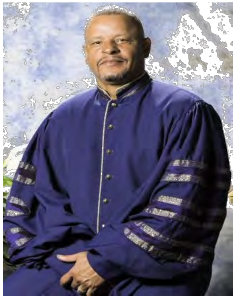




A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor



*"On Your Mark,
Get Set,
Let's Go!"*

John 12:26: "if anyone serves Me, let him follow Me; and Where I am, there My servant will be also. If anyone serves Me, him My Father will honor."

"On your mark, get set, go!" is a phrase used to begin a competition. Originally, "on your mark, get set, go!" was used in the 1800s to begin foot races. The word "mark" referred to the place on the running course where the runner would start, whether a line or a set of starting blocks. Our "mark" is First Mount Zion! "Get set" is a sort of warning that the signal to start running is about to occur, though today when a runner "gets set" he usually raises his hind quarters and tenses his legs in preparation to run. Our "get set" is our readiness to serve in ministry using our gifts and talents. The word "go", of course, means that it is time to start running. Our "go" means it's time to serve.

The Summer is coming to an end and it is time to get back full swing to Kingdom work. We were blessed during the Revival as we were reminded of the blessings of living out our 2019 Church theme, "Living in God's Assurance"! What I do know is God has been mighty good to all of us and it is my prayer that each mem-

ber will come back rested, refreshed and revived for the work God has placed in our hands. So, I have a few questions for reflection and prayerful action for you:

What are your gifts and talents? What is your passion? Where do you see yourself serving in ministry in the days, weeks and months ahead? All I ask of you is to commit to serve and find your place. Your gift is ready to be used and there is a place here in this Body of Believers. Each Sunday we are reminded that our mission is "To connect people who have a desire to become fully devoted followers of Jesus Christ" and we do this four ways: in our worship, stewardship, study of the Word and service. The only way to accomplish any and all of these is through your active participation in ministry...you, the members, you, the congregation, you, the people of God. I ask... what's stopping you? I'm ready, are you? So, Let's go!

Living In God's Assurance,


Pastor Luke E. Torian



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VBS

VACATION BIBLE SCHOOL

WHOOSH

Take Flight to Where God Leads You!

2019 Recap

As First Mount Zion students begin a new school year, let us reflect on the fun we had in Vacation Bible School (VBS), our summer program for children offered through the Christian Education Department the last week of June.

It would not be a great summer without VBS and VBS would not be complete without awesome students, volunteers, Bible stories, fun, games, and service to the community. VBS 2019 had all of these things and more.

This year, First Mount Zion welcomed 239 kids and 108 volunteers to Whoosh: Take Flight to Where God Leads You, a faith in culture curriculum celebrating the indelible link between faith and African American history.

Through this curriculum, students were "encouraged to allow God to lead them as they journey to places of freedom, fun, and opportunity, remembering God's miracles as they go." Each day, students and teachers prepared to "take flight with faith in Jesus Christ" and "touch down" on a historical African American site, with a Bible memory verse to guide the day. Some of the places that VBS touched down and learned more about included: The National Museum of African American History and Culture in Washington, DC; The National Underground Railroad and Freedom Center in Cincinnati, OH; The American Jazz Museum and the Negro Leagues Baseball Museum, both located in the same building in Kansas City, MO; Black Wall Street in Tulsa, OK; and Colonel Allensworth State Historical Park in Tulare County, CA. Not only were the students enlightened by our history and accomplishments, but the teachers also learned something new and in some cases

had a wonderful history refresher! Students had the opportunity to learn, play, praise God, and dream about the places they could go with Jesus in their lives. Their hearts and minds were open to experience the presence and love of God each day.

An important part of making VBS a welcoming environment has to do with the decorations that reflect the theme. The Decorations & Crafts Team did an outstanding job, with the help of our Facilities staff, turning the Chapel into the MLK Jr. Memorial with a gigantic depiction of the MLK statue at the entrance of the Chapel.

They also transformed the narthex into our very own history museum. With daily presentations in the Chapel from FMZBC members sharing nuggets from their own history, everyone learned how our community has always relied on Jesus to strengthen and encourage us through life's adversities. The other VBS teams that play a crucial role in the success of this ministry



are: Registration, Food Services, Music, Recreation, Teaching, and Teen Tabernacle. Each team works extremely hard weeks leading up to VBS to ensure the success of this program. Additionally, we were blessed to have FMZ Staff, Leadership, Security, and the Nurses on duty to help in their respective areas of expertise. As VBS seeks to use technology to its advantage, our first year of online registration was a huge success! It expanded our community outreach with a 34% increase in non-FMZBC member fami-

lies. These students came from various churches and denominations, with 40% indicating no church affiliation. This fact allowed us, with the help of the Lord, to make a lasting impression on their hearts about who we are as the Body of Christ and who Jesus is as our Savior.

VBS was filled with inspiring lessons, great food, fun crafts, challenging games, and new friendships. As evidenced in our surveys, a major highlight of VBS for students and volunteers was Water Day, where the goal is to get yourself and everyone else as wet as possible. Mission accomplished...with the help of 6000 water balloons!

Yes, VBS was tons of fun, but we did not forget to share our blessings. We are especially proud with the results of our VBS Service Project, OPERATION WISHLIST.





We collected a total of 475 items and \$905 in gift cards! Our donation to the Loisann's Hope House, a homeless shelter located in Fredericksburg, included 36 beds-in-a-bag, 58 pillows, and \$510 in Walmart/grocery store gift cards.

Our second servant project was for the Fairfax Inova Children's Hospital. We collected 372 items comprised of dolls, cars, and coloring books, as well as \$395 in restaurant gift cards for children receiving care and their families. Thank you to the parents and members for your donations. May God bless each of you for your generosity.

THANK YOU First Mount Zion for making VBS possible and free, and for prioritizing outreach to children and teens. VBS 2020... here we come!

Submitted by:

*Sister Carmia Salcedo, Sister Kim Nelson
and Rev. Dr. Tracey Dawkins Holley*

<https://www.facebook.com/fmzbcdumfries/videos/2464291960277284/>



Sis. Catherine Minor - longest serving VBS volunteer



Welcome to OUR WINNER'S CIRCLE

Closing Program Game Winners





Meet our Clergy



Rev. Carolyn D. Taylor is a native of Washington, DC and currently resides in Woodbridge, Virginia. She is married to a man of God, Gordon W. Taylor and is the proud mother of one adult daughter, Kara Franklin-Taylor.

Rev. Taylor acknowledged her call into the ministry of preaching in May 2008 and was licensed to preach the Gospel in November 2012 and ordained in October 2015. She has been a member of First Mount Zion Baptist Church, Dumfries, Virginia since 1998 where she serves as an Associate Minister. She holds a Bachelor of Business Administration from Averett University, Danville, Virginia and a Master of Divinity from the Samuel DeWitt Proctor School of Theology at Virginia Union University, Richmond, Virginia. In 2012, after 35 years, Rev. Taylor retired from her federal career as a Senior Budget Analyst. She currently serves on the Board of Directors and as Treasurer for Daughters of Thunder, LLC; an organization that mentors and empowers Christian clergy women.

Rev. Taylor's mantra scripture is Proverbs 3:5-6, "Trust in the Lord with all of your heart, and lean not on your own understanding; in all of your ways acknowledge Him, and He will direct your paths".



Rev. Kara Franklin-Taylor is a native of Washington, DC and currently resides in Woodbridge, Virginia. She has been a member of First Mount Zion Baptist Church since 1998. Rev. Kara is the Youth Division Director for Sunday School and also teaches one of the high school Sunday School classes. She is also an active member of the young adult Center of a Righteous Empire (C.O.R.E.) Ministry.

Rev. Franklin-Taylor acknowledged her call to ministry in 2014 and subsequently began her matriculation at The Samuel DeWitt Proctor School of Theology at Virginia Union University where she earned her Master of Divinity degree in May 2018. She also holds a Bachelor of English as well as a Master in Teaching degree from Hampton University. Kara is currently a Language Arts middle school teacher in Alexandria, Virginia.

Her mantra scripture is 1 John 4:4, "Ye are of God, little children, and have overcome them: because greater is He that is in you, than He that is in the world."



Rev. Tarra L. Taylor was born in Macon, Georgia to Thomas W. Armstrong Jr. and the late Brenda E. Green. She is married to Gillis M. Taylor and they are the parents of two adult children and four grandchildren.

She was ordained in October 2017 at First Mount Zion Baptist Church. Tarra earned a Bachelor of Arts in Psychology from Fort Valley State University, Fort Valley, Georgia; a Master of Science in Health Sciences Administration from Central Michigan University, Mount Pleasant, Michigan; and a Master of Divinity from Howard University School of Divinity, Washington, District of Columbia. She is a retired Army officer with 23 years of active military service. Tarra is currently employed with Georgetown University, where she serves as a Chaplain at MedStar Georgetown University Hospital in Washington, DC.

Rev. Taylor is a member of Sigma Gamma Rho Sorority, Inc, Top Ladies of Distinction, Inc. and Fredericksburg Area Sickie Cell Association.

At First Mount Zion Baptist Church, Tarra is active in the Health Ministry, Sunday School, and Women's Ministry.

Rev. Taylor's mantra scripture is Mark 9:23 "Jesus said to him, "if you can believe, all things are possible to him who believes."



LEADERSHIP THE CHAPLAIN'S CORNER

The Spiritual Discipline of Solitude

After an extensive and soul-searching study of the Discipline of Simplicity, let us continue with the second of four "Outward" Disciplines... **Solitude**. In quick review, the Outward Disciplines reveal what people need to do to improve the world around them, and they are: (1) Simplicity, (2) Solitude, (3) Submission, and (4) Service.

It has been noted that "without solitude it is virtually impossible to lead a spiritual life." Why is this so? Because, in solitude, we are freed from our bondage to people and our inner compulsions, and we are freed to love God and have compassion for others.

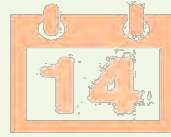
To enter solitude, we must disregard what others think of us. Who will understand this call to aloneness? Even our closest friends will see it as a terrible waste of precious time and as rather selfish and self-centered. **But, oh, what liberty it releases in our hearts when we let go of the opinions of others!** The less we are mesmerized by human voices, the more we can hear the Divine Voice. The less we are bound by others' expectations, the more we are open to God's expectations.

"But, in solitude, we die not only to others but also to ourselves. To be sure, at first, we thought solitude was a way to recharge our batteries in order to enter life's many competitions with new vigor and strength. In time, however, we find that solitude did not give us power to win the rat race; on the contrary, it taught us to ignore **the "rat race!"** Slowly, we found ourselves letting go of our inner compulsions to win and our frantic effort to attain. In the stillness, our false, busy selves are unmasked and seen for the imposters they truly are.

It is out of our liberation from others and self that our ears become open to hear and our eyes unveiled to see the goodness of God. We can love God because we do not have to love the world. Through our solitude, an open inner space has been created through which God finds us. In a deeper more profound way, we turn from the idols of the marketplace to the Glory of God in the face of Jesus Christ. God takes this "useless" Discipline, this "wasted time," to make us His friend."

Excerpt From Richard J. Foster's Study Guide for "Celebration of Discipline"

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



Ministries' Meeting Schedules

2019

- 9/3 Deacon Executive Committee Meeting (7-9 PM)
Mary Elizabeth Ministry (7-8:30 PM)
Ushers' Ministry (7-9 PM)
Trustee Ministry (7:30-9 PM)
- 9/5 Jewels Choir (7-8:30 PM)
Voices of Zion Choir (7-9 PM)
Women's Ministry Meeting (7-9 PM)
- 9/6 Youth First Friday (7-9 PM)
- 9/7 Spiritual Gifts Workshop (8:30-12:30 PM)
- 9/9 Benevolence Committee (7-8:30 PM)
Journey to Joy/GriefShare (7-9 PM)
Deaconess Executive Team Meeting (7:30-9 PM)
- 9/10 Children's Church Ministry (7-9 PM)
- 9/12 Jewels Choir (7-8:30 PM)
Pastor's Aide Ministry (7-9 PM)
The C.O.R.E. (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)
- 9/14 Men's Conference (8-4 PM)
Women's Ministry Fellowship (9-11:30 AM)
- 9/16 Deacon Ministry/Interview Training (7:30-9 PM)
Trustee Ministry/Finance Committee (7:30-9 PM)
- 9/17 Women's Ministry (7-9 PM)
Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 9/19 Deacon Ministry Meeting (7:30-9 PM)
Trustee Ministry - Facility and Real Property Committee (7:30-9 PM)
- 9/21 SHARE Distribution (9-Noon)
Usher Training (9-12:30 PM)
Volunteer Screening (9-Noon)
Junior Ushers (11:30-12:30 PM)
- 9/24 Photography Ministry (7-9 PM)
Trustee Executive Board Meeting (7-9 PM)
- 9/26 The C.O.R.E. (7-9 PM)
Trustee Strategic Planning Committee (7-9 PM)
- 9/28 Joint Leadership Training Session (9-Noon)

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



Proverbs Place
Child Care & Learning Center

Use \$50 Registration
Graphic on Enrollment!
(703) 670-5062

<https://proverbsplace.net/2016/05/26/registration-form/>

www.proverbsplace.net

Sign up in the Narthex after service
POC: Al Shelton (703) 969-5910
You can either play, sponsor, or just buy a golf shirt!



THE PLAN

Lord, you told me to walk with you,
To listen and hold your hand,
But you know I'm a sinner
And I hope you understand!

You gave me your guidance
And showed me what was true
But God I am a man
And you know how we do.

You gave me Your Word
And You taught me how to pray
But Lord I don't pray much
Because I don't have much to say..

You had my back through my struggles
You kept me out of that fight
But Lord I had a knife with me
And I would have been alright!

For as long as I can remember
You've been on my case,
But my life has been alright
So why are You in my face?

You even sent my mother,
She said kneel and take His hand,
But I told her I don't kneel
I will stand up like a man.

Lord why me, why now?
It's too late for Your plan,
Why waste Your time with me
I am nothing but a man.

My son I told you to walk with Me
To listen and hold My hand,
I know you are a sinner
But I have a plan.

I gave you my guidance
And showed you what was true,
I had hoped you would listen
But I knew what you would do.

I gave you My Word
And I taught you how to pray,
And though you have not used it yet
You will need it one day.

I had your back through your struggles,
And though you wanted to fight,
That other man had a gun
So I brought you home that night!.

For as long as you have been alive
I have watched over your life,
But I wanted to bring you closer
So I gave you a home, a son, a wife.

I never sent your mother
Her faith was already strong,
Your mother is who sent Me to you
She has prayed for you all along.

My plan is just getting started
Just walk with Me and you'll see
That I am God, your Father
And real men pray to Me!

*by Brother Curtis Spriggs
Zone M3*

September Bible Study Schedule

DATE	TEACHER/FACILITATOR	LESSON TITLE
Sept 4	Rev. Beverly Jiggetts Rev. Maxine Thompson	Jephthah/Jephthah's daughter
Sept 11	Rev. Ann Finch Rev. Glenda Brown	Habakkuk
Sept 18	Rev. Carolyn Taylor Rev. Cheryl McNeill Rev. Marlene Johnson	Deborah
Sept 25	Rev. Chris Peterson Rev. Cozy Bailey	Judah



fires of revival

Psaln 99:9



Revival 2019 was a week jam-packed with powerful, inspiring and rejuvenating messages from three anointed guest preachers. It was evident that our speakers were on assignment from God for this Body of Believers. While the consistent message throughout was in line with our theme, “Living in God’s Assurance”, each speaker encouraged us not to be weary in well-doing but to continue to trust God and live in His assurances as He is a God who never goes back on His Word and whose promises are true.

Dr. Dorothy Watson Tatem opened the floodgates of revival at our Sunday 8:00 and 11 a.m. services with the message titled: **“Living in God’s Assurance: Go Back and Rebuild”**, reminding us that the distinctive mark of a Christian is to be obedient to what God is instructing us and His instructions for us are to GO BACK AND REBUILD. There are various things that each of us need to go back and rebuild. Whatever that “thing” may be in our life that requires rebuilding, we must, clean up the mess or unfinished work we have made and left behind, otherwise we cannot keep moving forward effectively and with purpose.

On Monday and Tuesday, Rev. Canon Leonard Hamlin stirred up the conscience of those in attendance with his message titled “God Is Able”. He emphatically challenged worshippers to strive to be different. He encouraged us to look for God and earnestly seek change and renewal of our minds, so that our lives will reflect the pattern that

Christ has left for us to follow. He reminded us that there is nothing we can have need of that the Lord has not already provided. In order to be the recipient of His provisions, we must be looking for Him with the trust and assurance that He has already put things in place for us to utilize.

His encouragement on Tuesday night was a stirring message titled **“Can These Bones Live?”** What a Word! The challenge to us was simply this: Are we ornaments or instruments? Are we waiting around watching who is doing what or are we, ourselves, participating in the process? He encouraged us to be willing vessels for God.

Rev. William H. Lamar III was the third revivalist. On Wednesday night, he encouraged us to be authentic in our worship, praise, and prayer life to God with the simple yet powerful message from the red letter teachings of Jesus from Matthew 6:9-13, **“The Lord’s Prayer”**. He said we are to approach God, “Our Father” as we would our earthly father. He then asked the question? Can Jesus be found in the sanctuary?

He stirred us up even the more on Thursday night with a message titled **“Give us this Day”** from John 21:1-12. He asked us to use our imagination as he reminded us of the Disciples fishing, catching nothing, yet Jesus as a servant on the shore cooking the fish. Give us this day our daily bread.

He brought the Revival to a powerful conclusion on Friday night with the message titled: **“For Thine Is the Kingdom.”** He gave us the statistics on sugar and how many pounds we consume each year and cautioned us to beware of churches that smell like a bakery . . . we should smell like sheep! Sprinkling sugar on our prayers can be dangerous. We should pray “Deliver us from evil.” Whatever comes our way, we should always remember “For thine is the Kingdom and the power and the Glory forever.” Amen.

God used these three Instruments to revive, refresh, rejuvenate, encourage and strengthen us in our Christian walk as there is much work left to do. They reminded us that GOD is sovereign and whatever is going on in our lives and in the world around us, God has it in control and we only need to trust Him in all things, for all things, and through all things, and He will work it out!

Those of you who were unable to attend the Revival, you are encouraged to go on line at www.fmzbc.com and listen to the messages in full. Let us continue to move forward in our service, study, stewardship and worship knowing that the joy of the Lord is our strength and assurance.



Did you know that September is Deaf Awareness Month?

It started out as the International Day of the Deaf back in 1958 and was championed by the World Federation of the Deaf – the UN-recognized representative of Deaf people worldwide. It has since been extended to being the International Week of the Deaf, and comprises the entirety of the last full week of September, though a quick Google search will show that there is a lot of variation out there. Local, regional and national organizations often having different weeks, days or even the whole month as their period of recognition!

The purpose of Deaf Awareness Month is to increase public awareness of deaf issues, people, and culture. Sign language, subtitled shows, accessibility at events, noise-consciousness, work safety, Deaf celebrities – there is so much we can share!

Activities and events throughout Deaf Awareness Weeks encourage individuals to come together as a community for both educational events and celebrations.

Some of the messages during Deaf Awareness Week include:

- Celebrate the culture, heritage, and language unique to deaf people of the world.
- Promote the rights of Deaf people throughout the world, including education for Deaf people, access to information and services, the use of sign languages, and human rights for Deaf people in developing countries.
- Recognize achievements of deaf people, including famous deaf individuals.

- Educate about the misconceptions of being deaf and the challenges the deaf population face during everyday life.
- Learn about types, degrees, and causes of hearing loss.
- Be exposed to sign language and other ways deaf and hard-of-hearing people communicate.

To read more visit the following links:

<https://www.hearinglikeme.com/deaf-awareness-month-2018/>

<https://eoejournal.com/deaf-awareness-month/>

Deaf Awareness Facts

President Abraham Lincoln signed the charter to establish a national college for deaf students – Gallaudet University - April 8, 1864.

<https://www.nf2is.org/gallaudet.php>
<https://my.gallaudet.edu/intranet/announcements-archive/charter-day-celebration>

What are the four levels of deafness? The four different levels of hearing loss are defined as: Mild, Moderate, Severe and Profound. These definitions are useful to give a rough guide as to how bad your hearing loss is but it's by no means an exact science -- for example, someone could have a mild hearing loss for low-pitch sounds and a moderate loss for higher pitch sounds (this is actually very common).

- Mild Hearing Loss. Someone with a mild hearing loss will not be able to hear sounds that are quieter than 25 - 45 dB. This means they will struggle to hear people whispering, won't hear the clock ticking, leaves rustling or the hum of electrical equipment. Normal everyday conversations may still be OK to hear in quiet environments but people may start to struggle more when there is more than one person talking or where there is background noise.

- Moderate Hearing Loss. Sounds in the range of 40 - 75 dB are the quietest someone with a moderate loss will be able to hear, this level of hearing loss is going to have a major impact on your ability to hear in day-to-day environments as it is likely you will now struggle to follow conversation, even in quiet environments, you'll probably still pick up some words, or parts of words, but it is going to be hard work.

- Severe Hearing Loss. Things are really going south now, someone with a severe loss will not be able to hear much below the 75 - 90 dB range. This means you won't be able to hear the TV, people talking, the phone ringing or most other everyday sounds. Again, as before, you may have a severe loss for some aspects of your hearing and a moderate or even mild in others.

- Profound Hearing Loss. 90 dB is the lowest sound you will be able to hear now. You would just about be able to hear a chainsaw, lawn mower or loud music.

Provided by Steve Claridge:

<https://www.hearingaidknow.com/question/what-are-4-levels-of-deafness>

We hope that you will decide to be a part of this incredible Ministry and allow your gifts to be used to bless others. The Deaf Ministry meets on the second Tuesday of each month, September - June, at 7:00 p.m. Look forward to seeing you there!!!

*Deacon James Hawkins
Deaconess Andrea Bryson*





September Focus is:

Our Call to Deliverance

This quarter is an exciting adventure in the Freedom narrative. I think we should invite friends to Sunday School just to have a different perspective. The lessons start in September with ***"A Call for Deliverance"*** and ends in November with ***"Deliverance Accomplished"***. We look forward to seeing everyone at Fifth Sunday Unity Sunday School!

First Sunday - ***A Long Hard Oppression***. We can relate or empathize September's Focus for Sunday with the children of Israel during their enslavement. Our ancestors landed in this country in 1619. Ghana is celebrating the year of return 1619-2019, 400 years of African diaspora. If we look back over our own history, we can relate, understand and discuss the key words in the lesson. We find rigor, burden, bondage and infanticide; these are the same terms used to describe our ancestors' plight.

The Birth of Moses is on the Second Sunday. Here is a modern twist on the Moses story. Barack Hussein Obama-Yep! I said it. Let's look at President Obama's narrative. Because of the laws of this nation, he is considered Black. For the most part, the African American community accepted him. Here is the similarity - Moses was raised in Pharaoh's courts; President Obama was raised in a white culture. Moses and President Obama walked between two cultures. Moses learned Pharaoh's playbook and President Obama learned the white-middle class playbook from the inside.

Third Sunday; ***A Comfortable Exile*** - Moses is on the lam! Remember the infanticide mentioned on the first Sunday? Moses demonstrated exactly what the Pharaohs were afraid of - Hebrews who were not afraid to harm an Egyptian. Moses mother nursed him and she taught her son what it was to be Hebrew. Exodus 2:11 says,

"When Moses was grown, he went out unto his brethren..." After seeing what the Egyptian was doing to 'his brethren,' he killed the Egyptian. Was this an angry act of love and empathy for the people he knew as his people?

On fourth Sunday we have that infamous ***Burning Bush!*** The lyrics of Earth Wind and Fire's - Burnin' Bush - aptly describes Moses, the Hebrew people, our ancestors and the African American community situation. https://www.youtube.com/watch?v=QXpWs4_VWNw - If you have a chance, listen to it.

In Exodus 3:1, Moses is tending sheep, developing the skills he would need to lead his people out of bondage to freedom. Notice the symbology in the text. The Angel-messenger of God, sent by God. There are some missions we take-we must know they are God given. The flame of fire-passion of God, pure power and control; another demonstration of the omnipotence of God. The burning bush - a people, a life, a living thing, (artistic license following) -- "Moses if I, YAHWEH, can stop a flame from consuming a bush, I can protect and provide for you and your people." The next time we see the phrase "Here am I" is in Isaiah 6:8. Moses removed his shoes-intimacy, and relationship, he could not touch God. But! God placed him on holy ground. The turning of his face, demonstrated humility. God spoke to Moses and gave him the mission-up close and personal. Moses could not deny God's presence, nor doubt his mission.

Finally, ***Let My People Go***, for fifth Sunday. Here is another modernization of this text: Pharaoh-southern slave owners; Israel-our ancestors; Moses and Aaron-the abolitionists and freedom fighters. Can you see the parallels? Pharaoh's rebuttal in Exodus 5:2 to Moses' request in Exodus 5:1, is akin to the chant slave owners made during slavery "States' rights." Because the Israelites wanted freedom, Pharaoh's demands became harsher. Because abolitionists supported our desire to be free, slave owners increased their cruelty upon our ancestors. Our ancestors received punishments and tortures that could be described as another Inquisition.

tion. Through it all our ancestors persevered, and we will too!

Rev. Gillis M. Taylor
Sunday School Superintendent



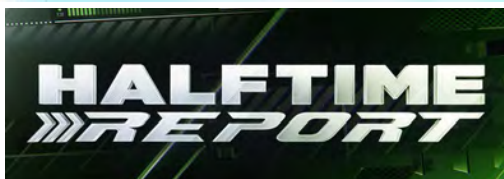
A Journey from
Mourning to Joy

FMZBC's Grief Support Ministry, ***Journey to Joy***, will host ***GriefShare***, a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This 13 week program runs September 10 thru December 16, 2019, from 7:00-9:00 pm. GriefShare is a ***free*** facilitator-designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. ***We know it hurts and we want to help and provide encouragement after the death of a loved one.***



The Spiritual Gifts Ministry's 3rd quarter workshop will be held on Saturday, September 7th from 8:30 am - 12 noon. It's not too late in the year to come and receive your Spiritual Gifts assessment and learn more about how God is gifting you for service. Registration for the workshop can be done at Spiritual-Gifts@firstmountzionbc.org

Please note that the final day to register is Wednesday, September 4th. We look forward to seeing you.



The first half of 2019 has been awe-inspiring for The C.O.R.E. Awesome events have taken place in each of our four focus areas (Social, Sessions, Spiritual Growth, and Service).

Thus far, The CORE has hosted social events, putting together vision boards to outline our future aspirations, gone roller skating, and fellowshiped at Top Golf. In the area of service, The CORE has served inside of FMZBC by participating in Sunday worship services as well as outside as we fed those who are less fortunate at Streetlight Community Outreach Ministries. In our Young Adult self-help sessions, The CORE has hosted events focusing on physical fitness and relationships. In an effort to emphasize Spiritual Growth and helping young adults grow in their relationships with Jesus Christ, The CORE continued our monthly spiritual growth session, The Ministry of LIFE!

2019 has already proven to be a jam-packed, invigorating, and productive year for The CORE, but we are just getting started! As we return from our summer break, we plan to hold more sessions promoting progression within young adults. We will have more service activities within FMZBC and in our community. We will emphasize Spiritual Growth with more editions of The Ministry of Life (held every 2nd Thursday of each month), and we will fellowship at more social events, including movie nights, meet-ups at Truckeroo, Top Golf, the Trampoline Park, and so much more! We'll also close the year with our annual Christmas Party!

Additionally, The CORE is looking for First Mount Zion Young adults who are interested in stepping into leadership positions in each of the four focus areas! If you or someone you know may be interested or, if you want to be included in our email list, please write us at:

TheCore@FirstMountZionBC.org

Also, if you need more information on future C.O.R.E. events, please follow us on Twitter/Instagram @TheCore_FMZBC or join the Facebook Group: First Mount Zion Baptist Church Young Adult Ministry.

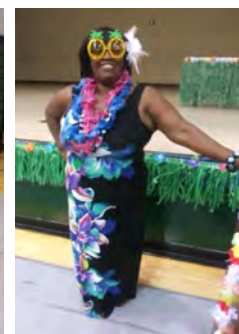
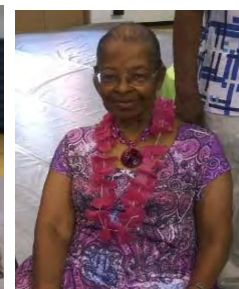
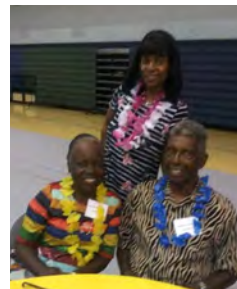


The Seniors' Ministry enjoyed a Luau on June 19, 2019. Over 100 seniors attended, dressed in traditional Hawaiian attire.

After enjoying a delicious lunch of pulled pork sandwiches, burgers, salad and dessert, the Seniors engaged in a game of Family Feud. This activity culminated the end of the Ministry's year and new Seniors Ministry activities will commence on September 11, 2019.

Come join us!

*Humbly submitted,
Sis. Shirley Hardy*





2019 MEN'S CONFERENCE
September 14, 2019
8am – 3pm
(Doors Open at 7:30 am)

“FEAR – LESS”
Be A Man of Courage
Joshua 1:9

DON'T MISS OUT
REGISTER TODAY!
\$50



ATTENTION ALL MEN! GET READY!!! GET READY!!! GET READY!!! The time to register for the 2019 Men's Conference is **NOW!!!** God is calling all men to “FEAR-LESS” and be men of courage! God is calling men to be strong and courageous, not afraid, nor dismayed, but always reminded that the Lord is with us wherever we go! Joshua 1:9. What does it mean for men to “fear-less”? What does a “fear-less” man look like? What are we afraid of? How do we grow in courage? What should we be rising up and speaking out about? What would it look like to have our homes,

churches, and communities full of men who are not afraid to do what God says do and to go where God says to go? Well, join us as we tackle these questions together. Our Conference on September 14th is a one-day experience for every man who faces the daily demands of life, work, family, and friends and needs to be encouraged to stand strong in his faith. Register TODAY and each Sunday after Worship at the Men's Ministry table in the Narthex; or go to www.fmzbc.com, beginning August 1 to register on-line. The cost is only \$50 to hear relevant messages from anointed preachers/teachers; experience high-energy worship and praise from gifted musicians, saxophonist, and vocalist; and to enjoy awesome food and fellowship with one another. This one-of-a-kind conference will truly be an experience to remember! We look forward to seeing you, Kingdom Men of God, on September 14th. Iron Sharpening Iron (Proverbs 7:17). For further information contact: Bro. Mark Jessup, mensministry@firstmountzionbc.org



Brother Everett Griggs, Brother Randy Hardy, Brother Mark Jessup

M1 – M2 – M3 Bowling Fellowship *Food, Fun & Fellowship in Jesus' name!*

What a time, what a time we had! Zones M1, M2 and M3 held a combined bowling fellowship July 20th at the Bowl America Woodbridge and it was all good. The bowlers, the wanna-be bowlers, and the kind of can-bowl bowlers were out in full force. There was a lot of cheering and morale boosting as the bowling balls smashed into the pins, and let me tell you, the pins were flying. As usual, the smack-talkers were there also...hooping and hollering. It was all in good fun though. We even had a good group of those that didn't bowl, but they cheered everyone on. There was pizza, chicken wings, french fries and soda. Good ole filler-up kind of food. We laughed, talked, caught up on old friendships and met members we never knew. Food, fun and fellowship was the order of the day, and it was certainly achieved. May God continue to be praised as we enjoy one another in work and play!

Deacon James Hawkins





First Friday (Sept. 6th - 7 to 9 p.m.):

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.

Also - Save the Date (Back-to-School Service): On September 15 during the 8 and 11 a.m. Services, we encourage all students (nursery school to college), educators (e.g. teachers and specialists), 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 begin a new Youth Bible Study series on Wednesday, September 4th at 8 p.m., where we will explore the **Pressures of School**. All youth (6th-12th graders) are invited to attend.

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

September 8th is the last day to register for the **SHARE** packages. SHARE packages are \$23 for food valued between \$35.00 and \$45.00. Distribution will be Saturday, **September 21st**, 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
Chesley Doctor, 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 - 12:00 PM
Praise and Worship – 7:30 PM
Bible Study – 8:00 PM

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

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

Fifth Sunday Unity Worship Service Schedule

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

Connect with us on Social Media:

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



If you need transportation to/from Church, please call the Administrative Office:

(703) 670-0184

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

TO SCHEDULE A RIDE