



A Ministry Exhibiting a Spirit of Excellence!

2021 Theme: *We Are Stronger Together*
—Ecclesiastes 4:9

Message from the Pastor



THE LORD BUILT THIS HOUSE!

My heart is eternally grateful to God and to you, the congregation, for your generosity and faithful stewardship as we culminate a monumental milestone in paying off our Church mortgage early in September 2021. You have been faithful in your stewardship during natural disasters, recessions, lay-offs and a global pandemic, just to name a few of the challenges we have faced over the years and, again, I say "Thank You"!

Psalm 127:1 says, "unless the Lord builds the house, they labor in vain who build it..." This Psalm of ascent written by King Solomon speaks to laboring and prospering in the Lord. Solomon understood the gravity of the task in the assignment of completing the building of the house of the Lord (1 Kings, Chapter 6). Solomon completed the temple in seven years, and now we celebrate being "mortgage free" after 17 years, to the glory of God! Be encouraged because your labor has not been in vain.

Ours is a rich history and I want to encourage you to go to the Church's website and re-read our rich history and celebrate all those who have passed on and the important part they played in the legacy, vision, mission, and completion of this beacon of light to the world known as First Mount Zion Baptist Church.

Paying off our Church mortgage is a major accomplishment. It's not just an ending, it's the beginning of a new era in our Church's rich history. Therefore, we will continue to live out our vision which is "Sharing the Light: from the Promise, to Pentecost, to Points around the World" and our mission, "To connect people who have a desire to become fully devoted followers of Jesus Christ", while embracing our 4-step strategy of Worship, Study of the Word, Stewardship and Service.

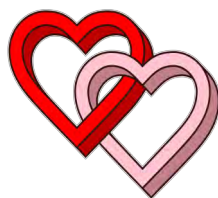
First Mount Zion, thank you, thank you, thank you, and again, to God be the glory!

We Are Stronger Together,
Pastor Luke E. Torian

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LABOR DAY OF LOVE



On Labor Day 2021, **Jimmie and Gladys Kee celebrated 68 years of marriage.** Most married people will agree, marriage is a labor of love. The Kee's are the parents of Deborah Kee Campbell. Deborah and Vernon Campbell are members of FMZBC and in Zone E1, which is served by Deacon James and Deaconess Jackie Foy.

The couple, Jimmie and Gladys, first met in grade school in North Carolina. They were high school sweethearts. While Gladys was finishing high school, Jimmie was in the Army. Jimmie's family moved to Cleveland, Ohio during the Great Migration.

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INFORMATION ON VOTER REGISTRATION AND EARLY IN-PERSON VOTING NOVEMBER 2, 2021, GENERAL ELECTION

PRINCE WILLIAM COUNTY, VA

Last day to register to vote: Tuesday, October 12, 2021 In-person by 5:00 p.m. at:

**Elections Main Office
9250 Lee Avenue
Suite #1
Manassas, VA 20110**

Applications are also accepted, and you can mail them or complete them online. Applications must be postmarked and submitted by 11:59 p.m., October 12, 2021.

EARLY IN-PERSON VOTING:

September 17, 2021 – October 30, 2021
Monday through Friday - 8:30 a.m. to 5:00 p.m.
Saturday, October 9 and 16 - 8:30 a.m. to 12:00 p.m.
Saturday, October 23 and 30 - 8:30 a.m. to 5:00 p.m.
Sunday, October 24 – 1:00 p.m. to 5:00 p.m.

LOCATIONS:

- The Prince William County Office of Elections, 9250 Lee Avenue, Suite 1, Manassas
- The Haymarket Gainesville Community Library, 14870 Lightner Road, Haymarket
- Department of Motor Vehicle Woodbridge Customer Service Center, Elections Office, 2731 Caton Hill Road, Woodbridge

EARLY IN-PERSON VOTING:

October 18, 2021 – October 30, 2021
Monday through Friday – 8:30 a.m. to 5:00 p.m.
Saturday, October 23 and October 30 - 8:30 a.m. to 5:00 p.m.

LOCATIONS:

- The Brentsville Courthouse Historic District, 12229 Bristow Road, Bristow
 - Dumfries Community Center, 17755 Main Street, Dumfries
- *Subject to certification of no objection by the Attorney General*

VOTE ABSENTEE BY MAIL:

Deadline to apply for a ballot to be mailed to you: Friday, October 22, 2021. The request must be received by the local voter registration office by 5:00 p.m. Find the online absentee ballot application at:

Prince William County Office of Elections
9250 Lee Avenue, Suite #1
Manassas, VA 20110
703-792-6470

<https://vote.elections.virginia.gov/VoterInformation/Lookup/absentee>





A PRAYER FOR STUDENTS AT THE BEGINNING OF THE SCHOOL YEAR

Loving, present and active God, thank you for Jesus' sacrifice on the Cross for each one of us; Lord, forgive us this day for our sins; thank you for being available and accessible to us this school year.

Through faith, we know that you hear the prayers of your children — the students, parents, teachers and school staff; through faith, we know that you are able to answer our calls, to supply every need, and to guide us through each new school year.

God, we are concerned about sending our students and educators back to school. Protect them. God, we are concerned about the daily interactions and new friendships they will develop. Protect students from dangers seen and unseen, and be at the center.

God, fill this school year with fun, engaging and edifying lessons and experiences.

In the name of Jesus Christ, our Lord. Amen.

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

October is . . .

Clergy APPRECIATION MONTH

First Mount Zion Baptist Church Family, please let us take a moment and show our appreciation for the Vessels that God is using here at First Mount Zion, and wherever else HE leads them! Let us send a card, an email, a text, any word of encouragement that God has laid on your heart, to any Minister(s) of your choosing and I believe not only will they be blessed by your act of kindness, but God will be pleased!

To our Ministerial Staff:

We thank Almighty God for you and the service you render to His people! Please know that you are always in our thoughts and prayers. We encourage you to continue to preach the Gospel whenever the opportunity presents itself and, when necessary, use words!

We love you! May Almighty God bless your efforts as you continue to serve Him!

*Pastor's Aide Ministry and
First Mount Zion Family*



LABOR DAY OF LOVE – cont'd from page 1

When he returned from his draft conscription during the Korean War, he came back to North Carolina, married Gladys, who was a student at Livingston College, and whisked her off to Cleveland. Before they left, however, his new father-in-law told him, "If you can't take care of her, or decide you don't want to treat her right, bring her back." The two have been caring for, and taking care of, each other ever since.

Deaconess Kee, the more COVID cautious of the couple, often calls in to FMZBC Sunday School Extended, and other ministries during the week, while Deacon Kee "steps out on faith" to their home church to serve in a variety of capacities.

During the days leading up to Labor Day, Deborah and Vernon visited the Kee's in Cleveland. The two visitors were able to pull off a surprise dinner for their parents' anniversary right in their own home! The dinner was complete with candlelight, flowers, sparking cider, a delicious meal and an attentive wait staff.

Both were quite surprised, excited and grateful for the intimate anniversary celebration. While blessing the food, Gladys thanked the Lord for the 68 years and she acknowledged it was His grace and mercy that kept them together. At the end of the meal, not one to be outdone, Jimmie returned the surprise by leaving the "wait staff" a generous tip.

Marriage is a labor of love, and with God's grace and mercy, genuine caring, and some humor, it is possible to labor long and be grateful!

Jimmie and Gladys were given a 500 piece puzzle to keep them distracted while dinner preparations were taking place inside their home. They thought they were going out to eat.



Congrats!



From the desk of The CBA



STAFF'S RETURN TO WORK AND NEW OPERATIONAL HOURS

Tuesday and Thursday, 9:00 a.m. - 3:00 p.m.

Staff will be in the office on Tuesdays and Thursdays. Hours of operation are from 9:00 a.m. - 3:00 p.m. Outside of onsite office hours, the staff works remotely. The Fitness Center is open to members only on Tuesdays and Thursdays. The Beauty and Barber Shops continue to be open during this time by appointment only. **Please note that you will NOT be allowed entrance into the building unless you are in possession of your verification of vaccination (either electronically or actual vaccination card).**

CHANGE IN CHECK-IN PROCEDURES (Rev. 9/12/21)

For anyone 12 years and older, proof of being fully vaccinated is required only ONCE. When proof is shown, your name will be entered into a database. At subsequent check-ins you need only to provide your name. Wearing a mask, having temperature taken, and social distancing are still required.

Am I still required to pre-register for Sunday service or to enter the building during the week?

No, providing verification of being fully vaccinated eliminates the need to pre-register.

What forms of proof of vaccination are accepted?

A legible vaccination card showing your name and date(s) of vaccination; a copy of your card; or a picture on your electronic device are acceptable forms of proof.

Are children required to show proof of vaccination?

Children 12 years and older are required to show proof of vaccination. Children under the age of 12 are not.

PLEASE NOTE: If you have a medical reason which precludes you from being vaccinated, YOU MUST provide a letter from your physician to that effect.

Thank you for your cooperation and understanding. It is our desire to keep us all protected!

Renee Woolfolk
Church Business Administrator

KEEP PRINCE WILLIAM BEAUTIFUL &
PRINCE WILLIAM COUNTY SOLID WASTE DIVISION
PRESENT A FREE COMMUNITY EVENT:

FIX-IT FAIR

SATURDAY, OCTOBER 9, 2021

10:00AM-4:00PM

CENTRAL LIBRARY

8601 MATHIS AVE

MANASSAS, VA 20110

****Registration is Required****

Accepted items include: small appliances and electronics, small furniture, jewelry, clothing, bicycles, small engines (i.e weedwackers)

For more information and to register visit

www.kpwb.org/events



PRINCE WILLIAM
COUNTY



KEEP
PRINCE WILLIAM
BEAUTIFUL
KEEP AMERICA BEAUTIFUL AFFILIATE

Our second annual Fix-It Fair is coming up! This year's event will be on Saturday, October 9, 2021 from 10am-4pm at Central Library in Manassas.

Registration is required. All of the details for signing up can be found at the website listed below; please review the information on the registration page carefully before signing up.

To register, copy and paste the link below into your browser.

<https://www.signupgenius.com/go/10C0D4CAEA62CA4FBC52-fixit2>





LEADERSHIP THE CHAPLAIN'S CORNER

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:

As was stated in the September article, there is much "unknown" "such a time as this," particularly with the new COVID virus variant(s), Afghanistan Evacuation, catastrophic weather, California Fires, etc. etc. etc.!!! It is truly a time to seek God's Face AND petition our Father to **"order our steps"**!! Well, let's see what more the Bible tells us about **God's Wisdom:**

Paul's letter to the Ephesians is rich with love and instruction. One of his greatest desires for the church was to pay close attention to their actions so that they would **walk in wisdom**. As followers of Christ, we are called to be disciplined with the words we say, the ways we interact with others, and to make wise use of our time here on earth.

Paul warns us that "the days are evil" and that we must **watch our steps** closely, because some of those around us are eager to watch us slip. In 2021, we are surrounded by social media feeds of advice and opinions from every angle, telling us how we should live our lives. But Paul warns us to be watchful of every influence and to pay careful attention to how we are living our lives on a daily basis.

"See then that you walk circumspectly, not as fools but as wise, Therefore do not be unwise, but understand what the Will of the Lord is." **Ephesians 5:15, 17 NKJV**

Talk it over

What advice or opinions have you seen in your social media feeds (or elsewhere) that you may need to be watchful of?

Are there areas of your life that you have made poor decisions and you feel like you could use more Godly wisdom?

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

<https://youtu.be/dmzCyxHIYoI>

FMZ Leadership Chaplains
Deaconess Ledora Akanni
Trustee Derrick Tanner
Deacon Henry Walker
Deacon Ron Cooper

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

HABAKKUK'S ASSURANCE

During this extended period of COVID-19 full of cancellations, separations, and yet another spike, we may begin to wonder will it ever end? Will this disruption to what was once normalcy ever allow us to return to even a new normalcy? Habakkuk 2:1-3 is a great reminder and an assurance for our Souls.

Susan Duke, in her *"Soul Spa"* devotional, asserts that it's easy to become disheartened when our lives just don't line up with our heart's desires and expectations.

When our dreams or visions for our lives are interrupted and disrupted with life's issues and when their complexities weigh us down, our vision and dreams can get buried beneath the rubble. No matter what disappointments or heartaches may befall us during any given season in our lives, Habakkuk's message is a great reminder that God still has a vision for our lives! God hasn't forgotten the vision, nor should we.

Burdened by all of the bad news, Habakkuk cries out to God and presents a complaint to God regarding the tragedies of the day. The Message bible in Habakkuk 1:17 records the prophet's question to God in this manner. Are you going to let this go on and on? God's futuristic response to the prophet in chapter 2 provides assurance for those who may be facing circumstances that appear unending and unrelenting. Wait in faith and God's vision will surely be fulfilled in our lives. And it will happen in God's appointed time. Have you ever experienced the miraculous from God in a manner that exceeded all that you could have imagined or envisioned?

Because our covenant keeping God has spoken it, hold fast to the vision that God has revealed and is revealing. "Write" the vision, journal the vision, pray and cry out to God regarding the vision. And then live expectantly in faith...wait on it, for Habakkuk declares that it will surely come!

Submitted by
Rev. Helen Parker

In the darkest of nights cling to the assurance that God loves you, that He always has advice for you, a path that you can tread and a solution to your problem--and you will experience that which you believe. God never disappoints anyone who places his trust in Him.

Basilea Schlink



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:

1 Peter 5:7 NKJV

Casting all your care upon Him, for He cares for you.

1 Peter 5:7 AMPC

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

Joshua 1:9 NKJV

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

Joshua 1:9 AMPC

Have not I commanded you? Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go.

Prayer:

"Lord, thank You that You know and You care and You are concerned about us. Thank You that we can take our burdens and cares to You because You care. There is no problem that is too big or too small for You.

Even though we are living in some VERY challenging times, we know that You are sovereign and still in control and we can trust You to work all things out for Your glory and our good. Help us to do our part and let You do what we CAN NOT do.

In the mighty and precious name of Jesus we pray and say thanks! AMEN!"

Worship Song: "He's Concerned About You" - <https://youtu.be/nxjlbKU8fxY?list=TLPQMTQwOTlwMjFckHMyPvIRpA>

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.

Please remember to pray for students, teachers, administrators and parents as the 2021-2022 school year begins.

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

"A PRAYER"

by Max Ehrmann

Let me do my work each day;
and if the darkened hours of despair overcome me,
may I not forget the strength that comforted me
in the desolation of other times.

May I still remember the bright hours
that found me walking over the silent hills
of my childhood, or dreaming on the margin
of a quiet river, when a light glowed within me,
and I promised my early God to have courage
amid the tempests of the changing years.

Spare me from bitterness and from
the sharp passions of unguarded moments.
May I not forget that poverty and riches
are of the spirit. Though the world knows me not,
may my thoughts and actions be
such as shall keep me friendly with myself.

Lift up my eyes from the earth,
and let me not forget the uses of the stars.
Forbid that I should judge others lest I condemn myself.
Let me not follow the clamor of the world,
but walk calmly in my path.

Give me a few friends who will love me
for what I am; and keep ever burning
before my vagrant steps, the kindly light of hope.

And though age and infirmity overtake me,
and I come not within sight of the castle of my dreams,
teach me still to be thankful for life, and for
time's olden memories that are good and sweet; and
may the evening's twilight find me gentle still.



”

THOUGHT FOR THE WEEK

**BE DETERMINED TO TRUST GOD TO
DELIVER YOU IN EVERY DIFFICULTY.
WE CAN LIVE VICTORIOUS LIVES.**

REV. DR. LUKE E. TORIAN
FIRST MOUNT ZION BAPTIST CHURCH



WOMEN'S MINISTRY FELLOWSHIP – “LIVING IN THE SHELTER OF GOD'S WINGS”

Tuesday morning in 2001. Dr. Holley called out the names of our very own Amelia Fields and Sandra White who lost their lives at the Pentagon. This is a day that we will never forget. We will always remember, pay tribute, and honor the victims, survivors, and heroes.

This was an amazing fellowship, filled with words of encouragement, praise, and worship from beginning to end. In God we trust and to God be the glory! AMEN!

Veronica D. Hackett
WM Director

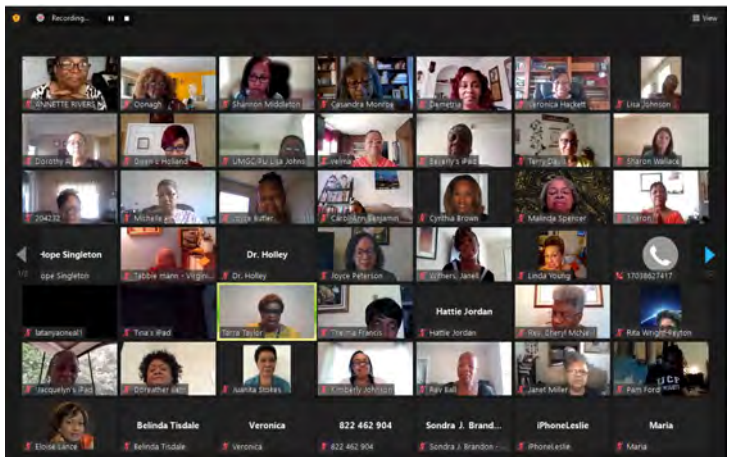
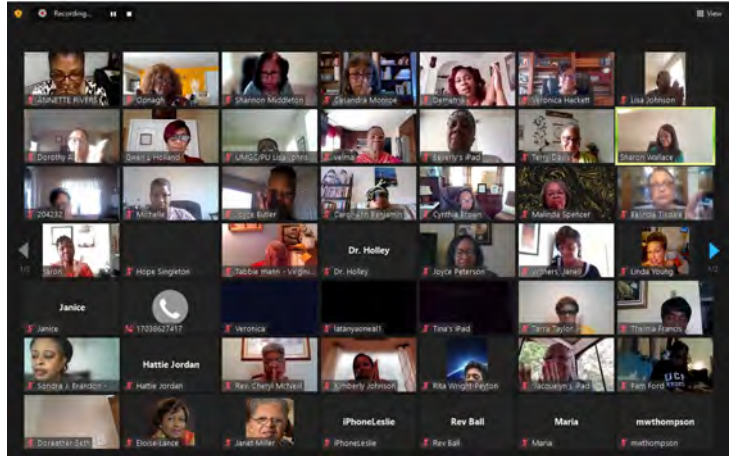
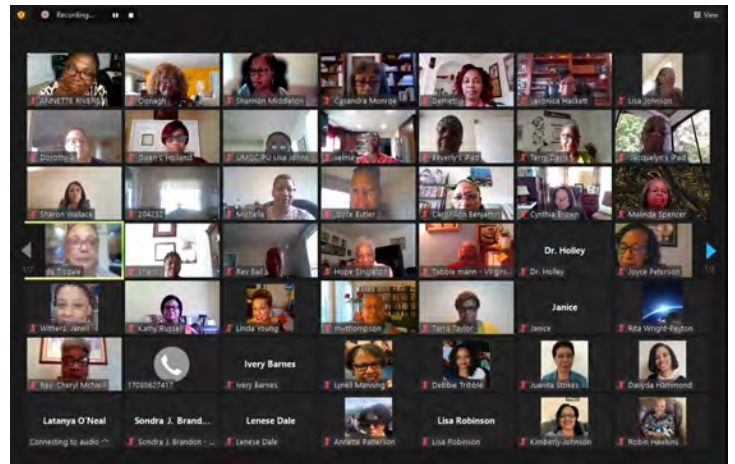
The Women's Ministry (WM) hosted a fellowship via zoom on September 11th, encouraging women to trust God to bring them through the trials and tribulations of life. Women were reminded that under the covering of God's wings, they are able to live renewed lives with joyous laughter and open hearts to love. And, in the midst of all we go through, our Father is right by our side.

Our guest speakers, Rev. Sharon Wallace and Rev. Tarra Taylor, truly honored the title with their powerful and inspiring messages as they ministered to us on how to ensure we are “Living in the Shelter of God's Wings,” based on Psalm 56: 3-4 and Psalm 61:3-4.

Rev. Wallace entitled her sermon “In God We Trust.” The two main points that she taught us were how to move from fear to trust and to let go and let God. In the Book of Psalm, she gave us the example of David and all of the affliction that he faced. He went from fear to trusting God. He called on God in light of his adversity because he knew that his security was found in and through God. We serve a big GOD who is bigger than any of our problems. When we solely put our trust in God, we are saying “In God We Trust.” God is the One who knows and sees all and will never leave nor forsake us. When we surrender it all to God, then we are given peace and the reassurance that all things will work out for our good and to the glory of God. When we let go and let God, that's when we will see God have His way in our lives. “In God We Trust, means the battle is not ours, but it's the Lord's.

Rev. Tarra Taylor encouraged us to look at the example of David and how he never waived in seeking God in his circumstances. David constantly reminded God that He had been his shelter and his strong tower. He reminded God of all the things God had done in the past -- how God had brought him through every trial and situation. By the power of the Holy Spirit, God gives us what we need to get through from day to day, sometimes from minute to minute. We need to develop a habit of recording the blessings when we receive them. When the trials come, review what the Lord has brought you through. How do we abide under the shelter of God's wings? We need to stay in close relationship with Jesus Christ. We need to let the Word of God abide in us by reading it, meditating on it, and obeying it. We must maintain our faith and trust in God as we stay in prayer with our Father. These are ways that we make sure we are “Living in the Shelter of God's Wings”

The WM ended our fellowship with a tribute in memory of 9/11, a horrific attack on our nation 20 years ago. A video and PowerPoint presentation were shown. Demetria Cobb compassionately read the events that took place on that tragic morning and prompted a moment of silence for the victims. Rev. Dr. Tracey Dawkins Holley instructed us to turn off our videos as a posture of solidarity, as she closed out the tribute with a heartfelt prayer and plea to never forget the people and the sacrifices that so many made on that





"Chosen to Serve in the Spirit of Christ"

MEET FMZBC'S NEWLY CONSECRATED AND ORDAINED SERVANT LEADERS WE THANK GOD FOR HIS CALL UPON THE LIVES OF THESE BROTHERS AND SISTERS WHO WERE CONSECRATED AND ORDAINED ON SEPTEMBER 26, 2021.



Trustee Willie Davis is a native of Houston, Texas. He is married to Sister Vickie Davis. They have two children – Basia and Solomon.

Trustee Davis has been actively serving at First Mount Zion for the past eleven years. He has served in the Senior Usher Ministry, Men's Ministry, and the Men's Choir. His favorite scripture is Psalm 27:1.

One word that describes Trustee Davis is "generous," for he who has a generous eye will be blessed, for he gives to the poor. He was raised in a family of nine children; however, they never had wants for anything more than what his parents could provide.



Deaconess Rosemary Creekmur is a native of Richmond, Virginia. She is married to Brother Robert E. Creekmur, Jr. They have two adult children – Stephanie Creekmur-Mills and Rev. Xavier Creekmur.

Deaconess Creekmur joined First Mount Zion in 2009 and has actively served in ministry for the past twelve years. She has been active in several ministries to include the New Member Orientation Class and the Spiritual Gifts Class. Her favorite scripture is Psalms 121:1-2.

Deaconess Creekmur is very compassionate and receives great joy from helping others. Her passion is encouraging God's people. She has a heart for giving and serving others. Deaconess Creekmur and Brother Robert's four grandchildren - Angel, Jaxon, Joshua, and Tajh are joyful lights to their family.



Deaconess Oterra Parker is a native of Lynchburg, Virginia. She is married to Deacon Vannie J. Parker IV. They have one son - Joshua Morris. Deaconess Parker has been a member of First Mount Zion since January 2011.

For the past ten years, Deaconess Parker has been actively involved in ministry. She is a member of the Senior Usher Ministry, SHARE Ministry, Small Groups Ministry, Sunday School, and she attends Bible Study. Her favorite scripture is Psalm 23.

One word that describes Deaconess Parker is "kind." She readily asserts that everyone needs a kind word and a helping hand.



Deaconess Kishema Tapp is a native of Norfolk, Virginia. She is married to Brother Charles Tapp, II. They have two children – Charles Tapp III and Lillian Simone Tapp.

Deaconess Tapp has been a member of First Mount Zion since 2013. She is no stranger to service. She is a member of the Senior Usher Ministry, and she is the Small Group Ministry Leader for the "Hungry For the Word" Small Group.

One word that describes Deaconess Tapp is "Levite." She is very compassionate, and she is very passionate about helping others. Her favorite scripture is Nahum: 1:7. Her mantra is "I could eat!"

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FMZBC'S NEWLY CONSECRATED AND ORDAINED SERVANT LEADERS

cont'd from page 8



Deacon Walter Edward Reed, Jr. is a native of Jersey City, New Jersey. He and his wife, Sister Lela Renee Reed, have two children - Terry Reed and Carrington Wright.

Deacon Reed is a devoted servant. He has been an active member of the Security Ministry, the Men's Ministry and Sunday School.

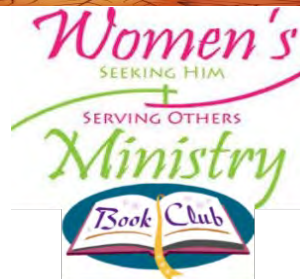
Deacon Reed's favorite scripture is Ephesians 2: 8-9. One word that describes him is "humble." He is always eager to reach out to others and assist in any way he can. He puts God first in his life and is described as a man after God's own heart. Deacon Reed's favorite gospel song is "Never Would Have Made It" by Marvin Sapp.



Deacon Michael Stewart is a native of Jesup, Georgia. He is married to Sister Stephany Stewart. They have two daughters - Mikayla, who is fourteen years old and McKenzie who is nine years old.

Deacon Michael Stewart has been an active member of First Mount Zion since April, 2012. He has served in the Security Ministry and with the Youth Ministry. His favorite scripture is Isaiah 40:31.

One Word that describes Deacon Stewart is "Genuine." He is honest and genuine in all his ways. Deacon Stewart's passion is helping others. He describes himself as an easy-going guy who loves his family and just wants to see everyone be their best.



WOMEN UNITING IN FELLOWSHIP WITH LOVE, PRAISE, AND WORSHIP

The Women's Ministry (WM) will be hosting our fall Book Club session via Zoom. We will be reading "Seasons of a Woman's Life Bible Study" by Lois Evans.

During this 5-week session, we will be discussing the many seasons in a woman's life. This study leads readers through a series of biblical principles that will help one navigate all the seasons of one's life that honors and pleases the Lord. The study contains 10 powerful lessons, each with a devotional, interactive scripture study, and group questions. Please join us and invite other ladies to share in this spiritual journey.

Session dates are 10/2, 10/16, 10/23, 10/30, and 11/13.

Session times are 10:00am -11:30am.

Register by emailing:

WomensMinistry@firstmountzionbc.org. Input "Book Club" in the subject line and provide your name, telephone number, and email address where you can be reached.

POC: Sister Lisa Johnson, Co-Lead, WM Book Club

GENEROSITY



The Bible speaks about generosity in many ways. For example, Isaiah 32:8 says, "But a generous man devises generous things, and by generosity he shall stand". Another example from Proverbs 11:25 says, "The generous soul will be made rich, And he who waters will also be watered himself".

Our congregation is full of examples of generosity. Through the generosity of the congregation, the Benevolence program assists individuals and organizations throughout our local, state, national, and international community. In addition to the congregational generosity, many members go even further in their personal generosity. One example of many is the continuous generosity of Deacon Emeritus John W. Jones Jr. On his 88th birthday, Deacon Jones encouraged friends and families to donate funds to assist college-bound youth. He raised over \$7,000 and the Montford Point Marine Association (MPMA) added additional funds to award five \$2,000 scholarships. Carmen E. Cole, former National President of MPMA recognized Deacon Jones' generosity by saying, "He is a man of integrity, with the utmost moral character and demonstrates the willingness to work unselfishly for the betterment of others". Deacon Jones continues his generosity in many ways. Most recently, he again displayed the generosity described in Isaiah and Proverbs through his donations of clothing to the Newport, NC community. His generosity knows no boundaries and he continues to serve generously.

*Dec. John W. Jones, Jr.
Honorable Appreciation
For Your Clothing Donation
The Newport, NC Community*

We are blessed by generous people all around us who each day find ways to share their blessings to bless others. We thank all our generous members who make First Mount Zion a generous congregation for our community.

All About The Ladies



AATL



LADIES LEADING WITH GOD'S LOVE

YOU'RE INVITED

ALL ABOUT THE LADIES

INVITES YOU TO OUR
ANNUAL WOMEN EMPOWERMENT WORKSHOP

THEME: LET IT GO!

PHILIPPIANS 4: 6-7

FRIDAY, OCTOBER 15, 2021 - 2:00 PM

VIA ZOOM

MORE INFO TO FOLLOW



HONORING OUR VETERANS AT "THE MOUNT"



MSGT Camillus Sessoms
Vietnam War

During the Vietnam War, Camillus Sessoms served his country as a member of the United States Air Force. Among his accomplishments during his military career, Camillus tells the story of escorting the crew of Apollo 11 after splash down to Hickam Air Force Base and about his role as an extra in the WWII movie, *Tora, Tora, Tora!* He also has some interesting insights into race relations in the military during the 50's and 60's.



Col. Oscar Harrison
World War II - Korean War - Vietnam War

Drafted into the United States Army, Oscar Harrison served his country during World War II, the Korean War and the Vietnam War. He would eventually rise to the rank of Colonel. Among his service awards, Oscar received two Bronze Stars.



Col. Neal Patterson
War on Terror - 9/11

William Neal Patterson served his country as a member of the United States Army during the War on Terror. In addition to documenting his service, Neal speaks of his recollections of the morning of September 11, 2001.



Lt. Col. Gwendolyn Crimiel
War on Terror

Gwendolyn Crimiel served during the War on Terror as a member of the United States Air Force. She comes from a long line of military veterans who served this country with honor. Gwendolyn did not see combat during her military career, however, her service, like so many others who did not, played a vital role in helping to support those who did serve on the "front lines."



GySgt John W. Jones, Jr.
Vietnam War

As a member of the United States Marine Corps, John W. Jones, Jr. served his country during the Vietnam War. He served with the 1st Battalion, 9th Marines and would rise to the rank of Master Gunnery Sergeant. John's bunk mate was killed during the war and he says that he thinks about his time in combat everyday. John says, you go to combat, and "you never come back the same."

ARE YOU ONE OF AMERICA'S VETERANS – SOMEONE WHO HAS SERVED OUR NATION WITH COURAGE AND DISTINCTION?

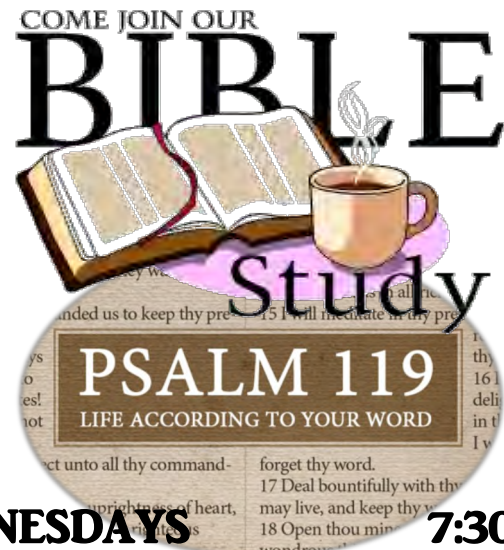
Career Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, volunteers, draftees, Guardsmen and Reservists. All have served. All have sacrificed. All have contributed to the unique American story. The Americans in Wartime Museum will be a voice for you and for all American veterans, conveying extraordinary stories of wartime service and your contributions to the character of our nation.

The United States is home to more than 20 million veterans who have served our nation in uniform. The Commonwealth of Virginia is home to 814,000 veterans, and nearly one in seven residents of Prince William County—the site of our Americans in Wartime Museum—is a veteran.

From the National Veterans Visitor Center and the Veterans Recording Studio in our main building to the outdoor Landscapes of War, the heart of the Museum will be the story of individual American veterans and those who supported them at home.

Today, you can help compile and preserve the story of America's courageous veterans – whether you want to tell your own story or pay tribute to a loved one:

Send your story, and photos, for publication in our blog. You can email kbentz@nmaw.org and cpm1@firstmountzionbc.org



WEDNESDAYS

7:30 P.M.



FITNESS-IN-PLACE

STANDING QUAD STRETCH

When you sit for long periods of time, the hip flexor muscles become weak and short. When these muscle get weak and short due to inactivity, the hips can't move the way they are supposed to. The lumbar spine picks up the slack and is forced to bend and stay frozen in positions that cause problems with the connective tissue between the vertebrae. Stretching these muscle helps return it to its natural length and function so it can do what it is supposed to do.

- Stand upright and bring the heel of the foot toward the glute (if necessary, grab a desk or other stationary object for support).
- Using the hand, grasp the top of the foot near the ankle (if unable to grab the foot, use a towel or band to wrap around the foot).
- Squeezing the glute muscle, stand as upright as possible while bringing the knee in line with the other knee.
- Slightly push the hips forward while bringing the heel toward the glute.
- Maintain flexion of the glute muscle and tension of the hips pushing forward to prevent the lower back "bowing."
- Hold the stretch for 15-30 seconds and then switch sides (repeat twice on each leg).



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.

Sister Lori Valkenburg
Fitness Director

PLANNING TO WORKOUT SOMEDAY?
THERE ARE SEVEN DAYS A WEEK,
SOMEDAY IS NOT ONE OF THEM!

POSITIVES FROM THE BLACK HISTORY CORNER

Dr. Levi Watkins Jr. was a cardiac surgeon who, in 1980, performed the first implantation of an automatic defibrillator into a human heart. He was also a Professor of Cardiac Surgery and Associate Dean at the Johns Hopkins School of Medicine in Baltimore, Maryland.



Watkins was born in Parsons, Kansas, but grew up in Montgomery, Alabama. He attended the First Baptist Church, and became close friends with the Pastor, Dr. Ralph David Abernathy. He later attended the Dexter Avenue Baptist Church, where he met Dr. Martin Luther King, who had recently begun preaching there. Inspired by King, and dismayed at the prejudices of Jim Crow Alabama, Watkins became involved in the Civil Rights movement. He joined the King-supervised Crusaders youth group and drove parishioners to the church in a station wagon so they could boycott the city's segregated bus system in 1956.

Watkins entered Tennessee State University in 1962. He eventually became President of the Student Body, majored in biology, and graduated with honors in 1966. That May, he became the first African American admitted to the Vanderbilt School of Medicine in Nashville. Studying at Vanderbilt was a lonely, isolating experience, and when King was murdered in 1968, Watkins was still the only black student at the school. Despite the prejudice he encountered there, In 1970 he became the first African American to graduate from Vanderbilt.

Later that year Watkins moved to Baltimore, where he became the first black intern at Johns Hopkins University Medical School. Between 1973 and 1975, he studied at Harvard Medical School's Department of Physiology, performing breakthrough research into the role of the renin angiotensin system in congestive heart failure. When he returned to Johns Hopkins in 1975, he became the first black Chief Resident in Heart Surgery at the University.

Watkins performed the first implantation of an automatic defibrillator in February 1980. Joining a team working on the device that included Michel Mirowski, Morton Mower, and William Staewen, and assisted by Dr. Vincent Gott, the Chief of Cardiac Surgery, Watkins performed the operation on a 57-year-old woman from California at Johns Hopkins Hospital. The defibrillator is a small, battery-powered device that detects arrhythmia in the heart and emits an electric shock to correct it. Since that operation, it has saved more than one million lives.

Watkins had also been selected to join the Medical School's Admissions Committee, where he focused on correcting racial inequality in the student body. He was so successful that by 1983, black students in the Hopkins Medical School had increased fivefold to 40 compared to the eight students there in 1978.

Watkins was promoted to full Professor of Cardiac Surgery in 1990. He was awarded a medal of honor as an outstanding alumnus by the Vanderbilt school, and has been given honorary doctorates by Sojourner-Douglass College, Meharry Medical College, Spelman College, and Morgan State University. In April 2010, he was awarded the Thurgood Marshall College Fund award for excellence in medicine.

Dr. Levi Watkins Jr., a member of Sigma Pi Phi and Alpha Phi Alpha Fraternities, died in Baltimore, Maryland on April 18, 2015. He was 70.



VIRTUAL VOLUNTEER SCREENING

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

Cynthia Zorn Pettigrew
703-730-5227
zornpettigrewcl@comcast.net

or

Clarice Torian
703-730-6353
toriancj@gmail.com

JOB VACANCIES

FMZBC is seeking to employ a
Food Service Assistant Cook - Full-Time
Youth/Young Adult Choir Director - Contract
Volunteer Wedding Coordinator - Volunteer

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

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

Please return by email to:
employment@firstmountzionbc.org
or return to the office during office hours, Tuesday and Thursday, 11a.m. - 2p.m.

Applications will also be accepted by mail:
First Mount Zion Baptist Church,
16622 Dumfries Road,
Dumfries, Virginia 22025
Attention: Hiring Manager



The last day to register for October SHARE packages is Sunday, October 10th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on October 23, 2021.



Sundays at 9:45 a.m. on ZOOM

Register in advance at
<https://zoom.us/join/zoom/register/tJwrfu-upjlsH9VMx4eBFk3D3sIW9YJZAF4>

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

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 H. Holmes, Chair, Deacon Ministry
Cynthia Brown, Chair, Deaconess Ministry

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Dumfries, Virginia 22025-1920
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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 or view us on line at

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

Facebook:
<https://www.facebook.com/fmzbcdumfries>

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

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-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