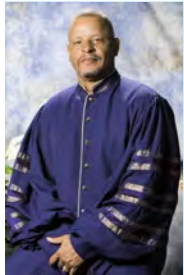


The MESSENGER



Message from the Pastor

What's INSIDE

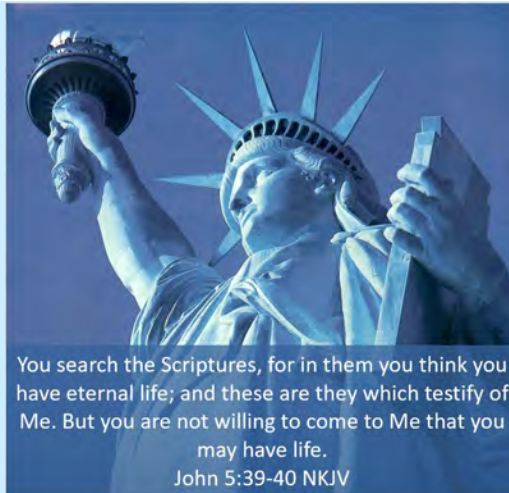


The Spirit of Liberty

"Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty." 2 Corinthians 3:17 (NKJV)

In Oswald Chambers' daily devotional, My Utmost for His Highest, he says the following: "A spiritually-minded person will never come to you with the demand - 'Believe this and that;' a spiritually-minded person will demand that you align your life with the standards of Jesus. We are not asked to believe the Bible, but to believe the One whom the Bible reveals (see [John 5:39-40](#)). We are called to present liberty for the conscience of others, not to bring them liberty for their thoughts and opinions. And if we ourselves are free with the liberty of Christ, others will be brought into that same liberty—the liberty that comes from realizing the absolute control and authority of Jesus Christ.

Always measure your life solely by the standards of Jesus. Submit yourself to His yoke, and His alone; and always be careful never to place a yoke on others that is not of Jesus Christ. It takes God a long time to get us to stop thinking that unless everyone sees things exactly as we do, they must be wrong. That is never God's view. There is only one true liberty — the liberty of Jesus at work in our conscience enabling us to do what is right."



During this Independence Day (July 4th) as we celebrate with family and friends, let us remember how much we have to be thankful for as we prayerfully protect and appreciate our freedom as a people and in Christ Jesus.

Living In God's Assurance,

Pastor Luke E. Torian



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The MESSENGER

the **CORE**
First Mount Zion's Young Adult Ministry

The C.O.R.E. has been having an eventful summer! In May The C.O.R.E. showed off their golfing skills as they hosted their social event, a night at Top Golf. Following the social event several members of The C.O.R.E. participated in the Tough Mudder 5K race. According to attendees, the race was strenuous, but a lot of fun!

On June 9th, C.O.R.E. members had the honor of participating in worship services. The C.O.R.E. would like to thank Chairwoman Roconia Price, Teanda Anderson, Brandi Johnson, Roslyn Parker, and Amy Smith for their faithfulness in serving! If you are a First Mount Zion Young Adult who would be interested in participating in a worship service please email TheCore@FirstMountZionBC.org!

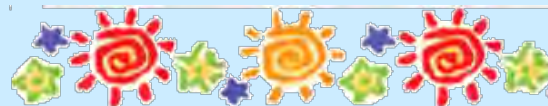
Later in June, The C.O.R.E. traveled to Lynchburg VA to host their major event of the summer, Love Your Selfie, a First Mount Zion Young Adult retreat. Twenty-one C.O.R.E. Members made the trip to the Eagle Eyrie Baptist Conference Center. The C.O.R.E. expresses their sincerest gratitude to Rev. John McNeil and Rev Helen Parker for teaching special spiritual growth sessions on the importance of loving God as well as the importance of loving others. C.O.R.E. members also hosted a special "Love Your Selfie" session focusing on self love in several different aspects including self care, physical health, mental health, the power of senses, and so much more. The retreat also included games, activities, and an awesome weekend of fellowship and building bonds among First Mount Zion Young Adults. We had an amazing weekend that we will never forget.

For more information on future C.O.R.E. events, please follow us on Twitter/Instagram @TheCore_FMZBC, join the Facebook Group: First Mount Zion Baptist Church Young Adult Ministry; or email us at: TheCore@FirstMountZionBC.org to be included in our email list.



This past May, the American Red Cross and Inova nonprofit health centers sounded the alarm about a "critical shortage" of Rh negative blood in the DMV area to urge donors of all blood types to donate. The need for O negative blood is the most critical because it is the universal blood type that can be given to patients of any blood type. **Come to the gym to donate between 7:30am – 3pm, July 14, 2019.** You may save a life! Support the FMZBC's 17th Annual Blood Drive conducted by the Singles Ministry and Health Ministry. We thank you in advance for your support!

POC: Al Shelton - (703) 969-5910



Service

(the last of our 4-step strategy)

"Thus also faith by itself, if it does not have works, is dead. But someone will say, 'You have faith and I have works.' Show me your faith without your works, and I will show you my faith by my works." (James 2:18-19)

The book of James reminds us that faith and works go hand in hand and, as one writer puts it, "faith alone saves but the faith that saves is never alone." At First Mount Zion, we are committed to a faith that naturally produces good works. Through our faithful service we become the extended arms of God to humankind. We invite you to become an active part of the many ways that God is serving this community and beyond through the faithful servants of First Mount Zion.

The MESSENGER

Ministry Opportunities

Attract More Ministry, Personal and Business Opportunities
with Three Easy Etiquette Techniques

June 2-8, 2019 is National Business Etiquette Week

Do you want more ministry, personal and business opportunities but feel unsure about how to get them? One way to get what you want is to use positive etiquette and manners during your business interactions. Colossians 4:6 tells us to "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

Evaluate your behaviors and put these three easy actions into play to be positioned for God-given business opportunities:

1. Use polite phrases and make eye contact. Each day, we meet numerous individuals. How often do you truly take note of the various workers you encounter? Have you ever been guilty of being unable to recognize those who are making your work-life easier? You can meet some interesting people by noticing those you interact with. Make eye contact with others and apply the simple rules of etiquette, like saying "good morning", "please" and "thank you."

2. Keep your eyes and ears open for networking opportunities and new ministry, personal and business contacts. If you view each interaction with others as God-given opportunities, the power of your etiquette skills grows and your light shines.

3. Ask for others' contact information and business cards if you want to stay in touch with them. When you encounter others, who are speaking about their ministry, life or work and you find it interesting, ask for their contact information and business card. You can then give them your information and cards at the same time. This is the first step toward staying connected.

You have various opportunities to show case your ministry, personal and business etiquette and civility. And when you practice positive etiquette with others, some great things are bound to happen to you. You'll meet more people, widen your network, and enjoy some fascinating experiences. Show your great etiquette to the world and attract more God-given opportunities in the process! Start practicing today!

- - Submitted by Pamela Sessoms



2019

Noteworthy
Recipients

First Mount Zion is blessed with hundreds of heroes that we call mothers and fathers. Each summer, Pastor Torian identifies several noteworthy parents as exemplars of the wonderful parents throughout our congregation.

Our Noteworthy Fathers for 2019 are:



Trustee Oscar Daily

Brother Al Moore

Our 2019 Noteworthy Mothers are:



Deaconess Ada Gregory Sister Sylvia Moore

These shining examples model citizenship, service, and most of all, the values of Christian living to nurture strong families. Their influence stretches beyond their families and neighbors through their children and grandchildren, and we are thankful for Ada, Al, Oscar, and Sylvia. We wish God's continued blessings on each of our noteworthy parents and all the hard-working, loving, and nurturing parents throughout our congregation.

The MESSENGER



Thanks to one of our Members, Bobby Brooks, for sharing his basketball skills with our youth! Nearly 20 boys and girls participated in a special five-week clinic during the month of June. As the Assistant Coach for the Varsity Boys Basketball team at the National Christian Academy, Bobby not only taught the fundamentals of the game and tips on the best technique, he encouraged teamwork and boosted their esteem on and off the court.



FMZBC Members, family and friends are invited and encouraged to join us on our trip to Ark Encounter and Creative Museum in Kentucky. There are only **SIX** seats available for the 4-day trip to Kentucky, August 14-17, to see this incredible facility, which is a replica of Noah's Ark. The Creative Museum is a 75,000 square foot building with many biblically-based features, including what the Garden of Eden may have looked like.

Cost: 3-person room: \$495 per person
2-person room \$570 per person
Single room \$855

Tour Includes:

- Round Trip Motor Coach Transportation from Dumfries, Virginia
- 3 Nights Hotel Accommodations at the Embassy Suites
- Admission to the Ark Encounter and Creation Museum
- Breakfast each morning.

Please sign up as soon as possible. if you are interested in attending or need further details, please contact:

Deacon Andrew Walker
andrew.walker55@verizon.net



The MESSENGER

LEADERSHIP THE CHAPLAIN'S CORNER

The Discipline of Simplicity Cont'd - (Part 3) July 2019

Eight Discipline of Simplicity nuggets for living a Simplistic Life!!

1 of 8: Buy things for their usefulness rather than their status. Cars should be bought for their utility, not their prestige. Consider riding a bicycle. When you are considering an apartment, a condominium, or a house, thought should be given to livability rather than how much it will impress others. Don't have more living space than is reasonable. After all, who needs seven rooms for two people?

Consider your clothes. Most people have no need for more clothes. They buy more not because they need clothes, but because they want to keep up with the fashions. Hang the fashions! Buy what you need. Wear your clothes until they are worn out. Stop trying to impress people with your clothes and impress them with your life. **OUCH!!!!** If it is practical in your situation, learn the joy of making clothes.

2 of 8: Reject anything that is producing an addiction in you. Learn to distinguish between a real psychological need, like cheerful surroundings, and an addiction. Eliminate or cut down on the use of addictive, non-nutritional drinks: alcohol, coffee, tea, Coca-Cola, and so on. Chocolate has become a serious addiction for many people. **OUCH!!!!** If you have become addicted to television, by all means sell your set or give it away. **WHAT!??** Any of the media that you find you cannot do without, get rid of: radios, stereos, magazines, videos, newspapers, books. If money has a grip on your heart, give some away and feel the inner release. Simplicity is freedom, not slavery. **Refuse to be a slave to anything or anyone but God!! Adonai!!!**

3 of 8: Develop a habit of giving things away. If you find that you are becoming attached to some possession, consider giving it to someone who needs it. I still remember the Christmas I decided that rather than buying or even making an item, I would give away something that meant a lot to me. My motive was selfish: I wanted to know the liberation that comes from even this simple act of voluntary poverty. The gift was a ten-speed bike. As I went to the person's home to deliver the present, I remember singing with new meaning the worship chorus, "Freely, freely you have received; freely, freely give." When my son Nathan was six years old, he heard of a classmate who needed a lunch pail and asked me if he could give him his own lunch pail. Hallelujah!

De-accumulate! Masses of things that are not needed complicate life. They must be sorted and stored and dusted and re-sorted and re-stored ad nauseam. Most of us could get rid of half our possessions without any serious sacrifice.

Scripture: Prov 15:16 - Better to have little, with fear for the Lord, than to have great treasure and inner turmoil (NLT).



Ministries' Meeting Schedules

2019

- 7/1 Deacon Executive Committee Meeting (7-9 PM)
- 7/2 Trustees' Ministry (7:30-9 PM)
- 7/3 Seniors' Ministry (12:30-2:30 PM)
- 7/8 Benevolence Committee (7-8:30 PM)
Deaconess Executive Team Meeting (7:30-9:30 PM)
- 7/11 Jewels Choir (7-8:30 PM)
Pastor's Aide Ministry Meeting (7-9 PM)
Voices of Zion (7-9 PM)
Trustee HR/Admin Committee (7:30-9 PM)
- 7/15 Deacon Ministry Interview Training (7:30-9 PM)
Trustee Ministry/Finance Committee (7:30-9 PM)
- 7/16 Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 7/17 Seniors' Ministry (12:30-2:30 PM)
- 7/18 Jewels Choir (7:00-8:30 PM)
Voices of Zion (7-9 PM)
Deacon Ministry Meeting (7:30-9 PM)
Trustee Ministry/Facility and Real Prop. Com. (7:30-9 PM)
- 7/23 Trustee Executive Board Meeting (7-9 PM)
- 7/25 Trustee Strategic Planning Committee (7-9 PM)
- 7/27 SHARE Distribution (9-NOON)
- 7/30 Trustee Meeting (7:30-9:00 PM)

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

Special Note:

The Church will be closed Thursday, July 4th and Friday, July 5th. There will be no activities during these times. Thank you.

The MESSENGER

Deaconess Ministry



Building Partnerships to Help Women in Local Communities

On Saturday, June 8th, leaders from the Deaconess Ministry, Daughters of the King, and Professional Women's Small Groups banded together and volunteered to support the 2019 "Go With the Flow" effort by helping to pack over 6,400 feminine hygiene products (i.e., tampons and pads) for both under sheltered and homeless women throughout Prince William County and Fredericksburg, VA.

The products, donated by FMZBC members voluntarily over an eight-week period from April 7th through May 30th, were taken to six designated sites for distribution: Brisbane Homeless Shelter in Fredericksburg, VA; Serve and Entrusted Connections Life House in Manassas, VA; Acts in Dumfries, VA; Hilda Barg Homeless Shelter and Woodbridge Hugs in Woodbridge, VA.

The Go With the Flow effort started in 2017 as an annual community project for the FMZBC Professional Women's Small Group led by Sister Pamela Sessoms. "Thank you to all of the Deaconess who partnered with the Professional Women Small Group to donate, pack and deliver tampons and sanitary napkins," said Sis. Sessoms.

"The idea for the Go With the Flow project stemmed from recognizing that basic needs for both under sheltered and homeless women were not only clothes and food but also included feminine hygiene products such as sanitary napkins and tampons," said Sister Sessoms. "Women, regardless of economic status, must have affordable access to these items on a monthly basis for the majority of their adult lives. We are so very fortunate in the US to have many choices in what products fit our unique needs. But even in the US, there are many women who are in desperate need of tampons and sanitary napkins. Did you know that women cannot use government supported programs such as SNAP to purchase tampons or sanitary napkins? There are women who miss work and teens who miss school because they lack products. This effort allows for several women throughout Northern Virginia to have these items freely available to them while being shown the love of Christ through the kind donations from others."

Since 2017, over 20,500 items have been donated, collected and distributed to women in local communities. This past March, the Deaconess Ministry voted to support FMZBC ministries targeting church and community outreach for the remainder of 2019 in lieu of hosting the Annual FMZBC Community Giveaway event; normally scheduled for October annually. The next Community Giveaway event will be held in 2020. "We are so happy to have this opportunity to help the Go With the Flow project's "packing party," said Deaconess Chair Sister Claudia Woolfolk. "This is a wonderful project overall and we know that many in the communities will be blessed to have these items freely available to them."

On behalf of the Professional Women's Small Group and the Deaconess Ministry, "thank you to all FMZBC members who donated feminine hygiene items in 2019 and for going with the flow that shows the love of Christ to our sisters! The 2020 goal for collection is 8,000 feminine hygiene items. If FMZBC members are interested in helping our church meet this goal, consider participating in Spring 2020 by donating feminine tampons or pads or joining the Professional Women's Small Group.

Submitted by Deaconess Vietta Williams



The MESSENGER

Seeing The Need, Delivering Hope!



Health Ministry

Have you ever had an opportunity to volunteer at an event that you thought would be just an 'OK' event? Have you ever wondered how your contributions would be received, perceived, or even if you would be able to give your all while doing your very best? Well, all of those questions and others were going through my mind as I mentally prepared myself to volunteer at the Convoy of Hope Woodbridge community event on June 1.

Physically, I was up for the challenge. I am passionate about this area within the healthcare arena—assisting Virginia residents in the Medicaid and FAMIS programs. While undergoing doctoral studies several years ago, I wanted my dissertation to focus on people who were uninsured and/or under-insured. This volunteer experience was my opportunity to learn more. As an Ambassador of the statewide Health Care Hope initiative, I had completed the required research and the face-to-face mandatory training that equipped me to assist applicants.

Where I failed to prepare myself was understanding the number of people, many of whom looked like me, that fell into this category. As a healthcare provider, I thought I aware of all the populations of people who were uninsured and under-insured. But I was dumbfounded that it was not just immigrants. It was truly an eye-opener to see the number of U.S citizens and working-class Americans who are in need. I was ignorant to the ramifications exposed to all residents.

On June 1, the Prince William County Health Care Hope team helped more than 75 people, providing them with information about the new income eligibility levels for Medicaid and local healthcare resources for those who did not meet the requirements and helping complete applications for those who did.

My goal is to continue heightening the awareness of those who may not be aware. I thought I was informed but I was far removed. What about you? Where do you stand when it comes to your thoughts and views about healthcare and Medicaid? What are you willing to do to assist man-kind regardless of age, color or creed? God demands this of all of us.

So, if you are looking to serve quietly, The Health Ministry needs volunteers who are lay persons, health professionals, and nurses to serve the congregation during 8am and 11am services as well as other church events. Please send an email to healthministry@firstmountzionbc.org for more information.

Submitted by Lynette Juluke, Health Ministry President



Assurance of Salvation

I have *written* these things
to you that you may *know*
that you have eternal life.

1 John 5:13



The MESSENGER



First Friday (Sept. 6, 2019 - 7pm to 9pm):

All 6th -12th Graders are invited to participate in the **2019 Fall Youth Ministry Kick-off!** This year's theme is **Transformers (Romans 12:2)**! Join your friends for our FMZ Youth vs. FMZ Spiritual Guides games, prizes, food, fun and a guest music artist. Bring a friend! All FMZ Youth (girls and boys) may participate in the games.

POC Rev. John McNeill, 703-670-0184; email: jmcneill@firstmountzionbc.org

Save the Date (Back-to-School Service): On September 15 during the 8am and 11am services, we encourage all students (nursery school to college), educators (e.g. teachers and specialist) and staff (e.g. administrators, chefs, janitors) who work in scholastic settings to attend. There will be words of encouragement, hope and prayer.



Youth Worship Service Participants: All youth (6th to 12th Grade) are given the opportunity to participate in the Sunday worship services by leading the responsive reading, morning prayer or offertory prayer. Note: 12th graders should reach out before departing for transitioning. If you are interested, please contact Rev. John McNeill at 703-670-0184.



Youth Bible Study on Wednesdays: We will explore the meaning of life and what it means to be a Christian. Come and ask the question(s) that you've always had about the Bible. Learn how to do the right things

for the right reasons. Discover how to please God. "The Christian Life" is the general theme for our Wednesday night study. See you there! Bring a friend.



July 21st is the last day to register for the July **SHARE** packages. Distribution will be Saturday, **July 27th**, from 9 – Noon in the gymnasium.

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



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

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 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/fmzbcdumfries
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