



July 4, 2021
Volume 17 • Issue 7

A MINISTRY EXHIBITING A SPIRIT OF EXCELLENCE!

2021 Theme: *We're Stronger Together*
—Ecclesiastes 4:9

Message from the Pastor



COUNT IT ALL JOY!

James 1:2-4 says...²"My brethren, count it all joy when you fall into various trials, ³knowing that the testing of your faith produces patience. ⁴But let patience have its perfect work, that you may be perfect and complete, lacking nothing." (NKJV)

As I reflect on the last 16 months since we gathered corporately as worshippers, the words of the Apostle James come to mind. Counting it all joy means to look beyond our circumstances and know that God has not forgotten you.

We have weathered many heartaches but have also experienced many victories. We have experienced many tragedies, but we have also rejoiced in triumph. God has been good to us, and we should count it all joy.

Congratulations to all the graduates, our children, and all who completed this academic school year under unusual circumstances. Count it all joy!

For living through the worst as we know it of a global pandemic. Count it all joy!

For the precious memories of loved ones who have transitioned to glory! Count it all joy!

For the advancements in medicine and the giftedness of those who have cared for so many sick and dying. For vaccines to help us fight and live through a pandemic. Count it all joy!

For those who continue the fight for equality and justice! Count it all joy.

For gathering corporately on July 4, 2021, for worship, after 16 months. I look forward to seeing each of you. Count it all joy!

As I thank God for you and your faithfulness to this Ministry...I count it all joy!

For the constant reminder as we continue to live out our Church theme for this year..."We Are Stronger Together!" Count it all Joy!

May God continue to bless you,

Pastor Luke E. Torian

WHAT'S INSIDE

Message from the Pastor	1
Message to the Youth	2
REVIVAL	2
Juneteenth	3
Proverbs Place	3
Deaconess Ministry	4
Encouragement for the Soul	4
Women's Ministry Joint Fellowship	5
Leadership Chaplain's Corner	6
Noonday Prayer	7
Share Ministry	8
Fitness-in-Place	8
Academic Education Ministry	9
Organizations Supported by FMZBC	10-11
Graduating Classes of 2021	12-15
SHARE Registration	16



Student Athletes (page 7)



Rev. John McNeill, Jr.

MESSAGE TO OUR YOUTH



PAUL'S LETTER TO YOUTH

The Apostle Paul wrote most of what we know as the New Testament in the form of letters. A couple of Paul's letters stand out. They were written to his young protégé, Timothy, to encourage, to support and to guide him during early days of his ministry. Timothy had a faithful household that included his grandmother Lois and his mother Eunice.

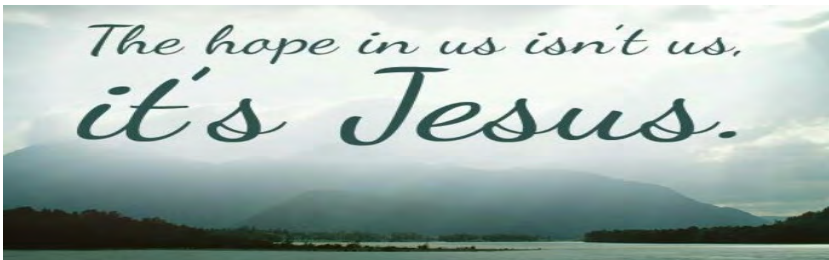
1 Timothy 1:1-2 begins, "Paul, an apostle of Christ Jesus by command of God our Savior and of Christ Jesus our hope, To Timothy, my true child in faith: Grace, mercy and peace from God the Father and Christ Jesus our Lord." Imagine for a moment Paul wrote just this portion of this letter to you. Read it again but replace Timothy with your name. What meaning would it have in your life?

Paul sent his letter with the highest authority and power possible, God through Jesus Christ. It was God's will for Paul to offer a Word to settle, affirm and direct his "true child in faith" through whatever he may face.

Grace, mercy and peace was his great need. Children of God, grace is the help given to us by God. Spiritual gifts. Unmerited favor. Sometimes we deserve discipline for our sins or wrong-doing but God allows us to restore our alignment. Take some time to discover and appreciate how God helps you. Mercy is slightly different than grace. Mercy focuses on the compassion and forgiveness. God loves you and desires for you to walk with Him through your suffering. Lastly, peace is an indispensable value. Peace, as in the Bible, meant a wholeness and content that comes from a fellowship with God. Read the following passage aloud, insert your name and meditate on this:

Paul, an apostle of Christ Jesus, by command of God our Savior and of Christ Jesus our hope, _____, my true child in faith: Grace, mercy and peace from God the Father and Christ Jesus our Lord.

Reverend John C. McNeill, Jr.
Youth Minister



Let the REVIVAL start in
YOU!!!



**TUESDAY, AUGUST 3, 2021
THROUGH
THURSDAY, AUGUST 5, 2021
REVIVALIST**

Rev. Dr. Gregory M. Howard
Senior Pastor
Union Branch Baptist Church
Chesterfield, Virginia

JUNETEENTH

Juneteenth (officially Juneteenth National Independence Day and historically known as Jubilee Day, Black Independence Day, and Emancipation Day) is a federal holiday in the United States commemorating emancipation of enslaved African Americans. It is also often observed for celebrating African American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19 in various parts of the United States since 1866. The day was recognized as a federal holiday on June 17, 2021, when President Joe Biden signed the Juneteenth National Independence Day Act into law. Juneteenth's commemoration is on the anniversary date of the June 19, 1865, announcement of General Order No. 3 by Union Army general Gordon Granger, proclaiming freedom for enslaved people in Texas.

President Abraham Lincoln's Emancipation Proclamation of 1862 had officially outlawed slavery in Texas and the other states that had rebelled against the Union almost two and a half years earlier. Enforcement of the Proclamation generally relied on the advance of Union troops. Texas, as the most remote of the slave states, had seen an expansion of slavery and had a low presence of Union troops as the American Civil War ended; thus, enforcement there had been slow and inconsistent prior to Granger's announcement. Although the Emancipation Proclamation declared an end to slavery in the Confederate States, slavery was still legal and practiced in two Union border states – Delaware and Kentucky – until December 6, 1865, when ratification of the Thirteenth Amendment to the Constitution abolished chattel slavery nationwide. Additionally, Indian Territories that had sided with the Confederacy, namely the Choctaw, were the last to release those enslaved, in 1866.



Celebrations date to 1866, at first involving church-centered community gatherings in Texas. It spread across the South and became more commercialized in the 1920s and 1930s, often centering on a food festival. Participants in the Great Migration out of the South carried their celebrations to other parts of the country. During the Civil Rights Movement of the 1960s, these celebrations were eclipsed by the nonviolent determination to achieve civil rights, but grew in popularity again in the 1970s with a focus on African-American freedom and African-American arts. As of 2021, South Dakota is the only state that does not recognize Juneteenth, according to the Congressional Research Service; North Dakota approved recognition of Juneteenth on April 13, 2021, with Hawaii becoming the 49th state to recognize the holiday on June 16, 2021.

Modern observance is primarily in local celebrations. Traditions include public readings of the Emancipation Proclamation, singing traditional songs such as "Swing Low, Sweet Chariot" and "Lift Every Voice and Sing", and reading of works by noted African-American writers, such as Ralph Ellison and Maya Angelou. Celebrations include rodeos, street fairs, cookouts, family reunions, park parties, historical reenactments, and Miss Juneteenth contests. Juneteenth is also celebrated by the Mascogos, descendants of Black Seminoles who escaped from slavery in 1852 and settled in Coahuila, Mexico. Juneteenth is the first new federal holiday since Martin Luther King Jr. Day was declared a holiday in 1986.

Submitted by
Rev. Dr. Sandra K. James



Proverbs Place
Child Care & Learning Center

**PROVERBS PLACE
WILL BE RE-OPENING
FOR THE 2021-2022
SCHOOL YEAR**



Registration Dates

Existing family registration has begun

New family registration
will begin on July 5, 2021

Register online at proverbsplace.net

Any further questions? Please call
William Williams at (703) 672-0571

Tithes & Offerings
GIVING BACK
TO GOD

Give
IT WILL BE
Given
TO YOU
LUKE 6:38

We encourage you to continue giving and practicing good stewardship by going to www.fmzbc.com and click on ONLINE GIVING, at any time, or access it using this link: <http://bit.ly/FMZ-Online-Giving> or by mail to: FMZBC, 16622 Dumfries Road, Dumfries, VA 22025. You can also schedule a time with your Zone Leader for pickup from your home.



Deaconess Ministry



Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

CELEBRATING OUR FREEDOM IN CHRIST

On this 4th of July, we look forward to long-awaited reunions with family and friends to celebrate Our Nation's declaration of independence from British colonialism over 245 years ago! Each year, we commemorate this holiday remembering the gift of freedom by men and women who sacrificed their lives on historical battlefields for the sake of the life, liberty and the pursuit of happiness.

While we enjoy the holiday festivities, it is important to remember that our freedom goes beyond a national independence day. As Christians, our true freedom resides in our confession and belief in Jesus Christ as our personal Lord and Savior. Just as the heroes on the battlefield fought bled and died for our national freedom, Jesus, in His love for us, hung, bled and died on Calvary's Cross to make atonement for our sins and set us free to live full lives and fulfilled dreams.

Jesus said in John 8:36 that "*if the Son sets you free, you will be free indeed.*" We are free from the bondage of sin (Romans 6:18), the penalty of sin (Romans 8:2) and the guilt and shame of sin (Romans 6:14) through God's gifts of love, grace and forgiveness. When we are free from these things, we can live freely in love, joy, peace and enjoy our lives the way He wants us to. We are free to live in a close and holy relationship with Our Heavenly Father where we can be ourselves as we grow spiritually in Christ. We are free to serve in His love and help others who are in need.

So as we enjoy the bounty of food prepared at family cookouts or restaurants and enjoy the parades honoring Independence Day, remember that Christ was sent to bring good news and proclaim liberty (Isaiah 61:1). The gift of true freedom given to us by God through His Son to live our lives in service to Him filled with peace, love, acceptance of ourselves and others.

Submitted by Deaconess Vietta Williams



THE BEATITUDES -- MATTHEW 5:1-12

To people whose lives have been focused on careers, on social standing, or on stock portfolios, the question is: Are we really happy now? Have worldly values brought true satisfaction? Or have we been left wondering where we can find a deeper level of satisfaction? The timeless teachings of Jesus show us eternal values. His Beatitudes may go against the current of modern society, but they are nonetheless true. Real happiness is found in spiritual blessedness.

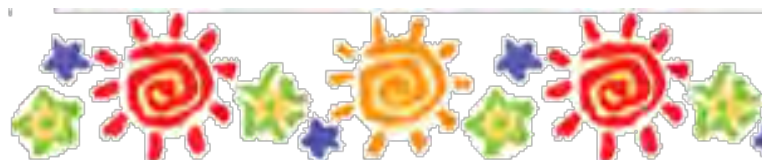
The Beatitudes represent a shifting of priorities. They teach us to stop putting ourselves first. In the process of learning to live out these values, we will make an important discovery: We find lasting happiness only when we stop trying to please ourselves and start trying to please God. We find the blessed life only when we embrace God's values instead of our own.

If we are not competitive and aggressive, how can we get ahead? If we cannot take the practical course, and make the expedient choice, we're asking for trouble! Jesus' sermon calls men and women to abandon this whole approach to life and to walk out of step with society.

In shifting attention from behavior to values and motives, Jesus sets righteousness even farther from us than it was before! We may have been relatively successful in controlling our behavior. But what about our desires? Our thought lives? Our emotions and feelings toward others? If righteousness in the kingdom means purity in the inner man/women, each of us is helpless!

We are in a relationship with God in which He acts for us. When we grasp this, when we open our lives to Jesus' royal control, He will break into the pattern of our daily lives and into the very heart of our character. Owning Jesus as King, we turn our fears over to Him and seek to rebuild our lives on that which He finds valuable. So, let Jesus Christ be Lord and Savior of our Lives.

*Submitted by
Rev. William Fellers*





The Women's Ministry (WM) hosted a Joint Fellowship for women and men on June 26, 2021, via zoom entitled "Queens of the Castle and Kings of the Palace." The purpose of this fellowship was to recognize that we are daughters and sons of God, and He has proclaimed/chosen us as His royal children. As our royal Father, He knows everything we have been through and what we are going through today. He declares that He will bring us out of the darkness into His marvelous light and we will be stronger because of Him. No matter what is happening in the world around us, we can take refuge in the unchanging truth of God's word. Over 104 participants joined us, with the ladies looking gorgeous and the men looking debonair as we honored the theme to wear fashionable Queen and King attire.

WM Greeter Lead Vejay Jones started the morning with a loving and warm welcome. Men's Ministry Director, Edward Jones, and WM Photography Lead, Cricket Miller-Roy, provided us with heartfelt scripture readings of God's word, and a spirit-filled opening prayer was given by WM Intercessory Prayer Team Co-Lead, Annette Rivers. This set the tone for God to move within our fellowship and rain blessings of peace, comfort, and love upon everyone in attendance. The fellowship continued with heartfelt words of encouragement from our WM Director Veronica D. Hackett, which was read zealously by WM Administration Co-Lead, Michelle Barnes. Inspirational readings were shared by WM Greeter, Stephanie Jarrett, and Men's Ministry Co-Lead, Stephen Seaberry, that reminded everyone that, "God thought enough of us to create us in His image. We are the daughters, sons and masterpieces of God and as Queens and Kings when we kneel down to God He stands up for us!"

We were ministered to with a beautifully anointed praise and worship song by Jonathan Randall entitled "Hold on to God's Unchanging Hands." This song reminded us that God never changes and all we must do is just hold on to Him. God placed a song on the anointed heart of Rev. Tarra Taylor, entitled "Royalty." This lovely rendered song illuminated our theme that we are Queens and Kings mirrored by the best reflection of God. Amen to that! God is an awesome God!



Thank you, WM Book Club Lead and Co-Lead, Robin Hawkins and Lisa Johnson, for your passionate introductions of our two guest speakers, Rev. Maxine Thompson and our own Pastor, Rev. Dr. Luke E. Torian.

Rev. Maxine Thompson delivered an inspirational and powerful message. She reminded us that we are a chosen generation of royalty whom by His mercy have been called out of the darkness into God's marvelous light. Rev. Thompson spoke of the numerous Queens in the Bible such as Queen Esther and Queen Sheba, and how they set the precedence for us to flourish as Queens. After all, we are the daughters of our Father God! Ladies, place Queen in front of your name, as you too are Royalty!

Rev. Dr. Luke E Torian also delivered an inspirational and powerful message. Pastor reminded us that at one time we were in darkness, but now we walk in the light, bearing the fruit of goodness, righteousness, truth, joy, peace and love. He challenged the men, as Kings of their families/homes, to put forth the effort daily to seek and learn what is pleasing to the Lord, and to always show the kindness of God to others. As Kings you should depend on God to guide you and have faith that God will provide.

As the WM Co-Director, I provided opening and closing remarks which included many thanks to everyone who participated on the program, to include the WM members who worked the technology behind the scenes (Oonagh Bell, Michelle Barnes, Shannon Middleton, and Rev. Tarra Taylor). As daughters and sons of our King, I know we have witnessed His mercies. I believe we are all more determined to live the principles of the gospel of Jesus Christ knowing that He will bring us out of darkness into His marvelous light and we will be stronger because of Him! Praise God!!

Thank you, Rev. Maxine Thompson for providing the benediction of covering over our lives. A special thank you to our Minister of Christian Education, Rev. Dr. Tracey Dawkins Holley, who always supports the vision and allows it to come to fruition. This was an awesome event filled with words of encouragement, inspirational messages, and marvelous praise and worship from beginning to end. Glory be to God our Heavenly Father! Let us give Him all the praise and honor!!

*Women's Ministry Co-Director,
Gwen L. Holland*





July 4, 2021

Volume 17, Issue 7

LEADERSHIP THE CHAPLAIN'S CORNER



Every first Friday of the month, your FMZ Trustees, Deaconess and Deacon Leadership Teams, pray and fast over a chosen topic. Sharing nuggets from the June 4, 2021 Devotional below:

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

Sub-topic: *Fasting 101.*

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

8. Lesson/Discussion: Greetings Brothers and Sisters!! Last Month, we embarked on 1 – 3 of seven Fasting benefits of the Prayer & Fasting “Sauce.” (June Issue). Together, these two Spiritual Acts can work miracles in your life! So, let us conclude by exploring 4 - 7 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 RENEWS OUR APPRECIATION FOR GOD AND HIS BLESSINGS

We tend to forget how blessed we are. What once used to satisfy us now is not enough. More food, more clothes, more television, more trips. Whatever it is, we can forget how much God has given us, and our unquenchable desires become stronger than our love for God. When we take God's blessings for granted, we take Him for granted. But God wants our hearts to be turned toward Him. He wants us to appreciate all that He has done in our lives. When we fast, we force our hearts to turn to God and our appreciation for God's presence in our lives will grow.

That is why the Lord says, ‘Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning’ (Joel 2.12 NLT).

SPIRITUAL FASTING GIVES POWER TO OUR PRAYERS

Jesus said there are some breakthroughs that are only gotten through prayer and fasting. If we have been facing the same unanswered prayer for a long time, it may be time to fast. The prayer that is powered by both faith and fasting can be the very thing that unleashes God's promises in our lives. There are some spirits, like the spirit of lack and the spirit of chaos, waging war on our promises, and we must fast for added power to defeat them.

Afterward, when Jesus was alone in the house with his disciples, they asked him, ‘Why couldn't we cast out that evil spirit?’ Jesus replied, ‘This kind can be cast out only by prayer & fasting’ (Mark 9.28-29 NLT).

SPIRITUAL FASTING CREATES AN ENVIRONMENT FOR MIRACLES

Fasting forces the flesh to go under the authority of God's Spirit in us. When we are effectively fasting, we are letting God have all the room. His Spirit becomes powerful and mighty in our words and actions. This is the perfect atmosphere for heaven to touch the earth and transform our circumstances of lack, chaos, and fear into God's ordained circumstances of supply, peace, and faith. However, **we must ensure that our fast is done for heavenly rewards, not earthly rewards.** God blesses us when we keep our fast secret unless our testimony of fasting is used to edify others.

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6-16 -18 NIV)

SPIRITUAL FASTING HELPS US TO CONSUME GOD'S WORD

We are both flesh and spirit. Many times, we keep our flesh well-fed, as our spirit wastes away. When we fast food from our bodies, we open the way for our spirit to consume God's Word like never before. Our starved spirit feasts on God's Word, supplying itself with much-needed sustenance and nutrients it desperately needs. Whenever we take something out of our life, we must fill it with something else. When we take food out, we fill it with the Bible. As we read the Bible, the reigning Spirit of God within us will teach, grow, and transform us and the world around us.

But he said to them, ‘I have food to eat that you know nothing about’ (John 4.32 NIV).

Jesus answered, It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God’ (Matthew 4.4 NIV).

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

10. Meditational Song(s): As we conclude our Praying & Fasting “The Sauce” Devotional, we offer this song, as a proclamation to do “whatever means necessary” to commune with, and lift up God, the Father; God the Son; and God Holy Spirit!!

*Deacon Ronald Cooper
on behalf of
FMZ Leadership Chaplains*



Strong, Fast, and Steady

Congratulations to our Zone M2 student-athletes and their team mates for their athletic achievements in the outdoor regional track and field events. On June 10, Naomi Woolfolk (Hilton HS) qualified to compete in the State women's shot-put competition. On June 10, Paige Woolfolk (Hylton HS) was part of the 4x100 meter team and they won the regional competition to advance to the state level. Lena Gooden (Osborn Park HS) was on fire and had a record breaking day! Lena won all four regional events she competed in (Long Jump, 100 meter, 200 meter, and 400 meter) CONGRATULATIONS to all the M2 student-athletes and their team mates!



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:

John 4:23-24 NKJV

[23] But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. [24] God is Spirit, and those who worship Him must worship in spirit and truth."

John 4:23-24 MSG

"It's who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That's the kind of people the Father is out looking for: those who are simply and honestly themselves before him in their worship. God is sheer being itself-Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in adoration."

Prayer:

Lord, we come to You today, not asking for anything, but to say thank You for Your many blessings and to worship You just because of Who You are! Thank You that Great is Your Faithfulness and Your mercies are made new every day! You are a holy, righteous, almighty, just, merciful, gracious, all-knowing (omniscient), all-powerful (omnipotent), present everywhere (omnipresent) God. You are El Shaddai (all sufficient), Jehovah Rapha (our Healer) and Jehovah Jireh (Our Provider), Jehovah Shalom (our peace), and Jehovah Nissi (our Banner of Love).

Thank You for the ultimate sacrifice of Your Son and our Lord and Savior Jesus Christ who paid the penalty for our sin and redeemed us back to You. If You never do anything else for us, You have already done enough!

In Jesus Name we pray and give thanks. Amen"

Worship Song: Because of Who You Are - <https://youtu.be/dDS2PblBg20>

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.**

Feel free to share your praise reports and prayer requests.

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



The Special Summer Share distribution resulted in several letters and notes from the community expressing appreciation and gratitude. Our benevolence and service to our community has been vitally important. One of the organizations, St. Margaret's, houses a maximum of 12 families in Woodbridge. The staff mentioned that very few organizations provide spring food distribution. The SHARE supported these families as they transition to more permanent homes. Thank you to all who serve the SHARE Ministry!

The St. Margaret of Cortona Transitional and Maternity Housing Programs now support two program tracks helping single mothers in exceptionally difficult circumstances. They assist mothers with children who may be transitioning from homeless and domestic violence shelters to independent living, and also assist women pregnant with their first child or pregnant moms who already have other children and find themselves at significant risk in their current living situations.

St. Margaret serves single mothers with wrap-around support to help them re-establish stability and independence. Participating families are provided with housing and personalized assistance while residing in the program.



To whom much is given,
much will be required.

luke 12:48

Submitted by
Deacon Andre Robinson

FITNESS-IN-PLACE

RETHINK FITNESS? MAKE EXERCISE A FUN HABIT?

Do you feel sluggish when you've been sitting for a long period of time? How do you feel when you get out of your car? Are everyday activities a struggle to perform? Start moving more and improve how you feel, improve your day to day functions in life and improve your confidence in your body.

Begin by reshaping your fitness goals, not every workout needs to be on a treadmill or in a gym.

Choose activities that you enjoy, which will make it much easier to stick to moving on a daily basis.

Challenge: Get your family involved by going on a hike/walk at a local park or around the neighborhood. Dance with your grandkids, play a game of tennis with a friend, rent a kayak at Occoquan Regional Park or go to a golf driving range. Find a way to make exercise fun so that you can incorporate a new routine for your daily life.

Focus on process goals, not product goals. A process goal is something you do to achieve the product goal. For example, "I will play tennis three times per week," is my process goal and my product goal is to lose 10 pounds. However, you can't mandate that your body lose 10 pounds, but you can control the action steps you take to get there. Process goals are behavioral objectives. By focusing on these behavioral objectives rather than the outcome, you become empowered to take action toward healthy behavior change.

Submitted by Sister Lori Valkenburg
JMZBC Fitness Director

To all those celebrating in July!





Academic Education Ministry and Bell Family Award Scholarships during "Blessing and Launch"



On Sunday, June 27, 2021, First Mount Zion was blessed with a special worship service for our high school graduates. This worship service, coordinated by the Christian Education Department Youth and Academic Education Ministries, allowed the congregation to celebrate our graduates as they prepare for the next level of their lives. The graduates were presented gifts by Deaconess Cheryl Manning & Sister Karen Curtis; prayed for by Rev. John McNeill; and welcomed into the Young Adult Ministry by Sister Roconia Price and Brother Donnell Wright.

Pastor Torian shared a powerful message, reminding the graduates "to be strong and of good courage and don't be afraid or dismayed because the Lord is with them wherever they go." He encouraged them to be their "authentic" selves and watch how the Lord will "un-birth" some things in them that they didn't even know they had. He told them to stand on the solid rock of Jesus and to step into the opportunities before them with "confidence, faith and trust." He closed by reminding them that they "walk in victory because God is on your side and Christ in your life."

Additionally, during this service, the recipients of the First Mount Zion scholarships were announced. Each year, the Scholarship Committee, which is a sub-committee of the Academic Education Ministry, oversees the scholarship award process and is responsible for evaluating scholarship applications from members who are graduating from high school and intend to further their education at institutions of higher learning. The Scholarship Committee Chair (Brother Ken Spencer) and Committee Member (Sister Joyce Thompson) presented the 2021 awards to 6 recipients: *Ms. SaRee Grimes, Ms. Autumn Holmes, Ms. Laila Jewett, Ms. Jaynale "Justice" Jones, Ms. Bianca Long, and Ms. Madison Norwood.*

We were also blessed to witness the Bell Family award its second annual Memorial Scholarship in Honor of Mr. Hinkitch Irvin Bell. Ms. Cheryl Bell-Brathwaite, daughter of Mr. Bell, shared a little about her father. Mr. Bell was the consummate educator who believed in helping others and was a stellar professional in the area of Public Health, seeking to improve public health conditions on the island of Barbados and across the Caribbean. Mr. Bell was the first public health inspector in Barbados to receive national honors for his contributions to public health in the region. Ms. Bell-Brathwaite shared that the two scholarship recipients they selected, *Ms. Saree Grimes and Ms. Madison Norwood*, captured the essence of what their father stood for in their essays, which was a determination to make a difference in the lives of those less fortunate. She encouraged the recipients to "keep God first, stay determined, relative, positive and committed to whatever you set out to do."

The Youth Ministry and the Academic Education Ministry are grateful for the support of FMZ and the financial investment made on behalf of our youth. We are thankful for Rev. Dr. Tracey Dawkins Holley, Minister of the Christian Education Department for her leadership, serving as the Worship Leader during the special service, and for all the logistics she helped put in place to ensure the day was a success. It was a joy to share this day with our youth and to see the graduation video of all those who graduated from kindergarten, middle school, high school, college, and graduate school. To God be the glory.



FMZ 2021 Scholarship Recipients



2021 Bell Scholarship Recipients



Everyone deserves a
Bible they can
understand.

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 Convention
Wycliffe 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*

WYCLIFFE BIBLE TRANSLATORS

No one should have to learn another language to understand God's Word, and yet millions of people are still waiting for a single word of the Bible's life-transforming power. Wycliffe is committed to helping churches and communities around the world get Scripture in their language ... **until all the nations worship!**



For more than 75 years, Wycliffe has helped people around the world translate the Bible into their own languages.

Core Values

As members of one body, we seek to engage and equip Christ-following men, women and children from diverse generations, cultures, and churches to participate as part of God's global mission.

How We Started

In 1917 a missionary named William Cameron Townsend went to Guatemala to sell Spanish Bibles. But he was shocked when many people couldn't understand the books. They spoke Cakchiquel, a language without a Bible. Cam believed everyone should understand the Bible, so he started a linguistics school (the Summer Institute of Linguistics, known today as SIL) that trained people to do Bible translation. The work continued to grow, and in 1942 Cam officially founded

Wycliffe Bible Translators.

Over the following decades, Wycliffe celebrated many milestones — from the first translation completed in 1951, to the 100th translation completed in 2000. Around the same time, Wycliffe adopted a new challenge — a goal of seeing a Bible translation project started in every language still needing one by 2025. These communities need to hear the gospel in the languages that speak directly to their hearts, and Scripture translation is key to reaching these people with God's love.

Where We Work

Wycliffe partners work in different regions of the world, such as **Africa**, the **Americas**, **Asia**, **Europe**, and the **Pacific islands** which represent the greatest remaining need for Bible translation in the world today. Dr. John Chesnut is the President and CEO of Wycliffe. Learn more about this great work of the gospel at: <https://www.wycliffe.org>



*Lifelines Ministries Inc.
& Lighthouse of Hope's*

4 'Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? 5 And when he finds it, he joyfully puts it on his shoulders 6 and goes home. Then he calls his friends and neighbors together and says, "Rejoice with me; I have found my lost sheep." 7 I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous people who do not need to repent. Luke 15: 4 – 7

We all have challenges of life that can seem overwhelming. LifeLines is here to assist you in your time of need. If you find you are feeling lonely, depressed, or upset please call. Remember God loves you and so do we!

We are the body of Christ which seeks the unchurched and nurtures believers. We place an emphasis on worship, evangelism, and intensive contemporary teaching, which is based on the four spiritual laws. We have board members from various Christian denominations functioning in various capacities of our ministry (board members do not have to leave their home churches to be a part of LifeLines Ministries Inc.). Aspects of the ministry will include the preached Word, drama, evangelism, music, and small groups.

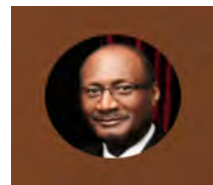
Our mission is: to share the light of Christ with others through culturally pertinent and doctrinally sound relationships, thus making God more relevant and accessible in daily living. Dedicate and educate ourselves to nurture communities of people. Acknowledge that each of us shares the need to be perfected in Christ on a daily basis.

LifeLines Ministries Ministerial Plan:

- To provide a worship atmosphere that allows the unchurched to explore God's word and see believers in worship.
- To increase God's Kingdom and fulfill the Great Commission mandated by Christ.
- Creating a different way of ministering to the needs of God's people.
- To provide worship services for individuals who are participants in the ministerial programs created through LifeLines Ministries.

Lifelines Ministries Executive Director is Rev. Patricia Jones-Turner. Visit their Website: <https://www.lifelinesministries.org>

Lifelines Ministries Resources
1-434-282-3092
Family Violence Hotline (24 Hours)
1-800-838-8238
Email: lifelinesinc@aol.com



"Envisioning the Future Exceptionally through Our Commitment to Christian Stewardship" -- Dr. Jerry Young, President

Founded in 1886, **The National Baptist Convention, USA, Inc.** (Convention), is headquartered at the Baptist World Center in Nashville, TN. In spite of several major splits, the Convention is the oldest and largest African American religious convention in the United States and around the world. Its membership is estimated at 7.5 million Mission & Objectives



to unite National Baptist churches, associations, and state conventions in Christian evangelism to fulfill the Great Commission of our Lord and Savior Jesus Christ through preaching, teaching, and healing.

Promote home and foreign mission efforts.

Encourage and support Christian education.

Publish and distribute Sunday School and other Christian literature, music, and other works of art and religious expression; and,

Engage in any other endeavors deemed fitting and proper in order to advance the cause of Jesus Christ throughout the world.

Visit the Convention's Website to learn more about its rich history and current activities: <https://www.nationalbaptist.com>



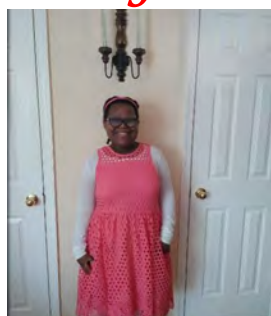
Sis. Marie Brown and Sis. Carol Burns 'profiling' with Rev. Luther Barnes during his visit on May 23, 2021



Class of 2021—Elementary School



Anaya Derrick
Mary Williams ES



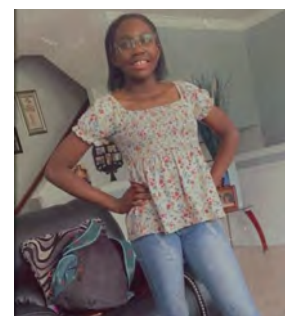
Aniyah Green
Pattie ES
Honors: Honor Roll



Pierce Hall
Porter Traditional ES

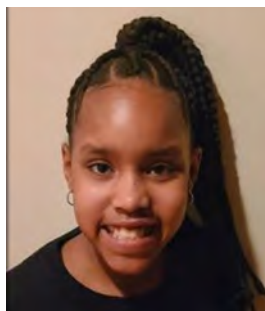


Kelcia Howard-Perez
Ashland ES



Noella Lufuluabu
Anne E. Moncure ES

Class of 2021—Middle School



Lauryn Pete
T. Clay Wood ES



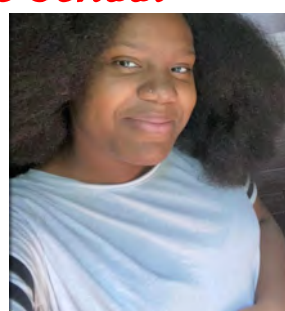
Alexander Shoulders Jr.
Ashland ES
Honors: A/B Honor Roll



Ariel Andrews-Thompson
Benton MS



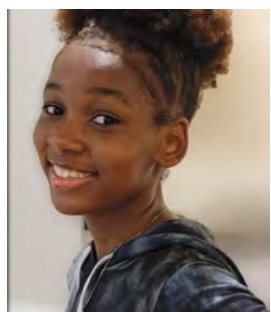
Jabari Derrick
Potomac MS



Jada Hodges
Potomac MS



Germiyah Green
Rodney Thomas MS



Makayla Stewart
Porter Traditional
School



Aniya & Kayla Thompson
Shirley C. Heim MS
Both AB Honor Roll



Alyssa Andrews
Charles J. Colgan Senior HS
Honors: Cum Laude
National Honor Society



Amaya Brathwaite
Christ Chapel Academy
Received Associate Degree from Nova
Awarded over 900K in scholarships
Attending Loyola Marymount University in Los Angeles, majoring in screen writing and film studies



Remick Bailey, Jr
Colonial Forge High School



Jordan Borders
Colonial Forge HS
Advanced Diploma and
Awards for 3.8 GPA



Brianna Bryson
Potomac Senior HS
Honors: 2021
Prince William
Living Extraordinary Teen



Sydney Carr
Potomac Senior HS
Honors:
Presidential Gold
Summa Cum Laude



Mathew Carter
Charles J. Colgan Senior HS



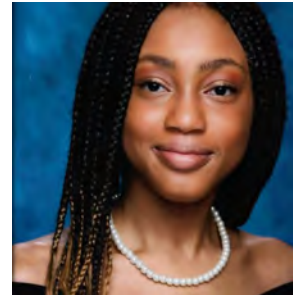
Maia Cobb
Charles J. Colgan Senior HS



Julian (Jay-T) Edwards
Freedom HS



SaRee Grimes
Charles J. Colgan Senior HS
Offered \$277,000+
in Scholarships



Autumn Holmes
Massaponax HS
Perfect Attendance
1st thru 12th Grades



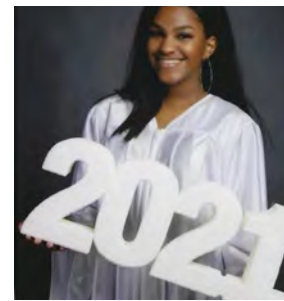
Mya Hughes
Osborn Park HS
Advanced Diploma



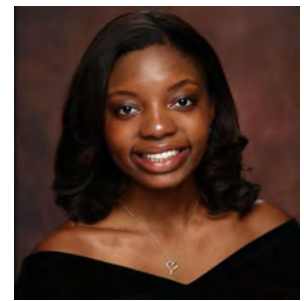
Laila Jewett
Bishop Ireton HS
3.8 GPA
Honors



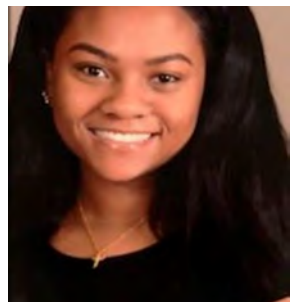
Jaynale "Justice" Jones
Charles J. Colgan Senior HS
Varsity Letter for Tennis



Shailyn Jones
C.D. Hylton HS



Amaiya Mills
Woodbridge Senior HS
Honors: Advanced
Placement Scholar
National Honor Society
Cum Laude
Merit Scholar & Varsity
Cheerleader Captain



Bianca Long
Charles J. Colgan Senior HS
National Honor Society
National Science and
Math Honor Societies



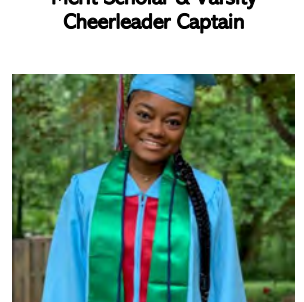
Olivia Mitchell
Woodbridge Senior HS
National Honor Society
Honors: Cum Laude



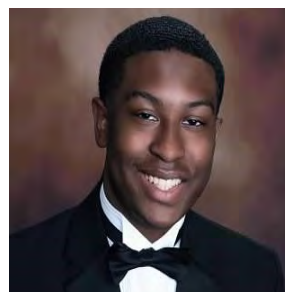
Sierra Mulkey
Potomac HS
Basketball Scholarship



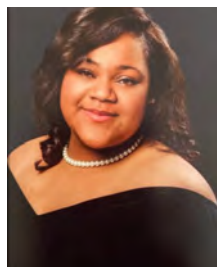
Madison Norwood
Colonial Forge HS
Honors: Graduate
Academic Letter



Glenda Patterson
George C. Marshall HS
Honors: Advanced Diploma



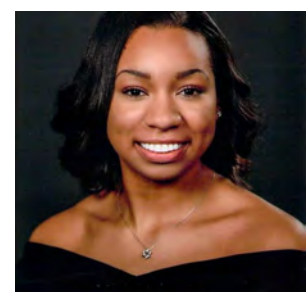
Fitz-Gerald Perrier II
Christ Chapel Academy
GPA 3.5
Honors in Leadership



Autumn Sneed
Charles J. Colgan Senior HS
Honors: Advanced Studies Diploma,
Honors: Magna Cum Laude,
National Honor Society, & President's Award
for Educational Excellence



Justin Smith
Woodbridge Senior HS



Sidney Thaxton
Charles J. Colgan Senior HS
Honors: Magna Cum Laude & National
Honor Society



Class of 2021 - Boot Camp

Class of 2021—Colleges & Universities



Airman Travon Byrd
Lackland Air Force Base
Texas



Ilyssia Cobb
Old Dominion University
BS, Business Administration



Brandis Butler
Virginia Commonwealth
University
BS, Mechanical Engineering



Nia Dickerson
Virginia Commonwealth
University
Honors: 3.58 GPA



Tatyana Dyer
Virginia Union University
BS, Marketing



Chance Feemster
West Virginia University
BS, Environmental and Energy
Resource Management



Lavell Lucas
Colorado Technical University
BS, Business with a Concentration
in Digital Marketing



Marissa Norwood
Old Dominion University
BS, Psychology - Cum Laude



Courtney Manning
Hampton University
BS, Chemistry with a concentration
in Forensics with Honors



Marquis Hall
Norfolk State University
BS, Sociology, Cum Laude



Niya Roberts
North Carolina A&T
State University
B.S., Sports Science and
Fitness Management
Dean's List and
Chancellor's List



Christopher Robinson
Virginia Commonwealth
University
BS, Psychology



Jasmin Shelton
George Mason University
BS, Business Management
& BS, Criminology,
Law and Society



Myles Sherman
Carnegie Mellon University
B.S., Physics, Computer and
Electrical Engineering



Lauren Wheeler
Norfolk State University
BA, Drama and Theatre
Cum Laude



Prince William County Public Schools (PWCS) has appointed Catherine Porter-Lucas as associate superintendent for middle schools. Porter-Lucas fills a newly created role as a second associate superintendent for middle schools, joining William Bixby who also serves in the role. Porter-Lucas has been principal of Gainesville Middle School since 2014.

CONGRATULATIONS TO SIS. CATHERINE PORTER-LUCAS!



Catherine Porter-Lucas

Class of 2021—Masters Degree



Jonelle Brown
Christopher Newport University
Master of Arts in Teaching -
Spanish PK-12



Lauren Craddock
George Mason University
Masters in Education –
Concentration in
Early Childhood Education



Stephanie Craddock
McDaniel College
Masters of Science in
Gerontology
Graduated with Honors



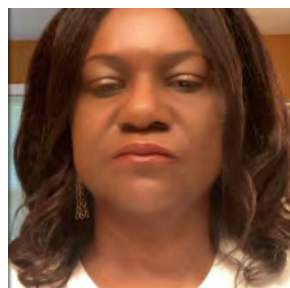
Chanel Feemster
Liberty University
Masters of Education
Higher Education
Magna Cum Laude



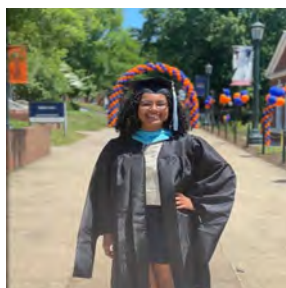
Robert J. Jones, Jr.
Virginia Union University
Samuel DeWitt Proctor
School of Theology
Masters of Divinity



Cheryl Manning
Virginia Union University
Samuel DeWitt School
of Theology
Master of Christian Education



Annie Robinson
Virginia Union University
Masters in Divinity



Juliana Salcedo
University of Virginia
Masters in Teaching

Class of 2021— Doctoral Program



Brittany Flowers
Stanford University
School of Medicine
Doctor of Philosophy



Regina Patterson
University of Phoenix
Doctor of Education (EdD)
Honors: Magna Cum Laude



ATTENDING SUNDAY WORSHIP SERVICE

We are excited to report that FMZBC is officially returning to worship, in person, **on Sunday, July 4, 2021**. Please complete both the Pre-Arrival COVID Screening Form and the EVENTBRITE

Registration Form to attend each Sunday Service. Also, please check the FMZBC website frequently for COVID-19 updates, FAQs, and important information to know before your arrival. Due to the current COVID-19 restrictions there are limits to seating capacity within the sanctuary. It is, therefore necessary to the **complete both the Pre-Arrival COVID Screening Form and the Eventbrite Registration Form**. Registration for Sunday Service will close at noon each Thursday.

PRE-ARRIVAL COVID-19 SCREENING:

<https://formsqle/tjJpzJK7Vzj5T/2Q9>

EVENTBRITE REGISTRATION FORM:

<https://www.eventbrite.com/e/116151970671>

Class of 2021— Law School



Chelcee Lee
Florida Agricultural and
Mechanical University Law
Honors: Dean's List
Editing Manager for the Black
Law Journal



MESSAGE TO PARENTS AND YOUTH:

AS YOU ARE AWARE, THE YOUTH MINISTRY WILL BE ON HIATUS FOR THE NEXT TWO MONTHS. HOWEVER, IF THERE IS A NEED OR A SITUATION THAT YOU WOULD LIKE TO DISCUSS, PLEASE DO NOT HESITATE TO CALL YOUR YOUTH MINISTER, REVEREND JOHN MCNEILL, AT 703-670-0184 OR EMAIL HIM AT: jmcneill@firstmountzionbc.org



LADIES, PLEASE SEND YOUR PRAYER REQUESTS TO:

WomensMinistryPrayers@firstmountzionbc.org



All activities are postponed until further notice. Please contact the below-named individual for further information.

POC: Pamela Knight
singlesministry@firstmountzionbc.org



The last day to register for July SHARE packages is Sunday, July 11th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837.

JOIN US FOR BIBLE STUDY WEDNESDAY NIGHTS AT 7:30PM.

THE PSALMS

FMZ/Life Stream:

<https://www.lifestream.tv/fmz-live/>

Facebook:

<https://www.facebook.com/fmzbcumfries>

YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

Study handouts are available online: <https://firstmountzionbc.org/bible-study-handouts/>

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 Brother Benson Blake
Sister Beverly Grant Deacon James Hawkins
Sister Sylvia Moore Reverend Kathy Russell
Deaconess Claudia Woolfolk

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

UPDATED ADJUSTED SERVICE SCHEDULE DURING PANDEMIC

Sunday School

– 9:45 AM (VIA ZOOM & CALL-IN)

Worship Service

– 11:00 AM (ONLY) in Sanctuary as well as VIA FB/YOUTUBE, LIVE STREAMING

Wednesday Night Bible Study

– 7:30 PM in Sanctuary as well as VIA FB/YOUTUBE, LIVE STREAMING & CONFERENCE CALL-IN

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

<https://www.lifestream.tv/fmz-live/>

Facebook: www.facebook.com/fmzbcumfries

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

LinkedIn: <https://www.linkedin.com/groups/1890924/>

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

Vimeo: vimeo.com/25203195

YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>



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