



# A Ministry Exhibiting a Spirit of Excellence!

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

## Message from the Pastor

### “9/11” 20 YEARS LATER



It is hard to believe it has been 20 years since the horrific tragedy and act of terrorism on our nation. The September 11 National Day of Service and Remembrance or 9/11 Day is a federally recognized National Day of Service that happens in the United States on the anniversary of the September 11, 2001, terrorist attacks.

Our congregation lost two members in that attack, Mrs. Amelia Fields on her first day working at the Pentagon and Mrs. Sandra White, who also worked at the Pentagon. We are thankful for their service, and we continue to remember their families and our nation in prayer.

We are at the half-way point of the year and summer is coming to a close. A global pandemic is still looming and our plans to reopen the campus have been delayed. We continue to seek your prayers as we seek to serve this congregation in the safest way possible. I encourage you to keep practicing safety protocol (wearing a mask, washing your hands, keeping a safe distance as you move about and get vaccinated).

We remember those lost on 9/11 and with all that is happening in our world let us continue to look to Jesus and keep each other in prayer.

*Stronger Together,*

*Pastor Luke E. Torian*



**Congratulations!**

*Pi Lambda Lambda Chapter Basileus, Brother Jeffrey Allen, (left) presents 50-year Service Award to Deacon Carl Ross (right)*

Deacon Carl Ross was recently recognized for 50 years of service and leadership as a Brother of the Omega Psi Phi Fraternity, Incorporated. Brother Ross was initiated into Upsilon Sigma Chapter on April 30, 1971 at Fort Valley State University. He has served in various chapters across the globe to include Korea and throughout the United States while serving as an Officer in the United States Army. His service includes leadership positions as a Keeper of Records and Seal, Committee Chair for Talent Hunt, 13th District At-Large Member, mentor, and member of several other committees supporting scholarships and social action. Brother Ross was one of the Founding Brothers of the Pi Lambda Lambda Chapter, which has become one of the largest and most active chapters in Omega Psi Phi. We congratulate Deacon Carl Ross on this significant service award and thank him for 50 years of service along with his servant-leadership and continued service to our congregation and community.



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On this, John W's 91'st birthday, we wish to express our gratitude to friends and family for the endless support, encouragement and love. It is through people like you that Jesus shows His love for us. We count you as one of God's greatest blessings and thank God for each of you!

*John W. Jones Jr. and Jeanette Jones*



**Happy 91st Birthday to Deacon Emeritus John W. Jones Jr.!**



## MESSAGE TO OUR

### CHRISTIAN LIVING IN A TECH-SHAPED WORLD

*"Not that I speak in regards to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need." Paul closes: "I can do all things with Christ who strengthens me." -- Philippians 4:11-13*

A sociologist tried to put life in the 21<sup>st</sup> century into perspective saying, "We have shaped our technology; our technology has shaped us." "Technology has facilitated a new way of being ourselves, of being with one another and of being with God.", asserts *Grace and Gigabytes* author Panzer. Of course, technology is not all to life, but these statements contain profound truths. We live in what has been called the Digital Age or the Information Age, which has been defined as the time period starting in the 1970s with the introduction of the personal computer with subsequent technology introduced providing the ability to transfer information freely and quickly.

Listen to this: In a normal day, I will "Google" an idea, "Slack" my co-workers a meeting request, "Snap" my research findings before the meeting; CashApp enough for lunch; Zoom them from home; and Tweet to the world about my successful meeting. Before I offer a translation, let me offer a hint to solve what sounds like a riddle. The names of popular brands now function as a noun and a verb in this Digital age or Tech-shaped world. So, I researched an idea, scheduled a meeting, sent my document, contributed my lunch money, video chatted, and publicly announced the results.

Here's a little bit of background to put the range of Paul's experience into perspective. Paul was born to Jewish parents but he also laid claim to the privilege of Roman citizenship. Paul wrote to the members of the Church at Corinth that he had been in prison frequently, flogged severely, and exposed to death again and again. Paul faced many challenges, and the gathering of resources was not always easy or given. Hence, Paul developed a way of being that enabled him to be "content" through any circumstances. "Content" here does not mean that one lets anything go without a care, but one has an enduring resolve that relies on "Jesus Christ." Paul was not alone in life. Believers in Jesus Christ had Jesus, and were empowered by Christ in the first century world; believers in Jesus Christ have Jesus to empower them in a tech-shaped world.

What does this look like for you and I? When we wake in the morning, we have to express our love and devotion to our Creator, God, before touching any of our devices. When we are online, we engage others in a way that honors God. This means that we seek to respond to cyberbullying in a manner that brings glory to God.

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

# Update

First Mount Zion Baptist Church will be REMAINING on its present schedule due to the rise in Covid-19 and its variants. We will notify you at a later date when this schedule changes. Thank you for your patience and understanding. In the meantime, we continue to encourage you to adhere to the CDC Guidelines...wear your masks and practice social distancing.

If you plan to attend in-sanctuary Worship Service, please adhere to the following:

Complete the following forms **by noon on Thursdays, and your name will appear on the Sunday check-in roster.**

Pre-Arrival COVID Screening Form

<https://forms.gle/tjJpzJK7Vzj5Tj2Q9>

EVENTBRITE Registration Form

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

**How does FMZBC ensure occupancy limits do not exceed the VDH COVID restriction guidelines? (Note: There is no need to print nor show a ticket at check-in)**

The Eventbrite calendar is open for each Sunday and for events that occupancy limits are expected to exceed the ability to socially distance.



**Kids' Kingdom (CED): Register today for the 3<sup>rd</sup> 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](mailto:tholley@firstmountzionbc.org)



# COME JOIN OUR BIBLE



## Study

### PSALM 119 LIFE ACCORDING TO YOUR WORD

**SEPTEMBER 8, 2021  
7:30PM**

**PSALM 119:1-16  
ALEPH VV. 1-8  
BETH VV. 9-16**

**FMZ/Life Stream:**

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

**Facebook:**

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

**YouTube:**

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

**Study handouts are available online:**

<https://firstmountzionbc.org/bible-study-handouts/>



We 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:**

**Galatians 6:9 NKJV**

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

**Galatians 6:9 MSG**

So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit.

**Hebrews 4:16 NKJV**

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

**Hebrews 4:16 MSG**

So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help.

**Prayer:**

*"Dear Lord, we are living in challenging and perilous times and we thank you for Your Grace and Mercy that gives us the strength to persevere through to the victory. We also thank you for our fellow brothers and sisters who reach out and encourage us along the way. May our focus continue to be for You to receive the glory, honor and praise that You are truly worthy to receive.*

*We continue to pray for healing for our broken and divided nation. We pray that we, Your people will walk in unity and love and stay rooted and grounded in Your Word as we cooperate with the Holy Spirit to be the salt and light that You have called us to be in these last days. We pray for students, teachers, administrators and parents as the 2021- 2022 school year begins. We look for a mighty move of God and a great harvest of souls in the midst of challenging times. In the mighty and precious Name of Jesus, the Christ, we pray and give thanks, Amen"*

**Worship Song:** "I Almost Let Go" <https://youtu.be/NN1r0rW6TIU>

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.** Also, pray for continued decrease in COVID infections and continued increase in those getting vaccinated.

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



# LEADERSHIP CHAPLAIN'S CORNER

## Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

**Subject:** FMZ Leadership Prayer & Fasting Friday

**Prayer and Fasting Topic:** *Seeking Godly Wisdom Amidst the Unknown*

**Source:** Bible YouVersion/The Holy Word/Holy Spirit

**Lesson/Discussion:** Surely, “such a time as this” there is much “unknown.” Particularly with the new COVID virus variant (s) and recent resurgence. Don’t know about you, but with me it’s “God which way do I go?” Where do I go now?? How do I remain safe?” Truly a time to seek God’s Face AND petition our Father to “*order our steps*” literally!! Well, let’s see what the Bible tells us:

**Wisdom** is so crucial to a believer’s life that a whole book of the Bible is devoted to it. Proverbs reminds us to seek wisdom from God and that we are happy when we find true **wisdom**. **Where do we find it? Through Christ alone!!!** .... through the resources God has given us: His Holy and Living Word, Prayer, and Holy Spirit, Who dwells within us.

### Talk it over

Think about the last few tough decisions you had to make in your life. Did you make them based on your own **wisdom**, from past experiences and emotions, or did you come before the Lord asking for **God’s wisdom**?

What are some decisions you are making now and how can you ask the Lord to guide your steps?

“Joyful is the person who finds wisdom, the one who gains understanding. For **wisdom** is more profitable than silver, and her wages are better than gold. **Wisdom** is more precious than rubies; nothing you desire can compare with her. She offers you long life in her right hand, and riches and honor in her left. She will guide you down delightful paths; all her ways are satisfying. **Wisdom** is a tree of life to those who embrace her; happy are those who hold her tightly.” (Proverbs 3:13-18 NLT)

**Meditational Song(s):** Order My Steps (GMWA Women of Worship)

<https://youtu.be/dmzCyxHIYoI>

## THE FEAR FACTOR

Fear is a natural response that every human being will experience, so where do you retreat when afraid? In times of trouble or distress, where do you turn? In Psalm 56: 3-4 (NLT), David says, “When I am afraid, I will put my trust in You. I praise God for what He has promised. I trust in God, so why should I be afraid?” David, the young man who killed a lion and a bear, who killed Goliath and was a successful military officer, did not deny the presence of fear. David confessed that he was afraid while hiding from King Saul and during his refuge in the Philistine’s camp, yet somewhere between “When I am afraid” and “so why should I be afraid,” he readjusts his thinking and makes a bold decision to not only trust in God’s word, but to praise His word!

What is our response going to be when we are faced with fear? We can’t allow fear to become such a compelling factor in our lives that we find ourselves responding more to it than readjusting our thinking and trusting in the One who promises to take care of us and protect us. There’s a bumper sticker that reads, “Every opportunity to fear is also an opportunity to trust God.” Every time we are afraid, we must see it as an opportunity to surrender our fears into the hands of God.

Beloved, when fear comes, I encourage you to seek the voice that instills a peace that surpasses all understanding. His promise to us is that “In the world, you will have tribulation, but take heart; I have overcome the world.” Let your praise and worship unto Him express your love to Him and acknowledge His love for us as “perfect love casts out fear.” (1 John 4:18). With God’s love and promises residing in us, flowing through us, what can any man do to us?

*Submitted by  
Rev. Glenda Brown*

*For God has not given us  
the spirit of fear;  
but of power, and of love,  
and of a sound mind.  
2 Timothy 1:7*



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

# POSITIVES FROM THE **BLACK** HISTORY CORNER

## MARY CHURCH TERRELL (1863-1954)



Mary Eliza Church Terrell was a well-known African American activist who championed racial equality and women's suffrage in the late 19<sup>th</sup> and early 20<sup>th</sup> century. An Oberlin College graduate, Terrell was part of the rising black middle and upper class who used their position to fight racial discrimination.

The daughter of former slaves, Terrell was born on September 23, 1863 in Memphis, Tennessee. Her father, Robert Reed Church, was a successful businessman who became one of the South's first African American millionaires. Her mother, Louisa Ayres Church, owned a hair salon. She had one brother. Terrell's parents divorced during her childhood. Their affluence and belief in the importance of education enabled Terrell to attend the Antioch College laboratory school in Ohio, and later Oberlin College, where she earned both Bachelor's and Master's degrees. Terrell spent two years teaching at Wilburforce College before moving to Washington DC, in 1887 to teach at the M Street Colored High School. There she met, and in 1891, married, Heberton Terrell, also a teacher. The Terrells had one daughter and later adopted a second daughter.



Her activism was sparked in 1892, when an old friend, Thomas Moss, was lynched in Memphis by whites because his business competed with theirs. Terrell joined Ida B. Wells-Barnett in anti-lynching campaigns, but Terrell's life work focused on the notion of racial uplift, the belief that blacks would help end racial discrimination by advancing themselves and other members of the race through education, work, and community activism. It was a strategy based on the power of equal opportunities to advance the race and her belief that as one succeeds, the whole race would be elevated. Her words—"Lifting as we climb"—became the motto of the National Association of Colored Women (NACW), the group she helped found in 1896. She was NACW president from 1896 to 1901.

As NACW president, Terrell campaigned tirelessly among black organizations and mainstream white organizations, writing and speaking extensively. She also actively embraced women's suffrage, which she saw as essential to elevating the status of black women, and consequently, the entire race. She actively campaigned for black women's suffrage. She even picketed the Wilson White House with members of the National Woman's Party in her zeal for woman suffrage.

Terrell fought for woman suffrage and civil rights because she realized that she belonged "to the only group in this country that has two such huge obstacles to surmount...both sex and race."

In 1909, Terrell was among the founders and charter members of the National Association for the Advancement of Colored People. Then in 1910, she co-founded the College Alumnae Club, later renamed the National Association of University Women.

Following the passage of the 19<sup>th</sup> amendment, Terrell focused on broader civil rights. In 1940, she published her autobiography, *A Colored Woman in a White World*, outlining her experiences with discrimination. In 1948, Terrell became the first black member of the American Association of University Women, after winning an anti-discrimination lawsuit. In 1950, at age 86, she challenged segregation in public places by protesting the John R. Thompson Restaurant in Washington, DC. She was victorious when, in 1953, the Supreme Court ruled that segregated eating facilities were unconstitutional, a major breakthrough in the civil rights movement. Terrell died in 1954 in Highland Beach, Maryland.

Source: [Mary Church Terrell | National Women's History Museum \(womenshistory.org\)](https://www.womenshistory.org)

## OUR FIRST MOUNT ZION HISTORY

Mount Zion Baptist Church was organized in 1867 in Stafford County, Virginia with 22 members. In 1873 the Church body separated into two congregations after a dispute over the location for a new site. Under court arbitration one congregation was named First Mount Zion and the other retained the name of Mount Zion.

In 1947 First Mount Zion relocated to its present location in Dumfries after the War Department incorporated the land (Quantico Marine Corps Base) upon which the Church occupied. Initially worship services were held only once a month, later twice a month and in 1965 services were held every Sunday.

In April 1962, Rev. Augustus Thomas Gaskins accepted the Church's call as Pastor and served for 33 years until June 1995 when he was elevated to Pastor Emeritus. In June 1995 the Church called the Rev. Dr. Luke E. Torian as her first full-time Pastor.

A later sanctuary was constructed in 1981 to accommodate the growing congregation. The present facility was completed in April 2001. FMZ hosted the Third Annual Prince William County Martin Luther King celebration and in March 1993 Prince William County's First Annual Women of Gospel Music Conference.

-Continued on page 6



## TEAMWORK: STRONGER TOGETHER

by Joseph Boutte, Deacon

After a yearlong delay, the Games of the XXXII Olympiad took place in Tokyo, Japan. Although different because of COVID, the games and competition exemplified the best of humanity and human physical capabilities. The national teams from across the globe demonstrated the extraordinary gifts and talents of speed, strength, precision, creativity, and endurance across 33 different sports and disciplines. Each of the athletes represented God’s special gifts through their athleticism, perseverance, hard work, and commitment. America was especially blessed through an extraordinary team of swimmers, runners, gymnasts, rowers, volleyball players, basketball players, and athletes competing in the 33 sports and disciplines. Each athlete represented their families, communities, and America well. These citizen-athletes are gifted individual athletes who formed a formidable U.S. Olympics Team that won 133 medals (39 gold, 41 silver, and 33 bronze).

### We are thankful and congratulate each of our Olympians!

Our Olympic team also is a great metaphor for our 2021 Church theme: *We Are Stronger Together*. They demonstrated how athletes from across our vast, diverse country united as one body become one team. The Olympics is an international sports festival with the ultimate goals of **cultivating human beings**, through sport, and **contributing to world peace**. The Apostle Paul explains higher goals of unity and diversity in 1 Corinthians 12 where he says, “For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit, we were all baptized into one body”.

As we continue to build unity from our diversity of gifts, talents, and skills in our congregation, let us be inspired by our Olympians’ example, and recommit ourselves to becoming stronger together through the Gospel of Christ.



### Continued from page 5 - Our First Mount Zion History

The movie “The Color of Fear” held at the Hylton Chapel on February 10, 1996, attended by over 1200 was co-sponsored by FMZ. In May 1996, FMZ co-sponsored a worship service, “A Taste Of Heaven”, at the Hylton Chapel consisting of 33 churches who collectively closed their doors at 11:00 a.m. to demonstrate their commitment to the theme of unity and improved race relations. Over 4000 people attended this service. FMZ has gained distinction by sponsoring the oldest and largest athletic fellowship of churches in the county engaged in co-ed volleyball.

Vision 98 was a by-product of FMZ’s long-term planning process toward becoming fully devoted followers of Jesus Christ. The Church acquired 11.4 acres of land adjacent to the church to build the current facility. With the completion of the new sanctuary in April 2001 and the Phase II Facility in October 2004, Vision “98” has now become a reality.

FMZ’s strategic plan encourages ministry around the world. The Pastoral Vision: First Mount Zion Baptist Church Has a Purpose, a Plan and a Presence to Target Local, Regional and International Communities. The Vision is Sharing the Light From the Promise to the Pentecost to Points Around the World. In support of the Strategic Plan Vision and the Pastoral Vision, the Church has ministered around the world.

The Church adopted the Church Mission Statement: “To Connect People Who Have A Desire To Become Fully Devoted Followers of Jesus Christ.”

***Be part of our continued legacy through your service, study, stewardship and worship!***





## DID YOU KNOW THAT SEPTEMBER IS DEAF AWARENESS MONTH?

It started out as the International Day of the Deaf back in 1958 and was championed by the World Federation of the Deaf – the United Nations recognized representative of Deaf people worldwide. It has since been extended to being the International Week of the Deaf, and comprises the entirety of the last full week of September, though a quick Google search will show that there is a lot of variation out there. Local, regional and national organizations often having different weeks, days or even the whole month as their period of recognition!

The purpose of Deaf Awareness Month is to increase public awareness of deaf issues, people, and culture. Sign language, subtitled shows, accessibility at events, noise-consciousness, work safety, Deaf celebrities – there is so much we can share!

Activities and events throughout Deaf Awareness Weeks encourage individuals to come together as a community for both educational events and celebrations.

Some of the messages during Deaf Awareness Week include:

- Celebrate the culture, heritage, and language unique to deaf people of the world.
- Promote the rights of Deaf people throughout the world, including education for Deaf people, access to information and services, the use of sign languages, and human rights for Deaf people in developing countries.
- Recognize achievements of deaf people, including famous deaf individuals.
- Educate about the misconceptions of being deaf and the challenges the deaf population face during everyday life.
- Learn about types, degrees, and causes of hearing loss.
- Be exposed to sign language and other ways deaf and hard of hearing people communicate.

To read more visit the following links:

- <https://www.hearinglikeme.com/deaf-awareness-month-2018/>
- <https://eoejournal.com/deaf-awareness-month/>

## DEAF AWARENESS FACTS

President Abraham Lincoln signed the charter to establish a national college for deaf students – Gallaudet University - April 8, 1864.

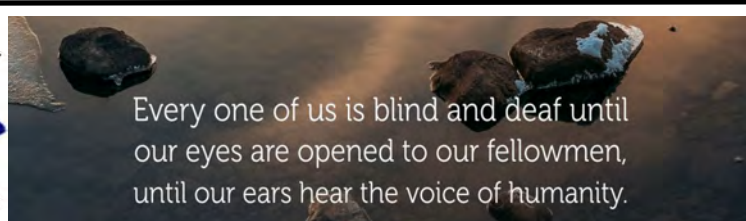
- <https://www.nf2is.org/gallaudet.php>
- <https://my.gallaudet.edu/intranet/announcements-archive/charter-day-celebration>

What are the four levels of deafness? The four different levels of hearing loss are defined as: Mild, Moderate, Severe and Profound. These definitions are useful to give a rough guide as to how bad your hearing loss is but it's by no means an exact science -- for example, someone could have a mild hearing loss for low-pitch sounds and a moderate loss for higher pitch sounds (this is actually very common).

- ◆ **Mild Hearing Loss.** Someone with a mild hearing loss will not be able to hear sounds that are quieter than 25 - 45 db. This means they will struggle to hear people whispering, won't hear the clock ticking, leaves rustling or the hum of electrical equipment. Normal everyday conversations may still be OK to hear in quiet environments but people may start to struggle more when there is more than one person talking or where there is background noise.
- ◆ **Moderate Hearing Loss.** Sounds in the range of 40 - 75 dB are the quietest someone with a moderate loss will be able to hear, this level of hearing loss is going to have a major impact on your ability to hear in day-to-day environments as it is likely you will now struggle to follow conversation, even in quiet environments, you'll probably still pick up some words, or parts of words, but it is going to be hard work.
- ◆ **Severe Hearing Loss.** Things are really going south now, someone with a severe loss will not be able to hear much below the 75 - 90 dB range. This means you won't be able to hear the TV, people talking, the phone ringing or most other everyday sounds. Again, as before, you may have a severe loss for some aspects of your hearing and a moderate or even mild in others.
- ◆ **Profound Hearing Loss.** 90 dB is the lowest sound you will be able to hear now. You would just about be able to hear a chainsaw, lawn mower or loud music.

Provided by Steve Claridge

- <https://www.hearingaidknow.com/question/what-are-4-levels-of-deafness>





# FITNESS-IN-PLACE

## THE STANDING RAINBOW LAT STRETCH:

The lat muscles are the big “wing” muscles of the back. They attach on the inside of the arm bone and go down the length of the back, all the way to the hips, which are a major intersection of muscles and other interconnected tissue. When you sit hunched forward for long periods of time, the lat muscles shorten and become tight. Because it’s such a large muscle, this causes quite a few problems with posture, flexibility and overall mobility. This stretch helps return the lat muscle to its proper length, allowing everything else to follow suit.

- Stand upright with the hands clasped behind the head and feet shoulder-width apart.
- Without bending forward, lean to the left side as if your back is up against a wall.
- Look up at your right elbow.
- Due to poor flexibility, many people will bend forward and twist slightly, almost as if doing a standing “crunch” motion. Avoid this by keeping the spine as tall as possible.



**Challenge:** After a shower, a walk or any exercise try this stretch! Hold the stretch for 15-30 seconds and repeat on the other side. Repeat two times on each side.

THIS ISN'T  
SWEAT  
IT'S MY BODY  
CRYING

*Submitted by  
Sister Lori Valkenburg  
Fitness Director*

**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 IS NOW OPEN  
AND WILL END ON  
SEPTEMBER 1ST**

**COME OUT AND ENJOY A SAFE VIRTUAL RUN/  
WALK AS WE PROMOTE AND RAISE AWARENESS  
OF THE IMPORTANCE OF A HEALTHY MIND and  
BODY AS WE JUMP START THE FALL SEASON  
OFF TO A HEALTHY START!**



to our **Facilities Staff** for their continued hard work and dedication in making sure that the Campus is always clean and a place where we feel comfortable when we enter. Thank you for the vast amount of supplies that were made available to us over the last two months, as we left the

Campus after either a Worship service, an appointment, or just simply visiting. The masks and hand wipes were much appreciated and very welcomed. We just want you to know that your thoughtfulness did not go unnoticed!





*Living in the Shelter of God's Wings*  
 PSALM 56:3-4 • PSALM 61:3-4  
**Women's Ministry**  
**Fellowship**  
**SEPTEMBER 11, 2021** **9:00 AM TO 10:30 AM**  
  
*Reverend Sharon Wallace*  
  
*Reverend Tarra Taylor*

# GRIEF SHARE

## A Journey from Mourning to Joy

GriefShare is a thirteen-week seminar that will commence on Monday 13 September 2021 and proceed through to 13 December 2021. These sessions are available for the benefit of FMZBC members and individuals (non-members) residing in communities surrounding our church. These sessions are offered via Zoom and you must register for GriefShare support group at [GriefShare.org](http://GriefShare.org) and select First Mount Zion Baptist Church as the location. Once you have registered, you will receive information on how to access the Zoom meetings.

The support group provides (1) a safe place for participants to share their feelings and emotions with others who understand what they are going through, and (2) to offer the tools required to help them on their journey to healing from the pain of their loss.

- ◆ GriefShare is specifically designed for people who have experienced the loss of a loved one or friend through death. Other losses, such as the loss of a job, divorce, and similar major life events, while significant, are not the focus of Grief Share.
- ◆ GriefShare is designed to extend ministry into the long months that follow when people around the griever have returned to their normal, busy lives.

Rev. Kathy Russell, Lead  
 Deaconess Ledora Akanni ([akanni\\_ledora@yahoo.com](mailto:akanni_ledora@yahoo.com))  
 Deaconess Netra Taylor Goodwin ([netra.taylor50@gmail.com](mailto:netra.taylor50@gmail.com))  
 Deaconess Adrienne Little ([littletwo3@verizon.net](mailto:littletwo3@verizon.net))  
 Deacon Robert Stanley ([robertstanley4730@gmail.com](mailto:robertstanley4730@gmail.com))

### GREETINGS TO OUR SISTERS IN CHRIST!

You are invited to join us for our monthly fellowship on Saturday, September 11, 2021 from 9:00am -10:30am via Zoom. The title "Living in the Shelter of God's Wings". Our guest speakers will be Associate Ministers, Rev. Sharon Wallace and Rev. Tarra Taylor. During this fellowship, we will be ministered to on how to allow God to bring you through the trials and tribulations of life. The scriptures that will be highlighted are Psalm 56: 3-4 and Psalm 61:3-4. The Zoom information can be found in the weekly Connection Points and will be forthcoming via email from the WM. If you are not currently signed up to receive emails from the WM, be sure to send us an email to be a part of our distribution list.

[womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

We look forward to fellowshipping with you! Please encourage other ladies in your life to attend. Join Zoom Meeting:

<https://us06web.zoom.us/j/95772154863?pwd=b0JDboYam15ejJiMTRtYU1oY1VYdz09>

Meeting ID: 957 7215 4863  
Passcode: 371858  
Dial in: 301-715-8592

### WOMEN UNITING IN FELLOWSHIP WITH LOVE, PRAISE, AND WORSHIP

Greetings to all our sisters in Christ. God is so awesome! He has answered our prayers and He wants to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit your prayer request. Our desire is to continually lift your prayer needs as they arise, so please use this email to submit your prayer requests. Let the saints pray for you!!

The prayers of the righteous availeth much!

Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your prayer requests as you submit them.

Prayer email: [WomensMinistryPrayers@firstmountzionbc.org](mailto:WomensMinistryPrayers@firstmountzionbc.org)

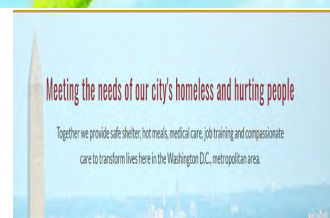
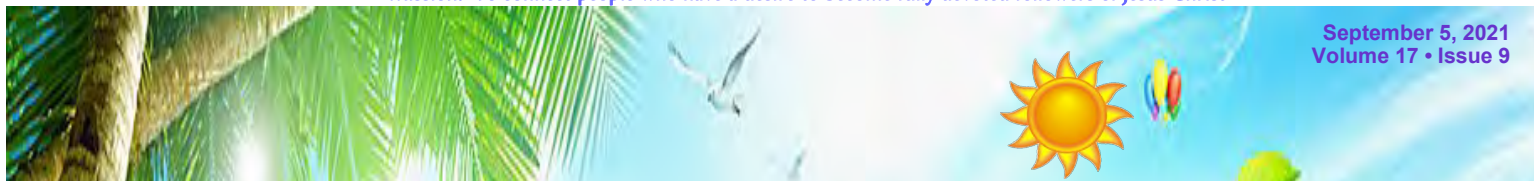


*Women's Ministry*  
Sister Veronica Hackett, Director  
Sister Gwen Holland, Co-Director

### Happy 91st Birthday Deacon Emeritus John W. Jones Jr



Thank you for your leadership and service!  
Deacons Ministry



## **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)  
ACTS  
Children's Home  
Lot Carey Missionary  
**Central Union Mission**  
**Outreach Cultural Arts Center**  
**American Red Cross**  
Northern Virginia Urban League

*"Every day, Central Union Mission strives to glorify God through proclaiming and preaching the Gospel, leading people to Christ, developing disciples, and demonstrating Christ's love and compassion by meeting the physical, emotional, and spiritual needs of hurting people in the Washington, D.C. area"*

### **OUR IMPACT**

Central Union Mission, founded in 1884, is a faith-based 501(c)(3) nonprofit organization and is the oldest private social service agency in Washington, DC. In addition to its emergency shelter the Mission is continually developing its programs to meet the changing needs of the community. Its programs serve homeless men, underprivileged women, families living in poverty, children from at-risk neighborhoods, seniors, veterans, the growing Hispanic population in the city, and helping people overcome addictions. The Mission has five locations throughout the Washington, DC, metropolitan area.

One life at a time, the Mission works to help transform the area's toughest rehabilitation cases—including drug addicts, gang members, criminal offenders and the chronically homeless. The Mission's programs have an extremely high success rate of transforming the lives of the people it serves to achieve independent living and to become godly, productive members of society.

Thanks to friends like you, last year Central Union Mission provided:

- \$7,156,765 value of food donated
- 4,000 or more people each month received food
- 62,000 bed nights of shelter
- 117,736 meals to men experiencing homelessness
- 13,091 sandwiches to people at our door
- 328 workforce development & education participants
- 121 employment opportunities outside Mission programs
- 3,960 counseling sessions
- 312 medical and dental exams
- 6,975 hours donated by volunteers

In addition to its emergency shelter, the Mission:

- Operates a holistic, Christ-centered transformation and workforce development program for men.
- Operates a food and clothing distribution center, which provides food for over 5,750 people each month.
- Runs a camp for underprivileged children; and,
- Offers a ministry to families and senior citizens.

GuideStar has awarded Central Union Mission a Gold Seal for financial transparency, and Great Non-Profits has given Central Union Mission a Top-Rated award.

Interested in more information about the Mission? Visit their website at <https://www.missiondc.org>

*Submitted by the  
Deacons Ministry*



The Cultural Arts Center at Glen Allen offers residents and visitors in the metropolitan Richmond region an unparalleled opportunity to experience the arts, entertain new ideas, develop a new talent, and experience first-hand, all the best this community has to offer.



Artist, Hamilton Glass' (pictured below) mural project is only one example of how art is used to transform the lives of troubled youth. Mr. Glass was tasked by the Glen Allen Cultural Arts center to create a mural at a juvenile detention center that the youth would design, paint, and see through to the end of the project. He thought this



project would really be great for the youth -- something that would be freeing, push them further and lift their spirits!

He learned that many of them are and want to be creative, and art does not take much effort to get their attention. He stated, "creativity is an unspoken language in which we all appreciate and admire... being creative is innate to being human." He believes this project pushed that creativity out of all the youth, and you can tell by the end result.

"The mural represents the path [or range of emotions] the youth come in with-- regret, loneliness, pain, anger and unwillingness to succeed." "Then, they go through the stages of becoming successful and getting out and being inspired by the staff and others that interact with the program." Mr. Glass praised the staff of the Glen Allen Cultural Arts program for their dedication, appreciation, and year-round efforts to bring these therapeutic art programs to these kids. The Superintendent of the detention center stated, because of this program, many of the youth leave the facility with hope. Some go on to get their GEDs and enroll in college. Visit the Cultural Arts website at <https://www.artsglenallen.com>

## 140 YEARS OF COMPASSIONATE SERVICE



Founded on May 21, 1881, by [Clara Barton](#), the American Red Cross has been dedicated to serving people in need. Since then, American Red Cross members and volunteers have been an essential part of our nation's response to war, natural disaster, and other human suffering. We've witnessed great tragedy, but we've also seen triumph as people work together to help rebuild lives and communities.



In the **19<sup>th</sup> Century**, Clara Barton leads the American Red Cross through its founding and first two decades of service, including the first domestic disaster response, U.S. Senate ratifying the Geneva Convention, and the first international relief efforts.

In the **20<sup>th</sup> Century**, the Red Cross expands beyond military support and disaster relief, working to enhance community resilience and help people prepare for emergencies, including our first Federal Charter, Two World Wars, Korea, Vietnam, our first civilian blood collection program, and the launch of training in first aid, water safety and other skills.

Approaching its 140th year of service in the **21<sup>st</sup> Century**, the Red Cross continues to bring hope to people in their time of need, including domestic disaster responses including the September 11 terrorist attack, ongoing support for America's military families, and our international campaign to combat measles.

The American Red Cross has **five main areas of service: Disaster Relief, Life Saving Blood, Health and Safety Training and Certification, Supporting American Military and Veteran Families, and International Services.** To learn about these services, and the legacy of strong leadership, support and contributions by "*people of color*," visit the website at <https://www.redcross.org>

and

[Contributions of People of Color | American Red Cross](#)



## VIRTUAL VOLUNTEER SCREENING

If you need to be screened, please contact the following:

Cynthia Zorn Pettigrew  
703 -730-5227  
[zornpettigrewcl@comcast.net](mailto:zornpettigrewcl@comcast.net)

or

Clarice Torian  
703-730-6353  
[toriancj@gmail.com](mailto:toriancj@gmail.com)

## JOB VACANCIES

FMZBC is seeking to employ a **Food Service Assistant Cook** and a **Volunteer Wedding Coordinator**.

The job announcement and the employment application are available for download at:

<https://firstmountzionbc.org/job-vacancy-announcement/>

Please return by email to: [employment@firstmountzionbc.org](mailto:employment@firstmountzionbc.org) or return to the office during office hours, Tuesday and Thursday, 11Am-2PM.

Applications will also be accepted by mail:

First Mount Zion Baptist Church,  
16622 Dumfries Road,  
Dumfries, Virginia 22025



**The last day to register for September SHARE packages is Sunday, September 13th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on September 25, 2021.**



**Sundays at 9:45 a.m. on ZOOM**

Register in advance at  
<https://zoom.us/meeting/register/tJwrfu-upjlsH9VMx4eBFk3D3sIW19YJZAF4>

After registering, you will receive a confirmation email and information about joining, including the meeting link and dial-in phone number.

### SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions **should not exceed 300-350 words** and must be received no later than **12 noon on the 15th of each month** to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

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

or through our web form at:

[http://bit.ly/FMZBC\\_Articles](http://bit.ly/FMZBC_Articles)

We look forward to your participation!!

Thank you!

**Communications and Publicity Ministry**

Dr. Joseph Boutte, Chair  
Sister Oonagh Bell      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 H. Holmes, Chair, Deacon Ministry  
Cynthia Brown, Chair, Deaconess Ministry

16622 Dumfries Road  
Dumfries, Virginia 22025-1920  
Telephone: 703-670-0184  
Email: [fmzbc@firstmountzionbc.org](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

## UPDATED ADJUSTED SERVICE SCHEDULE DURING PANDEMIC

**Sunday School**  
9:45 AM (VIA ZOOM & CALL-IN)

**Worship Service – 11:00 AM (ONLY)**  
in Sanctuary or view us on line at

**FMZ Life Stream:**  
<https://www.lifestream.tv/fmz-live/>

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

**YouTube:**  
<https://www.youtube.com/channel/UCzFCO3nn-QRnObzNDEefeGQ>

## SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream: <https://www.lifestream.tv/fmz-live/>  
Facebook: [www.facebook.com/fmzbcumfries](http://www.facebook.com/fmzbcumfries)  
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](https://vimeo.com/25203195)  
YouTube: <https://www.youtube.com/channel/UCzFCO3nn-QRnObzNDEefeGQ>



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



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

POC: Pamela Knight  
[singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org)