



February 6, 2022

Volume 18 • Issue 2

## Message from the Pastor

### ALL OF OUR HISTORY IS AMERICA'S HISTORY!!



Black History Month began as Negro History Week in 1926. Famous historian Carter G. Woodson and the Association for the Study of Negro Life and History proclaimed the second week of February to be observed as Negro History Week. Since the inception of this event, the focus was to encourage the teaching of the history of Black Americans. The Departments of Education of Delaware, North Carolina, and West Virginia were very cooperative. The overall reception was lukewarm, but Woodson considered it a success and "one of the most fortunate steps ever taken by the Association."

In February 1969, the idea for Black History Month was promoted by Black students and educators at Kent State University, followed by the first celebration of Black History Month on campus and local surroundings one year later. Fast forward six years and Black History Month was widely being celebrated across the country. In 1976, President Gerald Ford praised Black History Month, urging all citizens to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

The 2022 national theme for Black History Month is "Black Health and Wellness" which is timely considering all the issues surrounding the lack of quality health care and medical treatments of blacks in America. Let us continue to work for equality on every level as we celebrate our history and look to a brighter and better future.

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

## INSIDE THIS ISSUE

Message from the Pastor	1
Congratulations to Brother Daniels	1
Message from the Youth Pastor	2
Virtual College Fair	2
Encouragement for the Soul	3
Noonday Prayer	4
Fitness-in-Place	4
Leadership Chaplains' Corner	5
Deaconess Ministry	6
Saluting Our Healthcare Hero	6
Women's Ministry Joint Fellowship	7
Black History Corner	8-10
Covid-19 Testing Center	10
From the desk of the CBA	11
SHARE Distribution	12



Brother Dennis Charles Daniels, Zone D3, recently gained approval of his dissertation in the Doctor of Strategic Leadership (DSL), School of Business and Leadership at Regent University, Virginia Beach, VA. Regent approved his dissertation, entitled, "Underrepresentation of Minorities Serving in Leadership Roles in the Federal Government", on December 22, 2021. Dr. Daniels will graduate on May 7, 2022.

The Doctor of Strategic Leadership (DSL) is a terminal professional degree that helps graduates meet today's organizational challenges. The DSL prepares students to renew and transform systems and teams by emphasizing leadership, communication, structure, team building, and cultural understanding from a Christian perspective. The program provides a solid foundation in theory and practical components essential to organizational success.

cont'd on page 5 - -

COME JOIN OUR

# BIBLE

Study

**WEDNESDAYS,**  
**AT 7:30 P.M.**

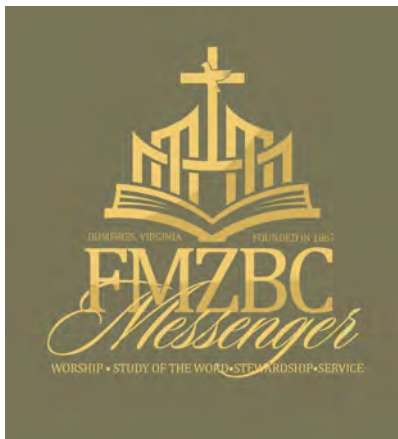
**FMZ/Life Stream:**  
<https://live.lifestream.tv/first-mount-zion-baptist-church>

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

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

**Study handouts are available online:**  
<https://firstmountzionbc.org/bible-study-handouts/>





Rev. John McNeill, Jr.

February 5th from 11am to 12pm for 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, Four-eyed/Invisible) .

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)

## Message to Our Youth

*Reverend John C. McNeill*  
*Youth Pastor*

### THE FIRST OF THE BIG 3: IDENTITY

The 2021-22 Youth Ministry theme is "The BIG 3: Identity, Belonging and Purpose." In the upcoming Newsletters, we will spend some time on each part of the theme.

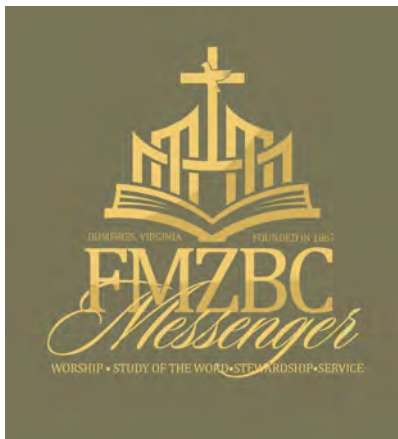
Remember, **Identity** expresses who or what you are. "Three Big Questions that Change Every Teenager" authors, Kara Powell and Brad Griffin, encourage us to define it as "how we see ourselves." So, last month, Rev. Kara Taylor and I explored a sampling of identities that teens take on or ways in which teens feel in our society. Rev. Taylor used Khristi Adams' "Parable of the Brown Girl: The Sacred Lives of Girls of Color" as sourced text to explore what it means to feel or be identified as weak, insecure, alienated and angry, to name a few. I gathered the boys around topics like soft, thug, invisible and "pimpin'". It is exciting to investigate how real experiences of teens, show how God is active, present and speaking through our circumstances. Some of the topics above may have a negative connotation, but we can cover a lot of ground if we are honest about the fact that teens admire or strive to be "bad boys."

Let's consider how God sees us. How would you define yourself considering your faith in Jesus Christ? There are few identities presented in the Bible that I could reference here, but I will limit my discussion to one. I often address the teens affectionately as "Children of God." Here's why. 2 Corinthians 6:18 says, "I will be a Father to you, and you will be my sons and daughters," says the Lord Almighty." You are God's child, and there are a few benefits to this relationship. Your heavenly and perfect Father loves and cares about you. Your heavenly and perfect Father is always available and accessible to you. Your heavenly and perfect Father blesses you with a great inheritance: eternal life.

Join us for worship each 3<sup>rd</sup> Sunday, to hear a message that speaks to "Identity Belonging and Purpose." Don't miss 3<sup>rd</sup> Sundays! Also, join Rev. Kara Taylor and me on Saturday,







February 6, 2022

Volume 18 • Issue 2

## Associate Ministers

Encouragement and  
Assurance for the Soul

### "BE STILL"

"Come behold the works of the Lord,  
Who has made desolations in the earth;  
He makes wars cease to the end of the earth;  
He breaks the bow and cuts the spear in two;  
He burns the chariot in the fire.  
Be still and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth!  
The Lord of hosts is with us;

The God of Jacob is our refuge." (Psalm 46:10-11 NKJV)

It's February and perhaps the stillness, the peace, the hope, the joy and the love of the advent season has worn off. Holiday debt may be creeping into our thoughts where just a few weeks ago we were thinking about the birth of Emmanuel. Maybe we are worried about giving up on those resolutions to take better care of ourselves (mentally, physically, and spiritually). Perhaps we've gone back to fighting traffic or protecting ourselves and families against the latest Covid variant. Beloved children of the Most High God, "Be Still."

In Psalm 46:10-11 God reminds us to "Be still and know that I am God." We can "be still" because of who God is. "The Lord of hosts is with us." We are safe, sheltered and protected because He is "our refuge." We don't have to fight battles not intended for us to fight -- just "Be Still." In that time of stillness is when God has our attention, so pray and know that you are not alone.

In 1992 the Wilmington Chester Mass Choir released the song "Stand Still (Until His Will is Clear)." Check it out on YouTube <https://youtu.be/Ajb0SrEuZ1M> then keep reading Psalm 46:10-11. God has the answer to all those things we choose to fret about. So, when you "don't know what to do, don't know what to say or where to turn for answers?" Be still!

*Be still and be blessed!*  
*Rev. Cynthia Ball*

AMANDA  
GORMAN

### "NEW DAY'S LYRIC"

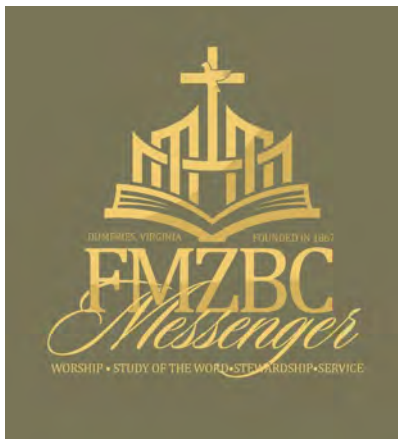
May this be the day  
We come together.  
Mourning, we come to mend,  
Withered, we come to weather,  
Torn, we come to tend,  
Battered, we come to better.  
Tethered by this year of yearning,  
We are learning  
That though we weren't ready for this,  
We have been readied by it.  
We steadily vow that no matter  
How we are weighed down,  
We must always pave a way forward.

This hope is our door, our portal.  
Even if we never get back to normal,  
Someday we can venture beyond it,  
To leave the known and take the first steps.  
So let us not return to what was normal,  
But reach toward what is next.

What was cursed, we will cure.  
What was plagued, we will prove pure.  
Where we tend to argue, we will try to agree,  
Those fortunes we forswore, now the future we foresee,  
Where we weren't aware, we're now awake;  
Those moments we missed  
Are now these moments we make,  
The moments we meet,  
And our hearts, once all together beaten,  
Now all together beat.

Come, look up with kindness yet,  
For even solace can be sourced from sorrow.  
We remember, not just for the sake of yesterday,  
But to take on tomorrow.

We heed this old spirit,  
In a new day's lyric,  
In our hearts, we hear it:  
For auld lang syne, my dear,  
For auld lang syne.  
Be bold, sang Time this year,  
Be bold, sang Time,  
For when you honor yesterday,  
Tomorrow ye will find.  
Know what we've fought  
Need not be forgot nor for none.  
It defines us, binds us as one,  
Come over, join this day just begun.  
For wherever we come together,  
We will forever overcome.



February 6, 2022

Volume 18 • Issue 2



Remember to pray at 12 noon on Tuesdays

**Prayer:**

"Lord, we thank You that we are fearfully and wonderfully made and You have a good plan for our lives. You created us in Your image and to bring honor and glory to You.

We surrender our lives to You so that You can transform us into a new creation and we can become the people that You have called us to be and You receive the greatest glory that You can from our lives. Our physical body is wearing out day by day, but inwardly we are stronger every day and we look forward to the day when we have our resurrected body in heaven. Change us Oh Lord, and make us more like You!

May we discover, develop and exercise the gifts and talents that You have entrusted to us so that we can be the salt and light that You have called us to be in a dark world. In Jesus Name we pray and tell You thanks, Amen!"

**Worship Song:**

"Change Me Oh God" - <https://youtu.be/MfxjXtDJvg>

**Scripture:**

**Psalms 139:14,17 NKJV**

[14] I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.

[17] How precious also are Your thoughts to me, O God! How great is the sum of them!

**Psalms 139:14,17 AMPC**

[14] I will confess and praise You for You are fearful and wonderful and for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well.

[17] How precious and weighty also are Your thoughts to me, O God! How vast is the sum of them!

**2 Corinthians 5:17 NKJV**

Therefore, if anyone is in Christ, s/he is a new creation; old things have passed away; behold, all things have become new.

**2 Corinthians 5:17 AMPC**

Therefore if any person is [ingrafted] in Christ (the Messiah) s/he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come!

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

## FITNESS-IN-PLACE

**Only 1 in 10 adults eat enough fruits and vegetables! Finds the CDC.**

<https://abcnews.go.com/Health/10-adults-eating-fruits-vegetables-cdc-finds/story?id=82117939>

**Eat more vegetables!** People who eat more vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases.

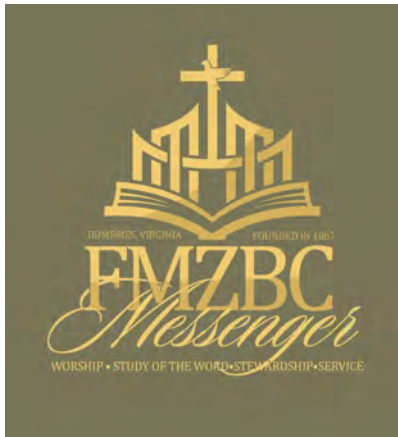
**Tips to help include fruits and vegetables** into your meals and snacks:

- ◆ Add veggies to your pizza, like green peppers, onions, mushrooms or even broccoli.
- ◆ Add veggies to your sandwiches, like spinach, tomatoes, and avocado.
- ◆ Add veggies to your scrambled eggs, like tomatoes, onions and peppers.
- ◆ Make a habit of including a side salad with lunch and/or dinner.
- ◆ Wash fresh fruit and leave it in easy grab and go places. When you open the refrigerator, washed grapes in a bowl are hard to resist.
- ◆ Make fruit smoothies for breakfast and snacks. Add spinach!

**Challenge:** Start your pursuit to increase your produce intake by gauging where you currently stand. Are you eating one serving per day or four? From there, set a realistic goal, like increasing your intake by one or two servings per day. Next, plan that goal of produce intake into your day. Once you reach your goal and maintain it for several weeks, consider setting a new goal, until eventually you achieve the recommended amounts per day for optimal health.

Sister Lori Valkenburg  
Fitness Director





## LEADERSHIP THE CHAPLAIN'S CORNER

Greetings FMZ Family!!

Please see the FMZ Leadership First Friday Prayer and Fasting Devotional for January 2022. As we have entered the new year, we are committed to **"Anchor our Souls!"**

**Prayer and Fasting Topic: Anchoring our Souls**

**Source:** Bible YouVersion Devotional: Moorings - Anchor for the Soul/[Soul Keeping](https://books.apple.com/us/book/soul-keeping/id757268207) – John Ortberg

**Discussion:** Happy New Year our Brothers and Sisters!! As we continue to "Be stronger together" and embark on a new year, join with us in corporate prayer and; fasting over the theme, **"Anchoring our souls"**. And let us start with a few nautical definitions and "soul" overview. (1) **Anchor:** 1. (Nautical Terms) any of several devices, usually of steel, attached to a vessel by a cable and dropped overboard to grip the bottom and **restrict the vessel's movement**. 2. **an object used to hold something firmly in place:** the **rock** provided an anchor for the rope. 3. a source of stability or security: religion was his anchor. (1) **Moorings:** A source of *stability or security*.

Excerpts on the soul from the book *Soul Keeping* by John Ortberg:

<https://books.apple.com/us/book/soul-keeping/id757268207>

"You are not just a self; you are a soul. 'The LORD God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul (Gen 2:7). 'You're a soul made by God, made for God, and made to need God, which means you were not made to be self-sufficient."

### THE OPERATING SYSTEM OF YOUR LIFE

"The soul is the capacity to integrate all the parts into a single, whole life. It is something like a program that runs a computer; you don't usually notice it unless it messes up." "The soul seeks harmony, connection, and integration. "Therefore, an unhealthy soul is one that experiences dis-integration, and sin always causes the disintegration of the soul."

"The soul knows a glory that the body cannot rob. In some ways, in some cases, the more the body revolts, the more the soul shines through. People may claim to believe that all you are is your body. But Pat said one time, "The only thing I can depend on with my body is that it will fail me. Somehow my

body is mine, but it's not "me." *Soul Keeping* - John Ortberg  
<https://books.apple.com/us/book/soul-keeping/id757268207>

**More to Come!!**

**Selah!!**

**Meditational Song:**

[https://youtu.be/ENv7zlo\\_j9M](https://youtu.be/ENv7zlo_j9M) - **My Soul is Anchored in the Lord** - Douglas Miller

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

-- cont'd from page 1

Brother Daniels dedicated his doctoral journey to several special people. First, his paternal grandfather, Mr. Mingo Daniels, taught him to work hard and do his best in life through persistence and diligence. Brother Daniels said, "my grandfather taught me that no one owed me anything in life, but if someone gave me an opportunity, I should always be appreciative and never let that person down."

Second, his mother, Mrs. Lou Willie Daniels, made many sacrifices and always made a way out of no way for Brother Daniels and his two sisters. Brother Daniels described his mother's love and support and how it inspired him always to do his best, respect others, and not be afraid to fail. One of Mrs. Daniels favorite sayings was, "in life; you will have obstacles at some point, but how you respond is essential."

Third, Brother Daniels described his supportive family as follows:

"Mrs. Ursela L. Daniels, my wife, and my best friend. We met in college in 1990, have been married for 27 years, and have three beautiful children, Dennis C. Daniels Jr., Laila D. Daniels, and Christian D. Daniels. Their love, patience, and support throughout the journey is the reason for my successful completion."

Finally, Brother Daniels expressed appreciation for the outstanding Regent University professors and staff for their prayers, words of encouragement, and availability. His doctoral journey has indeed been remarkable through the grace of God that allowed him to complete an arduous academic journey.

We congratulate our brother for living out the advice of his grandfather, mother, and family, and trusting God for all His blessings and opportunities.

*Submitted by  
Deacon Joseph Boutte*



## Celebrating OUR HEALTH & WELLNESS

Black History Month celebrates the achievements by African Americans and recognizes our central role in U. S. History. It allows us to peek into our ancestors' time. We hear tales of their lives, their loves, and their passions. We don't have to look far to notice the many impressive achievements of Black men and women in science, medicine, politics, law, sports, and entertainment. Their achievements make us proud and gives us strength, courage, and deep appreciation for their achievements, discoveries, and inventions that made the U. S. great. We learn and benefit from our endearing ancestral and recent familial influences when we read and speak about them. Let us never forget their joys and woes endured. Let us be ever thankful and grateful and remember that it is because of God, we have this legacy of triumph. Just as our ancestors fought for our freedom and made outstanding contributions to society, let us continue the legacy by maintaining a healthy lifestyle.

The 2022 Black History Month theme, "Black Health and Wellness," explores the legacy of Black scholars and medical practitioners. It also highlights birth workers, doulas, midwives, naturopaths, herbalists, etc. and their contributions throughout American history.

According to the Centers for Disease Control and Prevention (CDC) African Americans are living longer; African American Health awareness is on the rise; the lifespan of the average African American has risen 25% over the last 17 years. Even with these improvements, we must continue to work. We start with prayer, recognizing that Jesus is Lord. We continue to focus on our health so we can be well and serve as God has called each of us to do. We continue the active role of improving our health by building awareness within our families and the black community. It merits repeating that we must eat healthier foods, exercise more, and keep a mindset for good mental health; and during this global pandemic, we encourage vaccination, booster shots, and mask wearing. We must be consciously responsible towards the people we encounter. We are our sister and brother's keeper...we are our children's guardians and role models.

*Humbly submitted,  
Deaconess Lynell Manning*

## SALUTING OUR HEALTHCARE HERO

*Deaconess Sannette Coles*



Deaconess Sannette Coles is a graduate of the University of Virginia School of Nursing as a Registered Nurse. She began her career in the early 80's at George Washington University Hospital in Washington, DC. After being there for approximately seven months, she found herself on the front lines of the AIDS epidemic, as GW was the first hospital to accept AIDS patients. Much like Covid, no one knew how it was being transmitted. Many died daily from AIDS as Deaconess Coles and her colleagues were learning how to manage the epidemic. She soon realized that they were in a "war zone." With her expertise, compassion, and leadership skills, Deaconess Coles and another nurse soon became the "charge nurse." They worked completely covered with masks, gowns, gloves, eye protection and shoe coverings every day to ensure they would survive, as well as not take any illness home to their families. By the time Deaconess Coles left GW Hospital to pursue other opportunities, and being physically exhausted, she and her colleagues were not only smarter, they also knew how critical it was to protect themselves so they could protect and serve others.

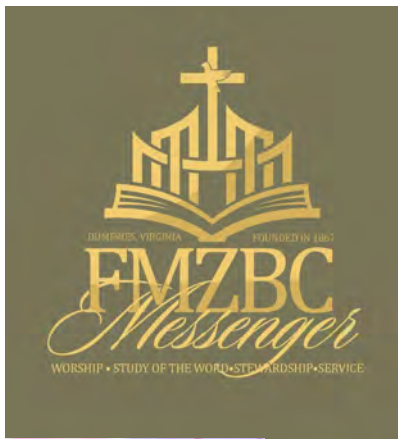
Deaconess Coles pursued a Masters Degree in Nursing Administration from George Mason University, since leadership is one of her areas of giftedness. She would go on to hold many leadership positions which have included Vice President, Director, and Manager roles. She has also worked for several hospitals, physician practices and rehabilitation, and insurance companies such as Blue Cross/Care First, and Kaiser Permanente.

Deaconess Coles currently works at Medstar Family Choice, which is focused on applying benefits and monitoring cost controls in hospitals/emergency rooms and responsible for providing case management services to help people navigate social needs such as care in the home, food, housing, behavioral health services, and transportation. Deaconess Coles holds certifications in Quality Improvement/Utilization Management and Case Management. She is licensed in Virginia, DC, and Maryland.

A takeaway for all to remember - Healthcare workers help save lives. The nurse determines whether the patient survives or not, as she/he is the one who monitors the patient throughout the day when ill and notifies the physician. The skills of a nurse are critical to being on the front lines of one's survival. Deaconess Coles is that nurse. She is hopeful that many will take the advice of the very experienced nurses and doctors who understand healthcare and seek to help everyone during epidemics and pandemics. It can truly be a matter of life or death.

*Deaconess Cynthia R. Brown  
Chair, Deaconess Ministry*





## WOMEN'S MINISTRY JOINT PRAYER FELLOWSHIP

The Women's Ministry (WM) hosted a Zoom Joint Prayer Fellowship **"The Power of Prayer"** for the women and men of FMZ and guests coming together to start the New Year covering FMZ, our community and the world in prayer. The presence of the Holy Spirit filled the atmosphere throughout the entire fellowship. The anointed, holy ghost filled words spoken pierced your soul and you could feel the presence of God as He touched each presenter, from Rev. Kathy Russell (Ephesians 6:18), Rev. Cozy Bailey (Psalms 28:6-7) and Rev Helen Parker (Mark 11:23-24), to the spoken words of encouragement by Deacon Chair Willie Brown (3 John 2:2) departed.

The Prayer Warriors were led by Deaconess Ivery Barnes who prayed for the Fellowship, the Speakers and any guests in attendance, FMZ Leadership and congregation. Trustee Vice Chair Nicole Johnson prayed fervently for FMZ, sisters and brothers in Christ, the unsaved, our community, and the world. Deacon Everett Griggs followed up by praying for good health, the homeless and abused. Deacon Randy Hardy then prayed for social injustice, racism, police brutality, freedom for falsely accused incarceration, and the world's struggles, leaving our final Prayer Warrior, Deaconess Ledora Akanni, with the awesome responsibility of praying for the will of God for our lives, strength, peace, and endurance. Each offered prayer was powerful, anointed, spirit-filled, and reminded us that Prayer is one of the most powerful weapons God has given us. Additional heartfelt Scripture readings by Sister Terry Carey (1 John 5:14) and Sister Annette Rivers (Phil 4:6-7), were an added inspiration of how powerful prayer is.

Women's Ministry Choir Directress, Sister Linda Washington, started the Fellowship off with an inspirational rendition of the medley "I Know What Prayer Can Do" and "Tell It". Later in the program, Sister Breh Stevens-Mitchell sang "Just A Prayer Away" by Yolanda Adams, adding her special touch, and Brother Charles McPhatter brought the Fellowship to a close with his rendition of "The Lord's Prayer". These selections set the tone for the angels to ascend from heaven and fill us with God's Grace and Mercy as the words touched our hearts and the love of God was felt within us.

In closing, Rev. Dr. Tracey Dawkins Holley prayed over the prayers that were submitted, and brought the Fellowship to its conclusion, as she graciously remarked: "What a Phenomenal First Session by the WM 2022 incoming Directors."

I would like to share with you below a few remarks that were listed in the Chat:

"To God Be The Glory, it is all for Him!"

"Thank you for allowing us to be part of this prayer fellowship this morning."

"This prayer fellowship definitely represented its title "The Power of Prayer", "POWERFUL & AWESOME!!"

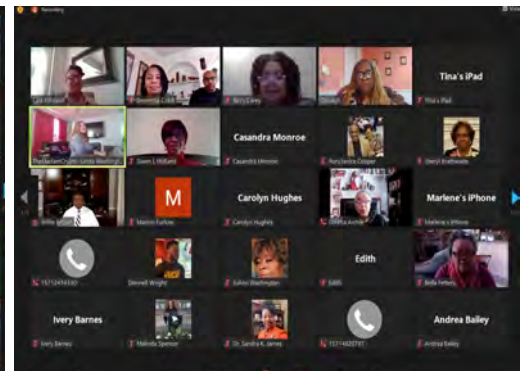
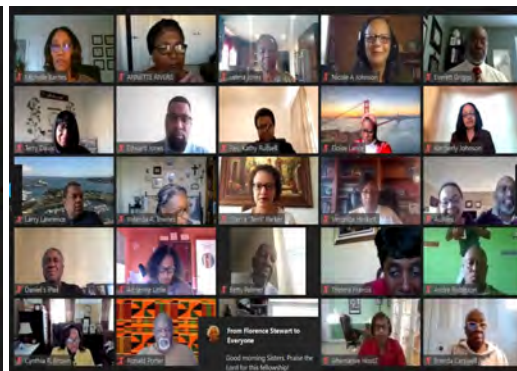
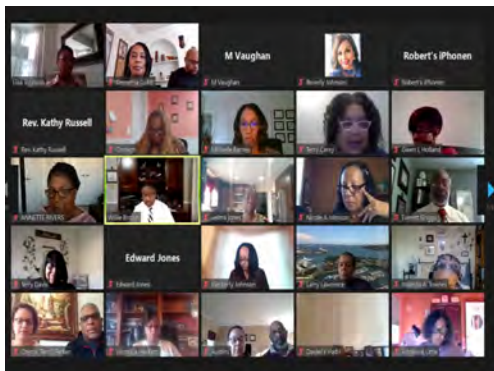
"I have truly enjoyed this service. No better way to start my Saturday morning. Thank you to Rev. Kathy Russell for the invitation to join. My soul has been blessed this morning. Peace and blessing!!!"

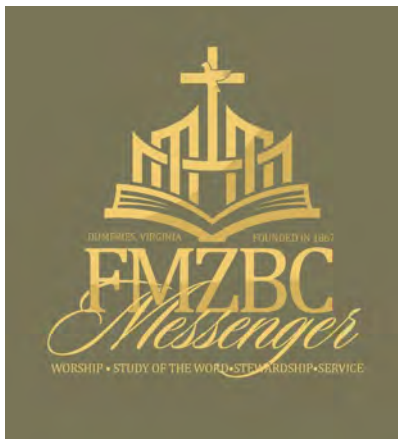
"Our earnest gratitude to all those who seeded into this Anointed Prayer Fellowship!!!!"

"What an AWESOME fellowship and prayer! All presenters were outstanding!"

We pray that those of you who were part of the Joint Fellowship were also blessed!

*Humbly,*  
*Gwen L. Holland*  
*Women's Ministry Director*





## LEST WE FORGET...

**HENRIETTA LACKS** was born Loretta Pleasant on August 1, 1920 in Roanoke, Virginia to Eliza and Johnny Pleasant. Her family is uncertain how her name changed from Loretta to Henrietta. Her mother Eliza died giving birth to her tenth child in 1924. Henrietta's father felt unable to handle the children after the death of his wife, so he took them all to Clover, Virginia and distributed the children among relatives. Four-year-old Henrietta, nicknamed Hennie, ended up with her grandfather Tommy Lacks in a two-story log cabin that had been the slave quarters of her white great-grandfather's and great-uncles' plantation. She shared a room with her nine-year-old first cousin David "Day" Lacks (1915–2002). In 1935, at the age of 14, Lacks gave birth to son Lawrence. In 1939, her daughter Elsie was born. On April 10, 1941 she married her first cousin "Day" Lacks who was the father of her children in Halifax County, Virginia. Henrietta and her husband, "Day" moved to Maryland for better employment and a better life for the family in 1941. The first daughter,



Elsie, was born with several disabilities, and her parents placed her in a Hospital for the Negro Insane; Elsie died there in 1955.

Lacks and her husband had three other children: David "Sonny" Jr. (b. 1947), Deborah and Joseph (b. 1950, called "Joe" by his family, though he later changed his name to Zakariyya Bari Abdul Rahman). Joe, Lacks' last child, was born at Johns Hopkins Hospital in November 1950, just four and a half months before Henrietta was diagnosed with cancer.

On January 29, 1951, Lacks went to Johns Hopkins Hospital because she felt a "knot" inside of her. She had told her cousins about the "knot"; they assumed correctly that she was pregnant. But after giving birth to Joseph, Henrietta started bleeding abnormally and profusely. Her local doctor tested her for syphilis, which came back negative, and referred her to Johns Hopkins which was their only choice for a hospital since it was the only one near them that treated black patients. Howard W. Jones, her new doctor, examined Henrietta and the lump in her cervix. He cut off a small part of the tumor and sent it to the pathology lab. Soon after, Lacks was told that she had a malignant epidermoid carcinoma of the cervix. Lacks was treated with radium tube inserts, which were sewn in place. After several days in place, the tubes were removed and she was discharged from Johns Hopkins with instructions to return for X-ray treatments as a follow-up. During her radiation treatments for the tumor, two samples of Henrietta's cervix were removed - a healthy part and a cancerous part - without her permission.

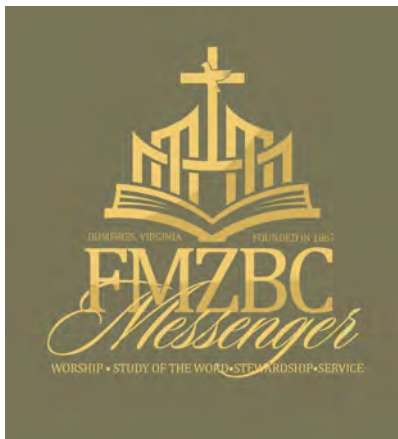
In significant pain and without improvement, Lacks returned to Johns Hopkins on August 8 for a treatment session, but asked to be admitted. She remained at the hospital until the day of her death. She received treatment and blood transfusions, but died of uremic poisoning on October 4, 1951 at the age of 31. A subsequent partial autopsy showed that the cancer had metastasized throughout her entire body.

The recipient of Henrietta Lacks's cells, Dr. Otto Gey, a medical researcher, died in 1970. In his research he "discovered that "Henrietta's" cells did something they had never seen before: they could be kept alive and grow. Before this, cells cultured from other cells would only survive for a few days. Scientists spent more time trying to keep the cells alive than performing actual research on the cells, but some cells from Lacks's tumor sample behaved differently from others. George Gey was able to isolate one specific cell, multiply it, and start a cell line. Gey named the sample HeLa, after the initial letters of Henrietta Lacks' name. As the first human cells grown in a lab that were "immortal" (they do not die after a few cell divisions), they could be used for conducting many experiments. This represented an enormous boon to medical and biological research.



## 2022 Theme for Black History Month





## READING TO LEARN....

**Prince Kaboo** was born in 1872 in Western Africa (Liberia). His father was king of the Kru tribe during a war with the neighboring Grebos...the Grebos won. Because the king could not pay his taxes, he had to surrender Kaboo as a "pawn" until the debt was paid. This happened once when Kaboo was a small child, but his father was able to free him quick as a pawn. When Kaboo's father was unable to pay his ransom this time, the Grebos began torturing Kaboo to force his father to pay. Once when Kaboo was being whipped, Kaboo reported seeing a blinding light flash, and a voice from heaven saying, "Rise up and run." Strength returned to Kaboo's wounded body, and he ran into the jungle. Grebo warriors followed him until dark, but nighttime did not stop Kaboo. God provided a miraculous light to guide him. During the day, he slept in hollow logs. Finally, he arrived at the town of Monrovia, where missionaries helped him and told him about Jesus. When Kaboo heard the story of Saul's conversion on the road to Damascus, he exclaimed, "That happened to me too. A light flashed, and God spoke from heaven." One of the elderly missionaries convinced Kaboo to travel to America to study at Taylor University in Fort Wayne, Indiana, then return to help his people in Liberia. He and the other missionaries were convinced that Kaboo was filled with the Holy Spirit. Convinced, Kaboo left Monrovia for America - New York.



When Kaboo (**called Samuel Morris by then**) attempted to board a ship to the United States, the tough sea captain did not want the young African boy on board his ship. "But my Father told me you would take me to New York, said Samuel Morris. "I'm going there to study the Holy Spirit." "Get away from here," the captain growled. He kicked Samuel. Samuel would not give up, so finally the captain gave in. He had no skills as a sailor, and the crew hated him, but one crew member accepted him. The captain's cabin boy was seriously hurt and could not get up. Samuel knelt down and prayed for him and immediately the young man rose to his feet, completely healed. One day when most of the crew was drunk, a fight broke out. A large Malay man thought someone had insulted him, he charged at his shipmates, swinging a cutlass. Samuel stepped in his way and said, "Don't kill! Don't kill!" The Malay man hated blacks and had killed others in the past, He'd sworn to kill Samuel, too; but for some reason, he slowly lowered his weapon and went below deck. Samuel shared the gospel with the crew, and prayed with them. When the Malay man became seriously ill, Samuel prayed for him and he recovered. From that time on, he treated Samuel like a brother. By the time Samuel Morris had reached his destination, Samuel's faith had changed the whole spirit of the ship. He shared the gospel with them, and it changed their lives.

**Samuel Morris** was 19 years old when he left his home in Liberia (Monrovia) and talked his way on board a ship bound for New York. The missionary who assisted him had instructed him to talk to Mr. Stephen Merritt in New York. Mr. Merritt was extremely impressed with the young man from Africa, and he quickly realized Samuel Morris was filled with the Holy Spirit. On the first Sunday Samuel Morris reached New York, Stephen Merritt invited him to speak at a Sunday School class. He noticed that many of the young people were deeply touched and were seen crying over their past sins and praying for forgiveness. In fact, those young people organized the "Samuel Morris Missionary Society" which helped support Samuel throughout his stay at Taylor University.

**Samuel Morris** had phenomenal success in preaching and teaching during his stay at Taylor University in Fort Wayne, Indiana. Though he was just learning to read, those who heard him speak were surprised at the freshness and strength of his message. One said, "He spoke for forty minutes in a quiet yet earnest style, simple and natural as a child. Everyone was interested." At school, Samuel did not eat any food or drink any water from Thursday night until Saturday morning. He had figured out that God had miraculously rescued him from his Grebo captors on a Friday. So he saved that day for praying – "talking to my father," as he called it. During Samuel's time at Taylor University, the people in charge of the school almost closed it because there was not enough money to pay the bills. "Take heart," said Samuel "and pray." Inspired by his faith, the board members turned to God for help. At their next meeting, one board member suggested that if the school could not remain in Fort Wayne, it should move to Upland. Move the whole school? That seemed impossible! But with Samuel's encouragement, the board members raised enough money *within one day* to purchase new land and move the school. Of Samuel Morris, the president of the university said, "He thought he was coming over here to prepare himself for his mission to his people, but his coming was to prepare Taylor University for her mission to the world." Samuel drew people from near and far to hear him preach/teach, most of them said they learned more about faith and the power of God than ever before! Gravely ill by age 20 because of the injuries he had received as a boy, Samuel died at age 21. Hundreds attended his funeral, packing the church and spilling out onto the streets...a beloved preacher/teacher who made a difference that was felt for many years when hundreds of students went overseas to be missionaries after sitting under the teaching and preaching of **Prince Kaboo - Samuel Morris, the Evangelist from Africa.**

(Taken from Bk: "HEROES IN BLACK HISTORY – TRUE STORIES FROM THE LIVES OF CHRISTIAN HEROS" BY DAVE & NETA JACKSON)



## HOW THE FIRST RURAL BRANCH OF THE NAACP WAS ESTABLISHED

Tinner Hill was once a thriving African American community that made up over 39% of the population of the town of Falls Church, Virginia. Made up of free, enslaved, and emancipated African Americans, these early civil rights pioneers fought against segregated housing beginning in 1915 by establishing an organization that evolved to become the first rural branch of the NAACP in the nation. Many of the original families lived, worked, and worshipped in Falls Church City. Their remarkable achievements include preventing the town from implementing a segregation ordinance, building churches (two are still in operation today), schools, businesses, and self-help groups. Miraculously, historic homes, churches and other remnants of the community remain today! Leading this conversation will be Nikki Graves Henderson, History Project Director at the Tinner Hill Heritage Foundation, and her husband Edwin B. Henderson, II, a local Falls Church, VA community historian.



The Tinner Hill Historic Site and Historic District are part of the heritage being preserved by the Tinner Hill Heritage Foundation (THHF). The non-profit was founded in 1997 to preserve this amazing history, and to continue building a strong, vibrant community where equality and justice are a reality for all people. THHF creates unique programs, events and initiatives that enhance the lives of citizens of the community. THHF uses little known, forgotten history, culture, and the arts to inspire the residents and visitors.

Join AARP Virginia and attendees from across the U.S. for a FREE virtual event on Tuesday, February 1, 2022 at 3:00 p.m. ET | 2:00 p.m. CT | 1:00 p.m. MT | 12:00 p.m. PT - AARP membership not required.



## PRINCE WILLIAM HEALTH DISTRICT OPENS COMMUNITY TESTING CENTER FOR COVID-19 TESTING

(Manassas, Va.) — The Prince William Health District announced that a Community Testing Center (CTC) will open at the Pfitzner Stadium Complex, 7 County Complex Ct., Woodbridge, VA. 22192, on Thursday, January 13, 2022, to provide free Polymerase Chain Reaction (PCR) testing for COVID-19 to increase testing availability in response to public demand. This is a laboratory run test, and the PCR test results are usually available within a few days. PCR tests are very effective in detecting an active COVID-19 infection, even if asymptomatic. These CTCs will be in addition to existing Community Testing Events (CTEs) which are locally coordinated testing efforts through specific community partners.

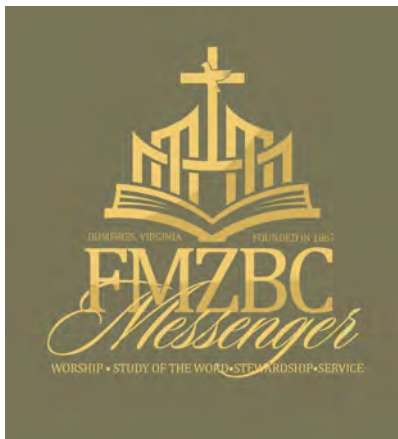
The CTC will operate by **appointments only** and open from 9:00 to 5:30, Saturday to Thursday. To find an appointment, visit [vase.vdh.virginia.gov/testingappointment](https://vase.vdh.virginia.gov/testingappointment). Two days of appointment slots will be available on days when the testing site is open. CTC test results will be automatically sent via text or email message to individuals tested based on the information provided by the individual in the appointment system.

News media are not permitted inside any CTC during regular hours to ensure patient privacy. Arrangements must be made 24 hours ahead of time to tour a CTC outside regular hours. Tours will be escorted, and no exceptions will be made.

To learn more about COVID-19 testing, visit the VDH COVID-19 Testing [webpage](#).

**“THOSE WHO CANNOT REMEMBER THE PAST ARE CONDEMNED TO REPEAT IT”**  
—George Santayana—





### Closings and Cancellations Due to Inclement Weather

#### PLEASE NOTE:

The office will be closed on Presidents' Day, **Monday, February 21, 2022.**

Remember to please check the Church website and voicemail for closings and cancellations during times of inclement weather. Notices are also posted to WTOP and WJLA. You may also register

to receive notifications from [www.cancellations.com](http://www.cancellations.com)

### NEW MEMBERS ORIENTATION CLASS (CED)

Topic: ZOOM Invitation FMZBC New Members Classes

Time: Eastern Time (US and Canada)

Feb 6, 2022 09:45 AM	The Bible
Feb 13, 2022 09:45 AM	How to Study the Bible
Feb 20, 2022 09:45 AM	ABC's of Worship
Feb 27, 2022 09:45 AM	Church Leadership

Join Zoom Meeting

<https://us02web.zoom.us/j/89733114170?pwd=QVRYTjYrTWFSbTRBSnhVNk1NTi9UZz09>

Meeting ID: 897 3311 4170

Passcode: 700602

Dial by your location

- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)

Meeting ID: 897 3311 4170

Passcode: 700602



Prince William County Alumnae Chapter  
Delta Sigma Theta Sorority, Incorporated

**Presents  
A Live  
Town Hall Meeting**

**Let's Talk about  
Reimagining  
Public Safety:**  
Prevent Harm and Lead  
with the Truth

**Monday  
February 7, 2022**  
6:30 p.m. to 8:00 p.m.

Join Zoom Meeting  
<https://us02web.zoom.us/j/86523487439?pwd=QVRYTjYrTWFSbTRBSnhVNk1NTi9UZz09>  
Meeting ID: 865 2348 7439  
Passcode: 523728

**Speaker:**  
**Chief Peter Newsham**  
Prince William County Police  
Department

### ATTENTION ALL ZOOM MEETING HOSTS:

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post meeting ID and passcodes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and, if necessary, can use the list to verify people before they are allowed in the meeting.

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

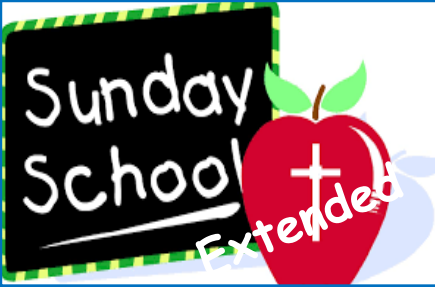
How to set up a Zoom registration link for better security:  
<https://youtu.be/VgomCzNnii4>





February 6, 2022

Volume 18 • Issue 2



Sundays at 9:45 a.m. on ZOOM

Register in advance at  
<https://zoom.us/join/register/tJwrfu-upjlsH9VMx4eB-Fk3D3siWI9YJZAF4>

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

**ATTENTION!!!**

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



THE TRANSPORTATION MINISTRY HAS BEEN TEMPORARILY SUSPENDED DUE

TO COVID-19 AND WILL RESUME WHEN FULL ACTIVITIES AT THE CHURCH HAVE BEEN RESTORED!



The last day to register for February SHARE packages is Sunday, February 6th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on February 19, 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!

### CPM Team

Deacon Joseph Boutte, Chair  
Sister Oonagh Bell  
Brother Benson Blake  
Deaconess Janice Cooper  
Trustee Alfranda Durr  
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  
Willie Brown, 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/fmzbcumfries>

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/fmzbcumfries](https://www.facebook.com/fmzbcumfries)

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>

