



A Ministry Exhibiting



Message from the Pastor

What's INSIDE

LENT: A TIME OF PERSONAL REFLECTION

Lent is the six-week period (March 2nd-April 14th) leading up to Easter. It is one of the most important times of the year for many Christians. Lent is a time for personal reflection, looking inward, a time of solemn observance and preparation for the celebration of the death and resurrection of Jesus on Resurrection Sunday (Easter).

Lent traditionally is a time of prayer and fasting or giving something up. Lent invites us to ready our hearts and minds for remembering Jesus' life, death and resurrected body. Honoring what Jesus "gave up," "sacrificed" for us at Calvary's cross.

The Matthew 4:1-11 text studied in Bible Study on March 2nd and our preaching text on communion Sunday, March 6th, reminds us of what it means to be tempted and be an overcomer. Jesus is our perfect example. I encourage you to spend more time with this text as a part of your Lent devotional, let Jesus lead you in times of temptation and trials and when you find yourself in the "wilderness," search the Word of God for the appropriate response... and let your answer be "it is written." I pray that in your Lenten season, you will come out of your wilderness victorious and remember, "Sunday is Coming!"

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We Are STRONGER Together,
Pastor Luke E. Torian

WELCOME BACK TO CHURCH

Spring

PLEASE JOIN US EACH SUNDAY FOR WORSHIP AT 11:00 AM IN THE SANCTUARY. VERIFICATION OF VACCINATION IS REQUIRED FOR ANYONE 12 YEARS AND OLDER. IF YOU HAVE NOT ALREADY SHOWN PROOF OF VACCINATION, UPON ARRIVAL YOU MUST SHOW YOUR VACCINATION CARD (IT CAN ALSO BE SHOWN ELECTRONICALLY) OR A MEDICAL EXEMPTION FROM A PHYSICIAN. OUR STAFF (INCLUDING THE FITNESS CENTER) IS ON SITE:
 MONDAY - THURSDAY - 9-4 P.M.;
 FRIDAY 9-1 PM.

www.FMZBC.com

**RISE
TO THE
OCCASION!!!**



Lena Gooden, Osborn Park High School long jumper and member of Zone M2, sails through the air en route to victory with a leap of 18-2 ½ at the Class 6 Region B Indoor Track and Field Championship contested outdoors at Osborn Park High School in February.



FMZBC YOUTH SHOT PUTTER FINISHES 2ND PLACE IN NATIONAL CHAMPIONSHIP



Watch out athletic world, here she comes! **Naomi Woolfolk** is her name and shot putting is her game! Naomi is an emerging shot putter who has been perfecting the sport for 10 years. Now, a junior at CD Hylton High School, she has competed in several championships. Most recently, Naomi competed in the New Balance National Championship held at the Armory in New York City, and the Nike National Championship (NNC) held in Staten Island, NY. As an emerging elite at NNC, Naomi finished in second place! Additionally, Naomi is a representative of the Student Athlete Leadership Team and a 5-time letterman.

In December of 2021, Naomi was nominated by her school for Youth Salutes. The nominees must have been elected to a leadership position and have at least a "B" average. Students are not only nominated based upon grades, but also on their leadership activity in school, religious organizations, and in their community.

Naomi continues to excel athletically and academically. In 2021, she was inducted into the National Honor Society and in 2022 the French Honor Society. Naomi continues to strive for excellence in all she does and is developing a well-rounded resume of athletic, academic, and even leadership accolades. Naomi served as the Student Council Association (SCA) President of the freshman class in 2019 and the sophomore class in 2020. Currently, she serves as an SCA junior class representative. Let us continue to pray for Naomi and encourage her as she continues to follow her dreams!

*Submitted by
Reverend Dr. Tracey Dawkins Holley*

Prayer Project

Join us in praying for our Pastor and the Church in honor of 27 years of faithful service. This Prayer Guide provides weekly focus areas to intercede in unity. Beginning May 17, 2022, let us pray daily for our Pastor and family daily. Thank you for preparing your hearts to honor God, our Pastor, and the Church.



APRIL			MAY		
DATE	PRAYER FOCUS	SCRIPTURE	DATE	PRAYER FOCUS	SCRIPTURE
Apr. 3	Prayer of Celebration	Psalms 118:25-26	May 1	Helping Advocate	John 14:16
Apr. 10	Prayer of Faith	1 Peter 1:3-4	May 8	Prayer of Praise & Adoration	Psalms 150:1 & 100:2
Apr. 17	Prayer of Praise & Thanksgiving	Psalms 118:1-9	May 15	Health & Protection from Sickness & Disease	3 John 1:2
Apr. 24	Prayer for Rest	Matthew 11:28-30			

DAILY PRAYER FOCUS FOR PASTOR TORIAN & FAMILY

DATE	PRAYER FOCUS	SCRIPTURE
May 16	Protection & Favor from the Attack of Satan	2 Thessalonians 3:3
May 17	Encouragement & a Refreshed Soul	2 Corinthians 4:16
May 18	Surrounded by a Host of Friends	Psalms 1:1-2 & Proverbs 27:17
May 19	Enlarged Territory	1 Chronicles 4:10 & Deuteronomy 19:8
May 20	Laughter for the Soul	Proverbs 17:22
May 21	Confidence for the Journey	Philippians 4:13
May 22	Unwavering Commitment	Titus 2:7-8

Pray and...	LAUGH Family & Friends Night May 20th 7:00 PM	DRIVE-THRU Expressions of Kindness May 22nd 3:00- 4:00 PM
	WORSHIP Sunday Service May 22nd 11:00 AM	DRIVE, CHIP, & PUTT FMZBC Golf Tournament June 27th 8:00 AM

THANK YOU FOR PRAYING WITH US THE PASTOR'S ANNIVERSARY COMMITTEE FIRST MOUNT ZION BAPTIST CHURCH

JOIN US FOR BIBLE STUDY ON WEDNESDAY NIGHTS



April 13 - ****No Bible Study****
(it is Holy Week and Maundy Thursday Service)
April 20 - Anna & Simeon: Growing Old with God - Luke 2:21-40
April 27 - "A Throwaway Woman" - John 8:1-11

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



CELEBRATING THE 27TH PASTORAL ANNIVERSARY OF REVEREND DR. LUKE E. TORIAN

“A SERVANT FAITHFULLY FULFILLING GOD’S MANDATE”
TITUS 2:7-8



Celebrating 27 years of Faithful Leadership

MARK YOUR CALENDAR:

MAY 20, 2022 – 7PM
FAMILY AND FRIENDS' NIGHT

MAY 22, 2022 – 11AM
WORSHIP SERVICE
3-4PM

EXPRESSIONS OF KINDNESS
DRIVE-THROUGH

JUNE 27, 2022 – 8AM
FMZBC GOLF TOURNAMENT



CALLING ALL SENIORS!!!!!!

You are invited to join the Seniors' Ministry.
We meet **VIA ZOOM**, monthly, on the third
WEDNESDAY at 12:30 p.m.

We would love to have you and encourage you to bring a friend. You do not want to miss these fellowships. You are guaranteed a great time. If you want to be a part, please call Sis. Shirley Hardy at (703) 459-4321 or email her at shirleybhardy@gmail.com and you will be notified of the upcoming events.

PLEASE JOIN US!!!

SENIORS' MINISTRY

April 20, 2022
12:30 PM

Theme: Nothing Can Separate Us From Jesus' Love!
Romans 8:37-39

All Seniors 55+ are welcome!
POC: Shirley Hardy - shirleybhardy@gmail.com

via ZOOM



The Women's Ministry went "Soaring on Eagles Wings while trusting in God" and we pray that everyone felt God's presence and gift of peace. God had a specific message from our anointed speakers and singers for each of us individually.

Rev. Kathy Russell started us off with a sweet, loving, and comforting song of praise, "On Eagle's Wings," which set the atmosphere and touched our hearts. The song reminded us that the Lord is our refuge and the One who will raise us up on eagles' wings and protect us from the enemy.

Deaconess Debbie Tribble encouraged everyone with her inspiring and passionate words of "The Eagle and The Christian." She impressed upon us that we should SOAR with our eyes fixed on Jesus and to remember that God is on our side fighting for us. We should keep our faith steadfast in the Lord who is the Master Flyer.

Deaconess Sharron Johnson rendered her heartfelt rendition of "How Great Thou Art." These four words say it all! Through Deaconess Johnson's passionate singing, the women could feel this song in their souls. I must say to you in awesome wonder that there is no one greater!

Our Fellowship moved to a higher level of closeness with God as our Beloved Assistant Pastor Reverend Dr. Sandra K. James shared a powerful message taken from Isaiah 40:31 NKJV which says, "But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." She started with a statement, "Sisters, today I want you to know it is time to SOAR." This allowed us to open ourselves up to receive the wonders of our Majestic God. We were reminded to wait on God! He has limitless power and bottomless knowledge, and He will get us through life's interruptions. We must let go of our past hurts and disappointments, and "look to the hills which cometh our help from the Lord," who is our High Tower. Dr. James also preached to us on another acronym for the word SOAR. We are Saved Overcomers Anointed for Righteousness. Before Dr. James closed her message, she had us flapping our arms like eagles as we pushed forward to SOAR. You could feel the anointing coming through her that brought chills and excitement and left us wanting more. We were blessed with a short closing song where only a few of the words were shared, but they brought to the forefront for us a closer love from our Heavenly Father. Her angelic voice echoed sweetly and passionately the words, "You are my strength – Strength like no other - It reaches to me." What a way to end the fellowship! It reminded us of why we should SOAR!

An anointed Benediction was provided by Rev. Maxine Thompson who assured us that we should go in confidence; that God will not abandon us; that we should go and SOAR like the eagle; and that we should be our best self. What an awesome fellowship it was! I pray that everyone was blessed beyond measure and could see themselves soaring towards the heavens while waiting on the Lord to renew their strength.

Please join us on April 9, 2022, for our next Fellowship. Until then, be blessed my sisters in Christ and continue to SOAR!

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



SCHOLARSHIPS AVAILABLE

Applications are now being accepted for High School Seniors attending post-secondary schools. The application can be found on the website at www.firstmountzionbc.org

The student must meet the following qualifications to apply:

- ◆ 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
- ◆ Must meet other requirements contained in the Scholarship Booklet.

The deadline for applications is April 15, 2022.

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. Other changes include elimination of the points system and the optional community service. Also, students are not required to get in-person signatures on 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, where more detailed information is posted.





LEADERSHIP THE CHAPLAIN'S CORNER

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

Prayer and Fasting Topic: Anchoring our Souls

Sub-Topic: Soul 101: Soul/Body/Mind/Will/History-making Christian Women

Source: Bible YouVersion Devotional: Moorings - Anchor for the Soul /Soul Keeping – John Ortberg

Discussion: 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. "According to Dallas, the **soul** seeks harmony, connection, and integration. That is why integrity is such a deep soul-word. The human soul seeks to integrate our will and our mind and our body into an integral person. Beyond that, the **soul** seeks to connect us with other people, with creation, and with God Almighty — Who made us to be rooted in Him the way a tree is rooted by a life-giving stream (Ps 1). This is so true that the word **soul**, in both the Old and New Testaments and elsewhere in the ancient world, is often simply a **synonym for the person**. Even in our day it is interesting how our language reflects this. Questions on airplane or ship records sometimes ask, "How many **souls** on board?" Most people have no idea where this comes from, but it traces its origins to the ancient world. For example, in Acts 27:37, Luke reports on a shipwreck involving the apostle Paul: "And we were all in the ship two hundred threescore and sixteen [276] souls."

Your soul is what integrates your **will** (your intentions), your **mind** (your thoughts and feelings, your values and conscience), and your **body** (your face, body language, and actions) into a single life. A soul is healthy — well-ordered — when there is harmony between these three entities and God's intent for all creation. When you are connected with God AND other people in life, you have a healthy **soul**."

Lesson: So, in commemoration of Women's History Month, let us corporately pray and fast over the "souls" of those women **"who are/were connected with God and other people in life."** Just to name a few: Harriet Tubman, Florence Nightingale, Mother Teresa, Mary McLeod Bethune, Susan B. Anthony, Rosa Parks, Evangeline Cory Booth, Joan of Arc, Fanny Crosby, Sojourner Truth, Amy Carmichael, Corrie ten Boom, Harriet Beecher Stowe, Lillias Trotter, Carrie Nation, Lucy Jane Rider Meyer, Mary Kay Ash, Clara Barton, Judge

Ketanji Brown Jackson, Rev. Susan Johnson Cook, Dr. Neichelle Guidry, Dr. Prathia Laura Ann Hall, Priscilla C. Shirer, Rev. Dr. Tracey Dawkins Holley and Rev. Dr. Sandra K. James.

Note: Please explore the following links for the bios of these women "saints of God!"

<https://www.crosswalk.com/slideshows/20-christian-women-who-shaped-history.html>

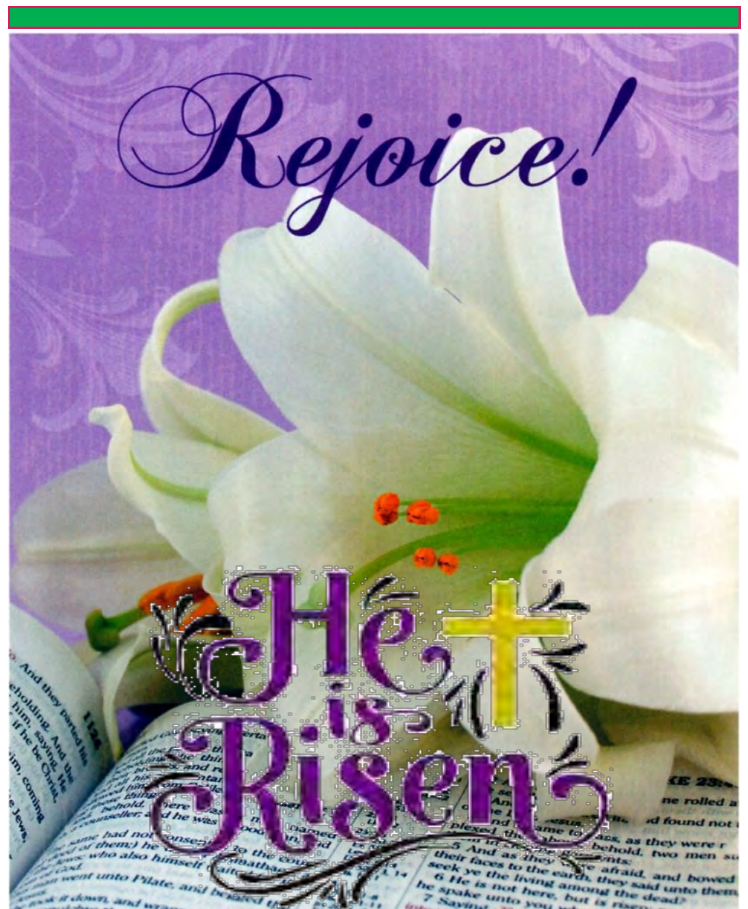
<https://newsone.com/4065565/famous-black-female-preachers/amp/>

Supporting Scripture: Psalms 34; Psalms 1

Meditational Song(s): Donnie McClurkin (Come This Far By Faith/I Will Trust In The Lord)

<https://www.youtube.com/watch?v=ampc61h3X-0>

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





ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

Prayer:

"Lord, as we look at and consider the condition of this nation and the world, it is easy to feel overwhelmed and that the situation is completely out of control. We are dealing with a continuing pandemic, economic issues, the crisis in Ukraine, oppression, violence, racism, and broken marriages and divisions in the family and so much more. It IS out of OUR control, but You are STILL sovereign and in control and NONE of this has taken You by surprise. You turn the hearts of the kings and those in authority the way You would have them go. We pray for peace where there is confusion and war; love where there is hate; humility where there is pride; faith where there is doubt; and unity where there is discord.

You are Jehovah Shalom, the God of Peace; Jehovah Rapha, our Healer; Jehovah Nissi, our banner. Show Yourself strong and mighty on behalf of Your people as we humble ourselves and are praying and seeking Your direction and we turn from our wicked ways and stand still and know that YOU ARE GOD! So, please hear from heaven, forgive sin and heal our land. Help us, the Body of Christ to be the salt and light that You have called us to be so that we can witness a great revival and harvest of souls in these last days. ALL the honor and glory belong to You alone. In Jesus name we pray and say thanks. Amen!"

Scripture:

Proverbs 21:1 NKJV

The king's heart is in the hand of the LORD, Like the rivers of water; He turns it wherever He wishes.

Proverbs 21:1 AMPC

The king's heart is in the hand of the Lord, as are the water-courses; He turns it whichever way He wills.

Proverbs 21:1 MSG

Good leadership is a channel of water controlled by GOD; he directs it to whatever ends he chooses.

Continue to pray for our families, churches, nation and the world.

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

EASTER, A TIME FOR REFLECTION AND RENEWAL

"He is not here, but is risen: remember how he spoke to you when he was yet in Galilee" (Luke 24:6)

This month Christianity will celebrate our risen Christ. The Vatican's reverent ceremony will be broadcasted around the world. Churches will have sunrise services, there will be plays and pageantry in a multitude of countries. In some countries there will be elaborate and realistic reenactments of the crucifixion. In the Philippines and Oberammergau Germany, individuals compete to be the crucified one.

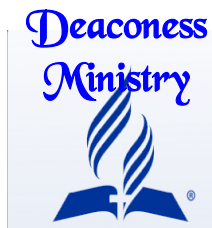
"He is not here, but is risen: remember how he spoke to you when he was yet in Galilee."

What if we took Luke 24:6 and placed ourselves in the text? We were once dead in sin and now we have been resurrected in a new life. What does that look like to us? This is a time for reflection and renewal.

As Christ resurrected from the dead, let us take this time to resurrect ourselves to a new stage in Christ. Take time to reflect on our lives and decide what we should leave in the grave and what should be kept. As we reflect, we should ask ourselves, is this helping me become a better person, and a better example of a believer? Is this helping me live a life that is a loving sermon people will witness?

Easter is time for us to reflect and consider our own renewal and resurrection. Reflect on the life that we had before Christ, and the life we have with Christ. As with Christ's resurrection, we are renewed. All it took was a simple act of faith, and asking the Lord to have a relationship with us.

*Submitted by
Reverend Gillis M. Taylor*



POSITIVES FROM THE BLACK HISTORY CORNER

Holy Communion, The Lord's Supper, is celebrated on the first Sunday of each month, Easter, Maundy Thursday or at any other times determined by the Pastor. Just as Jesus served his disciples in an intimate gathering in the Upper Room with an element of uniqueness and sacredness, we should have similar reverence when we partake of Holy Communion. Consider how you setup or prepare for communion in your home. An elegant simplicity or richly ornate setting gives the reverence needed to give honor to the service of Holy Communion.

During this continued pandemic when we are not all worshipping together, consider including these items as a guide for preparing for Communion at home:

- ♦ A table runner or place mat
- ♦ A tablecloth
- ♦ A wine cup and a bread plate or the prefilled communion elements
- ♦ A cross or candle or bible
- ♦ Materials to clean your hands
- ♦ Another tablecloth or napkin to cover the elements until the service of Communion is served

There's no hard rule for preparing Communion at home; however, setting the table and making it ready for the Pastor's blessing will reflect our desires to worship and honor Jesus for His death, burial, and resurrection for our eternal salvation.

We should also remember this table is not our table; it is the table of Jesus Christ. We are invited by Him, to come to this table. So, we accept His offer when we participate in Holy Communion.

This Covid 19 season shall pass, and we will once again assemble, embrace one another in Christian love, stand stronger together, and celebrate the body and blood of Jesus Christ through participating in Holy Communion, the Lord's Supper together.

Humbly Submitted
Deaconess Lynell Manning

SIGNIFICANT EVENTS IN BLACK HISTORY DURING APRIL

April 1816

The African Methodist Episcopal Church was organized as the first independent black denomination in the United States

April 1947

Jackie Robinson signed a contract with the Brooklyn, Dodgers baseball team. He played his first game with them on April 15th.

April 1963

Dr. Martin Luther Jr. was arrested for leading protests in Birmingham, Alabama. On April 16th, while still in jail, he wrote his applauded "Letter From a Birmingham Jail." On April 3, 1968, Dr. King gave his final speech "I've Been to the Mountaintop." The next day, **April 4th, 1968**, he was assassinated.

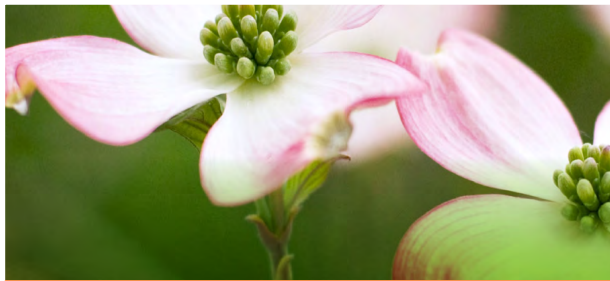
April 1964

Nelson Mandela was charged with sabotage, and delivered a statement during his trial in Pretoria that revealed the depth of his resolve in the fight against apartheid and his willingness to lay down his life in an effort to end white racist rule. "During my lifetime I have dedicated myself to this struggle of the African people," Mandela said.

April 1974

James Alan McPherson received the Pulitzer Prize in Fiction for *Elbow Room*, a book of short stories that explore the borderline between black and white America.

C. R. Patterson & Sons Company was the first Black-owned automobile manufacturer in the United States. It was initially started by a former slave, **Charles Richard Patterson**, and his eldest son, who took the family business to greater heights in the early 20th Century. Patterson was a former slave who escaped captivity in Virginia, then settled in Greenfield, Ohio. While working as a blacksmith for various local horse-drawn carriage companies, he became friendly with white carriage company owner, J.P. Lowe. The pair went into business together in 1873 and maintained a successful business relationship. In 1893, Patterson split with his partner and began C.R. Patterson & Sons. The company enjoyed some early success but the automobile industry's evolution impacted the horse-powered vehicles Patterson specialized in. After Patterson died in 1910, his son, Richard, took over the family business. The younger Patterson, who was the first Black football player at Ohio State University, debuted the company's first Patterson-Greenfield automobile. The car sold for \$850 and was reportedly a superior vehicle to the vaunted Model T Ford that debuted in 1908. Because of the Great Depression business was impacted negatively and they eventually closed doors in 1939.



...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 10	
April 17	
April 24	Baptism
May 1	Small Groups
May 8	Christian Education Overview

Join Zoom Meeting

[https://us02web.zoom.us/j/89733114170?](https://us02web.zoom.us/j/89733114170?pwd=QVRTYjYrTWFSbTRBSnhVNk1NTI9Uz09)
[pwd=QVRTYjYrTWFSbTRBSnhVNk1NTI9Uz09](https://us02web.zoom.us/j/89733114170?pwd=QVRTYjYrTWFSbTRBSnhVNk1NTI9Uz09)

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

VIRTUAL SCREENING

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

POC: Cynthia Zorn Pettigrew, 703 -730-5227
zornpettigrewcl@comcast.net
or Clarice Torian, 703-730-6353
toriancj@gmail.com

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 trans-
action fees, please regularly review
your online giving account to en-
sure 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 ques-
tions as a VANCO online giver, please contact:

Sis. Sherry Hilliard
shilliard@firstmountzionbc.org
(703) 670-0184





FITNESS-IN-PLACE

FITNESS TIPS FOR EASTER

Try more active traditions...Like an Easter egg hunt and egg spoon or bunny hop races.

Use real eggs as part of your celebration... They are a great source of protein and rich in vitamins. Have the kids decorate them and then most likely they will eat them.

Incorporate non-candy gifts...Phone chargers, headphones, books, jewelry, and gift cards make good easter basket ideas. It does not have to be all candy!

Treat yourself on just one day and then give away the rest...you can have some treats but only indulge one day then get back on track.

Spread out your courses...Eat dinner and then take a walk before sitting down for dessert.

Don't aim for perfection or place unrealistic demands on yourself...Enjoy the imperfections and laugh. It burns calories and reduces stress!

Happy Easter!!!

Only two defining forces have ever offered to die for you... Jesus Christ and the American Soldier...One died for your soul the other for your freedom!

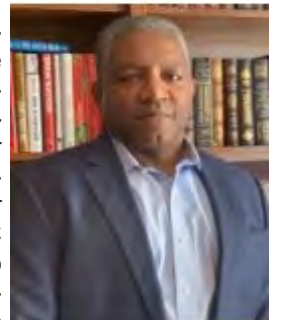
"Greater love has no one than this, that he lay his life for his friends" John 15:13

*Sister Lori Valkenburg,
Fitness Director*



The First Mount Zion Baptist Church Strategic Planning Committee (SPC) consists of both lay and leadership members. SPC is currently chaired by Brother Fred Henry, who is a retired Army Brigadier General and the current Director of Strategic Growth Initiatives for DOD National

Security and Space Sector at SAIC. Brother Henry also serves with the Usher's Ministry. His experiences in a wide array of leadership and technical positions, are indispensable assets for working across ministries and with Pastor and Leadership, to collaboratively develop the 5-year strategic plan. Brother Henry credits the members of the SPC as a team of talented members who serve tirelessly to help shape and document the FMZBC Strategic Plan. The current members of the SPC include Deacons Joe Boutte, Vannie Parker, Sam Bagwell, and Michael Nelson along with Deaconesses Bella Feters and Mary Lively, and Trustee Renae Allen. Lay members include Delores Bazile, Ken Flowers, Booker T. Wheeler, and Carmia Salcedo. The SPC is focusing on priorities for 2022 and beyond and accelerating initiatives related to modernization and ministry in a post-COVID world. Brother Henry and the SPC invite all interested members who would like to be part of our strategic planning efforts to contact us at: strategicplanningcommittee@firstmountzionbc.org

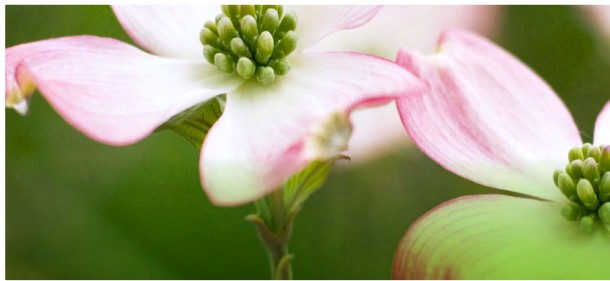


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THOUGHT FOR THE WEEK

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

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




The Money Smart Ministry is hosting a workshop and would love your participation. Below is the pertinent information:

You are invited to a Zoom meeting.
When: April 23, 2022
Time: 10:00 AM EST (US and Canada)

Register in advance for this meeting:
<https://us02web.zoom.us/join/register/tZEscOmrqDktHtcUepbsn-cWrcJ4Zx2KLQy5>

Ways to Generate Multiple Streams of Income - Part 2



A Panel of Speakers

Morris Fields – Stock Investments
Evie Waite – FOREX
Christopher Baker – Real Estate
Givonna Baker – Online Business

April 23, 2022
10:00 am on Zoom
Register in advance for this meeting:
<https://us02web.zoom.us/join/register/tZEscOmrqDktHtcUepbsn-cWrcJ4Zx2KLQy5>

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE
Sick & Shut-in



Click on the link below for more information:

<https://firstmountzionbc.org/announcements/>



ATTENTION ALL MEN!!!...Join our ZOOM Fellowship on Saturday, April 9, 2022 at **9:00 AM**, as we fellowship with **"Putting Your Gift Into Action"**. This is based on the Book of **1 Peter 4:10**. Our speaker of the day will be our very own, Rev. Brian Woolfolk, 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.

We are asking all attendees to wear White Shirts to symbolize Purity!!



Brother Edward Jones
Chair



BEAUTIFUL BELOVED WOMEN OF GOD

The Women's Ministry will be hosting a Fellowship entitled "7 Promises When You Are Feeling Fearful" on Saturday, April 9, 2022, from 9:00am -10:30am via Zoom. The purpose of the Fellowship is to remind us that

God is faithful and promises to never leave us or forsake us. Our speakers will be FMZ Associate Ministers Reverend Maxine Thompson and Reverend Tarra Taylor.

We look forward to seeing you on Zoom!

For questions, please contact WM Director, Gwen L Holland, or WM Co-Director, Lisa Johnson, at Womensministry@firstmountzionbc.org.



April 3, 2022
Volume 18 • Issue 4



Sundays at 9:45 a.m. on ZOOM

Register in advance at
<https://zoom.us/join/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.

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!



HEALTHIER FAMILIES • STRONGER COMMUNITY

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

or through our web form at:

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
Brother James Gaskins
Deacon James Hawkins
Sister Sylvia Moore
Sister Roslyn Parker
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
Website: www.fmzbc.com

UPDATED ADJUSTED SERVICE SCHEDULE DURING PANDEMIC

Sunday School
9:45 AM (VIA ZOOM & CALL-IN)

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

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

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

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

Twitter: [@fmzbc1](https://twitter.com/fmzbc1)

Vimeo: vimeo.com/25203195

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

