



May 3, 2020
Volume 16 • Issue 5

Message from the Pastor

What's INSIDE



Sufficient Grace

My grace is sufficient for you, for My power is made perfect in weakness. — 2 Corinthians 12:9

The Scriptures do not provide the specifics, but we know that the Apostle Paul struggled with what he referred to as a “thorn in [his] flesh” (2 Corinthians 12:7). Whatever the problem was, it was so bothersome to Paul he pleaded with God three times to remove it, but God refused. Instead, today’s scripture tells us, God told Paul that His grace was sufficient and he needed to rely on God’s power rather than his own.

What we have and are learning during this pandemic is that when God calls us to difficult seasons, He gives us the grace to persevere.

God’s grace gives us the power to be who He has called us to be and do the things He has called us to do no matter how challenging the circumstance. Sometimes it’s tempting for us to worry about how we will make it in the days, weeks, months, and years to come, but God provides His grace at the exact time we need it, not too early and not too late, but right on time. God’s grace is always sufficient!

*Living in His Assurance,
Pastor Luke E. Torian*

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VISIT US ONLINE www.FMZBC.com

Fasting nugget!

“An empty stomach may be the most powerful prayer posture in Scripture. It’s even more powerful than kneeling! It shows God that we mean business. And when we fast, God makes our business His business!”

During this pandemic, we can still support the Ministry by giving our Tithes and Offerings:

There are three options:

- ⇒ Online: www.fmzbc.com, and click on **ONLINE GIVING**, at any time, or access it using this link: <http://bit.ly/FMZ-Online-Giving>
- ⇒ Mail: First Mount Zion Baptist Church
16622 Dumfries, Road
Dumfries, VA 22025
- ⇒ Schedule a time with your Zone Leader for pick up from your home

Tithes & Offerings

GIVING BACK TO GOD

Give & IT WILL BE Given TO YOU
LUKE 6:38

Happy Mothers Day!

"Many women do noble things,

but you surpass them all."

Proverbs 31:29, NIV

The MESSENGER



Message to Our Youth

Greetings Young Disciples of Jesus Christ,

Faith & Grace at Home



Rev. John McNeill, Jr.

I've been so inspired to write these days. Here's an original haiku^{*/} (poem) to get us started:

Faith is a journey
with rough, smooth, dark and well-lit paths;
God's grace keeps us all.

Virginia, Maryland and Washington, DC residents are now under government-mandated stay-at-home orders. As a consequence, we are home with more opportunities for emotional scrapes and bruises than through frequent encounters. We also have more occasions for spiritual growth through engaging family members. This means that there are more opportunities to exercise faith and to experience grace, to grow closer and to hurt each other's feelings, or to build each other up and to tear each other down.

You may not be a certified or trained counselor, but there are suggested ways to support each other, especially teenagers through a crisis experience. Here are a few tips on how to relate:

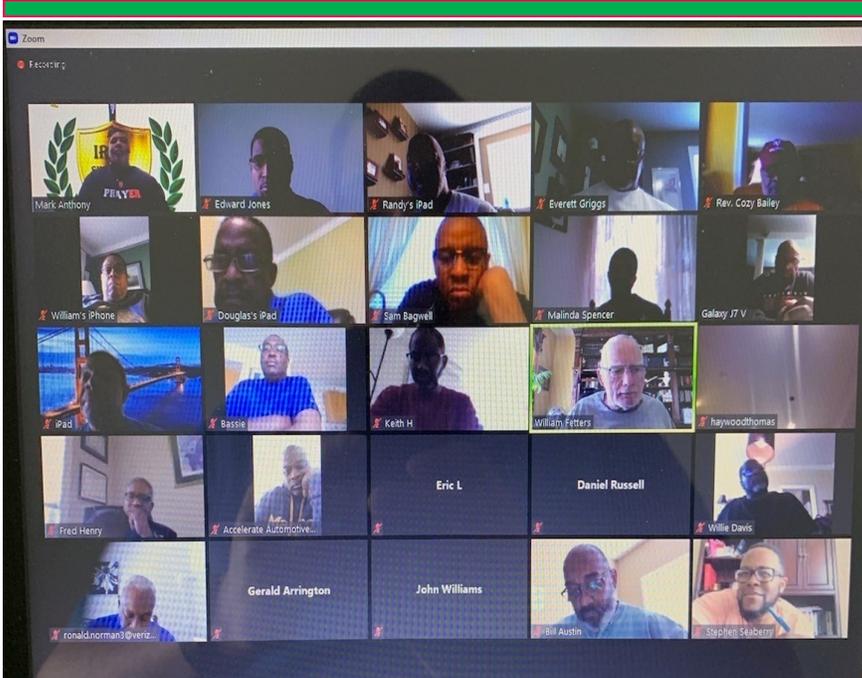
- **Be Patient as Teens Struggle** (Acknowledge a teen's emotion by helping them make sense of, and cope with, what is taking place.)
- **Maintain Lines of Communication** (Adults are a safe and responsible place for teens to process this crisis when teens are ready to talk.)
- **Allow the Teenager to Be a Teenager** (Try not to push teens to roles beyond their stage of development, maturity level or cognitive abilities.)
- **Help Teens Grieve** (Teens need time and space to work through the losses of what is important to them (i.e. routines, relationships, school year, ceremonies and athletic events).^{**/})

Please be patient with each other and extend grace.

^{*/} A haiku is a Japanese poem of seventeen syllables, in three lines of five, seven, and five...

^{**/} My notes were taken from a chapter in Scott Floyd's *Crisis Counseling: A Guide for Pastors and Professionals* entitled "Adolescents and Crises".

Reverend John C. McNeill
Youth Pastor



Assurance God Is With You

Judges 6:17

*Behold, how good and how pleasant it is
for brethren to dwell together in Unity!*
Psalm 133:1 (KJV)

Whenever we stand together as one, it is always moving to me because I love Unity. Nothing is more touching to my heart than to see Christian brothers in Unity with one purpose: that is to praise and lift up the name of Jesus. For someone like myself who seeks to get stronger with God more and more every day, to see others who have the same goal and purpose, keeps me going and lets me know that what I do is not in vain. Gideon replied in Judges 6:17: "If now I have found favor in your eyes, give me a sign that it is really you talking to me". We have God's Assurance; we just need to keep the faith while going through the storm. The angel called Gideon -- a

cont'd on page 4

The MESSENGER

LEADERSHIP THE CHAPLAIN'S CORNER

Did you know that every first Friday of the month, your FMZ Leadership Team, pray and fast over a chosen topic for each month. The devotional is put together by the three chaplains of the Deacon, Deaconess and Trustee Ministries. See the devotional activities below:

1. **Subject:** FMZ Leadership Prayer & Fasting - Friday (May 1, 2020)
2. **What:** Corporate Day of Prayer & Fasting (Matt 6:5 -18)
3. **When:** 1st Friday of every Month
4. **Where:** Wherever God finds you
5. **Why:** To help FMZBC Servant-Leaders and FMZ Members "Live in God's Assurance" (Isaiah 41:10) - "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand".
6. **Prayer and Fasting Topic:** "Corporate Prayer against Coronavirus Pandemic"
7. **Source:** Sunday School Lesson (March 8, 2020) Look "Up" and Live
8. **Lesson/Discussion:** What better "such a time as this" should we, the Children of God, be reminded to "Look and Live". With Coronavirus anxieties, we should all be "Looking UP". "Look and Live" was the Sunday School lesson for March 8, 2020, as you may recall. Taken from Numbers 21:1-9, it's the story of the complaining, stiff-necked, hardheaded, unappreciative, whining, ungrateful, discontented, disobedient, entitled, Hebrew "Children," doing more grumbling than they did thanking God for all He had done for them. Well, God had had enough!!! So, He sent "poisonous snakes among the people and many were bitten and died." Subsequently, they repented, and looked "UP" at the fiery bronze snake attached to a pole held by Moses. Those who looked "UP" were healed. You can re-read the story for yourself.

Bottomline, it is "such a time as this" that we all need to be reminded to "Look Up and Live". To this end, please meditate on the below Spiritual 7Ups, as you pray and fast on Friday!!

The Spiritual 7Ups

1. **Look Up** - "Look to Jesus the Author and Finisher of our Faith" (Hebrews 12:2). Song: **My Faith Looks Up to Thee (Hymn)**
2. **Hook Up** - That if you believe in your heart the Lord Jesus Christ, and that God raised Him from the Dead... (John 10:9-10) Song: **Just As I Am (Hymn)**
3. **Lift Up** - I will Bless the Lord at all times, His praise shall continually be in my mouth (Ps 34). Song: **Lift Him Up (Hymn)**
4. **Book Up** - "Thy Word have I hid in my heart that I might not sin against Thee" (Ps 119:11) And to the Coronavirus Pandemic: God did not give us a Spirit of fear, but power, and of love, and a sound mind (Love conquers fear) (II Tim 1-7) Song: **Let Not Your Heart Be Troubled (Frank Hooker - YouTube)**

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Associate Ministers

Encouragement and Assurance for the Soul

Memorial Day -- A Tribute to God's Faithfulness through Challenges and Triumphs

Memorial Day is not only the first summer holiday, it is a day set aside to honor men and women in U.S. military service. It was formally known as Decoration Day, established three years after the end of the Civil War. It was a time to decorate the headstones of those who gave their lives in battle. Placing a stone at the site of a milestone event has been a way of memorializing someone or something since the Old Testament.

God gave Joshua strict instructions on how to lead His "people" across the Jordan River into the promised land. The priests were to carry the ark of the covenant of the Lord to the edge of the Jordan River. As the priests stood in the river, the water would recede in a "heap" allowing the priests to lead the Israelites across the river on dry ground. Obedient Joshua followed God's instructions and as promised, when the priests' feet touched the water, the waters stood still allowing a safe pathway to the other side. The Lord then instructed Joshua to have twelve men (one from each tribe) to take a stone from the Jordan River as a reminder of God's power. When the Israelite children asked about the stones, this was an opportunity to teach them about the experience at the Jordan.

Memorial Day is not only a day to honor those who died in a war, it has become a day to honor all the deceased--a tradition my family faithfully honored. While cleaning the graves of loved ones, my mother took the opportunity to tell my sister and I about our family history. As I grew older, I realized these headstones represented someone's challenges and triumphs. These stones were reminders that I can count on God to see me through to the other side of whatever obstacles I face in life.

This Memorial Day take time to share your family history or ask questions about your family's past. You may be surprised at the memorials of God's faithfulness as He brought your family to the other side of challenges or pathway to life's triumphs.

Reverend Cynthia M. Ball



The MESSENGER

Deaconess Ministry



HAPPY
Mother's
day

God Loves As A Mother

When the Coronavirus pandemic emerged, two of my granddaughters were in Africa and my grandson had just moved to New York. Despite being a Christian, unsettling thoughts raced inside my head - What if the girls can't come home? What if they get sick? What if they...? The last "what if" took me back to watershed events in my life as a Christian mother. One memorable moment concerned our own Assistant Pastor, Rev. Sandra James.

As a mother, Rev. James lived through the loss of her first born son, a loving husband and doting father, and yet a powerful testimony emerged in spite of her loss. As I pondered the potential fate of my children, I wondered: "How does a mother survive this level of tragedy?" Suddenly, I was overwhelmed by memories of Rev. James after the loss of her son. Her faith in the midst of grief strengthened me. It became clear to me that God is present in a mother's grief.

The ability of Rev. James to allow us to see her tears reminded me of God's love for weeping mothers throughout the Bible. Hannah, who cried so hard that Eli thought she was drunk; the Hebrew women whose children were killed by Pharaoh; Rachel, who wailed for her children. God was with them. He was with Rev. James, and I suddenly knew - He will be with me.

As a mother, this is a hard truth - God is in control. He has a plan that involves us, using us to share His Word. I love my children, but I am called to love God even more.

As I reflected, other truths came rushing at me - God is sovereign, He loves me and will never leave me; God has a plan for my life and for the life of my children; and His ways are not my ways.

May we rejoice this Mother's Day in knowing that God so empathizes with our mother's heart, that He longs to gather us and to keep us close to Him.

*Submitted by
Deaconess Dorothy Mann*



-- cont'd from page 2

Mighty Man of Valor. I do not take that lightly - we are mighty men of valor!

We laugh together, we cry together, we sing together, we team build and fellowship together. I saw that this morning and it touched me beyond my deepest imagination. We are stronger, we have an unbreakable bond, we are here for one another and, most importantly, we all love and serve God with every breath we have. To look up and down the screen monitor and see so many Brothers standing together is a sight to behold. Remember our Motto: No COVID-19 can stop what God puts in place!!!

In closing, do not listen to yourself but, speak over yourself. "No, in all these things, we are more than conquerors through Him who loved us." Romans 8:37. When your identity is in question, trust in God's assurance to see you through.

*In His Service
Bro. Everett Griggs
Men's Ministry Co-Director*



As we watched each of us join the online call this morning, I was very moved. I was moved because I know the devil tries very hard to keep us from fellowship and praising God for all He has done for us. While each person could have skipped the call to do something that may have been self-satisfying to them, we had 50+ men who joined in fellowship. I am thankful for those of you who mentor and teach me each and every day.

Submitted by Bro. Edward Jones

FMZ Men's Ministry conducted their first virtual meeting via Zoom conference call. During the meeting, leadership of the Men's Ministry opened in prayer/Scripture reading and provided updates of current business operations. Members expressed words of encouragement and shared various heartfelt testimonies. The group also prayed for the well-being of the Ministry, the Church, loved ones, and those affected by the COVID-19 pandemic. During this time of social distancing, God is still working through every one of us to do His will. The call served as a reminder that First Mount Zion's commitment, "To connect people who have a desire to become fully devoted followers of Jesus Christ," remains steadfast. Several members of the Men's Ministry expressed their sincere gratitude and stated that the fellowship was truly uplifting.

In addition, utilizing technology for the Zoom conference call and the CORE's 14-Day Prayer call has allowed me to remain connected to my Church and strengthen my faith. I am eternally grateful for all.

Special thanks to Mark Jessup, Everett Griggs and Randy Hardy for their inspirational leadership!

Submitted by Bro. Joseph Wright



For the week starting April 26

We're Praying for

REST

Matthew 11:28-30

Send prayer requests to:

PrayerRequest@firstmountzionbc.org

The MESSENGER



During the COVID-19 pandemic, we invite you to continue to join our Facebook Live group, Sunday School Extended, from 9:45 – 10:30AM 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

For conference call, dial 571-260-6833
Conference number is 7482#
Conference PIN - 6000#.

First Sunday: The Righteous Branch. FMZBC, during this pandemic, we are blessed to have a man of integrity as our pastor! We have observed, and heard of outlandish schemes and maneuvers other pastors have presented to, or led, their congregations to do. Jeremiah declared God's judgment on pastors who took advantage of God's sheep; and Jeremiah prophesied about the coming Messiah, Jesus Christ. Is this the same Jesus who led a revolt in the temple (Matthew 21:12-13, Mark 11:15-17 NKJV)? How can we be sure? Jeremiah's prophesy was presented approximately 300-400 years after King David's reign. Surely, as Jeremiah prophesied, Jesus arrived to do what was prophesied by Isaiah 45:2-7 (NKJV), and revealed in Luke 3:2-6 (NKJV). "Prepare the way of the Lord; Make His paths straight. Every valley shall be filled, and every mountain and hill brought low; the crooked places shall be made straight, and the rough ways smooth; And all flesh shall see the salvation of God."

Second Sunday: One King Over All. During and after WWII, Palestine received the influx of Jews who survived or escaped the Holocaust. Three years after WWII, on 14 May 1948, Israel declared itself a sovereign nation and Palestine no longer existed. Thus, fulfilling Ezekiel's prophesy of Judah and Israel becoming one nation. Ezekiel's prophesy

followed Jeremiah's prophesy. But Ezekiel was also referring to the coming of Jesus who would be "One King Over All." (Ezekiel 37:25) True to God's word, David's lineage would reign over Israel. Some may interpret the prophesy as only for Israel. God's intent was for Jesus to reign over all the earth.

Third Sunday: A light for the Gentiles. Isaiah prophesied to the Israelites about their future responsibility. They will become an example of God's goodness and mercy. God declares in verse 6a, "It is a light thing"; in verse 6b "a light to the Gentiles." Two different lights; first light, serving God; the second light, the responsibility of being an example. What the Israelites did not know, at the time, God had already prepared the light. The light, of course, was Jesus Christ. Jesus would be the light to and for the Gentiles. Through Jesus, Gentiles would be able to have access to God as they have never known before.

Fourth Sunday: The Redeemer Will Come: As I read the Scripture Lesson Text, I could not help but think how relative it is today. Over 1300 years ago, Jewish society was dealing with the same issues; innocent blood being shed, lies told, justice denied, and those who spoke the truth were viciously attacked. We are thankful that we have a God who lifts a banner when the enemy comes in like a flood (Isaiah 59:19); God will make our enemies flee! The Lord sent the redeemer Jesus, who was then and is today our standard bearer.

Fifth Sunday: The King's Eternal Throne: "My heart is indicting a good matter" This Psalm is one of praise, protection, prophesy and marriage. It begins with a praise to God and declares how fair and merciful God is. The sword of God is ready to protect God's children. The writer acknowledges the majesty of the Lord and how arrows were placed in the hearts of the King's enemies. Verse six declares the throne of God is forever. The writer understands "he" may occupy the throne on this earth, but the throne really belongs to God forever and ever. As we read along, in Verses 11-17, we see the text is describing verses a wedding. This could be a metaphor alluding to the marriage of God and

humanity. The Psalm ends with the declaration, "I will make Thy name to be remembered in all generations."

Amen! Amen! Amen!

Reverend Gillis M. Taylor
Sunday School Superintendent

-- cont'd from page 3

LEADERSHIP THE CHAPLAIN'S CORNER

5. "Fess" Up - That if you confess your sins, He is Faithful and Just to forgive your sins and cleanse you from ALL unrighteousness!! (I John 1:9)

Song: Give Me A Clean Heart

6. **Pray Up** - Lord, teach us to pray, just as John taught his disciples." (Luke 11:1-5) **Song: Lord's Prayer**

7. **Live Up** - "Let your light so shine before humankind that they may see your Good Works and Glorify the Father in Heaven" (Mat 5:16) **Songs: This Little Light of Mine/It is Well with My Soul**

8. **Supporting Scripture:** Psalms 91 (Hiding in the Secret Place); II Chronicles 7:14 (If my People...)

9. **Prayer/Fasting Focus for the Month:**

- Our Pastor, Assistant Pastor, Staff and Congregation
- Continued Unity in the Body
- God's hedge of protection around His people
- God's protection over all "Front Line" Medical and essential workers
- God's Healing Power for the sick and comfort for those who have lost loved ones
- Fresh Servant-minded "hands" in the Vineyard
- National, State, & Local Legislators
- Spiritual, Physical & Emotional health of all FMZBC Leaders and their families
- Future leaders in our Church and CORE Ministry
- Paying off the mortgage/financial resilience during this Pandemic

Deacon Ron Cooper
on behalf of
FMZ Leadership Chaplains

The MESSENGER

Sanitize Sunday: A Time of Cleansing



Johnathan E. James has been a member of FMZBC since 1996 when he was just coming into his teens. He was active in Sunday School, Children's Church and Youth Ministry. He played on the FMZBC men's basketball team until an almost crippling injury sidelined him. Johnathan's name is Hebrew meaning "A gift from God" or "God has given"; and John is a giver.

The Greek philosopher Plato said, "Necessity is the mother of invention." A need or problem encourages creative efforts to meet the need or solve the problem. John works in IT and is a DJ. So, when the social gathering scenes were shut down because of COVID-19 and his DJ gigs were put on hold, he decided to encourage the people who could not get out by going live on Facebook with the (quarantine) "Q" Lounge. From there "Sanitize Sunday" (a play on words due to the shortage of hand sanitizers) was born. To sanitize means "to disinfect, clean wash." John plays gospel, spiritual and inspirational music on Sunday afternoons from 1:00 - 3:00pm to encourage the people and to remind them that God is still in control.

During "Sanitize Sunday" people share testimonies, likes, shares and hearts (social media terms) of how the music has helped them cope with the isolation and feelings of hopelessness. Rev. Sandra K. James, "aka-Mom", gives a word of encouragement and invites people to give their lives to Christ and then they pray together. Prayer requests are received, and testimonies given. John says "I just wanted to help the people deal with what is going on in their lives and offer a positive coping outlet through music during this pandemic. God has given everyone a gift, and this is one of mine."

During "Sanitize Sunday" people are listening, reminiscing (especially about childhood church memories) and sharing from all over the world (Africa, Hawaii, Canada, Germany as well as across the United States). The "Church Roll call" is when people get to "shout out" their churches and pastors, is very popular with more than 50 churches at times from all over the world posting. John's testimony "God is blessing and Sanitize Sunday has grown into a social media platform that glorifies God!" Johnathan also does a "Kid's Q" to help the parents out and help the kids burn some of that pent-up energy!

Johnathan is married to Shannell who is an active duty Navy Sailor presently deployed on the USS Harry Truman and they have 2 boys. Jaylen 9, and Kason 5.



GIVE AWAY THE THINGS YOU DON'T NEED LET IT ALL GO AND YOU'LL SOON SEE AND YOU'LL WASH YOUR SPIRIT CLEAN

GreatSong

Submitted by
Rev. Sandra K. James

Balsamic Barbeque Chicken

- 2 pounds of chicken (any part)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 teaspoons Montreal Chicken Seasoning
- 2 teaspoons paprika
- 2-3 tablespoons olive oil
- Balsamic Barbeque Sauce
- ¼ cup balsamic vinegar
- 2 tablespoons ketchup
- 1 tablespoon brown sugar

Rinse chicken and pat dry. Season with dry seasonings and drizzle with olive oil. Bake in 350° oven for 45 minutes. While the chicken is baking, mix up the ingredients for the Balsamic Barbeque Sauce. After the chicken has been baking for 45 minutes, toss it in the sauce and return to the oven and cook for another 10 minutes. Enjoy!!



Submitted by Sherise Campbell
Grain of Heaven

Quarantined!!!

We celebrated Resurrection Sunday by prayer, streaming, taking Holy Communion and dressing up in our stay-at-home pajamas and Easter hats.



Shirley Hardy and the Jones Family

The MESSENGER



All Women are encouraged to join us for our

**1/2 HOUR OF POWER -
Words of Encouragement for Your Soul**

where we

**ENCOURAGE, UPLIFT, PRAY FOR, SUPPORT
AND LOVE ON EACH OTHER**

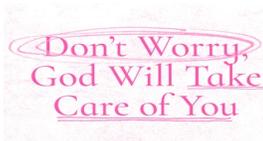
every Tuesday evening at 7:00 pm.

Call-in No.: (605) 475-4700

Access Code: 444115#

I AM TAKING CARE OF YOU!!

Trust Me at all times. Trust Me in all circumstances. *Trust Me with all your heart.* When you are weary and everything seems to be going wrong, you can still utter these four words: "I trust You, Jesus." By doing so, you release matters into My control, and you fall back into the security of My everlasting arms.



Dear Heavenly Father,

Your Holy Word contains promises, and I will trust them. Help me to relinquish my illusion of control. Give me eyes that see the signs of Your Presence. I will seek opportunities to grow closer to You. I will trust You, Lord, to speak to me through Your Holy Spirit and through Your Holy Word, this day and forever. Lord, let me find and be found by YOU. Amen

Trust in the LORD with all your heart and lean not on your own understanding.—Proverbs 3:5

*Submitted by
Deaconess Sharron Johnson*

Ministries' Meeting Schedules

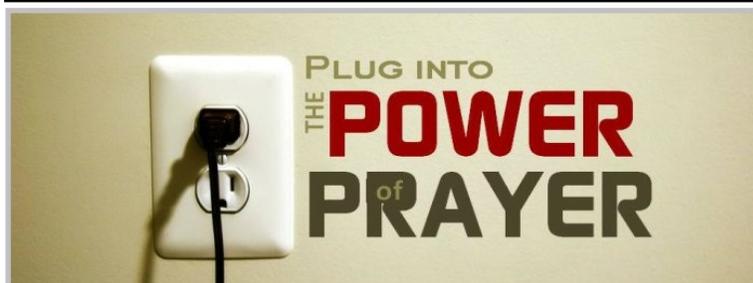


During the COVID-19 pandemic our Ministry Schedule for meetings and activities at the Church has been curtailed for safety and health reasons. Please refer to our Website for the most current information on Ministry virtual meetings.

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 p.m., Sunday mornings at 9:45 a.m. and 11:00 a.m. 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.**



THOUGHT FOR THE WEEK

**GOD'S WAYS ARE NOT OUR WAYS.
BE OPEN TO STRANGE THINGS IN
YOUR LIFE. IT IS THE MOVEMENT
OF GOD THROUGH JESUS CHRIST.**

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

The MESSENGER



Due to the temporary closure of the Church because of the threat of the Coronavirus, all activities have been suspended. PLEASE BE SAFE AND CONTINUE TO ADHERE TO THE CDC GUIDELINES!

ON-LINE ACTIVITIES:

Weekly Youth Ministry Conference
Calls Wednesday's conference call
Middle School (6th – 8th Graders)
Chat and Prayer Wednesdays from
2pm-2:30pm.

High School (9th-11th Graders)
Chat and Prayer Wednesdays from
3 pm to 3:30 pm

Please dial **571-260-6833** and follow the audio prompts below:

Conference Number: 7482#
PIN:6000#

Weekly Zoom call - Senior (12th Graders Only) Chat and Prayer
Thursdays from 2 pm to 2:30 pm
Dial-in from your cell phone or electronic device by clicking the following Zoom link:
<https://zoom.us/j/250366652>.

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



All activities are postponed until further notice. Please contact the below-named individual for further information.

POC: Pamela Knight
singlesministry@firstmountzionbc.org



SHARE FOOD DISTRIBUTION FOR MAY IS YET TO BE DETERMINED. PLEASE CALL BRO. THOMAS BATES AT 703-330-6371 FOR FURTHER INFORMATION!!

Join us in Bible Study

WEDNESDAY NIGHTS

Gospel of John, Chapters 13-17

Live Stream: www.FMZBC.com

Conference Call: (571) 260-6833

conference number: 7482#

conference PIN: 6000#

Facebook Live @ 7:30p

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
Deaconess Claudia Woolfolk

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/fmzbcumfries
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/>



The TRANSPORTATION MINISTRY has been temporarily suspended due to Covid-19 and will resume when full activities at the Church have been restored!