



A Ministry Exhibiting a Spirit of Excellence!

June 5, 2022
Volume 18 • Issue 6

Message from the Pastor

AS I REFLECT...



In the words of the Apostle Paul... "I thank my God every time I remember you" (Phil 1:3).

Coming off the month of May, my heart rejoices, and I am encouraged by the love and support you have shown my family and me. The anniversary and birthday celebrations were wonderful, and it was good to see so many faces and families during the drive-through! As I reflect on how good God has been to us in

the midst of all life's challenges, saying "thank you" seems inadequate.

But, even now, our hearts are heavy as we pray for families in Uvalde, Texas, and the 21 souls lost once again to a senseless act of evil and violence, and those who are wounded or killed every day. Therefore, I remind you to be vigilant, watchful and, "if you see something, say something."

As we enter the month of June and the warmer days of summer and begin to travel and visit with family and friends, I pray that you remain healthy and safe.

Happy Father's Day (19th) and Happy Juneteenth (19th-20th).

We Are Stronger Together
Pastor Torian

What's INSIDE

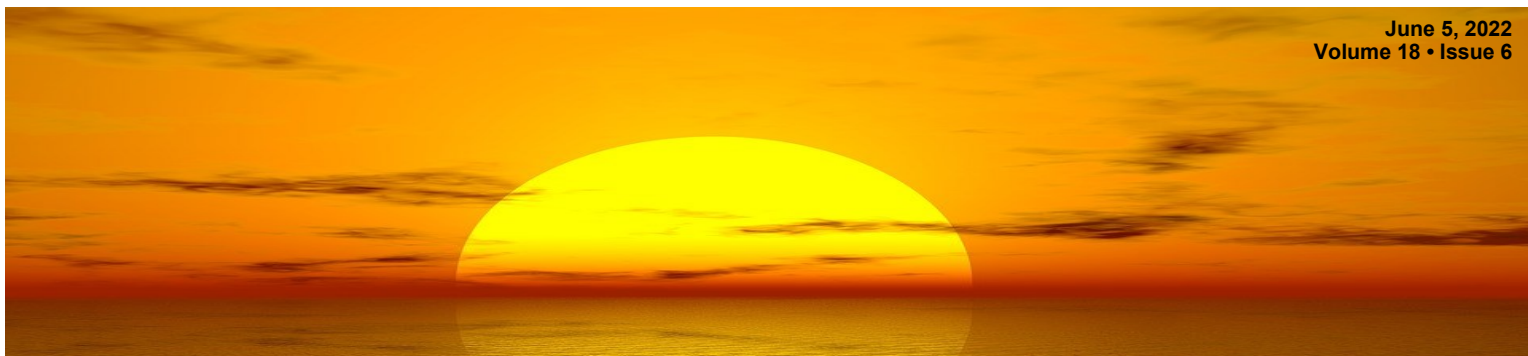
Messages from the Pastor	1
Youth on Blast	2
PAC/PAM Thank You	2
Noteworthy — J2 Zone Member	3
In the Spotlight	4
Congratulations to Class of 2022	4
Pastoral Anniversary Activities	5-7
Women's Ministry Fellowship	8
Leadership Chaplain's Corner	9
2022 Graduating Class	9
Encouragement for the Soul	10
Noonday Prayer	10
Women Giving Back	11
Small Groups	12
Gloria Jane Harvey Foundation	13-14
Deaconess Ministry	14
Fitness-in-Place	15
Seniors' Ministry	15
SHARE Ministry	16



To all of you with warmest thanks. The heart remembers kind deeds and thoughtfulness. Our hearts remember special people like all of you. Mrs. Clarice and Constance join me in expressing our deepest gratitude for acknowledging and celebrating my 27 years of pastoral service at First Mount Zion Baptist Church. Your many acts of kindness and the thoughtfulness extended to us throughout the entire month of May are truly appreciated. I am thankful to the Lord for the opportunity to serve His people at this branch of Zion. You are an amazing congregation. Again, we thank you for blessing our lives through this awesome celebration.

Pastor, Mrs. Torian and Constance

Just a reminder that
during the months of
July and August
Ministries will be
taking a break!!



Youth

on



BLAST - In A Good Way!

Music and Arts ministries at church, participates in community service, and works a part-time job in restaurant services. This Fall Angela will start her higher educational matriculation at Northern Virginia Community College (NOVA) where she will study interior design. In Angela's spare time she enjoys singing, playing board games, and being with her family. Let us wish Angela well as she continues to trust God in this next level of her life.

ANGELA JOHNSON

If you want to see what sheer determination and perseverance looks like, then gaze on this photo of Angela Johnson. Despite being born with a rare heart condition and undergoing numerous surgeries, Angela has stayed the course and is now in her senior year at Forest Park High School. Angela has not only maintained her academics, but she is active in the Youth and



*Submitted by
Dr. Tracey Dawkins Holley*



The Pastor's Anniversary Committee and the Pastor's Aide Ministry would like to thank the entire **First Mount Zion Family** collectively, and each and every one of you individually, for your continuous support of our celebration to honor our Pastor and Family and for whatever you did to help make this anniversary a very special time for the Torian Family. Thank you for your contributions, however great or small. They are much appreciated. Your actions

demonstrate your love for our Pastor and your belief that he is deserving of honor. We thank you and pray that God will return unto you one-hundred fold that which you have given to the Torian Family during this Anniversary Celebration.

Special thanks go out to **Rev. John D. Torian**, for coming and sharing with us such an inspiring message. We thank God for using you to deliver His Word of encouragement and we pray His immense blessings upon you and your family. And to the Ministry of Mime, **Walking Evidence**, your gift was a blessing to us and we pray that God will continue to order your steps and direct your path!

Special thanks to the **Prayer Warriors** who started the ball rolling; our **Greeters and Health Ministries**; the **Ushers**; our stalwart **Leadership**; the **Music and Arts Ministry**; our **Audio Visual/Media Ministry**; the **Photography Ministry**; the **Grain of Heaven**; our incredible **Administrative Staff**; our **Security and Parking Ministries**; the entire **Facilities Team**; and our **Anniversary Committee**. You have all blessed us tremendously with your participation. We are grateful for the services you rendered; your diligence, and your determination to make this the best Anniversary possible for our Pastor and his family. **THANK YOU ALL!!!**

And, as always, **Rev. Dr. Sandra K. James**, we thank you for your love and support of our Pastor and for all that you do to make this Ministry an excellent place to worship. God bless you!

TO GOD BE THE GLORY for all that HE has done! YES, INDEED, WE ARE STRONGER TOGETHER!!!



PRINCE WILLIAM COUNTY ALUMNAE
CHAPTER DELTA SIGMA THETA SORORITY
INCORPORATED

PRESENTS

Town Hall Meeting

MONDAY
JUNE 6, 2022

6:30 P.M. - 8:00 P.M.

VIA ZOOM

MEETING ID: 819 2620 4937

PASSCODE: 375948



Topic of
Discussion



Mapping Police Violence
The Hidden Cost of Police Misconduct
& Why Training Is Important

TOWN HALL
MEETING



SPEAKERS:

Major Kimberly C. Chisely-Missouri
Prince William County Police Department



Chief Peter Newsham
Prince William County Police Department

Click Here To Register

<https://bit.ly/3vM54gm>



On April 1, 2022, [ESPNW](#) hosted "CAMPUS CONVERSATIONS" at Wake Forest University. This activity was one of many celebrations being held throughout the 2021-2022 academic year in honor of the University's 50th anniversary of women in intercollegiate athletics.

I had the privilege to attend this phenomenal event, and witness **Jordan Banks** (my oldest Granddaughter) serve as a distinguished panel member at her alma mater. Needless to say, I am very grateful for all God has allowed Jordan to achieve and to hear firsthand how all the panelists inspired the young women in attendance. During the open and breakout discussions, panel members shared their unique stories as student athletes, post collegiate career experiences, and answered questions from current student athletes.

Jordan, a FMZBC member of Zone J-2, was honored to be back on campus as part of this hallmark event. During her years at the University, Jordan was an All-ACC second team Track & Field heptathlete and served as President of the Student Athletic Advisory Committee (SAAC).

Jordan received her Bachelor's and Master's degrees from Wake Forest University. (2018 Undergraduate: Major in Communication with a minor in Entrepreneurship; and 2019: Masters of Science in Business Management.) Jordan currently works as Customer Account Lead II on the Schnucks account at General Mills, based out of Tampa, FL. In her spare time, Jordan coaches the girls Track & Field team at the Academy of the Holy Names High School in Tampa.

Submitted by
Deaconess Claudia Woolfolk

NAACP
Stafford County Branch

**JUNE
TEENTH**

Freedom Day



SATURDAY, JUNE 18, 2022 11 AM TO 3 PM
COLONIAL FORGE HIGH SCHOOL
STAFFORD, VIRGINIA



STAFFORD
Public Schools

Join the Stafford NAACP and our partners as we showcase a variety of the area's regional talent to include drama, soloists, choirs, musical instruments Christian rappers, mimes and more. This **FREE** event will include snacks and lunch. Tickets are free but they are required. Register for tickets and buy Juneteenth t-shirts at...

tinyurl.com/StaffordJuneteenth

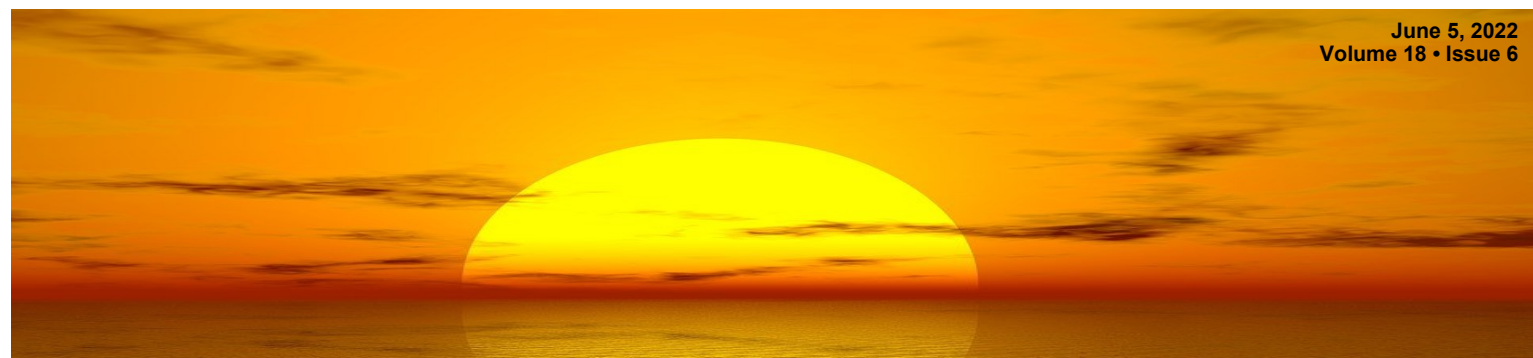


*Happy
Father's
Day*

Happy Father's Day to all the fathers, grandfathers, uncles, brothers, and men at First Mount Zion Baptist Church! We honor you for living righteously and walking in integrity as you serve to nurture the lives of the children you and your loved ones have borne into this world or adopted. It takes a special man to be a father to the fatherless and a defender of widows -- and your sacrifices have not

gone unseen. We recognize all those fathers who have been or are currently serving in leadership roles and have impacted their children enough that they, too, are following in their footsteps in blessing others through their servant-leadership. You are loved. You are admired. May today bring you joy, and may God reward you one-hundred fold!!

Well Done!!!



ZONE D MEMBER DOING GREAT THINGS AT THE U.S. GOVERNMENT PRINTING OFFICE (GPO)

S. Denise Hendricks was named Managing Director of Equal Employment Opportunity (EEO). After serving as Acting Managing Director since June 2021. She will continue to administer policy and oversight of the EEO program, including formulating and executing proactive initiatives in support of GPO's commitment to equality of opportunity. Denise's role is to ensure that GPO provides equitable resolution for complaints of discrimination and complies with antidiscrimination laws.



"We are excited to have Denise lead GPO's strong EEO program," said Director Hugh Nathaniel Halpern. "Inclusion is one of GPO's key values, and Denise's expertise is invaluable to our commitment to maintaining a culture of respect for everyone on our diverse team. I look forward to working with Denise in her permanent role."

Hendricks brings more than two decades of EEO experience to her position at GPO. Prior to joining GPO in 2019, she worked at NASA as a Senior EEO Specialist and then Disability Program Manager. From 2015–2017, she worked as an EEO Specialist (Case Analyst) at the Department of the Army adjudicating equal employment opportunity complaints. She also served as the EEO Director and subsequently the Deputy Director for the Office of Minority and Women Inclusion at the National Credit Union Administration (NCUA) and Deputy Assistant Director in the Office of Equal Employment Opportunity at the Department of Defense, Washington Headquarters Services. She joined GPO in May 2019.

Hendricks is a certified EEO Counselor and mediator. She graduated from Columbia College of Missouri, where she earned a Bachelor's Degree in Business Administration and is currently working to complete a Master's of Science in Administration with a concentration in Leadership.

GPO, the Federal Government's resource for publishing trusted information for dissemination to the American people, is responsible for the production and distribution of information products and services for all three branches of the Federal Government, including U.S. passports for the Department of State as well as the official publications of Congress, the White House, and other Federal agencies in digital and print formats. GPO provides for permanent public access to Federal Government information at no charge through www.govinfo.gov and partnerships with approximately 1,100 libraries nationwide participating in the Federal Depository Library Initiative. For more information, please visit www.gpo.gov.

Submitted by Deaconess Janice Cooper

2022 Graduates, as you take flight into your next phase of life, we encourage you to keep GOD first in all that you do. He has promised to never leave you nor forsake you, as long as you stay faithful to Him. Remember, in whatever area of life you choose to enter, always strive for a spirit of excellence; that gives you a step ahead of the competition.



Although Covid and other variants continued to disrupt your final year, graduation is still an important landmark in your education. Be proud of your accomplishment because it does have a significant impact upon the remainder of your life. Many have helped and sacrificed so that you can enjoy this day. Remember to thank them and focus your efforts on the next steps in your career. Remember that time wasted is time lost; it can never be regained. So, make the most of the next few years of your life as they determine how high you fly or how low you fall.

Congratulations and best wishes to all graduates! We are so very proud of you!!

Your First Mount Zion Family

PASTOR AND FAMILY'S 27TH ANNIVERSARY CELEBRATION

Family and Friends Night



PASTOR AND FAMILY'S 27TH ANNIVERSARY CELEBRATION WORSHIP SERVICE



Sis. Winiford Harvey pinning boutonniere on our Pastor, Dr. Luke Torian



Deacon Willie Camp placing corsage on First Lady Clarice Torian



Deacon Michell Clark placing corsage on Sis. Constance Torian



Walking Evidence Ministry of Mime



Commendation by Supervisor Andrea Bailey, PW County Board of County Supervisors



Pastor thanking Congregation



Pastor greeting members



Rev. John D. Torian

PASTOR AND FAMILY'S 27TH ANNIVERSARY CELEBRATION DRIVE-THRU



YOU WERE MADE TO SPARKLE; YOU ARE GOD'S MASTERPIECE



We had a blessed time during our Women's Ministry May 14 fellowship. Led by the Women's Ministry Director, Sister Gwen Holland, the fellowship's theme was "You Were Made to Sparkle; YOU Are God's Masterpiece," taken from Proverbs 31:25-26, Zachariah 9:16, and Ephesians 2:10. How befitting for the month of May to have a mother-daughter preaching duo

in the persons of Reverend Carolyn Taylor and Reverend Kara Franklin-Taylor deliver exceptional sermons, which reminded us of our strength as women, why God created us, our contributions to the world, and why we sparkle.

Reverend Carolyn Taylor spoke from Psalm 31, explaining what it means for women to be "clothed with strength and dignity." In this familiarly known 'virtuous woman' passage, Rev. Carolyn Taylor reiterated the value that the woman has in the life of her husband, children, and community. Additionally, she shared how women play multiple roles in life; possess many skills and talents; and serve as an example to all. Reverend Carolyn Taylor then profoundly shared how the Father could have created a woman the same as He did man, but instead He choose to take a rib from the man. She added that the rib is a strong substance, whose purpose is to protect vital organs and to support the upper extremities. The rib is a symbol of strength. Therefore, women are symbols of strength, created to be equal to man and not secondary. Women should embrace who they are and shine the way God has created them to shine.

Reverend Kara Franklin-Taylor spoke from Ephesians 2:10, using the analogy of jewels in a crown to explain the many facets of a women's being. She reminded the women that they are made to sparkle because they have been made in God's image. Rev. Kara Franklin-Taylor said "women are uniquely different jewels, some are diamonds, be it blue, yellow, or white; some are like Jubilee Rubies with a pure, vibrant red. Some of us are like bluish-green emeralds, full of tone and saturation. Regardless of what kind of gem you are, make sure you shine and sparkle, as you are meant to bring change into the world." Rev. Kara Franklin-Taylor also profoundly shared that unlike plants and animals, we were created by God breathing the breath of life into us. We are God's workmanship, made in the very image of God. She added that we are a costly masterpiece, bought with a price, which is the blood of Jesus. She reminded the women that "our sparkle matters and our sparkle is meant to be on display, so Shine Bright – Masterpieces of God!"

We were graced with Words of Encouragement by Deaconess-elect Demetria Cobb, and Words of Inspiration by Deaconess Andrea Bailey. They reminded us that in times like these we need an anchor, a Rock! We were made to be used by God and through our faith and belief in Jesus Christ, we are strengthened to shine.

Our very own Director, Sister Gwen Holland, blessed us with 7 truths about a Masterpiece:

Takes a long time to create
Very detailed and intricate, meaning the conditions must be just right
One of a kind, no two jewels are the same
A culmination of an artist
Precious
Artist creates the masterpiece, we become more like the artist (God)
Points to the artist talents

Thank you to Sister Stacey Griggs and Sister Breh Stephens-Mitchell for gracing us with two powerful songs, Alabaster Box and Open my Heart, respectively; to Sister Veronica Hackett for opening in prayer; to Sister Oonagh Bell and Sister Annette Rivers for Scripture reading; to our media ladies, Sister Cynthia Wilson and Sister Michelle Washington-Barnes; and to every woman who attended and praised the Lord with us, without each of you the program would not have sparkled! Remember, **You are God's Masterpiece. Shine and Sparkle!**

Humbly Submitted,
Sister Lisa Johnson, WM Co-Director



*Prayer
Changes
Things*

The Intercessory Prayer Team (IPT) of the Women's Ministry would like to encourage everyone to submit their prayer requests to:

WomensMinistryPrayers@firstmountzionbc.org

We desire to continually lift your prayer needs as they arise, because the Bible declares that the "prayers of the righteous availeth much", so let us pray for you, as you pray for us. We will intercede and faithfully pray over your requests when you send them in!

Sister Terry Carey, Lead
Sister Annette Rivers, Co-Lead

LEADERSHIP

THE CHAPLAIN'S CORNER



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

Prayer and Fasting Topic: Anchoring our Souls
Sub-Topic: Corporate Prayer: What is it??

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

Discussion: We all should agree on the importance of prayer in our lives AND that consistency in prayer will unequivocally help "anchor our souls." To that end, let us explore a type of prayer called **"corporate prayer"**.

Lesson: So, what is Corporate Prayer?????

Corporate prayer is the term used to describe **praying together with other people - in small groups or larger gatherings of people.**

Corporate prayer is an important part of the life of the church, we read in Acts 2:42 that the early church gathered to pray together: "42. They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." (Now we are trying to pray and NOT "break bread!"). When we pray together with other believers, the effects can be incredibly positive. **Corporate prayer edifies and unifies** us as we share our common Faith. The same Holy Spirit Who dwells within each Believer causes our hearts to rejoice as we offer up praises to our Lord and Savior, knitting us together in a unique bond of fellowship found nowhere else in life."

There are numerous positive outcomes of God's people unifying in prayer as follows:

- ◇ **Encouragement** – Praying **corporately** with others can bring encouragement to the members of the group. There may be people in the group who are struggling with trials. As they are upheld in prayer, the Holy Spirit brings them encouragement and reassurance.
- ◇ **Unity** – **Corporate** prayer has the ability to connect people together, "a unity of purpose." People are built up and unified in the faith that they share together. As people pray together, they build a love and concern for others and the mission of God.

◇ **Worship** – **Corporate** prayer brings about intimate communion with Jesus. The body of believers, praying in unity is an act of worship.

◇ **Dependence on God** – As we cry out to God in prayer it demonstrates our reliance on God to do the work of God.

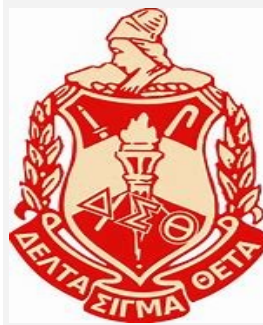
In closing, it has been said, "The one concern of the devil is to keep saints from prayer. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, mocks at our wisdom, but trembles when we pray."

Supporting Scripture: Psalms 34 "Bless the Lord Oh my **soul**"; Nehemiah 9:1-38, 2 Chronicles 7:14, Joel 1:14, Matt 18:19-20, Acts 1:14, 4:24-31, 12:5-18, 1 Timothy 2:1-8

Meditational Song(s):

Keep on Praying (Bob Fitts https://youtu.be/yBQilpKBE_U)
I Need You to Survive (Hezekiah Walker) <https://youtu.be/JBwUkCYW2n0>

Submitted by
Deacon Ron Cooper
on behalf of the FMZ Leadership Chaplains



The Prince William County Alumnae Chapter Delta Sigma Theta will host another town hall with Chief Newsham on June 6, 2022. Additionally, the chapter will host its annual Third Party Voter Registration training on June 25, 2022. The training is required for organizations and individuals that plan to host voter registration drives and receive 25+ voter registration applications. Both events will be virtual and registration is required.

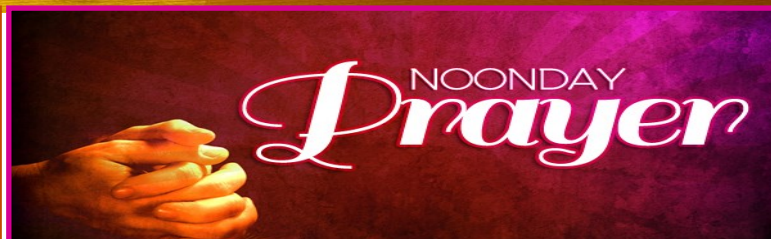


ATTENTION ALL 2022 GRADUATES!!!

All 2022 graduates are encouraged to submit a photo so that we might recognize your accomplishments before the congregation. Please include your name, the school you graduated from and degree received, any honors received and plans for the Fall (name of school planning to attend). The deadline to submit photos is Monday, June 13th. **No photos will be accepted after that date.** The slideshow of all graduates will run on Sunday, June 26th. Please send information to:

Sylvia Moore - smoore@firstmountzionbc.org.

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL



HEAR THE RIFFING ON PSALM 1

I want to recommend the reading of Psalm 1 as a riff for all the other psalms. Psalm 1 is the preamble to the Psalter, the Book of Psalms. As such it provides an orientation to the purpose of worship and declares that the worshiper is happy, will be prosperous, have community, and a future. This perspective on worship is repeatedly heard in the psalms of praise, laments, and thanksgiving. When the psalmist offers praise, it is because of the congruence between life and the promises of Psalm 1. When the psalmist offers a lament, or complaint, as worship; it is because the realities of life are not aligned with the hope that faith in God would have us live in expectation of. For example, when one reads in Psalm 5 wherein the Psalmist declares that daily she comes before God, you should hear the notes of Psalm 1 of meditating day and night on the law. It is only because of that constant and habitual mediation, that the Psalmist has hope in an implicitly distressful time of life. As one reads in Psalm 5 the petition of the Psalmist that God would make God's way straight before him, you can hear the declaration from Psalm 1 that God knows the way of the righteous ones. The expectations of the supplicant in Psalm 5 is shaped by the predications of Psalm 1. This is not limited to the psalms of praise, lament, or thanksgiving. For example, Psalm 133, a psalm of ascent, declares that in community is the blessings that God intends, community that Psalm 1 declares is not available to those who are disobedient. Psalm 19 is a wisdom psalm and functions as an explication of Psalm 1 - neither a meditation on nature nor observation of the sun, moon, and stars will reveal the will of God, but the mediation on God's word keeps us from making grave mistakes, so that whatever we do will prosper.

I want to encourage a daily reading of the psalms and in that reading, see how reflecting on Psalm 1 deepens the meaning and understanding of the psalm you are reading.

*Submitted by
Reverend Karl F. Brower*

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

Prayer:

Lord, we come before You, seeking Your wisdom and direction for our life, family, church, nation and this world. We trust in You Lord and not our own understanding. Please lead and guide us in the way You would have us go as we align our will with Your Will. Allow us to hear Your voice clearly and when You speak, may we already have a YES in our heart and immediately obey.

Lord, thank You that we don't have to worry about missing Your Will because You promised that if we stray to the left or right, there will be a voice behind us showing us the way to go. Please increase our sensitivity to the Holy Spirit, so that we know His voice and will follow. Lord, NOT our will, but Your will be done. We surrender ALL to You. In the mighty and precious Name of Jesus, the Christ, we pray and give thanks, Amen.

Worship Song: "Order My Steps In Your Word" <https://youtu.be/A3FXgRH0XfE>

Scripture:

Proverbs 3:5-6 NKJV

[5] Trust in the LORD with all your heart, And lean not on your own understanding;

[6] In all your ways acknowledge Him, And He shall direct your paths.

Proverbs 3:5-6 AMPC

[3] Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.

[6] In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.

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



Photographed left to right:
Sis. Allison Smith, Deaconess Cora Lynch,
Deaconess Bella Feters,
Sis. Stephanie Craddock, Sis. Eloise Lance,
Deaconess Lynell Manning,
Deaconess Doreather Seth &
Sis. Deborah Holley

lives of others. We praise God as we proceed with our SERVE DAYS, continuing our Diaper and Wipes Drive through June 5th and return to Women Giving Back on June 11th to serve and deliver the collection of diapers and wipes.

If anyone is interested in supporting our efforts, you may drop off diapers and wipes (any size or brand) at the FMZ church office Monday-Thursday from 9:00AM – 4:00PM or Friday from 9:00AM-1:00PM. You may also leave them in the collection box in the FMZ Narthex across from the Executive Conference Room on Sundays until June 5th. We thank you in advance.

God bless you!

THE WOMEN GIVING BACK SMALL GROUP OUTREACH PROJECT WAS A BLESSING AND A SUCCESS!!

SERVE DAYS
June 5th and 11th

Women Giving Back supports women and children in crisis on a first step to stability by providing quality clothing **FREE** of charge assisted by a caring and committed community.

Saturday, May 14th, our Small Group servants above, along with other volunteers sorted and properly hung donated clothing by categories and size in preparation for the items to go inside the Women Giving Back Boutique Store so we could assist the women clients shop for **FREE clothing (50 items - 4 times a year)** and **FREE Diapers (100 monthly)** for their children.

- ⇒ Clients that shop receive a generous amount of clothing - **50** pieces of clothing in addition to **5** pairs of shoes for them, **2** pairs of shoes for their children, **1** coat for themselves and each of their children, **2-5** bras, 2 purses, menstrual supplies, and snack packs, per visit.
- ⇒ Clients who are pregnant receive **another 50 pieces** of infant clothing to prepare for their growing baby.

There are many different agencies that come across women and children in need. Women Giving Back rely on their referring partner agencies and their staff to determine the client's eligibility.

What's in their Boutique Store?

- ◆ Women's professional & casual clothing
- ◆ Maternity, workout, and special occasion attire
- ◆ Undergarments & pj's
- ◆ Shoes & accessories- belts, purses, scarves
- ◆ Coats, gloves & hats
- ◆ New makeup and toiletries – infants', children's, and teen's clothing



Many thanks and appreciation to The Small Groups Ministry for your continued service to God's people as we make the connection and make a difference in the

Submitted by
Stephanie M. Craddock

Small Groups Director
Scraddock@firstmountzionbc.org

CHRISTIAN WARRIORS



Christian Warriors

Group focus: Discussion/Discipleship

Location: Online (**Temporarily Not Meeting**)

When: Monthly Monday Meetings @ 6:30PM – Small Group calendar will be distributed.

We are a group of Christians seeking to learn more about the Word of God through intentional study and praise.

Leadership & Group leader

Deaconess Cathy Harkless – chharkless@yahoo.com (no picture available)

Deacon Gresham Harkless Sr. – harkgw@aol.com (no picture available)

Group Leader: Lois Amiker – lois.amiker@usmc.mil



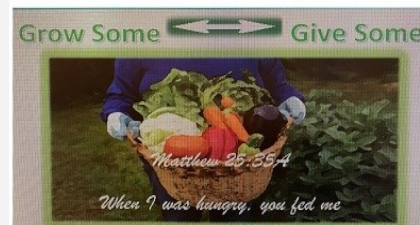
Grow Some – Give Some

Group focus: Gardening – Shared Interest

Location: Online

When: Bi-Weekly Monday Meetings @ 7:00PM – Small Group Calendar will be distributed.

Join us on an adventure as we grow spiritually through the discipline and joy of gardening; while we share what we grow with individuals and organizations that service those in need. Both novice and experienced gardeners are invited! If you have a “pot to plant in,” or an area to till your crops, we welcome you to journey alongside us while we attempt to bless and feed those in need by the fruit of your labors.



Leader:

Rev. Dr. Beverly Waddell-Jiggetts
bevjiigg@gmail.com

\$ Financial Freedom for Millennials



Financial Freedom for Millennials Group

Group focus: Financial Planning/Support

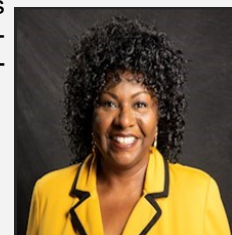
Location: Online

When: Weekly Saturday Meetings @ 9:00AM – Small Group Calendar will be provided.

This Small Group is for young adults interested in learning how money works and becoming financially independent. Owning your future starts with proper preparation. We will discuss investing, insurance, tax advantages, budgeting, saving and proper planning. Come join us and share your experiences, challenges, fears and goals.

Leader: Jonathan Wright – Jonathan.wright@dmvwfg.com;

Co-leader: LaFonda White – Lwhite.dmvwfg@gmail.com



GLORIA JANE HARVEY FOUNDATION CORPORATION

One of the organizations supported this year by the First Mount Zion Baptist Church was The Gloria Jane Harvey Foundation Corporation ("Foundation"), a 501 (c)(3) non-profit organization, which was established in April 2018 by one of our faithful members, Sister Winiford Harvey. The main focus of this Foundation is to educate, elevate, enrich, and encourage our most valuable resources--our youths, by giving to economically challenged youths in her hometown of Alexandria, Louisiana, and surrounding cities, through educational and recreational field trip opportunities. The Foundation allows economically disadvantaged youths an opportunity to travel outside of their local communities, for the very first time, to colleges and universities, historical landmarks, recreational parks, museums, military bases, and other educational sites, as well as special events. These educational trips, which are free of charge to youths and parents, serve to increase their knowledge and awareness, enhance their educational experience, augment their education, expose them to significant places beyond their local neighborhoods and, more importantly, broaden their perspectives on life in general.

Sister Winiford has been an active member of First Mount Zion Baptist Church since 2004. She serves as the Vice Chair of the Pastor's Aide Ministry and is a hardworking member of Zone M3. Her commitment to service within the congregation is matched by her commitment to ministry outside the walls through the Foundation. A native of Alexandria, Louisiana, Sis. Harvey is the President/Founder of the Foundation. She is a retired Lieutenant Colonel from the United States Air Force (USAF); a graduate of Grambling State University, and currently serves in the Federal Government in the Northern Virginia area as a Government Civilian Employee.

In April 2022, the Foundation sponsored an educational/recreational field trip for two deserving high school students who were selected to participate in the program: Darrius Davidson, graduating senior in May 2022 from Peabody High School in Alexandria, LA and De'Shaun Veal, freshman from Bolton High School in Alexandria, LA. This experience took them to Prairie View A&M University and historical sites in both Houston and San Antonio, Texas. It was a very exciting and informative field trip for the students, affording them the opportunity to visit other college campuses and interact with university academic, student, military personnel. They also interacted with business leaders, one of whom was Turner Construction which is building a 192-unit apartment complex in San Antonio, TX. This exposure will go a long way towards educating, empowering, and encouraging them to strive to be all that they can be.

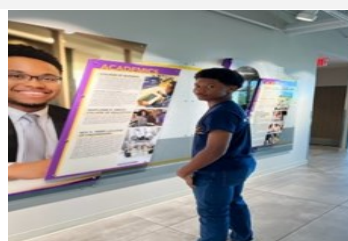
While touring Prairie View A&M University campus, the students were oriented to the various areas of studies at the university. Darrius is interested in studying Software Engineering and De'Shaun is interested in studying Electrical Engineering. They met directly with the head of the Computer Science Department, learned about Computer Science, Computer Engineering Programs and Historically Black Colleges and Universities (HBCUs) partnerships and intern programs in STEM career fields with leading edge technology companies, i.e., Apple, Google, Microsoft, Amazon, etc.

The group traveled from Houston to San Antonio, and the students were treated to dinner at a restaurant on the Riverwalk. The next day they were invited to tour Turner Construction site and were delighted to meet with electrical engineers and other staff on the job. They later attended a Basic Military Training Graduation Ceremony at Lackland Air Force Base and interacted with the drill sergeants and were able to ask questions about the military and its operations. They also toured the University of Texas at San Antonio and met one-on-one with a Chemical Engineering student, who is a member of the National Society of Black Engineers (NSBE). We were also able to incorporate other historical sites like the Alamo, the Wax Museum, just to name a few.

- - cont'd on page 14



Prairie View A&M University



Dinner on the Riverwalk

Gloria Jane Harvey Foundation (cont'd from page 13)



Darrius, who was awarded an academic scholarship, will be attending Louisiana State University in Baton Rouge, LA, in the Fall.

If you would like to learn more about the Gloria Jane Harvey Foundation, please contact Sister Harvey either by email: Winnipooh@msn.com or GJHFoundation@msn.com, or cellphone: 228-547-1683.



Wax Museum, San Antonio



Wax Museum, San Antonio



Turner Construction site



Toured the Alamo—
statue of Davy Crockett



At the Alamo with an Historian



With Basic Military
Training Drill Sergeant

*Submitted by
Sister Winiford Harvey*



Father's Day gives us all an opportunity to say thanks to all the dads, step-dads, granddads, uncles, brothers, cousins, mentors, and friends that have taken an active stand in caring for the children of this world that God has given us.

A special thanks to the men of First Mount Zion Baptist Church!

The Deaconess Ministry takes the time this month to recognize your best attributes that inspire the children of God. We salute you for your daily efforts and lift you up to receive the countless blessings God has for you! This modern-day poem is scripture-inferred in describing your attributes. Please enjoy!

To all the Fathers who...

Stepped up, plugged in, held on, forged ahead, committed to,
learned how, embraced all, encountered much, battled through,
held tight, loved soft, never quit, backed off, braved courage,
let loose, faced fears, prayed for, tightened up, loosened reigns,
remembered when, helped often, inspired much, dreamed big,
stayed true, taught morals, found strength, said yes, said no,
valued life, reasoned well, gave in, made time, had fun,
helped out, played fair, took care, provided plenty, let go,
stood up, swallowed pride, changed paths,
took risks, dug deep,
went easy, led forward, pushed forward, fought for, carried
burdens, kept going, never quit, shed tears, forgave often,
found pride, shined light, suffered pain, made dates,
had faith, showed
respect, wrote notes, held hands, kept us safe, laughed loud,
lost sleep, slowed down, tackled chores, tried hard, let us win,
chose right, opened up, got involved, gave your all, showed
mercy, gave grace...

We commend you!

We pray for you every day!

We love you!

We thank God for all the Fathers!

-- *Author Unknown*

Happy Father's Day and may you continue to receive God's blessings.

*Humbly Submitted,
Deaconess Lynell Manning*

FITNESS-IN-PLACE

STRETCH FOR SUCCESS:

Some people are naturally more flexible. Flexibility is primarily due to one's genetics, gender, age, body shape and level of physical activity. As people grow older, they tend to lose flexibility, usually because of inactivity, but partially because of the aging process itself. However, the good news, the more active you are, the more flexible you are likely to be. **Flexibility will improve with regular training!**

Benefits of flexibility training include:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces the risk of injury

Before stretching, take a few minutes to warm up, as stretching cold muscles may increase your chances for injury. Begin with a simple, low-intensity warm-up, such as easy walking while swinging the arms. Spend at least five minutes warming up prior to stretching.

When performing a stretch:

- Take a deep breath and slowly exhale as you gently stretch the muscle to a point of tension
- Hold the stretch for 15 to 30 seconds, relax and then repeat the stretch two to four more times
- Avoid these stretching mistakes:
 - Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.
 - Don't stretch a muscle that is not warmed up.
 - Don't strain or push a muscle too far. If a stretch hurts, ease up.
 - Don't hold your breath during the stretch. Continue to breathe normally.

Fit stretching in:

If you don't have time to sufficiently warm-up before stretching, try doing a few stretches during or immediately after a shower. The hot water elevates body and muscle temperature enough to make them more receptive to stretching.

Links to recommended stretches:

<https://www.acefitness.org/resources/everyone/exercise-library/146/supine-hip-flexor-stretch/>
<https://www.acefitness.org/resources/everyone/exercise-library/142/kneeling-hip-flexor-stretch/>
<https://www.acefitness.org/resources/everyone/exercise-library/15/cat-cow/> <https://www.acefitness.org/resources/everyone/exercise-library/227/childs-pose/>
<https://www.acefitness.org/resources/everyone/exercise-library/9/supermans/>

Sister Lori Valkenburg
Fitness Director



The Seniors' Ministry Fellowship took place on May 18, 2022 at 1:30 pm. The theme for the month was: God Hears Our Prayers, 2 Chronicles 7:14. A discussion took place on how we know God Hears Our prayers.

1. We know He hears us because our faith tells us He is real and He is able to do that which we ask of Him.
2. He hears our prayers because we humble ourselves before Him.
3. The Holy Spirit intercedes on our behalf.

We thank God for interceding for us and giving us the power of prayer.

Our scripture and prayer were given by Deacon Anthony Fields and Deaconess Norma Fields - 1 Peter 3:8-12. Happy Birthday greetings went out to all our Seniors born in May and Happy Anniversary to Robert and Rosemary Creekmur 05/17, George and Hope Singleton 05/18, and Samuel and Terry Davis 05/31. Our speaker for the session was our own Dr. Keith Boykin, MD. His message was titled: "Just Because We Are Seniors We Don't Have to Be 'Seniors'". Dr. Boykin, a retired Pediatrician, shared the changes that take place as our bodies age. Although we can't stop the aging process, there are actions we can take to ensure we are living as healthy as possible. The presentation was followed by a lively question and answer period. We appreciate all the helpful information shared with us by Dr. Keith Boykin, MD. The fellowship recognized those on the prayer list and praised all 2022 graduates.

All Seniors are welcome to join the next Seniors' Ministry fellowship, the last one before the summer break, on June 22, 2022, at 1:30 pm. For further information please email Sis. Shirley Hardy at shirleybhardy@gmail.com for the Zoom link.

Submitted by
Sister Shirley Hardy, Facilitator



Sundays at 9:45 a.m. on ZOOM

Register in advance at
<https://zoom.us/join/join?jtrf=upilsH9VMx4eB-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 FOR A COMPLETE LISTING OF MINISTRY ACTIVITIES, INCLUDING ANY CANCELLATIONS OR RESCHEDULING.



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 June SHARE packages is Sunday, June 12th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on June 25, 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

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

FMZ Life Stream:

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

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

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

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

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

Vimeo: vimeo.com/25203195

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

