

*Happy 24th Anniversary,
Pastor Torian!*

The MESSENGER

A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor

As we linger in the fragrant victory of the Resurrection of our Lord and Savior Jesus Christ, may we continue to grow in the grace and knowledge of our salvation. May is a month that brings new growth after the refreshing rains of April. Like the flowers that are in bloom may you mature as children of light walking in the Light. Happy Mother's Day to all.

Living in His Assurance,

Pastor Luke E. Torian



"I'm so glad that they hung Him on that cross. I'm so glad that they laid Him in a borrowed tomb. But I declare to you that early that Sunday morning, He got up. Aren't you glad that He got up? Aren't you glad that He lives? Because as He lives, you and I live as well. He declared all power, not some power, but all power! This is the Word of the Lord."

Pastor Luke E. Torian

Final words from 2019 Easter Sermon

Worship (the first of our 4-step strategy)

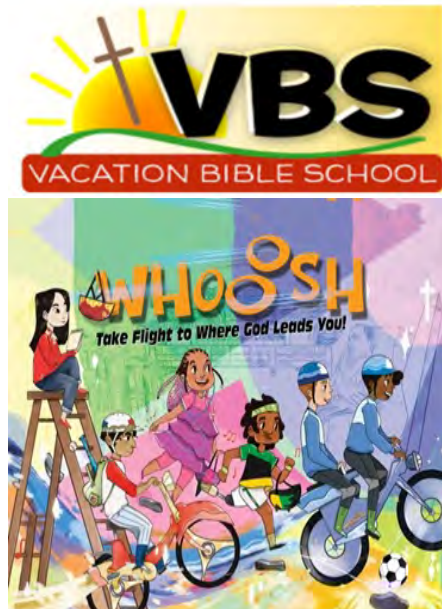
"But the hour is coming and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth." (John 4:23-24)

At First Mount Zion, **we are committed to worshipping God in Spirit and in Truth.** We believe true worship is God-directed and God-centered. Worship allows us to draw close to a Holy God, who alone is worthy of all our praise and adoration. Therefore, we invite you to "come worship" with us.

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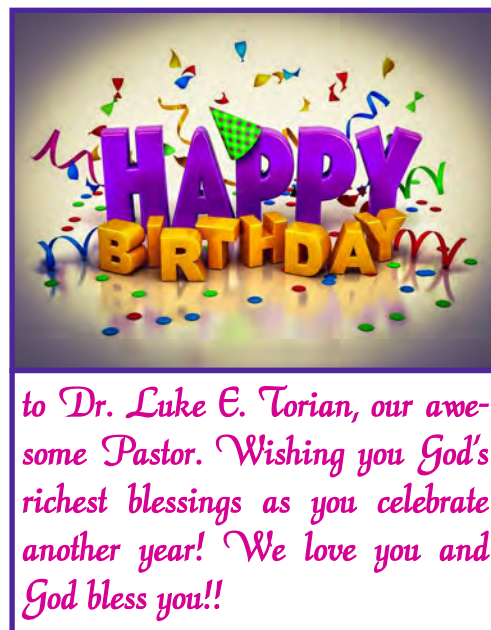




Registration for Vacation Bible School opens May 1st – June 16th (or until all slots are filled).

VBS will be held June 24-28, 2019, 8:00am-12:30pm. Children ages 4 through 12th grade are invited to register; children must be 4 years old by June 24th. **NEW in 2019, registration is online ONLY** at vbspro.events/p/fmzbcvbs2019. Our program is **Whoosh: Take Flight to Where God Leads You**; where children will commit to *Dream with God, Remember God's miracles, Praise the Lord, Learn from Jesus, and always Begin with Faith!* Volunteers are still needed; screening is mandatory; last day to attend is May 18. Please contact Carmia Salcedo (703-307-6296) or Kim Nelson (202-520-8016) with any questions at:

vbs@firstmountzionbc.org



to Dr. Luke E. Torian, our awesome Pastor. Wishing you God's richest blessings as you celebrate another year! We love you and God bless you!!



Strategic Planning Committee

Applications are being accepted for members interested in joining the Strategic Planning Committee (SPC). The Strategic Planning Committee (SPC) exists to help determine the strategic direction of First Mount Zion Baptist Church. The SPC develops the 5-year strategic plan, monitors its progress, and determines changes needed to attain Church goals. The SPC membership consists of servants from Church leadership (deacons, deaconesses, trustees) and designated members from the congregation. **If selected to serve on the SPC, participation for the full duration of service and at all scheduled meetings is expected.** If you would like to be a part of this Ministry, please stop by the SPC table in the Narthex and pick up an application. Applications should be returned to Dr. Ricky Gallaway no later than May 15, 2019. For more information, please contact Dr. Gallaway by email at ricky.gallaway@transcontinentalconsulting.com, or by phone at 540-356-5360. Thank you!

“The love of a mother is the veil of a softer light between the heart and the heavenly Father.”

-- Samuel Taylor Coleridge



FMZBC's Grief Support Ministry, Journey to Joy will host our eleventh GriefShare session on May 6, 2019. GriefShare is a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This program runs through May 20, 2019 from 7-9 pm. GriefShare is a free facilitator designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. Join us on Monday evenings! We know it hurts and we want to help and provide encouragement after the death and separation of a loved one.

POC: sjames@firstmountzionbc.org

Newest Additions to our Clergy Staff



Pastor Luke Torian, Rev. Gillis Taylor, Rev. Cynthia Ball, Rev. Marlene Johnson, Rev. Kathy Russell, Rev. Kara Franklin-Taylor, Rev. Sandra James, Assistant Pastor



Soldiers of Zion Get Ready to Ride!

On April 27th, the FMZ Motorcycle Ministry gathered for its second annual Bike Blessing, joined by members of the greater community as well as other local motorcycle ministries and clubs. It's a longstanding tradition of motorcycle clubs to kick off the riding season, which generally runs from late March through the end of October, although some bikers ride all year long. There was plenty of fun, food and fellowship and a word from Pastor Luke Torian, who blessed all the bikes. Then, the bikers took a poker run on the road to close out the ceremony.

With several FMZ Deacons who are part of the Ministry, along with a designated chaplain, it's not just biker slang to say they're going to "church" when they get together. More than just a social meetup revving up the streets, the 20+ members of the Ministry ride under the name, "Soldiers of Zion", and focus on building effective witnessing programs for the lost and unsaved in the motorcycle community. Serving through outreach and fellowship, they reach out to those who do not have a church home, offer them a place to worship, and share Scriptures. As they hit the roads in 2019, they ride assured they are headed in the right direction!



Ministries' Meeting Schedules

2019

- 5/6 Deacon Executive Committee Meeting (7-9 PM)
Journey to Joy/GriefShare (7-9 PM)
Deaconess Executive Team Meeting (7:30-9 PM)
- 5/7 Mary Elizabeth Ministry (7-8:30 PM)
Usher Ministry (7-9 PM)
Trustees' Ministry (7:30-9 PM)
- 5/8 Seniors' Ministry Social Meeting (9 AM-Noon)
- 5/9 Jewels Choir (7-8:30 PM)
Pastor's Aide Ministry (7-9 PM)
Voices of Zion (7-9 PM)
Men's Ministry Monthly Meeting (7:30-9 PM)
Trustee HR/Admin Committee (7:30-9 PM)
- 5/11 Men's Ministry Fellowship - Offsite (9-11 AM)
Women's Ministry Fellowship (9-11 AM)
- 5/13 Journey to Joy/GriefShare (7-9 PM)
- 5/14 Mary Elizabeth Ministry Monthly Meeting (7-8:30 PM)
- 5/15 Senior's Ministry (12:30-2:30 PM)
- 5/16 Jewels Choir (7-8:30 PM)
Voices of Zion (7-9 PM)
Deacon Ministry Meeting (7:30-9 PM)
Trustee Ministry-Facility/Real Property Committee (7:30-9 PM)
- 5/18 Joint Leadership Training Session (9 AM-Noon)
School of Ushering Class (9 AM-1 PM)
Spiritual Gifts Workshop (8:30 AM - 12:30 PM)
Volunteer Screening (9 AM-Noon)
Junior Ushers (11:30 AM-12:30 PM)
- 5/19 Family Fun Day immediately following 11 AM Service
- 5/20 Mary Elizabeth Ministry (11 AM-1PM)
Journey to Joy/GriefShare (7-9 PM)
Deaconess Ministry Interview Training (7:30-9 PM)
Trustee Ministry/Finance Committee (7:30-9 PM)
- 5/21 Women's Ministry (IPT) (7-8 PM)
Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 5/23 The C.O.R.E. Committee Meeting (7-9 PM)
Trustee Strategic Planning Committee (7-9 PM)
- 5/28 Singles' Ministry (7-9 PM)
Trustee Executive Board Meeting (7-9 PM)

For additional Activities and Events:

LEADERSHIP CHAPLAIN'S CORNER



Faith and Gospel in Action

The four Inward Disciplines discussed in previous articles (Meditation, Prayer, Fasting and Study) will improve your spiritual life. The four Outward Disciplines (**Simplicity**, Solitude, Submission and Service) reveal what you need to do to improve the world around you.

Simplicity is dependent on inward focus. Without placing inner focus on those things God desires for a person, it becomes impossible to **simplify** life in the manner He desires. Where simplicity abounds, words can be taken at face value; there is no hidden agenda. And yet, simplicity is not synonymous with "easy to understand." Jesus was not easy to understand nor was Paul, but both were characterized by *simplicity of speech*. Their intent was not to confuse or deceive but to clarify and illuminate.

Simplicity frees us from the tyranny of the **self**, the tyranny of **things**, and the tyranny of **people**. The "**self**" clamors for attention, self-recognition, applause. Through artful deception, it appears to be younger, wiser, richer, saintlier than is actually the case. **Self** will go to extravagant lengths to seem to belong to the intelligentsia. In meetings, it will quote authors it has never read or maintain a discreet silence in supposed superiority over so uneducated a group.

Confront and challenge the **tyranny of the self** with the following questions:

- ♦ Am I pretending to be an expert where I am only an amateur?
- ♦ Do I really read the books I quote?
- ♦ Do I use rhetoric as a curtain to conceal my true intentions?
- ♦ Do I give the impression of being more godly (or more profane, whichever will give more status in the group) than I truly am?
- ♦ Do I try to impress people with my degrees, titles, or honors?

Think on these things. Part 2 of the Discipline of Simplicity will be featured in the June issue!

Leadership Chaplains

The lesson for the *first Sunday* could be summed up in two scriptures, Galatians 3:8 and Galatians 3:13. They represent the whole story. God is inclusive! God justifies the heathen and, as God informed Abraham, through him all nations would be blessed. The Abrahamic religions - Judaism, Christianity and Islam - came out of Abraham's descendants. Jesus redeemed us from the law (Mitzvot/Mitzvah) by way of the cross. God is available for anyone who desires to have a relationship with the True Living God.

Second Sunday's lesson leads us into discussing how Jesus is available to those who believe. This lesson continues to inform us the love of Christ outweighs the law. Simply by believing in the Son of God, one is redeemed.

"*Heirs because of the Gospel*" is *third Sunday's* lesson title. Galatians 3:28 ties into first Sunday's lesson. This text tells us "*for ye are all one in Christ Jesus*". How much more inclusive can it be than that? In a sense, it is egalitarianism in spirit. With Christ, we all have the same opportunities. We all have the same opportunity to *ask, seek, knock and receive* (Matthew 7:7-8). We war for justice and equality here on earth, and the Lord offers it to us freely.

The golden text for *fourth Sunday's* lesson says, "If we have an opportunity to do good to all, let us do good to all, especially to those of the household of faith (Galatians 6:10)." It's a simple statement, but can be difficult to extremely-difficult to adhere to. It's easy to do good to someone you like or is easy to get along with. How about the co-worker we wish everyday they wouldn't come to work? Can we be nice to them? That's when we know we are walking with the Lord, when we do good even when we don't want to!

*Peace, Justice and Blessings,
Bro Gillis M. Taylor
Sunday School Superintendent*

Out of the Mouth of Bakes

Why I Got Baptized?

It's always a blessing to witness the formation of the love of God in our children. On Sunday, April 14th, our hearts were all touched to see three little girls baptized – the adorable Allen sisters. They are regular students in the early elementary Sunday School classes Y1/Y2 and Y3 at FMZBC. Their proud grandmother, Sister Linda Allen, Y3 Class Lead Teacher, called each one to the phone, separately and alone, so they could answer without any influence from the other. "Why did you want to get baptized today?" And here is what they each said:

Amari, 8

"I knew that I needed to get baptized so all my sins could be washed away."

Zaniyah, 7

"God got on the cross and I didn't want to have any more sins."

Noemi, 6

"I wanted to see what was going to happen and I wanted to join the church."



Deaconess Ministry



An Expression of God's Love for the Needy

Since 2010, the Deaconess Ministry has dispatched a team of five servants four times a year to serve evening meals to the residents at the Hilda Barg Homeless Prevention Center in Woodbridge, one of many groups in the county involved in outreach to this facility. The center is a 30-bed shelter for children, individuals and families open 24 hours a day, 7 days a week, 365 days a year. The staff is dedicated to helping them find new paths to self-sufficiency and an improved quality of life.

A Deaconess Servant team visited the center on April 9th, their second visit of the year. FMZBC Grain of Heaven Staff prepares a wonderful meal of main dishes, vegetable sides, beverages and, of course, tasty desserts -- all according to any special diets and food allergies. The Deaconess Ministry picks up and transports the food. Servers are asked to be sensitive to the privacy of children at the center and refrain from bringing children who may be their classmates or attend the schools that they attend.

After dinner, the team cleans up and engages in wonderful fellowship with the families. Leftovers are secured for the residents to enjoy another day. Residents are always very pleased with the delicious meals, conversation and laughter in fellowship and the special attention they receive.



Deaconess team serving at Hilda Barg on April 9th.
L - R: Sis. Bella Fetters, Sis. Sannette Coles,
Sis. Mozelle Floyd, Sis. Jackie Foy and Sis. Netra Taylor-
Goodwyn.

"We are blessed to have the opportunity to serve the families at Hilda Barg. We are inspired by the strength of the men, women and children who are trying to build new lives for themselves," says Sister Claudia Woolfolk, Chairwoman of the Deaconess Ministry. "Praise God for allowing us to serve in the community this way and offer encouragement to people in need of hot meals and expressions of God's love for them."

Submitted by Deaconess Vietta Williams

Celebrating A Heart of Service!

Her favorite chapter in the Bible: "I lift up my eyes to the mountains -- where does my help come from? My help comes from the Lord, the Maker of heaven and earth... The Lord will keep you from all harm -- he will watch over your life; the Lord will watch over your coming and going both now and forevermore" - Psalm 121:1-2, 7-8

At its March business meeting, the Deaconess Ministry celebrated the 25th anniversary of Sandra Lewis' service as Deaconess at First Mount Zion Baptist Church. Consecrated in 1994, she currently serves on various committees within the Deaconess Ministry; and as one of the Servant-Leaders in Zone G1, along with Deacon Henry Walker, Deacon Alonzo Wilson, Deaconess Beverly Bolden, and Rev. Chris Peterson.

A humble servant with a contagious smile, Deaconess Lewis is a proud mother of two adult children, Jessica and Joshua, and grandmother of one grandson, David. When she is not at FMZBC, work or spending time with the family, you will probably find her at one of her favorite beach vacation spots. Her favorite song is "My Help" by the Brooklyn Tabernacle Choir and her favorite chapter in the Bible is Psalm 121.

Congratulations, Deaconess Lewis! May our Lord continue to bless your service to Him and FMZBC!



DEACONS

Following to Lead | Leading to Serve

The Deacon Ministry is hosting a 4-day trip to Kentucky, August 14 -17 to see the Ark Encounter and Creative Museum. The Ark Encounter is a replica of Noah's Ark and the Creative Museum is a 75,000 square feet building with many biblical-based features to include what the Garden of Eden may have looked like. Cost: 3 person room \$495 per person, 2 person room \$570 per person and single room \$855. Tour includes round trip motor coach transportation from Dumfries, VA, 3 nights hotel accommodations at the Embassy Suites, admission to the Ark Encounter and Creation Museum, breakfast each morning. Seating is limited so please sign up as soon as possible!

POC: Deacon Andrew Walker
andrew.walker55@verizon.net



An Unforgettable Matriarch: The Living Legacy of Katie Johnson

With her silver hair and welcoming smile greeting you at the rear corner door of the sanctuary, 80-year-old Catherine Minor proudly serves in the FMZ Usher Ministry, which she has done since the age of 15. Although her servant-leadership roles include Church Clerk, Vice Chair of the Archives Committee, President of the Pastor's Aide Ministry, Sunday School teacher; she has also served in the Flower Club and as Food Coordinator for Vacation Bible School, but her greatest joy has come from working and mentoring the children in the Junior Usher Ministry.

In her humble visibility, she is one of three daughters of the late Deaconess Katie Johnson who grew up in FMZ, and today are currently active in FMZ ministries. Her sisters Janet Grayson, who has dedicated years as a volunteer in the SHARE Ministry and Women's Ministry, and Sheila West, who looks out for all of us as a member of the Security Ministry, quietly serve and uphold their mother's legacy.

While Deaconess Katie Johnson is cherished as one of the 17 founders of the Fellowship of Love women's ministry, she is the fruit of her grandparents Anna and George Washington who were one of the founding families of First Mount Zion Baptist Church 152 years ago. Her mother, Elizabeth Washington (who married James Butler) continued the line of these amazing matriarchs.

Today, three generations of the family regularly attend and participate in ministry. The roots of this distinguished family tree run deep in a legacy of love that continues to bloom in the FMZ Family.



Women's Ministry 40th Anniversary Brunch

The Women's Ministry recently celebrated 40 years of ministry! We honored the Founders and how they started the ministry as the "Fellowship of Love" with much prayer, faith and a commitment to encourage one another. Establishing and growing relationships, showing love for one another and for the Lord were important to the Founders. It's because of their obedience to the Holy Spirit, willingness to serve, and tireless dedication that they have paved the way for us, 40 years later, to still be a strong Women's Ministry. It's because of the Founders that we can live our lives as women answerable to God and faithfully committed to His Word. We are women uniting in fellowship with love, praise, and worship. May the Founders be an example and testimony that, if you have faith, hope and love, with God, all things are possible.

The Bible tells us that we are all His workmanship, created in Christ Jesus for good works. Continue on with the good works that the Lord has purposed for your life. When God calls you to a specific task, He will enable you to accomplish it. He's prepared to meet every need. He is ready to resolve every challenge that we may face. He will give us the strength we need to endure. If God is calling you to an assignment, He will equip you to complete it, so be encouraged. Remember that faith makes everything possible. Hope gives you an expectation of what's to come, and love conquers all.

To the Founders, I say thank you for paving the way and giving us a solid foundation that the Women's Ministry can stand on. Thank you to everyone who participated in making this celebration a momentous occasion.

*Yours in Christ,
Veronica D. Hackett
Women's Ministry Director*



Happy Mothers' Day! *Her Children Rise Up and Call Her Blessed - Proverbs 31:28*

Happy Mother's Day to all the mothers, grandmothers, aunts, sisters and women of First Mount Zion Baptist Church! We celebrate you for your sacrifice, care and watchful hand in stewarding the lives of the children you or your loved ones have born into this world or adopted. Your commitment to the Lord inspires the next generation to commit themselves to serve Him and let their lives bring God glory! We take a moment to shine the light on a few mothers who have or are currently serving in leadership roles within the FMZ congregation whose children have risen up to call her blessed through their own servant-leadership. This list is just a small representation of all mothers at FMZ who strive to rear their children in the way that they should go and have successfully parented active members in ministry throughout the 150 years of the church's existence. Today, we honor you. We cherish you! We call you blessed!



Demetria Cobb (Women's Ministry Administration Committee Lead) and son, Diego (Junior Usher Ministry President)



Deaconess Claudia Woolfolk (Deaconess Ministry Chairwoman) and son, Rev. Brian Woolfolk (Associate Minister & Sunday School Assistant Superintendent)



Deaconess Doris Sessoms (one of the founders of the Women's Ministry Fellowship of Love) & daughter, Pam (Professional Women Small Group Leader)



Rev. Carolyn Taylor (Associate Minister) and Rev. Kara Franklin-Taylor (Associate Minister and Sunday School Youth Division Director)



Rev. Helen Parker (Associate Minister) & daughter, Reglyn (C.O.R.E. Ministry Service Committee Chair)

"My Mother was a real pillar of righteousness in my early life. Her prayer life and faith inspired me to believe God for all things."

- - Pastor Mensa Otabil



to our very own,

BRO. KEITH DYSON

and co-inventors Robin Stewart and Qiliang Li, who were awarded a patent by the United States Patent Office on February 19, 2019, for an invention for "System and Method for Enabling an Interoperable Vehicle Safety Network Using Wireless Communications". This is the second patent awarded to Bro. Dyson. Stay tuned for a full article detailing this invention in the June Newsletter!





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

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

POC: Rev. John McNeill, Youth Minister



If you are interested in serving with the Children's Ministry - Kids Kingdom, which runs from September-June, we encourage

you to be part of our Ministry by sharing your giftedness. 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 or 240-602-5929



Today is the last day to register for the May **SHARE** packages. Distribution will be Saturday, **May 18, 2019**, from 9 - Noon in the gymnasium.

POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

VBS VOLUNTEERS NEEDED

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



SINGLES' MINISTRY SCHEDULE

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

May 28th - Tues 7pm
June 25th - Tues 7pm

SUBMISSIONS FOR NEWSLETTER:

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

Submissions should be sent to:

cpm1@firstmountzionbc.org

We look forward to your participation!!

Thank you!

Communications and Publicity Ministry

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

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Website: www.fmzbc.com

Sunday Worship Service Schedule

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

Wednesday Bible Study Schedule

Midday Bible Study
Praise and Worship - 7:30 PM
Bible Study - 8:00 PM

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

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

Fifth Sunday Unity Worship Service Schedule

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

Connect with us on Social Media:

Facebook: www.facebook.com/fmzbcumfries
Twitter: [@fmzbc1](https://twitter.com/fmzbc1)
Instagram: [@the_core_fmzbc](https://www.instagram.com/the_core_fmzbc)
Vimeo: vimeo.com/25203195



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

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

TO SCHEDULE A RIDE