



January 5, 2021
Volume 17, Issue 1

New Year's Message from the Pastor



"We Are Stronger Together"

Happy New Year!

In spite of all the challenges and heartaches the year 2020 has brought us, we have made it to 2021! God is still good and faithful to us. 2021 promises to be a year of change - from the election of new world leaders, advancements in the field of medicine, and more. One thing is certain - things must get better!

Thank you again for your prayers, support, faithful stewardship, and patience for the Ministry as we forged through the challenges of 2020.

Our Church theme for 2021 is **"We Are Stronger Together"** and the focused text is taken from Ecclesiastes 4:9:

⁹Two are better than one, Because they have a good reward for their labor. ¹⁰For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. ¹¹Again, if two lie down together, they will keep warm; But how can one be warm alone? ¹²Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken." **Ecclesiastes 4:9-12**

I look forward to serving with you this year. Continue to stay well and stay safe.

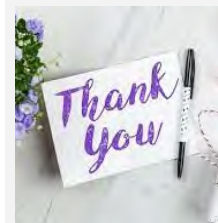
We Are Stronger Together!
Pastor Luke E. Torian

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The Zone D-1 Palmer Family surprised Mother Betty with a Birthday Drive-by during December. Over 50 cars passed through to pay homage! The event was "fit for a queen!!"



To all of you who took the time to share your testimony during our Watch Night Service, we would be remiss if we did not say "Thank You". You were an inspiration and encouragement to all of us and we are inspired to enter in 2021, renewed, restored, and revived, knowing that we can continue to trust God to supply our every need. May Almighty God continue to bless and protect you in every walk of your life! Indeed, **WE ARE STRONGER TOGETHER!!!**

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VISIT US ONLINE **FMZBC.com**



Message to Our Youth

TRUTH TOWARDS EDIFYING RESULTS OR SOLUTIONS

Recently, a local group of youth who were interested in discovering truths and working towards edifying results or solutions were invited into a dialogue about social justice movements and the role of youth. Fundamentally, the youth that I spoke with were interested in impacting and improving their communities, so they asked me to consider a couple of crucial questions towards social change: What are the basic features of social movements and why are they important? How can the youth mobilize today? Can a principal discipline students for protesting during school hours? The students were not focused on being famous and recognizable leaders of a movement; simply put, they wanted to understand what they were getting themselves into and how they could be effective. The light from their questions exposed an area that I would like to explore this time. First, I will give one example of some Christian youth participating in a justice-seeking effort with adults. Second, I will give examples of how Christian youth may employ their "time, talent and treasure" in justice seeking. "Time, talent and treasure" is a spiritual shorthand in the church that means all aspects of your life that God has given you to responsibly steward.

Teens today have a legacy of pursuing justice. One remarkable example occurred in 1963 when thousands of school-aged children marched in Alabama during the Civil Rights Movement to intentionally fill jails and to expose the callousness of the racist system. This was not an easy decision for Rev. Dr. Martin Luther and other leaders to make. Eventually, Rev. Dr. King reconciled that "children who are old enough to join a church are old enough to make witness for justice."

As a Christian leader, I believe that Jesus is "the Truth (John 14:6)" and that the Holy Spirit guides us into all truth (John 16:13). We, parents, and youth leaders, pray and hope that the children and youth in our care would take hold of the Truth, Jesus Christ, and other edifying truths at an early age. A few enduring truths found in the Bible related to our series theme of "Moving from Stay Woke to Pray Woke" confirm my writing that government ought to work for the good of its citizens (Romans 13:3-4), faithful persons ought to do justice (Micah 6:8) and a believer in Christ ought to live to the glory of God (1 Cor. 10:31).

Time and Justice

Does your schedule include justice work or reflect that justice is a priority? Yes, youth can make time to make a difference in their school, community, or world. Plan to write a letter or let your voice be heard. Set aside time to attend a meeting or planning session regarding an issue where injustice exists.

Talent and Justice

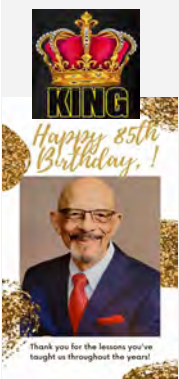
God has blessed every young believer in Christ with a gift so you may contribute to justice efforts. The gift of faith is indispensable when one cannot see the end of a justice-seeking effort. Perhaps you could build relationships with people who may support your interest. Persuasive writers are always needed.

Treasure and Justice

Treasure in the church usually refers to money or other tangible resources. So, what does this look like for a young person? You may donate items or give a portion of your allowance to an organization to support a particular cause.

Always check with your parent(s), guardian(s) and/or a responsible adult for guidance about any social justice effort you choose.

Reverend John C. McNeill, Jr.
Youth Minister



Happy 85th Birthday, Deacon Emeritus Sessoms!!

Thank you for all of the well wishes and acts of kindness shown towards Deacon Emeritus Camillus Kingsley Sessoms - known to many as Ken, on his 85th birthday! Because of you, he experienced a full weekend of socially distant meaningful activities, heart-felt greetings in the electronic group card, and a gourmet cake fit for a king. The weekend ended in a 52-car birthday drive-thru. We are blessed!!!



Pam Sessoms

Message from 2021 Leadership Chairs

GREETINGS FROM THE TRUSTEE MINISTRY

It is an honor to be a servant leader for our Lord and the members of First Mount Zion Baptist Church. As I reflect on 2020, like all of you, I am extremely thankful to see 2021. COVID-19 made 2020 a challenging year for all of us; however, we can rejoice and thank God for His many Blessings. Let's renew our joy as we enter the new year.

The Trustee Ministry thanks you for your faithful stewardship in 2020. Because of your generosity, FMZBC was able to provide resources to communities throughout Prince William County. It is our prayer that we continue to support our congregation and the surrounding communities. Being guided by the Holy Spirit and working together we can make positive things happen.

God bless all of you and your families.

*James Simpson, Chair
Trustee Ministry*

2021 Trustee Ministry Officers



James Simpson
Chair



Nicole Johnson
Vice Chair



Oscar Daily
Treasurer



Maxine DuFore
Assistant Treasurer



Henry Coverson
Secretary



Derrick Tanner
Chaplain



GREETINGS FROM THE ... DEACONS

Following to Lead | Leading to Serve

This past year has been one to remember. Yes, remember. Why? Glad you asked. It's been credited to and quoted by many (and I paraphrase) "those who forget the past are bound to repeat it". We must not forget what we've learned from the past year. 2020 has caused us to pause and maybe even stop many things that we considered important or may have thought we couldn't do without. It has also caused us to refocus our attention on what we've come to see perhaps before is, through it all God still stands with us and will see us through.

As the Deacon Ministry goes forward in 2021, our theme is "Serving Him". The theme is supported by the familiar scripture, Matthew 25:40 (NKJV) which states: "And the King shall answer and say unto them, Verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." So, we'll continue to serve God, through serving you, the congregation, and the community.

We look forward to the day when we will be able to worship and fellowship together in the wonderful edifice we call First Mount Zion Baptist Church (once lovingly called The Little Church on the side of the road), but until that day, we continue to pray for you and humbly serve as we do our best to follow the example of our Lord Jesus Christ.

May our God continue to smile upon you individually, and us, collectively, this year and in the years to come.

*Keith H. Holmes, Chair
Deacon Ministry*

2021 Deacon Ministry Officers



Chair
Keith Holmes



First Vice Chair
Kavin Johnson



Second Vice Chair
Vince O'Neal



Secretary
Vannie Parker



Assistant Secretary
James Hawkins



Chaplain
Ron Cooper



Assistant Chaplain
Henry Walker

Deaconess Ministry



GREETINGS FROM THE . . . DEACONESS MINISTRY

The Deaconess Ministry looks forward to serving the members of First Mount Zion in 2021, as we move to a better future, filled with hope eternal. In a world that has changed tremendously during the last eleven months, there exists an unchanging God who gives us that eternal hope. We enter this new year knowing that He writes our new story each new year. Our final story is yet to be written.

We consider it an honor to serve you and commit to keeping our hands on the plow, knowing that if we do, the word of God will continue to spread and the number of disciples will greatly multiply. There is no greater work than to answer the call of God, to serve His people. We look forward to continuing being obedient to our call, in word and deed. We will serve alongside you, pray with you, lament with you, laugh with you and celebrate with you. We will stand together – *we are stronger together.*



*Humbly,
Cynthia Brown, Chair
Deaconess Ministry*

2021 Deaconess Ministry Officers



Deaconess Cynthia Brown
Chairperson



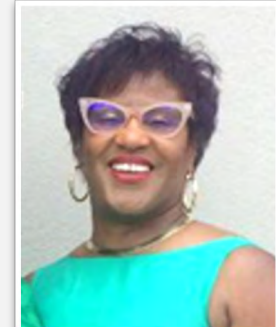
Deaconess Vietta Williams
Vice Chairperson



Deaconess Lynell Manning
Secretary



Deaconess Netra-Taylor Goodwyn
Assistant Secretary



Deaconess Ledora Akanni
Chaplain

ASSOCIATE MINISTERS

Encouragement and
Assurance for the Soul

"SAME SOLUTION"

In Matthew 9:36, Jesus looks at the crowd - the multitude of people He had taught and the group of people He had healed - and He has compassion because they are destitute and worrisome like sheep without a shepherd. This is an unexpected analysis of the results of His ministry. Between Matthew 4:23 and 9:35 we have the description of the initial teaching, preaching, and healing ministry of Jesus Christ. Matthew 4:23 and 9:35 are almost identical and form book ends to what is commonly referred to as the first great teaching discourse in Matthew.

From the beginning, the potential for Jesus' ministry is immediately apparent, since it does not evolve from a small cadre of followers that grows by the tens; but from the very start Jesus has many multitudes following Him from all around Palestine. Jesus' ministry blows up from go. Between Matthew 4:23 and 9:35 we get some of the more personal miracles performed Jesus, His healing miracles; that fundamentally change the life situations of the people He heals - the leper, the paralytic, the woman with the issue of blood, and the daughter of a ruler. So, one might expect when Jesus looked at this crowd of people at the end of this initial season of ministry, He would have seen a multitude of changed lives, empowered believers, walking in the reality of the kingdom of heaven. Instead, we get a sobering assessment. The world as He knew it, the people of Palestine, were still in a bad way.

Two thousand years later, the world as we know it, is in the same condition, the multitudes are troubled and casted off. But there is still good news. Now, as then, Jesus had a solution — to send His disciples. Be the answer to His prayer.

*Submitted by
Rev. Karl F. Brower*



THE GETAWAY — FROM A TEEN PERSPECTIVE

Gabriella M. Barner is an amazing, talented member of our congregation, a part of the Zone K family, who is impacting the world with her grace, warm heart, intelligence, and beauty. She shares with her family and friends about the everyday struggle that teens and young adults go through. Her favorite expression is "Teens Are People Too".

Her passion to share her thoughts and highlight the struggles and development of our captured in her la expounds on plains that young heard and in-versations be-leaders of tomor-she explains are the most in our families, ies, states, and further describes are vital to every earth.



future leaders is first book. Gabriel-her theme and ex-people must be cluded in our con-cause they are row. In her book, why young adults valuable resources communities, cit-in America. She that young adults country on this

Gabriella invites you to take a short journey in "The Getaway" to get a glimpse at just a few things that young adults are experiencing and thinking about the world as they deal with life's twists, turns, ups and downs, expectations, family relationships, social media, maturing, and faith. Gabriella says, "I am a teen simply offering some words of encouragement, inspiration, guidance, opinions, and ideas. These are the things that we, as teens, share with each other, because sometimes we don't think you hear us or believe us.

Congratulations on your first book and thank you for reminding us about the importance of each of God's children regardless of their age. See more on Gabriella's book at www.gabriellamariabarnar.com



LEADERSHIP THE CHAPLAIN'S CORNER

Every first Friday of the month, your FMZ Trustee, Deaconess & Deacon Team, pray and fast over a chosen topic. Sharing nuggets from the December 4, 2020 Devotional below:

Prayer and Fasting Topic: "Stirred but NOT Shaken!!"

Source: The Holy Word/Holy Spirit

Lesson/Discussion: Thank God, we have made it through December 2020, the last month of the year!!!. What a year!! What spiritual, mental, emotional, and physical roller coasters we have experienced. Our Faith has truly been tried and tested!!

The Apostle James writes: Chapter 1, Verses 2 - 4. "Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So, let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." *In other words, you can be "stirred" but you don't have to be "shaken!"* Reminds us of that old Jubilee Choir song, "I shall not, I shall not be moved!!" So, let us meditate on the following:

7 Ways to NOT be "Shaken!"

1. Remember to delight yourself in the Law of the Lord, meditate on it Day and Night, and be like a tree planted by the rivers of the water!! (Read Psalms 1: 1- 3)
2. Understand that you can be cast down, but you do not have to be conquered. (Read II Cor 4:7-8)
3. Remember that the Lord is on your side!! (Read Psalm 118:6)
4. Make the Lord your Refuge and Dwelling Place (Read Psalm 91: 9 -11)
5. Persevere to be steadfast and unmovable!! (Read I Cor 15:58)
6. Remind yourself that the Lord will uphold you with His Righteous Right Hand. (Read Is 41:10)
7. And be ever reminded that God's Grace is always sufficient!! And YOU have God's Favor (Read II Cor 12:9/Prov. 8:35)

So, in closing beloved, what better way to celebrate how far the Lord has brought us.... No matter what we have gone through and/or are going through.... **Count it great joy to be "Stirred but NOT Shaken!!"**

Supporting Songs:

[Stirred Not Shaken](#) - Bing video (Ben Tankard)

[You Brought Me Through This](#) by Rev. Timothy Wright and the New Life Tabernacle Mass Choir - Bing video

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

*Happy New Year
2021*



*Thank
you!*

Thank you, FMZ Family, for your continual heart of compassion during this season of giving. You outdid yourselves and we are grateful to God for the overwhelming generosity which you continue to exhibit during this pandemic. As a result of your contributions which were in excess of **\$31,000.00** for our Special Benevolent Offering, we were able to provide Share packages to **693** families. Also, we are grateful to the **105** SHARE Ministry Servants who worked diligently to package the groceries in advance so that when the families arrived to pick up, everything was ready for distribution. It was a great success! To GOD be the glory!

We also want to especially thank the Northern Virginia branch of the North Carolina AT&T University for their generous contribution of **\$1,800.00** to our SHARE Ministry. We appreciate Sisters Virous Graham McKenzie and Shana M. Dixon Torian for taking the time to come share with us and make their love offering during our very special Christmas Program. God loves a cheerful giver and you exhibited that! Thank you for choosing our Ministry as we worked to make a difference in our community and surrounding areas during this pandemic. May God richly bless your efforts in all that you do! God is well-pleased with our efforts!!!





NOON PRAYER TIME

I pray that this message finds everyone doing well and staying safe. Wherever you are, continue to pray.

Scripture:

[9] And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

[10] Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong. 2 Corinthians 12:9-10 NKJV

I have also included the amplified text below:

[9] But He said to me, My grace (My favor and loving-kindness and mercy) is enough for you [sufficient against any danger and enables you to bear the trouble manfully]; for My strength and power are made perfect (fulfilled and completed) and show themselves most effective in [your] weakness. Therefore, I will all the more gladly glory in my weaknesses and infirmities, that the strength and power of Christ (the Messiah) may rest (yes, may pitch a tent over and dwell) upon me!

[10] So for the sake of Christ, I am well pleased and take pleasure in infirmities, insults, hardships, persecutions, perplexities and distresses; for when I am weak [in human strength], then am I [truly] strong (able, powerful in divine strength). 2 Corinthians 12:9-10 AMPC

Prayer by Jacquie Owens:

"Heavenly Father, God of all knowledge and wisdom, the conduit to all peace; praise be to Your Holy Name.

Gracious God, I lift my heart to You and I pray for the people of all nations, irrespective of race, color or creed. I realize they are all Your children; and therefore, I link them together in my heart and prayers as such.

I pray for the disquieted souls of men & women. I pray for those who are sorrowful and lonely.

I pray for the unloved; those who feel themselves unwanted; broken by life. I pray for ALL humanity.

I pray for those in prisons, those in asylums; those who are bedridden at home or in a hospital; those who have a terminal illness; and for all of the caregivers who tend the sick. I pray for all of the families of your people, asking that they be given the strength, endurance, resourcefulness, and upliftment to continue their quest.

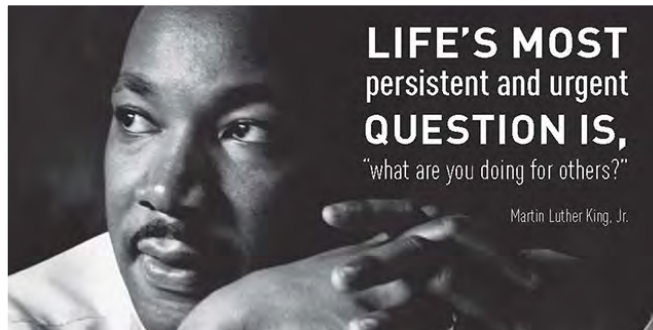
I pray for those who mourn the loss of loved ones, and those preparing their homegoing in varied untraditional forms. Be with them, and bring them Your peace. In Jesus name, Amen.

Submitted by Noon Prayer Team

Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Rev. Maxine Wright Thompson

If you would like to receive the noon prayer email each Tuesday, please send a message to Rev. Thompson at maxinewt22@yahoo.com





Remembering Dr. Martin Luther King, Jr.

Dr. Martin Luther King Jr. (born Michael King Jr.; January 15, 1929 – April 4, 1968) was an American Christian minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. Dr. King is best known for advancing civil rights through nonviolence and civil disobedience, inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi.

Dr. King participated in and led marches for blacks' right to vote, desegregation, labor rights, and other basic civil rights. Dr. King led the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC). As president of the SCLC, he led the unsuccessful Albany Movement in Albany, Georgia, and helped organize some of the nonviolent 1963 protests in Birmingham, Alabama. King helped organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial.

The SCLC put into practice the tactics of nonviolent protest with great success by strategically choosing the methods and places in which protests were carried out. There were several dramatic stand-offs with segregationist authorities, who sometimes turned violent. FBI Director J. Edgar Hoover considered Dr. King a radical and made him an object of the FBI's COINTELPRO from 1963, forward. FBI agents investigated him for possible communist ties, recorded his extramarital liaisons and reported on them to government officials, and, in 1964, mailed Dr. King a threatening anonymous letter, which he interpreted as an attempt to make him commit suicide.

On October 14, 1964, Dr. King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped organize two of the three Selma to Montgomery marches. In his final years, he expanded his focus to include opposition towards poverty, capitalism, and the Vietnam War.

In 1968, Dr. King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he was assassinated on April 4 in Memphis, Tennessee. His death was followed by riots in many U.S. cities. Allegations that James Earl Ray, the man convicted of killing Dr. King, had been framed or acted in concert with government agents persisted for decades after the shooting. King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal. Martin Luther King Jr. Day was established as a holiday in cities and states throughout the United States beginning in 1971; the holiday was enacted at the federal level by legislation signed by President Ronald Reagan in 1986. Hundreds of streets in the U.S. have been renamed in his honor, and the most populous county in Washington State was rededicated for him. The Martin Luther King Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.

MLK Day will be celebrated this month on January 18th.

(Article taken from Wikipedia)

ANNUAL MARTIN LUTHER KING JR. DAY YOUTH ORATORICAL CELEBRATION

Watch the 31st annual Dr. Martin Luther King Youth Oratorical Program with Special Guest, Rev. Al Sharpton, President and Founder National Action Network, on Monday, January 18 at 11 a.m. EST on YouTube <https://tinyurl.com/YYFMY2ON>, and vote for your favorite orator with a new text-to-vote feature. Tune in and support area students as they honor and celebrate Dr. King's memory and his dream.

This year's theme, "Beyond the Dream – Young Voices with Something to Say!"

Additionally, MLK, Jr. Community Choir will perform selections that recognize the late Congressman John Lewis during the program, as well as a preview concert on January 2, 2021 at 3 p.m., also on PWCAC DST YouTube channel - <https://tinyurl.com/YYFMY2ON>.

For more information on the Oratorical Program, MLK Day of Service, fundraising efforts and donation opportunities, visit www.pwcacdst.org/mlk. Register and receive updates on the program at Eventbrite - <https://www.eventbrite.com/e/2021-rev-dr-martin-luther-king-jr-oratorical-competition-and-program-registration-128324737745>.



ZONE M2 DRIVE-BY COOKIE SWAP

The members and leadership of Zone M2 met at a parking lot near the Ashland Community Center for a Drive-by Cookie Swap on Sunday, December 20. Zone M2 families brought one dozen of individually wrapped and labelled cookies to share and swap. All the cookies were collected and put into Christmas bags. They were even sprinkled with a touch of Christmas love; if you looked real close you could see the attention to detail members put on the labels of each bagged cookie. Although it was a chilly day, there were several families represented. Behind masks we were still able to recognize Church family and have a good time. Everyone was able to take home three bags of assorted cookies. The socially-distanced fellowship with one another was as sweet as the cookies we swapped. We were thankful for the opportunity given (by God) and taken by members to enjoy one another. Praise God for an innovative way to fellowship.

Zone M2 Leaders



MERRY CHRISTMAS TO ALL AND TO ALL A GOODNIGHT!

Born in a manger, no crib for a bed,
No celebration, no gathering,
just quarantined instead.
But yet there was joy beyond compare
For Jesus had come, glad tidings to share.
And this year it seems we are in the same situation,
No family, no friends, just bleak isolation
But just as they did when Jesus was born
Let us rise and rejoice in this year's Yuletide morn.
Forget all the trappings, the glitz and the show
Let's focus on Jesus, our hearts all aglow,
Our voices we raise in carols of love
As we accept God's blessings dispensed from above.
Remember the reason as our voices all ring
Merry Christmas to all, Hallelujah we sing!

Ryle Bell
December 2020



All are welcome at the manger.

FITNESS-IN-PLACE

THE "QUARANTINE 15"

The "Quarantine 15" is the new term used to describe weight gain during this Covid-19 pandemic. Stress eating, craving comfort food, snacking out of boredom, challenges finding healthy food and more time spent sedentary are some of the reasons this pandemic is causing weight gain. But there are things you can do to reverse the scale and feel better.

The combination of regular exercise and healthy eating is the most effective way to lose weight and keep it off. A program of aerobic exercise and resistance training helps burn calories and maintain lean muscle mass. Healthy, relaxed eating in response to hunger and satiety cues helps to develop a comfortable relationship with food. Consider all the different facets of your life; the emotional, mental, spiritual and the physical. Think about more than just weight loss. **Focus on healthy eating, regular exercise, positive self-esteem and self-acceptance:**

Healthy Eating: Visit <https://www.myplate.gov/> for tips on health eating.

Regular Exercise: Visit <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/> to explore more exercises you can do at home.

Positive Self-Esteem: Every night right down three things you did well that day and read them (even if you think they are small things).

Self-Acceptance: Probably the most important! "I am fearfully and wonderfully made" Psalm 139:14 and "I can do all things through Christ who strengthens me" Philippians 4:13. **Remember God Loves You!**

Lori Valkenburg
FMZBC Fitness Director

God's work.
Our hands.

ORGANIZATIONS SUPPORTED BY FMZBC

Below are the organizations supported by our Ministry. We will continue to feature three of these organizations monthly, giving you an in-depth description of how our Ministry impacts each organization. We believe it is important for our members to know how their contributions to the Ministry are used and how they impact our community-at-large. We are grateful to God for the ability He has given us to be able to make a difference in the lives of so many others, and in so many different areas. We look forward to sharing more of this pertinent information with you. STAY TUNED!!!

Organizations

UNCF
Stafford NAACP
Prince William NAACP
Virginia Union Seminary
Howard University
Cornerstone College of Virginia
Fellowship of Christian Athletes
Baptist General Convention
Good News Prison Ministry
House of Refuge
Hilda Barg Homeless Center
So Others Might Eat
Thurman Brisben Center (formerly Stafford City Homeless)
Boys and Girls Club
St. Francis House
Young Life Ministry
Brown Family Health Center Texas
Capital Youth Empowerment Program
Lifelines Ministries
National Baptist Association
Wycliff Bible Translator
SERVE (Manassas)
Stafford Emergency Relief through Volunteer Efforts
(SERVE) (Stafford)
Feed The Children
Central Union Mission
Outreach Cultural Arts Center
American Red Cross
Northern Virginia Urban League
Children's Home
Lot Carey Missionary
ACTS

Submitted by the Deacon Ministry



UNITED NEGRO COLLEGE FUND (UNCF)

UNCF, founded in 1944 to help African American students attend college, continues to serve as the nation's leading advocate for the importance of minority education and support for the next generation of professionals and community leaders.

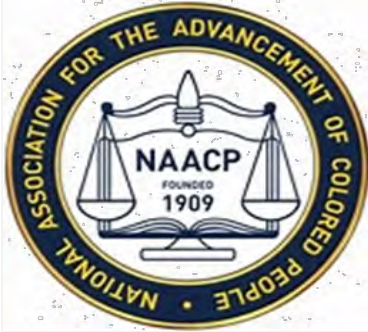
From the beginning, the UNCF and the faith community have invested in each other. Churches around the country (including FMZBC) have helped Historically Black Colleges and Universities (HBCUs) keep their doors open and their dedication to education strong by supporting the UNCF.

For more than seven decades, UNCF has helped over 50,000 students per year, not only to attend college, but to thrive, and become highly qualified college graduates. It provides a wide range of support to its 37 member HBCUs, enabling member institutions to keep their academic programs strong, and tuitions affordable.

Beyond the students they educate, UNCF recently commissioned a landmark study entitled "HBCUs Make America Strong: The Positive Economic Impact of Historically Black Colleges and Universities" to measure the economic impact of its member institutions on the communities they have served for over 100 years. Additionally, UNCF's newly expanded Emergency Student Aid (ESA) program helps HBCU students with a myriad of funding emergencies, including the staggering effects of COVID-19, housing, and food insecurities.

Learn more about UNCF: <https://uncf.org/>





NAACP (NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF COLORED PEOPLE)

Founded in 1909 in response to the ongoing violence against Black people around the country, the National Association for the Advancement of Colored People is the largest and most pre-eminent civil rights organization in the nation. NAACP's mission is to secure the political, educational, social, and economic equality of rights to eliminate race-based discrimination and ensure the health and well-being of all persons. NAACP has over 2,200 units and branches across the nation, along with well over two million activists. **First Mount Zion Baptist Church proudly supports two local NAACP organizations -- the Prince William Area Branch #7110, and the Stafford County Unit #7118.**

* * *



National Association for the Advancement of Colored People

Prince William Area Branch #7110

P.O. Box 449 Manassas Virginia 20108-0449

"Get Connected, Get Informed, and Get Involved."

PRINCE WILLIAM COUNTY VIRGINIA NAACP

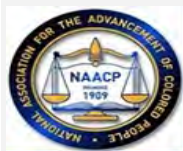
For several decades, the Prince William Area Branch of the NAACP has been committed to defending our democracy and pursuing justice for all! We are a 21st century advocacy organization that has fought and continues to fight for the advancement of minority groups by bridging the gaps that exist, and striving for the attainment of educational excellence, economic empowerment, and civic engagement. We have fought and won many battles to end racism, and injustice, but there is still much work to be done. With your help we can build on the tremendous progress we have made and work together to eliminate the barriers to freedom and equality for all.

The organization actively keeps its hand on the pulse of the community and modifies its programs and services to meet the changing times. To the extent possible, matters of concern are addressed proactively so that their impact to the community is minimal.

Membership is the lifeline of the Prince William Area Branch of the NAACP. You are invited to join us. We are committed to organizing to meet the needs of both current and future generations. **Reverend Cozy Bailey is the current President of the Prince William Area Branch.** For additional information, see the Prince William Branch Website: <https://pwnaacp.org>

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STAFFORD COUNTY VIRGINIA NAACP



National Association for the Advancement of Colored People

Stafford County Area Branch #7118

P.O. Box 160 Stafford Virginia 22555

"Get Involved and Participate!"

Welcome to the Stafford County Branch of the NAACP, Unit #7118, where our principal objective is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. The Stafford Unit usually meets monthly at 7 p.m. on the first Monday of each month at the Shiloh (New Site) Baptist Church, 2982 Jefferson Davis Highway in Stafford, VA. If the first Monday is a holiday, the meeting will move to the second Monday of the month. All are invited to attend this meeting and join the organization. **During the COVID-19 Pandemic**, meetings are currently being held via Zoom. Send an email to infoStaffordNAACP@gmail.com to request the Zoom link.

Stafford County NAACP relies largely on member and supporter donations to fund our advocacy, economic development and community outreach efforts, programs, and activities, and provide scholarships to our graduating seniors. **The current President of the Stafford Branch #7118 is Reverend Joshua G. Cole.** For additional information, see the Stafford Unit's Website: www.staffordnaacp.org



Youth Ministry Virtual "Lunch Breaks" each Tuesday/Wednesday during the month of January, 2021. Stay connected. Check-in and chat with your FMZ friends on ZOOM.

Middle School (6th-8th Grade):

Tuesdays (Jan 5, 12, 19 & 26) from 11:50 am -12 Noon
Start Date: January 5, 2021

Join our ZOOM Meeting with the following link and password:

[https://us02web.zoom.us/j/89931735589?](https://us02web.zoom.us/j/89931735589?pwd=SkzsbW5uUEo2QWsybnlVS2RaWEs5UT09)
pwd=SkzsbW5uUEo2QWsybnlVS2RaWEs5UT09
Meeting ID: 899 3173 5589
Passcode: COGYouth

High School (9th-12th Grade)

Wednesdays (Jan. 6, 13, 20 & 27) from 11:50 am -12 Noon
Start Date: January 6, 2021

Join our ZOOM Meeting with the following link and password:

[https://us02web.zoom.us/j/86716122083?](https://us02web.zoom.us/j/86716122083?pwd=RWdPSXc0MnFqd0VNUUVxT0JyRWpoUT09)
pwd=RWdPSXc0MnFqd0VNUUVxT0JyRWpoUT09
Meeting ID: 867 1612 2083
Passcode: COGYouth

For more details, please contact:

Reverend John C. McNeill, Jr.
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 PRESENTLY SCHEDULED FOR JANUARY 23, 2021. 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

Dr. Joseph Boutte, Chair
Sister Oonagh Bell, Messenger
Brother Benson Blake, Photography/Video
Sister Beverly Grant - Staff Liaison
Deacon James Hawkins - Deacon Ministry
Sister Sylvia Moore - Pastor's Executive Assistant
Reverend Kathy Russell - Associate Ministers
Deaconess Claudia Woolfolk - Deaconess Ministry

Rev. Dr. Luke E. Torian, Pastor
Rev. Dr. Sandra K. James, Assistant Pastor
Sylvia Moore, Executive Assistant
Renee Woolfolk, Church Business Administrator
James Simpson, Chair, Trustee Ministry
Keith Holmes, Chair, Deacon Ministry
Cynthia Brown, Chair, Deaconess Ministry

16622 Dumfries Road
Dumfries, Virginia 22025-1920
Telephone: 703-670-0184
Email: fmzbc@firstmountzionbc.org
Website: www.fmzbc.com

ADJUSTED SERVICE SCHEDULE DURING PANDEMIC

Sunday School – 9:45 AM (VIA FB, LIVE STREAMING & CONFERENCE CALL-IN)

Worship Service – 11:00 AM ONLY (VIA FB, LIVE STREAMING)

Wednesday Night Bible Study – 7:30 PM (VIA FB, LIVE STREAMING & CONFERENCE CALL-IN)



EVERY 3RD SUNDAY OF THE MONTH AT 11 A.M. JOIN US!!!

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/>



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