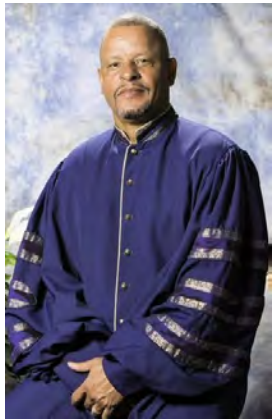




A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor



Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah. Psalm 62:8

Hello All,

The last several months have been very challenging for our congregation. I am pleased with the manner in which we have responded to this situation, COVID-19.

Over the past several months members have supported small groups and several Christian Education Ministry programs. Your support of Sunday School and Sunday worship has been outstanding. We have baptized and received new members during Covid-19. The Lord continues to allow His name to be praised at FMZ.

Although we are not able to gather, the Ministry is still operational. We are replacing our steeple due to lighting strikes and the new audio/video system is being installed.

We continue to practice the CDC and the Commonwealth guidelines for safety as we open the office on Tuesday and Thursday to address the business of the Ministry.

Again, I want to thank you for your continual support of the Ministry. Your demonstration of faithfulness is a testament of your trust in our Lord!

During these challenging times He continues to bless us, and **HE IS WORTHY TO BE PRAISED!!**

Be Blessed,

Pastor Luke E. Torian

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*To all those celebrating in
September*



Online Small Groups Fair!

Register through our Small Groups Directory
@ FMZBC.COM

September 12th- September 27th

Fall Semester Groups Begin Friday, October 2nd



MESSAGE TO OUR YOUTH



MOVING FROM "STAY WOKE" TO "PRAY WOKE" SERIES: DO NOT LOSE HEART!

18 Then He spoke a parable to them, that men always ought to pray and not lose heart, ² saying: "There was in a certain city a judge who did not fear God nor ³ regard man. ³ Now there was a widow in that city; and she came to him, saying, ⁴ 'Get justice for me from my adversary.' ⁴ And he would not for a while; but afterward he said within himself, 'Though I do not fear God nor regard man, ⁵ yet because this widow troubles me I will ⁶ avenge her, lest by her continual coming she weary me.' ⁶ Then the Lord said, "Hear what the unjust judge said. ⁷ And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? ⁸ I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?" Luke 18:1-8

"Moving from 'Stay Woke' to 'Pray Woke' demands a life of, and commitment to, prayer. Last month, I introduced some basic thoughts about the necessity of prayer and discernment in this season of emerging justice seeking movements. Let's continue the conversation from a slightly different angle. Let's assume you've prayed, and you've discerned that God desires for you to engage in a particular cause. Then, what? Does that road to justice-seeking suddenly become easy, without resistance, or opposition? Or, does change happen automatically?

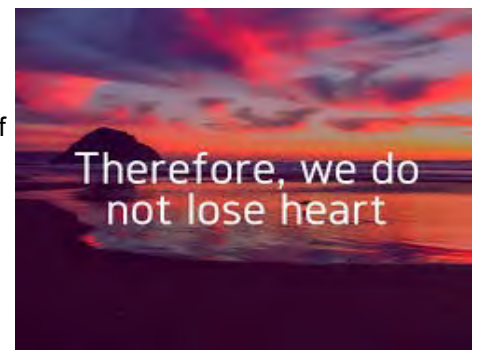
In the parable above, there's a "widow" who seeks "justice from her adversary." The story doesn't contain the specific issue or wrongdoing by her adversary, but we can speculate about what we know about the status of a "judge" and "widow" in the Jewish history and culture. A "judge" was to appraise and examine scenarios and to make right decisions based on the law. A "widow", like an orphan, was to be cared and provided for with resources. According to the Law, to come to the aid of the widow — persons who were without support and who were exposed to injustice and misery — was an essential act of holiness. Jesus clearly encourages his disciples "to pray not lose heart." That leaves little room for a misunderstanding. Why would Jesus encourage his disciples in this way? Jesus knew that the road for justice seekers would not be easy. The widow actually has two adversaries. The one who causes her to approach the judge and then the judge. The judge does not "fear God" or "regard man." To the hearers of Jesus' story, no fear of God would have signaled that this was not a wise judge (Proverbs 9:10). This was unexpected that her advocate was her adversary. We can relate to this when people in positions of authority and advocacy abuse or misuse their power. God knows that the potential is there for us to become discouraged and overwhelmed. Don't lose heart! Even when you achieve what you desire, the heart of the person who opposed you may not have changed. Do not lose heart!

There is something that you can do. Pray without ceasing! Prayer is indispensable! Prayer reminds Christian participants in a God determined movement that . . .

- God hears and will avenge His people;
- God gives us strength for efforts towards His will;
- God gives and guides leaders to act out of conscience, integrity and deep spirit of commitment.

Remember, God is with you! Remember, do not lose heart!

Reverend John C. McNeill
Youth Pastor



"I HAVE SAID THIS BEFORE, AND I WILL SAY IT AGAIN, THE VOTE IS PRECIOUS. IT IS ALMOST SACRED. IT IS THE MOST POWERFUL NON-VIOLENT TOOL WE HAVE IN A DEMOCRACY." JOHN LEWIS, JUNE 2019.

"A DEMOCRACY CANNOT THRIVE WHERE POWER REMAINS UNCHECKED AND JUSTICE IS RESERVED FOR A SELECT FEW. IGNORING THESE CRIES AND FAILING TO RESPOND TO THIS MOVEMENT IS SIMPLY NOT AN OPTION — FOR PEACE CANNOT EXIST WHERE JUSTICE IS NOT SERVED." JOHN LEWIS ON THE GEORGE FLOYD JUSTICE IN POLICING ACT



Divorced or Separated?

**You Do Not Have to Go Through It Alone!
Help, Hope, and Healing Awaits You**



Our Revival began on Sunday, August 2, 2020 at the 11:00 a.m. Service with a Word from Reverend Dr. James T. Murphy, Jr., Pastor of Greater Little Zion Baptist Church in Fairfax, VA who spoke on "Capitalizing on Your Calamities" using Psalms 119:71 as his text. He encouraged us to praise God every opportunity we have, because this pandemic, which God allowed, has given us an opportunity to reach each other. It helps us to see where our faith really is...is it in people or is it in God? And, when we feel hopeless, we should reach out and call or text someone who may need just a little encouragement, as we are all being challenged.

We should allow our calamities to be helped by God's grace because we are overcomers, we are more than conquerors through Christ Jesus. We should not allow the calamities that we are in to get the better of us, instead we should capitalize on it. See the blessing in the midst of the valley and see how God is working things out. Never let your hope lose connection with God and always remember that our help comes from the Lord and as long as we remember from whom all blessings flow, our hallelujahs should never be silenced. We have been forced to be more family oriented and given an opportunity to start a conversation with our loved ones, something we probably have not done in a long time.

Rev. William H. Lamar IV was scheduled to be our Revivalist from August 3-5, 2020, but because of unforeseen circumstances, Revival was cancelled. However, he had an opportunity to share with us on Sunday, August 9, 2020 during our 11 a.m. service. He revived our souls and our spirits from God's Word found in Genesis 2:8 where he explained that we have "Dirty Works" to do and that with every opportunity we have to dig up, plough, plant, we should grasp it because that is what we are called to do as saints of God. He reminded us that Jesus Christ was a laborer and we should be too. He shared with us how our forefathers plowed the land before and now, during this pandemic, we are getting back to the old landmark of planting vegetable gardens, flowers, and the like because of the situation in which we find ourselves. Let us not forget the calling that is placed on the lives of the believers to always dig up, plant, harvest and give God the glory for all that He is still doing in our lives, and for what He is providing for us during the pandemic.

Those of you who were unable to view the Revival live, we encourage you to go online at www.fmzbc.com and listen to the messages in full. Let us continue to move forward in our service to God holding nothing back, full steam ahead!

Joining our First Mt. Zion DivorceCare Support Small Group is about becoming a part of a community of people, that will help you face the challenges of divorce or separation, by openly discussing the questions and sharing experiences that will aid you in moving towards rebuilding your life.

Our DivorceCare Small Group provides an opportunity for you to connect with people and share personal experiences and feelings, offer coping strategies, present structure and stability, and help build self-compassion.

At First Mt. Zion, our DivorceCare Small Group consists of leaders just like you, who have experienced one of life's most difficult ordeals, divorce or separation, but have overcome.

We provide you with confidentiality, expression of one's feelings, and resources to help navigate you through the uncertainties.

You do not have to be a member of First Mt. Zion to join. Come and be apart of a DivorceCare session, where you will discover hope and experience healing through a 13-week video curriculum that meets in person, online, or phone conference on a weekly basis.

Contacts:

Latrena Moore, trenamoore2@yahoo.com
Kimberly Johnson, mskim01@comcast.net

Photos and Articles

We are encouraging all members, especially Small Groups, to share how you are surviving the pandemic. Please provide pictures and articles to share with the congregation to highlight activities that have become the new normal. Examples include family Bible study, singing, hiking, safe outdoor activities. Send inputs CPM1@FirstMountzionBC.org by September 15, 2020 so we can feature in our October Newsletter.

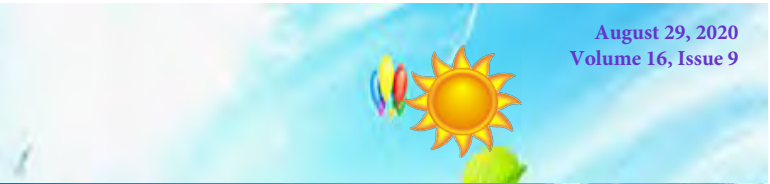
Join us for Wednesday Bible Study

An Introduction to the *Book of Psalms*
September 9, 2020 @7:30pm

Live Stream: www.fmzbc.com

Conference Call: (571) 260-6833
conference number: 7482#
conference PIN: 6000#

Facebook Live @ 7:30pm



LEADERSHIP THE CHAPLAIN'S CORNER

Every first Friday of the month, your FMZ Trustee, Deaconess and Deacon Team, pray and fast over a chosen topic. Sharing nuggets from the August 2020 Devotional below:

Prayer and Fasting Topic: The **Word/Logos** and the BIBLE: **B**attle **I**nstructions **B**efore **L**eaving **E**arth

⇒ **Source:** The Holy Word



Lesson/Discussion: Brothers and Sisters, where would we be... "such a time as this" ... without standing on the **Word** of God?? This Friday, let us corporately meditate on the written **Word (Logos)** of God!!

The BIBLE

The Bible contains the mind of God, the state of man, the way of salvation, the doom of sinners, and the happiness of believers. Its doctrines are holy, its precepts are binding, its histories are true, and its decisions are immutable.

Read it to be wise, believe it to be safe, and practice it to be holy. It contains light to direct you, food to support you, and comfort to cheer you.

It is the traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christian's charter. Here too, Heaven is opened, and the gates of Hell disclosed.

Christ is its grand subject, our good its design, and the glory of God its end. It should fill the memory, rule the heart, and guide the feet. Read it slowly, frequently and prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure.

It is given you in life, will be opened at the judgment, and be remembered forever. It involves the highest responsibility, rewards the greatest labor, and will condemn all who trifle with its sacred contents!!

Selah!!

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

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

SPIRITUAL REFRESHING

Many of us are in need of spiritual refreshing. The issues associated with the pandemic and civil unrest are draining our strength and spiritual nourishment from God. Our storage may be empty, and we wonder what will we do? How can we go on? Our private time with God is where refreshing begins. One on one time with God allows spiritual refreshing and renewal. Allow Him to pour into you what you need to continue your service to Him, and to live with abundant joy even during this season. We need to draw from the well that God provides to us. We can find that refreshing well when we are alone with God. Let us pray:

"For the eyes of the Lord are [looking favorably] upon the righteous (the upright), and His ears are attentive to their prayer (eager to answer). . ." 1 Peter 3:12 AMP

Oh Lord our God, Your presence is with us and so we pause for a moment to acknowledge You in our lives. Thank You for another day and opportunity to embody worship and witness of You in our lives. Thank You for being our hope when we experience feelings, emotions, and thoughts of despair. Thank You for being our help when we face physical, mental, emotional, and spiritual challenges. Thank You for being our healing when we hurt, be it physical pain, or sickness; be it heaviness in our hearts; be it a troubled mind and thoughts; or be it an aching soul. Thank You for being our courage in moments of fear. Thank You for being our confidence in moments of doubt. Thank You for being our comforter when we mourn and when we hurt. Thank You for being our champion when we face challenges. Thank You for being our confidant when we need a friend when we are lonely. Thank You for being the One who always manifests through Your Holy Spirit, care, compassion, and concern for us. In the name of Jesus, AMEN.

"God is our protection and source of strength. He is always ready to help us in times of trouble." Psalm 46:1 ERV

*Submitted by:
Reverend Kathy M. Russell
Reverend Deloris Brown*





Did you know that September is Deaf Awareness Month?

It started out as the International Day of the Deaf back in 1958 and was championed by the World Federation of the Deaf – the UN-recognized representative of Deaf people worldwide. It has since been extended to being the International Week of the Deaf, and comprises the entirety of the last full week of September, though a quick Google search will show that there is a lot of variation out there. Local, regional and national organizations often having different weeks, days or even the whole month as their period of recognition!

The purpose of Deaf Awareness Month is to increase public awareness of deaf issues, people, and culture. Sign language, subtitled shows, accessibility at events, noise-consciousness, work safety, deaf celebrities – there is so much we can share!

Activities and events throughout Deaf Awareness weeks encourage individuals to come together as a community for both educational events and celebrations.

Some of the messages during Deaf Awareness Week include:

- ◆ Celebrate the culture, heritage, and language unique to deaf people of the world.
- ◆ Promote the rights of deaf people throughout the world, including education for deaf people, access to information and services, the use of sign languages, and human rights for deaf people in developing countries.
- ◆ Recognize achievements of deaf people, including famous deaf individuals.
- ◆ Educate about the misconceptions of being deaf and the challenges the deaf population face during everyday life.
- ◆ Learn about types, degrees, and causes of hearing loss.
- ◆ Be exposed to sign language and other ways deaf and hard of hearing people communicate.

To read more visit the following links:

<https://www.hearinglikeme.com/deaf-awareness-month-2018/>
<https://eojournal.com/deaf-awareness-month/>

President Abraham Lincoln signed the charter to establish a national college for deaf students – Gallaudet University - April 8, 1864.

<https://www.nf2is.org/gallaudet.php>
<https://my.gallaudet.edu/intranet/announcements-archive/charter-day-celebration>

DEAF AWARENESS FACTS

What are the four levels of deafness? The four different levels of hearing loss are defined as: Mild, Moderate, Severe and Profound. These definitions are useful to give a rough guide as to how bad your hearing loss is but it's by no means an exact science -- for example, someone could have a mild hearing loss for low-pitch sounds and a moderate loss for higher pitch sounds (this is actually very common).

- ◆ **Mild Hearing Loss.** Someone with a mild hearing loss will not be able to hear sounds that are quieter than 25 - 45 db. This means they will struggle to hear people whispering, won't hear the clock ticking, leaves rustling or the hum of electrical equipment. Normal everyday conversations may still be OK to hear in quiet environments but people may start to struggle more when there is more than one person talking or where there is background noise.
- ◆ **Moderate Hearing Loss.** Sounds in the range of 40 - 75 dB are the quietest someone with a moderate loss will be able to hear, this level of hearing loss is going to have a major impact on your ability to hear in day-to-day environments as it is likely you will now struggle to follow conversation, even in quiet environments, you'll probably still pick up some words, or parts of words, but it is going to be hard work.
- ◆ **Severe Hearing Loss.** Things are really going south now, someone with a severe loss will not be able to hear much below the 75 - 90 dB range. This means you won't be able to hear the TV, people talking, the phone ringing or most other everyday sounds. Again, as before, you may have a severe loss for some aspects of your hearing and a moderate or even mild in others.
- ◆ **Profound Hearing Loss.** 90 dB is the lowest sound you will be able to hear now. You would just about be able to hear a chainsaw, lawn mower or loud music.

Provided by Steve Claridge: <https://www.hearingaidknow.com/question/what-are-4-levels-of-deafness>

Submitted by Deacon James Hawkins





JOIN US!!
Register by
September 1
Details/Register at
FMZBC.COM

First Mount Zion Baptist Church
1st Annual
Healthy Start
Mind & Body
Virtual 5K Run/Walk

September 24-26, 2020

Join us for the First Mount Zion Baptist Church - 1st Annual Healthy Start Mind & Body Virtual 5K (3.1 miles) Run/Walk!

Please choose the date and location you will run or walk between Thursday, September 24th through Saturday, September 26th. Run or walk on your favorite jogging/walking trail, your neighborhood, or wherever you desire. The run/walk must be completed in one session. Please use the race joy app explained in the material you will receive once you register, explaining how to track and submit your timing results.

Registration is open today through September 1st. Please open the link below to register:
<http://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K>

The registration fee for each participant is \$12. The fee includes your registration and a wonderful swag bag you will receive with your t-shirt, race bib, medal and other great items inside.

Have fun during this event! Go solo or create teams (friendly competition) between ministries, your zones, family or friends. Always practice safety. A training video and literature is available on the FMZ website. Please wear the event t-shirt and race bib provided to display unity, take plenty of photos during and after the event and send them to our FMZ Facebook page with the hashtag #RunFmz. There will be a link/library available at a later date to upload your photos for an upcoming presentation.

There will be awards given to the first top three in each age group below.

Age Groups:

19 & under, 20-30, 30-40, 40-50, 50-60, 60-70 and 70 & over.



Contactless pickup of your swag bag:

Location: First Mount Zion - Door A
Date: Saturday, September 19, 2020
Time: 10AM-Noon

For additional information please contact:

Sis. Stephanie Craddock - Scraddock@firstmountzionbc.org or 703-670-0184
Rev. Brian Woolfolk - Bdwoolfolk@verizon.net
Bro. Gerry Griffin - Griffing@rocketmail.com
Sis. Roslyn Parker - Roslyn.parker23@gmail.com

We thank you in advance for your support and participation! God bless you.

Sister Stephanie Craddock

First Mount Zion Baptist Church
Men's Ministry

FOUR PILLARS OF A MAN'S HEART

A Biblical Study Addressing Key Circumstances Faced by Men

ZOOM Meeting ID: 862 7251 6980
ZOOM Password: 153195

September 12, 2020
9am-11am
Speaker: Brother Randy Hardy

Women's Ministry Fellowship
ZOOM Meeting

Hearing God
Over the Noise
in Your Life

September 12, 2020, 9am -10:15am
Speakers:
Reverend Sharon Wallace
Reverend Carolyn Taylor



SINCE THE CHURCH HAS NOT REOPENED, HOW DO I ATTEND THE 11AM WORSHIP SUNDAY?

While FMZBC remains closed, the 11:00am Worship service continues via LIVE stream, each Sunday, by visiting the Church website at WWW.FMZBC.COM or Facebook Live. When the Church reopens for in-person Worship services, live streaming will continue for members who are either unable to attend or are uncomfortable attending in-person.

HOW DO I KNOW IF I SHOULD SERVE OR STAY HOME?

FMZBC remains closed, however, the Ministry continues with the support of servant volunteers. While we greatly desire your service, the safety of our entire FMZBC Family is of paramount importance. We also wish to respect the desires of each individual and family in choosing whether to serve in person or remain at home and worshipping online.

If you or someone in your family has had a fever, cough, traveled, or been asked to quarantine by a medical or government official in the last 14 days, we appreciate your willingness to stay home and help protect others.

HOW IS SOCIAL DISTANCING ADHERED TO AT FMZBC DURING PHASE 3?

The State of Virginia remains in Phase 3 where churches are permitted to open, however, strict adherence to social distancing must be practiced. FMZBC remains closed for in-person Worship services and most ministry activity, however, measures are in place to ensure the safety of our members, visitors, contractors, and staff. Until we fully reopen, the work of the Ministry continues in worshipping LIVE during the 11am Worship service and studying LIVE during the Wednesday Night Bible Study, both via stream. Additionally, funeral and memorial services have resumed; SHARE distribution continues; and the Beauty and Barber Shops have reopened. These efforts, along with those to resume after Ministry break, are supported by staff and servant volunteers who are onsite, Sunday mornings for Worship; weekly office hours; Wednesday evenings for Bible Study and, as needed.

Measures in place include online registration to limit attendance to ensure proper social distancing. The Online registration process includes COVID-19 screening questions that help our staff and servant volunteers determine if they should report to the Church.

Online registration will also help to prevent frustration with long lines, arriving at Church after we have reached our occupancy capacity, or being turned away at the door. We will close registration once our capacity has been reached. While onsite and in Worship service, members will be asked to maintain social distance by sitting ONLY at a green dot separated six feet apart on alternating pews.

Occupancy capacity is determined by room, area, elevator, restroom, Chapel, and Sanctuary. Sanctuary occupancy includes seating on the third floor and the fourth floor balcony.

WHAT SAFETY MEASURES ARE IN PLACE ON SUNDAY MORNINGS?

Everyone is required to wear a mask that covers your nose and mouth including during the Worship service. All those entering will be checked in at Door B. Completion of check-in form and COVID-19 Form will be verified and your temperature will be taken. Anyone with a temperature exceeding 100.4° will not be admitted and will be encouraged to follow-up with a doctor.

As you arrive, you are seated on alternating rows, six feet apart, even those of the same household. We will make sure seats are filled so that you do not have to step over someone already seated. There will be no Children's Church or Nursery available; children are not encouraged to attend in-person services at this time.

Admission to the Sanctuary will be limited to one direction. At the end of the service you will be dismissed by rows in one direction.

WHAT ABOUT OFFERING AND COMMUNION SERVICES?

Presently, offering plates are not passed. Baskets are available to drop offering into. Online giving is always available to give tithes and offering. The Online Giving link is available at FMZBC.COM.

WHAT CLEANING MEASURES ARE IN PLACE TO ENSURE THE SAFETY OF EVERYONE?

Our Church is constantly being cleaned and sanitized, to include high touch surfaces, pews, faucets, and doors, each Sunday, before, during, and after the Service. Cleaning and disinfectant agents used are on the list proven to be effective against the spread of Coronavirus, even after its been applied to surfaces.

Hand sanitizer can be found in strategic locations throughout our Church and can be used by everyone at any time. Please remember to frequently wash your hands, and if you or anyone in your family is not feeling well, please stay home.

The best utilization of cleaning resources and manpower is to limit access to the Church. Therefore, access is restricted to the 3rd floor and 4th floor balcony. Only enter through Door B and refrain from using the elevator or stairwell to get to other areas of the Church.

The Grain of Heaven remains closed. Coffee nor refreshments are available. Note the water fountains are closed at this time.

Please click on this link for full details on FMZBC's COVID-19 questions/answers: www.fmzbc.com



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#

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 SEPTEMBER. 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

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 Benson Blake
Beverly Grant James Hawkins
Sylvia Moore 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 Service Schedule

Sunday School – 9:45 AM *
Worship Service – 11:00 AM *
*Online

Wednesday Night Bible Study Schedule

Bible Study – 7:30 PM PM *
*Online

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 – 9:45 AM *
Worship Service – 11:00 AM *
*Online

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/>



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