



A Ministry Exhibiting a Spirit of Excellence!

2021 Theme: *We are Stronger TOGETHER*
— Ecclesiastes 4:9

Message from the Pastor

CELEBRATE THE GOOD

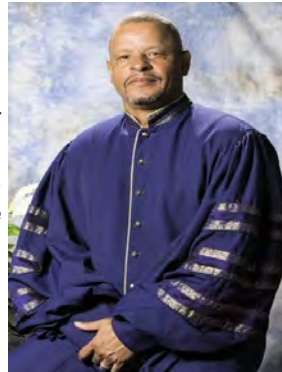
"They celebrate Your abundant goodness and joyfully sing of Your righteousness." Psalm 145:7

Several years ago, our Church theme was "Celebrate the Good!" Little did we know then how our lives would change so drastically over the next few years. For the last 17 months our sanctuary has been our homes or wherever we have gathered for worship in a virtual space. I am grateful to all who worked tirelessly to ensure we continued to worship together in the spirit of liberty.

As we begin to gradually open our sanctuary and spaces for "in person" ministry, let us continue to be safe and responsible. We are thankful for medical technology and resources that will aide us in these efforts to reopen safely. I want to continue to encourage all to get vaccinated and be patient as we move forward. Look for updates to this reopening process on the Church's website, www.fmzbc.com, or call the Church.

God has been good to us and God has brought us to this place in time. Thank you for your continued prayers, financial support, and willingness to work together as we "open the doors" to the campus once again. You have been missed and it is good to see you in FMZBC once again. To God be the glory because we are stronger together!

Pastor Luke E. Torian



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COMMUNITY DAY AND BACK-TO-SCHOOL SUPPLY GIVEAWAY

First Mount Zion Baptist Church and the Virginia State Police will host a Community Day and Back-to-School supply giveaway on Saturday, August 21, 2021 from 10am –2 pm at FMZ. This is an outdoor event with door prizes, give-aways, food, school supplies, Trooper engagement, and so much more.

NOTE: Children Pre K –12th grade must register for the school supplies. Additional information on how to register can be found at www.fmzbc.com



Let the REVIVAL start in
YOU!!!

On Sunday, August 8, 2021, First Mount Zion Baptist Church will be reopening its doors for regular Worship service **at 11:00 a.m. only**. We can use full space in the Sanctuary; however, until further notice, please be aware that we must still practice social distancing and register online to attend Worship Services.

Please complete both the Pre-Arrival COVID Screening Form:

<https://forms.gle/tjJpzJK7Vzj5Tj2Q9>

and the EVENTBRITE Registration Form:

<https://www.eventbrite.com/e/116151970671> **by noon on Thursdays.**

Please pay special attention to the following details because they will be **STRICTLY ENFORCED!!!**

Upon entrance, your temperature will be checked and you will be required to show proof of having been fully vaccinated. **“Fully vaccinated” means that you have had two shots of either Pfizer or Moderna, and one shot of Johnson & Johnson.** Those who can show proof of having been vaccinated, will be able to Worship in the Main Sanctuary (with no social distancing required). The wearing of masks in the main Sanctuary will be optional – because everyone in the main Sanctuary will be vaccinated.

Children 11 and under can enter Sanctuary with parents and worship. They must, however, wear masks.

Please note that for total safety practices, worshipers who have not been vaccinated will worship in the Chapel. You must continue to practice social distancing – six feet apart and wear a mask. In a household where one has been vaccinated and the other has not, they must worship in the Chapel if they want to worship together. **If you do not have proof of vaccination, you will be required to worship in the Chapel.**



7:30 P.M.
(PRAISE & WORSHIP 7:20 P.M.)

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

REVIVALIST

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



CHRISTIAN LIVING IN A DIGITAL WORLD!

Ask me a question? Any question? I guarantee that my cell phone has an answer. What's the weather forecast for today? This is a wonderful tool that I have in my hands and at my fingertips. Amazingly, while standing on the high Cliffs of Moher in Ireland, I was able to simultaneously and instantaneously transmit photos to my family members who were 1000's of miles away in the United States. We take for granted now that one can post a photograph on Facebook, Instagram, Snapchat or Twitter and thousands of persons could view it before I could finish pouring a 12-ounce glass of water. With 5G and WiFi services, we have access to the internet almost anywhere and people have access to us 24 hours a day. We have devices, like Fit Bit, that will now track the quality of sleep. The Digital World around seems to be ubiquitous—seemingly everywhere. The Digital Age, while wonderful, carries with it aspects that bring us concern and causes our hearts to beat a little faster when we hear or read about it. Carpel tunnel due to overuse. Sexting due to misuse. Insomnia over stimulation.

COVID-19's impact has compelled most of us to navigate and to consider the digital world. I often stress the standard to "do to others as you would have them do to you (Matthew 7:12)." This means that the Word of God sets that standard for my life and interaction with others. I enter chat rooms with a kind word and spirit because that's what I desire from others. The purpose of this article is to gather from you a few values and ways to relate to God that endures any age. Youth, parents and spiritual guides, let's help and build each other up. What passage of Scripture or song helps you?

Send me an email to jmcneill@firstmountzionbc.org or a text with a Scripture and spiritual value that has kept you during the pandemic!

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

One day, I would like to turn
on the news and hear,
there's peace on earth.



Kids' Kingdom (CED):
Register today for the 3rd quarter Kids Kingdom Worship using the following link:

<https://vbspro.events/p/773820>

Kids' Kingdom is **every third Sunday at 11 am** on **YouTube**. Subscribe to **FMZBC Kids' Kingdom Worship** YouTube Channel or

click on the Kids' Kingdom slider on the FMZ website to watch the latest Kids' Kingdom Worship Service.

POC: Dr. Tracey D. Holley, tholley@firstmountzionbc.org

FIRST MOUNT ZION BAPTIST CHURCH HEALTHY START MIND & BODY VIRTUAL 2ND ANNUAL 5K RUN/WALK



**THIS EVENT IS SPONSORED BY THE
SMALL GROUPS MINISTRY
IN PARTNERSHIP WITH THE
C.O.R.E. & FIT BY GOD MINISTRIES**

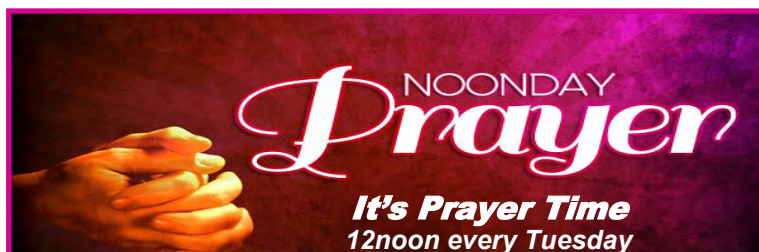
**SAVE THE DATES
SEPTEMBER 23-25, 2021**

**REGISTRATION BEGINS
AUGUST 1ST - SEPTEMBER 1ST**

(MORE INFORMATION TO FOLLOW)



Deaconess Ministry



TOGETHER AGAIN!

FMZBC has reopened for corporate worship and fellowship. Do you realize that it is the same month in which we usually hold Revival? Is it a coincidence? God always has a plan for us!

We need Revival! We've endured a lot of life's challenges in recent months, from family and friends' isolations due to a global pandemic, sickness, tremendous loss, economic distress, and civil unrest throughout this country. However, we continue to stand on God's promises and His reassurance.

We need a revival to remind us of the scripture Mark 11:22 that recorded what Jesus said: "Have Faith in God." We need to hear the Rhema (living) words from God. God gives us strength to survive, and strength to endure the pain and casualties of life. God is always with us in the form of the Holy Spirit, just like in the "Footprints" poem. We receive God's grace and mercy, according to His will so we must wait on Him. Let's not confuse "waiting" with "doing nothing" as we must use the gifts and talents God gives us to serve others and to do His will. Our faith gives us hope for tomorrow and it allows us to overcome life's challenges.

We are encouraged to be intentional in our praise and service for God. We are encouraged to rejoice in the Lord this day, and always (Psalm 118:24). We stand together as we return to corporate worship and as we are revived to continue to serve.

We are stronger together! What a wonderful way to approach the life God has given us.

*Humbly submitted,
Deaconess Lynell Manning
Deaconess Ministry*



Greetings Sisters and Brothers in Christ,

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

Scripture:

John 8:36 NKJV

Therefore, if the Son makes you free, you shall be free indeed.

John 8:36 AMPC

So if the Son liberates you [makes you free men], then you are really and unquestionably free

John 8:36 MSG

So if the Son sets you free, you are free through and through.

Galatians 5:1 NKJV

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

Galatians 5:1 AMPC

In [this] freedom Christ has made us free [and completely liberated us]; stand fast then, and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off].

Galatians 5:1 MSG

Christ has set us free to live a free life. So, take your stand! Never again let anyone put a harness of slavery on you.

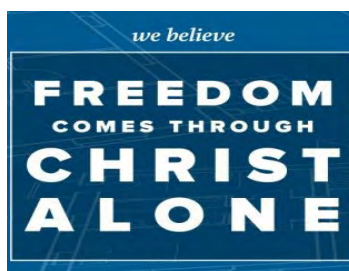
Prayer:

"As we celebrated the independence of this nation and the liberties that we enjoy, we remember and are truly grateful for our liberation from the bondage and penalty of sin through the sacrifice made on the cross. As believers, may we stand fast in that liberty and NEVER become entangled with the yoke of bondage to sin. Christ has set us free and we are free indeed! You are an AWESOME God and all the glory, honor and praise belong to YOU alone! In Jesus name we pray and give thanks, Amen!"

Worship Song: "Pray For The USA" - <https://youtu.be/GrzurStwkyA>

Continue to pray for our families, churches, neighbors, communities, nations and the world. Please continue to pray for all of those dealing with health issues, life situations and for continued peace and comfort for the bereaved.

Feel free to share your praise reports and prayer requests.



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

LEADERSHIP CHAPLAIN'S CORNER

Series: **Resting** in God's Peace
Topic: God's Peace vs. Fear
Source: YouVersion Devotional

Jamie TenNapel Tyrone was faced with devastating news. Based on a genetic test, she had a 91% chance of developing Alzheimer's disease—the disease that had robbed the lives of several members of her family. **Fear**, a big part of facing a circumstance like Alzheimer's disease. Fear of getting it, fear of what it will do to you, fear of having to care for someone with it. These are all well-founded fears considering a disease that can't be cured by man, nor prevented.

On hearing this news, Jamie was flooded with emotions and images of those in her family that had suffered with AD. It was traumatizing to think it would be just a matter of time before those images became her reality. She even contemplated suicide as she faced what seemed like a death sentence. As a nurse, she dug deep to find her calm, rational side, *but when she was alone with her thoughts, she was terrified.*

Jamie is a Believer in Jesus. As she considered her faith, she realized that suicide was not an option. The preservation of life, body, and soul was not something discretionary. We are stewards, not owners, of the life God has given us. God has a purpose for every life, and Jamie knew that God held the answer to that purpose.

As the initial shock of the news subsided, and as she sought the Lord, researched AD, and found support from family, friends and the medical community, Jamie began to experience God's Peace, Comfort and Purpose. That nurse she had been in her younger years, who had never stepped away from a challenge and had persevered in difficult circumstances before, began to emerge. *The fear that attempted to shadow her mind, had to be confronted.*

Fear that paralyzes must be battled in the mind. Keeping your mind on what God would have you do and trusting God to use your unique experiences and skills is where His Peace defeats fear. Isaiah 26:3–4 characterizes the Lord as the source of peace, as completely trustworthy, and as “the Rock eternal.” God's Peace is based on who God is and on God's desire to personally bring you peace and offer you a safe place to learn to trust Him. God will give you the strength to battle fear, and a sense of purpose that can bring you hope, no matter what challenges you face.

Reflection:

What **fears** do you battle the most? How do you respond when battling fear?

What role does **Faith** in God play in how you look at your circumstances?

Have you experienced **Peace** from God in the past? How did that **Peace** change your perspective on your circumstances?

Scripture: Isaiah 26:3 “You will keep in Perfect Peace **all** who trust in You. All whose thoughts are fixed on You!! 4. Trust in the Lord always, for the Lord God is the eternal Rock.” Selah!! (NLT)

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

FITNESS-IN-PLACE OVER EATING? FULL AND FRUSTRATED?

Overeating is easy to do, especially when you have been stuck at home in a pandemic. If you're surrounded by food all the time, it can be easy to eat all day long, whether or not you are hungry. And now that restaurants are opening back up, you may find yourself indulging in an oversized delicious meal. Use this tip to get your eating on track so you can feel fueled and satisfied instead of full and frustrated.

- ◆ Think about how you'll feel after you eat too much—like those times when you know you're full, but there's still food on your plate. Not good!
- ◆ Better yet, think about how you'll feel if you *don't* eat the food. In almost every case you feel proud, happy and more satisfied than if you'd indulged unnecessarily.

Challenge: Before you grab the doughnut from the office kitchen (especially if you've already had breakfast) think to yourself: How will I feel when I finish this? Better yet, how will I feel if I walk away right now? Make this a habit, doing it every time you reach for an unnecessary snack. Sometimes you'll want to indulge and that's okay, but you may find that you say “no” a lot more often than you say “yes.”

*Submitted by Sister Lori Valkenburg
Fitness Director*



Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

TIMES LIKE THESE

We know this is not an easy time in our world. We're afraid; we're lonely; we're hurting. We do not know who to believe as to actions we can or should take at this time. Should we open back up? Should we travel? Should we return to work and school? We feel all those things and ask all of these questions without receiving clear guidance from our elected leadership.

In times like these, like in all times, we must be reminded of the comfort and healing God brings to us through prayer and His Word. While we don't want to minimize the pain, we want to maximize God. Even when it doesn't look like it, we can know that He is sovereign over all things. He loves us. He is with us. His presence with us and love for us is so important to our existence and survival. The Creator of the universe is also our loving Father. He knows when we are hurting. He knows and is able to sympathize with our pain. Our loving Father is also our Comforter (2 Cor. 1:3-7). We can go to Him with all of our troubles—whether pandemic in size or personal in nature. He is with us.

Many of us have experienced loss during this time of pain and frustration. We are reminded that in life, at some point, everyone will experience disappointment or sadness to some degree. In Psalm 13, David demonstrated what it means to trust God in tough times. Feeling forgotten, forsaken, sorrowful, and subdued, David cried out for God's consideration and illumination. As he prayed, his perspective changed, and he was able to rejoice—even though his circumstances remained the same. When we face difficult times, we must resist self-pity, trusting that God knows what's best for us and can use even our hard experiences for good. In times like these, we need to turn to our Savior.

Submitted by

Rev. Dr. T. J. Owens

We all have days where we
don't know how we will go on.
Loved ones hurt us. Finances
worry us. Sickness may overtake
us. We lose people we love. But
God will always be there to guide
us through tough times.
Keep the faith.

From the desk of the Church Business Administrator

Office Hours are Tuesday and Thursday from 11:00 am-2:00 pm. Before your arrival, please complete the COVID Pre-Screening Form using the following link:

<https://forms.gle/hv7sHNHFJGizTS6g9>

Remain Connected with us by keeping your contact information current. Please submit change of contact information online using the following link:

<https://form.jotform.com/12155242234>

ATTENTION ALL ZOOM MEETING HOSTS: In order to protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post meeting I.D.'s and pass codes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link.

Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text etc. The organizer/host will receive a roster of registrants and if necessary, can use the list to verify people before they are allowed in the meeting.

For those who schedule ZOOM meetings, to follow is a short video on how to enable the registration feature to Zoom meetings.

How to set up Zoom registration link for better security:

<https://youtu.be/VgomCzNnii4>

To all those celebrating in August!





ORGANIZATIONS SUPPORTED BY FMZBC

Perhaps you are wondering why we continue to feature several of the below organizations which are supported by our Ministry. It is simply because we believe it is important for our members to know how their contributions to the Ministry are being used and how they impact our community-at-large. We are grateful to God for the ability He has given us to be able to make a difference in the lives of so many others, and in so many different areas, and to have you as a willing contributor makes it all worthwhile for those who benefit. To GOD be the glory! We will continue to share 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
Feed The Children
SERVE (Manassas)
Stafford Emergency Relief through Volunteer Efforts
(SERVE) (Stafford)
Central Union Mission
Outreach Cultural Arts Center
American Red Cross
Northern Virginia Urban League
Children's Home
Lot Carey Missionary
ACTS

*Submitted by the
Deacons Ministry*

Established over 40 years ago, Feed the Children is one of the leading anti-hunger organizations dedicated to ending childhood hunger where no child goes to bed hungry in the United States and abroad. To help create that world, they are dedicated to helping families and communities achieve stable lives and reduce the need for help tomorrow—all while providing food and assistance to help them today.

Food and other items from corporate donors are distributed through a network of local community partners (food pantries, churches, schools, and homeless shelters), classroom support and school supplies to students in vulnerable areas. Feed the Children also mobilizes resources quickly to aid recovery efforts when natural disasters strike.

Food Access

Five distribution centers across the country serve as hubs for dispersing relief and resources to communities in all 50 states.



Internationally, **they manage child-focused community development programs that focus on reducing hunger and malnutrition, teaching health, and promoting self-reliance in 8 countries** in Asia, Africa, and Latin American.

In 2019, Feed the Children programs provided 68.6 million pounds of shelf-stable food and essential household items valued at \$238.4 million to supplement family needs and offer hope to approximately 4.7 million people across the nation. Over 25 million pounds of food and essentials for COVID-19 relief have been distributed.

Summer Food for Kids

Feed the Children distributes food and other essentials to bridge the summer hunger gap. Nearly 1 in 4 children are food insecure as a result of the ongoing COVID-19 pandemic. With unemployment at an 80-year high, summer becomes a critical time for families. These supplies make it possible for families not only to survive, but to thrive.

Feed the Children's organization believes making childhood hunger a thing of the past is something we can only do together. To learn more visit the website at <https://www.feedthechildren.org>



Helping Stafford
with:

- Food Pantry
- Utility Help
- Rx Assistance

SERVE@serve-helps.org

15 Upton Lane, Stafford, VA 22554 | P.O. Box 1357,
Stafford, VA 22555

OUR MISSION

To encourage individuals and groups to work together to alleviate local human suffering by meeting the emergency needs of children, individuals, and families ... to become more self-sufficient.

*Stafford Emergency Relief Through
Volunteer Efforts*

HISTORY OF SERVE

In 1979, the time was right, the time was 'now!' Community need for emergency help was rising and resources were limited. Churches did what they could, people chipped in to help, but there needed to be an organized effort to join forces to make a greater impact in the lives of families in need. This was when a devoted Social Worker and three local Pastors came together to form Stafford Emergency Relief through Volunteer Efforts, affectionately known as SERVE. The Social Worker was Jeri Dulin (Redman), she has come home to SERVE and is now on our Board! The Pastors were Jim Treslow, Jack Hancox and Glenn Thomas. Their mission was to provide for the emergency needs of local Stafford families in need of food, utility, housing, and prescription assistance. These compassionate people knew that there were good people suffering with great need and that Social Services was unable to do but so much to help! More resources needed to be made available to them for their survival, hence, SERVE was born.

Stafford Emergency Relief through Volunteer Efforts. Our Mission: To encourage individuals and groups to work together to alleviate local human suffering by meeting the emergency needs of children, individuals, and families who are experiencing financial crisis, and to promote programs to help individuals become more self-sufficient. SERVE is a 501(c)(3) non-profit organization serving all of Stafford County as well as portions of Spotsylvania, Caroline, King George Counties, and the City of Fredericksburg.

Learn more, visit: [SERVE Campus - Northern Virginia Family Service \(nvfs.org\)](http://SERVE_Campus_-_Northern_Virginia_Family_Service_(nvfs.org))

LET US HELP YOU

If you are struggling to make ends meet due to low income or financial emergency or are a senior or disabled citizen living on a fixed income, we are able to assist you.

During an initial meeting with a member of our staff you will be guided to register with one of our programs or other local resource that best meet your **needs**.



Northern Virginia
Family Service



Northern Virginia Family Services (NVFS) provide the essential building blocks for financial, emotional, and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, more than 40,000 individuals are empowered to achieve self-sufficiency.

NVFS SERVE CAMPUS houses a variety of programs that help families and individuals receive the immediate assistance they need. **SERVE** has been part of the Greater Prince William community since 1975 and [merged with NVFS in 2009](#).

NVFS services range from assisting with the most basic of human needs, to helping families and individuals find paths to stability, to helping children, adults and families realize their full potential for full success.

NVFS' housing and homelessness prevention programs also help families and individuals with rent and utility assistance to prevent evictions and disconnections.

The 8,000-square-foot Hunger Resource Center (HRC) serves more than 600 families per month, and nearly 9,000 unique individuals per year, with food and essentials. The HRC also provides nutrition education and strategies for buying healthy food on a budget.

[Healthy Families](#) and [Early Head Start](#) foster learning and development in children and provide parents with the tools to continue this growth. In addition to SERVE's Early Head Start classroom, home-based programs help families build strong parenting skills and ensure children are healthy and meet developmental milestones.

With 92 beds, SERVE Family Shelter is Northern Virginia's largest family homeless shelter. Shelter guests (more than 40 percent are children) stay an average of 36 days. During that time, a case manager helps them to connect with the right tools, knowledge and resources for lasting well-being and self-sufficiency.

Health Access. NVFS connects children and adults with free or reduced-cost [medical](#) and [dental](#) care, as well as prescription medications. This helps families and individuals maintain good health, avoid more serious and costly health issues, and focus on higher-level needs.

To learn more about SERVE's vital mission to those in need, success stories, personal testimonies, and service opportunities for individuals and corporations visit its website at [SERVE Campus - Northern Virginia Family Service \(nvfs.org\)](http://SERVE_Campus_-_Northern_Virginia_Family_Service_(nvfs.org))

10056 Dean Dr.
Manassas, VA 20110

SERVICES

Shelter, Housing & Utilities
703.792.3366

Food Assistance
571.748.2680

VOLUNTEER

Shelter only: Julie Martinez
jmartinez@nvfs.org / 571.748.2674

All other programs: Navara Cannon
ncannon@nvfs.org / 571.748.2536



MESSAGE TO PARENTS AND YOUTH:

AS YOU ARE AWARE, THE YOUTH MINISTRY WILL BE ON HIATUS THROUGH THE END OF AUGUST. 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 August SHARE packages is Sunday, August 15th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on August 28, 2021.



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/fmzbcdumfries

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

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

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

Vimeo: vimeo.com/25203195

YouTube: <https://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!