



June 6, 2020
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A Ministry Exhibiting a Spirit of Excellence!

Message from the Pastor



Happy Father's Day!

What Makes A Good Dad?

Max Lucado, as many of you may know, is one of my favorite authors, and to honor all the fathers, I want to share an excerpt from his devotional "What Makes A Good Dad."

A Good Dad Makes Godly Decisions: "The Lord made an agreement with Jacob and gave the teachings to Israel, which he commanded our ancestors to teach to their children. Then their children would know them, even their children not yet born. And they would tell their children. So they would all trust God and would not forget what he had done but would obey his commands." (Psalm 78:5-7)

Here's a Lucado hunch about parenting: fathers and mothers enter the child-rearing business at two different times. Mothers decide to be mothers long before dads do. A mother carries a baby for nine months, giving her an opportunity to grow content with her decision to parent the new family member.

Dad, however, goes about his daily routine, pretty much unaffected by what's going on inside the womb. Oh, he's supportive and excited, but compared to Mom, he's an observer. Until delivery time. Then Dad's world takes on new meaning. He looks into the face of the new life and is faced with the realization: "I'm the father of this child." You might call it a "delivery room discovery." At this point a good dad makes a big decision. He has to decide to become a father. And that decision sets up dominoes of decisions he will make for the rest of his life. It's a rational choice to alter his life, schedule, direction, and priorities in order to be a good dad to the tiny life in his arms.

Fathering a child is, for many, not difficult. But *being* a father is! It's the first and most important decision of fathers: to make a conscientious choice to be a father. The decision to be a father is not just a delivery room decision, though. It is a daily decision. A century ago, dads were on-site parents, working the farm or running the family store. Children spent a great deal of their time alongside their parents, working together. But in our modern culture, employment distances most dads from their kids. Some dads leave home before the children are awake. Others arrive home long after the kids are home from school. Consequently, it is possible, even common, for a father to forget about fathering—to emotionally disconnect himself from his children. Throughout the day, every day, dads need to renew their "dad" decision. "Will I attend this convention?" "Is this meeting essential?" "Can I rearrange these appointments to get home earlier?" On the way home from work, dads have to decide to take off the work hat and put on the "dad" hat. It's a decision to manage his time, carefully reconciling work with the priority of family. Being a good dad means making tough, sacrificial decisions. Decisions that tell our children what is important to us.

Dads...

"We Are STRONGER Together!"

Pastor Luke E. Torian



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Worship Services will resume in the Sanctuary on Sunday, July 4, 2021. ALL CDC Guidelines must still be adhered to and social distancing will remain in place.

Since Ministries traditionally take a break during the months of July and August, beginning September 1, 2021, full activities will resume at the Church and Ministries will be allowed to hold their meetings as they did prior to the pandemic.



First Mount Zion, and we are eternally indebted to you for showing up and showing out in celebration of our Pastor's 26th Anniversary. The Pastor's Anniversary Committee (Dr. Sandra K. James, Trustee Nicole Johnson, Deacon Michell Clark, Deacon Willie Camp, Deaconess Tina Coates, Deaconess Carolyn Woodson, and Sister Pamela Sessoms) would like to thank the entire First Mount Zion Baptist Church Family for your continual prayers, your expressions of love, your cards, gifts, contributions, and participation in making this Anniversary celebration, for the second year in a row and despite the pandemic, a great success and a memorable occasion. You have outdone yourselves, Thank You!

The celebration started with our month-long prayer cards which were distributed to the Membership, encouraging them to pray for, and suggesting specific areas in which to pray for, our Pastor and his family.

On the first Sunday in May, Rev. James shared the genesis of Dr. Torian's leadership at First Mount Zion, indicating that his official sermon as Pastor actually took place on that day 26 years ago. This was followed on second Sunday with a Tribute to our Pastor from the Trustee Ministry, which was delivered by Trustee James Simpson who commended Pastor's leadership and commitment to this great Ministry and to the community-at-large. Third Sunday gave us another opportunity to hear more accolades about our Pastor in the tribute delivered on behalf of the Deaconess Ministry by Deaconess Cynthia Brown. As the pandemic continues to overwhelm us all, our Family & Friends Night on May 21st provided us the pleasure of hearing from Comedienne Tanya Lewis, who brought much needed levity to our lives. The evening was interspersed with congratulatory video wishes from members and musical renditions from our choirs in appreciation of the service which Pastor renders to this body of believers. We also shared an electronic card which displayed encouraging words and messages of thanks to our Pastor from family, friends and members.

The Anniversary climaxed on the fourth Sunday, beginning with the presenting of corsages to both Sister Clarice and Sister Constance Torian, along with the pinning of the boutonniere on Dr. Torian. Rev. Luther Barnes received his boutonniere prior to the commencement of the Worship Service. The Music Ministry, in collaboration with Luther Barnes and the Sunset Jubilaires, paid musical tributes to Pastor with a mini-concert. This was followed by a tribute on behalf of the membership at First Mount Zion, delivered by Sister Pamela Sessoms, and a beautiful floral presentation was made by Sis. Bell to Sis. Clarice Torian in recognition of her contributions to this Ministry. Trustee Nicole Simpson read two cards to Pastor Torian and Family, Deacon Chair, Keith Holmes, read a short tribute in recognition of Pastor's service to the Ministry and presented Pastor with a check from the Leadership. Deaconess Chair, Cynthia Brown, also made another beautiful floral presentation to Sister Torian. During the Worship Service, we witnessed Speed Painter, D. Westry, perform his craft with precision and skill, painting a picture of President Barack Obama, whom we knew Pastor loved and respected. Following the unveiling, Deaconess Carolyn Woodson presented the final rendering to Pastor Torian.

Later that afternoon, we held a drive-thru in celebration of both Pastor's 26th Anniversary and his birthday, which was attended by many of the members who showed up to acknowledge the service Pastor renders here at First Mount Zion. They showed their appreciation with cards, flowers, gifts, words of encouragement, balloons, honking of horns, etc., just heartfelt thanks for what he means to us. The Anniversary concluded on the fifth Sunday with a tribute delivered by Deacon Chair, Deacon Keith Holmes, on behalf of the Deacon Ministry. Overall, we could not have had a better anniversary celebration short of actually being in the House of God. Thanks again to all of you for whatever part you played, whether big or small. We thank you all from the bottom of our hearts! May Almighty God bless and reward you for all that you have done!

Pastor's Anniversary Committee
Sis. Oonagh M. Bell and Sis. Pamela Sessoms, Co-Chairs

- - cont'd from page 1

Dear God,

Thanks for giving me a daddy. You knew just what I'd need! In case you need to make daddies for other kids, I thought you might like to know what I like best about the one you sent me:

A good dad ...

1. knows everything (like how to tie shoes and drive a car).
2. Is really smart (he even knows where the wind goes after it blows through the trees)
3. has a forgiving heart (for when I mess up)
4. Is loaded with patience, patience, patience (he probably won't need it, but just in case...)
5. has a comfy lap and a big laugh (you understand about that, don't you?)
6. tells me all about you and your son.

Your friend,

A Kid

P.S. I almost left out the best part! A good dad has real strong arms (to catch me when I fall. He says you're just like that, too).





Rev. John C. McNeill, Jr.

Message to Our Youth GREETINGS YOUNG DISCIPLES OF JESUS CHRIST

HOW ARE YOU?

Our lives have not fully returned to what we considered to be normal. Hey, we still wear masks. We can't celebrate each other or express care for our loved ones and friends the way we used to. Think for a second about what has changed in your life in the past year. Think for a second about the support you may need. In the next couple of days, let your parents or a responsible adult know how you're doing. There are no right or wrong answers to my questions; we love and care about you! We just want to know how you're doing. You may reach me at (703) 670-0184 or jmcneill@firstmountzionbc.org.



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

Congratulations to the



Graduates, as you take flight into your next phase of life, we encourage you to keep GOD first in all that you do. He has promised to never leave you nor forsake you, as long as you stay faithful to Him. Remember, in whatever area of life you choose to enter, always strive for a spirit of excellence; that gives you a step ahead of the competition.

Although Covid has changed your final year, your graduation is still an important landmark in your education. Be proud of your accomplishment because it does have a significant impact upon the remainder of your life. Many have helped and sacrificed so that you can enjoy this day. Remember to thank them and focus your efforts on the next steps in your career. Remember that time wasted is time lost; it can never be regained. So, make the most of the next few years of your life as they determine how high you fly or how low you fall.

Congratulations and best wishes to all graduates! We are so very proud of you!!

First Mount Zion Family



Please join in sharing with Families and Friends to get vaccinated with Pfizer on June 15th from 10:00 am to 5:00 pm at United Faith Christian Ministry Church in Stafford, VA.



GRADUATING HIGH SCHOOL SENIOR CONTACT INFORMATION REQUEST:

All graduating high school seniors (12th Graders only) are asked to contact Rev. John McNeill by June 6th via email at jmcneill@firstmountzionbc.org. Please share your name, high school and phone number.

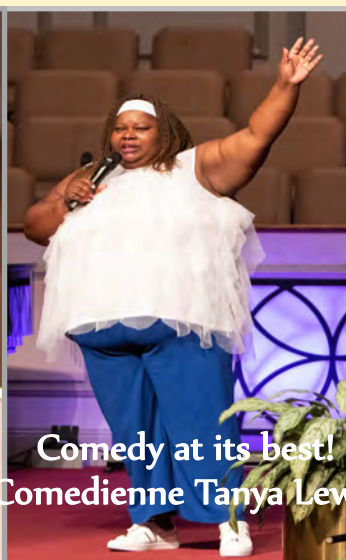
Also, please let us know if you are willing to attend an in-person occasion on Sunday, June 28th. Rev. McNeill will reply with more details.

PASTOR AND FAMILY'S 26TH ANNIVERSARY CELEBRATION

Family and Friends Night



Comedy at its best!
Comedienne Tanya Lewis



Music Ministry rendering a selection virtually



Master of Ceremony,
Rev. Brian Woolfolk



Pastor's Family in town
to celebrate his anniversary!



Brotherly Love
Pastor Torian & Rev. Brian Woolfolk



Sis. Liz Powell,
welcoming attendees



Pastor Torian making "Thank You" remarks
at end of Family & Friends' Night

PASTOR AND FAMILY'S 26TH ANNIVERSARY CELEBRATION WORSHIP SERVICE



Sis. Winiford Harvey pinning boutonniere on Pastor Torian



First Mount Zion's First Family



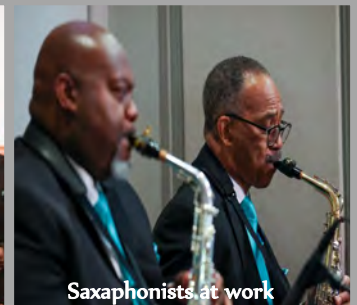
Rev. Luther Barnes & Bro. Neal Patterson



Male Ensemble performing with Rev. Luther Barnes & The Jubilaires



Part of the awesome Male Choir of First Mount Zion



Saxophonists at work



Rev. Luther Barnes



Sis. Pamela Sessoms delivering Tribute to Pastor & Family



Sis. Betty Good being escorted to the Sanctuary by Usher



Rev. Dr. Sandra James, Assistant Pastor and Program Facilitator



Sis. Clarice, Pastor Torian and his Mom enjoying the Worship Service



Bro. Neal Patterson in his own world!!

PASTOR AND FAMILY'S 26TH ANNIVERSARY CELEBRATION DRIVE-THRU



PASTOR APPRECIATION
TRAINER TEACHER
Thank You, Pastor
preacher encourager
leader example



LOVELY LADIES FELLOWSHIP

The Women's Ministry (WM) hosted a Lovely Ladies Fellowship on May 8, 2021 via Zoom, entitled "Embrace Who You Are" (Lovely Ladies Living Our Best Lives in 2021)! The purpose of the fellowship was to bring women and young ladies together to inspire and encourage us that God has created each of us for greatness just as we are, even before we were in our mother's womb. Over 100 participants joined us and everyone looked absolutely beautiful as we all honored the theme to wear a fashionable hair accessory and/or fashionable jewelry.

Deaconess Cynthia Brown, our Mistress of Ceremony (MC), led the morning with such love, encouragement and inspiration. Her joyful spirit and warm presence truly made us all feel welcomed. The WM Intercessory Prayer Team Lead, Terry Carey opened up the fellowship with a spirit-led prayer that filled the atmosphere with adoration for the Lord and for the women in attendance. We were so grateful to have young ladies' participation. Thank you, Justice Jones and Angela Johnson for reading the Scriptures. Thank you, Samantha Jackson, for taking time from your college schedule to read words of affirmation from the Bible of who God says we are. Dominique Johnson delivered a spoken word entitled "Phenomenal Young Woman". Her rendition of Maya Angelou's "Phenomenal Woman" was an inspiration as she made a profound statement emphasizing that the world isn't ready for young women that are strong and phenomenal.

Minister Tracy Fauntleroy delivered a powerful and inspirational message. She encouraged us that we should not try to fit in, but we ought to stand out and be who God has created us to be. Our DNA is anointed as we were an epic idea in God's mind! We need to live our lives aiming to please God and not people. If you are going to be great in this life, you have to be the CEO of your life (Create Excellent Opportunities). Let your fear fuel you, not stop you. What good is it for God to give us a gift that we never unwrap/use? Walk into who God has created you to be. You are fearfully and wonderfully made. Minister Fauntleroy is an amazing certified life coach and her desire is empowering, equipping, and encouraging everyone with whom she comes in contact. For additional information about her services or to purchase one of her books, visit her website. www.transformn2newyou.com

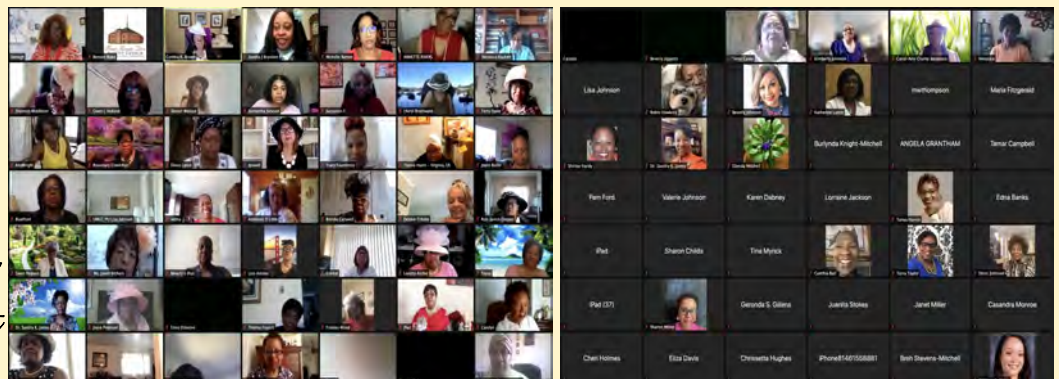
The morning continued with a reading by Lisa Johnson who highlighted the God-given attributes of women. Rev. Sharon Wallace boldly and confidently read Maya Angelou's poem, "Phenomenal Woman". We were reminded by Breh Stevens-Mitchell that God knows our name as she beautifully and compassionately sang this song of praise.

Rev. Dr. Sandra K. James also delivered a powerful and inspirational message. She encouraged us to recognize that we were created by God for good works. God's work is manifesting in us. We must keep our faith, stay in prayer, and weather the storm. Don't just fight the fight, but win the battles! When the Spirit of the Lord moves on you and in your heart, get up and dance. Dance, because God has been good to you even in the midst of hurt and pain. Dance, because you know God is going to work it out. Don't get stuck in the chapter. Have faith in the fact that in the end we win. Keep pressing forward. God is the Author/Master who is writing the story. He'll give you the strength to make it to the finish line. She ended her sermon singing "God is Doing a Great Work" by Brian Courtney Wilson. The preaching and singing truly gave God glory!

The WM had the pleasure of debuting Beverly Johnson's video to her new single entitled "Help Somebody". This inspirational song is available on the following digital media outlets: Pandora, Apple Music, iTunes, Spotify and Amazon music. The WM Co-Director, Gwen L. Holland provided closing remarks and thanked everyone who participated on the program, the WM members who worked the technology behind the scenes, and the Lovely Ladies Planning Committee. (Oonagh Bell, Michelle Barnes, Shannon Middleton, Sondra Brandon, Demetria Cobb, Betty Palmer, Annette Rivers, & Belinda Tisdale). Gwen encouraged us to be excited about the privilege that we are daughters of the one and only true and living God. We are all unique, gifted and lovely. We are queens that are fearfully and wonderfully made from birth to this moment here and beyond.

Thank you, Rev. Maxine Thompson for providing the benediction of covering over our lives. A special thank you to the Minister of the Christian Education Department, Rev. Dr. Tracey Dawkins Holley who always supports the vision and allows them to come to reality. This was an amazing event filled with words of encouragement, praise, and worship from beginning to end. To God be the glory!

Women's Ministry Director
Veronica D. Hackett



LEADERSHIP**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 May 7, 2021 Devotional below:

Prayer and Fasting Topic: *Leaning* into Prayer & Fasting (*The Sauce*)

Sub-topic: *Fasting 101. Part 2*

Source: YouVersion App (Prayer & Fasting: The Sauce)/ The Holy Word/Holy Spirit

Lesson/Discussion: Greetings Brothers and Sisters!! Last Month, we embarked on Spiritual Fasting as a part of the Prayer & Fasting "*Sauce*." Together, these two Spiritual Acts can work miracles in your life! So, let's explore 1 – 3 spiritual benefits of fasting:

Seven (7) Spiritual Benefits of Fasting:

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.

Spiritual Fasting Causes Us To Rely On God

Food is one of the basic needs of life. Physical hunger is not a pleasant experience. It can actually be a difficult trial to endure, but God's grace rises up in our lives during hard times. When we fast, it forces us to **seek God** and lean into Him for help and comfort. God meets us powerfully during times we are desperate for Him. Fasting shows God that our hunger for Him surpassed our hunger for anything else.

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water" (Psalm 63.1).

But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6.33 NIV).

Spiritual Fasting Helps Us Be Filled With The Fruit Of The Spirit

When we fast, we can become irritable and negative because our flesh is not happy. However, God calls us to bear the Fruit of the Spirit.

[Fasting forces us to bypass the emotions of our flesh](#) (which tend to be negative when hungry) and reach for divine emotions given to us through Jesus Christ. When we feel irritable, we can grow our capacity under stress and choose to show love, joy, peace, goodness, gentleness, and self-control instead.

Spiritual Fasting Opens Our Heart To Hearing God's Voice

When we fast, there is almost nothing distracting us from hearing God's voice. We have emptied ourselves of our most basic need so we can put our full attention on God. This is the best time to make those difficult choices in life. When we are at a crossroads and don't know which way to turn, fasting helps us to hear God's direction. As we walk in the Spirit, we won't be hung up by the desires of our flesh trying to hold us down and keep us off course. We will be able to hear more clearly from God when our spirit is stronger than our flesh. (*Listen to our devotional song below*).

So, I say, walk by the Spirit, and you will not gratify the desires of the flesh" (Galatians 5.16 NIV).

Supporting Scripture: Isaiah 58/1 Cor 6:13-20/1 Cor 7:5

Meditational Song(s): Yolanda Adams, Open My Heart:

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Happy Father's Day to all the fathers, grandfathers, uncles, brothers, and men at First Mount Zion Baptist Church! We honor you for living righteously and walking in integrity as you serve to nurture the lives of the children you and your loved ones have borne into this world or adopted. It takes a special man to be a father to the fatherless and a defender of widows -- and your sacrifices have not gone unseen. We recognize all those fathers who have been or are currently

serving in leadership roles and have impacted their children enough that they, too, are following in their footsteps in blessing others through their servant-leadership. You are loved. You are admired. May today bring you joy, and may God reward you one-hundred fold!!

Job Well Done!!!

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

THE POWER OF PEACE

Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27 (NKJV)

For the past 14 months we were forced to adjust our way of living due to the COVID-19 pandemic. This has been a true test of our faith. Learning how to properly wash your hands, respect each other's space, and wear a mask is a big adjustment for all of us.

As we read in the scripture, John 14:27, no matter what may be going on in the world today, we can still live in peace. The scripture is encouraging us not to let our hearts be troubled. We should not meditate on all the negative things in this world to the point that it steals our peace. If we have fear, worry, or anxiety about anything, recognize that those feelings are not from God because he promised to give you a spirit of power, love, and a sound mind. When you have the power of peace internally, you can think more clearly, hear the voice of God more easily, make better decisions, and your bodies will physically respond to peace.

I believe that one of the keys to maintaining the power of peace in your life is to take small steps toward peace every day. Here are a few tips for having a more peaceful lifestyle:

- ◆ Be selective with how you spend your time. You may be trying to do too many things and end up doing none of them well
- ◆ Hurrying is trying to do more than the Holy Spirit is leading you to do.
- ◆ Be led by the Spirit. Honestly, we are not really that capable of running our own lives. That is why Jesus sent the Holy Spirit to lead, guide and direct us.
- ◆ Ask God to show you how to think "out-of-the-box". Listen for the Holy Spirit.

If you can see that your plan is not producing peace, go back to God and pray for peace and wisdom to make changes that will benefit your life.

Reverend Marlene M. Johnson

Peace
Power



PRAYER TIME

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: Matthew 11:28-30 NKJV

[28] Come to Me, all you who labor and are heavy laden, and I will give you rest.

[29] Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

[30] For My yoke is easy and My burden is light."

Matthew 11:28-30 MSG

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Prayer:

Lord, we thank You that You are Jehovah Shalom, our peace. During these challenging times, more than ever, we need Your peace and we need rest for spirit, soul and body. You established the Sabbath as a day of rest, and to focus our heart and minds on You as we come together in corporate worship.

We tend to get so caught up in the busyness of life, that we don't slow down enough to give our body and soul the rest that is needed. May we learn to take our burdens to You and cast our cares on You so that we can find rest for our souls. Thank You Jesus that You called us to come to You when we are tired and weary and need rest for our spirit, soul and body. You promised to give rest for our souls and that Your yoke is easy and Your burden is light. May we always remember to take our burdens to You and LEAVE them there. In Jesus Name we pray and give thanks, Amen!

Noon Prayer Team
Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Reverend Maxine Thompson



WHAT ARE THE SENIOR MINISTRY MEMBERS OF FMZBC DOING?

When Covid-19 struck in early 2019, we were told that Senior Citizens were the most vulnerable group who would most likely contract the disease. The Seniors' Ministry members took this warning seriously and diligently followed the guidelines of the CDC, including eliminating unnecessary travel, faithfully wearing a mask, and social distancing whenever possible. Some Seniors limited visitors to their homes and stayed indoors as much as possible.

The downside of these precautions for Seniors is that it can lead to isolation, loneliness, forgetfulness and even dementia. Sis. Shirley Hardy knew many Seniors were embarking on projects to ensure that they not only exercised their bodies, but also their minds. A question was recently posed to the Seniors, **What Are You Doing?** This was an effort to discover how Seniors are spending their time.

Here are some of the responses:

"I'm so proud of myself, I learned to Zoom," now we have monthly family Zoom meetings and I get to see the grandkids."

"I started watching the old black/white television shows. I love Perry Mason, Andy Griffith, Rawhide, and Leave it to Beaver, to name a few. They remind me of the Good Old Days".

"I decided to pick a friend from those who sent me Christmas cards, and write them a letter. So far I have picked one friend a month."

"I have increased my exercises and follow through everyday. I'm so proud of me."

"I have been exercising with Leslie Sansone videos, "Walk Away the Pounds."

"I have been caring for my mom and dad".

Sis. Lynell Manning has been making masks for family and friends.

Sis. Marie Brown and Edith Hughes, love spending time in their gardens.

Deaconess Doris Sessoms has worked so many crossword puzzles, she must challenge herself to find new ones.

Sis. Joyce Peterson has been writing original poems.

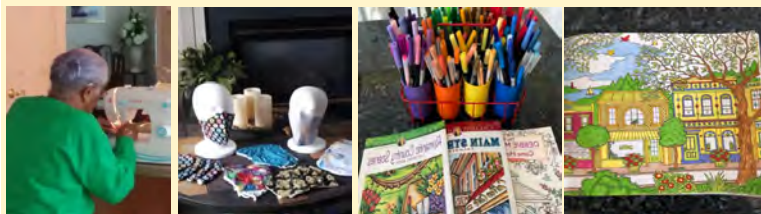
Deacon Emeritus, Camillius Sessoms wrote a book, *My Story*.

Bro. Jessie Pannell wrote a book, *Water the Flowers because You Care: Finally, It's Not About Me*. Available on Amazon and Barnes & Noble.

Sis. Shirley Hardy has been teaching college classes online.

When Covid-19 struck, Sister Frances Johnson dusted off her sewing machine and began making face masks. To date she has made approximately 60 face masks which she has sent to family and friends. She also had some of her masks placed in a local beauty shop to be given to senior citizens. Sister Frances is 94 years old and the mother of Sis. Gwen Hopson.

During the Covid -19 winter, when we only went out for groceries and medicine, I relaxed in my quiet space with my adult coloring books. I let my imagination take me to places filled with fun and color. – Sis. Gwen Hopson



As you can see, Our Senior Ministry members are conscientious, active and are safely navigating the challenges of the Covid-19 pandemic. We are awaiting the day we can safely fellowship again, in person.

Submitted by:
Sister Shirley Hardy
Seniors' Ministry Leader

THE "MOUNT RUSHMORE" OF FIRST MOUNT ZION BAPTIST CHURCH (AS PRESENTED BY DEACON CHAIR, DEACON KEITH HOLMES)

The original Mount Rushmore was created to commemorate America's first 150 years as a free country. The four presidents were chosen to commemorate, the founding, growth, preservation, and development to the United States of America.



First Mount Zion's Mount Rushmore was inspired by God to commemorate the 150 plus years of First Mount Zion Baptist Church in its effort to remind God's people of their freedom from sin. The Pastors chosen commemorate the later years of the Church's founding, growth, preservation, and development., of which Rev. Dr. Luke E. Torian has been an integral part.

Deaconess Ministry



Father's Day gives us all an opportunity to say thanks to all the dads, step-dads, granddads, uncles, brothers, cousins, mentors, and friends that have taken an active stand in caring for the children of this world that God has given us.

A special thanks to the men of First Mount Zion Baptist Church!

The Deaconess Ministry takes the time this month to recognize your best attributes that inspire the children of God. We salute you for your daily efforts and lift you up to receive the countless blessings God has for you! This modern-day poem is scripture-inferred in describing your attributes. Please enjoy!

To all the Fathers who...

Stepped up, plugged in, held on, forged ahead, committed to,
learned how, embraced all, encountered much, battled through,
held tight, loved soft, never quit, backed off, braved courage,
let loose, faced fears, prayed for, tightened up, loosened reigns,
remembered when, helped often, inspired much, dreamed big,
stayed true, taught morals, found strength, said yes, said no,
valued life, reasoned well, gave in, made time, had fun,
helped out, played fair, took care, provided plenty, let go,
stood up, swallowed pride, changed paths, took risks, dug deep,
went easy, led forward, pushed forward, fought for, carried
burdens, kept going, never quit, shed tears, forgave often, found
pride, shined light, suffered pain, made dates, had faith, showed
respect, wrote notes, held hands, kept us safe, laughed loud, lost
sleep, slowed down, tackled chores, tried hard, let us win, chose
right, opened up, got involved, gave your all, showed mercy,
gave grace...

We commend you!

We pray for you every day!

We love you!

We thank God for all the Fathers!

-- Author Unknown

Happy Father's Day and may you continue to receive God's blessings.

*Humbly Submitted,
Deaconess Lynell Manning
Secretary, Deaconess Ministry*

TWO SUPER DYNAMIC WOMEN OF GOD

The Seniors' Ministry would like to pay tribute to two remarkable Women of God who find unbelievable ways to make living during a pandemic bearable. We are truly blessed to have two leaders who not only care about our Ministry, but who also put serious and calculated thought into what they are presenting, every time we meet. Our ZOOM meetings are truly refreshing! Rarely do we know what is actually going to happen during these meetings, but the seniors do not worry about that because the two troopers always come through with fun, interesting and exciting things for us to do.



When we reflect on the journey that these ladies have traveled, we can only thank God for His mercy and His grace. We think of Mary, who took on the mantle, without hesitation or reservation after Sister Jeanette Jones resigned, bringing this Ministry to another level. Despite her own medical challenges over the years, Sister Mary never stopped sharing her words of encouragement. When Sister Mary needed to rest and take care of her own health, Sister Shirley took the reins and we did not miss a beat. Sister Shirley's leadership allowed Sister Mary to take the time she needed to recuperate and take care of herself. Sister Mary has returned to us renewed, revived, and refreshed. To GOD be the glory!

These two ladies work together to plan activities for this Ministry. Whatever information is shared with these Sisters pertaining to seniors, we can be assured that they will keep us informed: from elections, to getting vaccinations for COVID, to drive-thru birthday celebrations for each other, to DMV registrations at the Church, and the list goes on. We do not lack for current information. They challenge us to step out of the box and do things we probably would never do. One such activity we were tasked with was to reach out to the person whose name was paired with ours, on a list prepared and forwarded by Sister Shirley. We were given a list of questions to ask so that we could learn more about each other. That was a very rewarding exercise as several people who had never even conversed with each other found out they had so much in common. Some came from the same area, went to the same schools, and had the same birth month. All kinds of new information was shared. This activity has solidified the group even the more! We thank God for Sister Mary and Sister Shirley! Although we are not together physically, they use every means possible to keep us connected spiritually and virtually, and **WE ARE STRONGER TOGETHER!** We pray God's continual blessings over the lives of these phenomenal women and their families, and pray that HE will enlarge their territories and give them long life to continue the work He has begun in them! **WE LOVE YOU, LADIES!**

The Seniors' Ministry

FITNESS-IN-PLACE

CORE BRACING: ESTABLISH STABILITY!

Developing core strength is essential for everyday health and well-being, as a strong core protects the spine, reduces back pain, enhances movement patterns, and improves balance, stability and posture.

Core bracing teaches you how to stabilize your core. Stand tall with your feet hip-distance apart and your arms by your sides with palms facing forward. Contract the abdominal muscles for 10 seconds and continue to breathe deeply. You can progress this exercise by bracing the core and slowly lifting a leg in front of the body, alternate legs. The goal is to brace the core so that you are only moving the hip joint. You do not want to compensate with the torso or swing the leg with momentum. The slower the movement, the deeper you will brace the core.

Challenge: When working at a desk, set an alarm every 2 hours and do six sets of core bracing, 10 seconds each (when lifting a leg, do three sets on each leg). Only takes one minute!

Sister Lori Valkenburg
Fitness Director



The Pastor's Aide Ministry would like to thank the entire **First Mount Zion Baptist Church Family** collectively, and each and every one of you separately, for your support of this wonderful celebration to honor the Gifts which God has given to us, our Pastor and his lovely wife and family, Dr. Luke E. Torian, Mrs. Clarice Torian and Ms. Constance Torian. It is truly a blessing to have members, family and friends who recognize the Gifts that we have here and are willing to join us to honor them on such an auspicious occasion. Thank you for your fellowship, your faithfulness, and your expressions of love to our esteemed leader and his family. We pray that God will bless you beyond measure for what you have done through this Anniversary Celebration to bless them.

We would also like to thank our special guest, **Rev. Luther Barnes and the Sunset Jubilaires**, for traveling north to express your friendship, love and appreciation for our Pastor and his family.

Special thanks to the **Prayer Ambassadors** who spear-headed the Anniversary by covering our Pastor and his family in prayer; **Leadership** (Trustee Simpson, Deacon Chair Holmes, Deaconess Chair Brown), the entire **Facilities Team** (led by Bro. Ernest Robbins, Bro. Walter Holmes, Bro. Ernest Holmes, Bro. Antonio Howard and Bro. Gregory Took); the **Music Ministry** and **Audio Visual/Media Ministry** (Bro. Sylstea Sledge and Bro. Tommy Johnson and their Teams); the **Photography Ministry** (Bro. Benson Blake and his Team); the **Grain of Heaven** (Sis. Sherise Campbell); to our top-shelf **Administrative Department** (Sis. Renee Woolfolk, Sis. Sylvia Moore, Sis. Sherry Hilliard and Sis. Donna Scruggs), and to our faithful **Security and Parking Ministries**: You all have worked tirelessly to make this occasion an exceptional one and we thank you for your support, your diligence and your determination. And, to our unstoppable **Anniversary Committee**, who were unyielding in their desire to help us accomplish all that God had placed before us, and their determination to use the gifts that God had given them to do His bidding, the words "Thank You" pale in comparison to all that you have done, but THANK YOU! And, to all those who in any way, either in front of, or behind the scenes, helped to make this celebration such an incredible success, may God bless you all for your tremendous efforts so the world can be a witness to it! **WE THANK GOD FOR ALL OF YOU!**

Last, but not least, Rev. Dr. Sandra K. James, you made what seemed impossible, possible. You know how sensitive our Pastor is in some areas, and you were the buffer for us to make some things that we wanted to accomplish, happen. You are an exceptional Woman of God and we thank you for your support and your guidance. **THANK YOU** for loving our Pastor.

First Mount Zion Baptist Church, as we said last year, we have seen too many victories to let defeat have the last word, and we were determined, despite the ongoing pandemic, to do God's Will in showing genuine love and support to our Pastor and First Family. **WE DID JUST THAT!!! TO GOD BE THE GLORY for all that HE has done! WE ARE, INDEED, STRONGER TOGETHER!!!**

We love you all!!!

Pastor's Aide Ministry
Sis. Oonagh Bell, Chair
Sis. Winiford Harvey, Vice-Chair







CYEP is committed to leveling the playing field for the underserved.



FATHERS IN TECH

A 12 week comprehensive program that increases the quality of a father's interaction with his children and prepares dads with the skills to be leaders in a knowledge/skill economy.



PROJECT SUCCESS

A unique teen pregnancy prevention and HIV/AIDS risk reduction program that promotes positive youth development.



SAFE DATES

Campaign against adolescent dating abuse and domestic violence in Fairfax County.

The Capital Youth Empowerment Program (CYEP) was founded in 2008 by Erick and Isaac King. CYEP is a 501(c) 3 non-profit organization that seeks to improve the well-being of children by increasing the proportion of children who grow up with involved, responsible, and committed fathers.

CYEP is a unifying force in the National Capital region, one that connects industries to disenfranchised families and fathers to the needs of the community. Our work teaches skills and equips the underserved with the tools and empowerment needed to strengthen lives and change communities.

In January 2009, CYEP established a partnership with the Alexandria Juvenile Courts with the help of Mayor William Euille to provide free services to the citizens of Alexandria, VA. The first Fathers in Touch (FIT) class was held in February 2009 in Alexandria, VA.

In 2010, CYEP expanded the FIT program to serve fathers in Fairfax County, VA, and launched Project Success to promote positive youth development, prevent teen pregnancy and educate youth on the negative effects of sexually transmitted infections.

Project Success expanded its services through a partnership with the Alexandria Campaign Against Teen Pregnancy. In 2013, CYEP collaborated with the city of Alexandria for the federal Personal Responsibility Education Program grant. This grant allowed CYEP to provide services to The Less Secure Shelter (Shelter Care), Northern Virginia Juvenile Detention Center, The City of Alexandria Community Recreation Centers (Cora Kelly & Charles Houston Centers), Boys and Girls Club of Alexandria, Alexandria Court Service Unit, TC Williams High School and Community Lodgings Inc.



WELCOME OUR NEW STAFF

Capital Youth Empowerment Program
www.cyep.org

(From left to right)
Everette Mitchell, Operations Manager
Isaac King, Chief Financial Officer
Karla Alfaro, Data Analyst
Erick King, Executive Director
Jennifer Brown, Proposal Manager / Career Coach
Reggie Morris, Workforce Director / Career Coach
Tommy Amal, Development Director / Career Coach

CYEP has received numerous awards for community involvement: NAACP Community Service Award (City of Alexandria & Fairfax County chapters), NVULYPN Next Generation of Leaders, SCAN: Allies in Prevention, and the White House Champion of Change Award to name a few.

Through the generous contributions of local civic organizations, corporate support, individual donors, and a grant from The Stafford Foundation, CYEP has been able to grow its capacity and services provided to families. To learn more, go to: www.cyep.org

Just a reminder that during the months of July and August Ministries will be taking a break!!

GIVE YOURSELF A BREAK

The Reinstallation of our Steeple

After several months of being “steeple-less”, First Mount Zion Baptist Church is once again a shining beacon for those who travel the 234 corridor on their way to somewhere...“the little white church by the side of the road”, reaching out with love to all mankind. She has taken her rightful place, once again, extending her arms while her steeple shines brightly so that all those who need a place to worship and to feel accepted can see it and will want to be a part of this Body of Believers. To GOD be the glory for ALL that HE has done, and the Lord continues to do great things. . . right here at First Mount Zion.

PREPARING TO TAKE DOWN THE STEEPLE



PREPARING TO REINSTALL THE STEEPLE





TOPIC:

HOW ARE YOU?

DATE: JUNE 4, 2021

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

JOIN ZOOM MEETING

<https://us05web.zoom.us/j/82348213732?pwd=TU1sOHdGT2h6S25OMTVBZaEw1Qiq3UT09>

Meeting ID: 823 4821 3732
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 JUNE 26, 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/meeting/register/tjwrfu-upjsh9vmx4ebfk3d3slw19yjjaf4>

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

LinkedIn: <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!