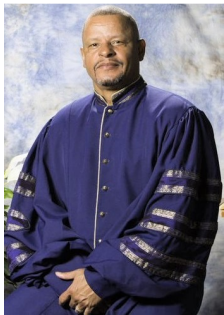




A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor



LORD SEND A REVIVAL

2 Corinthians 3:17 says, *Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.* (NKJV)

This year our Revival will have a different feel as we will not be in corporate worship together due to COVID-19. But I am thankful that we are reminded in the Word of God in 2 Cor. 3:17 "*where the Spirit of the Lord is there is liberty*". Therefore, we have the liberty and the freedom to engage in worship and allow the Lord to touch our hearts and change our lives for the better, no matter where we are.

We are thankful for the technology that continues to allow us to worship together and I encourage you to join us August 3-5, at 7:30 p.m. each evening, for Revival, and encourage you to invite someone else to Revival. Our guest this year has been with us before, the Reverend William H. Lamar, IV, Pastor of the Metropolitan African Methodist Episcopal Church in Washington, DC. We are excited about how the Lord will speak to us through the man of God.

Revival is defined as *an improvement in the condition or strength of something or someone*. I pray that as we enter into this time of revival that it will be a time of repentance, renewal, and refreshing for each of our souls. May the words of that great hymn resonate in each of us, "O Lord, send a revival! Lord, send a revival! O Lord, send a revival. . .and let it begin in me!

God bless you and thank you for your continued faithfulness to this Ministry.

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

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REVIVAL! August 2-5, 2020



First Mount Zion Baptist Church
Dr. Luke E. Torian, Pastor
WWW.FMZBC.COM

August 2, Sunday, 11:00 am
Rev. Dr. James T. Murphy, Jr., Sr. Pastor
Greater Little Zion Baptist Church
Fairfax, VA



August 3-5, Monday - Wednesday, 7:30 pm
Rev. William H. Lamar IV, Pastor
Metropolitan AME Church, Washington, DC



*To all those
celebrating in August!*





Rev. John McNeill, Jr.

MESSAGE TO OUR YOUTH



MOVING FROM “STAY WOKE” TO “PRAY WOKE”

*Awake, you who sleep, arise from the dead, and Christ will give you light.
-Ephesians 5:14*

Did you know that Rev. Martin Luther King, Jr. was “woke?” Admittedly, some may disagree with me, but I can make a strong case that he was. The last Sunday sermon that Dr. King preached on March 31, 1968, at the National Cathedral in Washington, DC, was entitled “Remaining Awake Through a Great Revolution.” The main idea of his sermon was that to be “awake” meant that believers in Christ would develop new attitudes or new mental responses to appropriately engage the changing times or revolution. In our case, this can be hard for a young person to figure out. A friend of mine puts it this way: “Causes seem to be on every corner.” This means that occasions or opportunities to engage justice issues seem to emerge daily. We’re faced with the decision of what organization to support. Black Lives Matter Foundation—perhaps? Women’s Movement—perhaps? March for Our Lives—perhaps? DC Peace Walks—perhaps? Poor Peoples—perhaps? Evaluate each of them by asking, “Do any of these organizations align with the values of Holy Scripture and the message of Jesus Christ?” I can’t make a sweeping statement about which cause you may take up each time but, God knows the answer, and He will provide direction.

With the wisdom of God and the guidance of the Holy Spirit, the FMZ Youth Ministry’s spiritual guides and I discerned that the focus of our 2019 Prayer Dinner would be “Pray Woke.” Our human vision could not have predicted what would happen a few months later. But the timing seems impeccable given the current protests and advocacy that resulted from the disturbing incidents surrounding George Floyd, Ahmaud Arbery, Breonna Taylor and others. To be “Woke” in our generation generally means to be conscious of social issues or injustices around you and occasionally prompts persons to pursue or to engage a related cause. Hear the similarity between King’s definition and the one we have now. Pastor Angus Dunn wrote in *The Saving Person*, that persons see the world properly once they have encountered and accepted Jesus Christ. This is the light that Paul spoke of in Ephesians 5. An encounter with Jesus Christ should change how you see the world and what you participate in. God’s light illumines the dark areas of our lives and lights our way forward.

As you discern what causes to take up, I would encourage you to “Pray Woke” instead of “Stay Woke.” Prayer is communication with God that requires speaking and listening. Regardless of the cause or the justice issue, keep your ear to God’s mouth. Listen to what God has to say at every turn and at every step.

Reverend John C. McNeill
Youth Pastor

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

FORGIVENESS DAY

As I glanced through the dates on my calendar, I noticed that August 27 is “Global Forgiveness Day.” This is the first time I noticed it on a calendar, so I did a little research. I found that there are several versions of Forgiveness Days —“Forgiveness Day” is June 26, “International Forgiveness Day” is observed in July. Others suggest the last Saturday in October is the day set aside for a day of “forgiveness.” There are those who suggest each of us should pick a day to observe a “Forgiveness Day.” Regardless of when we observe “Forgiveness Day,” the key is to find time to search our hearts, identify the hurts (no matter how big or small) and forgive those whom we believe have wronged us.

In the past few months, we have witnessed incidents for which some feel there can be no forgiveness. For instance, witnessing the murder of yet another unarmed black man, an unforgiveable offense to some. How about centuries of inequality for the black and brown-skinned communities? Many perceive that as an unforgiveable offense. But for a Christian who feels he or she cannot forgive someone, they are reminded of the love of an innocent man falsely accused on their behalf. A man who endured the shame and pain of Calvary’s cross. A man who hung, bled, and died on that cross for our unforgiveable sins. He did not need to be prompted by a day set aside to “forgive,” He did it because of His love for humanity.

The author of the book *Undaunted: Daring to do All that God Calls You to Do*¹, describes it like this: “Love like God’s can lift you out of betrayal and hurt. It can deliver you from any mess. Love like that can release you from every prison of fear and confusion. And love like God’s can fill you up till it spills out of you, and you have to speak about it and spread it around.”

Forgiveness is a choice powered by love. No matter when (or if) we choose to observe a “Forgiveness Day,” the spirit of forgiveness should always resonate in our hearts and minds.

¹Caine, Christine (2019) *Undaunted: Daring To Do All That God Calls You To Do*, Grand Rapids, Michigan: Zondervan Publishing, Chapter 1, pp 41-45

Submitted by Rev. Cynthia Ball



As the pandemic parameters are extended, we can continue to 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

LEADERSHIP THE CHAPLAIN'S CORNER

Every first Friday of the month, your Trustees, Deaconess and Deacon Teams, pray and fast over a chosen topic. Sharing the July Devotional below:

Prayer and Fasting Topic: "Insane Faith"

Source: Holy Spirit/The Bible (Battle Instructions Before Leaving Earth)

Lesson/Discussion: "Insanity is doing the same thing over and over again and expecting different results!" Have you ever heard this adage? Well I have and was convinced it was true. But after further thought, maybe it is not so true when it comes to the Word of God. We should never stop doing what the Word of God instructs us to do, irrespective of what we "see". We must believe, in Faith, that what God said will change, will do just that.... in God's Time. To this revelation end, below are 7 "Are ya's" to meditate on and liberate our thinking.

So "Are ya" ...

⇒ **being steadfast, immovable, always abounding in the work of the Lord?** (Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. (1 Cor 15:58 NKJV)

Be Ye Steadfast (LaNorris McFadden)

<https://www.youtube.com/watch?v=nuQKjG-ZTzw>

⇒ **walking by Faith, not by sight?** 7. For we walk by faith, not by sight. (2 Corinthians 5:7 NKJV)

⇒ **being of good cheer in trials and tribulations?** (These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world. (John 16:33 NKJV)

⇒ **praying & fasting?** ("However, this kind does not go out except by prayer and fasting. (Mat 17:21 NKJV)

⇒ **being anxious for nothing?** (6. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7. and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phil 4:6-7 NKJV)

⇒ **abiding in the Vine?** (7. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. 8. By this My Father is glorified, that you bear much fruit; so you will be My disciples. (John 15:5-8 NKJV)



MINISTRIES' MEETING SCHEDULE

During the COVID-19 pandemic, for safety and health reasons, we continue to adhere to the Guidelines given by the CDC. As a result, our Ministry Schedule for meetings and activities at the Church has been curtailed. Please refer to our Website for the most current information on Ministry virtual and conference call meetings.

For additional Activities and Events, go to:
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. Please check our Website for updates and stay safe until we can worship again under the same roof!

LEADERSHIP THE CHAPLAIN'S CORNER

cont'd. . .

⇒ **dwelling in the Secret Place of the Most High?** (1. He who dwells in the secret place of the Most High. Shall abide under the shadow of the Almighty. 2. I will say of the Lord, He is my refuge and my fortress; My God, in Him I will trust. (Psalm 91:1-2 NKJV)

So Beloved, let's continue to obey God's instructions, no matter what our eyes "see"!

*Deacon Ronald Cooper
on behalf of FMZ Leadership Chaplains*



Seniors' WHO'S WHO IN SENIORS' MINISTRY

by Sister Shirley Hardy

Seniors' Ministry has been quarantining at home and following the experts' recommendations. We have also been keeping in touch with each other and would like to say hello to you. We have been enjoying the streaming ministries, Sunday School, Bible Study and small group meetings. Some of us have even learned to use the internet. Be Safe!



Shirley Hardy
Blessed by the best!



Rev. Dr. Tracey Holley
CED Director
Always Supportive of Seniors' Ministry



Robert/Betty Jones
Still being blessed!



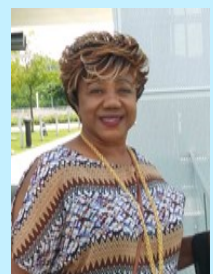
Deaconess Debbie Tribble
Loves God's Blessings!



Jacqueline Johnson
Feeling God's Blessings!



Queen Carroll
God is keeping me!



Bonnell Sanders
I will bless the Lord!



Mary Melton
Feels God's Love



Brenda Carswell
Loved volunteering with Andrea



Camillus/Doris Sessoms
Celebrating 62 years



Raymond/Flossie Knight
68 years married



Michael/Lorraine Dangerfield
Blessed!



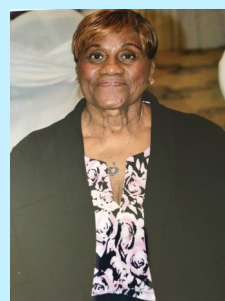
Belinda Tisdale
Delights in the Lord



Charles/Dorothy Boddy
God is with Us Always!



Lillian Johnson
Keeping the Faith!



Barbara Tankins
Still Enjoying God's Amazing Grace



Joyce Peterson
Delighting In God's Favor



Velma Jones
God's Love is REAL!



Edna Hampton
I miss my Church



The Gholsons
Celebrating 58 years of marriage



Bradley Johnson
Our Photographer



Deacon Ronald and Deaconess Janice Cooper
Enjoying God's Blessings Daily



The Hunters
Cardell/Pauline/Marisa
Enjoying every blessing God sends



Robert and Rosemary Creekmur
Striving for Higher Heights

DEACONESS DORIS SESSOMS HONORED

"Serve wholeheartedly, as if you were serving the Lord, not people" Ephesians 6:7

It was a gorgeous sunny day! God blessed us with perfect weather for the surprise drive-through celebration to honor Deaconess Doris Sessoms' **45 years** of dedicated service (and counting) to the Ministry, FMZBC and to Christ!

The Deaconesses, FMZBC Leaders, along with Pastor, Reverend Dr. Luke Torian met at the Church awaiting the call to begin the drive to the Sessoms' home. What an awesome sight to see twenty-five plus cars, some decorated with balloons and signs reflecting the love and appreciation for Deaconess Sessoms.

At the Sessoms home, Deaconess Doris Sessoms was under the impression that a different celebration was about to take place. On that same day, Deaconess Doris and her groom, Deacon Emeritus Camillus (Ken) Sessoms, were also blessed to celebrate 62 years of marriage! That impression was about to change.

Deaconess Sessoms soon realized that this would be a different type of celebration. Outside on the Sessoms driveway, Deaconess Ministry Chair, Carole Roney, and Vice-Chair, Deaconess Gwendolyn Crimiell presented Deaconess Sessoms with an engraved photo frame, flowers and well wishes from the Ministry to kick off the drive-through celebration. Soon after, a long line of decorated, honking cars streamed past the Sessoms' home. Each car carried familiar faces, big smiles, and waves. We were glad to see each other, because it had been months since corporate worship had been suspended due to the COVID-19 pandemic.

After the celebration, Deaconess Doris Sessoms wrote the Ministry: "I am still in shock from the festivities on Saturday. I had not even thought about reaching the **45-year** mark and I certainly did not expect anything like that.

You really know how to surprise people. I thank all of you."



Deaconess Sessoms and her family also continued the celebration with a family luncheon on that day.

Deaconesses Roney and Crimiell thanked everyone for coming out to show Deaconess Sessoms how much we love her. In their words, "Sister Doris was truly surprised and appreciative of the recognition. FMZ is blessed to have her as a servant leader. We know she pours her heart into serving others!"

Congratulations, Deaconess Doris Sessoms, for **45 years** of dedicated service!

*The Deaconess Ministry
Sis. Carole Roney, Chair*



cont'd on page 6 --

cont'd from page 5 --



DO YOUR DUTY: VOTE!

Every Christian should exercise his or her right to vote. The New Testament is clear in its teaching that Christians should also be responsible citizens.

In a democracy, government is dependent on those who vote for it, support it, and see that it works. When we fail to vote, we fail ourselves and our country. Think of our vote as a precious right that should be exercised with care and prayer.

Democracy is strong because it expresses the will of the people; it is fragile because it is easily lost by apathetic, non-caring citizens. Preservation of our liberties is dependent on a people who maintain vigilance and hold their elected leaders accountable.

Do your Christian duty, and exercise your voting privilege! . . . **NOVEMBER 3, 2020!!!**



HOLD THE HAND

Your hand was held when you were only knee-high, to guide your steps very early in life. Then, there was someone who took hold of your hand in the midst of danger and unrest. There was also that person who held your hand - to walk or escort you through it. There was someone willing to hold your hand despite the circumstances, consequences, or conditions. A holding of the hand serves as a conduit, for tiny bits of knowledge and wisdom. A lot can be learned from holding a hand, the level of strength; frailty; or hint of weakness. In some instances, even the occupation can be detected, whether they earn a living from behind a desk or work construction.

To hold the hand of someone unlike your own, erases all differences, because, at that moment, you are one. To hold a hand is a form of non-verbal communication, a subtle reminder that you don't walk alone - we're in this together. The hand-hold doesn't discriminate, you're never too old to have your hand held or to be the holder. To hold a hand is an intimate gesture, providing a sense of comfort, from an "I'll show you the way"; to a "Come follow me"; or an "I'll take the lead". To hold a hand is a warning to all comers that it's not just a single, it's a "two for one".

An attempt to hold the hand is not always welcome, this you can tell from the barely touch of the fingers. Nevertheless, whether we choose to admit it or not, the need to hold a hand or to be held by the hand, at various times, is a necessity in life. Undoubtedly, someone or maybe many, held your hand during seasonal journeys. Your status today was the result of the hands held along the way. With all of that being said, whose hand did you take with you, because of their potential and positive influence? Or, did you simply let go?

An excerpt from the book, "**you know, I was just thinking**" by **Kyana Maria** (aka Veronica M. Foy).

*Submitted by
Sister Veronica Foy*

BLACK HISTORY TIDBITS

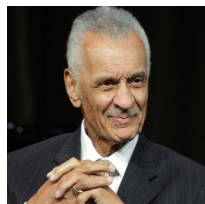
The African American community and the country have lost, on the same day, two of its foremost Civil Rights activists, both icons in their community of Atlanta, Georgia.



John Robert Lewis, politician and civil rights leader who launched what he called "good trouble" with organized protests and sit-ins in the 1960's, and who worked alongside the

Rev. Martin Luther King Jr., participating in nonviolent protests, lunch counter sit-ins, civil rights marches, voter registration drives, Freedom Riders, and a host of other recorded events during the 1960s and beyond, died July 17, 2020. A Democrat, serving as the U.S. Representative for Georgia's 5th congressional district for more than three decades, he was widely seen as a moral conscience of Congress because of his decades-long embodiment of nonviolent fight for civil rights. His passionate oratory was backed by a long record of action that included, by his count, more than 40 arrests while demonstrating against racial and social injustice. He was the dean of the Georgia congressional delegation.

Cordy Tindell (C.T.) Vivian was a minister, author, and close friend and lieutenant of Martin Luther King Jr. during the Civil Rights Movement. He resided in Atlanta, Georgia, and founded the C. T. Vivian Leadership Institute, Inc. He was a member of the Alpha Phi Alpha fraternity. He also worked alongside the Rev. Martin Luther King Jr., participating in some of the same nonviolent protests, lunch counter sit-ins, civil rights marches, voter registration drives, Freedom Riders, and a host of other actions were taken by him during the time of civil unrest in the South.



Both men received the Presidential Medal of Freedom and we applaud the contributions they have made to us and to this country. They will be sorely missed! And, as Booker T. Washington so aptly stated: *Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome!*

May they Rest in Peace and Rise in Glory!

A JUNETEENTH MEMORY

for Walter

My bucket!

They stole me, beat me
tried to exterminate me
cut my foot off
so I couldn't run
but I fashioned a wooden one
and hardly slowed down...
they abused my women
took my children
broke my family
sent me away so I couldn't know them
yet I still found a way to love them
heal their battered bodies
salvage their broken minds
then they wouldn't let me talk
so I sang my song
while they strung me up like fruit-
they gave me and took my blues...
I then made jazz
and when they couldn't play it
I showed them how...
they tried to take that too
even usurped my rock and roll
so I leaned back upon the elders
threw my bucket back into the well
hailed up some RnB
set it aside to scope out rap
and without hesitation
they were all over that
but my well aint got no bottom
and my bucket aint got no hole!
and no matter what it is they do
they cannot get my soul!

*Dr. Ryle Bell
June 2020*

After we accept the invitation of Christ,
we come to a place of surrender and
He becomes the peace we need in our lives.

REV. DR. LUKE E. TORIAN





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

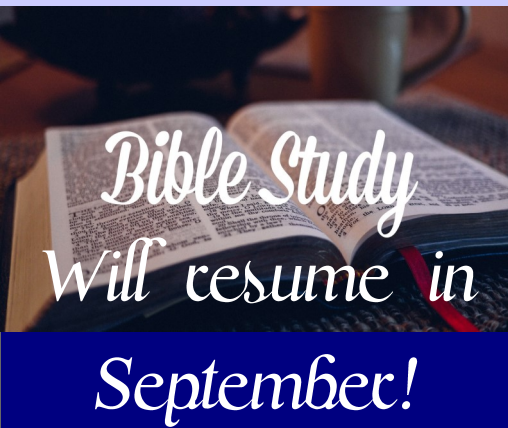


All activities are postponed until further notice. Please contact the below-named individual for further information.

POC: Pamela Knight
singlesministry@firstmountzionbc.org



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



SUBMISSIONS FOR NEWSLETTER:

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

Submissions should be sent to:

cpm1@firstmountzionbc.org

We look forward to your participation!!

Thank you!

Communications and Publicity Ministry

Joseph Boutte, Chair

Oonagh Bell
Beverly Grant
Sylvia Moore

Benson Blake
James Hawkins
Rev. Kathy Russell
Deaconess Claudia Woolfolk

Rev. Dr. Luke E. Torian, Pastor
Rev. Dr. 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 Schedule (Online)

Sunday School – 9:45 AM (All Ages)

Worship Service – 11:00 AM

Wednesday Night Bible Study (Online)

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/>



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