



Celebrating Our Rich History and Heritage

A Ministry Exhibiting A Spirit of Excellence!



Message from the Pastor

Serve and Grow

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on His law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. —Psalm 1:1-3



God plants you and me in our faith to grow us into “trees” of righteousness. Adversity comes to make us strong; and God strengthens us to endure victoriously as we choose to trust Him.

I want to encourage you to start this year off determined to find your place, plant yourself and begin to grow deep roots. How? By using your gifts and talents to make this Ministry a great place to serve and grow. From the Parking Ministry, Security, Greeters, Ushers, Audio Visual, Grain of Heaven, Fit by God Fitness Center, Music Ministry (inclusive of the Mass, Women, Jewels, Voices of Zion and Men’s Choirs and the Unity Choir), Men’s and Women’s Ministry, Youth Ministry, Children’s Church, Small Groups, Sunday School, and the likes, there is a place for you to serve and grow. It’s not too late to start serving and growing. All you need to do is make yourself available so God can use you, and the Church will be blessed by your presence, your gifts and your talents. Anyone can sit on a pew, but it takes a willing heart to serve.

I look forward to seeing you as we serve and grow together!

Living In God’s Assurance,

Pastor Luke E Torian



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Singing for Freedom

At the 30th anniversary of the Martin Luther King Jr. Oratorical Contest sponsored by the Delta Sigma Theta Sorority, several of our youth participated in the Freedom Choir. Our young servant-leaders did a fantastic job and their smiles and certificates prove it.

Pictured on the bottom row from left to right: Carter Hall (Zone D3) and Shelbya McPhatter (Zone D3)

Top row from left to right: Pierce Hall (Zone D3), Nyla Hughes (Zone M2), and Seth McPhatter (Zone D3)





Message to Our Youth



Greetings Young Disciples of Jesus Christ,

The theme of "Transformers" informed our direction for 2019, and the journey with God continues. In order to fully experience this journey with God, you must have a relationship or covenant with God. The Bible says, "Confess with your mouth and believe with your heart that God raised Him (Jesus) from the dead and you will be saved" (Romans 10:8-9). After the confession of our faith, our lives are forever transformed. We become new creatures in Christ; we gain a new spirit in us; we gain a new view into God's agenda in the world and the plan of salvation for our lives. This passage is not only the Plan of Salvation, but it also describes a faith covenant with God for Christian believers.

Rev. John McNeill, Jr.

The covenant you have with God is the most valuable and precious possession, and it has an immeasurable impact upon a human life and soul. Much of our lives are spent establishing informal and formal agreements to the point where we can say that it is an expected part of life. For generations, children have pricked their fingers and rubbed them with a friend's finger in order to establish a familial bond with him or her. Men and women alike have shaken hands, verbally confirmed and signed contracts to seemingly solidify that they are connected to, or bound in service to, a person, entity or institution. None of this has the full meaning and eternal reach of a covenant with God. A covenant with God, through your confession and belief, declares while on earth, Jesus is the Lord of your life and your Mediator, the Holy Spirit resides in and with you, other believers are transformed into your sisters and brothers, and you have the promise of eternal life.

*Reverend John C. McNeill
Youth Pastor*

In Celebration of our Pastor's Service and Leadership



Dr. Luke E. Torian's 25th Pastoral Anniversary



SCHEDULE

**MAY 28TH
GOLF TOURNAMENT**

**MAY 29TH
FAMILY & FRIENDS NIGHT**

**MAY 30TH
BLACK TIE GALA**

**MAY 31
WORSHIP SERVICE**

25th Anniversary Ministry Photos

ATTENTION:

All Ministry Chairs that missed signing up for the Pastor's 25th Anniversary Ministry photo, please email your preferred date (available dates are listed below) for confirmation to: Anniversary2020@firstmountzionbc.org as soon as possible; time is of the essence! Please note that only the Chair should sign up their respective ministries.

February 9th and February 16th

March 1st, 8th, 15th and 22nd





Marcus Mosiah Garvey was born

August 17, 1887, in St. Ann's Bay, Jamaica. He was a charismatic black leader who organized the first im-

portant American black nationalist movement in 1919–26, based in New York City's Harlem. Largely self-taught, Garvey attended school in Jamaica until he was 14. After traveling in Central America and living in London from 1912 to 1914, he returned to Jamaica, where, with a group of friends, he founded on August 1, 1914, the Universal Negro Improvement and Conservation Association and African Communities League, usually called the Universal Negro Improvement Association (UNIA), which sought, among other things, to build in Africa a black-governed nation.

Failing to attract a following in Jamaica, Garvey went to the United States in 1916 and soon established branches of the UNIA in Harlem and the other principal ghettos of the North. By 1919 the rising "Black Moses" claimed a following of about 2,000,000, though the exact number of association members was never clear. From the platform of the Association's Liberty Hall in Harlem, he spoke of a "new Negro," proud of being black. His newspaper, *Negro World*, told of the exploits of heroes of the race and of the splendours of African culture. He taught that blacks would be respected only when they were economically strong, and he preached an independent black economy within the framework of white capitalism. To forward these ends, in 1919 he established the Negro Factories Corporation and the Black Star Line as well as a chain of restaurants and grocery stores, laundries, a hotel, and a printing press.

He reached the height of his power in 1920, when he presided at an international convention in Liberty Hall, with delegates present from 25 countries. The affair was climaxed by a parade of 50,000

through the streets of Harlem, led by Garvey in flamboyant array.

His slipshod business methods, however, and his doctrine of racial purity and separatism (he even approved of the white racist Ku Klux Klan because it sought to separate the races) brought him bitter enemies among established black leaders, including labour leader A. Philip Randolph and W.E.B. Du Bois, head of the National Association for the Advancement of Colored People (NAACP). Garvey's influence declined rapidly when he and other UNIA members were indicted for mail fraud in 1922 in connection with the sale of stock for the Black Star Line. He served two years of a five-year prison term, but in 1927 his sentence was commuted by U.S. Pres. Calvin Coolidge, and he was deported as an undesirable alien. He was never able to revive the movement abroad, and he died in virtual obscurity on June 10, 1940, in London, England.

FREEDOM'S EVE

Here are some facts of the origins:

"The Watch Night Services in Black communities that we celebrate today can be traced back to gatherings on December 31, 1862, also known as 'Freedom's Eve.' On that night, Blacks came together in churches and private homes all across the nation, anxiously awaiting news that the Emancipation Proclamation actually had become law. Then, at the stroke of midnight, it was January 1, 1863, and all slaves in the Confederate States were declared legally free. When the news was received, there were prayers, shouts and songs of joy as people fell to their knees and thanked God.

Black folks have gathered in churches annually on New Year's Eve ever since, praising God for bringing us safely through another year.

It's been 157 years since that first Freedom's Eve and many of us were never taught the African American history of Watch Night, but tradition still brings us together at this time every year to celebrate 'how we got over'."

History and tradition matter. Many of our congregation honored and worshipped God, just as our ancestors did, singing songs of praise and thanksgiving to God. Several members shared their personal testimonies, thanking God for the manifold blessings which He has bestowed

upon them, covering a variety of areas of the issues and challenges of life.

Our Pastor, Dr. Luke E. Torian, demonstrated his transparency and shared a very personal and moving testimony of how God stepped in on his behalf in a situation he was experiencing just recently. We are grateful that he decided to share, showing his frailties and letting us know that while he is praying for all of us, he also needs us to pray for him and his family. So let us continue to pray for our Pastor and our Assistant Pastor as they shepherd our congregation and pray for all of us.

We are thankful to our ancestors for their faith and hope in establishing a heritage of service, unity, and strength. May God continue to be the center of our lives as we serve in God's assurance through 2020 and beyond.

So we say, TO GOD BE THE GLORY for all that HE has done, even now, and encourage us, as a Ministry, to shift from what WE were doing in 2019 to what GOD is going to do in 2020! God bless us all!!!



Associate Ministers

Encouragement and
Assurance for the Soul

Get Up!

Valentine's Day is probably the holiday for which February is best known. However, there are 87 national holidays in this month. Many February holidays celebrate food. "National Dark Chocolate Day", "National Eat Ice Cream for Breakfast Day" and "National Pizza Day" are celebrated in February. "National Freedom Day" is also celebrated in February. This holiday recognizes when President Abraham Lincoln signed a joint House and Senate resolution on February 1, 1865, outlawing slavery. This resolution later became the 13th Amendment. One other February holiday also celebrated on February 1st is particularly interesting to me. "National Get Up Day" is not a religious holiday but does relate to aspects of our spiritual life. This holiday was founded by "U.S. Figure Skating" which is the national governing body for figure skating in the U.S. The U.S. Figure Skating committee determines which figure skaters compete in the Winter Olympics. The National Day Calendar describes "National Get Up Day" this way:

"National Get Up Day" on February 1st is an opportunity to share inspiring stories of perseverance; it's a reminder to pick ourselves up when we've fallen and give it (whatever it may be) another go!

Every figure skater learns how to fall and to get back up. However, this day isn't just about skating. It's about celebrating that Get Up spirit that applies to every aspect of life and inspiring others. More importantly, February 1st reminds all of us to Get Up when we stumble. We never know when our efforts to seek a goal or overcome an obstacle will encourage another to do the same. Share your Get Up story on National Get Up Day!" <https://nationaldaycalendar.com/national-get-up-day-february-1/>

In Romans 3:23 the Apostle Paul said, "For all have sinned and fall short of the glory of God." As Christians we strive to represent Christ well. We may start our day with quiet time, devotion and prayer. We may read our Bible regularly and surround ourselves with Godly support. Yet no matter how much we prepare, like elite figure skaters who have seemingly perfected various spins and jumps, we may still fall. We still sin. Thankfully, God does not abandon us but stands by like a good and patient coach. He encourages us to honestly assess what we did wrong, and like the elite athlete, correct our mistakes (repent), get up and try again.

We should have the "Get Up Day" attitude with all our aspirations. Despite planning and preparation, we may not achieve our goals on the first, second or even third try. But if God has placed something on our heart to accomplish, be it a spiritual, professional, educational or health goal, He asks us not to give up but to "Get up." Christ never gave up on us and He does not want us to give up on ourselves.

By the time *The Messenger* is published, February 1st will have passed. However, we can still incorporate the "Get Up Day" holiday attitude into our daily lives.

Rev. Beverly Jiggetts

Meet our Clergy

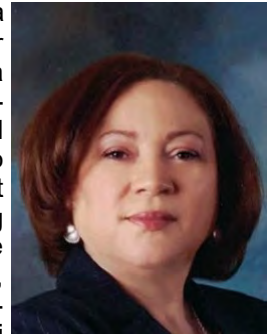


Preacher, Teacher, Speaker, Educator, and Spiritual Life Coach, *Reverend Maxine Wright Thompson* is an ordained clergy serving in the Baptist tradition at First Mount Zion Baptist Church in Dumfries, Virginia. She holds a Master of Divinity from Candler School of Theology at Emory University in Atlanta, Georgia, and a Bachelor of Arts degree in Religion from Spelman College, also in Atlanta. She combines her creative passion for

lifting others through dynamic and engaging workshops that facilitate self-discovery.

Reverend Thompson works with individuals and groups at retreats and special events, offering sessions in: Change/Transition/Transformation, Loss/Recovery/Revival, Divorce/Depression/Breakthrough, and Women/People in the Middle. Maxine is a lifetime encourager who seeks to remind others that you will get through your difficult time. Life's inevitable changes are the catalyst for your transformation!

Reverend Dr. Ann Finch is a retired public-school educator with 31 years of service as a teacher, principal, assistant superintendent of curriculum and superintendent. Ann has also worked as a school improvement consultant for underperforming schools and continues to provide innovative support. In addition, she served two consecutive appointments to the Mississippi Commission on Judicial Performance. This appointment was recommended by the Chief Justice of the Mississippi Supreme Court and granted by appointment of the Governor of Mississippi. More importantly, Ann is an ordained minister and has twenty-six years of service as a minister of the gospel. Her priority in life is to serve God with dignity and honor.



Reverend Finch holds a Bachelor of Science in Education, Master of Science in School Administration, Doctor of Educational Leadership and Management and a Doctor of Theology. A few memberships include the NAACP, Phi Delta Kappa, Pi Lambda Theta, National Alliance of Black School Educators and National Education Association. Reverend Finch is also an author and loves music, including gospel, classical and soft jazz. She is a Detroit Tigers baseball fan and an inconspicuous Dallas Cowboys fan at First Mount Zion.

Meet our Clergy

Reverend Helen J. Parker, a native of Oklahoma, was raised in Chicago, Illinois. She is an ordained minister and serves as an Associate Minister at First Mount Zion Baptist Church, Dumfries, Virginia.



Throughout her life and military service she has been a member of several churches across the country where she grew spiritually and exercised her gifts. Reverend Parker has served as a teacher, missionary, prayer intercessor, and facilitator for youth, couples, and women's workshops and conferences. She has also served in various leadership roles in the Church and in the community.

Reverend Parker has served as an intercessor with the International Association of Healing Rooms and the Healing Rooms of Woodbridge, a clergy member of Virginians Organized for Inter Faith Community Engagement (V.O.I.C.E.), a member and officer of the Board of Directors for "Where DOTS Connect, Incorporated" (The "Daughters of Thunder" mentoring organization for clergy women).

Reverend Parker earned her Bachelor of Science degree in Psychology from Lincoln University, Jefferson City, Missouri. It was there she became a member of Delta Sigma Theta Sorority, Inc. She earned her commission as a Naval Officer from the Navy's Officer Candidate School in Newport, Rhode Island and attained the rank of Lieutenant Commander. She served in Saudi Arabia during Operation Desert Storm and Desert Sortie. She was awarded the Southwest Asia Service Medal with a Bronze Service Star, the Navy Meritorious Unit Commendation, the Navy Achievement Medal, the National Defense Medal, and the Overseas Service Ribbon.

Reverend Parker continued her studies in Psychology at Texas A & I (now Texas A&M) University and the University of California at San Diego. She earned a dual Degree with a Masters in Human Services Counseling from the School of Counseling and Psychology and a Masters in Practical Theology from the School of Divinity, both at Regent University, Virginia Beach, Virginia. In 2014 she earned a Certificate in Theology and Ministry from Princeton Theological Seminary, Princeton University, Princeton New Jersey.

She is currently employed at Leidos, serving as a Program Manager and federal contractor with the Department of Energy in Washington, DC.

Reverend Parker is listed in "Who's Who Among College Students" and "Outstanding Young Women of America" publications. She is a Life Waters Ministries "Woman of Excellence" award recipient.

Reverend Parker, who is a mother of two adult children, Raymond II and Roslyn, is also blessed with three grandchildren, Ayden, Madeleine, and Chase. She was married to the late Major Raymond D. Parker, United States Marine Corps (USMC). She credits God's awesome power, God's amazing grace, and God's great faithfulness, for any successes in her life.

Ministries Meeting Schedules



- 02/03 Deaconess Executive Committee Meeting (7-9 PM)
Joint Leadership Candidate Training (7-9 PM)
Journey-to-Joy GriefShare (7-9 PM)
- 02/04 Mary Elizabeth Ministry (7-8:30 PM)
Trustee Ministry (7:30-9 PM)
- 02/05 Midday Bible Study (11:30-12:30 PM)
Seniors Meeting (Noon-3 PM)
- 02/06 Joint Leadership Candidate Training (7-9 PM)
Women's Ministry Planning Meeting (7-9 PM)
- 02/07 Youth First Friday (7-9 PM)
Where is God in the Movie (7-9 PM)
- 02/08 Men's Ministry Fellowship (FIT) (9-11 AM)
Women's Ministry Fellowship (9-11:30 AM)
- 02/10 Journey-to-Joy GriefShare (7-9 PM)
- 02/11 Deaf Ministry Monthly Meeting (7-9 PM)
Mary Elizabeth Ministry Monthly Meeting (7-8:30 PM)
Strategic Planning Committee (7-9 PM)
- 02/12 Midday Bible Study (11:30-12:30 PM)
- 02/13 Deaf Ministry (7-9 PM)
Jewels Choir (7-8:30 PM)
Joint Leadership Candidate Training (7-9 PM)
Pastor's Aide Ministry (7-9 PM)
Men's Ministry Monthly Meeting (7:30-9 PM)
Trustee HR/Admin Committee Meeting (7:30-9 PM)
Voices of Zion Choir (7-9 PM)
- 02/15 Junior Ushers (11:30 AM-12:30 PM)
Final Date for Messenger Articles/Input
- 02/17 PRESIDENTS' DAY — CHURCH CLOSED**
- 02/18 Academic Education Ministry (7-8:30 PM)
Deaconess Ministry Monthly Meeting (7:30-9 PM)
Women's Ministry IPT Meeting (7-9 PM)
- 02/19 Midday Bible Study (11:30-12:30 PM)
Seniors Meeting (Noon-3 PM)
- 02/20 Mary Elizabeth Meeting (11-1 PM)
Deacon Ministry Meeting (7:30-9 PM)
Trustee Meeting - Facility and Real Property
Committee (7:30-8:30 PM)
- 02/22 Share Distribution (9-Noon)
Spiritual Gifts Workshop (8:30 AM-Noon)
Volunteer Screening Committee (9-Noon)
- 02/25 Singles' Ministry Meeting (7-9 PM)
Trustee Executive Board Meeting (7-9 PM)
- 02/27 C.O.R.E. Committee Meeting (7-9 PM)
Joint Leadership Candidate Training (7-9 PM)

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

LEADERSHIP THE CHAPLAIN'S CORNER

Celebration of Discipline Recap

We have been expounding on/exploring the book, *Celebration of Discipline* by Richard J. Foster for the last year. The book, *Celebration of Discipline: The Path to Spiritual Growth*, is a Spiritual guidebook, explaining the Twelve Spiritual Disciplines and how they can bring a person closer to God.

By way of a refresher, the Disciplines are divided into three groups, Inward, Outward, and Corporate. The Twelve Disciplines are 1. Meditation, 2. Prayer, 3. Fasting, 4. Study, 5. Simplicity, 6. Solitude, 7. Submission, 8. Service, 9. Confession, 10. Worship, 11. Guidance, and 12. Celebration. The discussion of each discipline has been supported with Scriptures and scholarly quotes to help us grow closer to God.

The four Inward Disciplines are -- Meditation, Prayer, Fasting, and Study -- which will improve a person's spiritual life. The four Outward Disciplines -- Simplicity, Solitude, Submission and Service -- reveal what people need to do to improve the world around them. The last four are the Corporate Disciplines -- Confession, Worship, Guidance, and Celebration -- which focus on the relationships within the community and growing closer to God. The author also shows how important faith, hope, and love are to the spiritual journey, and the benefits of living the life of discipline.

We will now embark on the final Outward Spiritual Discipline, Service. Service is one of the FMZ 4-Step Strategy pillars and a profound and imperative discipline needed in the church!!

The Discipline of Service Introduction

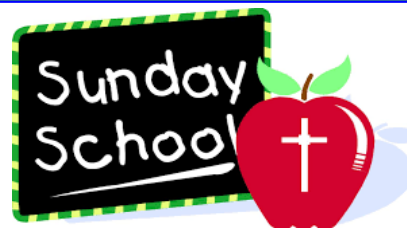
The Discipline of Service is presented with the example set forth by Jesus. During the Last Supper when Jesus washed the feet of the disciples, He was giving them the chance to answer a call to service. It was no longer about who was the best, but rather who would serve. However, it is important to make sure it is not "self-righteous service." That means it needs to be done from a desire deep within that comes from God, not from human desires or goals. True service means doing so without receiving credit or rewards.

More on "The Discipline of Service" in next month's Newsletter.

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



Consider becoming a part of this incredible Ministry! Meetings are held on the second Tuesday of every month at 7:00 p.m.!



This month we celebrate our ancestors and our history. Walk with me as I attempt to relate February's Golden Texts to our history.

1st Sunday - "He said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me." (NKJV Luke 9:23)

Before disembarking from the slave ships our ancestors were denied their own humanity. Their chattel experience is a testimony of the depths of mankind's inhumanity. During this inhumane experience, our ancestors learned the true meaning of denying oneself. It was their way of taking back their humanity. Like the Israelites, they cried out to God. Enduring the hardships imposed on them was their daily cross. They followed Christ and recognized and associated His suffering with their own.

2nd Sunday - "Jesus said unto him, Foxes have holes, and birds of the air have nests; but the Son of man hath not where to lay his head." (NKJV Luke 9:58)

This text could be taken figuratively and literally; the sovereign King who owns all, declared He had nothing (see NKJV Psalm 24:1). Our ancestors did not own the slave shacks they dwelled in. After the Emancipation Proclamation; all they had were the clothes they wore and what their enslavers allowed them to take. Through it all, God provided!

3rd Sunday "Whosoever doth not bear his cross, and come after me, cannot be my disciple." (NKJV Luke 14:27)

We have examples to follow; Simon of Cyrene (Luke 23:26); Harriet Tubman, James Meredith, Medgar Evers, and Martin Luther King Jr; they talked it, they walked it and they lived it. God goes with us into hostile environments and we demonstrate God's love. We bear our cross not through our own strength, but through the strength, grace and mercy of God.

4th Sunday - "Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespasses against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him." (NKJV Luke 17:3-4)

Throughout our history, Americans of African descent have suffered violent atrocities akin to the Jewish holocaust. Forgiveness is for us; forgiveness is necessary. We often surrender cheap mercy and emotionally capped forgiveness to those who continually insult our community, slay our relatives, deny us opportunities and bear false witness against the innocent. We demonstrate forgiveness without expecting to receive an apology. True forgiveness purges our hearts of what could become toxic to those we love.

*Reverend Gillis M. Taylor
Sunday School Superintendent*



FMZ COLLEGE STUDENTS SHARE INSIGHTS WITH HIGH SCHOOLERS

The 1st Sunday of each New Year, the Academic Education Ministry (AEM) convenes a College Student Panel to share insights with high schoolers on various topics pertaining to college life. This year's panel (*held Sunday, January 5, following the 11 am Worship Service*) consisted of 16 FMZ college students attending in-state and out-of-state universities. High school students and their parents had the opportunity to ask questions related to various topics, including: *academic preparation for college; major differences between high school and college; social life; financing college; time management; dormitory living; challenges facing college athletes; safety and security; and the state of their faith life while away from their home church.*

Attendees had a lively and engaging conversation over a pizza lunch, as each person offered encouraging words to one another. Participants were greeted by Pastor Torian, who emphasized the importance of this event in the life of FMZ, while Brother Gerry Griffin (AEM Chair) shared an overview of AEM's work throughout the year. Brother Ken and Sister Malinda Spencer, Co-Chairs of the College Student Panel, facilitated the discussion and AEM member, Dr. Delores Bazile, shared in the program with prayer. Other AEM members were present to support this annual experience. The afternoon ended with Rev. Dr. Tracey Dawkins Holley, Minister of Christian Education, thanking everyone for their presence and wishing the students continued success in their educational matriculation. Dr. Holley and Ms. Makala Crawford rendered closing prayers for all students and the 2020 College Student Panelists:

Mr. D'Vaughan Brown - Old Dominion University; Norfolk, VA

Ms. Jonelle Brown - Christopher Newport University; Newport News, VA

Ms. Makala Crawford - Winston-Salem State University; Winston-Salem, NC

Mr. Louis Crimiel - North Carolina A&T State University; Greensboro, NC

Ms. Nia Dickerson - Virginia Commonwealth University; Richmond, VA

Ms. Morgan Dyson - Florida A & M; Tallahassee, FL

Mr. Aaron Entzminger - University of Virginia; Charlottesville, VA

Mr. Chance Feemster - West Virginia University; Morgantown, WV

Mr. Zevin Holley - Gannon University; Erie, PA.

Ms. Courtney Manning - Hampton University; Hampton, VA.

Mr. Justin Moore - James Madison University; Harrisonburg, VA

Ms. Kayla Moore - University of the District of Columbia; Washington, DC

Ms. Courtney Parker - Hampton University; Hampton, VA

Ms. Juliana Salcedo - William & Mary University; Williamsburg, VA

Mr. Joshua West - Old Dominion University; Norfolk, VA

Ms. Nadeah West - James Madison University; Harrisonburg, VA



Singles' Ministry monthly bowling event on Saturday, February 1st at 2pm, Bowl America, 13409 Occoquan Road, Woodbridge. Come on out and join us while we bowl, it's a fun time! We look forward to seeing you there.

POC: Pamela Knight, singlesministry@firstmountzionbc.org



"COMMON THREADS" MINISTRY SPREADS LOVE & HOPE TO THE COMMUNITY FOR THE HOLIDAY SEASON

"Sewing mends the soul." This is the mantra that guides us in the Common Threads Sewing group at FMZBC. We fellowship twice per month on Saturday mornings to learn, grow and fellowship together.

Under the tutelage of our leader, Mrs. Arnita B. Jordan, she sweetly and subtly oversees projects in progress, warmly welcomes new members and shows both basic and advanced sewing techniques that help us perfect our craft.



In our sessions, several projects have been completed, such as tote bags, Christmas stockings, tissue holders, shoe bags, cosmetic bags, travel bags, rugs, plastic bag holders and most recently lunch bags.

Each holiday season, we make a project to donate to a good cause. This past Christmas, we made large tote bags and filled them with toiletry items to donate to women and families at the ACTS shelter. It was truly a blessing to be able to give back in such a small way that really goes a long way in the life of someone with so little at the time. We are happy to help those in need and spread the love of God to others, as this is truly "ministry beyond the walls."

Sister Tara Funches





Agape: A Different Kind of Love

The poetess Elizabeth Barrett Browning wrote: “How do I love thee? Let me count the ways....” In the season of Valentine’s Day, people across the nation seek to measure and express signs of this emotion we call love. In 2019, it was estimated that over \$30 billion was spent in the United States to express feelings of love - Phila.

Philia (Pronounced: FILL-ee-uh) is the type of love described in the Bible that most Christians show toward each other. This Greek term describes the powerful emotional bond seen in deep friendships, such as the love between Paul and Timothy. It encompasses love for other people, care, respect, and compassion for people in need. Although this love is beautiful, God has an even greater type of love for His people – **Agape** love.

Valentine’s Day is right around the corner and it is sometimes a tough day and a struggle for many. It is sometimes a tough day for singles who wish they weren’t, those struggling in their marriage and wish they weren’t and those missing a love one who seemed to have gone too soon. On this “special” set-aside day, love is expressed in many ways: special dinners, flowers, cards, and jewelry. In short, it is about gift giving. While all these expressions are good, we shall thirst and hunger again; the fragrance and beauty of the flowers will fade; the sentiments of the cards will be lost over time, and; the jewelry will tarnish.

However, there is a gift that keeps on giving. This gift of love is more than jewelry, more than a special dinner, and more than a card. This Agape love is greater than the love we want; it’s the love we need. This love changes everything. John 3:16 says: **“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”** Now, that’s love!

Although the Bible is silent about Valentine’s Day, it is not silent about sharing God’s love. He left us a new commandment: **“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another”** (John 13:34.)

The scriptures offer countless ways to show God’s love. Consider the following opportunities to share love on Valentine’s Day—and any other day of the year:

- ♥ Share a Gift—It doesn’t have to be expensive, or ordered from Amazon, it can be handmade - Remember Proverbs 18:16 - “A gift opens the way and ushers the giver into the presence of the great.”
- ♥ Give a Hug (or a Handshake or a High Five) - Touch is one of the five love languages. Extend a hug to your children, a parent, grandparent, brother or sister. A caring hug can communicate love in a vital way.
- ♥ Write Encouraging Words - Give an encouraging handwritten note, use technology and send a caring text message, or send a positive email to a friend or relative. Also, remember the power of hearing someone’s voice providing an encouraging word. So, call someone also. My aunts, who range in age from 78 to 100, love to hear my voice on the phone and I love to hear theirs.

Of course, the greatest gift we can share is God’s love and His message for eternal life! His love gives everyone the opportunity to experience new life in Christ.

As we begin a new year, let us do so in the ever present love of God, the Father, who loved us so much, and wanted us badly enough to become like us, so that we could become like Him.

Agape!

Happy Valentine's Day

Submitted by Deaconess Cynthia Brown

“Because thy lovingkindness is better than life, my lips shall praise thee.” Psalm 63:3



First Friday (Movie Night on February 7th at 7 p.m.):

All youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! First Fridays include a movie, food, fellowship, and fun for all. Bring a friend!

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 to college, military or professional workforce.

Youth Bible Study on Wednesdays: We will explore the "Pressure of School." 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. See you there! Bring a friend.

For details or support, contact:

Reverend John McNeill

Youth Minister

703-670-0184

Email: jmcneill@firstmountzionbc.org

GET READY!!!

You are encouraged to come out, worship, and support our awesome MEN'S CHOIR on February 8, 2020 at the Four Seasons of Historic Virginia (right across the street from the Church) from 2—5 pm, at the kick-off of their Black History month-long Celebration. Dinner will be served. Ticket price is \$30 and you are guaranteed a great time of fellowship! **See Neal Patterson for more information.** We thank you in advance for your support!

**C & B THERE
FIRST MOUNT ZION**



February 16th 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, February 22nd from 9 – Noon in the gymnasium.

POC: Thomas Bates 703-330-6371

Cherry Anderson 540-361-4319



DIVINE INSPIRATIONS BOOKSTORE is seeking volunteers to work in the Bookstore on Tuesday and Thursday from 6:30—9pm and Saturday from 9am—12:30pm.

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

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!

Thank you!

Communications and Publicity Ministry

Deacon Joseph Boutte, Chair
Oonagh Bell Benson Blake
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
Carole Roney, 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 Night Bible Study Schedule

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: [@thecore_fmzbc](https://www.instagram.com/thecore_fmzbc)

Vimeo: vimeo.com/25203195

Linked In: <https://www.linkedin.com/groups/1890924/>



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!