



January 2, 2022  
Volume 18, Issue 1



## Message from the Pastor



### THE PLANS OF THE LORD...

HAPPY NEW YEAR! The past two years we have lived in and through a different kind of "normal" causing us to adapt and adjust when and where needed. Yet, through it all, God has been good to us. We have accomplished many things during a time when just living life was a challenge. As I reflect over our efforts as a congregation, I am grateful for our witness to each other, the community, and the world at large, *"this is the Lord's doing and it is marvelous in our eyes."* (Psalm 118:23)

Jeremiah 29:11, a familiar and favorite biblical verse of many, says... *"For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."* The realization that God has a plan for each of us can help carry us into the new year hopeful. Focusing on God's plan is key to helping us become the people we are meant to be. As we start the new year of new beginnings and new possibilities, let us be reminded of the importance of giving thanks to God. We can look toward the new year with joy in our hearts and excited anticipation of what is to come.

Maybe 2021 was not the "best" year for you but the good news is you are still here. Therefore, instead of working on a list of resolutions for the New Year, just purpose in your heart to follow the plan the Lord has for your life. Remember, we can all do better in 2022. I am looking forward to a wonderful year in connecting those who have a desire to become fully devoted followers of Jesus Christ in Worship, Study of the Word, Stewardship, and Service!

*We Are Stronger Together...*  
Pastor Luke E. Torian



*To our Zone M2 Member*



**PHEONIX PITTMAN,** C'2021, joined the global management consulting firm, McKinsey & Company, as a business analyst in their Atlanta office. An international studies and Spanish double major,

Pheonix accepted the offer in fall 2020. During her freshman year, Pittman was introduced to McKinsey & Company through their Freshman Diversity Leadership Academy. She stayed connected with members of the McKinsey team, which resulted in the post-graduation offer. "I am very excited to be joining the firm post-graduation," she said. "As a business analyst, I will work on teams solving problems for clients in public, private and social sectors." Pheonix and her family were members of Zone M2 while her father, Colonel Rev. Luke Pittman (currently retired in Georgia), was stationed in the Northern Virginia area. Pheonix's mother, Djuana, was very active across Small Groups and Zone M2 events. The Pittmans engaged across the congregation to include teaching at Sunday School and preaching on several occasions. Although their military travels took them away from Virginia, they have continued to reach out and engage with Zone M2 and lifelong friends they made while stationed in our area. We are thankful for the Pittmans and congratulate Pheonix for her impressive achievement.

## INSIDE this Issue

Message from the Pastor	1
Message from the Youth Minister	2
Open Invitation from the PAM	2
Leadership Chaplains' Corner	3
Noonday Prayer	3
GriefShare Ministry	4
Encouragement for the Soul	4
2022 Messages from Leadership	5
Share Ministry "Thank You"	6
Money Smart Ministry	6
From the Desk of the CBA	7
Black History Corner	8
MLK Oratorical Contest Information	8,9
Fitness-in-Place	9
Small Groups Ministry	9
SHARE Distribution	10

**BIBLE STUDY** **WEDNESDAY,**  
**JANUARY 5, 2022**  
**AT 7:30PM.**



FMZ/Life Stream:

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

Facebook:

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

YouTube: [https://](https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ)

[www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ](https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ)

Study handouts are available online:

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



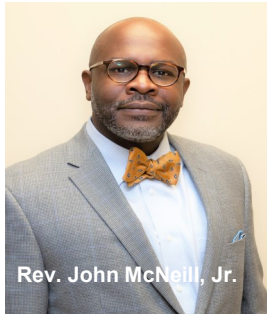


January 2, 2022  
Volume 18, Issue 1



## Message to Our Youth

### THE BIG 3: IDENTITY, BELONGING, AND PURPOSE



Rev. John McNeill, Jr.

Have you heard of the BIG 3? No, I'm not talking about the Lakers' LeBron James, Carmello Anthony or Anthony Davis. Or, Golden State's Steph Curry, Clay Thompson and Draymond Green. The 2021-22 Youth Ministry theme is **"The BIG 3: Identity, Belonging and Purpose."** Study Ephesians 2:10 for background and think about this: Who am I? Where do I fit in? Why am I here?

Here's how we will explore the topic. **Identity** expresses who or what you are. "Three Big Questions that Change Every Teenager" authors, Kara Powell and Brad Griffin, encourage us to define it as "how we see ourselves." Some persons in our congregation or world would begin by saying that they are God's creation, human, African American and Christian. How would you begin? Then, ask yourself: how would you define yourself considering your faith in Jesus Christ?

Powell and Griffin define **belonging** as "our connection with others." A good place to start would be our families of origin or last names. My last or surname is McNeill which ideally communicates to persons that I am of that family. Your last name has the same effect. Who are you connected to? Friends? Neighborhood? Then, ask yourself: Who are you connected to considering your faith in Jesus Christ?

I hope you have the impression that you and your contributions to the world matter! Hence, the last area of our focus is **purpose**. I enjoy teaching! I enjoy sharing and talking about my faith. As a minister, teacher and spiritual guide, I have the pleasure of contributing to the world by helping others who are on their faith journey with God. Young people have souls and they need someone to help them tend to it, and that is my mission. What contributions do you make to the world? What contributions will you make in the world in light of your faith in Jesus Christ?

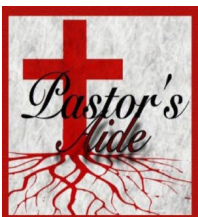
Join us for worship each 3<sup>rd</sup> Sunday, starting in January, to hear a message that speaks to these questions. Don't miss 3<sup>rd</sup> Sundays! Also, starting Saturday, January 8, Rev. Kara Taylor and I will lead real life talks entitled, **"Keepin' it 100: Teen Conversations."** We will explore a couple of topics or social stigmas (e.g. Girls: Weak/Insecure, Alienated/Angry; Boys: Mama's Boy/Thug, Four-eyed/Invisible) each week.

For more information on this theme or upcoming Youth Ministry activities, please contact: Rev. John McNeill at (703) 670-0184; [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).



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

### OPEN MESSAGE TO MEMBERS



The Pastor's Aide Ministry (PAM) would like to encourage each member who is not affiliated with any Ministry, to consider serving with us. We truly believe that every member is (and should be) a part of the Pastor's Aide Ministry, and we would be honored if you would consider being a part of this exciting Ministry. We welcome new ideas and suggestions for ways to bless our Pastor, Assistant Pastor and Associate Ministers, as that is the role of the Pastor's Aide Ministry. Won't you join us? Thank you for your consideration!



We presently meet **VIRTUALLY** at 7:00 p.m., on the second Thursday of each month.

POC: Sister Oonagh Bell - 954-298-2106 - [pastorsaide@firstmountzionbc.org](mailto:pastorsaide@firstmountzionbc.org)

**Serve.**





January 2, 2022  
Volume 18, Issue 1

## LEADERSHIP THE CHAPLAIN'S CORNER

**"Happy New Year FMZ Family!!" Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from December.** As we have entered the new year, it makes us ponder our experiences in 2021!! **Let's commit to continue to "Hold-On" to God's Unchanging Hand for 2022.**



### FMZ Leadership Prayer & Fasting Friday

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

**Sub-Topic:** **Hold on!!!!**

#### Lesson/Discussion:

What a year!!! COVID did not relent, and too many of us have experienced the loss of loved ones, many with short notice, sicknesses, financial struggles, family issues, isolation, etc. etc. So, what would God say to us after we have "been through, and are going through the fire!" Well, we say, **"Hold on"** our sister and brother!" And God says.....

**H – Hope Ye in the Lord.** Why am I discouraged? Why is my heart so sad? I will put my **hope** in God! I will praise Him again— my Savior and my God! *Psalm 43:5 NLT*

**O – Open Your Heart and Confess Your Sins.** (8) If we claim we have no sin, we are only fooling ourselves and not living in the truth. (9) But if we **confess our sins to God**, God is faithful and just to forgive us our sins and to cleanse us from all wickedness. (10) If we claim we have not sinned, we are calling God a liar and showing that His Word has no place in our hearts." *1 John 1:8-10 NLT*

**L – Let us not worry.** (6) Don't **worry** about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. (7) Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. *Philippians 4:6 -7 NLT*

**D – Determined to Follow Jesus.** (8) We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. (9) We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. (10) Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies. (11) Yes, we live under constant danger of death because **we serve Jesus**, so that the life of Jesus will be evident in our dying bodies. (12) So, we live in the face of death, but this has resulted in eternal life for you." *2 Corinthians 4:8-12 NLT*

**O – Often pray.** Never stop praying!! *Philippians 4:19 NLT*

**N – Never, Never Give Up.** For I can do EVERYTHING through Christ. *Philippians 4:13 NLT*

**Meditational Song(s):** Norm Hutchins - God's Got a Blessing With My Name on It — <https://youtu.be/hvv1t-Qje88>

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



## THE JOY OF THE LORD IS OUR STRENGTH!

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.

#### Prayer:

"Thank You so much that the Joy of the Lord is our strength! Even though we may go through seasons of weeping or struggles, thank You that it will be followed by a season of great joy. And the suffering will pale in comparison to the glory that is revealed.

As we look back at Christmas, we rejoice as we celebrate the birth of our Lord and Savior Jesus Christ. We also rejoice as we look forward to the return of our SOON COMING KING!

We don't have to wait until the battle is over, we can shout NOW because we know that in the end WE WIN!!! We are MORE than conquerors through Jesus Christ because GREATER is He that is in us than he that is in the world.

We thank, love and adore You because You are truly worthy of ALL the glory, honor and praise. In the mighty and precious name of Jesus we pray and say thanks! AMEN!"

**Worship Song:** "Joy to the World" - <https://youtu.be/6GjOer3TID4>

#### Scripture:

##### Nehemiah 8:10 NKJV

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

##### Nehemiah 8:10 AMPC

Then [Ezra] told them, Go your way, eat the fat, drink the sweet drink, and send portions to him for whom nothing is prepared; for this day is holy to our Lord. And be not grieved and depressed, for the joy of the Lord is your strength and stronghold.

##### Nehemiah 8:10 MSG

He continued, "Go home and prepare a feast, holiday food and drink; and share it with those who don't have anything: This day is holy to God. Don't feel bad. The joy of GOD is your strength!"

*Noon Prayer Team  
Deaconess Pamela Ford  
Sister Carol-Ann Benjamin  
Reverend Maxine Thompson*



January 2, 2022  
Volume 18, Issue 1



## WHAT IS GRIEF SHARE?

Grief is difficult to bear especially if you try to do it on your own. Allow us to help you heal. At first Mount Zion Baptist Church through our Journey to Joy Grief Ministry, we host a grief support group program called GriefShare. GriefShare is a 13-week program that provides a safe place each week for group members to share their feelings and their grief stories. The 13-week, small group seminar is a Christ-centered and biblically based support program. A grieving person can join at any time during the 13 weeks.

GriefShare is for people who have lost a spouse, child, other family member, or friend through death. Presently, Journey to Joy does not offer GriefShare seminars for children. Participants will learn about grief-related issues. A video is shown each week featuring experts, ministers, and Christian Counselors discussing grief and recovery subjects helpful to people in grief. The video also features other people sharing their stories of what has helped them deal with the pain of losing a family member or friend through death. During the week between meetings, group members use their workbooks to complete a daily Bible study and practical exercises to help them heal from grief.

After the video, a small group discussion about the video is held. A workbook is required and will be provided to registered participants. Participants must register online. You will find that these seminars will provide comfort, answers, and hope. The seminars meet on Mondays from 7:00-9:00 PM via Zoom. The next 13-week seminar will begin Monday, February 7-May 2, 2022. The second 13-week seminar will be held Monday, September 19-December 19, 2022.

Other grief seminars hosted by First Mount Zion Baptist Church are, Loss of a Spouse, and Surviving the Holidays. These seminars each are a one-time session. Loss of a Spouse will be held on Monday, September 12, 2022. Surviving the Holidays will be held on Monday, November 14, 2022.

To register, please go to <https://www.griefshare.org/>

*GriefShare/Journey to Joy Support Team*

*Reverend Kathy Russell, Lead  
Deaconess Ledora Akanni  
Deaconess Rosemary Creekmur  
Deaconess Ivory Barnes  
Deacon Willie Grinkley  
Deacon Terry Payne  
Deacon Robert Stanley*

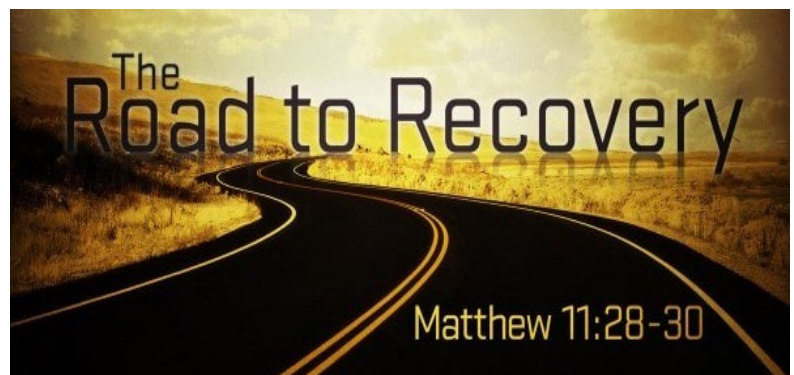


## REFRESHED FOR SERVICE

As human beings, we have a lot of responsibilities and have many roles in life. As people of God, our spirits, along with the Holy Spirit of God, are housed in earthen vessels, our bodies. Our bodies are God's temple. It is essential that we keep our bodies fit for God's use. We need to feed our bodies healthy foods and exercise. We are called upon to do the work of ministry, take care of family, friends, and others, make a living, etc. To do all that we must do daily, we need to also get the appropriate amount of rest and restorative sleep. In addition to taking care of our physical bodies, we must take care of our spirits. Our spirits need to be in nourished by being in communion with God and be fed the word of God daily. This is how we take proper care of our bodies and spirits. As you read Mark 1:21-34, you are given a glimpse into one day in the life of Jesus while He was in Capernaum. Look at all that He had to do that day. Jesus showed His disciples and us on more than one occasion, the necessity of praying to God and for rest. The word of God tells us how during The Creation, God made day and night. Each has its own purpose. We are to work while it is day, and sleep while it is night. Proper care of our bodies and spirits are ways in which we refresh ourselves so that we can serve God. Children of The Most High God, allow yourselves to be refreshed by following the examples of Jesus, so you can be refreshed for service!

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." *Matthew 11:28-30 MSG*

*Submitted by  
Reverend Kathy M. Russell*







January 2, 2022  
Volume 18, Issue 1

# Happy New Year!

## *Message from the Trustee Ministry*

### **HAPPY NEW YEAR: 2022 IS HERE!**

Our Lord has blessed us to see another year. He has given us another year to praise His holy name. We all made it through 2021 because of His grace and mercy. I am sure 2021 brought some tough times for all of us, but the Lord did not abandon us. Yes, 2022 will also bring some opportunities and challenges for all of us, but whatever comes our way, we must let the Lord order our steps. As He was our waymaker in 2021, He will make a way for all of us in 2022, and beyond. Be encouraged, the Lord is with the members of First Mount Zion Baptist Church in 2022. Enjoy the ride and hold on to His unchanging hand!

Happy New Year from the Trustee Ministry, we are honored to be stewards of God's resources.

*Trustee James Simpson, Chair*  
*Trustee Nicole Simpson, Vice Chair*

## *Message from the Deaconess Ministry*

### **HAPPY NEW YEAR!**

As we look back on year 2021, it is amazing how God has blessed us to survive and live through it. We endured the challenging times and relished the good times. We endured the dramatic events of life. Now, as this new year begins, we begin it with a future filled with new life, new hope, new joy, new peace, and love!

By His grace, we were able to continue to worship together, albeit virtually. The woes of this world didn't stop us from reaching out to one another through prayer, phone calls, text messages, and other means. In time, God's time, we'll be able to physically come together, to greet each other with warm embraces and handshakes. We will sit "socially" together and worship, stand and sing unmuffled hymns of praise, lay hands on each other for healing prayers, attend Sunday School in the classrooms and Wednesday Night Bible study in the Chapel, break bread together in the Grain of Heaven, and countless other activities. We are claiming these and all other blessings, in the Name of Jesus! It is through prayers and actions, that we experience God's power, His wonder working power, and receive that inner peace that surpasses all understanding.

# Happy New Year!

The Deaconess Ministry desires that all continue to grow in relationships with each other and with God. So, be encouraged by Ephesians 4:1-3 - ...walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

God wants us to know His unconditional love for us. Here's to recognizing all the blessings from God in this new year!

*Humbly Submitted,*  
*Deaconess Lynell Manning*  
*Deaconess Ministry*

## *Message from the Deacon Ministry*

### **HAPPY NEW YEAR!**

On behalf of your Deacon Ministry, I greet you in the name of the Divine Trinity who descended the portal of eternity to create mankind in the Garden of Eden. In divine likeness, we were created to worship and to serve. Therefore, we, your deacons, look forward to another year in service to you. We count it all joy to have been called and set aside for service to this Body of Zion, FMZBC – still that little church by the side of the road.

As we prepare to serve each of you in the coming year, we welcome you to another year of worship - worthy of a God who loves us enough to sacrifice His son, a Son who loves us so much that He became like us to teach us how to live, and a Holy Spirit who loves us so much that He dwells within His Church. As we serve you and you serve others, be always reminded of the words in Mark 10:45: "For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

As your servant leaders, we welcome you to a new year in which we pray that God will renew our strength, allow us to walk and not get weary, and to run and not faint. By the grace and mercy of our Savior, who is able to give us the wisdom and strength to worship and serve Him in spirit and truth, let us depend on Him. Let us enter 2022 knowing that our God is the God of the mountain and the valley, therefore, we shall not want.

*Deacon Willie Brown*  
*Chair, Deacon Ministry*



January 2, 2022  
Volume 18, Issue 1



*Thank you!*

*Thank you!*

Thank you, FMZ Family, for your continual heart of compassion during this Christmas holiday season. Did someone say there was a pandemic, because your giving negated that. Once again, you allowed us to bless over **900** families. We continue to be overwhelmed by your generosity, First Mount Zion Family, and we thank God for the gift of sharing that you have so wonderfully exhibited.

We are also tremendously blessed by the SHARE Ministry Servants who did not hesitate to show up, one more time, to package the groceries in advance so that when the families arrived, everything would be ready for distribution. It was a tremendous success! To GOD be the glory!

Thank you again, First Mount Zion, for all that you have done, and we sincerely pray that God will multiply that which you have contributed, one-hundred fold, because of your faithfulness to Him and your being a blessing to others!

We love and appreciate all of you!



**WOMEN'S MINISTRY (CED):  
PRAYER REQUESTS**  
Women Uniting in Fellowship with  
Love, Praise, and Worship

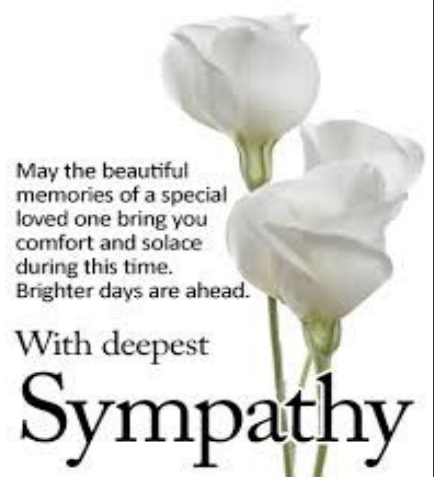
Greetings to all our sisters in Christ. God is so awesome! He has answered our prayers and He wants to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit your prayer requests. We desire to continually lift your prayer needs as they arise, so please use this email to submit them to us. Let the saints pray for you! Prayers of the righteous availeth much! Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your prayer requests when received.

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

POC: WM Director, Gwen L. Holland  
Co-Director, Lisa M. Johnson

For questions, please contact us via email at:  
[womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

**TO ALL THOSE WHO  
HAVE LOST LOVED  
ONES DURING THIS  
PANDEMIC, PLEASE  
KNOW THAT WE ARE  
PRAYING FOR YOU  
AND YOUR FAMILY  
THAT GOD WILL  
COMFORT AND KEEP  
YOU DURING THIS  
DIFFICULT TIME!**



May the beautiful  
memories of a special  
loved one bring you  
comfort and solace  
during this time.  
Brighter days are ahead.

With deepest  
**Sympathy**

## Ways to Generate Multiple Streams of Income Part 1: Starting & Growing Your Small Business



Presented by the  
Money Smart Ministry  
Speaker – Dr. Ricky Gallaway  
January 22, 2022  
10:00 am on Zoom

Register in advance for this meeting:  
[https://us02web.zoom.us/join/register/tZ0vf-qrrzMpHdNq1OXA06ngb\\_Ndzelegt\\_a](https://us02web.zoom.us/join/register/tZ0vf-qrrzMpHdNq1OXA06ngb_Ndzelegt_a)





January 2, 2022  
Volume 18, Issue 1



*... from the desk of the*  
**Church Business Administrator**

## VOLUNTEERS NEEDED FOR CHECK-IN

### Check-In:

FMZBC requires anyone who enters the Church to be checked in to ensure proof of being fully vaccinated has been verified, temperatures are taken, and masks are worn. At this time, members are needed to support the Check-In when the Church is open for service and Ministry events. As Ministry activity increases, so does the need for volunteers.

**Check out** opportunities and sign up to serve using the following Sign-Up Genius link:

<https://www.signupgenius.com/go/30E0B4CADAB2E5-check>

If you have any questions, please contact:

Sister Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)  
(703) 670-0184

Thank you for your committed service!

### COMMUNION:

Pickup Communion elements are available for pick up on a quarterly basis. The next distribution will be in **March 2022**.

### OFFICER'S ORIENTATION:

SAVE THE DATE! Saturday, January 8, 2022, 10:00am

### KIDS' KINGDOM:

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)

### VIRTUAL VOLUNTEER SCREENING:

February 19th; April 16th; June 18th; September 17th; October 15th; and November 19, 2022

### POC:

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)



## DON'T MISS 3<sup>RD</sup> SUNDAYS!

Join us for virtual worship each 3<sup>rd</sup> Sunday, starting in January, to hear a message that speaks to identity, belonging, and purpose.

Also, Saturdays, **January 8, 15, 22, 29 from 11am to 12pm**, Rev. Kara Taylor and I will lead real life talks entitled, "Keepin' it 100: Teen Conversations." Each week we will explore a couple of topics or social stigmas (e.g. Girls: Weak/Insecure, Alienated/Angry; Boys: Mama's Boy/Thug, Nerdy/Invisible).



## MEN'S MINISTRY (CED):

**ATTENTION ALL MEN!!!**...Join our ZOOM Meeting and Fellowship with us on Saturday, January 8, 2022, at 9:00 AM, as we discover "We Are Stronger Together". Our speaker of the day to give the charge will be our very own Pastor, Dr. Luke E. Torian, who will bring a DYNAMIC message that will fill our spirits and minds! We pray you seize this opportunity to Glorify GOD through this online fellowship with your time and service. We look forward to seeing you Mighty Men of GOD online.



## HOW TO OBTAIN A COPY OF YOUR COVID-19 VACCINATION CARD

The Virginia Department of Health now provides copies of vaccination cards. To obtain a copy, go to their Virginia Immunization Information System, and input the pertinent information that is required:

<https://vase.vdh.virginia.gov/vacapps/f?p=545:1>



January 2, 2022  
Volume 18, Issue 1

## POSITIVES FROM THE BLACK HISTORY CORNER



**GWEN IFILL** was an American journalist, television newscaster, and author who, in 1999, **became the first African-American woman** to host a nationally televised U.S. public affairs program *Washington Week* in Review. She was the moderator and managing editor of *Washington Week* and co-anchor and co-managing editor, with Judy Woodruff, of the *PBS NewsHour*, both of which air on PBS. She was also a political analyst who moderated the 2004 and

2008 vice presidential debates — **becoming the first Black woman to do so**. She authored the best-selling book *The Breakthrough: Politics and Race in the Age of Obama*.

Ifill garnered many accolades over her lifetime, including a Peabody Award for her work on *Washington Week* and induction to both the Washington, D.C. Journalism Hall of Fame and the National Association of Black Journalists Hall of Fame. In 2020, she was honored on a U.S. postage stamp.

Economist Kaye Husbands Fealing, who was Ifill's cousin, said of her: "She meant so much in journalism. I just want to honor her for the fundamentals that she brought to the table every single day."

Ifill was born in Jamaica, Queens in New York City, the fifth of six children of African Methodist Episcopal (AME) minister (Oliver) Urcille Ifill, Sr., a Panamanian of Barbadian descent who emigrated from Panama, and Eleanor Ifill, who was from Barbados. Her father's ministry required the family to live in several cities in New England and on the Eastern Seaboard during her youth, where he pastored AME churches. As a child, she lived in Pennsylvania and Massachusetts church parsonages and in federally subsidized housing in Buffalo and New York City. Ifill graduated from Springfield Central High School (Springfield, Massachusetts (then Classical High School)) in 1973. She graduated in 1977 with a Bachelor of Arts in communications from Simmons College, a women's college in Boston.

While at Simmons College, Ifill interned for the *Boston Herald-American*. One day at work, she discovered a note on her desk that read, "Nigger go home." After showing the note to editors at the newspaper, who "were horrified", they offered her a job when she graduated from college in 1977. Ifill's close friend Michele Norris stated that Ifill said "that was really unfortunate, but I have work to do. And that's how she got the job. She didn't get the job out of sympathy. She got the job because she didn't let that slow her down."

Ifill went on to work for the *Baltimore Evening Sun* from 1981 to 1984 and for *The Washington Post* from 1984 to 1991. She left the *Post* after being told she wasn't ready to cover Capitol Hill, but was hired by *The New York Times*, where she covered the White House from 1991 to 1994. Her first job in television was with NBC, where she was the network's Capitol Hill reporter in 1994.

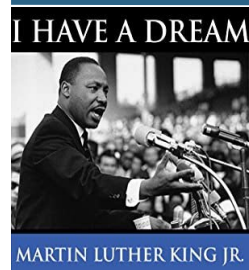
In November 2006, she co-hosted *Jamestown Live!*, an educational webcast commemorating the 400th anniversary of Jamestown, Virginia.

Ifill received more than 20 honorary doctorates from universities around the world, including Georgetown University, Smith College, Bates College and Skidmore College. In May 2011, she served as a commencement speaker at Morehouse College.

On the one year anniversary of her death, November 14, 2017, Ifill's alma mater Simmons College announced that they would be launching a school in 2018, named in her honor as the "Gwen Ifill College of Media, Arts and Humanities". On January 30, 2020, Ifill was honored on a U.S. postage stamp, and on June 17, 2021, New York City renamed a park for her.

Ifill, who was born on September 29, 1955, departed this earth on November 14, 2016.

## MAY HER LEGACY CONTINUE TO INSPIRE OTHERS TO STRIVE FOR THEIR GOALS!!!!



## KING DAY ORATORICAL COMPETITION

The Prince William County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. (PWCAC-DST) in affiliation with the Delta Research and Educational Foundation will host its 32nd annual Dr. Martin Luther King, Jr. Youth Oratorical Competition and Program on **Monday, January 17 at 11 a.m.** on our YouTube channel - PWCAC-DST-MEDIA. This is a free virtual event.

This year's theme, 'Beyond Dreams and Mountains: Her Voice – Her Mission', calls upon students to stretch their imaginations and bring inspirational meaning to Dr. King's vision as seen through the eyes and work of women, the unsung heroines of the Civil Rights Movement, past and present. Orators will share how the vision and tireless work of these women aligned with Dr. King's vision and continue his legacy.



cont'd on page 9 --





January 2, 2022  
Volume 18, Issue 1

# FITNESS-IN-PLACE

**A LITTLE BIT REALLY CAN GO A LONG WAY!**

You have heard the public health guidelines that state, to improve health and reduce risk of chronic disease, individuals should aim to engage in a total of at least 150 minutes of moderate-intensity exercise each week. However, the good news, this may be accumulated with mini-workouts throughout the day that are at least 10 minutes in duration.

Research continues to emerge supporting the notion that small bouts of exercise accumulated throughout the day may provide many of the same benefits as one continuous bout of activity, including improvements in weight loss.

**Challenge: Try 10-minute mini-workouts** - Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. For example, in the morning do 10 minutes of marching mixed with bodyweight exercises (march in place and add in squats by sitting in a chair and standing back up, do push-ups off the wall and perform planks). On your lunch break take a 10-minute brisk walk; and in the evening, try 10 minutes of yoga-inspired stretching like a child pose or the cat-cow.

For information on these exercises and others, click the following link:

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/equipment/no-equipment/>

**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*

## Intensity of exercise

As the intensity increases, heart rate, respiratory rate and energy consumption also increase further

Sedentary	Light	Moderate	Vigorous	Very vigorous
To not moving, working at a desk	Cleaning, carrying out rubbish, yoga	Walking, cycling, shopping	Playing football, dancing, swimming	Sprinting up hills, weight exercises, press ups



## SMALL GROUPS MINISTRY

We welcome you to join a Small Group! We have a variety of groups from discipleship groups, sports, health and wellness, service, shared interest, support, and book groups for all ages. Regardless of the type of group, the main purpose of each group is to create a place where you can develop and cultivate friendships, receive encouragement and support while lives are being transformed into the image of Christ. There is a group for everyone, including YOU!! Review our directory of Groups and connect with a Small Group today. Register at:

<https://firstmountzionbc.org/small-group/>

## LEADING A SMALL GROUP

Consider leading a Small Group while utilizing your gifts, passions, and talents. We'd love to hear from you. Please contact the Small Group Director, share the topic of interest and name of your prospective group, along with the date and time of your online meetings. You will be equipped with the necessary training and tools to make your ministry a success. For further information:

**POC:** Sister Stephanie M. Craddock - 703-670-0184

[Small Groups Director @ Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)

- - cont'd from page 8

JAN

BEYOND DREAMS & MOUNTAINS  
HER VOICE - HER MISSION

SAVE THE DATE

17  
@11:00am

WATCH ON OUR  
YOUTUBE CHANNEL  
AT  
PWAC-DST-MEDIA

THE 2022 DR. MARTIN LUTHER KING, JR.  
ORATORICAL COMPETITION AND PROGRAM  
A FREE VIRTUAL PUBLIC EVENT

Hosted by  
Prince William County  
Alumnae Chapter of Delta  
Sigma Theta Sorority, Inc.  
in affiliation with  
Delta Research and  
Educational Foundation

For More Info  
Contact  
MLK Committee  
[pwcac.mlk@gmail.com](mailto:pwcac.mlk@gmail.com)  
or  
WEBSITE  
[www.pwcacdse.org/mlk](http://www.pwcacdse.org/mlk)

YOU'RE INVITED

**THE COMPETITION**  
Three Middle School Orators  
Three High School Orators  
Audience TEXT-TO VOTE  
BEST BEFORE AUDIENCE WINNERS

**PROGRAM FEATURES**  
MLK Community Choir  
Special Tribute to the Founders of  
DELTA SIGMA THETA SORORITY, INC.

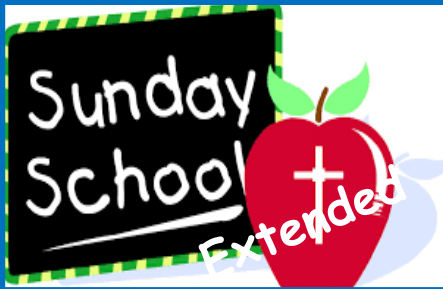
**SPECIAL GUESTS**  
EBONY IMPACT GOSPEL CHOIR  
Old Dominion University

MARIA HOWELL  
Singer, Actor, Voiceover Artist

TAYON DANCY  
Chaplain, South Atlantic Region of  
DELTA SIGMA THETA SORORITY, INC.



January 2, 2022  
Volume 18, Issue 1



Sundays at 9:45 a.m. on ZOOM

Register in advance at  
<https://zoom.us/meeting/register/tJwrfu-upjlsH9VMx4eB-Fk3D3sIW9YJZAF4>

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



The last day to register for January SHARE packages is Sunday, January 16th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on January 22, 2022.

### 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:

[cpm@firstmountzionbc.org](mailto:cpm@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

Deacon Joseph Boutte, Chair  
Sister Oonagh Bell  
Brother Benson Blake  
Deacon James Hawkins  
Sister Sylvia Moore  
Reverend Kathy Russell  
Deaconess Claudia Woolfolk

Rev. Dr. Luke E. Torian, Senior 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://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](http://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](https://vimeo.com/25203195)

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



### ATTENTION!!!

PLEASE CHECK THE  
FMZ WEBSITE REGU-  
LARLY FOR A COMPLETE  
LISTING OF MINISTRY  
ACTIVITIES, AS WELL AS  
UPDATES REGARDING  
WEATHER CLOSINGS  
DURING OFFICE HOURS.



THE TRANSPORTATION MINISTRY  
HAS BEEN TEMPORARILY SUSPEND-  
ED DUE TO COVID-19 AND WILL  
RESUME WHEN FULL ACTIVITIES AT  
THE CHURCH HAVE BEEN RESTORED!