



April 5, 2020
Volume 16 • Issue

2020 Theme: *Living in God's Assurance—Isaiah 41:10*

Message from the Pastor

What's INSIDE



Who Will Roll The Stone Away?

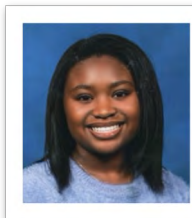
In the Gospel of Matthew 27:62-28:2, you will find these words: ⁶²*On the next day, which followed the Day of Preparation, the chief priests and Pharisees gathered together to Pilate, ⁶³saying, "Sir, we remember, while He was still alive, how that deceiver said, 'After three days I will rise.' ⁶⁴Therefore command that the tomb be made secure until the third day, lest His disciples come by night and steal Him away, and say to the people, 'He has risen from the dead.' So the last deception will be worse than the first."* ⁶⁵*Pilate said to them, "You have a guard; go your way, make it as secure as you know how."* ⁶⁶*So they went and made the tomb secure, sealing the stone and setting the guard. ¹Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. 2 And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone from the door and sat on it.*



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Serving Inside and Outside the Walls of FMZBC



Congratulations to **Zone M2 member SaRee Grimes** for earning the Girl Scouts of America Silver Trefoil Award for volunteering over 100 community service hours. The Girl Scouts Nation's Capital Silver Trefoil Award originated as the Little Flower Award, which was presented in memory of Senior Girl Scout Linda Curtis and was given for commendable service to Girl Scouts Nation's Capital. In 1977, the award was

expanded to include a wider spectrum of service, including Girl Scout Community, National and Global community service hours. Girl Scout Community hours include council and troop volunteer service. National service consists of government, local and green community service. Global service includes international and multi-cultural hours.

SaRee's service to the community included sorting and delivering school supplies for local elementary schools, cleaning Locust Shade Park, participating in Wreaths across America by laying and cleaning up wreaths to honor our fallen veterans, and sorting and delivering food packages to families as part of the FMZBC SHARE Ministry. She also assisted her troop in laying Spider Blocks to support fish habitats for the Montclair Homeowners Association and serving as a member of the FMZBC Youth Sunday School Ministry where she assists Ms. Linda Allen's 3rd grade Sunday School Class. SaRee serves as a Junior Usher where her primary duty is to serve as a doorkeeper during church services. In 2016, SaRee partnered with

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Sharon "Sherry" Stone Kathleen Seefeldt Award for Community Service

Our Assistant Church Clerk, Sharon "Sherry" Stone, was recently recognized for her outstanding community service by the Dale City Civic Association. At the Annual Awards Banquet, Sherry was presented the Kathleen Seefeldt Award for Community Service for her tireless efforts and service throughout our community and the state in promoting voter registration, advocating for health care, and affecting positive change to benefit others. Sherry faithfully serves our community through preparation, study, and the work required to answer the call to advocate on behalf of others in our community.

Her service included chairing the Social and Political Action Committee for the National Coalition of 100 Black Women (NCBW), Prince William County Chapter, Inc. and actively participating in a variety of events and activities promoting civic engagement and service. Sherry constantly demonstrated her leadership abilities through successfully serving the community as she has planned, implemented, and executed voter registration drives, legislative days in Washington, D.C. and Richmond VA. Sherry collaborated with her coalition sisters, friends and church members to attend Legislative Days in D.C.

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Message to Our Youth

Greetings Young Disciples of Jesus Christ,

Amid "Social-distancing", Jesus Meets Us

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!" Luke 17:11-13 (NIV)



Rev. John McNeill, Jr.

Gardner C. Taylor, a doctor in the faith, once said, "Ministers stand in direct need of the very word that they would stand to utter." This is certainly one such occasion. I, too, stand in need of the Word that I will share.

COVID-19, the novel coronavirus, is rapidly moving through our nation, disrupting our social order and impacting how we commonly live. Youth, parents and I, have been asked to stay home and to only venture out when absolutely necessary. We have also been told not to gather in groups of ten or more and we are encouraged to practice "social-distancing." This means that we are not to congregate or to come within six feet of each other. "Social-distancing" can be quite challenging for our culture and those who are inherently social beings. We gather in groups at school for learning, church for worship, stores for shopping and playgrounds for fun.

One of my spiritual tutors in the faith, Pastor Roberson of Kingdom Life Fellowship in Savannah, GA, called my attention to an important attribute about God and an occasion in Jesus Christ's experience. Social-distancing may be new, unfamiliar or different for us; but, social-distancing is not a new experience for God. Leprosy, in Jesus' day, was a reference to various diseases that prompted people to live in isolation away from those who were not stricken with it. The Gospel of Luke describes and reports to us a situation where Jesus meets a group who were practicing a form of "social-distancing." But, Jesus doesn't leave them alone and isolated; Jesus works a miracle in their midst. Jesus brings healing to them. Jesus brings grace and mercy to those who are practicing "social distancing."

See or find yourself in the story of God. Call for God's mercy for yourself and for those in the world around you. God hears your prayers and He is present with you!

Reverend John C. McNeill
Youth Pastor

Profile of Trustee Candidate *Renae Allen*



Birthday: **August 8**

Place of birth: **Gladstone, Virginia**

Family: **Two wonderful children, Symone and De'Vante; one sister**

Favorite scripture: **Proverbs 3:5-6 - Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (NIV)**

Favorite gospel: **Won't He Do It by Koryn Hawthorne**

Favorite book: **Battlefield of the Mind by Joyce Meyer**

Favorite movie: **Black Panther**

Favorite food: **Lasagna**

Ideal vacation spot and why: **Aruba - its beauty and peacefulness to meditate on God's goodness.**

One word that describes me and why: **Servanthood - dedicated to helping others.**

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BLACK HISTORY PROGRAM

The FMZBC Seniors' Ministry closed out Black History Month with their first-ever showcase presented by Seniors for Senior members and friends. One hundred fifty members and guests enjoyed a wonderful lunch prepared by the Grain of Heaven staff and served by senior members.

Shortly after lunch, the program began with our wonderful leader and narrator, Sis. Pauline Hunter. The seniors presented a variety of poems, readings, solos, and instrumental renditions, all capably presented. The seniors were treated to a few surprises, such as little known Black History facts by Pauline Hunter. Joann Earle, Shirley Hardy and Bonnell Sanders surprised everyone with their rendition of The Supremes, *Stop In The Name of Love*. A skit from a scene from Sanford and Son provided a variety of laughs for the audience. The Senior Praise Dancers, Silver Steppers, made their debut with a beautiful praise dance to the song *God Is Good*, by Regina Belle. The Seniors left this meeting very excited and looking forward to next year.

A heartfelt thank you to Shirley Hardy, leader, and Pauline Hunter, co-leader, for their vision in making the showcase a success. Also, a heartfelt thank you to Pastor Torian, Assistant Pastor Sandra K. James, CED leadership, Dr. Tracey Holley, and all participants, helpers, decorating crew and those both on stage and behind the scenes. You continue to make Seniors Ministry the best experience possible.

We are Seniors truly Living In God's Assurance!

Seniors' Ministry



Profiles of Deacon Candidates



Deacon Candidate Everett Griggs Sr.

Birthday: **March 31**

Place of Birth: **Colorado Springs CO**

Family: **Stacey Griggs (Spouse), Nicholas, Everett Jr, Mallory; Grands: Preston, Malachi, Everett III, Elijah & Peyton**

Favorite scripture: **Psalms 118:1 Oh, give thanks to the Lord, for He is good! For His mercy endures forever.**

Favorite gospel song/singer: **Something About the Name Jesus by Rance Allen**

Favorite Book: **Tony Evans "Kingdom Man"**

Favorite movie: **Remember the Titans**

Favorite food: **Home-cooking**

Ideal vacation spot and why: **Atlantis, Paradise Island, Bahamas; its peace and beauty.**

One word that describes me and why: **Dependable - Word is Bond.**



Deacon Candidate Derrick Grimes

Birthday: **January 17**

Place: **Bamberg, South Carolina**

Family: **Wife Sandra and Daughter SaRee; six siblings**

Favorite scripture: **1 Corinthians 13:13: And now these three remain: faith, hope and love. But the greatest of these is love.**

Favorite gospel song: **God Has Smiled On Me**

Favorite book: **The 1619 Project**

Favorite movie: **Deep Cover**

Favorite food: **Red velvet cake**

Favorite vacation spot and why: **The beach is my favorite vacation location because the sound of the waves is relaxing.**

One word that describes me and why: **Optimistic – I find that there is a silver lining if you are patient and wait for it to be revealed.**



Deacon Candidate Sam Bagwell

Birthday: **August 5**

Place: **Melfa, on the Eastern Shore of Virginia**

Family: **Married to the former Denise Lilliston; son, Marcel, who is married to the former Laurie Gavin**

Favorite scripture: **Luke 1:37: For with God nothing shall be impossible**

Favorite gospel song: **Forever by Jason Nelson**

Favorite book: **Who Moved My Cheese**

Favorite movie: **Avatar**

Favorite food: **Southern fried chicken**

Ideal vacation spot and why: **Hawaii. I was saved in Hawaii, my son Marcel was born in Hawaii, and my wife, Denise and I renewed our wedding vows in Hawaii after accepting Christ.**

One word that describes me and why: **Joy - When you see me, you see how blessed I am; a smile on my face and a heart full of joy. I have joy in my soul, knowing that God is in control.**

Profiles of Deacon Candidates



Deacon Candidate Mark Jessup

Birthday: **May 15**

Place of birth: **Baltimore, MD**

Family: **Married to Terri Collado-Jessup, three children (Lissette, Courtleigh, MarkAnthony, Jr.), three grands (Pharrell, Arielle, Gavin)**

Favorite scripture: **Philippians 4:6-7**

Favorite gospel singer: **Marvin Sapp**

Favorite book: **The 7 Habits of Highly Effective People by Stephen Covey**

Favorite movie: **Courageous**

Favorite food: **Chicken Fettuccini Alfredo or Porterhouse Steak and asparagus**

Ideal vacation spot and why: **Kauai Island, Hawaii. This is the first trip my wife and I took as a couple; it was very relaxing**

One word that describes me and why: **Methodical - I pay attention to details in just about everything.**



Deacon Candidate Darnell Sims

Birthday: **April 28**

Place of birth: **Chicago**

Family: **Married to Kerry, a son, Henry, and baby daughter, Nella**

Favorite scripture: **Philippians 4:7**

Favorite gospel song: **Pass Me Not**

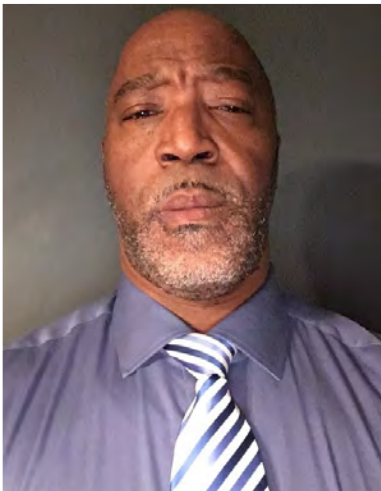
Favorite book: **I do not have a single favorite; however, I enjoy a wide swathe of genres. Anything by Jeffrey Archer or Jack Higgins for suspense. I also enjoy technical Sci-fi.**

Favorite movie: **In the Heat of the Night (Sidney Poitier); Ford vs. Ferrari**

Favorite food: **Pancakes**

Ideal vacation spot and why: **Any place with mountains and lakes. I like peace and serenity.**

One word that describes me and why: **Empathetic. I try to understand everyone's background, perspective, and experiences.**



Deacon Candidate Randy Hardy

Birthday: **September 20**

Place of birth: **Greensboro, North Carolina**

Family: **Married to Michele Yolanda Mounia and we have twin boys, Perry and Patrick I have four siblings**

Favorite scripture: **2 Corinthians 4:8-9 - We are troubled on every side, yet not distressed; we are perplexed, but not in despair; ⁹ Persecuted, but not forsaken; cast down, but not destroyed**

Favorite gospel song: **Yes by Shekinah Glory**

Favorite book: **Four Pillars of a Man's Heart by Stu Webber**

Favorite movie: **Bad Boys**

Favorite food: **Fried Shrimp**

Ideal vacation spot and why: **Anywhere that I can go fishing**

One word that describes me and why: **Loyal — Because a friend will stick closer than a brother**

WOMEN'S HISTORY MONTH CHOIR



Singing to the Glory of God in Celebration of Women's History Month!

Join us for Bible Study
Midday 11:30a – 12:30p Wednesday
Evening 7:30 Prayer and Praise
and Bible Study at 8:00

Question: "What do you do when you are in the middle of mid-day Bible Study and the fire alarm goes off?"

Answer: You exit the building in a quiet and orderly manner and proceed to have Bible Study in the parking lot. And that is exactly what the midday Bible Study Group did March 11th. In the middle of John Chapter 8 when Jesus is proclaiming, He is the Light of the World! Once everyone was safe and accounted for, we huddled in a circle, continued our study, and everyone had a great time. I like to call it Bible Study 360 degrees or Bible Study in the round or Bible Study on the move! It was a different experience and, hopefully, we were the Light of the world to all who passed by on 234 that day. Thank God it was a nice day!



Bible Study on the Move!



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LEADERSHIP THE CHAPLAIN'S CORNER

The four Outward Disciplines--Simplicity, Solitude, Submission and **Service**--reveal what people need to do to improve the world around them. 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!!*

In the March issue we stated that "As the cross is the sign of submission, so the towel is the sign of **service**. What better time to reference the Cross, than during Easter!! 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. But 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.*

First, He describes the **service of hiddenness**. This service helps reduce pride while still providing joy and spreading love. The next service is the **service of small things**. No act of service is too small. In fact, the small acts of service require a commitment of service and faithfulness. The **service of guarding the reputation of others** is next. This service "helps to protect from gossip and disrespect. It requires continuous and deep service. The next is the **service of being served**, which is allowing others to serve you. It is not always easy or comfortable, but it is also a lesson in humility. Next is the **service of common courtesy**. The main goal is to "acknowledge others and affirm their worth." The **service of hospitality** is simply opening one's heart or home to everyone, making them feel comfortable and welcome at all times and in all situations. The **service of listening** is necessary to show love in all relationships. It helps to quiet the mind. Next is the **service of bearing the burdens of others**. A person can look to Jesus as the example. The **final service** is the **service of sharing the Word of Life**. Sharing what God has placed on our hearts or spoken to us is a true gift of service."

Excerpts from Richard J. Foster's "Celebration of Discipline" Study Guide

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

VISIT US ONLINE
FMZBC.com

Associate Ministers

Encouragement and
Assurance for the Soul

Take Your Medicine

"Take You Medicine"...I have many times as a child growing up in the south, and as an adult, when my body has not been at its best. How many times have I said "take your medicine" so you can feel better, to my own family, friends and even to some of you reading this article, and you know who you are! Well, today I am giving a dose that I hope will be beneficial to all of us....a dose of humor. Listen to what the Bible says about laughter and a merry heart...

- ♦ There is a time to weep, And a time to laugh; Ecc 3:4 a-b
- ♦ Blessed are you who weep now, For you shall laugh. Luke 6:21
- ♦ And Sarah said, "God has made me laugh, and all who hear will laugh with me." Genesis 21:5
- ♦ A merry heart makes a cheerful countenance... Proverbs 15:13a
- ♦ But he who is of a merry heart has a continual feast... Proverbs 15:15b
- ♦ A merry heart does good, like medicine... Proverbs 17:22a

There is a well-known book titled, *Everything I Need to Know I Learned in Kindergarten*. Let me suggest another: Everything I Need to Know I Learned from Noah:

- ♦ Don't miss the boat.
- ♦ We are all in the same boat.
- ♦ Plan ahead. It wasn't raining when Noah built the Ark.
- ♦ Stay fit. When you're 600 years old, someone may ask you to do something big.
- ♦ Don't listen to critics; just do the job that needs to be done.
- ♦ Build your future on high ground.
- ♦ For safety's sake, travel in pairs.
- ♦ Speed isn't always an advantage. The snails were on board with the cheetahs.
- ♦ When you're stressed, float a while.
- ♦ Remember, the Ark was built by amateurs; the Titanic by professionals.
- ♦ No matter the storm, when you are with God, there's always a rainbow waiting.

— Source unknown; submitted by Jon Mutchler, Ferndale, Washington

So..."take your Medicine" and have a great day!

Rev. Sandra K. James

The MESSENGER



The Women's Ministry of First Mount Zion Baptist Church is hosting a **Love-ly Ladies Luncheon** at FMZBC on May 9, 2020 from 10:00 am–1:00 pm. I invite ladies and girls to come out on this Mother's Day weekend to fellowship, be spiritually enriched, and enjoy everlasting bonds of sisterhood with your sisters in Christ. We'll fellowship as we eat good food, receive gifts, and see the beauty of different teapots.

The conference theme is **Embracing Who You Are** with the subtheme, *I Will Praise Him Because I Am Fearfully & Wonderfully Made. Acknowledge that you belong to the Lord and He's predestined you for greatness while you were in your mother's womb.*

The purpose of this fellowship is to inspire and encourage ladies and girls that God has created them for greatness before they were in their mother's womb. The world puts females in boxes and dictates how they should look, talk, and act. But, that's the view of the world. When you are a child of the most-high God, you need to have a kingdom mindset, one where you are praising Him because you are fearfully and wonderfully made. Even if you are not a size six, think your nose is too big or your legs too skinny, you must embrace the fact that God has a plan for your life. But you first have to love yourself. You first have to know and accept that God's desire for you is to live a great life, one that was planned before you were even born.

The luncheon cost is \$20.00 for 21 years of age and older and \$10.00 for ages 20 and younger. Attendees may register online at firstmountzionbc.org beginning April 5th – May 3rd. Registration may also be completed onsite at FMZBC beginning April 19th -May 3rd after the 8:00 am & 11:00 am services.

The WM is blessed that Ms. Tracy Fauntleroy will join us. Ms. Fauntleroy is a motivational speaker, minister and life coach who will equip, inspire, empower, and encourage us to be transformed into a "new you." She is the founder of the Transforming Lives Center and the author of "The Power of Transformation!" The guest speaker is FMZ's very own, Assistant Pastor, Reverend Sandra K. James. She will remind us that we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them, according to Ephesians 2:10.

So, come out with the WM to get your blessing and bring all of the lovely ladies in your life to get theirs too!

We always aim to think of different and fun ideas as we host events, and this year isn't any different. Please join us by bringing your uniquely made and designed teapot for a friendly competition in the *Teapot Pageant*.

Here are a few simple rules for contestants:

1. There is no cost to enter the contest.
2. Must bring your favorite teapot that you have designed for display.

3. Must arrive between 9:15-9:30 am to set up your teapot in the gym.
4. Must contact the Women's Ministry at womensministry@firstmountzionbc.org by May 3rd to enter the contest. Email subject line should state "Teapot Pageant" and you must provide your first and last name and a theme/title of your teapot.

First place, runner-up, and third place Teapot Pageant winners will be given a prize. You and your teapot must be present to win.

I'm looking forward to fellowshiping with you and all of the lovely ladies in your life!

Veronica D. Hackett
Women's Ministry Director

*In Celebration of
our Pastor,*



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

**NEW
DATES!!!**



**AUGUST 28TH – 7AM
GOLF TOURNAMENT**

**AUGUST 28TH – 6PM
FAMILY &
FRIENDS NIGHT**

**AUGUST 29TH – 6PM
BLACK TIE GALA**

**AUGUST 30TH – 10AM
WORSHIP SERVICE**



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The CORE (First Mount Zion's Young Adults) is off to a fantastic start to 2020. We started off the year outlining our new vision for the Ministry at our Kickoff Party.

Following the Kickoff meeting, we held our first session of the year as we sought to take care of our temples with a CORE Fitness, a workout session led by certified personal trainer and CORE member, Adrian Ampeh. The following month, we held our first after-church "Eat and Greet" at Bungalow Restaurant. This was an exciting opportunity for FMZBC young adults to fellowship. More "Eat and Greets" will be held throughout the year.

Later in February, The CORE hosted "Love You to Your CORE". This was a Valentine's social event centered around the topic of love. We thank Rev. Brian Woolfolk and Deaconess Vietta Williams for being amazing guest speakers. It was an awesome night featuring dinner, music, and fellowship.

In March, the staple spiritual growth event of The Core took place as The Ministry of LIFE returned on a brand new night. Join The CORE every second TUESDAY as we hold sessions taught by FMZBC ministers that directly impact the everyday lives of Young Adults. We thank Rev. Josephine Cherry for leading an amazing session on "Courtship and Remaining Holy".

2020 is off to an amazing start and we have so much more planned. To be a part of it, please join our email list by sending an email to TheCore@FirstMountZionBC.org. You can also follow us on social media (Facebook: First Mount Zion Young Adult Ministry; Instagram: @TheCore_FMZBC; Twitter: @TheCoreFMZBC).



Ministries' Meeting Schedules



During the COVID-19 pandemic our Ministry Schedule for meetings and activities at the Church has been curtailed for safety and health reasons. Please refer to our Website for the most current information on ministry virtual meetings.

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

Join us live on the Website, Facebook, and conference calls on Wednesday nights at 7:30. We will resume our normal schedule when safe. Check the Website for updates.

Lifetouch photos appointments are suspended until we get through the COVID-19 crisis. **Lifetouch.**



"This outbreak is very alarming, but God has not given us a spirit of fear. We have faith in our Redeemer who said, 'I am with you always'. Please know that we are praying for you. Stay Encouraged."

Pastor Luke Torian's on the Coronavirus Outbreak

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During the COVID-19 pandemic, we invite you to join our Facebook Live group, Sunday School Extended, from 9:45 – 1030AM each Sunday. The video, questions, outline, and discussion will remain available for engaging with the Sunday School Ministry and other members throughout the week. Go to https://www.facebook.com/groups/226891871828190/?source_id=232091590162966

April's lesson revolves around Easter. We are very familiar with this month's lesson. 'If you've been in church more than a year, you've got it down pat!

First Sunday: "The Lowly King." Zechariah 9:9 prophesied about Matthew 21:7, Jesus did ride in on the she-colt. We know Jesus was in His final days on earth. I'd like to point your attention to the fickle attitude of mankind. Let's think about this for a minute; the same crowd who said "Hosanna to the Son of David! 'Blessed is He who comes in the name of the Lord! Hosanna in the highest!"; in a matter of hours will say, "give us Barabbas!" (Matt. 27:21 NKJV) To give you an idea of how tight this scenario is, the distance from Christ entering Jerusalem to where He was crucified is less than five kilometers or 3.5 miles. How quickly can a mind change? This is the same Jesus who led a revolt in the temple.

Second Sunday: Oooooou WEE! IT'S EASTER!! "The One Revealed in Scripture." Was it not necessary for the Christ to suffer these things and to enter His glory? (Luke 24:26 MEV) "He had to get His, so we could have ours!" (Gillis M. Taylor's translation of Luke 24:26) Five months ago, we celebrated Christmas. We looked forward to exchanging gifts and celebrating the new born king. During Christmas we often overlook the fact that the greatest gifts of all are free: redemption and salvation. In Matthew 21:12, Jesus cleansed the temple of the money changers. They made money selling animals to sacrifice and exchanging money. People had to

exchange their money for temple money in order to purchase a sacrifice. According to the Talmud, a Jewish religious text, the city's economic heart was the Holy Temple, the only place where Israelites could sacrifice animals as offerings to God. Easter was Jesus' gift to us. No longer was it necessary to purchase a sacrifice at the temple. Jesus became the living sacrifice for our redemption.

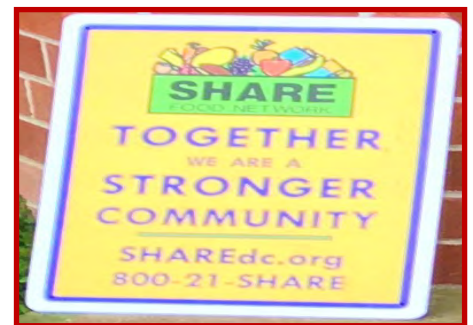
Third Sunday: "Victory of the Lord's Anointed" This lesson takes us to Psalm 105:15 (KJV), "*Touch not mine anointed, and do my prophets no harm.*" Here is another, David and the Amalekite in 2 Samuel 1:14, "*David said unto him, how was thou not afraid to stretch forth thine hand to destroy the LORD's anointed?*" David had the Amalekite killed, because the Amalekite killed Saul. We know God is the undisputed Heavy Weight Champ of all the universes. Through God we have the victory in every situation. It's sort of like the cliché, "He may not come when you want Him to, but He's always on time." Here is a twist on the cliché, "We may not win like we want to, but with God, we have the victory!"

Fourth Sunday: "The Chief Corner Stone." We can relate Psalm 118:22 to 1 Peter 2:6 (NKJV): "*Wherefore also it is contained in the scripture, Behold, I lay in Sion (Zion) a chief corner stone, elect, precious: and he that believeth on him shall not be confounded*", 1 Peter 2:6 (NKJV). Have you ever been rejected and later discovered you were in a better position than expected? Or there were people in your life who thought you wouldn't amount to anything or accomplish anything in your life? When you look back over your life and see what God has done, you'll realize you were the rejected, yet you became the cornerstone. If we allow it, rejection can become the fuel God uses to motivate us to excel. We praise God, because God lifted us when others put us down. Therefore, we are victorious!

Amen! Amen! Amen!

Reverend Gillis M. Taylor
Sunday School Superintendent

Deacon James Hawkins
SHARE Ministry



FMZBC still supporting its members, and members of the community, through the SHARE Ministry while using social distancing. Thank God the weather cooperated; everyone received their packages. The Ministry assembled and distributed 101 packages.



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Message from the Pastor - cont'd

When the women went to the tomb in the early morning to prepare Jesus' body, they pondered the question of "who" would help. Stones can be problematic when they are placed in the wrong place. In a world challenged with stones of sickness, and hatred, who will roll the stone away? That age-old question is asked, "Who" will help us? Who will roll the stones of injustice, bigotry, hatred, greed, apathy and the likes away from the stony hearts of humanity?

As we approach the celebration of Resurrection Sunday/Easter, I am thankful that I know the answer to the question, "Who Rolled The Stone Away?" The answer is found in Matthew 28:2, "And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone from the door and sat on it." During this season of Lent and as we approach Holy Week culminating with Resurrection Sunday, let us be thankful for the Living Savior in Jesus Christ who is the "Chief Corner Stone" and the only One who will soften the stony hearts of men and roll the stone of sin away giving us a heart with a love for Jesus. I am thankful that the stone is rolled away. What about you? The stone is rolled away, and Jesus lives, now go tell someone else!

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

Congratulations to Solomon Davis on achieving Eagle Scout



**Solomon Davis and family at his
Eagle Scout Honor Court**

Serving Inside and Outside the Walls of FMZBC

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the Deaconess Ministry on the FMZBC Annual Community Giveaway to earn the Silver Award. This award is the second highest award of the Girl Scouts of America, and the highest award that a Girl Scout Cadette can earn.

Additionally, SaRee earned service hours as part of the Prince William County Dale City Chapter of the Top Teens of America. Service activities included raising money for and providing support to St. Jude, the NAACP, National Council of Negro Women, Sickle Cell Disease Association of America, and United Negro College Fund (UNCF). She also participated in the March of Dimes Rally, Sickle Cell Anemia 5K Walk, and the Juvenile Diabetes Walk. On a quarterly basis, she volunteered at the PWC Senior Citizens Complex Service and Community Beautification projects.

SaRee's government hours included volunteering for the past three summers at Montclair Community Library participating in the Prince William Public Library System Summer Reading Program.

SaRee is the daughter of Lieutenant Colonel (retired) Derrick Grimes and Sandra Grimes. She is a 17-year-old junior attending Colgan High School where she is a member of the Center for Fine and Performing Arts (CFPA) program in the Theater Concentration. SaRee enjoys acting, singing, drawing, public speaking, and photography and strives to become a professional actress focusing on Entertainment and Business Management. SaRee has been a part of the First Mount Zion Family since 2009.

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As part of her service with the NCBW, she started a huge collaborative process among NCBW chapters across the state of Virginia. Her NCBW efforts in the community helped increase awareness of legislative topics related to medical health care and the expanding the Affordable Health Act to Virginia to over 300,000 residents.

Her efforts and community service were recognized in the Congressional Record by the Honorable Gerald E. Connolly where he congratulated Sherry and all the recipients 2020 Dale City Civic Association awards. Mr. Connolly said, "With the core values of compassion and a true sense of community, the Dale City Civic Association honors community members who are making a positive impact in their city". Sherry's contributions recognize her having gone above and beyond the call in their service to our community. She exemplified strong purpose by helping strengthen the community's foundation by selflessly dedicating her time and efforts to make sure their community is prepared for the challenges of the day and laying the groundwork for a better tomorrow. We celebrate and congratulate Sherry as the 2020 Kathleen Seefeldt Award for Community Service recipient! Thank you for your service inside and outside the walls of the church.

The MESSENGER



Due to the temporary closure of the Church because of the threat of the Coronavirus, First Friday will not be held this month.

PLEASE BE SAFE AND CONTINUE TO ADHERE TO THE CDC GUIDELINES!

Youth Worship Service Participants: All youth (6-12th 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 continue to explore the "Pressure of School." Come and ask the Biblical question(s) that you've always had. Learn how to do the right things for the right reasons. Discover how to please God. See you there and bring a friend.

POC: Reverend John McNeill
Youth Minister - 703-670-0184. Email: JMcNeill@firstmountzionbc.org



All activities are postponed until further notice. Please contact Pamela Knight for further information.

singlesministry@firstmountzionbc.org



PLEASE CALL BRO. THOMAS BATES AT 703-330-6371, NO LATER THAN APRIL 19, 2020, TO PLACE YOUR ORDER FOR A SHARE PACKAGE. DISTRIBUTION WILL BE MADE OUTSIDE IN THE BACK PARKING LOT (TO ADHERE TO SOCIAL DISTANCING GUIDELINES) ON SATURDAY, APRIL 25, 2020 FROM 9-11 A.M. THANK YOU!

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

Joseph Boutte, Chair

Oonagh Bell

Beverly Grant

Sylvia Moore

Benson Blake

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)
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: [@the_core_fmzbc](https://www.instagram.com/the_core_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!