, Quantico, Virginia. Trustee Emeritus Gholson retired in 2000 and returned to education as a Prince William County biology teacher.

Other professional experiences include serving as a United States Representative to the International Labor Organization in Geneva, Switzerland, presenting position papers before United Nations representatives worldwide.

While his impact on the world stage is lasting, his dedication to FMZ has not waned. Trustee Gholson, we love and respect you beyond words. Thank you for your service!

## *This do, in remembrance of Me!*

The most important function our esteemed Pastor performs is that of administering the Last Supper as a constant reminder of what Jesus was about to do on behalf of all mankind: shed His blood on the cross thereby paying the debt of our sins (Luke 22:19).

### Do this in remembrance of Me.



## NEW IN CHRIST

life to Christ.

The focus for March is "New in Christ"; a new loyalty, new affection, new way of life, new understanding and a growing confidence. These are the things we all experience after giving our

First Sunday's lesson is about loyalty. The lesson is a good opportunity to discuss becoming true to God. Loyalty is a choice and we choose to be faithfully loyal to our God.

Second Sunday, Thessalonians 1:12, is the most important verse of the lesson. "the Lord make you to increase and abound in love one toward another, and toward all men even as we do towards you." According to John 13:35, Love is the key. "By this all will know that you are My disciples, if you have love for one another." Again, Love is the key.

Third Sunday, we are introduced to a "New Way of Life", of walking in sanctification, love, forgiveness, humility and with the Holy Spirit.

Vigilant is the key word I would use to summarize fourth Sunday's lesson. We must remain vigilant in our faith and relationship with God. "Therefore, let us not sleep, as others do, but let us watch and be sober." (1 Thessalonians 5:6) I think we will enjoy fifth Sunday's lesson tremendously, "A Growing Confidence." As our faith grows so should our confidence in God. I remember the old saints standing up in church to proclaim their confidence in God. The cliché of the day is "Won't He do it!" It's not a question, it's a declaration, a fact.

Peace, Blessings & Justice,  
Brother Gillis M. Taylor  
Sunday School Superintendent





## *Serving with Humility in Unity.* Philippians 2:1-4

### Deacon's Corner

In order to serve with humility in unity your Deacons, as well as all believers, should ensure they have put on the Armor of God to fulfill our purpose here at FMZ.

In Ephesians 6:10-18 the Apostle Paul describes the armor of God. The armor consists of six elements:

1. The Helmet of Salvation-points to God's ultimate victory over the forces of evil. Assurance that Jesus saved us.
2. The Shield of Faith-Christian protection against temptation.
3. The Breastplate of Righteousness-believing in Jesus, standing firm against injustice and corruption, knowing that God promises His protection against the forces of evil.
4. The Belt of Truth-prepared and ready for action.
5. The Sword of the Spirit-Word of God, the Gospel message of salvation through Jesus Christ.
6. The Gospel of Peace-the good news that we can have peace with God.

Your Deacon Ministry applies this armor in support of the congregation and their partnership with the Pastor. Last year many of the Deacons began wearing the Armor of God lapel pin to symbolize unity, preparation, and readiness to serve in the full armor.

The Deacon Ministry is charged with partnering with the Pastor, serving the members, and being spiritually fit. Symbolically, the elements of the armor represent salvation, faith, truth, righteousness, the gospel of peace, and the Word of God.

Join your Deacons and millions of believers in getting fully dressed each day as you put on the Armor of God to deal with the daily issues of life, praying, and being watchful with all perseverance. In this way, we can ensure we are equipped to **Serve with Humility in Unity.**



## Ministries' Meeting Schedules

2019



- 3/4 Deacon Executive Committee Meeting (7-9 PM)  
Journey to Joy/GriefShare (7-9 PM)  
Deaconess Executive Team Meeting (7:30-9 PM)
- 3/5 Mary Elizabeth Ministry (7-8:30 PM)  
Usher Ministry (7-9 PM)  
Trustee Ministry (7:30-9 PM)
- 3/7 Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)
- 3/9 Men's Ministry Fellowship (9-11 AM)  
Women's Ministry 40th Anniversary (9-12:30 PM)
- 3/11 Journey to Joy/GriefShare (7-9 PM)
- 3/12 Mary Elizabeth Ministry Monthly Meeting (7-8:30 PM)
- 3/14 Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)  
Pastor's Aide Ministry Meeting (7-9 PM)  
Men's Ministry Monthly Meeting (7:30-9 PM)  
Trustee HR/Admin Committee (7:30-9 PM)
- 3/16 School of Ushering Class (9-1 PM)  
Volunteer Screening (9-Noon)  
New Members' Orientation Class (11-12:30 PM)  
Junior Ushers (11:30-12:30 PM)
- 3/18 Communications/Publicity Ministry (7-8:30 PM)  
Journey to Joy/GriefShare (7-9 PM)  
Deacon Ministry - Interview Training 7:30-9:00 PM)  
Trustee Ministry - Finance Committee 7:30-9:00 PM)
- 3/19 Womens' Ministry IPT (7:00-8 PM)  
Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 3/21 Deacon Ministry Meeting (7:30-9 PM)  
Trustee Ministry - Facility/Real Property Committee (7:30-9 PM)
- 3/23 Joint Leadership Training Session (9:00-Noon)  
Women's Ministry Meeting - (9:00-11:00 AM)
- 3/25 Journey to Joy/GriefShare (7-9 PM)
- 3/26 Trustee Executive Board Meeting (7-9 PM)

For additional Activities and Events:  
[http://bit.ly/FMZ\\_Calendar](http://bit.ly/FMZ_Calendar)

## LEADERSHIP CHAPLAIN'S CORNER

### THE SPIRITUAL DISCIPLINE OF FASTING

Let us continue with the third of the four, Inward Spiritual Disciplines, following (1) Meditation and (2) Prayer, (3) **FASTING**:

In Biblical times, fasting was quite prevalent. ***Fasting needs to be better understood before it is more readily accepted and embraced.***

Throughout the Bible, many are found fasting; fasting was **going without food for spiritual growth**. The definition of fasting in the Bible is doing without all solid and liquid foods, but water is consumed unless it is an "absolute fast," which is usually much shorter and specifically in response to a call from God.

Although many Christians voluntarily participate in fasting, whether as an individual or "group, there is no law regarding fasting in the Bible. Jesus does have discussions on the topic of "when you fast," but this does not mean it is a commandment or law. Without specific biblical laws, individuals can decide how and when to fast.

***Fasting needs to be God-centered and God-initiated.*** No other reasons or benefits to fasting can be a higher priority or goal than fasting for God. Does food control the mind and spirit? During fasting, the cravings for unhealthy and unnecessary items disappear and they are replaced by the desire to commune more with God. ***Eventually the close bond between prayer and fasting becomes clear, and then many spiritual breakthroughs can take place.*** Fasting is **NOT** about doing without food -- it is about removing what controls a person's spirit. Ponder the following:

- Check your first reaction to the thought of fasting:
  - \_\_\_ UGH!
  - \_\_\_ WHY?
  - \_\_\_ CAN'T WAIT!
  - \_\_\_ DELIVERANCE!
- What is a normal fast, a partial fast, and an absolute fast?
- What is the primary purpose of fasting?

- How can fasting reveal what controls your life?
- What is most difficult about fasting for you?
- Fast a meal or two and give the time saved to God. Record what you learn.
- Try fasting from the media for one day and see what you learn about yourself during that time.

*In his day, John Wesley required that every ordained Methodist minister regularly fast two days a week. Could you do that???*

### Deacon Ron Cooper on behalf of the FMZ Leadership Chaplains



The Women's Ministry hosted a Prayer Breakfast on January 26, 2019 with a

theme of "The Importance and Power of Prayer". (1 Chronicles 16:11). The women and men of FMZ came together for a ministry moment that was truly a blessing to us all. The morning started with a delicious breakfast prepared by the GOH. We all dined and fellowshiped before transiting to the chapel. Special thanks to the members of the CORE and Youth Ministry who came to support the GOH by serving the guests.

The purpose of the Prayer Breakfast was to start off 2019 covering FMZ and the community in prayer. There were several prayers offered throughout the program, including crossing the isles for corporate prayer led by Assistant Pastor, Rev. Sandra K. James. We received two dynamic sermons. Associate Minister, Rev. Brian Woolfolk, ministered to us on "How do we pray and what and who do we pray for?" The final sermon was given by Associate Minister, Rev. Josephine Cherry, on "The Importance and Power of Prayer." The music was rendered by the Worship Praise Ensemble, who did an amazing job filling the atmosphere with worship and praises. Many thanks to everyone who brought donations to support Streetlight Ministries. We collected 204 pairs of socks and 241 non-perishable food items.

As you go about your life from day to day, you will be faced with challenges, pain and suffering. Remember to take **everything** to God in prayer. Here are some thoughts to ponder:

- Don't forget who has the supreme authority and power over all situations.
- He's the One that can change our circumstances and can make a way out of no way.
- He's the One that can take what the devil meant for evil and use it for our good and for His glory.
- Regardless of what your circumstances look like, God remains sovereign and He will accomplish His purpose in your life.
- Never lose sight of who your Father is. He's ready, willing and able.

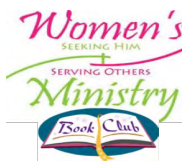
Be blessed,  
Veronica D. Hackett  
Women's Ministry Director  
[womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)



### "Celebrating the Fellowship of Love 40<sup>th</sup> Anniversary Brunch"

We are inviting all women of FMZ to come and celebrate with us. The Ministry will be celebrating 40 years of ministry recognizing the founders of the Women's Ministry! Glory to God for all of the women who have given us a foundation that still remains strong 40 years later. We are women living our lives answerable to God and faithfully committed to His word. Please join us on March 9, 2019 from 9am-12:30pm to share in this special occasion. Guest speaker will be Associate Minister, Rev. Cheryl McNeill. **No cost; however registration is required.** Please visit our Registration Desk in the Narthex.





**“One in a Million” by Priscilla Shirer. SIGN-UP in (Narthex) March 3<sup>rd</sup> after both services.**

Love to read; longing to discuss the interesting aspects of the books you read? As a Christian, you're thinking you'd like to confidentially engage like-minded people. The Women's Ministry Book Club facilitates meaning and purpose, evokes a deeper connection with the divine, foster communal identity, and guides practical life application.

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

## Meet our Clergy . . .



1st row: Reverends Cozy Bailey, Josephine Cherry, Cheryl McNeill, Sandra James (AP), Tracey Holley, Juanita Stokes, Helen Parker, Tarra Taylor

2nd row: Reverends Deloris Brown, Tony Craddock, Sr., Karl Brower, McKinley Davis, Ernest Jones (relocated), Chris Peterson, Gary Thompson, John McNeill (Youth Minister)

3rd row: Reverends Glenda Brown, Beverly Jiggetts, Sharon Wallace, Carolyn Taylor, Tomomi "TJ" Owens, John Akanni, Shelby Holley, William "Bill" Feters

## ACADEMIC EDUCATION MINISTRY (AEM)

Attention Organizations with Scholarships available for 2019: If you would like to announce your 2019 Scholarships at First Mount Zion, please submit your information to the Academic Education Ministry at [AEM@FirstMountZionBC.org](mailto:AEM@FirstMountZionBC.org).

The following scholarships are available on the table in the hallway next to the Book Store. Specifications and contact information are listed on the applications:

- The Gene K. Bryson Memorial Scholarship
- Franklin Dunlap Memorial Scholarship
- George E. Allen Academic Scholarship
- VA Advisory Council on Military Education Scholarship
- Women in Community Action (WICA)
- VA Advisory Council on Military Education Scholarship
- PWC Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Scholarship
- Northern Virginia Urban League Scholarship
- George M. Hampton Foundation Scholarship
- National Coalition of 100 Black Women, Inc., PWC Chapter
- National Naval Officers Association DC Chapter.

**REMINDER!! FMZ SCHOLARSHIP APPLICATIONS ARE DUE BY 5:00 PM, MONDAY, APRIL 15, 2019.**

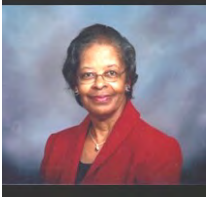
The question is asked in Romans 10:14-15 *“14 How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? 15 And how shall they preach unless they are sent? As it is written: “How beautiful are the feet of those who preach the gospel of peace, Who bring glad tidings of good things!”*

We are blessed to have a committed group of men and women here at First Mount Zion (FMZ) as a part of our ministerial staff and they are our “Associate Ministers.” We currently have 24 ordained clergy and eight in training. They come from all walks of life and bring a wealth of experience and knowledge to this Ministry. The role of the Associate is to support the Pastor along with the Assistant Pastor and Church Leadership in the care of the congregation. They are a part of the Zone teams in partnership with your Zone Deacon and Deaconess. They are community leaders, preachers, teachers, ministry leaders, students, husbands, wives, parents, grandparents and caregivers who help connect all who desire to be fully devoted followers of Jesus Christ. They are licensed, ordained or ministers-in-training (MITs) in the gospel ministry and required to be seminary graduates from an accredited school. You will see them in rotation as worship leaders, assisting with baptism, preaching, serving communion and leading children's church. They also make home, nursing home and hospital visits to the sick and shut-in.

They are active in other Ministries inside and outside the walls of FMZ. They are a very supportive and tight knit group of men and women who believe a call to ministry is a call to preparation. Several are continuing their education to receive their Doctorate in Ministry. Over the next few months you will get to know them a little better as each will be highlighted in the Newsletter.

Rev. Sandra K. James, AP





## Meet Deaconess Doris Sessoms

Entering into the Sanctuary toward the far right, I saw an open pew to sit for 11:00AM Worship Service. Nearing the pew hurriedly to sit down, I smile after eyeing a familiar face. There was Deaconess Doris Sessoms in her claimed place on the corner seat of the red tapestried pew. I felt my face light up seeing her warm smile; followed by her soft greeting of "Mornin'." After we embraced, she sat back down as I moved to sit on the opposite side of the pew. I'm always so happy to see her. She is a true matriarch of the church but would never exalt herself as such.

After 44 years of service as a Deaconess, she has seen the evolution of First Mount Zion Baptist Church unlike many others. Her presence alone is ever calming; her greetings always disarming. She exudes wisdom without uttering a word and when she does bless you with sharing one of her personal life lessons, you receive it as sweetly as it was given and walk away with renewed strength and assurance that God is always with you.

On October 2, 1939, Sister Sessoms, better known as "Nee Moore," the oldest of two girls, was born in Whitakers, North Carolina -- a small town in the Rocky Mount region with a current population of slightly less than 900. As a young girl, she learned how to cook by watching her Mother, Mary, a seamstress -- laboring in the kitchen. She loved to help her father, Otto - a farmer and railroad worker, along with sister Ardis, pick from their garden delightful flowers and vegetables such as sweet potatoes, tomatoes, turnips and other healthy greens. What was picked from the garden was soon given away to neighbors and people in town. Her parents always taught her to share, help those in the community and to be kind. Both her parents served as Deacon and Deaconess at Shiloh Baptist Church in Whitakers.

Sister Sessoms graduated from Swift Creek High School in 1957 and enrolled in college immediately after. However, burdening financial costs to the family crept up and she dropped out shortly before the first semester finished. "I decided to head to

New York to help my Uncle and his wife who just had a baby," she said. "Then I went to New Jersey and worked in a factory making blouses for six months. I went back home to Whitakers for a short vacation but never returned to Jersey."

What influenced her decision to not return was her childhood friend, Camillus Sessoms, who proposed to her while she was vacationing back in Whitakers. On June 12, 1957, Sister Doris married her elementary school friend -- now husband of 60 years! Brother Camillus served as a non-commissioned Officer in the United States Air Force and on their wedding day, they traveled to California to begin their life. Subsequently, their union resulted in the birth of four girls - Donna, Vanessa, Camilla and Pamela. The blessing of so many girls inspired Sister Doris to take up sewing, just like her Mom; and, she made hundreds of dresses and outfits for her daughters. Being a military family brought forth blessings of adventure and included residency as far as Japan, Hawaii and Florida. Brother Sessoms' final military assignment at the Pentagon moved the family north to Virginia.

While Brother Sessoms worked at the Pentagon, Sister Sessoms worked one year in retail followed by 20 years of running a printing press at the Print Shop on Quantico Marine Base. The family joined First Mount Zion (FMZ) in the spring of 1973 when it was known as the "little church by the side of the road." In June 1975, Sister Sessoms was called to serve in the Deaconess Ministry. For 44 years and counting, Deaconess Sessoms has helped minister to thousands of families and visitors. "I was humbled to be called to the Deaconess Ministry," she said. "It is an honor to serve and something that you don't take lightly. You make sacrifices for others -- sometimes at the expense of your family. But, overall it's been rewarding. When people refer to me as "their Deaconess," I believe it is as a result of building a strong connection and making a positive impact in their lives."

When Deaconess Sessoms began serving in the Ministry, there were less than 10 Deaconesses serving a congregation of 200 members. Such a small membership did not warrant the start of the Zone ministry process that is practiced today to serve a much larger congregation. Back then, both Deacons and Deaconesses were

able to make regular home visits and build strong fellowships with members. "We had a very close congregation," she reflected. Bible Study was a paramount activity and families grew up with one another throughout the surrounding communities. She reflected on the fact that it is very important to understand the Word of God when serving as a Deaconess. Her favorite Bible verses are Romans 8:28-32: *"And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified. What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?"*

"Life has its challenges," she explained. "Many times the lessons learned aren't realized until later and then you start to see something good come from those lessons. That's what these verses say to me." She continued, "I knew what I was getting into," she said speaking of her initial experience within the ministry. "We didn't have formal training back then. We learned from each other as we served and I shadowed the more experienced Deaconesses."

Sister Sessoms was honored to have been selected twice to serve as Deaconess Chair. Her top priorities, during those times and still today, were to take special care of the Ordinances -- Baptism and Communion. Upon reflection, she introduced a fun fact -- real glasses were used to serve communion back then versus the small plastic cups used today to serve thousands. "We had to wash and dry the glasses before, during and after service on first Sundays.

- - continued on next page



Both Brother and Sister Sessoms served the congregation in a myriad of ways without reservation while raising four daughters. They hosted Rio Hondo students (from Arcadia, California) during their first visit to FMZ. In addition, Deacon Sessoms started a Sunday school class for members who were, at the time, illiterate and studying to get their GED. Deaconess Sessoms was equally busy. She sang in the Alto section of the Courtesy Choir — now known as the Mass Choir. She served in the Fellowship of Love ministry -- now known as the Women's Ministry. A highlight of service that she reflected on fondly and with humor was when she was asked by former first lady Sister Evelyn I. Gaskins to help start the Jewels Youth Choir. "Sister Gaskins wanted to start a choir for the children, so she, Sister Toni Whitted and I started the Jewels," she said. "She needed a piano player so she asked me. I'm not much of a piano player but the Lord saw me through."

Today, both Deaconess Sessoms and now Deacon Emeritus Sessoms continue to serve the congregation with excellence. She supports over 100 families residing within Zone F2 (parts of the Dale City region) along with Deacon Michell Clark, Deaconess Adrienne Little and Reverend Gary Thompson.

"I'm not quite ready to quit," she says. "I enjoy being a Deaconess. Your heart must be in it to serve and you have to be able to get along with others. While I have stepped back from serving in so many other ministries; as a Deaconess, I love getting to know the people in my zone and throughout the church." When she spoke of how far the church has come, she remembered something former Pastor Augustus T. Gaskins once said. "Pastor Gaskins once said that 'we have no idea what the Lord is planning to do at First Mount Zion.'" She said, "It has been awesome what the Lord has done and continues to do."

The Sessoms are blessed to be grandparents to nine children and seven great grandchildren. They like to travel, go to the movies and visit with friends and neighbors. Fall is her favorite time of the year and she enjoys the colors of the season. During her downtime, she loves to read inspirational romance novels with flavors of suspense.

When thinking about what wisdom she would impart to young women and men today, she paused and offered the following advice: *"Pray and listen to God,"* she said softly but with great emphasis. *"Ask Him to direct you and show you what He wants you to do. We are all very busy, but we have to make time for each other to fellowship and to serve."*

By Deaconess Vietta Williams

## DOORKEEPERS of FMZBC

Celebrating 62 Years of  
Dedicated Service

Theme: "Service with A Smile"



The Junior Usher Ministry

First Mount Zion Baptist (FMZ) has always been blessed with a great group of Christian, dedicated Senior & Junior Ushers. They have always been more than willing to serve God, their Church and congregation. During the early years, the FMZ Ushers were mainly family members who normally performed other duties within the Church. As the Church membership grew over time, the ministry of ushering evolved into a formal Usher Board and the name was changed to Usher Ministry in 2010. Throughout the history of the Usher Board/Ministry, the Presidents have served with vigor and enthusiasm to lead a dedicated and focused group of Ushers while serving God and the congregation. Individuals such as Sister Catherine Minor, Brother Fred Fortune, Brother James "Jackie" Johnson, Brother Jay West, and Brother Ken Spencer have continued to share their knowledge and wisdom in continuing to strengthen this ministry.

Under the dynamic leadership of Dr. Torian, Church membership continues to grow as well as the number of Junior and Senior Ushers. As Ushers, our desire has been and continues to be that our actions will place the congregation in the right frame of mind for worship, and that they are comfortable in receiving their worship experiences.



The Senior Usher Ministry

In 1978, the FMZ Usher Board joined the Interdenominational Church Ushers Association of Virginia (ICUA) and the National United Church Ushers Association of America (NUCUAA). In July 2019, the NUCUAA will be celebrating its 100<sup>th</sup> Centennial Anniversary in Philadelphia, PA (the FMZ Usher Ministry will be participating).

The Ushers' Ministry is completing its second School of Ushering Workshop in May 2019, taught by our very own FMZ Instructor, Mr. Chris Winston, Sr. The Ministry had 23 Ushers who graduated last year in its first School of Ushering Workshop in August 2018, of which Mr. David Wallace was named the Salutatorian for the School. We also had the Ministry's first Junior Usher to complete the training, Ms. Simone Tapp, who earned a perfect score.

***A Special "Thanks" to all past and present Junior and Senior Ushers for their dedicated service to God and the congregation. As Ushers, all that we do – whether it's serving at the doors, greeting you with a smile, handing out announcement sheets, serving in the aisles, finding you a comfortable seat or collecting offerings – we do it all so that God is glorified.***

Renaee Allen  
President, Usher Ministry



## CHILDREN'S CHURCH

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.

**Upcoming Meeting:** There will be a Children's Ministry meeting on Tuesday, March 5, 2019 at 7pm. This is for current volunteers (Staff/Teachers/Teens) and anyone interested in serving with the Children's Church Ministry.

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.

Please contact Michelle Wallace at [ChildrensMinistry@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

## YOUTH MINISTRY

**Youth (Middle School) Lock-in Sign-ups:** Register today, after both services, at the Youth Ministry table for the **2019 Youth (Middle School) Lock-in**. We anticipate a joyful experience through this year's theme: **"A Teen After God's Own Heart."** The Lock-in will begin Friday, March 22nd (5pm) and conclude Saturday, March 23rd (9:30am). There will be fun, fellowship and exciting sessions that you have chosen. **There is no cost but you must register.**



## New in 2019

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

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

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

## SUBMISSIONS FOR NEWSLETTER:

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

Submissions should be sent to:

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

or through our web form at:

[http://bit.ly/FMZBC\\_Articles](http://bit.ly/FMZBC_Articles)

We look forward to your participation!!

Thank you!

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

16622 Dumfries Road  
Dumfries, Virginia 22025-1920  
Telephone: 703-670-0184  
Email: [fmzbc@firstmountzionbc.org](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

## Sunday Worship Service Schedule

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

## Wednesday Night Bible Study Schedule

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

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

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

## Fifth Sunday Unity Worship Service Schedule

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

## Connect with us on Social Media:

Facebook: [www.facebook.com/fmzbcumfries](http://www.facebook.com/fmzbcumfries)

Twitter: [@fmzbc1](https://twitter.com/fmzbc1)

Instagram: [@the\\_core\\_fmzbc](https://www.instagram.com/the_core_fmzbc)

Vimeo: [vimeo.com/25203195](https://vimeo.com/25203195)



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

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

**TO SCHEDULE A RIDE**