



MISSION: To connect people who have a desire to become fully devoted followers of Jesus Christ!

December 1, 2019  
Volume 15 - Issue 12

*A Ministry Exhibiting  
A Spirit of Excellence!*

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



## Christmas Message from the Pastor

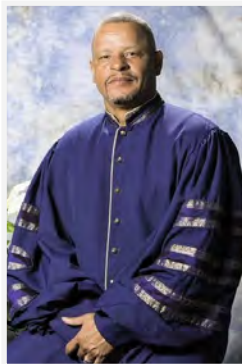
### Inside This Issue

### God's Word:

#### *The Gift That Keeps On Giving*

*Your word is a lamp to my feet And a light to my path (Psalm 119:105)*

We are in the hustle and bustle of the holiday season. Sales galore, coupons and discounts, early bird specials and long lines make Christmas shopping a challenge for even the most "seasoned" shopper. The challenge is to find the best gifts and stay within a dwindling budget. Let me suggest to you the gift that may be shared daily, all it "costs" is faith enough to "believe" it is true.



That gift is the Word of God (The Bible). You might ask how this Gift keeps on giving. Think of a situation in life...any situation... and there is a word, a promise from God that is relevant for the moment. All we have to do is "look" for the biblical truth in the Word of God and apply it to our lives.

Here are just a few examples (suggested Gifts) for your consideration:

**Anger:** "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." James 1:19-20

**Anxiety:** "An anxious heart weighs a man down, but a kind word cheers him up." Proverbs 12:25

**Comfort:** "Praise be to the God and Father of our Lord Jesus Christ, The Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." 2 Corinthians 2:3-4

**Communication and Speech:** "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29.

**Fear:** "The Lord is my light and my salvation-whom shall I fear? The Lord is the strength of my life - of whom shall I be afraid?" Psalm 21:1

**Faith in God:** Jesus answered and said to them, "Have faith in God". Mark 11:22

**Hope:** "Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, the Maker of heaven and earth, the sea, and everything in them - the Lord, who remains faithful forever." Psalm 146:5-6

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**Friends and Enemies:** "The kisses of an enemy may be profuse, but faithful are the wounds of a friend". Proverbs 27:1, "A Friend loves at all times." Proverbs 17:17

**Overcoming Evil:** "Do not be overcome by evil but overcome evil with good." Romans 12:21

**Work:** "All hard work brings a profit, but mere talk leads only to poverty." Proverbs 14:23

**Worry:** "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has its own trouble." Matthew 6:34

As you read and study the Word of God, remember it's a "Gift" and allow it to speak to your heart in every situation.

*Merry Christmas!*

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

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First Mount Zion welcomes all **NEW MEMBERS** who have joined us during 2019. We feel blessed to have you as a part of our congregation and pray that, as God leads you, you will associate yourself with a ministry in service to God, and make a difference in this indifferent world.

We love you at First Mount Zion  
and, again,

**WELCOME, WELCOME,  
WELCOME!!!**



The Youth Prayer Dinner will be held on **Friday, December 6th from 7-9 PM** in the Grain of Heaven for 6th thru 12th graders. **Sign-ups end Sunday (Dec. 1st) after the 11AM service.** Dressy attire is

**required for this event.** Jeans and tennis shoes are not allowed. Also, youth are asked to participate in the Youth Canned Food Drive Contest to fight hunger in the community. The top six winners will receive a prize. Canned goods should be brought to the Prayer Dinner.

#### CHILDREN'S MINISTRY

Mercantile is coming 2nd Sunday, December 8th, during Kids' Kingdom. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile.

POC: Judy Best, Mercantile Coordinator (703) 670-0746, [genesis04@msn.com](mailto:genesis04@msn.com).



Our Annual Christmas Production will take place on Sunday, December 15, 2019. Rehearsals will be held December 2, 5, 9, 10, and 12, from 7 PM to 9 PM and the final Dress Rehearsal will be Saturday, December 14, from 10 AM - 12 PM Please call Min. Sylstea Sledge at (703) 670-0184 and get on board! It is not too late to participate.



If your personal information is not updated, please either see your Zone leader, or go to the Leadership Desk in the Narthex and fill out a change of information card. You can also leave it with the Administrative Office. This helps the Church and Leadership to communicate more effectively with you when we have your current information. Thank you!

Please be reminded that the Christmas Card exchange mailbox will be available in the Narthex through the holidays for members to share greeting cards while saving on postage. Please place cards in the section that is labeled with the first letter of the person's last name.





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Hello, my name is Russell James, Jr. I wanted to take a moment and tell you a little more about myself. I was born hearing and grew up in Greenwich, Connecticut. When I was one year old,

I got an ear infection in both ears which took away almost all my hearing. I wear a hearing aid to help, but it does not give me normal hearing. This greatly delayed my ability to speak.

I went to Mystic Oral School where they teach you to read lips and speak; no sign language is allowed. Then I went to American School for the Deaf from 1977 to 1984, where I also learned to sign. American School for the Deaf is the oldest school for the deaf in the USA. I played soccer, basketball and ran track. I have lived in Virginia for 12 years and really enjoy working in the Parking Ministry where we have a great team, and I can greet everyone as they come into worship.

Come join me at our Deaf Ministry meeting the second Tuesday of every month.



HEALTHIER FAMILIES • STRONGER COMMUNITY

**THANK YOU!**

Thank you, FMZ Family, for your continual heart of compassion during the Thanksgiving holiday. As a result of your generosity, we collected in excess of **\$22,000.00** for our Special Offering last month and we were able to provide Share packages to **486 families**. Special thanks to the more than 100 SHARE Ministry Servants who worked diligently to package the groceries in advance so that when the families arrived to pick up, everything was ready for distribution. It was a great success! To GOD be the glory!

Now, as we enter the Christmas season, a time of giving, please help your Zone Leaders identify families in our congregation and community, who would appreciate a SHARE package. Names are due to Zone Leaders by December 15th. SHARE distribution will take place on December 21st, from 9AM – Noon.



*AARP Soup for Seniors  
Service Project and Smoke/Carbon  
Monoxide Detectors*

Our Seniors' Ministry participated in the **Soup for Seniors** project last month. This project is designed to help homebound seniors have warm soup and crackers during winter months.

Our donations went to the Meals on Wheels service provided by the Woodbridge Senior Center. Members packed 131 bags of soup and crackers; this is our second Soup for Seniors event in support of the Woodbridge Center.

The Seniors also participated in the Smoke/Carbon Monoxide Detectors project provided by AARP. Detectors will be delivered and installed by Fire Department staff.

Present at the meeting was Carol Downs, AARP VA State President.

*Brenda Carswell  
Community Ambassador  
AARP VA*



Brenda Carswell  
Community Ambassador  
AARP VA





## Merry Christmas from the Deaconess Ministry

### Our Gift of Prayer to You!

The Deaconess Ministry consists of prayer warriors for the FMZBC members and leadership. We understand how important prayer is in our daily walks with Our Lord in service to you. Have you ever wondered whether or not someone is really praying for you? The answer is, absolutely!

What is prayer? Prayer is conversation with God which gives us the opportunity to align our desires, our will, and our life to God. Prayer is not meditation or passive reflection; it is a direct address to God. It is the communication of the human soul with the Lord who created our souls, and it should be a priority in our lives.

How do we go about the task of keeping close to God each day? First, we do so by prayer. The person who stays close to God is the one who is always talking to God. Second, we do it by constantly studying the Scriptures. God's Word is alive with meaning, and when you read it something will happen to you, for "the word of God is living and powerful, and sharper than any two-edged sword" (Heb.4:12, NKJV). Expect it to speak to you - and it will.

*Submitted by Deaconess Chaplain Terry Davis*

### Prayer

Dear Heavenly Father, as we sing Christmas Carols, buy and give beautiful Christmas gifts and enjoy all that Christmas has to offer, let us never forget that we are the object of Your affection. We are the reason that Your Son, Jesus, came to this world in human form. When He endured the Cross, we were the joy set before Him. We are someone Jesus loves and wants with Him forever in eternity. As we celebrate the One who came as a baby and will return as the King of Kings and Lord of Lords. Let us remember --- **Jesus** is the reason for the season!!! We wish everyone a very blessed Christmas and New Year! In the Precious, Holy and Mighty name of Jesus we pray, Amen.

*Submitted by Deaconess Carole Roney*

*"Then the Angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior who is Christ the Lord"... Luke 2:10-11*

#### Front Row (Left to Right):

Pamela Ford (B), Bella Fetters (E2), Betty Ross (E2), Cynthia Brown (C2), Ledora Akanni (M1), Sandra Lewis (G1), Doris Sessions (F2), Claudia Woolfolk (Chair), Dorothy Mann (D4), Sharron Johnson (M2), Janice Cooper (Assistant Secretary/D1), Ada Gregory (L3), Adrienne Little (F2), Andrea Bryson (H1).



#### Top Row (Left to Right):

Tina Coates (Zone Administrator), Cheryl Manning (K4), Jacqueline Boone (J1), Ivory Barnes (B), Mary Lively (H2), Vietta Williams (Secretary, M3), Norma Fields (L2), Beverly Bolden (G1), Cathy Harkless (E3), Cora Lynch (L1)

#### Center Row (Left to Right):

Carolyn Woodson (K1), Andrea Bailey (F1), Mozelle Floyd (N), Lynell Manning (K5), Netra Taylor-Goodwyn (D2), Tanya Harvin (K1), Terry Davis (Chaplain, C1), Patricia Suggs (I), Sannette Coles (J2), Deborah McLaurin (D3), Doreather Seth (K2), Jacquelyn Foy (E1)



#### Inserts (Top Row):

Carole Roney (Vice-Chair, G2)

#### Inserts (Bottom, Left to Right):

Denise Bagwell (K3), Deborah Tribble (G2), Gwendolyn Crimiel (D1), Donna Oliver (I)



## LEADERSHIP THE CHAPLAIN'S CORNER

### *The Spiritual Discipline of Submission, Part 3*

Let us continue our study of the book ***Celebration of Discipline*** by Richard J. Foster, with the 3rd of 4 "Outward" Disciplines...**Submission**. 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.

In our **Submission** discussions, we recognized the legitimate authority of others over us. It is nothing more than the simple understanding that "no man/woman is an island." Paul set forth the idea in what must be considered the most memorable sentence on the subject, "submitting to one another in the fear of God" (Eph. 5:21 NKJV).

In our day, however, this body of instructions has been terribly garbled and abused. The following distortions of **Submission** reveal in part the knack we moderns have for "taking the best teaching and using it for the worst ends. What "submitting to one another" **is NOT!!**

In the November issue we described "The Doormat". Now let's describe "The Pleaser".

**The Pleaser.** This is the person who wants more than anything else to avoid conflict. He or she sees a fight coming a mile away and will go to any lengths to keep it from occurring. It is comical (and tragic) to find two "pleasers" married to each other:

"What would you like to do tonight, honey?"  
 "Whatever you would like, dear."  
 "Well, I just want to make you happy."  
 "And that is exactly what I want to do for you. I'll do anything that will make you happy."  
 "If it would please you, I would be glad to go out to dinner."  
 "I'd love to, if it would make you happy."  
 "Fine, what kind of food would you like?"  
 "Whatever you would enjoy, dear."

...and on it goes ad nauseam. Sounds familiar!???

Next issue we will conclude Submission by describing "The Dependent" and "The Manipulator."

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



## Ministries' Meeting Schedules

# 2019

- 12/2 Deacon Executive Committee Meeting (7-9 PM)  
Deaconess Executive Team Meeting (7:30-9 PM)  
Journey to Joy/GriefShare (7-9 PM)
- 12/3 Mary Elizabeth Ministry (7-8:30 PM)  
Ushers' Ministry (7-9 PM)  
Trustees' Ministry (7:30-9 PM)
- 12/4 Seniors' Ministry (12:30-2:30 PM)
- 12/5 Deaf Ministry Meeting (7-9 PM)  
Joint Leadership Meeting (7:30-9 PM)
- 12/6 Youth First Friday (7-9 PM)
- 12/7 Church Meeting (10 AM)  
Mary Elizabeth Ministry (11-1 PM)
- 12/9 Journey to Joy/GriefShare (7-9 PM)
- 12/10 Deaf Ministry Monthly Meeting (7-9 PM)  
Strategic Planning Committee (7-9 PM)
- 12/12 Deaf Ministry (7-9 PM)  
Jewels Choir (7-8:30 PM)  
Men's Ministry Monthly Meeting (7:30-9 PM)  
Pastor's Aide Ministry (7-9 PM)  
CORE Ministry Meeting (7-9 PM)  
Trustee/HR Admin Committee (7:30-9 PM)  
Voices of Zion (7-9 PM)
- 12/16 Journey to Joy/GriefShare (7-9 PM)  
Deacon Ministry - Interview Training (7:30-9 PM)  
Trustee Ministry/Finance Committee (7:30-9 PM)
- 12/17 Women's Ministry Meeting (7-8 PM)  
Deaconess Ministry Monthly Meeting (7:30-9 PM)
- 12/18 Seniors' Ministry (12:30-2:30 PM)
- 12/19 Deaf Ministry (7-9 PM)  
Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)  
Deacons' Ministry Annual Christmas Meeting & Fellowship (7:30-9:30 PM)  
Trustees' Ministry - Facility and Real Property Committee (7:30-9 PM)
- 12/21 SHARE Distribution (9-Noon)  
Junior Ushers (11:30-12:30 PM)
- 12/24 Worship Service (7:30 PM)
- 12/26 Deaf Ministry (7-9 PM)  
CORE Committee Meeting (7-9 PM)  
Trustee Strategic Planning Committee (7-9 PM)

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



# Clergy Appreciation Breakfast

The Pastor's Aide Ministry (PAM) hosted a breakfast on October 20, 2019, for the distinctive Clergy of First Mount Zion Baptist Church. It was held in the Senior Ministry Center, which was beautifully transformed by the decorations displayed by Sister Pam Sessoms and her team.

The majority of the Clergy were in attendance, including our Pastor and Assistant Pastor; the non-attending Clergy, unfortunately, had previous engagements and, regrettably, were unable to attend. We missed their presence; nevertheless, we believe that a great time was had by all and we sincerely hope that, God willing, they will be in attendance next year, because they missed a treat! We were able to share a small memento with each of them as a reminder of how much they are appreciated and loved for their "Beautiful Feet", especially here at FMZ.

Sis. Stacey Griggs blessed the attendees with her melodious singing of two selections and Deacon Michael Nelson and Brother Byron Cherry donned their "chef hats" and, in their inimitable, competitive style, served up some delicious omelettes. As always, the Grain of Heaven, managed by Sis. Sherise Campbell and her team, did an amazing job of breakfast foods preparation and display and the Ritz Carlton could not have presented it better.

The PAM would like to thank everyone including our Facilities Team (Brother Ernest Robbins, Brother Walter Holmes, and Brother Greg Took), and our renowned photographer, Brother Benson Blake, who memorialized the event for us with some impromptu photos (some of which are displayed here), who worked tirelessly to help us accomplish our goals. To GOD be the glory for all the things HE has done and how HE has allowed us to be able to work together and be a blessing to each other! We are rejoicing!!!

*The Pastor's Aide Ministry*



Deacon Michael Nelson/Brother Byron Cherry



Sister Stacey Griggs



Sister Oonagh Bell, Pastor Luke Torian

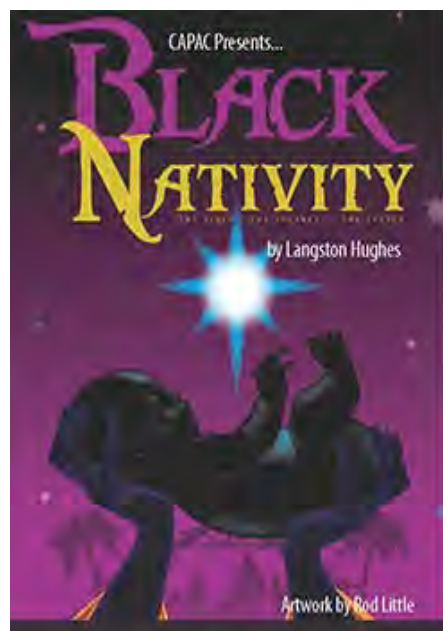


Rev. Ann Finch, Rev. Sandra K. James, AP





# Clergy Appreciation Breakfast



Black Nativity is presented by special arrangement with  
THE DRAMATIC PUBLISHING COMPANY of Woodstock, Illinois.

The Creative and Performing Arts Center (CAPAC) ushers in the holidays with a celebration of the birth of Jesus Christ wrapped in a modern and soul-stirring classic. More than just a musical, this joyous theater experience depicts Christmas through the lens of African American culture, articulated by Langston Hughes' poetic narrative, scripture, diverse music genres, and evocative dance.

When: Friday, December 6, 2019

Time: 7:30pm

Where: Hyilton Performing Arts Center  
Merchant Hall  
Science and Technology

This performance is family friendly.

Tickets: \$45, \$30, \$25

<http://www.capacweb.org/events.php#blacknativity>



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**December 1<sup>st</sup>**, “For with God nothing shall be impossible”, (Luke 1:26, KJV). That was the angel’s reply to Mary after she declared her virginity. There were two prophecies in this scenario; prophecies: 1) Mary would have a child, 2) Elizabeth would have a child. Elizabeth was probably not expecting to become pregnant. Mary reminds me of Sarah. “Is anything too hard for the Lord?” (Gen 18:14 KJV) How about Jeremiah 32:27, “Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?”

**On December 8<sup>th</sup>**, we receive Mary’s song of praise! He has put down the mighty from their thrones, and exalted the lowly, from the song of Mary, (Luke 1:46-55 KJV). This praise jumps out of Mary and is one of the purest and humblest passages of all scripture (Luke 1:46-55). It was also prophetic! Think about what her son will do to the Romans, Sadducees, Pharisees and Scribes. They will lose power and influence. Jesus will exalt the lowly, the outcast and marginalized. “Though the Lord is on high, Yet He regards the lowly; but the proud He knows from afar.” (Psalm 138:6)

**December 15<sup>th</sup>**, we hear Zechariah’s Song, “He has raised up a horn of salvation for us in the house of his servant David. “And you, (John, soon to be known as John the Baptist) my child, will be called a prophet of the Most High; for you will go on before the Lord to prepare the way for him.” (Luke 1:69-76 NIV) In the fifteenth year of the reign of Tiberius Caesar, John (as John the Baptist) said- “The voice of one crying in the wilderness: ‘Prepare the way of the Lord.’” Luke 3:1-6 (NKJV).’

**December 22<sup>nd</sup>**, over 2,019 years ago, three days before what will soon be known as “Christmas”, Joseph and Mary were traveling. They were tired and weary looking for a place to rest, Mary was preg-

nant and could deliver at any moment. The only place available was a manger. In that very same manger Jesus was born. As I read the text, I was reminded this was the beginning of the end for Jesus. Born in a manger, He will lay in a borrowed tomb. He wasn’t born in a palace and was not placed in a marble sarcophagus or granite mausoleum. Why do we build such grandiose edifices and claim they are for the King of Kings?

**Fifth Sunday**, “And when they had brought their ships to land, they forsook all, and followed him.” (Luke 5:11 KJV) This scripture is full of symbolism. Look closely, you will see faith, commitment, dedication, devotion, an offering, and a change of lifestyle. Livelihoods were sacrificed and material wealth left behind. They wanted to follow Jesus, and what Jesus had to offer was worth more than material gain. They were looking for those things that money cannot buy, peace, liberty, justice, salvation and love; all wrapped up in the flesh called Jesus.

Amen, Amen, Amen!

*Rev. Gillis M. Taylor*  
Sunday School Superintendent



A lot happens at noon! At First Mount Zion on Tuesdays, it is noonday prayer. For the last two years members have been meeting to pray and hear a word of encouragement from the scriptures. This has been a small strong group of committed people seeking the face of God. We have prayed about our families, our neighborhoods and communities, our county, our state, our nation and the world. We prayed for little children to

be safe at school and in the classrooms, on the playground and going back and forth to school. We’ve prayed for mothers and fathers and families and unspoken requests.

We believe that prayer changes things, prayer changes situations, prayer changes people and most of all prayer changes the one praying. We thank God for the prayer that transforms and brings each of us closer to the light of Christ in the everydayness of life. Our prayer life affects all of our lives and manifests itself in the way we interact with others. Prayer has carried us through many personal tragedies, such as loved ones transitioning, loss of employment and God restoring, underemployment to fulltime, physical illnesses and pains to returning of health. This noon prayer has provided restoration, motivation and inspiration.

We gathered together the last week in October to break bread and thank God for sustaining us for the past two years and to be reminded of what God has done. We are thankful to the precious ones who continue with praying and making God the center of it all. May God continue to enrich us all!

**Noon Day Prayer Group meets on Tuesdays in the Chapel at 12 noon.**

<sup>24</sup> Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. Mark 11:24 (NKJV)

*Rev. Maxine Thompson, Facilitator*



From left to right: Rev. Maxine Thompson, Deaconess Pam Ford, Sis. Denyse Farquharson, Sis. Carol-Ann Benjamin, Bro. Benjamin Bond, Bro. Deric Bowden (absent: Sis. Ruby Bendolph, Sis. Phyllis Morgan)





# “Won’t He Do It” Concert/ Conference 2019



The Women's Ministry's Nov 1<sup>st</sup>-2<sup>nd</sup> Conference delivered a message of hope to women dealing with the issues of life. The message was to serve as a reminder that nothing is too hard for our God. “Won’t He Do It (WHDI)?” YES HE WILL! (Eph. 3:20-21)

Friday night's concert featured Jonathan Randal, Lee Daye and recording gospel artist Koryn Hawthorne. We were blessed listening to their talents as they sang praises unto the Lord. Over 700 people of all generations, male and female, gathered to share in this musical experience.

The “WHDI” conference continued on Saturday, giving all who gathered an opportunity to uplift, worship, and praise the Lord for all He has done in our lives. Musical selections were beautifully rendered by Cynthia & Friends, along with Worship and Praise Ensemble (WPE) led by Beverly Johnson. Rev. James led an open mic segment, entitled “What is your WHDI Testimony”? Many sisters eagerly stood in line waiting to come to the microphone to share the blessings of the Lord in their lives.

Two dynamic speakers, Pastor Debra Yarde and Pastor Lisa Veney, preached and taught from verses in the Bible about trusting in God. Pastor Yarde posed the question, “Do you believe God can do it?” Pastor Veney closed out by reminding us that “We have to believe that God can do it!” Pastor Veney shared one of the most amazing deliverance testimonies of how God truly moved her from “Misery to Ministry,” which is the title of her book.

The day ended with lunch in the beautifully decorated gym envisioned by and executed

with the creativity of the WM Hospitality Committee. While enjoying the delicious meal prepared by the GOH, we had the pleasure of hearing a “spoken word” by Roconia Price and Chrissetta Hughes, members of the CORE (FMZ's Young Adult Ministry). They ministered a powerful and creative *Spoken Word* message.

I thank everyone who came out to be a part of the concert and conference, and who helped make the vision a reality. Thank you Pastor Torian, Mrs. Clarice Torian, and Dr. Holley for your support. I'm grateful!

Be encouraged my brothers and sisters! Remember (*no matter what you are going through*) to keep your faith in the One who's in control of all things. “Won’t He Do It?” YES HE WILL!

To God be the glory!

*Veronica D. Hackett*  
*Women's Ministry Director*



Veronica Hackett, Karyn Hawthorne,  
Dr. Tracey Dawkins Holley





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## Encouragement and Assurance for the Soul

### "Noel! - The Birth"

Many people may know, and others may not know, that 2019 is the 50<sup>th</sup> anniversary of Sesame Street; and for many of us, we remember as children watching Sesame Street on the Public Broadcasting Station (PBS) when it began in 1969.

Even now for some of us who are reading this article, we remember singing the song: "Sunny Day, Sweepin' the clouds away; On my way to where the air is sweet; Can you tell me how to get?!...How to get to Sesame Street."

Yes, there are quite a few of us who remember the characters and personalities of Sesame Street: like the Muppets - Bert and Ernie; Oscar the Grouch, Kermit the frog, Cookie monster and of course Big Bird. We also remember the adults who helped seal the lessons being taught- like Gordon and Susan, Maria, Luis and Mr. Hooper the storeowner. They became part of family conversations in households, classrooms and on neighborhood playgrounds.

The birth of this children's television program presented teaching and learning in fun and joyful ways; because Sesame Street educated and enthusiastically encouraged children and adults (especially parents) by shining a positive light on the joy growing up. Sesame Street became a light for learning and living.

As we enter into the Christmas Season, may we take a moment to center ourselves on that night that a particular birth of Light and Joy would take place and forever change our living.

**"And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of**

**the Lord shone round about them: and they were sore afraid.**

**And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord." (Luke 2:8-11, KJV)**

**NOEL!**?...We hear this word during the Christmas Season, but what does the word **Noel** mean in English?

Scholars explain that it may have been translated first from the Latin words "Nasci", which means "To Be Born", or "Natalis" which means "Birth." Then translated further from the French word "Nael", which also means "Birth." The French express a greeting "Joyeux Noel", which is translated "Merry Christmas" or "Happy Christmas."

So if we juxtapose the Latin and French translations, **NOEL** is "**The Birth of the Christmas Celebration!**" Simply stated, "**NOEL means Christmas!**"

So, what is the collaborated message of Sesame Street and the Christmas Season? That the reassuring hope in the Light of Noel; that Light of the Birth of JESUS CHRIST our SAVIOR, still shines brightly in the world today.

Lyrics from "The First Noel -"

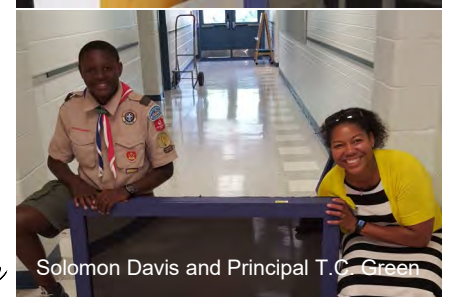
*"The First Noel, the angels did say,  
Was to certain poor shepherds  
in fields as they lay;  
In fields where they lay keeping  
their sheep,  
On a cold winter's night that was so deep;  
Noel, Noel, Noel, Noel,  
**"Born is the King of Israel!"***



Submitted by Rev. Deloris Brown



Congratulations to Solomon Davis for achieving the Boy Scouts of America (BSA) rank of Eagle Scout. Solomon is a member of BSA Troop #43, Manassas, VA since 2013 where he served in 12 leadership positions and achieved 27 merit badges. Solomon's Eagle project was organizing a team of Scouts and volunteers to complete four shadow boxes supporting the Art Department at Potomac View Elementary School. Solomon has demonstrated leadership qualities while serving as a mentor for boys in grades 3 through 5 at Potomac View Elementary School. Solomon is a senior at Forest Park High School where he is a four-year member of the Lacrosse Team and Concert Orchestra. Solomon is also active in the FMZ Audio Visual Ministry.



Solomon Davis and Principal T.C. Green



# Christmas Fellowship

**GET READY!!! GET READY!!!  
GET READY!!!**

**Zones D-1, D-2, D-3, & D-4** will hold their combined Holiday Fellowship on Saturday, December 14<sup>th</sup> from 3:00 PM – 5:00 PM at the Prince William County Ferlazzo Building. If you have not already signed up, it is imperative that you do so as soon as possible, in the Narthex after both Worship Services, so we can get a good count of those who will be attending, including youth and young children. More information will be provided at the sign-up table.

Your Servant Leaders are Deacon Dennis Crimiel, Deaconess Gwen Crimiel, Deaconess Janice Cooper, Deacon Ron Cooper and Rev Sharon Wallace.

**ZONES K1, K2, K3, K4, K5 and N. Zones K and N** will have their Christmas Fellowship at Rowser Complex in Stafford on Saturday, December 14<sup>th</sup>. Come out and enjoy FOOD, FUN, GAMES and LAUGHTER. Please participate in Beyond The Walls Ministry by bringing a non-perishable item to the Fellowship.

POC's: Deacon Lloyd Cox ([Lloyd.b.cox@gmail.com](mailto:Lloyd.b.cox@gmail.com)) and Deaconess Denise Bagwell ([dyb1273@aol.com](mailto:dyb1273@aol.com)).

**ZONE F1's** Holiday Fellowship is scheduled from 1- 3 pm, Saturday, December 14, 2019, at Old Country Buffet in Woodbridge. Sign up in the Narthex after the 8 AM and 11 AM Services. Additional information will be shared during sign-up.

POC: Deaconess Andrea Bailey and Deacon Andre Robinson. We look forward to fun, fellowship, and food.

**ZONE F2** will have their Holiday Fellowship on Sunday, December 15, 2019. All Zone F2 members are encouraged to sign-up in the Narthex after both Worship Services. The fellowship will be held offsite. More information will be provided at the sign-up table.

Your F2 Servant Leaders are Deacon Michell Clark, Deaconess Doris Sessoms, and Deaconess Adrienne Little.

## The TRUSTEES' MINISTRY

Merry Christmas  
and best wishes  
for a prosperous  
New Year!



**Front Row Left to Right:**

Trustee James Jarrett, Trustee Maris Norwood, Trustee Chesley Doctor, Trustee Carol Burns, and Trustee Bob Lewis

**Second Row Left to Right:**

Trustee Henry Coverson, Trustee Jesse Citizen, Trustee Derrick Tanner, Trustee Bobby Long, and Trustee John Blackwell

**Not pictured here:** Trustee Charles Stokes, Trustee Oscar Dailey, Trustee James Simpson, Trustee Juan McPhail, Trustee Alfranda Durr, Trustee Eric Williams, Trustee Lawrence Silas, Trustee Leslie Gerald, Trustee Marie DuFore, Trustee Nicole Johnson, Trustee Rogers Woolfolk and Trustee Titus Simmons, as well as Trustees Emeriti Andrew Thompson, Howard Gholson and Murray Parker







### Hours of Operation and Notice of Closure During Inclement Weather

The Church Office is open Monday – Friday 8:30 a.m. – 5:00 p.m. and reopens again at 6:30 p.m. for evening activities that begin at 7:00 p.m. Any changes to normal operational hours will be posted on our website at [www.fmzbc.com](http://www.fmzbc.com). If you call the Office during a closure, there will be a recorded message with details.

In the event of closure **due to inclement weather**, you will be notified by your Zone Leader. Other resources include calling the Church at (703) 670-0184 to listen to the voicemail greeting or by visiting our website. You may also tune in to WTOP Radio 103.5 or watch WJLA Channel 7 or News Channel 8.

Members are encouraged to sign-up to receive an email notification by going to :

[www.cancellations.com](http://www.cancellations.com).

### Thank You from the CPM

The Communications and Publicity Committee (CPM) would like to thank each and every ministry, individual, family, organization . . . anyone who, over the past 16 months, has submitted information, articles, pictures, or poetry, to help make the FMZ Newsletter a success. Please keep the information coming! We truly appreciate you!!!

### SUBMISSIONS FOR NEWSLETTER:

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

Submissions should be sent to:

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

or through our web form at:

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

We look forward to your participation!!

Thank you!

Communications and  
Publicity Ministry

Deacon Joseph Boutte, Chair  
Benson Blake Oonagh Bell  
Beverly Grant James Hawkins  
Rev. Kathy Russell

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](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

### Sunday Worship Service Schedule

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

### Wednesday 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](http://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 OFFICE AT  
(703) 670-0184  
MONDAY - FRIDAY,  
8:30 A.M. - 5 P.M. TO  
SCHEDULE A RIDE!!**

