



A Ministry Exhibiting a Spirit of Excellence!

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

Message from the Pastor

BE THANKFUL!



I echo the sentiments of the psalmist in Psalm 100. Psalm 100 gives praise to the Lord for the Lord's faithfulness to His people. We have so much as a church to be thankful for despite all that is going on in the world. I want to encourage you too just "Be Thankful"! As we approach the season, be reminded that everyday is a day to be thankful. Now read the words of the psalmist and let them resonate in your heart and be thankful.

A PSALM OF THANKSGIVING PSALM 100

- ¹ Make a joyful shout to the Lord, all you lands!
- ² Serve the Lord with gladness; Come before His presence with singing.
- ³ Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.
- ⁴ Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him and bless His name.
- ⁵ For the Lord is good; His mercy is everlasting, And His truth endures to all generations.

I am thankful for you because WE ARE STRONGER TOGETHER!

Pastor Luke E. Torian



What's INSIDE

Message from the Pastor	1
Message to Our Youth	2
Message from the Deacons	2
Women's Ministry Fellowship	3
Staying Abreast with the Members	4, 7
Leadership Chaplain's Corner	5
Encouragement for the Soul	5
Noonday Prayer	6
Fitness-in-Place	6
Women's Ministry Fellowships	7
Virtual 5-K	8-11
Black History Corner	12
SHARE	13

NEW OFFICE HOURS

Staff office and
Fitness Center hours

Monday - Thursday
9:00 am - 4:00 pm

Fridays
9:00 am - 1:00 pm

PLEASE NOTE:

The Fitness Center is open to members only. The Beauty and Barber shops are also open during this time by appointment only.



DEACONS

Following to Lead | Leading to Serve

THANKFUL

MEDITATE ON GOD'S WORK

I will also meditate on all Your work, and talk of Your deeds. Psalm 77:12

Have you ever taken a gift for granted? Or, not celebrated what you received because you expected it even though it was given? Let me raise my hand first! On occasion, I've been guilty of that. Sometimes I rush from one goal, task or accomplishment to the next. Sometimes I unintentionally rank gifts. I will celebrate the air to breathe, while taking for granted that my heart beats without me asking it to each time. There are times where I will celebrate a new book and take for granted the ability to read. You may not have experienced the same thing. Perhaps, you relate to my feelings, though.

Dr. Sandra James has guided our Church for months now on an extraordinary journey through the book of Psalms. Check out some of her studies for more insights. It contains prayers and hymns. Many consider it the Israelites' songbook. The writer of Psalm 77 details trouble and anguish. The Israelites knew trouble well. They had endured slavery in Egypt, had their house of faith destroyed and had lost family and resources. Generally speaking, their faith had been tested. A way to endure a faith test is to reflect on God's past promises and actions.

Here are two examples from the Exodus:

- God promised and then provided guidance – a cloud by day and pillar of fire by night.
- God promised and then provided daily bread – manna and quail.

Psalm 77:12 boldly testifies, "I will also meditate on all Your work, and talk of Your deeds."

Take a moment today to mediate on God's work in your life and community. Tell someone of God's deeds.

Reverend John C. McNeill
Youth Minister

On behalf of the Deacon Ministry, I bring you greetings and thanks.

During the past eighteen months COVID-19 has brought challenges we never could have imagined. Challenges that have placed limitations on being able to see family and friends, attending worship and having fellowships, traveling, visiting establishments, giving and receiving a thankful embrace, having weddings, honoring the loss of family, friends and acquaintances and the ability to see others smile through face masks.

Thank God that He knows all about our challenges. He knows every one of them. He also stands by and with us, providing opportunities in the mist of our challenges. We have to look for the opportunities and not forget to give thanks. You may ask what opportunities have COVID-19 provided? Well, we've had the opportunity to slow down from always being on the go from here to there, the opportunity to think about what's really important (prayerfully others more than oneself), the opportunity to use gifts, talents and resources the Lord has given us that may have never been used. There's opportunity to love one another and not take people or things for granted as if they'll always be there. There's the opportunity to realize that even during this COVID-19 challenge, God still provides and we may not want to think about it, but it could be a lot worse. Oh, but thanks be to God for His grace and mercy toward us.

Scripture tells us in 1 Thessalonians 5:18, "In everything give thanks, for this is the will of God in Christ Jesus for you" (believers). So as a believer in Jesus Christ let us be thankful for not being challenged with the same circumstances time after time. Let us be thankful for our families and friends who help us face challenges. Let us be thankful for a God who loves us enough that in spite of the challenges, He's made a way (an opportunity) to overcome them both now and for eternity.

As we approach the holidays and the upcoming new year, let us be thankful for new opportunities to show others we are Christians by our love. The Deacon Ministry of First Mount Zion Baptist Church give thanks to the God and Father of our Lord Jesus Christ, praying always for you (Colossians 1:3 NKJV) and for the opportunity to serve you.

Deacon Keith H. Holmes
Chair, Deacon Ministry
Serving Him, Matt. 25:40 NKJV





WOMEN'S MINISTRY FELLOWSHIP

"MOVING FROM FEAR TO FAITH"

The Women's Ministry (WM) hosted a fellowship on Oct 9th via Zoom, encouraging women to recognize and acknowledge that fear affects our ability to fully trust in God's provision, protection, and plan for our lives. If we put our faith and trust in God, He will help us conquer our fears. God is able to *"Move Us from Fear to Faith"*.

Our guest speaker, Rev. Dr. Tracey Dawkins Holley, truly honored the WM's title with her inspiring and powerful message! She highlighted the first scripture in the Bible that references being afraid (Genesis 3:9-11). This scripture led her into the sub-topic: *"Hiding, out of Fear."* When we live in fear, we hide our gifts, dreams, hopes and expectations because we don't know what the outcome of sharing these things will mean to our lives. A Biblical definition of fear "is to have an attitude of anxiety or stress caused by our concerns over a threat to our future." Dr. Holley prompted us to think about at least one fear that we have. We can directly connect that fear to a potential threat that will affect our future.

A profound statement made by Dr. Holley was that "fear holds us hostage in situations that are familiar to us, but may not be fruitful for us." God has already ordained a future for us. He has already predestined the things that we are supposed to possess, but we have to not let fear hold us hostage, like the children of Israel did, which resulted in their delay moving into the promised land. God will equip and provide us with what we need in order to possess the land. As we look back over our lives, we can all attest to how God has provided and brought us through when we moved in faith.

Dr. Holley encouraged us to be determined today; this is the moment to live in faith to do all that God has destined for our lives, no matter what age we are. We ought to keep our mind-set on good things. No longer shall we let the enemy rent space in our heads. Don't let others rule over your lives. Life is too short. God's intention for us is to live life to its fullest. Dr. Holley made another profound statement that she is "practicing daily to come out of hiding." She is finally living out her childhood dream and most recently became a certified motorcycle rider! In order to *"Come out of Hiding,"* we must meditate on the Word of God and have friends and family to support and encourage you. Dr. Holley reminded us that fear is not foreign to the Bible. In fact, there are hundreds of scriptures that speak of fear.

So, the questions are, how do we *"Move from Fear to Faith"*? How do we *"Come out of Hiding?"* First, we have to recognize who is in the boat with us (*this point references one of the Women's Ministry theme verses for the session, which was Matthew 8:26-27*). When the storm arose on the sea, the Disciples knew that Jesus was in the boat; Jesus was with them.

We must put our faith in the One who is with us 24/7. We may still have fear or frightful moments, but we must remember the One who is with us in the boat. The Lord is our Healer, our Protector, our Provider, our Comforter, our Sustainer, our God!

Secondly, we have to learn to ask the Lord to intervene when we are feeling fearful. Call on the Lord. The Lord desires to be in relationship, communion and fellowship with us. When we call on the Lord, like the disciples did when they woke Jesus up in the boat, God will remind us not to be people of little faith. The Lord will speak truth to us when others in our lives will not. Dr. Holley reminded us to turn our fears into opportunities to trust in the Lord. If God has done it before, won't God do it again? Trust in the One whose image we have been created in and who promises to never leave nor forsake us. Speak life, "I'm going to be courageous" and then take the next step to move forward.

In Dr. Holley's closing message, she stressed that the key to *"Moving from Fear to Faith"* is total reliance and trust in God. In our journey of *"Moving from Fear to Faith,"* recognize that there is an evil spirit trying to keep us from moving forward. She reiterated that it is the enemy's desire to rob us of our future and destiny. We need to be intentional about where we spend our time and who we spend it with. Dr. Holley told us to be careful not to be preoccupied with what the enemy is trying to use as a distraction to take us off track. She shared that this is our Exodus and that God is waiting for our "yes." God wants us to choose life and faith over fear. We need to put our trust in the sovereignty of God.

There was a mighty move of God during this fellowship! Dr. Holley instructed everyone who was ready to choose faith over fear, to write in the chat "My YES is on the Table," (*a reference to a book about fear and faith coming out in 2022*). We all typed our affirmation of faith in the chat. Lives were changed as the Holy Spirit moved among us through the Word ministered to us by Dr. Holley. All glory and honor to God for the great things that God has done and will continue to do!

Veronica D. Hackett
Women's Ministry
Director





GOD'S PLAN AND DESIRE WILL COME TO PASS

MY FAMILY BIBLE STUDY *from an M2 member*

In March 2020, the world started to change as everyone was grappling to understand more about COVID-19. My parents, siblings, and I started to communicate more regularly to ensure our mental well-being was being managed. On March 16, I began telework on a daily basis, and my youngest sister Precy was at home on excused absence from her job. In March, Precy was inspired to ask our family if we could study the Bible together. She felt that God gave us the opportunity to have more time at home and we must make use of the time He gave us. My parents (Phillip and Theresa), eldest sister, Felicia, and I, were on board with Precy's idea.

We immediately started our Bible study daily at 9:00 am. My mom, Precy, and Felicia, would call me to arrange the conference call and we would add my dad to the call when his work schedule would allow. My parents are retired and reside in my hometown of West Point, Ga. Although retired, my dad worked fulltime as a security guard for the first three weeks during the start of the pandemic but began to get nervous as he started to hear more about COVID and saw how it quickly affected his work environment. He quickly determined that he must quit his job for the sake of his health and sanity. My father was now fully and completely engaged in Bible study.

My father, the Chairman of the Deacon Board of Mt. Nebo Baptist Church, knows the word of God and was paramount to what God desired to bring about for the Bible study. His church was closed, but has since reopened for first and third Sunday services. Felicia, unfortunately, discontinued her studies with us due to work and family obligations, but we thank God that she was able to be a participant for as long as she could.

We read many biblical scriptures and key stories during the first month of our Bible study but we needed more focus. Near the second month, we were led to begin the reading of the New Testament. We completed our studies and had our Bible study first-year anniversary in March 2021. We were joined by Felicia and my oldest brother Phil via ZOOM.

Though my family made adjustments to our meeting times due to work, family, and church obligations, we remain dedicated to our Bible study and continue to meet daily. God presented an opportunity for us to connect spiritually through the study of His word. Glory be to God, we are now reading the Old Testament and have read all books from Genesis to First Chronicles. I do not know the plan God has for each of us, but I know that His plan will not come back void.



Mom and Dad

Demetria
and
Precy



FMZ Zone D-1 Member, Robe't L. Palmer Jr, retired from United States Marine Corps - Marine Corps Systems Command (MCSC), Chief Information Office (CIO) on September 30, 2021, after 32 years of federal service. Pictured above left to right are his brother, Remond K. Palmer Sr, Sister Nicole S. Palmer-Guess, Mother, Mrs. Betty L. Palmer, the Hon-oree Robe't L. Palmer Jr., father, Robe't L. Palmer Sr, and brother, Germaine C. Palmer, Sr.

Congratulations to the Palmer Family!!

Never Alone . . .

"Never should we question why some people are placed in our lives forever, or for only a minute. Nor should we ponder why some people disappear only to reappear the following sea-son. And we definitely should not try to understand or over analyze the reason for the passing whisper of a recognizable voice, as The Father knows what we need at any given moment".

Quote taken from the book, "*You know what, on second thought . . .*", written by Veronica M. Foy (aka Kyana Maria).





LEADERSHIP THE CHAPLAIN'S CORNER

"Happy Thanksgiving FMZ Family!!" Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from October.

FMZ Leadership Prayer and Fasting Friday (Oct 1, 2021)

Lesson/Discussion: We will continue our First Friday devotional on "Wisdom," BUT, the sub-title is "What's Going On?"

Many of you will remember this song and album that Marvin Gaye sang and produced some 50 years ago. Yet 50 years hence, we still ask the question, except we perhaps say, God "What's going on?" The world seems in a state of upheaval, evil abounds, too many politicians are placing "politics" and "power" over "the people," brotherly/sisterly love seems a thing of the past, we are talking past each other, poverty abounds, guns abound, "baby's" killing "baby's"!!! And the COVID scourge and COVID venomous arguments are unceasing!!!! GOD.... WHAT'S GOING ON!!!!???

God, we need Your Wisdom, not only how and what to pray, but what to do? How can we make a difference in this dying world? How do we literally "Save the World" in what seems like the "End Times?" Your Holy Scripture is full of Godly instruction like, we can be "in" the world but not be "of" the world. It teaches us how to "love one another, etc. etc."

Talk it over: Before Jesus went out to preach in Galilee, He went to seek wisdom from the Father. Even Jesus, the Son of Man, set aside His morning to pray for His day. Let us follow His example today. When you are done reading this, set aside even a few minutes alone with God to seek His wisdom for your day. Then listen to the message Marvin tried to convey. Was He speaking to us Christians? Are we falling short of the Glory of God!??

³⁵ Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. ³⁶ And Simon and those who were with Him searched for Him. ³⁷ When they found Him, they said to Him, "Everyone is looking for You." ³⁸ But He said to them, "Let us go into the next towns, that I may preach there also, because for this purpose I have come forth." ³⁹ And He was preaching in their synagogues throughout all Galilee and casting out demons. (Mark 1:35 – 39 NKJV)

Meditational Song(s): Marvin Gaye "What's Going On" Album

https://www.youtube.com/playlist?list=PLKLjDq58gFD_cY1K3dgNhZRe8mibgziQZ

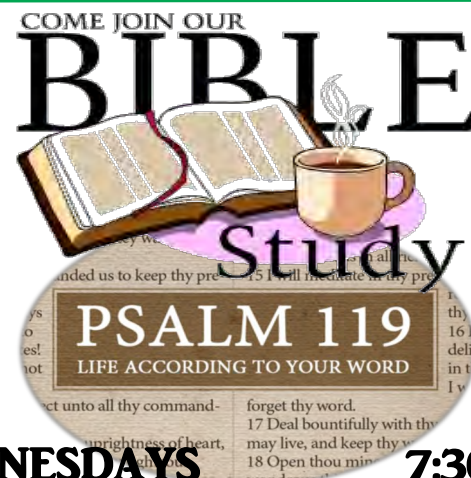
Deacon Ron Cooper
on behalf of the FMZ Leadership Chaplains

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

PRAYING THE WILL OF GOD

When I am feeling a sort of way, when I am worried and unsure about a thing, it helps to calm my nerves if I know that someone with authority and power has my back. For example, if I were interviewing for a job that I really wanted or needed, I might worry some, but I would not worry at all if I knew that I had the guy on the inside. If I had a friend that would not only tell me what I should say during the interview, but my friend was also the one who would be asking the questions, interpreting my answers, and making the hiring decision, then I would be more than encouraged. This is what I think about when I consider the Lord's Prayer. In this prayer we hear from the Lord Jesus himself concerning what to say. The one answering the prayer is the one who provided the instruction on the prayer. Jesus stands in agreement with you when you pray - The name of God should be sanctified, The Kingdom of God should come, and the will of God should be done on earth. Jesus stands with you that you ought to get your daily provisions, that your sins should be forgiven, and that you should be kept from temptation and saved from evil. Jesus is sitting at the right hand of God and making intercession for the believers, and when He hears you utter the very words He taught His disciples, you know that there will be in agreement on earth and in heaven. When your soul is troubled because of the uncertainties of life, let the prayer "Let your kingdom come, let your will be done" flow from your heart and across your lips and then let the assurance of God's presence encourage your soul. When your soul drips from material needs, personal failures, or the troubles of life, know that God hears your call for Him to provide, forgive, and protect; so that your soul feels the assurance of God's promises.

Submitted by
Rev. Karl F. Brower



WEDNESDAYS 7:30 P.M.



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:

Psalm 27:14 NKJV

Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!

Psalm 27:14 AMPC

Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord.

Psalm 27:14 MSG

Stay with GOD! Take heart. Don't quit. I'll say it again: Stay with GOD.

Prayer:

"Lord, sometimes the challenges and issues of life can be overwhelming to the point that we feel that we can't go on. That's when we need Your strength to be made perfect in our weakness. Help us to learn to wait and suffer "well". Help us to wait patiently and quietly.

You promised to strengthen our hearts and renew our strength so that we can run and not grow weary, and walk and not faint. While we wait, may we continue to do what You have called us to do and also focus on the needs of others rather than our own needs.

You told us not to grow weary in doing well because in Your timing (due time), we will reap if we don't faint or give up. May we stand still and see the salvation of the Lord. Help us to DO OUR PART and allow You to do WHAT WE CANNOT DO.

You are worthy of ALL the glory, honor and praise! In Jesus name we pray and give thanks, Amen!"

Worship Song:

"Wait On The Lord" - https://youtu.be/a8j1B58E_Ew

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*

FITNESS-IN-PLACE

GET MOVING, START WALKING!

Low risk and easy to start, walking has proved its health benefits. To get started, all you need are comfortable shoes, shoes specifically designed for walking are best.

Begin by:

1. Walking short distances. Start with a five-minute stroll and gradually increase your distance.
2. Forget about speed. Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
3. Swing your arms naturally, and breathe deeply. If you can't catch your breath, slow down or avoid hills.
4. Be sure you can talk while walking. If you can't converse, you are walking too fast.
5. Once you have reached a point where you can walk 30 minutes with relative ease, you can start to vary the intensity. Concentrate on lengthening your stride or increasing your speed. Walking hills is a great way to tone the legs.

Challenge: Squeeze walking into your schedule whenever you can and start walking at least 5 minutes a day!

Announcement: The Fit by God Fitness Complex is now open for vaccinated members Monday thru Thursday 9am to 4pm and Fridays 9am to 1pm. Walking track, treadmills and more! Any questions call the fitness center at 703-670-0225.

*Sister Lori Valkenburg
Fitness Director*





First Mount Zion Baptist Church
WOMEN'S MINISTRY PRESENTS

**KEEP YOUR EYES ON GOD,
HE IS THE JOY IN YOUR STORM!**

FRIDAY, NOVEMBER 5, 2021
7PM EST

FIRST MOUNT ZION BAPTIST CHURCH
LIVE STREAM:
<https://www.facebook.com/fmzbchurch/>
<https://www.youtube.com/watch?v=9w8-3w6t8j0>

FACEBOOK PAGE:
<https://www.facebook.com/fmzbchurch/>

YOUR TUBE:
<https://bit.ly/3tXp8t7>

GENE COLLINS
STACEY GRIGGS
SHARNA WHITE
SHARON KING CHELMS
JONATHAN RANDAL
CD PORTER
ZOE

VIRTUAL GOSPEL CONCERT



Please join PWCAC DST for this exciting arts event by registering on Eventbrite, https://bit.ly/PWCACDST_EB_RCS2021 or https://bit.ly/PWCACDST_RedCarpet2021.



First Mount Zion
BAPTIST CHURCH
WORSHIP • STUDY OF THE WORD • STEWARDSHIP • SERVICE



Many thanks and appreciation for everyone who participated in the **First Mount Zion Baptist Church 2nd Annual Healthy Start Mind & Body 5K Virtual Run/Walk**.

The 5K is sponsored by the Small Groups Ministry in partnership with the C.O.R.E and Fit by God Ministries. It took place over the span of three days beginning on Thursday, September 23 through Saturday, September 25, 2021, with over 200 members from First Mount Zion and our community.

Everyone truly had a great time safely connecting with one another while making personal achievements and encouragement as they successfully completed the 3.1 miles. Due to the virtual platform, each participant was able to choose their race day, time and race location.

The 5K registration cost was \$15 per participant. Each runner/walker received a special (2021) 5K swag bag prior to the race. It included the 5K race logo t-shirt and rally towel, a professional race bib, a beautiful finisher medal and the use of the Race Joy app.

Arsenal Events, Race Timing & Management provided electronic timing & encouragement for each participant (through an app called Race Joy). The app offered real-time live tracking, progress updates and cheers. Through the app, we also had special words of encouragement provided by Pastor Torian at the beginning and end of the race.

The purpose of the annual 5K is to raise awareness of how keeping our mind and body active, leads to a healthy life with positive contributions. The goal is to focus on the importance of brain health by implementing the following pillars.

- * Sleep well (7 or more hours nightly is optimal)
- * Relax
- * Reduce stress
- * Think positive
- * Be sociable
- * Eat healthy
- * Exercise your brain by keeping your mind active/learn new things
- * Keep risk factors under control
- * Stay active by connecting with friends and family to include some form of physical exercise that supports your health status

These pillars help promote a healthy lifestyle that leads to a productive mind and body.

A 5K recognition will take place for winners who finished in their respective age group categories below:

(19 & under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over).

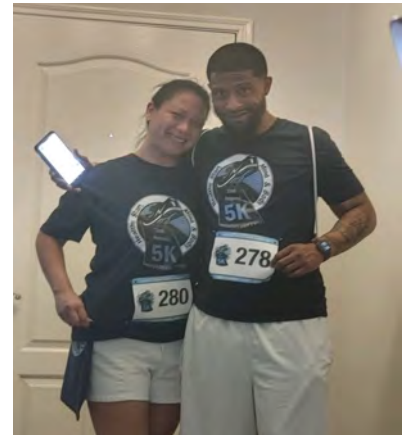
Thank you once again for supporting the First Mount Zion Baptist Church 2nd Annual Virtual 5K. We pray you enjoyed a nice, **SAFE** run/walk as we aim to promote a healthy lifestyle while we **JUMP START** the Fall Season off to a **Healthy Start, Mind & Body**. We pray we will be able to welcome you to join us in-person for our 3rd Annual 5K in September 2022.

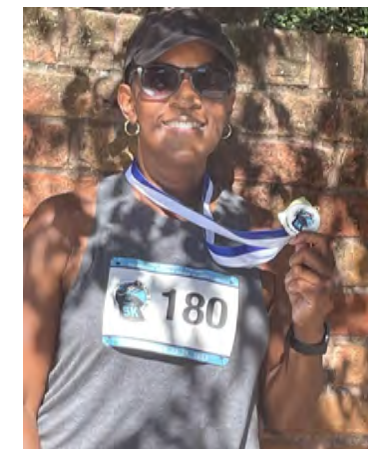
God Bless You,

The 2021 First Mount Zion Baptist Church 5K Planning Committee,

Sis. Stephanie M. Craddock
Bro. Jerry Griffin
Rev. John McNeill
Ms. Roslyn Parker
Ms. Lori Valkenburg
Rev. Brian Woolfolk









W
E
L
L

D
O
N
E



ZONE D-1 MEMBERS ROCKING IT!!!



First Mount Zion
BAPTIST CHURCH
WORSHIP • STUDY OF THE WORD • STEWARDSHIP • SERVICE



THE 2021 FMZBC VIRTUAL RUN/WALK 5K by Neal Patterson aka "The D1 Poet"

In the midst of the virus and sweet light of day,
They donned their new tee shirts to attack the 5K.
There were preachers, deacons, and even trustees,
Some limped to the finish line rubbing their knees.
There were men, women and children alike
They walked, they ran and some rode a bike.
Some were in groups and some were alone,
But all were just glad to leave the sanctity of home.
And when it was over just after day three,
They applauded those planners from FMZ.
They took plenty of photos to share with us all,
Oh what a great way to usher in the FALL!
So we lovingly remember the great time we spent
And pray that this is now an annual event!

Congratulations!





POSITIVES FROM THE BLACK HISTORY CORNER

HISTORY AMONG US

Calvin Eugene Solomon
Creative Storyteller and Design Director

History has given us a long list of African American firsts across every area of human endeavor, gifts, and talents. This month we celebrate a first of one of our First Mount Zion members. Calvin Eugene Solomon (1958-2021) was the first African American Art Director of a public broadcasting news program. For over three decades, Brother Solomon designed and created resonant sets, graphics, advertising, and creative environments. His creative storytelling enhanced hundreds of environments ranging from National non-profits to advertising and marketing entities and video broadcasting for major networks like ABC, NBC, 20th Century Fox, Voice of America and Uproots. Calvin was the creative spirit and talent on shows such as McNeil Lehrer News Hour, the George Michael Sports Machine, McLoughlin Report, Good Morning America, and Nightline.



Brother Solomon's body of work led to several awards to include an Emmy Award from the Academy of Television Arts and Science and a Silver Award from the Broadcast Designers Association. Brother Solomon's creativity inspired and elated audiences of every kind bringing them a rich and innovative visual experience. As a visual storyteller, he used his passion,



gifts, and talents to assist the nonprofit organizations such as Gita Girls and the National Coalition for 100 Black Women's efforts to address Triple Negative Breast Cancer, Prostate Cancer and Diabetes in the community.

Brother Solomon was born in Brooklyn, New York on August 31, 1958, to Etta Mae Solomon and Wesley Eugene Solomon. Calvin attended Art & Design High School where he earned a basketball scholarship to Rider University where he received a bachelor's degree in Fine Arts from Kent State University.

Brother Solomon was skilled in illustrating, advertising, management, media production, public speaking, and quality management. One of his colleagues from PBS said, "Above all Cal was very generous with his time. He shared a lot of it with his friends and colleagues". His skills, expertise, and creativity were matched by a love of family, love of God, generosity, and genuine humility. He made history as a first, but he made family, God, and friends first, and modeled the qualities of a good and faithful servant.

After a valiant battle against cancer, Brother Solomon rejoined the Heavenly Kingdom on September 29, 2021. He is survived by his devoted and loving wife Crystal Solomon, daughter Cydney Juanita Solomon, son Calvin Eugene Solomon Jr., stepson Michael Collins Jr., stepdaughter Tiffany Michelle Collins, aunt Ellen Solomon, Aunt Deborah Solomon, sister Renee Solomon Lynch, brother-in-law William Lynch and a host of family and dedicated friends.



'N' AT KEEGAN SHEDS LIGHT ON A FORGOTTEN HISTORY OF RACISM IN THEATER

Eugene O'Neill's groundbreaking 1921 play, *The Emperor Jones*, a compelling play based on the fascinating connection between renowned white playwright Eugene O'Neill and stellar Black actor Charles Gilpin, was the first American play that featured an African-American actor in the lead role on Broadway. Charles S. Gilpin's portrayal of Emperor Brutus Jones was hailed as "revelatory," and he was named the finest actor of the age, receiving the National Association for the Advancement of Colored People (NAACP) Spingarn Medal in 1921 and being honored by a formal dinner at the White House hosted by President Warren G. Harding. The opening of *The Emperor Jones* made stars of both men; it was O'Neill's first commercial success, and Gilpin became the toast of the theater world. By 1926, O'Neill was a legend and Gilpin was lost to history. **Adrienne Pender's "N"** explores the challenging relationship between Gilpin and O'Neill and how it ultimately hinged on one word — a word that lifted one of them to the heights of American theater and destroyed the other.

The critics are saying that **"N"** is a wonderful choice to celebrate Keegan's 25th Silver Anniversary as it reflects the company's commitment to "explore the human condition and foster connections and positive change." Their plans for ongoing discussions pertaining to the show are also a welcome path to connection, something we need now more than ever.

"N" by Adrienne Earle Pender, now playing at the Keegan Theater, 1742 Church Street, Washington, DC 20036; (202) 265-3767; boxoffice@keegantheatre.com was written by Adrienne Earle Pender, the daughter of Brother Douglas Earl, a member of Zone C-1. Charles S. Gilpin is a distant cousin of Brother Earl by marriage.

Check out this review at your convenience:

<https://keegantheatre.com/2021/10/27/dc-metro-theater-arts-review-n/>



VIRTUAL VOLUNTEER SCREENING NOVEMBER 20TH

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 accepted by mail:

First Mount Zion Baptist Church
16622 Dumfries Road
Dumfries, Virginia 22025
Attention: Hiring Manager



The last day to register for November SHARE packages is Sunday, November 7th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on November 20, 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

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 or view us on line at

FMZ Lifestream:
<https://live.lifestream.tv/first-mount-zion-baptist-church>

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

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:
<https://live.lifestream.tv/first-mount-zion-baptist-church>

Facebook: www.facebook.com/fmzbcdumfries

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