



May 1, 2022
Volume 18 • Issue 5

Message from the Pastor

A TIME OF REFLECTION...

"Oh, give thanks to the Lord for He is good! For His mercy endures forever." The month of May brings much to be thankful for. I am thankful for 27 years as Pastor of this wonderful congregation; I am thankful for the growth that has occurred over the past 155 years, especially the growth I have witnessed during the last 27 years..

I am reminded of our theme for our 150th Church Anniversary: "A Journey of Gratitude, Joy and Faith", and the words I penned in 2017 with a little updating. I am grateful for the enduring mercy and love that has sustained us in the past and guides us into our future. I am joyful for the wisdom and guidance that He provides as we carry out the visions and mission of this Church. I have faith that God will continue to keep us as people of faith seeking to do His will, and providing for everything that we need.

Thank you for the privilege to serve you for 27 years.

We Are STRONGER Together,

Pastor Luke E. Torian

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Thank you, Rev. Dr. Luke E. Torian, for 27 years of Faithfully Fulfilling God's Mandate, not only here at First Mount Zion Baptist Church, but also this Community-at-large, and to the Body of Christ. We Salute YOU and we Honor YOUR Service!!!



**MAY 20TH – 7PM
FAMILY &
FRIENDS NIGHT WITH
COMEDIENNE TANYA LEWIS**

**MAY 22ND – 11AM
WORSHIP SERVICE
WITH REV. JOHN D. TORIAN**

**MAY 22ND – 3PM–4PM
DRIVE-THRU**





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SERVING BEYOND OUR BORDERS . . . COMMON THREADS INTEREST BASED SEWING SMALL GROUP

Common Threads Sewing Small Group at First Mount Zion is doing big things in the community and internationally. Recently, Common Threads worked with the sewing group of the Omicron Chi Omega Chapter of the Alpha Kappa Alpha Sorority, Incorporated, the Early Risers Quilting Group, and members of the Hendersonville Church of Christ (North Carolina) to deliver almost 200 dresses and shirts for young girls and boys in and around Tegucigalpa, Honduras. This collaboration between these groups will result in the missionaries from Hendersonville Church of Christ delivering the beautiful dresses and shirts to families identified by the Baxter Bible Institute in Tegucigalpa, Honduras this summer.

The common threads shared between the talented seamstresses of the groups and the willing workers who will deliver the clothes and work with the families in Honduras is an example of how our small groups are living our theme of "stronger together" outside the walls of the church. In the coming months, our Small Groups Director, Sis. Stephanie Craddock will be highlighting the impactful projects and initiatives across the Small Groups Ministry. Our Common Threads Small Group is led by Sis. Tamitha Downey.

If you are interested in learning more about The Interest Based Small Groups Ministry, please contact our Small Groups Director. If you are interested in joining the Common Threads Sewing Small Group, we welcome you! You may register at the link below:

<https://firstmountzionbc.org/directories/common-threads-sewing-group/>



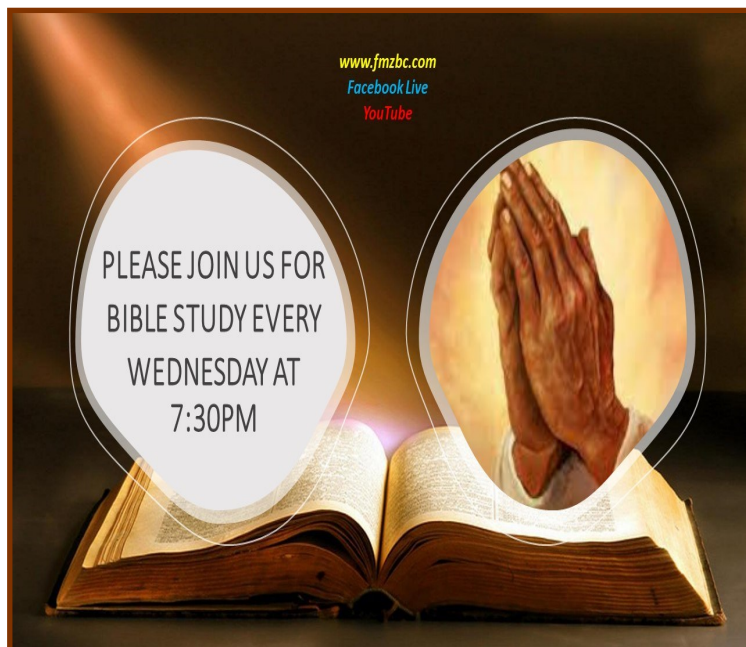
Sampling of the dresses and shirts made for the children of Tegucigalpa, Honduras



Members of Common Threads, Omicron Chi Omega Chapter, Alpha Kappa Alpha Sorority, Inc., and Hendersonville Church of Christ (left to right: Nancy McKelvey, Elder Bill McKelvey, Krista York, Pauline Hunter, Jackie Boutte, Tamitha Downey)

Common Threads Sewing Group Members include:

Sis. Tamitha Downey
Sis. Jackie Boutte
Sis. Pamela Holmes
Sis. Tara Funches
Sis. Allison Smith
Sis. Arnita Jordan
Sis. Dedra Wright
Sis. Patricia Daniels
Deaconess Terry Davis
Sis. Elaine Starkes
Sis. Beverly Grant





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Youth

on



FMZBC YOUTH MAKES PRINCIPAL'S HONOR ROLL



The media would have you believe that all young Black boys are either in trouble, in detention, or in everything other than school. Well, this is not the case for Bryan Peyton, a First Mount Zion Baptist Church youth who is about to graduate from John Paul The Great Catholic High School, in Dumfries, VA. Not only is Bryan

an in school, but he is also excelling in his studies. As a Principal's Honor Roll student, Bryan is focused on his academics. This focus landed him an acceptance letter at Virginia Tech this Fall where he will study Sports Media and Analytics.

In addition to staying on top of his academics, Bryan has also been an active member in the Youth Ministry at Church since he was old enough to join, which was 6th grade. In his free time, Bryan enjoys working out, playing basketball, and listening to music.

It has been a blessing to watch this young man grow up. FMZBC family, continue to pray for Bryan and all our youth as they continue to navigate this most challenging youth terrain.

CONGRATULATIONS, Bryan, on all you've accomplished!

*Submitted by
Reverend Dr. Tracey Dawkins Holley*



FIRST MOUNT ZION BAPTIST CHURCH
DUMFRIES, VIRGINIA

PASTORAL CANDIDATE

REVEREND LUKE EDWARD TORIAN



**WHAT A DIFFERENCE
27 YEARS MAKES!!!**



**CONGRATULATIONS,
PASTOR TORIAN!**

Thank you for answering the call to Pastor the First Mount Zion Baptist Church, the little Church by the side of the road. We are grateful for your leadership, and we commit to following you as long as you follow Christ!



LEADERSHIP

THE CHAPLAIN'S CORNER

Greetings FMZ Family!! Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from April 2022.

As we have entered the new year, we are committed to **“Anchor our Souls!”** And **“Happy Mother’s Day from your FMZ Servant-Leaders!!!”**



Prayer and Fasting Topic: Anchoring our Souls

Sub-Topic: Unhealthy Souls

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

Lesson: An unhealthy soul is one that experiences dis-integration, and sin always causes the disintegration of the soul. As Leonard Cohen put it, “The blizzard of the world has crossed the threshold, and it has overturned the order of the soul. **“THE NEGLECTED SOUL DOESN’T GO AWAY; IT GOES AWRY. Our world has replaced the word soul with the word self,** and they are not the same thing. *The more we focus on our-selves, the more we neglect our souls.*”

The word psychologist comes from the Greek word psyche, which actually means “soul.” That ought to be what psychology is about, apart from what anyone thinks about religion. Sigmund Freud wrote that “Treatment of the psyche means . . . treatment of the soul. One could also understand it to mean treatment of sickness when it occurs in the life of the soul.” But *psychology has focused on the self*, and self carries a totally different connotation than soul. **To focus on my soul means to look at my life under the care and connection of God.** To focus on my-self apart from God means losing awareness of what matters most.

The Journal of the American Medical Association cited a study that indicates that in the twentieth century, people who lived in each generation were three times more likely to experience de-pression than folks in the generation before them. Despite the rise of the mental health profession, people are becoming increasingly vulnerable. ***Ironically, the more obsessed we are with our selves, the more we neglect our souls.***

All of our language reflects this. If you’re empty, you need to fulfill yourself. If you’re stressed, learn how to take care of your-self. If you’re on a job interview, you have to believe in yourself. If you’re at the tattoo parlor, you must learn to express yourself. If someone dares to criticize you, you have to love yourself. If you’re not getting your own way, you have to stand up for your-self. What should you do on a date? You ought to be yourself.

What if your self is a train wreck? What do you do then?

Self is a stand-alone, do-it-yourself unit, while the soul reminds us, we were not made for ourselves. The soul always exists before God. So soul is needed for deep art, poetry, and music. Former opera singer Scott Flaherty said it best: “I mean, when you sing you’re giving voice to your soul.” Imagine singing, “Then sings my self, my Savior God to thee,” or “Jesus, lover of my self. Innately we know that the self is not the soul, even as we do everything, we can, to preserve it. Much more to come!!

Supporting Scripture: Psalms 34 “Bless the Lord Oh my soul”

Meditational Song(s): Sandra Crouch- “Completely Yes “My Soul Says Yes!!!!”

<https://youtu.be/mqrH6C-3G1M>

CC Winans “How Great Thou Art” (“Then sings my soul!!!”)

<https://youtu.be/CIWMZJxWAmE>

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



Happy Mother's Day to all the mothers, grandmothers, aunts, sisters, and women at First Mount Zion Baptist Church! We honor you for living righteously, walking in in-tegrity as you serve to steward the lives of the children you and your loved ones have borne into this world or adopted. It takes a special woman to be a mother to the motherless and a supporter of widowers--and your sacrifices have not gone unnoticed. We recognize all those mothers who have been or are currently serving in leadership roles and have impact-ed their children enough that they, too, are following in your footsteps in blessing others through their servant-leadership. You are loved. You are admired. You are respected! May today bring you joy, and may God reward you one-hundred fold for all that you have done!!



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All About The Ladies



I pray that this finds everyone doing well and staying safe. Continue to pray wherever you are during the noon hour, or whenever you can get a break to pray.

We had a wonderful fellowship in March. Thank you to all who were able to attend.

Prayer:

"As we read about the signs of the last days that Jesus shared with His disciples, and read, hear and see the news headlines, we can't help but realize that those things are happening right NOW and with increased frequency and intensity! There are wars and rumors of wars, sickness, natural disasters and the love of so many have grown cold.

Help us to be ready, working, watching and praying as the return of Jesus draws nearer because we know that He will return when we least expect it! May we also experience an increased sense of urgency to reach others for Christ and be the salt and light that You have called us to be. May we continue to become more deeply rooted and grounded in Your Word and strengthened in our faith so that no matter what is going on, we will NOT be shaken!

As we remember our risen Lord and Savior Jesus Christ, we also look forward to the return of our SOON COMING KING! In Jesus' precious Name we pray and say thanks, Amen!"

Worship Song: "Be Ready" - <https://youtu.be/Pgnbe949P1c>

Scripture: Matthew 24:6-7,11-12,44 NKJV

[6] And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet.

[7] For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places.

[11] Then many false prophets will rise up and deceive many.
[12] And because lawlessness will abound, the love of many will grow cold.

[44] Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.

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

All About The Ladies, a subgroup of the Seniors' Ministry, held a welcome back luncheon on April 9, 2022. Thirty-eight members were in attendance at Georgio's Restaurant where we were able to enjoy the beautiful weather as well as each other, while still observing the CDC Guidelines, wearing masks for most of the time together. This was the first time the group has met in person in 2-1/2 years. It was great seeing everyone. An excellent program was planned by Sis. Joyce Peterson and Sis. Shirley Hardy. The ladies were treated to a dynamic message from Dr. Vanessa Meade, "Getting to the Good Side". Prior to this meeting, the group has been meeting monthly via Zoom. Please contact Mary Melton for more information at Msoulsurvivor@yahoo.com



*Submitted by
Sis. Shirley Hardy*





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FITNESS-IN-PLACE

EVERYDAY WELLNESS

Wellness can be defined as any behavior, large or **small**, that contributes to health and vitality. Here are some practical ways, that only take a few moments, to integrate wellness into your day.

- **Stand while putting on socks/shoes.** Rather than sitting down, stand on one leg while taking off or putting on your shoes or socks. Stand close to a wall or other solid object to lean on or catch your balance, if necessary. Wellness benefit: Making this small change offers a quick dose of balance, mobility and coordination training.
- **Put on pants/jackets with non-dominant leg/arm first.** Without realizing it, we get into patterns of doing everyday actions the exact same way. Wellness benefit: Consciously doing activities differently creates a slight cognitive and coordination challenge that is beneficial to both your body and your brain.
- **Vary your gait when walking up or down stairs.** Switch up your lead foot and attempt to alternate the lead foot. Try using a slightly wider gait than normal, take two stairs at once, go up the stairs sideways, or go slightly faster or slower than your normal pace. Wellness benefit: Changing up your movement can help improve balance, coordination, strength and confidence when walking on stairs.
- **Try walking games that make walking more challenging and cognitively stimulating.**
 - o Path of More Resistance – Take the path of *increased* resistance by balancing on the curb for a few steps, going up hills, weaving around signs, utility poles, trees or benches or stepping on (or avoiding) cracks.
 - o Ball Toss – Toss a ball to yourself or a partner while walking. Wellness benefit: Walking is already good for you. This can make it better for your brain, your body, and your sense of enjoyment.

These moments represent a shift in the way you interact with the world as you move through it. These are just a sampling of ideas that you can adapt to your specific spaces and places. Some will work, while others won't. Be creative and find what works best for you!

P.S.: The Fitness Center is now fully open for service, Monday – Thursday, 9:00 am - 4:00 pm.

*Sister Lori Valkenburg,
Fitness Director*



STRONGER TOGETHER

BOWTIE SUNDAY

ENLARGE MY TERRITORY

(1 Chronicles 4:10)

When Jabez prayed, he didn't know exactly where God was going to lead him, but he had faith that God would stretch him, which would require him to become uncomfortable in order to grow.

Isn't it foolish to pray for success, yet resist the changes needed to bring it into fruition? It's interesting that we did it on the Second Sunday of last month, which we called, "Bowtie Sunday." The challenge is to step outside of our comfort zone and see where God will lead us. We quickly and easily do things we are comfortable with; however, when we are **stretched**, we become uncomfortable and immediately feel that the new task is difficult or unachievable. For example, an easy task such as tying and wearing a bowtie, becomes a difficult challenge and frustrating. That was one of the purposes of Bowtie Sunday...to encourage brothers to escape from their comfort zones with an easy, yet daunting task of slightly changing their wardrobe. If we were not wearing masks, we would see the happy faces of brothers together discussing their new fashion statement. We joyfully wore an assortment of bowties and shared the simplicity or struggle of tying them. On Sunday morning, there were brothers helping each other tying their ties, laughing and fellowshiping. Now, that was fun and funny! Our next Bowtie Sunday is Mother's Day.

So, with that being said, let me leave you with this poem:

"There's an idea lurkin' in the minds of the men
We need another Sunday to come together again
Now don't get me wrong 4th Sunday is Fine
So, let's find a reason to do it "**One Mo Time**"
How about second Sunday when the Saints come to sing
We could dress up kinda special and do a new thing
So, we'll send out a message to all the guys
On second Sunday, we'll wear our bowties
You can wear your clip on or tie it just right
But it's just another reason for the brothers to unite"

by William Neal Patterson

Enlarge our Territory (with fellowship)



*Deacon
Everett Griggs, Sr.*





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Bowtie Sunday





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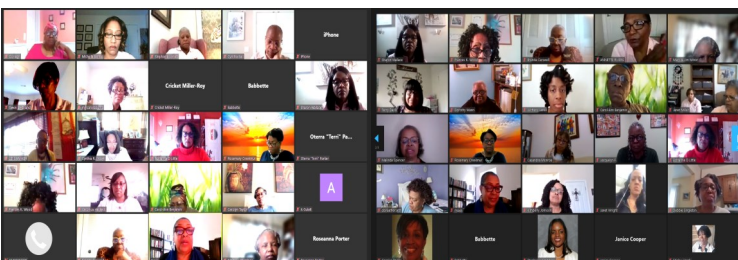
The Women's Ministry Fellowship, held on April 9, 2022, was entitled "7 Promises When You Are Feeling Fearful." The Scriptures supporting this theme were: Romans 8:15; Psalm 46:1-2; Psalm 118:5-6; 2 Timothy 1:7; Isaiah 35:4; and Isaiah 41:10 and 13, respectively.

Reverend Maxine Thompson blessed us from Romans 8:15, Psalm 46: 1-2 and Psalm 118: 5-6, as she shared "real-talk" about bullies and how they can be found both in our childhood and adulthood. She reminded us of God's Word to "fear not for He is with us." When God promises us something we can be confident that He will deliver, for His word does not return void. She shared that the phrase, "Do Not Fear," is mentioned 365 times in the Bible as a reminder that "God has not given us the spirit of fear; but of power, and of love, and of a sound mind." This exhortation spoke to several women who could relate and who found comfort in knowing that they were not alone in their struggles.

Reverend Tarra Taylor spoke on 2 Timothy 1:7 and Isaiah 34:4. She gave us an on-time Word, reminding us that we all deal with fear and that we are not immune from trouble. When you feel fear creeping up in your spirit, turn to God and tap into His power so that we are not derailed. She encouraged us to continue to run our race and receive power to triumph in persecution or whatever we may be facing. We were reminded that God has given us a spirit of love to stand up to bullies in a righteous way, a sound mind to use good judgment, to make good decisions, and to respond rationally when we may be tempted to be irrational. God dwells with us daily, provides a generous portion of grace and mercy to sustain and reminds us that His Son's blood was shed for us to cover a multitude of sins, from which we can be forgiven. This was another sharing that blessed the women right where they were and we thank God.

Trustee Carol Burns shared Scriptures she received from women after asking them what Scriptures they turn to in times of fear or trouble. This was a blessed and insightful moment. Scriptures most quoted were as follows: Hebrews 13:5-6, Psalm 121, Luke 2:9-11 and passages taken from Esther, along with the theme Scriptures for this session. Trustee Burns also reminded us that there are 3,000 promises of God that are Yes and Amen!

Deaconess Chair, Cynthia Brown, provided a powerful sharing of Psalm 23 as such:



I (God) am your strength
I will never leave you or forsake you
I have plans to prosper you
I hear your prayers
I will fight for you and provide protection
I will give you peace
I will always love you
I will provide for you
I will give you rest

Soloist Sister Lois Amiker sang "Break Every Chain" setting the tone to allow the Holy Spirit to take residence within the hearts and minds of all participants, followed by Sister Sharon Childs reminding us that "God Is!" God is the joy and the strength of our lives; He removes all pain, misery and strife; He promises to keep us, never to leave us, and that HE never, ever falls short of His Word!

What an awesome witness of the Holy Spirit showing up and showing out! Thank you to all who participated, shared the Word, gave words of Inspiration and Encouragement, ushered us into songs of praise, read Scripture, and prayed. Truly, the fellowship was a success because of your servant hearts.

To the ladies that were first time visitors, please come join us again. The next fellowship will be held May 14, 2022, and we ask that you invite your daughters, granddaughters, friends or any woman that can join us!

*Humbly Submitted,
Sister Lisa Johnson,
WM Co-Director*



We are pleased to have a new feature in the Church Newsletter called **YOUTH ON BLAST!** This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments. If you know of a youth that you would like to have profiled in this section, please send their name, contact information, and accomplishments to:

youthministry@firstmountzionbc.org.

Accomplishments can be in the areas of athletics, community service, scholastics, overcoming personal challenges, or simply a youth who is in need of encouragement.

For additional information or questions, please contact:

Dr. Tracey D. Holley, Director of Christian Education
tholley@firstmountzionbc.org or 703-670-0184



ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

On this special day, we honor our mothers, grandmothers, and mother figures with flowers and a nice Mother's Day meal. On this day we express our love and appreciation for the influential women in our lives. What about those countless nights spent praying for their sons, daughters, nieces, nephews, grandsons, and granddaughters? When we look back over our lives, we admit we wouldn't be here today if it had not been for the prayers of the special women in our lives who have sustained us to this very hour.



What about those countless nights spent praying for their sons, daughters, nieces, nephews, grandsons, and granddaughters? When we look back over our lives, we admit we wouldn't be here today if it had not been for the prayers of the special women in our lives who have sustained us to this very hour.

In Proverbs 31: A good spiritual foundation gives a woman the wisdom she needs to function effectively each day, and to live every area of her life fully and well. Proverbs also refers to moral strength, and to domestic ability and efficiency.

There are five qualities in this text that describe her:

She is a devoted wife (vss. 11,12,23). *She is one who has the confidence of her husband, who seeks his welfare, and enhances his reputation.*

She is a diligent partner (vss. 13-17,18b, 19, 22,24) *As a woman with God's viewpoint, she is a willing worker, a wise shopper and planner who devote her time to minister to her family because she keeps herself fit spiritually and physically (vs. 18a-25).*

She is a dutiful servant to the needy and the poor (vs.20). *She has a vision for ministry not only to her family but to her community.*

She is a dependable mother (vss. 15, 21,27). *She is devoted to the needs of her family. She is well-groomed, attractive, organized, disciplined, and a living testimony to her children.*

She is a doctrinally-oriented woman (vs. 26, 18). *She is a woman full of God's wisdom.*

The text is describing a superwoman. It is describing our mother-figures as women who are living in a supernatural (spiritual) way with God.

Submitted by
Reverend Marlene M. Johnson



Honor for Mothers

"Honor her for all that her hands have done, and let her works bring her praise at the city gate." Proverbs 31:31

We show appreciation on Mother's Day by giving our mothers flowers, treating them to dinner, showering them with extra love and affection, and with so much more. For those of us whose mothers have passed, we still take time to reflect on our mother's love and our love for them, recounting the favorable memories and sharing those memories with family and friends.

Have you noticed that the members of the Deaconess Ministry wear butterfly pins on Sundays? While there are many reasons, on this occasion, we honor our mothers who are living, and our mothers that have gone on to glory. We honor how all mothers and women have given motherly love and guidance.

So, this Mother's Day, consider wearing your mother's or family heirloom jewelry, a sacred pin, scarf, hat, pearls, or that special adornment created or purchased for you by your child. Wear it with pride and love for that special someone in your life that you have "mothered," or you have been "mothered" by in gratitude for their nurturing ways toward you.

Let's acknowledge the wide continuum of mothering; and help all women feel welcome, appreciated, seen, and needed. And, by all means, take a cellphone selfie and share a fond memory with family and friends.

Humbly submitted,
Deaconess Lynell Manning
FMZBC Deaconess Ministry



THE OFFICE WILL
BE CLOSED ON
MEMORIAL DAY,
MONDAY,
MAY 30, 2022



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Consider leading a Small Group while utilizing love to hear from you. Please contact the Small name of your prospective group, along with the

You will receive essential tools, an initial Small throughout the year with fellow group leaders. Zion online Small Groups directory where others the Fall and Spring semesters. We believe God mentoring our mission to Make the Connection – Small Group leader, you are an essential part of



your gifts, passions, and talents. We would Group Director, share the topic of interest and date and time of your online meetings.

Group leader training as well as training Your group will be placed in the First Mount can locate your group and register throughout creatively uses Small Groups while imple- Make Disciples – Make a Difference. As a that transformation.

Our Small Groups consist of the following three categories and, over the next several months, we will be highlighting a group from each category. Prayerfully, by doing so, we can encourage others to consider starting their own small group in areas not yet covered.

POC: Sister Stephanie M. Craddock, Small Groups Director, Scraddock@firstmountzionbc.org or 703-670-0184.



Warriors of Love

Group focus: Discussion/Discipleship

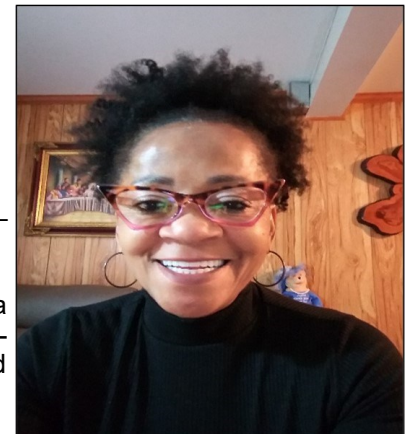
Location: Online

When: Monthly Friday Meetings @ 7:00PM – Small Group calendar will be distributed.

The focus for this group is to read biblically-focused books that empowers us to gain a great understanding of God's wisdom, love, kindness and healing powers. Through fellowship and meetings, we will grow together in the Word of God and share the Good News.

Leadership & Group Leaders

Deacon Dennis Roney – Dennisaroney@aol.com
Deacon James Tribble – Valshe@verizon.net
Deaconess Deborah Tribble – Billmeliss@verizon.net
Leader: Lorraine Crumity – Ladycrumity@gmail.com
Co-Leader: Sandy Kennedy – Semkenedy@aim.com



Lorraine Crumity, Leader





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Grill Master's Challenge



Grill Master's Challenge Small Group

Group focus: Shared Interest

Location: Online

When: Every 2nd & 4th Thursday Meetings @ 7:00PM – Small Group Calendar will be distributed.

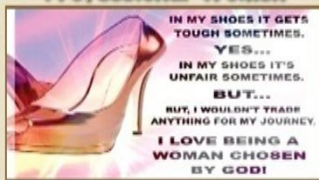
Are you a Grill Master? Ribs, chicken, hot dogs, pulled pork and briskets, everything tastes better on the grill!! We are grilling more than ever now, and we believe grilling should be fun! Come and join us and learn great techniques in a sharing, fun-filled atmosphere. Who's going to win the Grill-Master Cook Off? Psalm 34:8 Oh taste and see that the Lord is good.....

Leader: Walter Holmes – Grillmastersgroup@gmail.com



Walter Holmes

Professional Women



Professional Women Small Group

Group focus: Support

Location: Online

When: Every 1st Thursday Meetings @ 7:00PM – Small Group Calendar will be distributed.

This group connects and equips women in the workplace to fulfill their God-given passions, potential and purpose. We encourage and pray for one another, provide tools and discuss topics that enable women in the workplace to lead from a Christ-centered prospective and see the work world through the lens of the gospel.

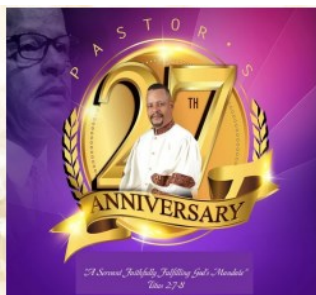
Leader: Pamela Sessoms – Pamelasessoms50@gmail.com



Pamela Sessoms

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.



MAY

DATE	PRAYER FOCUS	SCRIPTURE
May 1	Helping Advocate	John 14:16
May 8	Prayer of Praise & Adoration	Psalms 150:1& & 100:2
May 15	Health & Protection from Sickness & Disease	3 John 1:2

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



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POSITIVES FROM THE **BLACK** HISTORY CORNER

SIGNIFICANT EVENTS IN BLACK HISTORY DURING MAY

The first Kentucky Derby was held on **May 17, 1875**. Oliver Lewis, an African American jockey, won the event. African Americans have been involved in the Kentucky Derby since the beginning. Thirteen of the fifteen jockeys in the first Derby were African American and an African American rider won fifteen of the first twenty-eight runs.

Robert Sengstacke Abbott founded the Chicago Defender newspaper on **May 5, 1905**, calling it "the world's greatest weekly." Indeed, he would build the Defender into the largest circulation and most influential Black newspaper of its day. The Defender, which became the most widely circulated Black newspaper in the country, came to be known as "America's Black Newspaper" and made Abbott one of the first self-made millionaires of African American descent. In 1919, Illinois Gov. Frank Lowden appointed Abbott to the Race Relations Commission. Abbott died of Bright's disease in 1940 in Chicago, Ill.

On **May 17, 1954** the United States Supreme Court decided the case of Brown v. Board of Education of Topeka. In this landmark case the Court ruled: "Segregation of white and Negro children in public schools of a State solely on the basis of race, pursuant to state laws permitting or requiring such segregation denies to Negro children the equal protection of laws guaranteed by the 14th Amendment."

On **May 4, 1961**, seven blacks and six whites left Washington, DC on two public buses and headed south to test the US Supreme Court ruling that "segregation in interstate bus and rail stations was unconstitutional." The bus trips organized by the Congress of Racial Equality (CORE), became known as the "Freedom Rides".

John Mercer Langston notably became the first African American lawyer in the state of Ohio. He went on to serve as the dean of the law department and vice president of Howard University. He's also remembered as the first African American from Virginia to be elected to public office, specifically to the U.S. Congress.

SHE WAS THE JACKIE ROBINSON OF TENNIS

Long before Venus and Serena Williams, another tall, young Black woman shook up the staid world of tennis with her powerful serve and brilliant play. She was **Althea Gibson**, and tennis had long been a segregated sport when her skill and strength broke the color barrier in the 1950s.

Gibson's path to tennis stardom was unusual. She grew up in Harlem, on a block where – as luck would have it – New York City police blocked traffic so the neighborhood kids could play sports. There she learned paddle tennis, and took to the sport so quickly she won a citywide tournament at age 12. Recognizing her talent, neighbors raised funds to help pay for tennis lessons, and a career was born.

Gibson began winning local and regional tournaments but was barred from national events because of her race. In 1950, though, after intense lobbying, she became the first African American to compete in the US National Championships – the precursor to the US Open.

In 1956, Gibson became the first Black player to win a Grand Slam tournament, the French Championships. The next year she was the first Black champion in the 80-year history of Wimbledon, receiving the trophy from Queen Elizabeth II. By the time Gibson retired from tennis, she had won 11 Grand Slam titles and was the world's top-ranked female player. At age 37, she took up professional golf, becoming the first Black player on the LPGA tour. Racism followed her. Many country clubs refused to let her compete, fans taunted her with slurs and she was sometimes forced to change clothes in her car. But her success in two sports dominated by Whites inspired generations of Black athletes.

"I always wanted to be somebody," Gibson once said, "If I made it, it's half because I was game enough to take a lot of punishment along the way and half because there were a lot of people who cared enough to help me."

BACK HOME – A POEM ABOUT FAMILY

If I had the power to turn back the clock,
and go back to that house at the end of the block.
The house that was home when I was a kid,
I know that I'd love it more now than I did.

If I could be back there at my mother's knee,
and hear once again, the things she told me.
I'd listen now as I never listened before,
for she knew so well what life had in store.

And all the advice my dad used to give...
his voice I'll remember as long as I live.
But it didn't seem really important then,
what I'd give to live it all over again.

What I'd give for the chance I once had,
to do so much more for my mom and dad.
**To give them more joy and little less pain,
a little more sunshine-a lot less rain.**

But years roll on and I cannot go back,
whether I was born in a mansion or a shack.
I can start right now in the hour that's here,
to do something more for the ones I hold dear.

And since time in its flight is traveling so fast,
I can't spend it regretting that which is past.
But I'll try to make tomorrow a happier day,
By doing my Good unto Others...Today.

(Author Unknown)



...from the desk of the
Church Business Administrator

NEW MEMBERS ORIENTATION CLASS (CED)

Topic: ZOOM Invitation FMZBC New Members Classes

Time: Eastern Time (US and Canada)

May 1 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

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:

Sis. Sherry Hilliard

shilliard@firstmountzionbc.org

(703) 670-0184

VIRTUAL SCREENING

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 VACANCIES

FMZBC is seeking to employ a

Youth Minister and a

Food Service Assistant Cook

The positions are full-time and 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

KIDS KINGDOM (CED)

We encourage all Kids to join FMZBC Kids' Kingdom Worship, each 3rd Sunday at 11 am on YouTube. Subscribe to , YouTube Channel, or click on the Kids' Kingdom slider on the FMZ website to watch the latest Kids' Kingdom Worship Service.

Kids' Kingdom: <https://youtu.be/HquJa1e1CZ8>

POC: Dr. Tracey D. Holley, Director of Christian Education
tholley@firstmountzionbc.org

ATTENTION ALL ZOOM USERS:



To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post-meeting I.D. 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. Here 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>

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

If you have any questions please give me a call or email IT4U@firstmountzionbc.org



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ATTENTION ALL MEN!!

Join our ZOOM Fellowship on Saturday, May 14, 2022, at 9:00 AM, entitled **"May GOD Give You A Spirit Of Unity"**. This is based on Romans 15:5. The speaker will be our very own, Dea. Everett Griggs, 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 each Brother to invite a friend or family member to the Fellowship.

POC, MM Director, Bro. Edward Jones; Co-Director, Bro. Stephen Seaberry—MensMinistry@firstmountzionbc.org.



The Women's Ministry will be hosting our Spring Book Club session via Zoom. We will be reading **"In My Grandmother's House"** by: Yolanda Pierce. During this 4-week session, we will be discussing how grandmother's theology carries wisdom strong enough for future generations. Reckoning that tradition, building an everyday womanist theology rooted in liberating scriptures, experiences in the Black church, and truths from Black women's lives. The Divine has been showing up at the kitchen tables of Black women for a long time. It is time to get to know that God. The study contains stories that center the experiences of those living on the underside of history, teasing out the tensions of race, spirituality, trauma, freedom, resistance, and memory. Please join us and invite other ladies to share in this spiritual journey. Our next session will be May 7, 2022 from 10:00am -11:30am.

Register by emailing WomensMinistry@firstmountzionbc.org. Input "Book Club" in the subject line and provide your name, telephone number, and email address that you can be reached.

POC, WM Book Club Lead, Sister Lisa Johnson and Co-Lead, Sister Sharon Lawrence.



CALLING ALL SPARKLING, BELOVED WOMEN OF GOD!!!



The Women's Ministry will be hosting a Fellowship entitled **"You were made to SPARKLE; You are GOD's Masterpiece"** on Saturday, May 14, 2022, from 9:00am-10:30am via Zoom. The purpose of the Fellowship is to remind us that as Women and Girls/Young Ladies you know the beauty of your worth, and to whom you belong. Our speakers will be FMZ Associate Ministers Rev. Carolyn Taylor and Rev. Kara Franklin-Taylor.

All Women and Girls/Young Ladies are invited to participate in this Ministry Blessing (please invite your daughters, mothers, sisters, nieces, aunts, grandmothers, mothers-in-law, cousins, and friends). Also join us in wearing something Sparkly (Pin, Hat, Jewelry, etc.). We look forward to seeing you on Zoom!

For questions, please contact WM Director, Gwen L. Holland, or Co-Director, Lisa Johnson at:

Womensministry@firstmountzionbc.org.

The Zoom Meeting Information:

<https://us06web.zoom.us/j/82081338816?pwd=SDZ4VXFmR2NKRlpsMUdXU2xJSmY5QT09>

Meeting ID: 820 8133 8816

Passcode: 165960

Dial in: (301) 715-8592

VOLUNTEERS NEEDED FOR CHECK-IN



FMZBC requires anyone who enters the Church to go through Check-In to ensure proof of vaccination is provided; temperatures are taken, and that masks are worn. As ministry activity increases, so does the need for volunteers. If you would like to volunteer for Check-In, please use the following Sign-Up Genius link.

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

If you have any questions, please contact, Renee Woolfolk, Church Business Administrator, at:

rwoolfolk@firstmountzionbc.org, or call (703) 670-0184.



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Sundays at 9:45 a.m. on ZOOM

Register in advance at
<https://zoom.us/join/register/tJwrfu-upjlsH9VMx4eB-Fk3D3sIW19YJZAF4>

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 FOR A COMPLETE LISTING OF MINISTRY ACTIVITIES, INCLUDING ANY CANCELLATIONS OR RESCHEDULING.



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 May SHARE packages is Sunday, May 9th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on May 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, 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/UCzFCO3nn-QRnObzNDEefeGQ>

SOCIAL MEDIA CONNECTIONS

Connect with us on:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

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

Vimeo: vimeo.com/25203195

YouTube: <https://www.youtube.com/channel/UCzFCO3nn-QRnObzNDEefeGQ>

