



March 6, 2022
Volume 18, Issue 3

WOMEN'S HISTORY MONTH



Message from the Pastor

LENT: MAKE THE JOURNEY...



Lent begins March 2 – April 14th. Lent is a Christian annual period that starts on Ash Wednesday and ends on Maundy Thursday, lasting for 40 days (not including Sundays) representing the 40 days Jesus spent fasting in the wilderness. Sunday is not included because Sunday is the Sabbath. Sunday is a feast day. Sunday is the day we celebrate the Resurrection, no matter what season.

For those who participate in Lent, I invite you to make the journey focusing not only on what you will "sacrifice or give up" but what you will gain in the journey. Read Matthew 4:1-11, in different translations and reflect on Jesus being tempted in the wilderness and coming out victorious. As you journey through this season of Lent, I pray you will come out stronger and better equipped for Kingdom work...to the glory of God.

Finally, March is Women's History month and the theme for 2022: "Providing Healing, Promoting Hope," is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.

2022 Theme - National Women's History Alliance
(nationalwomenshistoryalliance.org)

So let us celebrate them, and show our appreciation for their hard work and determination!

We Are Stronger Together,

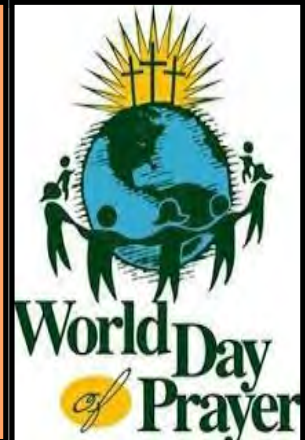
Pastor Luke E. Torian

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THEME:

**"I
KNOW
THE
PLANS
I
HAVE
FOR
YOU!"**



MARCH 4, 2022

TIDBITS OF IMPORTANT EVENTS WHICH TRANSPIRED DURING THE MONTH OF MARCH

March 3, 1913 - A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by. The march occurred the day before Woodrow Wilson's inauguration. Many of the 5,000 women participating were spat upon and struck in the face as a near riot ensued. Secretary of War Henry Stimson then ordered soldiers from Fort Myer to restore order.

March 22, 1972 - The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification. The ERA, as it became known, prohibited discrimination on the basis of gender, stating, "Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex," and that "the Congress shall have the power to enforce, by appropriate legislation, the provisions of this article." Although 22 of the required 38 states quickly ratified the Amendment, opposition arose over concerns that women would be subject to the draft and combat duty, along with other legal concerns. The ERA eventually failed (by 3 states) to achieve ratification despite an extension of the deadline to June 1982.

*In Celebration of our
Pastor's 27th Anniversary*



**MAY 22, 2022
WORSHIP SERVICE**

**STAY TUNED FOR
MORE INFORMATION!!!**



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Putting someone **"on blast"** is a term that usually refers to mocking or embarrassing someone publicly by releasing personal information not meant for public consumption. In this case, over the next few months, we will put our YOUTH ON BLAST (in a good way) by acknowledging their accomplishments, and serving as a source of encouragement to them as they continue to navigate life and chart their futures in the midst of life's challenges.

FMZBC YOUTH INSTRUMENTAL IN SCPS POLICY CHANGE



This month's YOUTH ON BLAST is **Ms. Zamari Holley**, a senior at Stafford High School in Fredericksburg, VA.

After working on her high school publication, *The Smoke Signal*, since sophomore year, Zamari was selected by a panel of Stafford County Public School (SCPS) staff to be Editor-in-Chief of the publication for the 2021-22 school year. This selection makes Zamari the first known African-American Editor-in-Chief in this publication's history. Mr. Denlinger, the Journalism teacher and publication



advisor said, "in almost 20 years of advising student publications, [Zamari] easily lands among the top five journalists I've mentored."



In addition to this historic position, Zamari was also selected to be the County's student representative on the "District Publication Committee responsible for revising policy that guides our district's student publications," said Mr. Denlinger. "Her work won rave reviews by the adults involved. They showed their respect by choosing her to present the final Publication Policy to the School Board," he concluded. After presenting before the School Board three consecutive months, on December 14, 2021, the Board voted unanimously to approve the policy revision. The Chair of the Board commented that it was one of the best written policy revisions they had ever received and that the student's parents should be proud. Indeed, they are!

Zamari graduates in May and plans to attend college this Fall, preferably an HBCU, and study Journalism.

(Pictured in last photo from left to right: Dr. Thomas Nichols, SCPS Chief Academic Office; Ms. Tiffany Kopcak; Teacher Representative/Colonial Forge High School; Lisa Foeman Boatwright, Esq., SCPS Executive Director of Policy & Legal Services; two Smoke Signal reporters supporting the team; and Zamari Holley, Student Representative/Stafford High School).

Submitted by Reverend Dr. Tracey Dawkins Holley



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CHAMPIONS SERVING

The **SHARE Ministry** would like to thank the coaches and members of the Patriot High School Basketball Team, Nokesville, Virginia, for their dedicated service to First Mount Zion Baptist Church (FMZBC). The coaches and team members volunteered their service to the SHARE Ministry over the past several years during Thanksgiving and Christmas food distributions. The workload during these seasons was labor intensive and required a lot of manpower. They were required to be at the FMZBC at 0600 AM to unload two 2 and 1/2 ton trucks of palatized food items. This team of young men were on time, reliable and focused on the task at hand. Their help greatly attributed to the successful food distribution for 500 to 1000 families. This was a tremendous help to the SHARE Ministry and we would be forever grateful for their service.

In addition to their faithful service the Patriots applied the same reliable and disciplined approach on the basketball courts of Prince William County and Northern Virginia. The team recently won their 25th game and remain undefeated in the Cedar Run Region with a record of 25-0. The Patriots are led by head coach, Marc Hart, and assistant coach, Taurean Patterson, who is a son of FMZBC. Under their coaches, the Patriots worked in unity to compete and win. We commend the Patriots for their work ethic, teamwork, agility, speed, and shooting skills. Most of all, we thank them for being the leaders of tomorrow through their community service. Congratulations on an outstanding season!

Blessings to the coaches and team!



*Submitted by
Brother Thomas Bates
SHARE Ministry Lead*



ERIN JACKSON becomes first Black woman to win Olympic medal in speedskating — Beijing 2022!



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WOMEN'S MINISTRY FELLOWSHIP

The Women's Ministry was blessed by all the beautiful women who adorned themselves in red or African attire to celebrate our theme, "Reflecting on God's Love," and

to pay tribute to our ancestors during this month of Black History. We pray that all were touched by the Spirit of God through our anointed speakers, the Rev. Beverly Waddell-Jiggetts and Rev. Sharon Wallace, both FMZ Associate Ministers.

Reverend Waddell-Jiggetts' sermonette, "Casting All Your Cares Upon Him," was taken from 1 Peter 5:6-7. Using a fishing analogy, she reminded us that casting is "purposeful throwing." In fishing, one must cast the line a good distance away from oneself. She profoundly proclaimed that once the line is cast, then our job is done; we must now rely on the line and the bait to do its part. This is the same with God. We must cast our cares away from us and then rely on God to do His part. Rev. Waddell-Jiggetts' sermon reminded us that our Father welcomes us to come before His throne for whatever we need. He tells us to cast our cares upon Him, whether we use a fishing line or net, and He will take care of us. Be anxious for nothing; be still and know that He is God and that we are loved by Him.

Reverend Wallace's sermonette challenged us to truly reflect on God's love, as recorded in 1 Corinthians 13: 4-7. She reminded us that "love is an emotion with vastly different degrees of intensity," and that true love should be shown toward others, just as God shows His love towards us. Some questions we should ask ourselves are: Is our love in vain? Does our love achieve unity? Does our love build up or tear down? And, does our love create kindness? She challenged us to not just say we love God or each other, but to "be about it!" We have to walk in love; be about love; live, show, share, and spread love! As sisters in Christ, we must be intentional in sharing love, lifting one another up, encouraging one another, and being there for one another. For this is the love that the Lord desires us to have between us.

A warm thank you to Deaconess Boone for her sharing moment. She asked us to use our imagination to do the things God has called us to do. She reminded us that if it can be imagined, then it can be done! An additional warm "Thank You" to Reverend Tarra Taylor for gracing us with her lovely song of "Oh How God Loves Us." We pray it resonated with each lady throughout the day and week.

Truly hearts and spirits were touched during the fellowship. The Holy Spirit was so evident that Dr. Holley recommended a moment of pause to allow the Holy Spirit to take control and to minister to our souls. Many messages of love and appreciation were shared through the chat for our speakers and fellowship,

- - cont'd on page 4

THEY WILL KNOW WE ARE CHRISTIANS BY OUR LOVE!

Prayer:

"Lord, thank You for Your incredible and unconditional agape love for us. Not only are You a loving God, but You **ARE LOVE**! Help us to share that love with others, by allowing You to love them through us! Father, You demonstrated real love when You sent Your only begotten Son, Jesus to pay the penalty for our sin and redeem us back to Yourself. Jesus demonstrated that agape love through obedience to the Father and being willing to lay down His life for us.

Empower us to go beyond just loving family and friends and those who are easy to love. But, help us to love our enemies, bless those who curse us, do good to those who hate us, and pray for those who spitefully use and persecute us.

May all the things we do and say be motivated by LOVE rather than selfish motives. We pray that others will know that we are Your disciples by our love. Most of all, may we express our love for You through obedience and submission to Your Will.

We love and adore You. ALL the glory, honor and praise belongs to YOU ALONE!

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

Scripture:

John 3:16 NKJV

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

John 3:16 AMPC

For God so greatly loved and dearly prized the world that He [even] gave up His only begotten (unique) Son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal (everlasting) life.

John 3:16 MSG

"This is how much God loved the world: He gave his Son, His one and only Son. And this is why: so that no one need be destroyed; by believing in Him, anyone can have a whole and lasting life.

Devotional: "He Loves Me in My Ups and Downs" -

<https://dailybible.co/p/ByxxxIDPwX/>

Worship Song: "By Our Love" - <https://youtu.be/cEwb51LawAI>

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



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LEADERSHIP THE CHAPLAIN'S CORNER

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

Prayer and Fasting Topic: Anchoring our Souls

Sub-Topic: **Anchoring our Faith through works/good deeds/service!**

In commemoration of Black/Women's History Months, we are profiling the consummate woman of Faith, Educator, Statesperson & Civil Rights Activist, Mary McLeod Bethune. Who would have imagined that a young Black girl, born in 1875, who did not learn how to read until she was eleven years old, would become a college professor and eventually a college president? Ms. Mary McLeod Bethune was that young girl, and she imagined what would have seemed impossible for Black people at that time in the United States, but she believed that, **with God, she could achieve the impossible.** In fact, she once said, **"Faith is the first factor in a life devoted to service. Without it, nothing is possible. With it, nothing is impossible."** In the years following the Emancipation Proclamation, most African Americans did not have great access to the American Dream, and, in fact, for many their faith in God became the foundation for a lifelong journey toward spiritual wholeness and economic, educational, and social access, as Ms. Bethune demonstrates in a life of Christian service by caring for the most vulnerable in American society. Mary earned a scholarship to attend a boarding school, Scotia Seminary for Negro Girls in North Carolina (Now Barber-Scotia College, the first historically Black female institution of higher education). At the school, she learned the **"HHH"** approach; **"Head"**: Study to build your intellect, **"Heart"**: Grow your spiritual life with God; and **"Hand"**: Acquire practical survival skills so that you can maintain your independence." Mrs. Mary McLeod Bethune's life is a **testament of service**, revealing the obedience of one little Black girl, born ten years after the Emancipation Proclamation, who believed the impossible and attained it with God's help (See link below for the full life's story of Sister Mary McLeod Bethune.) [Mary McLeod Bethune: A Faith-Filled Journey as an African-American Educator, Stateswoman, and Civil Rights Activist](#)

The Apostle James stated in James 2:26, that "Faith without works (good deeds) is dead!" Surely Mary McLeod Bethune would agree, not by her words but by her **"works!!!"** True "faith" transforms our conduct as well as our thoughts. If our lives remain unchanged, we don't honestly believe the truths we claim to believe. We cannot earn our salvation by **serving** and obeying God. But such actions show that our commitment to God is real. Deeds of loving **service** are not a substitute for, but rather a verification of, our faith in Christ." For we are His workmanship, **created in Christ Jesus for good works**, which God prepared beforehand that we **should walk in them** (Ephesians 2:10). He also wrote: This is a faithful saying, and these things I want you to affirm constantly, that those who have believed in God should be careful to **maintain good works.** (Titus 3:8)

So, let us Fast & Pray corporately, over who, what, where and when God wants us to serve, to the end that God is Glorified, the Devil is petrified, and the People of God are edified!!!

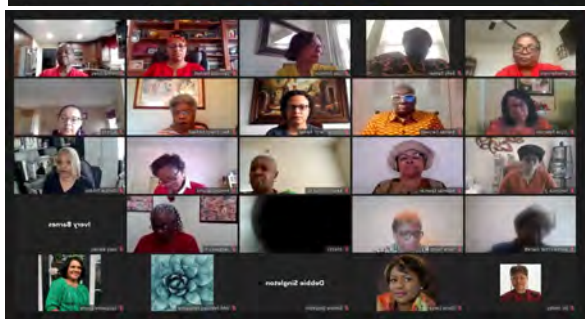
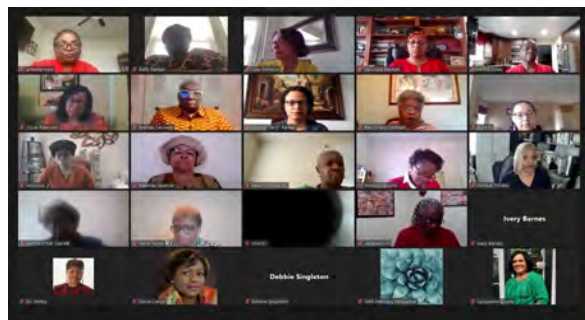
Deacon Ronald Cooper
on behalf of the FMZ Leadership Chaplains

WOMEN'S MINISTRY (cont'd from page 3)

such as these: "Thank you Reverend Wallace and Reverend Jiggetts for the powerful words you delivered today and allowing God to use you in spirit." "Praise the Lord!" "Thank you Reverend Jiggetts and Reverend Wallace for sharing your hearts through the Word of God and the reminder to cast away and be intentional in our love for God and others." "To God be the Glory!" "Thank you!"

The next Women's Fellowship will be held March 12, 2022, via Zoom. Please mark your calendars!

Humbly,
Lisa Johnson
Women's Ministry Co-Director



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ACADEMIC EDUCATION MINISTRY (AEM)

Each year, FMZBC awards scholarships to members who are graduating High School seniors and plan to further their education at institutions of higher learning (university, college, community college, technical, etc.). The student must meet the following requirements in order to qualify for the FMZBC scholarship:

- ♦ been a member of FMZBC for at least one year prior to the deadline of April 15, 2022;
- ♦ been accepted by an institution of higher learning;
- ♦ and meet other requirements contained in the Scholarship Booklet.

The scholarship requirements have been changed from previous years to accommodate students who were unable to participate in a Church ministry due to COVID-19 restrictions and FMZBC closure during those restrictions. The major change is students who were unable to participate in a Church ministry can apply for, and receive, a scholarship. There will be three types of scholarships rather than two, and the type of scholarship awarded depends on whether or not the student participated in a Church ministry. Other changes include elimination of the points system and the optional community service. Also, students are not required to get in-person signatures or documents, but may get email verification and/or electronic signatures as required. **These changes apply to 2022 graduating seniors only.** Students can pick up a paper copy of the Scholarship Booklet at the Church or get a copy online at the Church's website:

www.firstmountzionbc.org

Once on the website, you will see right and left arrows (< >); click on the arrows until you see the FMZBC Scholarship. Download and complete the scholarship application and follow the directions for forwarding the application to the Church. Students are required to complete the Student Checklist section on page 10 of the Scholarship Booklet prior to submitting it. **Remember, the deadline for submitting the Scholarship Booklet, with attachments, by mailing, hand-carrying or emailing, is April 15, 2022.** The Church Receptionist will date-stamp each Scholarship Booklet received by mail or hand-carried to the Church. **The date on the emailed Scholarship Booklets must be no later than April 15, 2022, and sent to:**

AEM@FirstMountZionBC.org

POC: Brother Gerry Griffin, Chair

Academic Education Ministry

*Submitted by
Sister Cheryl Minor*

Associate Ministers

Encouragement and Assurance for the Soul

I WON'T DEFAME!

Recently, I visited my father in North Carolina. Every Monday he goes to the same local church where he picks up a box of meals for the week distributed through the "Meals on Wheels" program. The "pick up" time starts at 10 am. On the Monday I was there, we had financial business that took much longer than expected. I did not get to the church for "meal pick up" until almost 12:30. I had never done the pickup before. I went to the door marked "entrance" in hopes of getting assistance.

I rang the doorbell and told the woman who answered why I was there. She asked me to wait while she inquired of someone else. She did not invite me in. A second woman came to the door and said the meals were distributed in the morning and distributors were already gone. In a sarcastic tone, she added "and it's 12:30." In the same tone, she repeated the meal distribution was at 10 am and that's when we needed to be there.

As I walked away, the first thing I thought was "WOW." Then I thought, they didn't know anything about me or what I might have gone through, or was going through. If I were truly in need or looking for a church home, after that encounter I would not have gone back. God, as He always does reminded me before I became too self-righteous, that I do not always represent Him in the loving way He would like. I am not always sensitive to the needs or situations of others. And yet, He still continues to give me opportunity to be a better reflection of Him. Our words and actions should welcome, not repel. Heal, not hurt. Uplift, not discourage.

So, to slightly change the lyrics of the popular gospel song, "I Won't Complain:" May all of our good days (representing Christ), outweigh our bad days. We won't "defame" Him by our negative attitudes, words or actions.

Gal 5:22

"22 " But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness," (NKJV)

*Submitted by
Reverend Beverly Jiggetts*



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HISTORY MONTH



FITNESS-IN-PLACE

EXPLORE YOUR SURROUNDINGS:

First day of spring is March 20th!

Outdoor exercise, also known as "green exercise," combines two health-enhancing activities: moving your body and getting outdoors. And the results are exceptional. If you're looking to enhance your mood, save money, and avoid the time and trouble of getting to the gym, look no further than the great outdoors. Outdoor exercise offers a myriad of benefits and challenges your body in different ways than using indoor equipment.

Challenge: Explore local parks, running trails, bike paths and bodies of water.

Explore Prince William Park

<https://www.nps.gov/prwi/planyourvisit/things2do.htm>

Explore Leesylvania State Park

<https://www.stateparks.com/leesylvania.html>

Explore Occoquan Regional Park

<https://www.novaparks.com/parks/occoquan-regional-park>

*Sister Lori Valkenburg,
Fitness Director*

DID YOU KNOW?????



Michelle Banks
Award-winning, African-American deaf performer who founded the first deaf theater company for people of color - Onyx Theatre Company in New York City



Dr Angela McCaskill
First deaf black woman in the world to receive a doctorate degree (Ph.D.) in Special Education Administration from Gallaudet University



Haben Girma
Deaf and blind Black immigrant becomes champion of disabled, receiving the Champion of Change Award from President Barack Obama, and the Helen Keller Achievement Award.



Join the Deaf Ministry in celebrating Deaf History Month which runs from March 13th thru April 15th. The National Association of the Deaf (NAD) introduced Deaf History Month in 1997. You may be wondering why these dates were chosen since they begin and end in the middle of these months. They point to three important dates in the history of deaf education. Those dates are April 15, 1817, when the first public school for the deaf was opened in America, April 8, 1864, when Gallaudet University, the only school of higher education for the deaf, was founded, and March 13 1988, when Gallaudet University hired their first Deaf President.

We can add 2 more recent historic items to the history of Deaf communication. NAD continues to fight for increased communication for those who are deaf or hard of hearing (HOH) by filing a lawsuit over the Trump White House's failure to provide American Sign Language (ASL) interpreters during emergency press briefings related to the COVID-19 pandemic. A landmark court ruling in September 2020 ordered the White House to provide interpreters for all such briefings. As a result of a settlement, in November 2020, a White House press briefing was broadcast live with an ASL interpreter for the first time in history. The Biden-Harris Administration is to be commended for setting a new bar for full communication access for all deaf and hard of hearing people in the country," said Howard A. Rosenblum, Chief Executive Officer of NAD by expanding this access to all press briefings.

How often do you read your Bible? Have you thought about the fact that the deaf do not have a Bible written in their language. American Sign Language (ASL) is not a written language but a visual one. The translation of the Bible into ASL was begun in 1970 and finally completed in the fall of 2020. It is important now for deaf ministries across America to help provide those who are deaf with this new translation so they can better see and understand God's word.



Submitted by

Sister Deborah Holley



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... from the desk of the
Church Business Administrator

CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER

PLEASE NOTE:

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

NEW MEMBERS ORIENTATION CLASS (CED)

Topic: ZOOM Invitation FMZBC New Members Classes
Time: Eastern Time (US and Canada)

March 13	Zone Ministry
March 20	Small Groups
March 27	Stewardship
April 3	Salvation
April 24	Baptism
May 8	Christian Education Overview

Join Zoom Meeting

[https://us02web.zoom.us/j/89733114170?](https://us02web.zoom.us/j/89733114170?pwd=QVRYTjYrTWFSbTRBSnhVNk1NTi9UZz09)
[pwd=QVRYTjYrTWFSbTRBSnhVNk1NTi9UZz09](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

ZONE MINISTRY

As a member you are assigned to a ZONE based on geographical location. Each Zone has a team of Zone leaders consisting of at least a Deacon, Deaconess and Associate Minister. If you do not know how to contact your Zone Leader, please contact the Church and someone will provide you with their contact information. If you have not been in touch because you need to update your contact information, please use the following link:

<https://form.jotform.com/12155242234>

VIRTUAL SCREENING

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

JOB VACANCY

FMZBC is seeking to employ a
Food Service Assistant Cook

The position is full-time to include health benefits, holiday pay, paid leave and 401(k) plan. The job announcement and the employment application are available for download.

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

Please return by email: employment@firstmountzionbc.org or return to the office during office hours, Monday - Thursday 9 am-4 pm and Fridays 9 am-1pm. Applications will also be accepted by mail.

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

ON-LINE GIVING



You may give online, accessing the link through the FMZBC website: WWW.FMZBC.COM and click on ONLINE GIVING (VANCO) at any time. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address to the Church, please also log on to VANCO to update your address. If you are interested in learning more about VANCO or have any questions as a VANCO online giver, please contact, Ms. Sherry Hilliard by email, shilliard@firstmountzionbc.org, or by phone, (703) 670-0184.

COMMUNION PICKUP

Feel free to attend in person for Communion each first Sunday during the 11am worship service. For our streaming audience, Communion elements are available for pick-up on a quarterly basis. **The next distribution will be April 2, 2022, 10:00 am - 12 noon.**



Sunday School



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

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.**



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

SUBMISSIONS FOR NEWSLETTER:

<http://bit.ly/FMZBC> Articles

CPM Team

THE TRANSPORTATION MINISTRY HAS BEEN TEMPORARILY SUSPENDED DUE WILL RESUME TTIES AT THE RESTORED!

**16622 Dumfries Road
Dumfries, Virginia 22025-1920
Telephone: 703-670-0184
Email: fmzbc@firstmountzionbc.org
Website: www.fmzbc.com**

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

<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/fmzabcdumfries

Instagram: [@thecore_fmzbc](#)

Linked In: <https://www.linkedin.com/groups/1890924/>

Twitter: [@fmzbc1](#)

Vimeo: [vimeo.com.25203195](https://vimeo.com/25203195)

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

