

## A Ministry Exhibiting a Spirit of Excellencel

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

### Message from the Pastor



Summer has arrived and with it, a break for the ministries. The majority of the ministries are on break during the months of July and August. I am grateful to all who serve in support of the many ministries in our congregation. Your service and hard work make us stronger and more responsive to the needs of our members and the larger community. Our annual Revival will be held in August. Revival is about spiritual renewal and a fresh perspective on God's word. It is my hope that you will come and experience the renewal of your spirit and an increased closeness with Christ. Our revivalists this year are Dr. Dorothy Watson Tatem, Rev. Canon Leonard Hamlin, and Rev. William H Lamar IV. Our 2019 revival theme will continue to highlight "Living in God's Assurance". Please pray that the Lord will give us an awesome revival week of services and that we continue to grow together!

*Living In God's Assurance,*  
*Pastor Luke E. Torian*



Join us as these three powerful Messengers of God bring us a word from the Lord, August 4th at 8 and 11 a.m.; August 5-9 beginning at 7:30 P.M. You do not want to miss this treat!



Rev. Dr. Dorothy Watson Tatem  
Conference Superintendent Eastern District  
United Methodist Church, Eastern PA



The Rev. Canon Leonard Hamlin  
Canon Missioner  
Washington National Cathedral, Washington, DC

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Rev. William H. Lamar IV, Pastor  
Metropolitan AME Church, Washington, DC

**LET THE  
REVIVAL  
BEGIN IN US!!**





The Pastor's Aide Ministry (PAM) hosted a luncheon in honor of Pastor Luke Torian and Assistant Pastor, Sandra James on Sunday, June 30, 2019 at the Ashland Conservancy Clubhouse. Sister Sylvia Moore was also a part of the festivities as an honorary member of the PAM. Sylvia is our conduit for supporting the Pastor and Assistant Pastor. Everyone had a great time and we look



Rev. Luke and Sis. Clarice Torian



forward to future fellowships in appreciation of our Pastoral Team!

While the PAM consists of members who have made a commitment to work alongside the Pastor/Assistant Pastor and the other clergy to further the work to be done in the Ministry, there is still room for those of you who would like to be a part of this great Ministry. We meet on the second Thursday of each month at 7 p.m. and you are always welcome to stop by to check us out. In case you are not aware, below are some of the responsibilities of the PAM:

Our primary purpose is to encourage the Pastor, Assistant Pastor and Clergy.

Assist ministers during Revival (including meeting, greeting and escorting family members to their seats in the Sanctuary for Revival).

Call and/or send cards with words of comfort, encouragement, and support to bereaved families of our Clergy and the PAM Ministry.

Serve as floral bearers for funerals – if requested.

Lead devotion and host the Prayer Room during Revival.

Support PAM anniversaries.

POC: Oonagh M. Bell  
oonagbe2@gmail.com  
(954) 298-2106







Other Members of the PAM attending the Luncheon



## Leadership Highlight:

### Deaconess Pamela D. Ford Receiving the Gift of Life

Each year, several First Mount Zion Baptist Church (FMZBC) members take a few moments in July to stop and save a life. The Annual FMZBC Blood Drive took place on Sunday, July 14th, and for those who donated their time and blood, the experience is truly a blessing.

For one FMZBC member - Deaconess Pamela Ford, the annual Blood Drive is a continuing reminder of the Lord's favor upon her life.

Deaconess Ford joined FMZBC in 1994 and was consecrated as a Deaconess in October 2000. She was born in Pompano Beach, Florida, but was raised in Deerfield Beach, Florida by her parents, Reverend Willie James Ford, Sr. and his wife, Rhunette. She is the second oldest of 13 children. When she was a child, Pam fell ill and had to have a tonsillectomy. The surgery went well and she was discharged. After a few days being at home, she began to hemorrhage and was rushed back to the hospital. Doctors performed a transfusion and Pam received several pints of blood that ended up saving her life. "I would not be here today had not someone given me blood," said Pam. "It is an honor and a privilege to be a part of saving a life - like me."

For as long as she can remember, Deaconess Ford has tried to serve the Lord in every area of her life. She felt the Lord's prompting to move from Florida to Virginia in the early 1990's continuing her career path as a Software/Systems Engineer. She hardly knew anyone in Virginia and started attending FMZBC in 1992; initially because it was close to her new home. However, the Lord showed her much more. "The people at FMZBC were and continue to be very friendly, loving and inclusive," she said. In 1994, Sis. Ford officially joined and has been serving in this Branch of Zion ever since; supporting the Deaf Ministry as a signer, the Singles'

Ministry and as a Deaconess. "I absolutely love serving the Lord," said Sis. Ford. "My favorite scripture is Proverbs 3: 5-6. I have learned to trust in God and not lean upon my own understanding in order to strive to be both salt and light in this world."

For health reasons, Deaconess Ford is unable to donate blood to others. However, each year she faithfully supports the Blood Drive and continuously encourages all to give of themselves to save lives. When asked what she would say to those who are nervous about giving blood she said there is nothing to fear. "Oftentimes, God has taken me out of my comfort zone and that's ok," she said. "He took me out of my comfort zone when I moved up north to Virginia by myself. I never thought I would be serving as a Deaconess and giving corporate prayer or lighting Communion candles for to all to see. I never thought I would learn sign language and be supporting our Deaf members for almost 9 years. I like to stay in the background and plan. I am detailed-oriented and I want to know what's coming around the corner. But God thinks differently, of course, and most times he doesn't let me figure it out on my own strength. He simply says "Trust Me." Now, I have learned to say - "it's good to have a plan, but God has veto rights!"

Deaconess Ford summed up her encouraging words this way: "I encourage all who can donate blood to do so. You never know that the next person needing their life to be spared could either be you or someone you love. The Lord Christ shed His blood to save us. I am so thankful that God saved my life through His grace resulting in someone's kindness to help me."







## Sunday School in August!

In August, we transition from Abraham and Sarah to Isaac and Rebekah.

### August 4: Choice for Isaac

Abraham did not want to leave Isaac alone. Sarah's death weighed heavily on both father and son. Abraham sent his servant to find a wife for Isaac, the wife had to be a member of Abraham's family. There are at least four areas we could focus on in this text: faith, family, trust, humility and courage.

### August 11: Isaac and Rebekah

A love story. Laban and Bethuel gave the servant permission to take Rebekah. The real test was if she would go. She was asked if she would leave. Without hesitation, she replied in the affirmative. Upon her departure, her sisters blessed her with a prayer that was a prophecy; "to become the mother of 10,000s". She was blessed spiritually (love), physically (twins), and materialistically (Wealth). Most of all, she was a comfort to Isaac's grieving heart.

### August 18: Sons for Isaac and Rebekah

After being married for a number of years, Rebekah and Isaac have twins, Esau and Jacob. The brothers' relationship turns into a rivalry of biblical proportions. Esau was loved by his father Isaac, and Jacob was loved by his mother Rebekah. Rebekah goes on to demonstrate her cunning on behalf of Jacob.

### August 25: Isaac's Abundant Blessing

Here we go again ... Abraham called Sarah his sister, and now Isaac calls Rebekah his sister. Like father, like son! Would you call these two acts of self preservation cunning or cowardice? The recording artist, Prince song, "I Would Die For You", was not the theme song of these two relationships. What if King Abimelech had not seen Isaac being affectionate towards Rebekah? Was this God's timing that caused Abimelech to see them together? In this scenario, God did not talk to, nor plague the king as God did with Pharaoh. Abimelech released Isaac and Rebekah and they prospered.

Amen! Amen! Amen!

Peace, Blessings and Justice,

Brother Gillis M. Taylor  
Sunday School Superintendent



FMZBC Members, family and friends are invited and encouraged to join us on our trip to Ark Encounter and Creation 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 Creation Museum is a 75,000 square feet 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

**THIS IS THE CONFIDENCE WE HAVE IN APPROACHING GOD: THAT IF WE ASK ANYTHING ACCORDING TO HIS WILL, HE HEARS US. AND IF WE KNOW THAT HE HEARS US—WHATEVER WE ASK—WE KNOW THAT WE HAVE WHAT WE ASKED OF HIM.**  
**1 JOHN 5:14-15**





## LEADERSHIP THE CHAPLAIN'S CORNER

### *The Discipline of Simplicity (Part 4 of 4)*

This article concludes our topic on the Discipline of Simplicity "Pray before you spend" Nuggets! In the July issue we offered the first three of the eight nuggets. Below are the final five.

4 of 8: Refuse to be propagandized by the custodians of modern gadgetry. Timesaving devices almost never save time. Beware of the promise, "It will pay for itself in six months." Most gadgets are built to break down and wear out and so complicate our lives rather than enhance them.

5 of 8: Learn to enjoy things without owning them. Owning things is an obsession in our culture. If we own it, we feel we can control it; and if we can control it, we feel it will give us more pleasure. The idea is an illusion. Many things in life can be enjoyed without possessing or controlling them. Share things. Enjoy the beach without feeling you must buy a piece of it. Enjoy public parks and libraries.

6 of 8: Develop a deeper appreciation for the Creation. Get close to the earth. Walk whenever you can. Listen to the birds. Enjoy the texture of grass and leaves. Smell the flowers Marvel in the rich colors everywhere. Simplicity means to discover once again that "the earth is the LORD's and the fullness thereof" (Ps. 24:1).

7 of 8: Look with a healthy skepticism at all "buy now, pay later" schemes. They are a trap and only deepen your bondage.

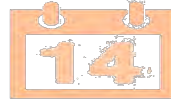
8 of 8: Obey Jesus' instructions about plain, honest speech. "Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil" (Matt. 5:37). If you consent to do a task, do it. Avoid flattery and half-truths. Make honesty and integrity the distinguishing characteristics of your speech. Reject jargon and abstract speculation whose purpose is to obscure and impress rather than to illuminate and inform.

9. Scripture: Matt. 6:33 - Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. (NLT)

Think on these things!! Selah!!

Excerpts from Richard L. Foster's Study Guide for "Celebration of Discipline". This material may be protected by copyright!

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



## Ministries' Meeting 2019

### PLEASE NOTE: SUMMER HOURS

**The Church offices are closed at 3 PM on Fridays through the end of August!**

- 8/1 Joint Leadership Meeting (7-9 PM)
- 8/3 Church Business Meeting (10:00 AM)
- 8/5-8/9 Revival (7:30-9:00 PM)
- 8/12 Benevolence Committee (7-8:30 PM)
- 8/15 Voices of Zion Ensemble (7-9 PM)  
Deacon Ministry Meeting (7:30-9:00 PM)  
Trustee Ministry/Facility and Real Property Committee (7:30-9 PM)
- 8/17 Junior Ushers (11:30-12:30 PM)
- 8/19 Deacon Ministry Meeting (7:30-9 PM)  
Deacon Ministry - Interview Training (7:30-9 PM)  
Trustee Ministry/Finance Committee (7:30-9 PM)
- 8/22 C.O.R.E. Committee Meeting (7-9 PM)  
Trustee Strategic Planning Committee (7-9 PM)
- 8/24 SHARE Distribution (9-NOON)
- 8/27 Trustee Executive Board Meeting (7-9 PM)

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

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THOUGHT FOR THE WEEK  
**BE PERSISTENT IN THE WORK GOD  
HAS ASSIGNED TO YOUR HANDS.  
BE DETERMINED TO TRUST GOD.  
AND STAND ON HIS WORD.**

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





## Zone M3 Celebrates at their 2019 Summer Bash!



On Saturday, June 29th, Zone M3 FMZBC members came together to get their “eat on” with great food and fellowship at their 2019 Zone M3 Summer Bash! The fellowship took place at the Bull Run Swim and Racquet Club in Manassas, VA. About 25 zone members enjoyed meeting one another through an icebreaker exercise that encouraged mutual curiosity and conversation. “It has been a while since we’ve gotten together,” said Deacon Al Shelton, “but everyone had a wonderful time and we are looking forward to the next fellowship. God truly is in the blessing business!”



If you reside in Manassas (close to Route 66), Manassas Park, Gainesville, Haymarket, Nokesville, Bristow, Winchester or South Riding, VA, then you are in Zone M3! For more information, please contact your Zone Leaders: Deacon Al Shelton, Deaconess Vietta Williams and Reverend Brian Woolfolk.



Stay tuned for the Zone M Bowling Fellowship Event Email!!!

*Blessings!*  
*Deaconess Vietta Williams*







**The Mary Elizabeth Ministry (MEM)** is a God-centered, non-judgmental ministry that serves to provide pregnancy and parenting education to adolescents and their families. Mary-Elizabeth started in Richmond, VA more than 25 years ago

and is inspired by the biblical story of Elizabeth mentoring her cousin Mary, mother of Christ (**Luke 1:37-42**). This story depicts the importance of supportive interaction and the celebration of human life. This non-judgmental understanding perspective allows for adolescent parents to know that they are loved.

MEM hosts two (2) eight (8) to ten (10) week programs annually for expecting teens and members of their support systems. These programs are called New Beginnings. During these programs, adult female ("Elizabeth") and adult male ("Zacharias") servants are assigned to mentor the adolescent expecting mother ("Mary") and expecting father ("Joseph"), respectively. Many of the mentors were themselves teen parents or a product of teen parents. This perspective allows for the mentors to provide personal testimony and understanding of what these teen parents and their support systems are going through. In addition the New Beginnings program provides expecting teens and members of their support systems training workshops that will help prepare the expecting teens for parenthood. Some of these training sessions and workshops include discussions on Labor & Delivery, Parental Rights and Virginia Law and speakers from Healthy Families to discuss child rearing and assistance after the childbirth and Generation Hope to discuss continuing education. The New Beginnings Program also has a peer-to-peer session in which Mary's and Joseph's that previously participated in MEM give their testimonies and updates on parenthood.

Each New Beginnings program ends with a Baby Shower at the last training session. Through gracious donations from the First Mount Zion Senior's Ministry, First Mount Zion members and the community, MEM is able to provide a baby shower in which the Mary and Joseph are able to "shop" for baby clothes, bottles, diapers, wipes, basinetts, rockers, toys, etc. Many of these pregnancies were not planned and being able to lighten the

load and provide baby items is a blessing to the teen parents and their families.

In 2019, two of the Marys received scholarships for college from Generation Hope.

In 2019, MEM received a call from a local high school from a girl that recently found out she was pregnant (at 7 months). Mrs. Sandy with MEM went and met with the girl at the high school and a few days later MEM members met with the teen and her parents. The teen's father stated that his daughter smiled for the first time and her disposition changed immediately after meeting with Mrs. Sandy and that Mrs. Sandy was a godsend. That is the impact that the MEM has on these teens and their families.

In addition to the New Beginnings Session, MEM also conducts a Diaper and Wipes Drive where they collect and distribute diapers and wipes to adolescent parents and homeless, domestic violence and sexual abuse shelters. Mary Elizabeth also supports the Street Light Ministries Outreach by serving over 100 homeless men, women and children.

Mary Elizabeth is always looking for mentors and donations. If you would like to learn more about MEM and/or are interested in donating please contact:

[MaryElizabeth@FirstMountZionBC.org](mailto:MaryElizabeth@FirstMountZionBC.org)

## 2020 BUDGET REQUESTS

The Trustee Finance (Budget) Committee is preparing for the 2020 Budget. All Budget submissions must be submitted on the correct form and approved by the appropriate oversight ministry. Please ensure appropriate justification for submission is provided to ensure approval. **All submissions are due to the CBA by August 21, 2019.** The Trustee Ministry will present the 2020 Budget for Church approval at the December 7, 2019 Church Meeting. Contact Trustees Oscar Dailey, Maxine DuFore or Leslie Gerald with any questions. Oversight Ministries are noted on the reverse side of the Budget Submission Form. **NOTE: ANY EXCEPTIONS MUST BE COMMUNICATED TO THE TRUSTEE FINANCE (BUDGET) COMMITTEE PRIOR TO THE DUE DATE ALONG WITH JUSTIFICATION.**



## A Summer Prayer for Youth

Loving and kind God, who sent His son Jesus Christ to the earth to shed His atoning blood and makes eternal life available to us, we thank you for your generous Spirit. We ask, Lord, that You would forgive us for our sins. Today, we pray that You would bless our ears to hear and know Your voice always; bless our eyes to see our lives and the world according to Your will; bless our mouths to speak loving and kinds words to our family and friends; bless hands to heal and help others and to be creative; bless our feet to walk the path that is ordered by You and lit by the light of Your Word. This prayer is offered in the strong and powerful name of Jesus Christ. Amen.



Our Vacation Bible School 2019 experienced record participation this summer. 239 children of all ages, including 88 from our community, along with 108 servants enjoyed a week filled with awesome Bible stories, fun, games, and service to the community. In September the Messenger will highlight a full story of OPERATION WISHLIST, the VBS 2019 service project, and other activities from VBS 2019. In the meantime, thanks to all the students, participants, servants, and staff that made VBS 2019 a record-setting success.



**First Friday (Sept. 6th - 7 to 9pm):**

All 6<sup>th</sup> -12<sup>th</sup> 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](mailto:jmcneill@firstmountzionbc.org)

### Save the Date (Back-to-School Service):

On September 15 during the 8 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 (6<sup>th</sup> to 12<sup>th</sup> 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!

POC Rev. John McNeill, 703-670-0184;  
email: [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)



August 11th is the last day to register for the August **SHARE** packages. Distribution will be Saturday, **August 24th**, from 9 – Noon in the gymnasium.



### 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](mailto: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](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 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](http://www.facebook.com/fmzbcdumfries)  
Twitter: [@fmzbc1](https://twitter.com/fmzbc1)  
Instagram: [@the\\_core\\_fmzbc](https://www.instagram.com/the_core_fmzbc)



**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**