

WOMEN'S HISTORY MONTH



March 7, 2021
Volume 17, Issue 3



Message from the Pastor

MY SOUL LOOKS BACK...



Greetings:

As we move into the third month of 2021, I reflect over the last twelve months and all that God has brought us through, individually and collectively. It was twelve months ago on March 13, 2020 that we closed our Church doors, but not our hearts, with the intent and hope of reopening in a few weeks. Little did we know the journey that was ahead of us in the wake of a global pandemic. We have lost many among our Church family, but we remain "Stronger Together." I remain thankful for your continued support of the Ministry in every way possible, and grateful for our rich history as a people.

As I reminisced, the song "How I Got Over" came to mind. Therefore, let me share a brief history lesson:

"How I got over? How did I make it over?
You know my soul look back and wonder, how did I make it over?"

"How I Got Over" is a Gospel hymn composed and published in 1951 by Clara Ward (1924–1973). Notable recordings of this work have been made by Mahalia Jackson (1961, winner of the Grammy Award for Best Soul Gospel Performance in 1976), Aretha Franklin (1972 on her **Amazing Grace** live record album), and the Blind Boys of Alabama (2008 on their album *Down in New Orleans*). It was performed by Mahalia Jackson at the historic March on Washington for Jobs and Freedom in 1963 before 250,000 people.¹

The inspiration behind the song... According to her sister, Willa Ward, the inspiration for this song was an experience Clara Ward, Willa, their mother, Gertrude, and members of their singing group had traveling in the racially segregated Southern States in 1951. En route to Atlanta, Georgia, they were besieged by a group of white men. The men were enraged that black women were riding in a luxury vehicle, a Cadillac, and surrounded their car and terrorized them with racist taunts. The women were rescued when, in a burst of inspiration, Gertrude Ward feigned demonic possession, spewing curses and incantations at the men, who fled.² Now we have the rest of the story... "lest we forget."

In 2018, Ward's original rendition was selected for preservation in the National Recording Registry by the Library of Congress as being "culturally, historically, or artistically significant."³

In closing, Happy National Women's History Month and I especially celebrate the women of FMZBC. The theme for the 2021 National Women's History Month captures the spirit of these challenging times, "Valiant Women of the Vote: Refusing to Be Silenced." As we welcome our first woman vice president, Madam Vice President Kamala Harris, I salute women everywhere, but especially women of color for their enduring spirit and... for the WIN!

We Are Stronger Together,

Pastor Luke E. Torian

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*In Celebration of our
Pastor's 26th Anniversary,*



MAY 23

WORSHIP SERVICE

**STAY TUNED FOR
MORE INFORMATION**



¹ Video on YouTube

² Ward-Royster, Willa, "How I Got Over: Clara Ward and the World-Famous Ward Singers", Temple University Press, 1997, paper ISBN 1-56639-490-2, pp. 102-104.

³ "National Recording Registry Reaches 500". Library of Congress. March 21, 2018. Retrieved March 21, 2018.



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Message to Our Youth GOOD QUESTIONS ARE GIFTS.



Rev. John McNeill, Jr.

The right question posed at the right time could change a person's life.

In January, I started posting questions on social media under the heading **"good questions are gifts."** The goal of my post is to ask a question that encourages believers to reflect on, or consider, a topic towards personal growth. I asked a group of Christian friends and family members: "Is this the year of the Lord or COVID-19? Both?" The answers were good and gifts to me!

Not all good questions are nice and easy-going. Some good questions will shock or stun you and knock you off your feet. Some good questions will make you feel uncomfortable and twist in your seat.

In life, questions can possibly come from God (Jesus), Holy Spirit, the Enemy, another person or one's self. The Bible contains many good questions for youth to consider. Genesis 4:8-10 contains a story of Cain and Abel. Simply put, God accepts Abel's offering and declines Cain's. Cain then plots and kills Abel. Modern readers don't know with full certainty why God did not accept Cain's offering, but many strongly suspect that those were not his first fruits, firstling animal or best offering. So, God's question of "What have you done?" comes at a time where Cain is defiant and refusing to be honest with God. So, God's question confronts Cain where he is and to nudge him towards acknowledgement of his actions.

This month, consider the following questions:

How are you doing?
Have I spoken to God today?
Has the pandemic experience exposed good or bad habits?
Am I living the life that God wants me to live?

Create two questions for yourself and place them here!



*Reverend John C. McNeill, Jr.
Youth Minister*



NATIONAL DEAF HISTORY MONTH

Can you believe that it is again time to celebrate National Deaf History Month which runs from March 13th to April 15th? Can you believe that we have not been able to worship fully in person for nearly a whole year? Surely you have deeply missed the hugs, handshakes and close connections that go hand in hand with corporate worship. How much more has COVID-19 impacted the accessibility needed for those who are Deaf or Hard of Hearing. Communication barriers have not been completely addressed and corrected since the first electrical hearing aid was invented in 1892 or closed captioning was mandated by the government in 1996. Take a moment to think about a few processes that we take for granted daily but prove to be especially difficult if you are deaf and operating under pandemic restrictions.

DID YOU KNOW????



Claudia Gordon
first deaf female African
American lawyer



Heather Whitestone
deaf since 18 months
old crowned Miss
America in 1995



Dr. Shirley Allen
1st African-American
deaf woman to earn a
doctorate degree

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2021 Ministry Chairs/Vice Chairs/Administration



Sister Winiford Harvey
Vice Chair, Pastor's Aide Ministry



Sister Veronica Hackett
Chair, Women's Ministry



Sister Gwen Holland
Co-Chair, Women's Ministry



Sister Shirley Hardy
Leader, Seniors' Ministry



Sister Pauline Hunter
Co-Leader, Seniors' Ministry



Sister Deloris Quarterman
Food Services Assistant



Brother Ahmon Bryant
Food Services Assistant



OPEN MESSAGE TO MEMBERS

The Pastor's Aide Ministry (PAM) would like to encourage each member who is not participating in a Ministry, to consider serving with us. We truly believe that every member is (and should be) a part of the Pastor's Aide Ministry, and we would be honored if you would consider being a part of this exciting Ministry. We welcome new ideas and suggestions for ways to bless our Pastor, Assistant Pastor and Associate Ministers, as that is the role of the Pastor's Aide Ministry. Won't you join us? Thank you for your consideration!

We presently meet **VIRTUALLY** at 7:00 p.m., on the second Thursday of each month.

POC: Sister Oonagh Bell - 954-298-2106 - pastorsaide@firstmountzionbc.org



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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:

Psalm 138:8 NKJV

The LORD will perfect that which concerns me; Your mercy, O LORD, endures forever; Do not forsake the works of Your hands.

Philippians 1:6 NKJV

being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

Psalm 138:8 AMPC

The Lord will perfect that which concerns me; Your mercy and loving-kindness, O Lord, endure forever-forsake not the works of Your own hands.

Philippians 1:6 AMPC

And I am convinced and sure of this very thing, that He Who began a good work in you will continue until the day of Jesus Christ [right up to the time of His return], developing [that good work] and perfecting and bringing it to full completion in you.

Psalm 138:7 MSG

Finish what you started in me, GOD. Your love is eternal-don't quit on me now.

Philippians 1:6 MSG

There has never been the slightest doubt in my mind that the God who started this great work in you would keep at it and bring it to a flourishing finish on the very day Christ Jesus appears.

Prayer:

"Lord, thank You for the gifts, talents and purpose that You have placed in each of us. Help us to discover, develop and exercise them so that we can be all that You designed us to be. Then we can be the salt and light that You have called us to be in these last days. Manifest that new thing that You are about to do in our lives as we travail in the Spirit!

Thank You that You have made each of us a "Designer's Original" and we know that You are MORE than able to complete the work that You have begun in us and perfect that which concerns us. May You receive the greatest glory that You can from our lives and Your perfect Will be done in each of us.

In Jesus Name we pray and tell You thanks, Amen!"

Worship Song: Manifest - <https://youtu.be/t16fHHmriQs>

Continue to pray for our families, churches, neighbors, nation and world. Feel free to share your praise reports and prayer requests.

JOINT WOMEN & MEN'S MINISTRY PRAYER FELLOWSHIP BLESSED SOULS

On January 23, 2021, the Women's Ministry (WM) sponsored an empowering Joint Women's & Men's Prayer Fellowship. The theme was "God's Word and God's Power Are All You Need." The fellowship was conceptualized as an opportunity to bring together men and women for prayer with a specific intent to pray for FMZ, the community, and the world. Our own Women's Ministry servants, Sister Velma Jones welcomed us and Sister Betty Palmer read the Scripture.

All were blessed in the ministering of prayer from Deaconess Claudia Woolfolk, Deacon Keith Holmes, Rev. Brian Woolfolk and Rev. Shelby Holley. Their prayers were heartfelt as they asked our Heavenly Father to bless the congregation, community, country, FMZ leadership, and world leaders. They also prayed for God's covering on homelessness, unemployment, sickness, bereavement, abuse, injustice, wrongful incarceration, racism, and police brutality.

First Lady Clarice Torian gave us much to think about as she provided 2020 Words of Reflection. She highlighted many of the great men and women who lost their lives in 2020 and spoke about COVID-19 and how it has affected our daily lives. Mrs. Torian also reflected on the perseverance we displayed as we use technology to come together to worship, praise, and fellowship. We were also blessed with Words of Encouragement by the Women's Ministry Director, Sister Veronica Hackett. She reminded us of the hope that is found in Jesus and to trust God through our trials and tribulations.

Sister Breh Stevens-Mitchell, Sister Stacy Griggs, Sister Cynthia Wilson, and Brother Jonathan Randall kept the anointed praise and worship flowing through song. We were blessed to find a video featuring an anointed FMZ ensemble singing "Something About the Name of Jesus" in honor of the late and great Bishop Rance Allen.

*Noon Prayer Team
Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Rev. Maxine Thompson*

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LEADERSHIP THE CHAPLAIN'S CORNER

Every first Friday of the month, your FMZ Trustee, Deaconess & Deacon Leadership Team, pray and fast over a chosen topic. Sharing nuggets from the February 5, 2021 Devotional below:

Prayer and Fasting Topic: **Leaning into Prayer & Fasting**
Sub-topic: **Praying**

Lesson/Discussion: Thanking our God for you, our Beloved, it is a privilege and honor to serve you another year!! For our February 2021 Prayer & Fasting Devotional, we would like to focus on the acts of Praying and Fasting, "The Sauce!!" for the next several devotionals.

Prayer is our first response and not our last resort and is an integral part of the SAUCE, to everything we do as believers. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

⇒ HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

⇒ HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud. We know that this may not always be possible but find a place where you feel comfortable to fully lean into God's presence.

⇒ HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We recommend what we like to call the Thirsty 30.

- ◆ 10 minutes of worship
- ◆ 10 minutes of prayer
- ◆ 10 minutes of reading your Bible every day as a starting point to practicing prayer.

Prayer:

Heavenly Father, You have promised that if we draw near to You, You will draw near to us. We need more of Your presence today, and we are drawing near to You through prayer, worship, fasting, and reading Your Word. We open our hearts this First Friday and ask you to be near to us and change us to be more like You.

Amen.

Supporting Scripture: James 4:8 (Drawing near to God); Eph 6:18

Meditational Song:

Negleatha Johnson -- I Rise Early — <https://www.youtube.com/watch?v=MILzxxCS3Jk&feature=youtu.be>

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

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NATIONAL DEAF HISTORY MONTH



- ◆ Doctor appointments - getting an interpreter allowed in with you.
- ◆ Understanding News Bulletins for Weather and Health Emergencies.
- ◆ Finding an explanation of the COVID Vaccine procedures in ASL.
- ◆ Complete explanations and discussions of voting rights & processes.
- ◆ Availability of clear face masks that allow for lip-reading and use by Interpreters for clear communication.

A staff member at The Virginia Department for the Deaf and Hard of Hearing recently categorized the continuation of accessibility barriers for the deaf by saying "COVID has forced us to pick up rocks and clearly identify things crawling out that have been there all along". Some of the concerns from the deaf community should have been identified and addressed with a permanent fix long ago. Accessibility to "Breaking News", Emergency Alerts and even God's Word should be a given and not an exception. God gives us hope for permanence in improvement and changes to those things that have been hidden under that rock in Jeremiah 23:29 "Is not My word like a fire, says the Lord, and like a hammer that breaks the rock in pieces?" Join the Deaf Ministry as we pray for God's Word to break the rock in pieces that hides worms of discrimination, injustice and lack of accessibility for the deaf and for us all.

*Submitted by
Sister Deborah Holley*

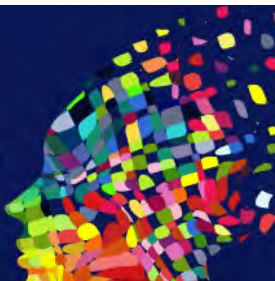
**TO ALL THOSE
WHO HAVE LOST
LOVED ONES
DURING THIS
PANDEMIC, PLEASE
KNOW THAT WE
ARE PRAYING FOR
YOU AND YOUR
FAMILY THAT GOD
WILL COMFORT AND
KEEP YOU DURING
THIS DIFFICULT
TIME!**

May the beautiful
memories of a special
loved one bring you
comfort and solace
during this time.
Brighter days are ahead.

With deepest

Sympathy

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GRIEF SHARE

*A Journey from
Mourning to Joy*

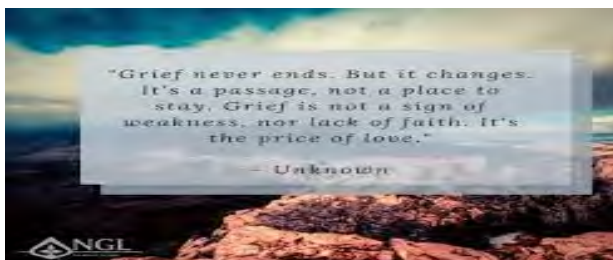
GRIEF SHARE SUPPORT GROUP

We all at some point in our lives have either experienced or will experience the loss of a loved one. We at First Mount Zion Baptist Church, through GriefShare, seek to provide emotional support, spiritual enrichment, educational awareness, and fellowship for both members of First Mount Zion and non-members who have experienced the loss of a loved one. GriefShare consists of 13 weekly sessions held on Mondays from 7:00 p.m. – 9:00 p.m., via Zoom. Sessions begin March 1-May 24. Participants must register for GriefShare at www.griefshare.org in order to obtain access to the materials necessary to help you heal and to access the Zoom meetings.

The three-component design of this support group is the video seminar portion, the small group discussion, and the workbook. All three components are intertwined and are essential in aiding participants in the healing process. The materials and small group discussions are designed to provide each participant with comfort, answers, and hope. Don't try to grieve alone. Take advantage of this opportunity to share the burden of grief with others who are experiencing grief, and those who can provide spiritual support. Our church's theme for 2021 is, "We are stronger together," taken from Ecclesiastes 4:9. This is also true for those who are grieving the loss of loved ones. We look forward to helping you on your journey from mourning to joy. If you need further information, contact us at:

journeytojoy@firstmountzionbc.org

*Rev. Kathy Russell, Lead
Deac. Ledora Akanni, Spiritual Advisor*



**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!!!**

*Train up a child in the
way he should go,
and when he is old he will
not depart from it.*

- Proverb 22:6



Associate Ministers

Encouragement and
Assurance for the Soul

WALK WITH ME LORD THROUGH THIS PANDEMIC!

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me. Psalm 23:4 NKJV

This has been an uncertain year! And, to state the obvious, yes, we are approaching one full year of this pandemic and we were not expecting it to be so long. The fact that God has been with us is not lost on any of us. We, Christians, people of God, know that it is our God who has sustained us this far and the one who will go with us all the way through to the end.

The Psalmist speaks to each of us in Psalm 23 vs 4, while we are going through this valley of the shadow of death, a pandemic that seems not to have a termination date, but grows exponentially day by day, there is a light shining (Jesus is the light) to keep us from fear. The light is a reminder that God is walking with us and we are not alone. The Lord walks with us when we are not sure to give us the assurance of His presence. The rod is there to protect us individually and collectively; the staff is there to guide us along the way.

This pandemic may seem big, however, Lord, you are bigger! My sisters and brothers, be encouraged and know, the Lord, our God, is with you! Say the following out loud -

Hold my hand, Lord, as I stand.
Guide my feet, Lord, along this way.
While I'm on this pandemic journey.
Walk with me, Lord, walk with me!

Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. Psalm 23:4 The Message

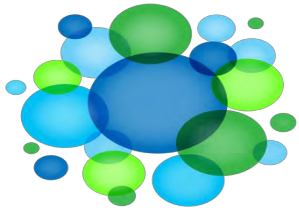
Submitted by Rev. Maxine Thompson



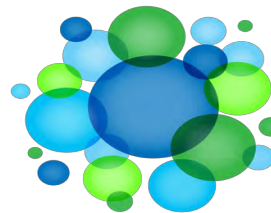
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small groups



small groups

FIRST MOUNT ZION

Interest Based Small Groups

Discipleship Category

CHRISTIAN WARRIORS

This Group meets monthly on Mondays at 6:30PM

We are a group of Christians seeking to learn more about the Word of God through intentional study and praise.

Register at <https://firstmountzionbc.org/small-group/>

Leadership Team: Deaconess Cathy Harkless and Deacon Gresham Harkless Sr.

Leader: Sister Lois Amiker

KINGDOM LIVING IN OUR CULTURE

This Group meets every 3rd Saturday at 1:00PM

Come help us build the Kingdom on the firm foundation of God's Word. Through wisdom, understanding, faith, love and according to the Power that works in you, you can change your life, community and the world. We'd love to have you join us!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Deacon Robert Stanley; **Co-Leaders:** Deacon Marvin Watson and Deaconess Beverly Bolden

MATURING IN CHRIST

This Group meets every 1st Monday at 7:00PM

We are a group with a goal to bring followers of Christ together to study the Word and books that help us grow and mature in our Christian walk. As we celebrate Jesus, we will encourage one another through fellowship and obeying the commands in Hebrews 10:24-25.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Roseanna Porter

HUNGRY FOR THE WORD

This Group meets every 3rd Sunday at 3:00PM

We are a group of servants of Jesus Christ that love to gather for the purpose of studying God's Word while we worship, fellowship and have a great virtual meal. Taste and see that the Lord is good. Psalm 34:8

Leadership Team: Deacon Jeffrey Manning and Deaconess Cheryl Manning

Leader: Sister Kishema Tapp

GOD'S KNOWLEDGE IS POWERFUL (GKIP)

This Group meets on selected Sundays at 1:00PM

God has His own language and it is not English, it's knowledge. The goal for our small group is to intentionally read and study biblically focused books that empowers each to gain greater knowledge of God's unending wisdom, love kindness and healing powers. We continue to learn how to unplug, unwind and unleash ourselves from the pressure of stress as we study and focus on our assigned study book.

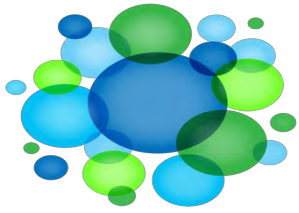
Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Demetria Cobb

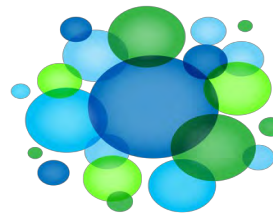
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small groups



small groups

FEARLESS STUDY SMALL GROUP

This Group meets every 3rd Sunday at 3:00PM

Want to develop a closer personal relationship with Christ? We meet once a month to study a book written by Christian authors with a focus on the impact Christ has in our lives, how much love God has for us, and how we can individually and collectively allow God to use us for His glory and purpose. During each session, we'll focus the discussion on a specific chapter as well as fellowship.

Register at <https://firstmountzionbc.org/small-group/>

Leadership Team: Deaconess Adrienne Little, Deaconess Doris Sessions, Deacon Michell Clark

Leader: Sister Shirley Watson

WARRIORS OF LOVE

This Group meets monthly on Fridays at 7:00PM

The focus for this group is to read biblically-focused books that empower us to gain a great understanding of God's wisdom, love, kindness and healing powers. Through fellowship and meetings, we will grow together in the Word of God and share the Good News.

Register at <https://firstmountzionbc.org/small-group/>

Leadership Team: Deacon Dennis Roney, Deacon James Tribble and Deaconess Deborah Tribble

Leader: Sister Lorraine Crumity, **Co-Leader:** Sister Sandy Kennedy

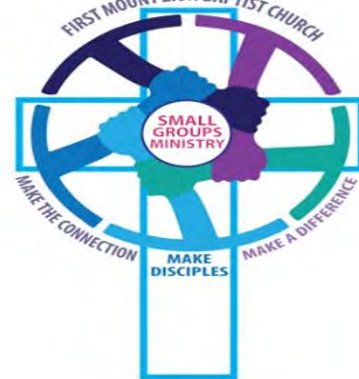
CIRCLING GOD'S WORD

This Group meets every 2nd Friday at 7:00PM

We are a group of compassionate and spiritually motivated body of believers in Jesus Christ. Our focus is to grow a bold mighty circle through the study of God's Word, worship and fellowship, topped off with a great virtual meal!!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Thomas May; **Co-Leader:** Sister Loretta Archie



GRILL MASTER'S CHALLENGE SMALL GROUP

This Group meets every 2nd & 4th Thursday at 7:00PM

Are you a Grill Master? Ribs, chicken, hot dogs, pulled pork and briskets, everything tastes better on the grill!! We are grilling more than ever now, and we believe grilling should be fun! Come and join us and learn great techniques in a sharing, fun-filled atmosphere. Who's going to win the Grill-Master Cook Off? Psalm 34:8 Oh taste and see that the Lord is good.....

Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Walter Holmes

FIRST MOUNT ZION

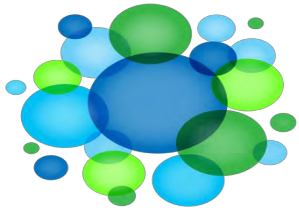
Interest Based Small Groups

Shared Interest Group Category

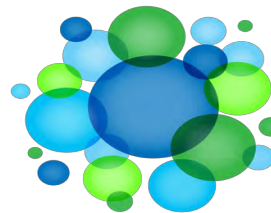
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small groups



small groups

SERVE OUTREACH SMALL GROUP

This Group meets every 1st & 3rd Saturday at 10:00PM

SERVE! We take a look at how God has equipped us to serve by showing God's heart of compassion for the people in our communities, and beyond, as we prepare for the BIG DAY to serve and share through a day of volunteerism/outreach projects. Join us in the Spring for SERVE DAY – Everyone is invited to participate and make a difference in the lives of those in need!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Blanche Robinson, **Co-Leaders:** Deaconess Bella Feters and Sister Allison Smith

MOVIE N MUNCH BUNCH

This Group meets monthly on Sundays at 7:00PM

Come and fellowship with those who enjoy the cinema as we build new friendships. We will watch a movie once a month, share our thoughts and a devotion as we stay connected while appreciating old and new friends.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Beverly Grant

DAUGHTERS OF THE KING OUTREACH GROUP

This Group meets monthly on Sundays at 7:00PM

Together, we are inspiring women for a life of faith and service to champion a greater cause. By serving others, we allow God to develop our compassion for those in need while it also helps to form us spiritually. Our outreach projects will be posted and open for anyone who desires to join us and make a difference!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Beverly Grant

CARPENTERS FOR CHRIST DIY SMALL GROUP

This Group meets every 1st Friday at 7:00PM

Connect through a common interest in carpentry, while enhancing skills through local projects, area workshops and much more! ALL skills are welcome!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Deacon Everett Griggs, **Co-leader:** Sister Allison Smith

WHERE IS GOD IN THE MOVIE

This Group meets every 1st Friday at 7:00PM

You are invited to join us for an evening at the Cinema! We will gather together for fun, laughter and conversation as we watch a variety of movies. Regardless of the type of movie, God is everywhere! Let us explore various genres of movies together and ask the question, "Where is God in the Movie"? 18 years and older.

Register at <https://firstmountzionbc.org/small-group/>

Leaders: Deaconess Sharron Johnson and Sister Brandi Johnson

THE EAGLES HEALTH & NUTRITION GROUP

This Group meets Saturdays at 9:00AM

This group discusses topics such as blood pressure, diabetes, kidney function, blood sugar, A1C glycemic index, carbs, protein, fat and much more! Our goal is to live a healthy lifestyle so we may be able to fulfill our God-given destiny and purpose in this world. 3 John 1:2 – Beloved, I wish above all things that you may prosper and be in good health, even as thy soul prospereth.

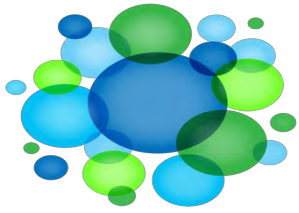
Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Tony Ford

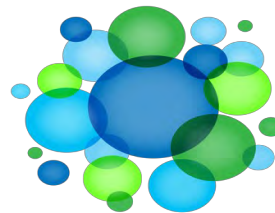
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small groups



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RACE TO READ CHILDREN'S READING GROUP

This Group meets every 1st Friday at 7:00PM

Race to Read is a new children's small group designed to inspire reading for children in 3rd-5th grades. They will read new books monthly and discuss them with themed activities and much more! Parents, sign your children up. Spaces are limited!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Leela Reed

COMMON THREADS SEWING GROUP

This Group meets monthly on Saturdays at 11:00AM

Come and join others who have a passion for sewing and creating something with their hands. ALL are welcome! No qualifications needed, just a willing heart! At the end of the semester, some of your creations will be donated to a worthy cause.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Tamitha Downey; **Co-Leaders:** Sister Jackie Boutte, Sister Tara Funches and Sister Pamela Holmes

OUR WORDS HAVE POWER SMALL GROUP

This Group meets every 1st & 3rd Thursday at 7:00PM

The words you speak will either put you over in life or hold you in bondage. Many people have been held captive in their own circumstances by their own words. This group will equip individuals to enhance their spiritual, professional and personal lives. Learn to speak His faith-filled words to your situation and see your life transformed.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Gordon Taylor

THE SMART STEPFAMILY SUPPORT GROUP

This Group meets Bi-Weekly on Sundays @ 1:30PM

This Small Group will study the Smart Stepfamily curriculum which reveals the fundamental steps to blended family success and provides practical, realistic solutions to the issues you face as a stepfamily. Whether married or soon to be married, you'll discover how to communicate effectively and solve the everyday puzzles of stepchildren and stepfamily relationships.

Register at <https://firstmountzionbc.org/small-group/>

Leaders: Brother Douglas and Sister Elizabeth Freeman

FIRST MOUNT ZION

Interest Based Small Groups

Support Group Category

DIVORCE CARE SUPPORT SMALL GROUP

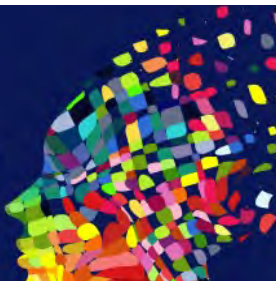
This Group meets weekly on Tuesdays @ 7:00PM

Divorce Care is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Unless you've been there, it is hard to understand the hurt that comes from separation and divorce. They offer the support you need and information you can trust, and is led by people who have been through separation themselves and find help and healing! Don't go through this time alone.

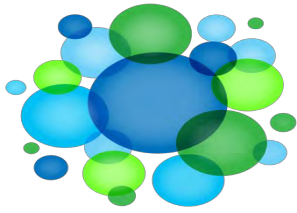
Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Latrena Moore, **Co-Leader:** Sister Kimberly Johnson

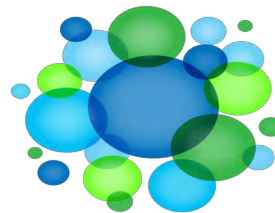
WOMEN'S HISTORY MONTH



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small groups



small groups

CELEBRATE RECOVERY SMALL GROUP

This Group meets bi-weekly Tuesdays at 7:00PM

Celebrate Recovery is a Christ-centered program based on the eight principles from the Beatitudes. Celebrate Recovery is a safe place that will lead us to freedom as we address our struggles with our hurts, addictive and compulsive behaviors, hang-ups and issues of life that hinder our walk with God. Confidentiality is key and group discussions are designed to be gender specific.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Rev. Tarra Taylor; **Co-Leaders:** Sister Sherry Johnson, Sister Carol Ann Benjamin and Sister Demetress Dawson

FREEDOM SMALL GROUP

This Group meets weekly on Tuesdays at 7:00PM

The FREEDOM Group 12-week curriculum is designed to equip you to live the victorious and abundant life Christ came to give you. FREEDOM Groups build on the foundation of your faith in Christ as it relates to your world view, your past sins, your personal value to God, and your purpose in His Kingdom. This Group will help you remove every obstacle to intimacy with God and walk in True FREEDOM.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Rev. Kathy Russell

PROFESSIONAL WOMEN SMALL GROUP

This group meets every 1st Thursday @ 7:00PM

This group connects and equip women in the workplace to fulfill their God-given passions, potential and purpose. We encourage and pray for one another, provide tools and discuss topics that enable women in the workplace to lead from a Christ-centered perspective and see the work world through the lens of the gospel.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Sister Pamela Sessoms

BOD4GOD SMALL GROUP

This Group meets every Monday @ 7:00PM

BOD4GOD is a faith based 12- week weight-loss Small Group. Members are provided with inspiration and information they need to lose weight. This Small Group offers participants an opportunity to lose weight in a fun and supportive environment. With BOD4GOD, you can change your life forever by committing your body to God's Glory!

Register at <https://firstmountzionbc.org/small-group/>

Leader: Deaconess Tina Coates, **Co-Leader:** Deaconess Tan-ya Harvin, **Advisor:** Sister Stephanie M. Craddock

CIVILIAN & MILITARY OUTREACH SMALL GROUP

This Group meets monthly on Sundays @ 7:00PM

Our support group provides outreach support to civilians, wounded warriors, active duty service members and their families. We provide mentorship, feed and serve meals, and support outreach projects aimed at meeting the diverse needs of the people we serve. No act of kindness, no matter how small, is ever wasted. Join us! Your support is welcomed.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Ron Porter

FINANCIAL FREEDOM FOR MILLENNIALS GROUP

This Group meets bi-weekly on Saturdays at 10:00AM

This Small Group is for young adults interested in learning how money works and becoming financially independent. Owning your future starts with proper preparation. We will discuss investing, insurance, tax advantages, budgeting, saving and proper planning. Come join us and share your experiences, challenges, fears and goals.

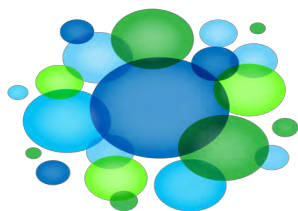
Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Jonathan Wright; **Co-Leader:** Sister LaFonda White

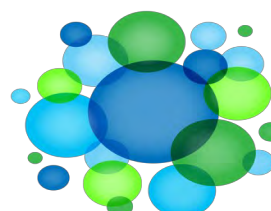
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small groups



small groups

ALZHEIMER'S CAREGIVER'S SUPPORT GROUPS 1 & 3

These Groups meet every 2nd & 4th Wednesday at 11:00AM

Our Alzheimer's Support Groups are designed to provide emotional, Educational and social support to caregivers through regularly scheduled meetings. We help each other develop coping skills and encourage caregivers to maintain their personal, physical and emotional health; as well as optimally care the person with Alzheimer's disease and other dementias.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Deacon Andrew Walker; **Co-Leader:** Deaconess Bella Fetters; **Advisor/Co-Facilitator:** Sister Stephanie Craddock

ALZHEIMER'S CAREGIVER'S SUPPORT GROUP 2

This Group meets every 2nd & 4th Wednesday at 7:00PM

Our Alzheimer's Support Groups are designed to provide emotional, Educational and social support to caregivers through regularly scheduled meetings. We help each other develop coping skills and encourage caregivers to maintain their personal, physical and emotional health; as well as optimally care for the person with Alzheimer's disease and other dementias.

Register at <https://firstmountzionbc.org/small-group/>

Leaders: Deaconess Carol Roney and Brother Les Young
Advisor/Co-Facilitator: Sister Stephanie Craddock

RETIRE INSPIRED FINANCIAL PLANNING GROUP

This Group meets bi-weekly on Saturdays at 10:00AM

This Small Group is for those interested in creating a legacy and living the retirement YOU deserve. This takes proper preparation. We will discuss retirement planning along with biblical principles. At the end of the semester, you will leave with a tailored financial plan to ensure you are on track to retire inspired.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Brother Jonathan Wright; **Co-Leader:** Sister LaFonda White

WOMEN UNFOLDING OUR DIVINE DESTINY

This Group meets bi-weekly on Saturdays at 12:00PM

As women unfolding and growing in our God given destinies, we will journey together through the women's video based devotional study entitled "Twelve More Women of the Bible". Through our small group, we, who are women of divine purpose, will connect our stories with the stories of the women in the Bible, to be encouraged; to be inspired; to be equipped and to be empowered as women, living and walking out our faith-journey.

Register at <https://firstmountzionbc.org/small-group/>

Leader: Rev. Deloris Brown

-- cont'd from page 4

WOMEN'S MINISTRY JOINT FELLOWSHIP

Rev. Dr. Tony K. Craddock Sr. and Rev. Dr. Sandra K. James provided wonderful messages to spiritually feed us. Rev. Craddock spoke on Philippians 4:13 (NJKV) "I can do all things through Christ who strengthens me." We were blessed and encouraged by his message that outlined how God will take care of it and that we must stay still and know that God is good. He also emphasized the need to take ourselves out of the picture and let the Holy Spirit take control. Rev. James' message was complete with bold words and statements, like "Equipped, I Got This and God's Word is Precise." What powerful messages they gave us!! We closed with encouraging remarks and a Spirit-filled benediction given by Rev. Dr. Tracey Dawkins Holley, who reminded us of the goodness of God and His sustaining power.

I encourage you to attend future WM events so you, too, may be blessed. WM event announcements can be viewed on the FMZ Website, FMZ Connection Points, and are advertised during FMZ worship services, as appropriate. If I can be of any assistance to you, please feel free to email me at womensministry@firstmountzionbc.org

Many Blessings!

Sister Gwen L Holland, Women's Ministry Co-Director



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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



Good News Jail & Prison Ministry began serving the Prince William-Manassas Regional Adult Detention Center in 1969 and is the largest independent supplier of chaplains for jails and prisons worldwide, serving in 22 states, 1 American territory and 25 countries. For more than forty years this vibrant Ministry has provided evangelism, discipleship, and pastoral care to offenders and staff here in Prince William County, VA..

Under the leadership of Chaplain Ray Perez, the Ministry and its volunteers are having a real and relevant impact on our community. The MIND (Men in a New Direction) and WIND (Women in a New Direction) dorms are teaching offenders a new way of living.

This valuable program is a voluntary, faith-based program founded on Biblical principles designed to develop practical life-skills in the lives of offenders, encouraging personal accountability and responsibility.

Your gifts help "Good News" bring the Gospel of Jesus Christ to prisoners. We thank you for helping us reach those others have forgotten. <https://www.facebook.com>



Submitted by the Deacon Ministry



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HOUSE OF REFUGE INC

House of Refuge Incorporated primarily focuses on Children and Youth, Children and Youth Services, Crime and Law, Foster Care, and Youth Violence Prevention.

The mission of the House of Refuge's community-based outreach program, which was founded in 1989 by Rev. & Mrs. Michael Smith, is to positively impact the lives of troubled males and their families by helping them raise their standard of living. The Ministry introduces and helps reinforce the positive morals and values needed to equip young men to accept and beat the challenges that lay ahead for them. Because House of Refuge believes that today's generation is tomorrow's leaders, they are committed to preparing young men for that responsibility by empowering and educating them. They sincerely believe that the lives that they touch will be nurtured and equipped to overcome the milestones and barriers that currently prohibit them from achieving their goals.

<https://greatnonprofits.org/org/house-of-refuge-inc-2>

PROGRAM MINISTRIES

Assist Churches with:

- ♦ Creating 21st Century educational opportunities.
- ♦ Train, equip and empower Clergy, Men, Women, Youth and Young Adult Ministries.
- ♦ Improving the Health and Wellness of their members and the communities they serve.

BGCVA Events & Resources

The Baptist General Convention of Virginia through its full-time ministry staff and trained volunteers provide stellar ministry through conferences, events, retreats, written resources, and customized workshops that meet the needs of individual congregations. <https://www.bgcva.org>

AFRICAN-AMERICAN FIRSTS

(info from www.infoplease.com/spot/bhmfirsts)

First African-American NFL quarterback:
Willie Thrower, 1953

**First African-American Chairman,
Joint Chiefs of Staff:**
Colin Powell, 1989-1993

First African-American Explorer, South Pole:
George Gibbs, 1939-1941
Accompanied Richard Byrd

First African-American Licensed Pilot:
Bessie Coleman, 1921

First African-American to win an Oscar Award:
Hattie McDaniel, 1940,
Supporting Actress:
Gone With The Wind"

**First African-American Nobel Prize for Literature
Winner:** Toni Morrison, 1993

First African-American Flight around the World
Barrington Irving, 2007,
From Miami Gardens, Florida,
flew a Columbia 400 plane named "Inspiration"
around the world in 96 days,
150 hours (March 23-June 27)

First African-American inventor of the blood bank:
Dr. Charles Drew, 1940



Baptist General Convention of Virginia

1214 West Graham Road Suite 1
Richmond VA 23220

We are BGC...Bringing People Together, Growing Churches, and Changing Communities!

~ Act 1:8; Matthew 9:35-38; Mark 10:13-16



Vision

Equipping and uniting churches and ministries for holistic ministry through our Christian faith and honoring our Baptist tradition while embracing unity, inclusivity, and diversity.

Our Mission

To unite and equip churches, ministries, associations, and constituents to do holistic ministry that propagate the Gospel, advances the Kingdom of God, and supports education and missions in Virginia and beyond. Our mission is to encourage ministry support and participation through partnerships state and national bodies and other likeminded agencies that are ever expanding.





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FITNESS-IN-PLACE

AFRICAN-AMERICAN HISTORY: HEART DISEASE, CANCER AND STROKE

According to the CDC "Heart disease, cancer, and stroke are the leading causes of death for African Americans." Learn about these conditions and what you can do for your health. The CDC states:

- ♦ 1 in 3 deaths in the United States is due to cardiovascular disease. African Americans are at higher risk.
- ♦ Nearly half of all African American adults have some form of cardiovascular disease.
- ♦ About 2 out of every 5 African American adults have high blood pressure.
- ♦ Cancer is the second leading cause of death among black people in the United States.

Why? Obesity!

CDC states:

- ♦ African Americans are nearly 1.5 times as likely to have obesity as compared to non-Hispanic Whites.
- ♦ African Americans eat fewer vegetables than other racial/ethnic groups.
- ♦ More than half (56%) of African American adults 18 years of age and older do not meet the aerobic component of the 2008 Physical Activity Guidelines.

What You Can Do To Improve Your Health:

- ♦ **Eat more vegetables!** People who eat more vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases. For tips on how to get more vegetables in your diet visit: <https://www.acefitness.org/education-and-resources/lifestyle/blog/6812/tips-to-get-more-fruits-and-veggies-in-your-day/>
- ♦ **Exercise regularly!** According the US Department of Health and Human services, adults need 150 minutes of moderate exercise each week. A great way to get started is walking. For tips on starting a walking program visit <https://www.acefitness.org/education-and-resources/lifestyle/blog/6614/a-walk-a-day/>

Wait upon the Lord! *"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."* Isaiah 40:31

Lori Valkenburg, FMZBC Fitness Director



WHAT IS FREEDOM SMALL GROUP?

FREEDOM is an interest-based small group designed to equip you to

live the victorious and abundant life Christ came to give you. For 12 weeks Freedom small group will meet via Zoom on Tuesdays from 7:00 – 9:00 p.m. **FREEDOM** builds on the foundation of your faith in Christ and will to help you embrace the truth of God's Word as it relates to your worldview, your past, your sin, your personal value to God, and your purpose in His Kingdom. This group will help you walk in true freedom by removing obstacles to intimacy with God through weekly discussions of the **FREEDOM** workbook, videos and the Bible. You will learn why living in the "Tree of Life" is so important to Christians, how to walk in the Spirit, totally surrender to Jesus, speak words of life, become a vessel of honor God can use, and live as a worshipper.

Here are some testimonials from previous Freedom participants.

"Thank you, Rev. Kathy for inviting me to participate in Freedom Group!"

"I sure am having a lot of "a ha" moments....and uh oh....moments. I am seeing scripture in a new light, new meaning. I prayed a while back for God to send me friends I can fellowship with in my journey of walking with Him and He gave me this group!"

"This group has increased my desire to seek Him and walk with Him and serve Him."

"It is purging out all the garbage that has been put into me from wrong theology and wrong perspective of who God is. I am learning who He truly is!

I'm more aware of my thoughts and testing them to see whose voice it truly is."

"This is good medicine for me!!!"

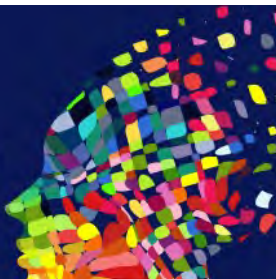
"Thank you for helping me in this journey of not only physical healing but the much-needed spiritual healing!!!"

"The Freedom group has allowed me to grow in many areas and has given me a new vision on life and my walk with Christ and living in the tree of life. I could go on and on about how much Freedom means to me."

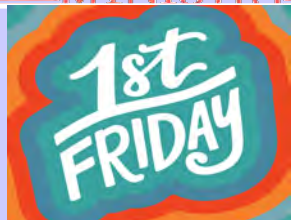
Join FREEDOM group and get on your path to freedom! <https://firstmountzionbc.org/small-group/>

Submitted by Rev. Kathy M. Russell
Lead, FREEDOM Small Group

WOMEN'S HISTORY MONTH



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TOPIC:

SIGNALS OF HOPE

Date: March 5, 2021

Time: 07:00 PM
Eastern Time (US and Canada)

JOIN ZOOM MEETING

<https://us02web.zoom.us/j/81287811366?pwd=TnhsaE5hdnllV09vMkpBdEILYTJjdz09>

Meeting ID: 812 8781 1366
Passcode: Youth

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 MARCH 27, 2021. PLEASE CALL BRO. THOMAS BATES AT 703-330-6371 FOR FURTHER INFORMATION!!



**EFFECTIVE IMMEDIATELY,
SUNDAY SCHOOL WILL BE
MEETING VIA ZOOM!!**

**MEETING ID:
989 3972 4235**

**PASSWORD:
740307**

**DIAL-IN:
301-715-8592**

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 Minister
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 ZOOM & CALL-IN)

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

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Facebook: www.facebook.com/fmzbcDumfries

Instagram: [@the_core_fmzbc](https://www.instagram.com/the_core_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!**