



May 2, 2021  
Volume 17 • Issue 5

## Message from the Pastor

### CORONAVIRUS VACCINE POP UP CLINICS PROVE WE ARE STRONGER TOGETHER

First Mount Zion is living out its theme for 2021, "We Are Stronger Together". On April 1<sup>st</sup>, more than 1700 people received the Coronavirus vaccine and Easter Sunday April 4<sup>th</sup> 360 vaccines were administered as our campus served as a site for both the **Prince William Health District** and **George Mason** Pop-up Coronavirus vaccine clinics. The event was one of the first mobile vaccination clinics to take place in eastern Prince William County.

The Prince William Health District said that these pop-up clinics were established to help people of color, who have been disproportionately affected by COVID-19. According to data from the CDC, Latino residents are three times more likely to be hospitalized from the disease, and more than twice as likely to die of COVID-19. Compared to white residents, Black Americans are 2.9 times more likely to be hospitalized and almost twice as likely to die from COVID-19.

Although we have not physically been able to gather in our beloved sanctuary in over a year due to the pandemic, our legacy as a beacon in the community still shines bright as we offer a safe and scared space to serve the health concerns of our community. We are in this pandemic together and with God's help we will overcome it together. This is our testimony that when we serve and work together, we are living out to the glory of God, Ecclesiastes 4:9 "Two *are* better than one, Because they have a good reward for their labor". Thank you to the staff, various ministries and volunteers who worked tirelessly to make this day a success toward keeping our community healthy and saving lives. Stay Safe!

*We Are STRONGER Together,*  
*Pastor Luke E. Torian*

## What's INSIDE

Message from the Pastor	1
COVID Clinic Partnerships	1, 2
Message for the Youth	3
Important Message from the CBA	3
Encouragement for the Soul	4
Fitness-in-Place	4
Black History Corner	5
Noon Day Prayer	6
All About The Ladies (AATL)	6
Chaplain's Corner	7
Poem by Edgar Albert Guest	7
Women's Ministry Donations Drive	8
Organizations Supported by FMZBC	9-10
SHARE Ministry	11



Pastor Torian and Governor Ralph Northam







May 2, 2021  
Volume 17 • Issue 5



Pastor Torian with Dr. Gregory Washington, President of George Mason University and his wife, Nicole



CBA Renee Woolfolk and Julie Zobel, Assoc. V.P., Safety, Emergency & Enterprise Risk Mgmt, George Mason University



Senator Jeremy McPike, State Senator Andrea Bailey, Potomac District Supervisor Anne Wheeler, Chair of the Prince William Board of County Supervisors Dora Muhammad, Virginia Interfaith Center for Public Policy and Candi King, Virginia State Delegate





## Message to Our Youth GREETINGS YOUNG DISCIPLES OF JESUS CHRIST

### BRING-A-FRIEND-TO-VIRTUAL-CHURCH-SUNDAY



Rev. John C. McNeill, Jr.

13 Then little children were brought to Him that He might put His hands on them and pray, but the disciples rebuked them. 14 But Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven." 15 And He laid His hands on them and departed from there. --Matt. 19:13-15

Bring-a-Friend-to-Church-Sunday is a worshipful occasion and encouraging opportunity for youth at First Mount Zion. These are my words...lol. I'm willing to risk saying that it's probably a challenge for some youth as well. Fundamentally, young believers in Jesus Christ are provided an organized opportunity to share the Gospel of Jesus Christ with their friends and others. We call this evangelism; we call this sharing your faith. The Youth Ministry, the Voices of Zion, and the Junior Usher Ministry coordinate to encourage others to live out an essential part of a disciple's life in October.

Gospel means "Good News." The good news for me looks like: Salvation. New Life. Truth. Holy Spirit's Guidance. Forgiveness. Compassion. To put the good news into perspective, some ministers used to say, *imagine you were riding in a boat with a life buoy while a person waved their arms frantically in water outside of the boat. Would you toss them the life buoy?* Other ministers used to say, *Jesus Christ is the best or greatest gift that you could ever share with another.* It's described as "gift" to indicate believers willingly share the blessing of fellowship with Jesus Christ without expecting payment. From your perspective, what's the good news about Jesus Christ's presence in your life?

Here are a few steps toward sharing your faith with others:

- ♦ Reflect on your testimony or experience with God.
- ♦ Listen patiently and compassionately to your friend's response.
- ♦ Pray and think of a person to share the gift of Jesus Christ with this week.
- ♦ Invite a friend to the virtual church (<https://firstmountzionbc.org>) on May 16.
- ♦ Plan to follow up.

I'm here to talk with you about it. Also, I'll be praying for you.

Reverend John C. McNeill, Jr.  
Youth Minister



## ATTENTION ALL ZOOM USERS:

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post-meeting I.D. and passcodes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and if necessary, can use the list to verify people before they are allowed in the meeting. Here is a short video on how to enable the registration feature to Zoom meetings.

How to set up a Zoom registration link for better security: <https://youtu.be/VgomCzNnii4>

If you have any questions please give me a call or email [IT4U@firstmountzionbc.org](mailto:IT4U@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator



May 2, 2021  
Volume 17 • Issue 5

*Thank you, Rev. Dr. Luke E. Torian, for 26 years of Faithful Service  
to the First Mount Zion Baptist Church and to the Body of Christ.  
We Salute YOU and we Honor YOUR Service!!!*



**MAY 21ST – 7PM  
FAMILY &  
FRIENDS NIGHT WITH  
COMEDIENNE TANYA LEWIS**

**MAY 23RD – 11AM  
WORSHIP SERVICE  
WITH LUTHER BARNES**

**MAY 23RD – 3PM–4PM  
DRIVE-THRU**



## ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

### WISDOM

Have you ever read a letter, email or text message and no matter how many times you read it, you didn't receive the words the way the writer intended, or maybe you just didn't fully understand what the writer was trying to convey? Unfortunately, the same can occur with the Word of God. However, God's Word offers us a solution. The heart of God is so full of love for us that He has a gift for us and it's called wisdom. But you cannot obtain it on your own and you cannot obtain it from someone else. You can only obtain wisdom from God.

The Bible emphasizes wisdom as a crucial quality in the lives of God's people. Read His book (*The Bible*), study His Word and meditate on it, for wisdom is found in the written Word of God. Proverbs 4:7 says, "*Wisdom is the principle thing; Therefore, get wisdom and in all your getting, get understanding*". Wisdom is the ability to understand things better. Spending time with God in prayer and studying His Word provides us a true understanding of who God is and a true understanding of ourselves as Christ's followers.

Wisdom also embodies asking God for it. It produces a renewed mind, seeing and responding to life according to the will of God. Therefore, when our goal is to glorify God in the totality of ourselves, wise decision-making occurs more often than not. Thus, when we embrace the wisdom of God, "*She will promote you; she will bring you honor. She will place on your head an ornament of grace and a crown of glory she will deliver to you.*" (Proverbs 4:7). May you walk in the wisdom of our Lord Jesus Christ, God Bless You!

*Submitted by Rev. Carolyn Taylor Carter*

## FITNESS-IN-PLACE

### HIP HINGE:

#### A SIMPLE AND EFFECTIVE EXERCISE!

Hip mobility and strength is essential for many daily activities like bending down to pick up an object, walking upstairs or simply getting up from a seated position. The hip hinge is a simple and effective foundational exercise that helps you perform these essential tasks and helps you strengthen your core which may lead to reduced back pain, improved balance and flexibility.

When you use your hips as a hinge, you are able to employ the large muscles of the glutes, hamstrings and even the upper and lower back. These posterior muscles get extremely weak when you sit at a desk or in an automobile. Unfortunately, this is where many of us spend a majority of our time. When these muscles are weakened, it becomes difficult to maintain an upright posture. The result is a whole bevy of aches, pains and injuries.

When you are able to hinge your hips correctly, you strengthen these important posture muscles and fight the damage done by a chair-bound lifestyle.

To learn how to **Hip Hinge** properly click here <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/33/hip-hinge/>

**Challenge:** When working at a desk, set an alarm every two hours and do 10 good hip hinges. Only takes one minute!

*Sister Lori Valkenburg  
Fitness Director*





May 2, 2021  
Volume 17 • Issue 5

## POSITIVES FROM THE **BLACK**

**HISTORY**

**CORNER**



### A SALUTE AND A TRIBUTE TO BLACK WOMEN

WRITTEN BY ONE OF OUR VERY OWN,  
SIS. JOYCE PETERSON, ZONE K-2

On the long hard road in the fight for equality, brave, courageous, and fearless black women paved the way for us today, so in celebration of Women's History Month, this poem is . . .

#### A SALUTE AND A TRIBUTE TO BLACK WOMEN

God made heaven, God made earth  
He made a beautiful rainbow of Black Women first  
Black Women with all your strength and might  
Black Women you are truly a beautiful sight

There is more to you than the human eye can see  
You are a woman of purpose and destiny  
You are a perfect design, special and unique,  
no one else can ever compete

Your beauty is not defined by your skin or hair  
And your soul has more value than the clothes that you wear  
You have an ability to comfort and the power to heal  
And God's blessing of so much sex appeal

When God made you, he created a Gem  
Because he fashioned you in the likeness of him  
Black Women with your beautiful face  
You are definitely a credit to the black race

You are clean, modest and neat  
You got Style and Glamour that can't be beat  
You are a daughter, sister, wife, and friend  
Mother, aunt, and grandmother you've been

Some say without a black woman's support and love  
A black man might never rise above

So, be proud of what you are  
It will always take you very far  
And always watch what you do  
Because being a Black Woman, makes everyone else,  
want to be like you

You are a Phenomenal Woman and must take the pledge like our Ancestors did and said:

- ♦ Stand up and say it Loud, I am a Black Woman and I am Proud
- ♦ I am not a brand, I am not on display
- ♦ If I need to be promoted, I'll do it my own way
- ♦ I don't have a price, I am not for sale
- ♦ I am a strong and beautiful Black female
- ♦ I can be successful, If I put in the time
- ♦ I can be proud of who I am, without crossing the line
- ♦ I will be respectful if you are the same
- ♦ I will no longer be a victim, I will no longer be ashamed
- ♦ I will march ahead and never turn back
- ♦ I will keep moving forward and stay on track!

I Will Let No One Turn Me Around, Turn Me Around, Turn Me Around. I am going to keep on walking, keep on talking and marching on to freedom land.

- - JOYCE PETERSON

## AFRICAN AMERICAN FIRSTS

(info from wikipedia.org)

*First free African-American community:  
Gracia Real de Santa Teresa de Mose (1738)  
(later named Fort Mose) in Florida*

*First African American to formally  
practice medicine who did not hold an M.D. degree:  
James Derham, (1783)*

*First African-American nominee for  
Vice President of the United States:  
Frederick Douglass by the Equal Rights Party  
(1872)*

*First African-American woman to  
found and become president of a bank:  
Maggie L. Walker, St. Luke Penny Savings  
Bank (1903)  
(since 1930 the Consolidated Bank & Trust Company),  
Richmond, Virginia*



## All About The Ladies



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:

2 Chronicles 20:15,17 NKJV

[15] And he said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.

[17] You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!' Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you."

### Prayer:

"Lord, thank You that You are our Almighty and sovereign God and we can stand still and see Your salvation because the battle is NOT ours it is Yours. As we stand still, may we praise and worship You with our whole heart. For You are seeking those who will worship You in spirit and in truth.

We know that there are times when there is a part that we must play in the battle. Allow us to hear Your voice clearly and align our will with Your Will and obey, even when we don't understand or it seems too hard. Help us to remember to do what we can and allow You to do what we CANNOT do. And help us to know the difference as we learn to stay in our lane.

Thank You in advance for the victory. ALL the glory, honor and praise belong to YOU!

In Jesus Name we pray and give thanks, Amen!"

**Worship Song:** "The Battle Is Not Yours" - <https://youtu.be/zkGxnrJRmpw>

Continue to pray for our families, churches, nation and world. **More than ever, we need to be united and fervent in praying for our nation.** Continue to be blessed and stay safe!

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

On April, 12, 2021, 33 ladies came together by Zoom to connect and fellowship through **All About the Ladies**, an outgrowth group from Seniors' Ministry. Since Covid, the group has continued to welcome new sisters. Sis. Shirley Hardy and Sis. Mary Melton connected sisters together who may have known or not know each other, and took us down memory lane by leading a discussion on what life was like in the 70's for us. Many surprises came out of that discussion. One lady said she was still in Jr. High School, but for most of us, it was the beginning of starting our lives as adults. Many of us were leaving High School or College, or embarking on careers in the military. We had many laughs, and found we had a lot in common. Most ladies enjoyed the sounds of Motown and found Smokey Robinson and the Miracles, Diana Ross and the Supremes and the Temptations as some of our favorite groups. Many of our children were born in the 70's. Our favorite church songs varied, but many of the women favored *Amazing Grace*, and Shirley Caesar's *Alabaster Box*. During the Covid shut-in we found out it was a great time for cleaning closets, cleaning house, and getting closer to God through study and prayer. Sis. Lynell Manning found she had time to make masks for family members and friends. Sis. Joyce Peterson read her original poem, "A Salute and a Tribute to Black Women" which inspired and was enjoyed by all.

**All About the Ladies** continue to meet monthly to fellowship, socialize, and connect sisters who otherwise would not usually connect with each other.

We appreciate this platform where ladies can come together in a relaxed atmosphere and enjoy each other. We thank the leadership of this group for their endeavors to keep Sisters connected through love, fellowship, and prayer.

All Senior ladies are welcome to join this group. Just email us to connect.

Sis. Shirley [Hardy-shirleybhardy@gmail.com](mailto:Hardy-shirleybhardy@gmail.com)

Sis. Mary [Melton-msoulsurvivor@yahoo.com](mailto:Melton-msoulsurvivor@yahoo.com)

*Submitted by*  
*Sis. Shirley Hardy*







May 2, 2021  
Volume 17 • Issue 5

## LEADERSHIP THE CHAPLAIN'S CORNER

Every first Friday of the month, your FMZ Trustee, Deaconess and Deacon Leadership Team, pray and fast over a chosen topic. Sharing nuggets from the April 2, 2021 Devotional below:

**Prayer and Fasting Topic: Leaning into Prayer and Fasting (The Sauce) - Sub-topic: Fasting 101**

### Lesson/Discussion:

#### WHAT IS A SPIRITUAL FAST?

Spiritual fasting is to deny your body its physical needs (preferably food) to move your focus from the physical to the spiritual (Faith). It helps you to grow closer to God, and is should be a regular part of a serious prayer life.

All throughout history, there were seasons of feast and famine. The body and soul naturally went through times of hard work and lack and times of ease and abundance. However, today in western culture, we have 365 days of abundance. Our diet is not dependent on weather, season, or location. We can eat all kinds of foods anytime we want. We can have Chinese food at midnight if we so desire.

However, with all this abundance of foods comes a greater need for self-control. We must decide on the kinds and amounts of food that are appropriate for a healthy lifestyle. But even with a healthy standard for eating, we most likely won't experience famine without choosing it. Our bodies were designed to experience both feast and famine. We feast to celebrate. **We should fast to transform.**

#### IS SPIRITUAL FASTING IMPORTANT?

The spiritual benefits of fasting are found all throughout the Bible. Powerful breakthroughs happen during or after times of fasting. Moses fasted for 40 days and experienced the finger of God writing down the Ten Commandments (Exodus 34:28). Jesus fasted for 40 days and started a ministry that would forgive the world's sins and reconcile all the earth back to God (1 Peter 3:18 and Colossians 1:20).

#### WHAT ARE THE BENEFITS OF FASTING?

Although we are not expected to fast 40 days, we can begin a lifestyle of fasting to transform our life and the world around us. We can fast all foods, fast certain foods, or fast certain times a day. We can start out by simply fasting a meal and work our way to fasting an entire day. **Little by little, we can show our flesh that our spirit is stronger, and we can invite God into a greater capacity of our lives.**

While the spiritual blessings of fasting are numerous, below are **Seven (7)** spiritual benefits of fasting that you can expect.

1. Spiritual Fasting causes us to Rely on God.
2. Spiritual Fasting Helps us be Filled with the Fruit of the Spirit.
3. Spiritual Fasting Opens our Heart to Hearing God's Voice.
4. Spiritual Fasting Renews our Appreciation for God and His Blessings.
5. Spiritual Fasting Gives Power to our Prayers.
6. Spiritual Fasting Creates an Atmosphere for Miracles.
7. Spiritual Fasting helps us to Consume **(and Obey)** God's Word.

Supporting Scripture: Isaiah 58:1; I Cor. 6:13-20; I Cor. 7:5

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

## HAVE YOU EARNED YOUR TOMORROW?

Is anybody happier because you passed his way?  
Does anyone remember that you spoke to him today?  
This day is almost over, and its toiling time is through  
Is there anyone to utter now a kindly word of you?

Did you give a cheerful greeting to the friend who came along?  
Or a churlish sort of "Howdy" and then vanish in the throng?  
Were you selfish pure and simple as you rushed along the way,  
Or is someone mighty grateful for a deed you did today?

Can you say tonight, in parting with the day that's slipping fast,  
That you helped a single brother of the many that you passed?  
Is a single heart rejoicing over what you did or said;  
Does a man whose hopes were fading, now with courage look ahead?

Did you waste the day, or lose it, was it well or sorely spent?  
Did you leave a trail of kindness or a scar of discontent?  
As you close your eyes in slumber do you think that God would say,  
You have earned one more tomorrow by the work you did today?

*by Edgar Albert Guest*

May your  
**LIFE**  
preach more  
loudly than  
your lips.

QUOTEDIARY.COM



## WOMEN'S MINISTRY DONATION DRIVE

The Women's Ministry (WM) hosted a donation drive on Saturday April 3, 2021 from 11:00am - 1:00pm. The donations collected

were for Empowerhouse, a nonprofit organization supporting survivors of domestic violence and their children. Empowerhouse is located in Fredericksburg, VA and has provided services to the community for 37 years. Their mission is to empower survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. They give victims the time, space, and tools needed to heal their hearts, restore their connections, rebuild their lives, and renew their spirits.

The WM accepted donations coinciding with the communion distribution at the FMZBC, Springfield & Stafford locations. We are so grateful to leadership, Pastor Torian, Rev. Dr. Sandra K. James, Rev. Dr. Tracey Dawkins Holley, and Renee Woolfolk for honoring the request for WM members to serve onsite with the Deacons and for supporting the WM needs in execution of the outreach.

Due to COVID19, we must be willing to adapt to change and find a new way to do things. No matter what obstacles or challenges may come our way, we must continue to be about doing the work of the Lord and accomplishing our mission to be a blessing to those in need. Thank you to the WM members who were onsite with myself and my Co-Director, Gwen L. Holland to receive the donations (Betty Palmer, Cricket Miller-Roy, Lisa Johnson & Annette Rivers). We were so blessed to have the assistance that was graciously given to us by Leadership who did not hesitate to lend a helping hand. (Deacon Manning, Deacon Robinson, Deacon Parker, Deacon Hardy, Deacon Hawkins, Deacon Hardy, Deacon Walker, Deacon West, Deacon Sims, Deacon Griggs, Deaconess Coates, Trustee Tanner, Deacon Lynch, Deacon Cooper, & Annie Robinson). Thank you, Sister Mozelle Floyd for the danishes you dropped off at the Stafford location. God bless you for your acts of kindness. It was truly a pleasure to serve

Due to the vast number of blessings, we are also able to donate to Streetlight Ministries located in Woodbridge VA. Streetlight is a nonprofit organization that was established in 2004 to alleviate suffering among the poor and the homeless. They are dedicated to promoting change and restoration in the lives of people who are experiencing overwhelming brokenness and poverty.

Because of your generosity, both organizations shared in the donation of 5,041 items. Items included:

food and drinks totaling 3,242  
household and cleaning items totaling 1,351  
toiletries totaling 437  
11 fashionable purses

A special thanks to FMZBC Facility Managers, Ernest Robbins and Walter Holmes and other facility and custodial staff for the way you supported us in the receiving, packing, and delivering of the donations. Thank you FMZ congregation and the community for your generous giving with the abundant amount of donations that you provided. Our hearts were overjoyed by your giving! May God always richly bless you and keep you!

*Yours in Christ,  
Veronica D. Hackett  
Women's Ministry Director*







May 2, 2021  
Volume 17 • Issue 5

God's work.  
Our hands.

## ORGANIZATIONS SUPPORTED BY FMZBC

We continue to feature some of the organizations supported by FMZBC because 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, and we look forward to sharing more of this pertinent information with you!!!

### 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*



BOYS & GIRLS CLUBS  
OF GREATER WASHINGTON  
PRINCE WILLIAM/MANASSAS BRANCHES

5070 Dale Blvd, Woodbridge, VA 22193  
(703) 670-3311

<https://bgcgw.org/clubs/hylton-club>

CLUB DIRECTOR: Tarayra Staton

Located in Dale City, Hylton Boys & Girls Club endeavors to provide the youth community a safe environment to develop life skills and confidence. Offering a variety of programs and activities, including before and after school care, sports leagues, educational programs, summer day camp and more, the facility includes a computer room, game room, arts and crafts room, full gymnasium, library, and teen lounge.



Through a partnership with Prince William County and a donation from the Hylton Foundation the Hylton Boys & Girls Club opened its doors in 1991. Due to the incredible popularity of the programs at the Club, especially their athletic leagues, a third gym was added to the facility in 2006. Today the Club serves nearly 1,800 members and many more through **community outreach**.

### UPCOMING EVENT:

 BOYS & GIRLS CLUBS OF GREATER WASHINGTON PRINCE WILLIAM/MANASSAS BRANCHES		May 21, 2021   9:00 a.m.
4th Annual John Jenkins Fore the Kids Golf Tournament		Old Hickory Golf Club 11921 Chanceford Drive Woodbridge, VA



Helping homeless individuals and families rebuild their lives – from surviving to thriving

The Brisben Center 471 Central Road, Fredericksburg, VA 22401 | 540-899-9853 | info@brisbencenter.org | www.brisbencenter.org



This unique facility is the result of an amazing vision and partnership among the leadership of the nonprofit Thurman Brisben Homeless Shelter, Inc., the City of Fredericksburg, and the greater community. The

Brisben Center relies on highly committed volunteer and generous donors. These include faith-based organizations, civic organizations, partnering businesses, generous individuals, federal, state, and local governments. David Cooper is the Executive Director of the Center.

*Our doors are open to anyone of any age, gender identity, race, creed, Religious tradition, or national origin*



Is a full service, year-round, residential emergency homeless center. The mission of the Center is to provide temporary shelter and equip residents for employabil-

ity to resolve poverty and obtain housing. **Founded in 1988, the Brisben Center has provided shelter and hand-up services to over 7,000 people since 2005—many of them young mothers, and veterans.**

The Brisben Center (originally the Thurman Brisben Homeless Shelter) began as a church-operated shelter for the homeless in Fredericksburg and is named for Thurman Brisben, a selfless woman who gave so much of herself to the homeless of the area. She was always there to listen, to counsel, to help find medical attention, to provide guidance with social services applications, and to help find jobs. When Thurman Brisben lost her battle to cancer, the church shelter board renamed the shelter in her memory.

### WHAT IS THE BRISBEN PHILOSOPHY IN HELPING THE HOMELESS?

The Center is a critical port in the storm for those experiencing homelessness in our community. We believe that a hand-up approach, focusing first on strengths, most often provides our clients with the best opportunity to regain their independence and maintain it. The Center provides a safe and secure, staffed 24-hour temporary residence, simultaneously serving up to 80 women, children, and men. To bring lasting change into the lives of our clients, we assist them with finding housing and employment, financial literacy/budgeting, and addressing medical issues. Families with children receive this same assistance with additional services such as arranging for transportation to and from school.



**ST. FRANCIS HOUSE**, an outreach ministry of St. Francis of Assisi Parish, was established in 1992. Its main objective is to serve the many needs of the low-income, disadvantaged families in the Eastern Prince William County. St. Francis House is located in a rented townhouse within the Williamstown community.

<https://www.stfrancis.org>



REACHING OUT TO OUR COMMUNITY







May 2, 2021  
Volume 17 • Issue 5



TOPIC:

**SIGNALS OF HOPE**

**DATE: MAY 7, 2021**

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

**JOIN ZOOM MEETING**

<https://us02web.zoom.us/j/82113961148?pwd=N2VweVVlcjVBS3pMbZVXTzgxZDJGUtO9>

Meeting ID: 821 1396 1148  
Passcode: Youth

For more details, please contact:

Reverend John C. McNeill, Jr.  
Youth Minister  
703-670-0184  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)



**SHARE FOOD DISTRIBUTION IS PRESENTLY SCHEDULED FOR MAY 22, 2021. PLEASE CALL BRO. THOMAS BATES AT 703-330-6371 FOR FURTHER INFORMATION!!**



**EFFECTIVE IMMEDIATELY,  
SUNDAY SCHOOL WILL BE  
MEETING VIA ZOOM  
EVERY SUNDAY AT 9:45 AM.  
PLEASE CLICK ON THE LINK  
BELOW TO REGISTER AND WE  
WILL FORWARD ACCESS TO YOU.**

<https://zoom.us/join/82113961148?pwd=N2VweVVlcjVBS3pMbZVXTzgxZDJGUtO9>

#### 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](mailto:cpm1@firstmountzionbc.org)

or through our web form at:

[http://bit.ly/FMZBC\\_Articles](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](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://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](http://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](https://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!**