



Message from the Pastor

STONES AND BLACK HISTORY MONTH



Joshua 4:4 ⁶ *that this may be a sign among you when your children ask in time to come, saying, "What do these stones mean to you?"... And these stones shall be for a memorial... forever."*

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2021 theme, "Black Family: Representation, Identity and Diversity" explores the African diaspora, and the spread of Black families across the United States.

Just like it was important for the children of Israel, in Joshua Chapter 4, to continue telling the story of their deliverance from slavery and bondage, it is important that we never forget our long and resilient history as a people.

Stones are made after millions of years, a combination of heat and pressure created blocks of natural stone. Hard solid nonmetallic mineral matter. As the earth's crust began to grow and erode, it pushed minerals up from its core, forming massive rock deposits, which we refer to as "quarries".

Today I am reminded of precious stones (Diamonds) that have been produced over hundreds of years from the heat and pressures of hatred and racist attempts to keep our people from being pushed up to the top as a part of our history. Therefore we celebrate the following STONES in our history:

- ⇒ The 44th and first African American President of the United States of America, President Barack H. Obama and First Lady Michelle Obama.
- ⇒ Madam Vice President Kamala Harris, a Howard University Graduate, becoming the first woman Vice President of the United States.
- ⇒ The Rev. Dr. Raphael Warnock, Pastor of the historic Ebenezer Baptist Church in Atlanta, Georgia becoming the first black Senator for the State of Georgia.
- ⇒ The Rev. Dr. Martin Luther King, Jr, who was an awesome man of God, fought and died for the freedom and equality of African Americans.
- ⇒ The Honorable John Lewis, American politician, statesman, and civil rights activist who challenged us to get in "Good Trouble".
- ⇒ The Honorable Elijah Eugene Cummings was an American politician and civil rights advocate, known for his powerful orations, served in the United States House of Representatives.

These **STONES** do not begin to tell the story, but they are a wonderful reminder of our long history as a people forged out of the heat and pressure of being black in America...we, as a people, are memorial stones.

We're Stronger Together,
Pastor Luke E. Torian

INSIDE THIS ISSUE

Message from the Pastor	1
Message from the Youth Minister	2
Noon Prayer	2
Inauguration	3
Encouragement for the Soul	4
Kids' Kingdom	4
Fitness-in-Place	4
2021 Ministry Leadership Chairs & Admin	5-8
Willing Workers	8
Leadership Chaplains' Corner	9
Seniors' Ministry	9-10
Small Groups	10-11
Organizations Supported by FMZBC	12-14
SHARE Distribution	15



Congratulations to Lena Gooden, Zone M2, on her recent races at the Virginia Showcase in Virginia Beach. Lena placed 3rd in her first 300m race. She also finished well in the 55m and 500m races. Thank you Lena for representing the Dale City Lightning Track Club through your diligent training, focus, and discipline to run well and finish strong!



"Success is to be measured not so much by the opposition that one has reached in life as by the obstacles which he has overcome while trying to succeed."

Booker T. Washington



Rev. John C. McNeill, Jr.

MESSAGE TO OUR YOUTH

KNOW THE VALUE

This is my blood of the covenant, which is poured out for many for the forgiveness of sins. -- Matthew 26:28 NKJV

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. - John 3:16 NKJV

My son, John III, dislikes and quickly discards dirty things. Dirty toys—gone! Dirty clothes—gone! Dirty \$1 bill—almost gone! I had to intercede this time...lol. John and I discussed how, in this case, the dirty \$1 bill could be washed, made clean again, and used. I explained how the dirty \$1 bill had not lost its value and, to prove it, John purchased a "Sonic the Hedgehog" popsicle with the clean \$1 bill. This is a great reminder of what a relationship with God can do - and will do! He can clean you up and change you from a sinner to a saint, for His use!

Take heart! One day, God, the Father, saw that we were dirty with sin and sent His son, Jesus Christ, to clean us up! See John 3:16 for more details. Take heart! You have not lost your value.

Reverend John C. McNeill, Jr.
Youth Minister



REV. McNEILL IS INVITING YOU TO A SCHEDULED ZOOM MEETING!!!

First Friday Movie Night Chat



Topic: Youth Ministry Movie Night Chat ZOOM Meeting

Date: February 5, 2021
Time: 7pm - 7:30 p.m.

Join Zoom Meeting
<https://us02web.zoom.us/j/86142472175?pwd=am9JQzc1RVgveDFMV1dTTnJLVVhsZz09>

Meeting ID: 861 4247 2175
Passcode: FMZYOUTH

Please view SOUL before the Zoom Chat. You may find the movie on Disney+.

POC: Rev. J. McNeill - jmcneill@firstmountzionbc.org or 703-670-0184



I pray that this finds everyone doing well and staying safe. Continue to pray wherever you are during the noon hour, or whenever you can get a break to pray.

Scripture:

Lamentations 3:21-24 NKJV

[21] *This I recall to my mind, Therefore I have hope.*

[22] *Through the LORD's mercies we are not consumed, Because His compassions fail not.*

[23] *They are new every morning; Great is Your faithfulness.*

[24] *"The LORD is my portion," says my soul, "Therefore I hope in Him!"*

Lamentations 3:21-26 AMPC

[21] *But this I recall and therefore have I hope and expectation:*

[22] *It is because of the Lord's mercy and loving-kindness that we are not consumed, because His [tender] compassions fail not.*

[23] *They are new every morning; great and abundant is Your stability and faithfulness.*

[24] *The Lord is my portion or share, says my living being (my inner self); therefore will I hope in Him and wait expectantly for Him.*

Prayer:

Lord, this past year, 2020, has truly been a challenging year for everyone. But, You have shown Yourself faithful through it all. Thank You that Great is Your faithfulness and Your mercies are made new every day.

As we embark on a new year, 2021, we know that You will continue to be our faithful and sovereign God. We continue to pray for a peaceful transition of leadership in this nation and for Your wisdom and guidance for our current and new leadership. We trust You and know that You will work it out for Your glory and our good. So, we thank you in advance for Your blessings and the victory!

ALL the glory, honor and praise belong to You alone. In the mighty and precious name of Jesus we pray and say thanks! AMEN!"

Worship Song: Great is Thy Faithfulness - https://youtu.be/vk_VZluAYkM

Continue to pray for our families, churches, neighbors, our nation and the world.

Feel free to share your praise reports and prayer requests.

Submitted by Noon Prayer Team

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



INAUGURATION OF JOE BIDEN & KAMALA HARRIS

Congratulations
Kamala Devi Harris



CELEBRATING BLACK HISTORY IN THE UNITED STATES GOVERNMENT

On January 20, 2021, **KAMALA D. HARRIS** became the first female, first African American, and first Asian American elected to the Office of Vice President, the second highest of fice in the Country, serving with **President, Joseph R. Biden**.

Previous Positions:

- ◆ First Indian American, and second African American U.S. Senator, California (2017-2021)
- ◆ First female African American, Attorney General of California (2011-2017)
- ◆ District Attorney of San Francisco, California (2004-2011)
- ◆ Deputy District Attorney of Alameda County, California (1990-1998)

Howard University (HBCU), Washington, D.C. (B.A., 1986)
University of California Hastings College of the Law (J.D., 1989)

Honors:

- ◆ Member (1986) Alpha Kappa Alpha (AKA), Jan. 20, 2021
- ◆ Declared "Kamala D. Harris Day"
- ◆ Howard University, Dr. of Humane Letters (2017)
- ◆ University of Southern California, Dr. of Laws (2015)

Vice-President Harris is married to attorney Douglas Emhoff and is stepmother to Ella and Cole Emhoff. Born October 20, 1964, Vice-President Harris is the daughter of Donald Harris and Shyamala Gopalan. She has one sister, Maya.

Published Works

- ◆ "The Truths We Hold: An American Journey" (2019)
- ◆ "Superheroes Are Everywhere" (2019)
- ◆ "Smart on Crime" (2009; with Joan O'C. Hamilton)

INAUGURAL POET INSPIRES AMERICANS TO "LEAVE BEHIND A COUNTRY BETTER THAN THE ONE WE WERE LEFT WITH"



AMANDA GORMAN, a 22-year-old African American, first ever National Youth Poet Laureate, stepped onto the world stage at the Inauguration of President Joseph R. Biden and Vice-President Kamala D. Harris, on January 20, 2021, as the youngest Inaugural Poet. She masterfully, eloquently, and flawlessly recited her poem entitled "The Hill We Climb", bringing to tears many of those who heard her delivery.

Born and raised in Los Angeles by a single-mother who is a 6th-grade teacher, Ms. Gorman started writing poems when she was a child, but found it terrifying to perform due to a speech impediment. She overcame that fear by drawing confidence from former President Barack Obama and Dr. Martin Luther King Jr., and practicing songs from the Broadway musical "Hamilton."

Inaugural Poet Gorman drew inspiration for penning her Inaugural poem from the deadly insurrection waged against our Nation's Capital in Washington, D.C., on January 6, 2021. Speaking passionately, Ms. Gorman said:

"We've seen a force that would shatter our nation and destroy our Country rather than share it if it meant delaying democracy.

But while democracy can be periodically delayed,

It can never be permanently defeated. Somehow, we've weathered and witnessed a nation that isn't broken, but simply unfinished. We, the successors of a country and a time where a skinny Black girl descended from slaves and raised by a single mother can dream of becoming President only to find herself reciting for one..."

In an interview with CNN's Anderson Cooper after the Inauguration, Poet Gorman explained how she had sought to reestablish the power of words during her inaugural appearance. *"To me, words matter, and I think that's kind of what made this inauguration that much more sentimental and special. We've seen over the past few years the ways in which the power of words has been violated and misappropriated,"* she told Cooper. *"And what I wanted to do was to kind of reclaim poetry as that site in which we can re-purify, re-sanctify not only the Capitol building that we saw violated, but the power of words, and to invest that in the highest office of the land."*

Poet Gorman wrote in her Twitter post after the Inauguration: *"Thank you! I would be nowhere without the women whose footsteps I dance in. While reciting my poem, I wore a ring with a caged bird—a gift from @Oprah for the occasion, to symbolize Maya Angelou, a previous inaugural poet. Here's to the women who have climbed my hills before."* Oprah Winfrey responded: *"I have never been prouder to see another young woman rise! Brava Brava, @TheAmandaGorman! Maya Angelou is cheering—and so am I."*

I believe it is safe to say, Inaugural Poet Amanda Gorman established herself with the likes of other great Inaugural Poets, like Maya Angelou. Bravo, Inaugural Poet Gorman!



LET GOD'S LOVE HEAL

Singer Tina Turner's biggest hit is the song "What's Love Got To Do With It." You may recall the song's famous chorus:

"What's love got to do with it, got to do with it. What's love but a secondhand emotion.
What's love got to do with it, got to do with it. Who needs a heart when a heart can be broken?"

The singer acknowledges an attraction to the person she is singing to, but "for her protection," any further interaction they have will not involve love. Although Tina did not write this song, she could relate to the lyrics. She has said her mother "did not want her." When she recorded the song, she had recently divorced her husband who had physically and verbally abused her for many years.

Christians or non-Christians may also find themselves unable to give or receive love due to emotional pain from past hurts or abuse. They have walled their hearts off from love "for their own protection." Isolation due to the pandemic can enhance feelings of being "unloved."

Valentine's Day is the traditional time to celebrate love. If you or someone you know feels unloved, please be reminded that each of us is loved by God.

Jeremiah 31:3
"3 The LORD appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."

1 John 3:1a
3 See what great love the Father has lavished on us, that we should be called children of God! And that is what we are."

Human love is imperfect and sometimes hurtful. God's love is perfect, unconditional, and everlasting. I pray you will allow God to heal you with His perfect love. I also pray those of us who know God's love will share His love with others.

Submitted by
Reverend Beverly Waddell-Jiggetts



REGISTRATION IS NOW OPEN. IT WILL COVER A 3-MONTH PERIOD (JAN.-MAR.). WE ASK THAT YOU REGISTER YOUR KIDS AS SOON AS POSSIBLE AND PICK UP YOUR 3-MONTH PACKET OF RESOURCES!!

THANK YOU!!!

KIDS' KINGDOM IS HELD EVERY 3RD SUNDAY OF THE MONTH AT 11 A.M. JOIN US!!!



If 2020 taught us anything, it is that we must be ready to adapt quickly to changing circumstances; from how the world works, learns, shops, worships, to how the world exercises. Gyms and health clubs have experienced significant changes, many have closed. We need to find alternative ideas for staying fit in our own homes or outside. There are ways to stay active until gyms reopen and the world returns to normal.

Make life your movement: Not every workout needs to be on a treadmill or in a gym. Use everyday activities as opportunities to incorporate movement. When shopping, park far away and walk, it gives you exercise and reduces stress. When cleaning, play music, add dancing for cardio and squats for toning. When around little kids, play with them, pick them up and swing them to build strength and balance or run with them for cardio.

Create your own home gym: Invest in a few affordable items to make working out at home easier, such as a stretching mat, a set of dumbbells, resistance bands and/or a stability ball. Go to <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/> to find exercises, search exercises by the body part you want to tone, the type of equipment to be used or your experience level.

Explore your surroundings: The great outdoors is still open for business. Explore parks, running trails, bike paths and bodies of water if weather permits. Find information about Prince William Park at <https://www.nps.gov/prwi/planyourvisit/things2do.htm>, Leesylvania State Park at <https://www.stateparks.com/leesylvania.html>, or Occoquan Regional Park at <https://www.novaparks.com/parks/occoquan-regional-park>. Outdoor exercise offers a myriad of benefits and challenges your body in different ways than using indoor equipment. Always follow COVID-19 safety recommendations, such as staying six (6) feet apart, wearing a mask when you are around other people and proper hand-washing when using public facilities.

Lori Valkenburg
FMZBC Fitness Director



2021 Ministry Leadership Chairs



Brother Fred Henry
Chair, Strategic Planning Committee



Brother Ricky Grayson
Chair, Parking Ministry



Sister Lynette Juluke
Chair, Health Ministry



Brother Louis Blackshear
Chair, Transportation Ministry



Sister Yvonne Dabney
Chair, Security Ministry



Sister Gwen Hopson
Chair, Archive Committee



Deacon Joseph Boutte
Chair, Communications and
Publicity Ministry



Sister Oonagh Bell
Chair, Pastor's Aide Ministry



Brother Ed Jones
Director, Men's Ministry



Brother Stephen Seaberry
Co-Director, Men's Ministry



Brother Autuan Lee
Administrator, Men's Ministry



Deacon James E. Tribble
Chair, Deaf Ministry



2021 Ministry Leadership Chairs



Brother Thomas Bates
SHARE Ministry



Brother Benson Blake
Director, Photography Ministry



Brother Pierre Cannon
Co-Director, Photography Ministry



Reverend Kathy Russell
Chair, Journey-to-Joy Ministry



Sister Cynthia Weaver
Chair, Greeters Ministry



Sister Darnell Martin
Co-Chair, Greeters Ministry



Sister Pamela Holmes
Chair, Flower Ministry



Sister Deborah Campbell
Co-Chair, Flower Ministry



Brother Steven Hardeman &
Sister Sandra Hardeman
Co-Chairs, Willing Workers Ministry



Sister Jonelle Cameron
Chair, Mary Elizabeth Ministry



Sister Felicia Simmons
Co-Chair, Mary Elizabeth Ministry



Sister Courtenay Holeman
Chair, Social Ministry



FMZBC Staff



Sister Stephanie Craddock
Director, Small Groups Ministry



Dr. Tracey Dawkins-Holley
Director, Christian Education



Reverend John C. McNeill, Jr.
Youth Minister



Brother Sylstea Sledge
Minister, Music &
Fine Arts Ministry



Sister Renee Woolfolk
Church Business Administrator



Sister Sherise Campbell
Director, Grain of Heaven Food Service



Sister Sylvia Moore
Executive Assistant to Pastor Torian



Sister Patricia Paige
Administrative Assistant



Sister Lori Valkenburg
Fitness Director



Sister Beverly Grant
IT Assistant



Sister Sherry Hilliard
Financial Secretary



Sister Donna Scruggs
Receptionist



FMZBC Staff



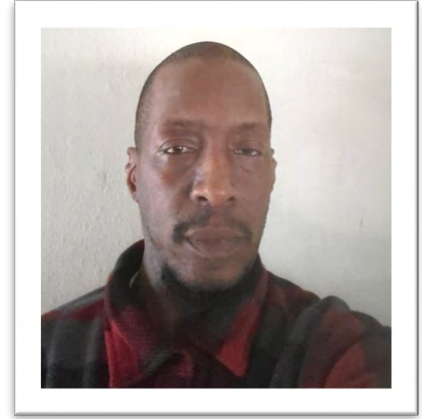
Brother Tommy Johnson
Director, Audio Visual/Media



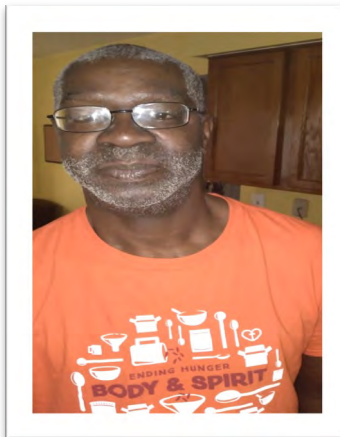
Brother Ernest Robbins
Facilities Manager



Brother Walter Holmes
Assistant Facilities Manager



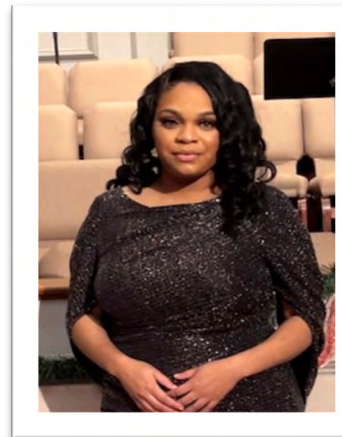
Brother Ernest Holmes
Custodial Technician



Brother Antonio Howard
Custodial Technician



Brother Gregory Took
Custodial Technician



Sister Bréh Stevens-Mitchell
Administrative Assistant
(Music and Arts)



WILLING WORKERS AT WORK

Yes! We still reach out to and connect with those who are sick and "shut in". We can call them Golden Treasures. We consider them golden treasures because they have awesome life stories and phenomenal wisdom, about which many are unaware. We remember them every month, with December being no exception. Our mission to

connect people who have a desire to become fully devoted followers of Jesus Christ is not just a slogan for our Willing Workers, but a monthly activity.

COVID-19 has not stopped the efforts of the Willing Workers. It has only changed the method of connecting and reaching out. In December, they delivered gift bags to some of the members of FMZ who are "shut in". This year's gift bag included a mug, pillow (provided by Sister Cleathan Lewis), face mask (provided by Deaconess Cathy Harkless) and a Christmas card, all sanitized with Lysol.

To God be the glory for great things He has done!

Submitted by Deaconess Cora Lynch



Sister Shemone Fullilove/Brother Jairus Akanni
2018-2020 Co-Leaders
Willing Workers Ministry





LEADERSHIP

THE CHAPLAIN'S CORNER

Nuggets from the January 1, 2021 Devotional:

Prayer and Fasting Topic: Don't "Give-up" ...But "God-up," to keep your "Guard-up" for 2021.

Lesson/Discussion: The average person has 50,000 to 70,000 thoughts per day, which equate to 35 to 48 thoughts per minute. Approximately 95 percent of our thoughts today are the same thoughts we thought yesterday. To make matters worse, about 80 percent of those habitual thoughts are negative ones. Tens of thousands of negative thoughts cycle through our minds day after day after day (Eph 5:16), poisoning our attitudes and our outlooks, one by one.

Eighty percent of tens of thousands of little thoughts add up to a lot of negative thinking and self-talk. If most of our thoughts are positive, then we will feel and be more positive, but if much of our self-talk is negative? Well, let us just say the outcome will not be pretty. *You see, it is our thoughts that drive our feelings and our happiness, not our circumstances.* If our thoughts are negative, our feelings and actions will be negative as well, and altogether those things can lead to a negative life, lacking Peace and Joy.

True joy and a positive attitude, come from the choice to change your thoughts, not from a problem-free life (John 16:33). *You are not alone in this battle.* WE can either "Give up" or "God-up," and when we "God-up," GOD always "Shows up!!"

Below are three God-filled strategies that we need to put into practice in our daily lives if we want to transform our thoughts, feelings, and lifestyles:

- 1) Notice/Recognize negative thoughts.
- 2) Reject negative thoughts.
- 3) Replace negative thoughts with Godly Thoughts.

Seven Ways to "God up," to keep your "Guard-up, and not "Give-up" So God can "Show-up" for 2021.

- ♦ Put on the "Whole Armor" of God with the Shield of Faith to stop the fiery arrows of the devil. (Ephesians 6:13-17)
- ♦ Know that God has not given us a spirit of fear, but of power and of love and of a sound mind." (II Timothy 1:7)
- ♦ Cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ," (II Corinthians 10:5)
- ♦ Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect Will of God." (Romans 12:2)

- ♦ Keep your heart with all diligence, For out of it spring the issues of life. (Proverbs 4:23)
- ♦ Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things." (Philippians 4:8)
- ♦ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour." (I Peter 5:8) **SELAH!!!**

Supporting Scripture: John 16:33

Meditational Song(s): Callie Day (American Idol Spiritual Sensation) "For Every Mountain," A **reminder of what God has brought us through!!! PTL!!!**
<https://www.youtube.com/watch?v=NzSVGE0F1nE>

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



Caregivers are the angels who walk and serve among us. During November, 2020, Alpha Kappa Alpha Sorority, Incorporated, Omicron Chi Omega Chapter of Woodbridge, VA, honored three of our own for their outstanding service as Caregivers. "Caregiving often calls us to lean into love we didn't know possible" - Tia Walker

HOPE SINGLETON

Hope is a member of FMZBC Seniors' Ministry. She was Chair of the Decorating Committee. All members will tell you Hope took her responsibilities seriously and ensured that each meeting delighted the Seniors with decorative ambiance. Hope began caring for her husband, George, after he experienced a massive stroke. Although Hope is no longer able to attend, she holds the Seniors' Ministry close to her heart, and continuously prays for the Leadership and Membership.





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ARNITA JORDAN

Arnita is an active member of Seniors' Ministry. She can always be seen with her infectious smile. Arnita volunteered to be one of the servers. She enjoyed serving the Seniors lunch at each meeting. Arnita found herself as a caregiver when her mom and dad contracted Coronavirus. Although her mom has passed on, Arnita diligently cares for her dad. She moved him from New York in order to ensure his care.



ELAINE STARKES



Elaine is an active member of Seniors' Ministry. She diligently brought her husband to each meeting. Elaine has been caring for her husband, Sheldon, for a number of years. You can see her dedication in helping Sheldon to participate in Church services as well as Seniors' Ministry. Elaine will surely be blessed for her dedication.

Seniors' Ministry would also like to congratulate these caregivers, and any others in Seniors' Ministry, who provide unselfish service in caring for loved ones:

Dorothy Boddy
Gwen Coggins
Thelma Ferguson
James Hamn
Jonnie Henderson
Stella Hyten
Arnita Jordan
Annette Patterson

Robin Randal
Ernestine Richardson
Debra Saletta
Hope Singleton
Elaine Starkes
Belinda Tisdale
Debbie Tribble
Joyce Willis

*Submitted by Sister Shirley Hardy
Chair, Seniors' Ministry*



INTEREST-BASED SMALL GROUPS

We need each other more than ever now. Interest-Based Small Groups is using the blessings of technology to stay connected to our Small Group members and community. During the Fall and Spring semesters, our FMZ groups connect with others who have a common interest or activity and engage in life giving conversations and study through shared interest and passions. We have a variety of groups from discipleship groups, sports, health and wellness, service, shared interest, support and book groups for all ages. Regardless of the type of group, the main purpose of each group is to create a place where you can develop and cultivate friendships, receive encouragement and support while lives are being transformed into the image of Christ. There is a group for everyone, including YOU!! Review our directory of groups and connect with a small group today.



- ⇒ Join us for our Online Spring Small Groups Fair!
- ⇒ Join a Group! Registration begins Sunday, February 7th.
- ⇒ You do not have to be a FMZ member to join a small group.
- ⇒ Register at: <https://firstmountzionbc.org/small-group/>
- ⇒ Spring Small Groups Semester begins February 22nd – June 30th.

WOULD YOU LIKE TO LEAD A SMALL GROUP?

Consider leading a small group while utilizing your gifts, passions and talents. We'd love to hear from you. Please contact the Small Groups Director, share the topic of interest and name of your prospective group, along with the date and time of your online meetings. You will receive essential tools, an initial small group leader training as well as training throughout the year with fellow group leaders. Your group will be placed in the FMZ online small groups directory where others can locate your group and register throughout the Fall and Spring semesters. We believe God uses Small Groups in a creative way while implementing our mission to Make the Connection – Make Disciples – Make a Difference. As a small group leader, you are an essential part of that transformation.

Point of Contact: Sister Stephanie M. Craddock, Small Groups Director @ Scraddock@firstmountzionbc.org or 703-670-0184.

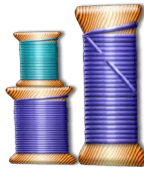
Sister Stephanie M. Craddock
Director

continued on page 11 --



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COME AND JOIN US!! COMMON THREADS SEWING SMALL GROUP



We welcome both new and returning members to join us for our upcoming Spring 2nd Semester of Common Threads Sewing Small Group. Our purpose is "to bring together those who have a passion for learning, sewing and creating with their hands to the glory of God." We had a great Fall 1st semester as we made lots of nice, practical projects to donate, make for ourselves or to give to family and friends. This semester, we look forward to additional great projects and advancing our skills! Register at: <http://firstmountzionbc.org/small-group/>

MEET OUR TEAM:

Tamitha Downey— Servant Leader chlesha@aol.com
Jackie Boutte— Devotional Servant degajack@gmail.com
Tara Funches — Communications Servant twfunches@gmail.com
Pamela Holmes— Logistics Servant pamelaflex29@gmail.com

Our fearless leader, **Arnita Jordan**, will be returning as a guest this semester to show us a few special projects. So stay tuned!

SUPPLIES NEEDED FOR CLASS:

- *sewing machine
- *sewing kit (needles, threads, bobbins, scissors, measuring tape, seam ripper, etc.)
- *fabric & accessories (based on project)
- *book: Nine Fruits of the Spirit: "Peace" by: Robert Strand (found at Dollar Tree, Target or on-line)

BEFORE CLASS: Please become familiar with the operation of your machine. Specific tutorials are available (manuals and on-line) for your particular machine (Brother, Singer, etc.).

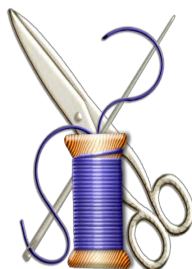


CLASSES:

Classes are held on
Select Saturdays from 11:am - 1:00pm
via ZOOM

2021 Schedule:

February 27th
March 13th
April 10th
April 24th
May 15th
June 12th
June 26th



SEWING MENDS THE SOUL! ~

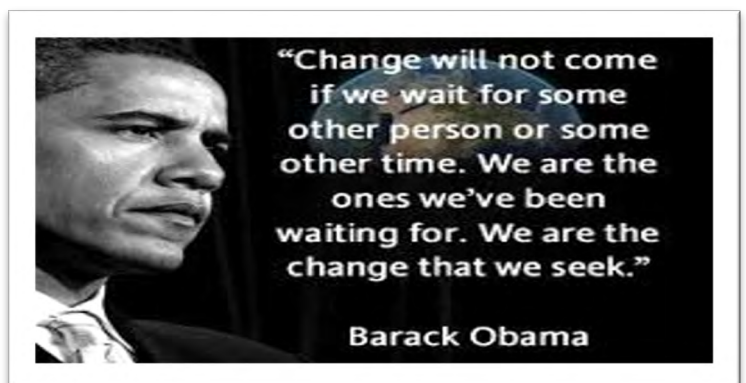
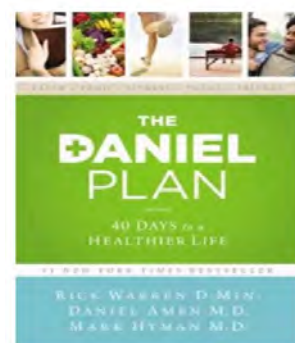
BOD4GOD SMALL GROUP MOVES TO THE DANIEL PLAN

We welcome you to join us for our upcoming Spring 2nd Small Group Semester!

Weight Gain and Stress Eating are one of the downsides of Pandemic Life. The BOD4GOD Small Group which has been helping members improve their health and lose weight for the past 5 years is now using the Book "The Daniel Plan". The original BOD4GOD book written by Pastor Steve Reynold of Alexandria, introduced us to use the four keys to weight loss using the acronym **DIET**; **D** for Dedication to God, **I** for Inspiration, **E** for Eat and Exercise and **T** for Team. Over the years, we have heard testimonials from small group members whose health has improved so much that their doctor noted that differences in their test results were greatly improved. This year, the group is using a new book and learning to make small life changes. "The Daniel Plan" is co-authored by Rick Warren. He focuses on eating that which is made by God and not by man. He is joined by Dr. Amen and Dr. Hymen as they teach us the essentials of using food as medicine. Their breakdown of Faith, Food, Fitness, Focus and Friends, parallels the guidelines used in the original study but with an interesting twist. Why not sign up and join this small group! What have you got to lose?

Contact Stephanie M. Craddock, Small Group Director for more information @ scraddock@firstmountzionbc.org or 703-670-0184.

Register and view all groups at:
<https://firstmountzionbc.org/small-group/>





ORGANIZATIONS SUPPORTED BY FMZBC

Below are the organizations supported by our Ministry. We will continue to feature several of these organizations monthly. 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 University
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



Cornerstone College of Virginia (CCV) formally known as the Fredericksburg Bible Institute, has been serving Christ in the community for over 50 years. CCV seeks to provide **"Christ Centered, and Career Focused"** theological, missions, and professional education that fully equips its students for kingdom work in the church and in the world.

CCV, led by its President, Dr. Richard R. Barnett, D.R.E., offers theological degrees from Associate to the Doctorate level. The College also partners with other colleges to provide an accredited Bachelors' degree in professions such as Business Administration, Criminal Justice and General Education. Additionally, CCV now partners with the REACH homeschool group, whose goal is to offer meaningful and educational opportunities for homeschoolers in the Virginia area.

Missions trips have been suspended. However, introductory, and advanced Missions courses are offered with emphasis on how believers, as members of the body of Christ, should participate in that activity, locally and globally.

Cornerstone College of Virginia alumni, Edmund Borfay, (Missionary Church of Christ, Liberia, and founder of the "Bible for Souls" school), received \$5,000.00 to further his work in Liberia. He uses his funds to continue to feed and educate the people of Liberia as he shares the Gospel of Jesus Christ with the nation.

To learn more about Cornerstone College of Virginia, visit its website at: <http://cornerstonecollegeva.org/>





VIRGINIA UNION UNIVERSITY (VUU)



Type	Private, HBCU
Established	1865
Religious Affiliation	American Baptist Churches USA & National Baptist Convention
Endowment	\$29 Million
President	Dr. Hakim Lucas
Students	1,700
Location	Richmond, Virginia
Colors	Maroon and Steel
Athletics	NCAA Division II
Affiliations	Central Intercollegiate Athletic Association
Nickname	Panthers
Website	www.vuu.edu
Built	1899 (U.S. National Register of Historic Places)

About Virginia Union University

The Promise of a Limitless Future. ©

Virginia Union University was founded in 1865 to give newly emancipated slaves an opportunity for education and advancement. The University is the result of the merger of four institutions: **Richmond Theological Seminary** (held classes in Richmond, Virginia at Lumpkin's Jail, a former holding cell for runaway slaves), **Wayland Seminary** (founded by the American Baptist Home Mission Society in Washington, D.C), **Hartshorn Memorial College** (Richmond, first college for African American women), and **Storer College** (founded 1867, Harper's Ferry, West Virginia).

Mission

Although Virginia Union University is nourished by its African American heritage and energized by a commitment to excellence and diversity, enrollment is open to all students without regard to racial background. To accomplish its mission, VUU offers a broad range of educational opportunities that advances liberal arts education, graduate education for Christian ministries, teaching, research, science, technology, continuing education, civic engagement, and international experiences.

The University is divided into four main schools: The Evelyn Reid Syphax School of Education and Interdisciplinary Studies; School of Arts and Sciences; The Samuel DeWitt Proctor School of Theology; and Sydney Lewis School of Business. The Samuel DeWitt Proctor School of Theology has produced preachers such as Dean John W. Kinney, Dr. Miles Jones, Dr. A.B. James, and Dr. James Henry Harris.

Fraternities and Sororities

All nine of the National Pan-Hellenic Council organizations, better known as the "Divine Nine" are currently at Virginia Union University.

Visit Virginia Union University's Website for other interesting information on its history and famous alumni.



Virginia Union University

1500 N. Lombardy Street
Richmond, VA 23220
804-257-5600 or 800-368-3227
Fax: 804-342-3511



Fellowship of Christian Athletes (FCA)

To see the world transformed by Jesus Christ through the influence of coaches and athletes

Who We Are?

The Fellowship of Christian Athletes is touching millions of lives...one heart at a time. Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping, and empowering coaches and athletes to unite, inspire and change the world through the gospel.



Vision and Mission

To see the world transformed by Jesus Christ through the influence of every coach and athlete into a growing relationship with Jesus Christ and His church.



Our Core Values

Our relationships will demonstrate steadfast commitment to Jesus Christ and His Word through: Integrity (Proverbs 11:3), Serving (John 13:1-17), Teamwork (Philippians 2:1-4), and Excellence (Colossians 3:23-24).

Empower (2 Timothy 2:2)

We empower faithful leaders who desire to use their time, talents, and treasures to help other coaches and athletes experience the gospel, grow in their faith, and share Him with others. We desire to develop disciples who make disciples, assisting them so that they can in turn engage, equip, and empower others to know and grow in Christ and lead others to do the same.

Visit FCA's Website at: <https://www.fca.org>



Founded in 1867, Howard University is a private, federally chartered, historically black university, with a 256-acre campus located in Northwest Washington, D.C., and Maryland. Howard was named for General Oliver Otis Howard, head of the post-Civil War Freedmen's Bureau, who influenced Congress to appropriate funds for the school. Wayne A. I. Frederick, M.D., MBA, (a triple alumnus) serves as the 17th President of the University.

ENROLLMENT

Howard's enrollment has approximately 9,689 undergraduate, graduate, and professional students representing 45 U.S. States, the District of Columbia as well as nine nations. Howard has 13 schools and colleges, including the School of Law, School of Divinity, and a research facility.

ACHIEVEMENTS AND ACCOLADES

Leading producer of African American students entering medical schools in the U.S.

Top producer of undergraduates earning PhDs in natural sciences

Best Undergraduate Teaching Programs 2019 U.S. News & World Report

No. 1 producer of African Americans earning degrees in communications and journalism

The No. 2 law degree producer for African Americans

Highest number of HBCU Rhodes Scholars to study at the University of Oxford

Mid-Eastern Athletic Conference (MEAC) and National Collegiate Athletic Conference; 19 Division I sports.

Extensive list of distinguished, prominent alumni.

UNIQUE UNIVERSITY ASSETS



HOWARD UNIVERSITY HOSPITAL

- A Level 1 Trauma Center
- Comprehensive Health Care in Washington, DC



HOWARD UNIVERSITY TELEVISION WHUT-TV

1st African American-owned Public Station in the U.S.
Only University-licensed Public TV in Metro Washington, DC
www.whut.org



HOWARD UNIVERSITY RADIO WHUR-FM

34 yrs. leading station in Washington, DC Metro area
High-definition www.whur.com and www.whurworld.com
WHBC Student Operated Campus Media outlet

Visit: <https://home.howard.edu>



BLACK HISTORY MONTH

Know the past, shape the future.



BLACK HISTORY MONTH

February 7, 2021
Volume 17 • Issue 2



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=SkszbW5uUEo2QWsybnlVS2RaWEs5UT09)
pwd=SkszbW5uUEo2QWsybnlVS2RaWEs5UT09
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=RWdPSXc0MnFqd0VNUUVxT0JyRWp0UT09)
pwd=RWdPSXc0MnFqd0VNUUVxT0JyRWp0UT09
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



SHARE FOOD DISTRIBUTION IS PRESENTLY SCHEDULED FOR FEBRUARY 20, 2021. PLEASE CALL BRO. THOMAS BATES AT 703-330-6371 FOR FURTHER INFORMATION!!

COVID-19 UPDATES

COVID-19 Vaccine Registration Information

An email is required to schedule an appointment. The health district is actively working with local emergency management partners to ensure that those who do not have access to email can schedule appointments as well. It is important to schedule an appointment, otherwise, only if there are doses available at the end of the clinic will people who walk in without an appointment receive vaccinations.

For further information, please call the Prince William County Health Department COVID-19 Call Center Information Line at (703) 872-7759 between 9am-4:30pm M-F. They are closed on the weekend!

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 W. 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/YOUTUBE, LIVE STREAMING)

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Facebook: www.facebook.com/fmzbcdumfries

Instagram: [@thecore_fmzbc](https://www.instagram.com/thecore_fmzbc)

Linked In: <https://www.linkedin.com/groups/1890924/>

Twitter: [@fmzbc1](https://twitter.com/fmzbc1)

Vimeo: vimeo.com/25203195

YouTube: <https://bit.ly/FMZBC-YouTube>



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