



July 3, 2022  
Volume 18 • Issue 7

## A MINISTRY EXHIBITING A SPIRIT OF EXCELLENCE!

2022 Theme: *We're Stronger Together*  
—Ecclesiastes 4:9

### Message from the Pastor



#### A TIME FOR REST...

**Matthew 11:28 says...** 28 "Come to me, all you who are weary and burdened, and I will give you rest."

Summer is officially here, and we are at the halfway point of our Ministry year. I am grateful for your continued service and faithful stewardship to the Ministry. We have pressed on and continued to serve and worship together in the safest ways possible. But we are reminded of the importance of rest.

Therefore, as we begin our summer break through the months of July-August, enjoy and, if possible, get away from the routine, soak up some sun, stay hydrated and be safe. Remember we have our Revival starting Sunday, August 7<sup>th</sup> and August 9<sup>th</sup>-11<sup>th</sup>, Tuesday – Thursday at 7:30pm, and I look forward to seeing you.

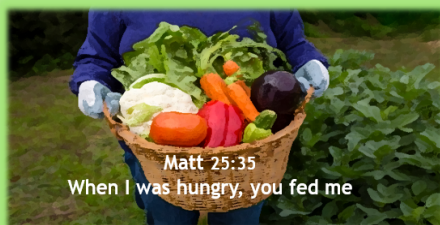
Come back refreshed and ready to continue the work that has been set before us to do for the Kingdom of God.

*Pastor Luke E. Torian*

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Grow Some ↔ Give Some



The **Grow Some - Give Some Small Group** is Seeking all Gardeners interested in Donating any excess Harvested produce to **ACTS**.

Please contact Rev. Beverly Waddell-Jiggetts at  
praise03@cox.net or bevjjigg@gmail.com

Bible Study Summer Break!

JULY-AUGUST

Have a safe Summer

We will return September 7th

SUMMER  
BREAK

SAVE THE DATE  
OCTOBER 15, 2022

FAMILY  
COAT DRIVE

Coats will be distributed to various shelters in the area.

ALL SIZES NEEDED

First Mount Zion Baptist Church  
Women's Ministry





# Youth

on



*Destiny Lanae Jones*

Meet Ms. Destiny Lanae Jones, a rising 11th grader at Osbourn Park High School in Manassas, Virginia. Destiny currently holds a 4.4 grade point average while taking advanced placement classes and excelling in the biomedical program. Destiny, who was once very shy, has managed to overcome her shyness and take the lead in classroom discussions and in Church youth activities.

Destiny was baptized at First Mount Zion Baptist Church in 2016 and has participated in various ministries and activities, to include: the Jewels Choir; Vacation Bible School (VBS); Youth Ministry fellowships; Youth Council Leadership Committee; Feed My Starving Children; Voices of Zion and the Dance Ministry. After high school, Destiny plans to continue her education by pursuing a bachelor's and a master's degree in her chosen field. Destiny is to be commended for her hard work and her focus. She is definitely on track to be a blessing in the STEM arena!

Destiny is the granddaughter of proud Seniors' Ministry leader, Sis Shirley Hardy.

*Submitted by  
Dr. Tracey Dawkins Holley*



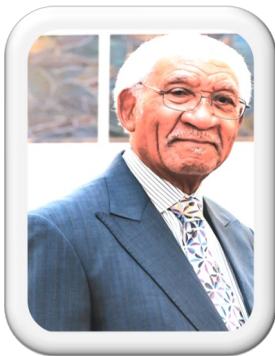
**SUNDAY, AUGUST 7, 2022  
11:00 A.M.**

REV. DR. JANET R. CALDWELL, PASTOR  
CONGREGATIONAL CARE & WORSHIP  
FIRST BAPTIST CHURCH,  
NORTH BRENTWOOD, MD

**TUESDAY-THURSDAY 7:30 P.M., AUGUST 9-11, 2022**

## TUESDAY

REV. DR. ALFRED JONES, JR., PASTOR  
MOUNT ZION BAPTIST CHURCH  
TRIANGLE, VA



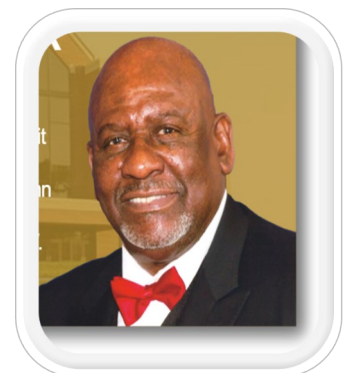
## THURSDAY

REV. DR. HENRY P. DURING, JR., PASTOR  
STAR BETHLEHEM MISSIONARY BAPTIST CHURCH  
TRIANGLE, VA

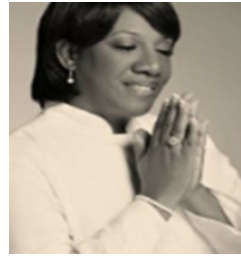


## WEDNESDAY

REV. DR. CHARLES A. LUNDY, PASTOR  
EBENEZER BAPTIST CHURCH  
WOODBRIDGE, VA







## ZONE D-1 MEMBER HONORED BY DEPARTMENT OF HOMELAND SECURITY (DHS)

The Office of the Secretary of Homeland Security requested that **SISTER CYNTHIA WILSON** deliver the invocation and benediction for a wreath-laying ceremony held by Secretary Mayorkas at DHS Headquarters as part of this year's Police Week festivities. Because Sis. Wilson is always willing to share her singing gift, she was also asked to sing the national anthem during the Remembrance Day Ceremony held at Harpers Ferry, West Virginia, at that time. She recently became a Chaplain for Headquarters, graduating through the United States Border Patrol. She is one of the few citizens to complete the Chaplaincy Academy.

*Submitted by  
Deacon Ronald Cooper*



## WOODBRIDGE 2355 HONORS EAGLE SCOUT FUNCHES WITH GRAND LODGE AWARD

Woodbridge 2355 presented the Elks Grand Lodge Eagle Scout Certificate on June 6 to Eagle Scout, **STACY FUNCHES II**, of Troop 1390, which is chartered with Woodbridge Lodge 2355. Eagle Scout Funches also received a Scout of the Year award from the Dale City Veterans of Foreign Wars. Woodbridge 2355 presented Stacy with the Elks Grand Lodge Eagle Scout Certificate and Flag. Stacy's Eagle Scout service project consisted of refurbishing the hardscapes at Porter Traditional Elementary and Middle School in Woodbridge. The project also included cleaning and redoing all of the basketball court lines and cleaning and repainting an outdoor checkerboard. This award recognizes the Scout's hard work, leadership, citizenship, and love of country. Stacy also received the Scout of the Year award from Dale City VFW Post 1503. This award recognizes the scout for standout citizenship, patriotism, and love of country.

*Submitted by Stacy and Tara Funches*

## WAIT ON THE LORD!

During times like we are experiencing now, it is easy to become discouraged. There is high inflation, political disagreements, inexplicable violence, and a lingering pandemic that just won't go away, among many other life challenges. Some say that if we hang in and wait a while, things will get better. But waiting requires patience, and we can run low on that also. We wait all the time. We wait to fall asleep at night; we wait on responses to emails, for Amazon deliveries, for our paycheck to hit our bank account, for people with whom we are sharing Christ to respond to the Gospel, and many, many other things.

We wait for all sorts of things, but what does it mean to wait on God? Wait on Him for what? Psalms 27:13-14 says, "I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD." We wait on the Lord to act – to deliver, to save, to avenge, to answer our prayers, to provide for our needs, to renew our strength, to reveal His glory, to do what only God can do.

"Even the youths shall faint and be weary, And the young men shall utterly fall, 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." (Isaiah 40:30-31 NKJV)

Yes, even the young, fit, and strong experience exhaustion and an end to their strength. Everyone needs to rely on God and wait for His help.

Remember, the God for whom we wait measures all the waters of earth in the palm of his hand, knows the exact weight of all the mountains, islands, and hills, causes earthly rulers to wither with His breath, and brings out the stars each night by calling them each by name!

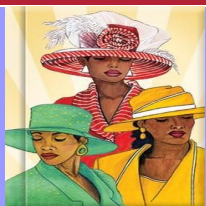
This is the God on whom we wait! We wait on Him because He is God, and we are not. He can accomplish what we cannot. Waiting on God is good for us. He rewards those who wait, and His timing is perfect, and He has the answer for all of our needs.

*Submitted by  
Reverend Cozy Bailey*





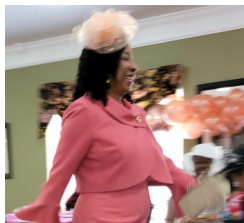
## All About The Ladies



## Elegant Ladies Tea

The lovely women of All About The Ladies (a social group of ladies from Seniors' Ministry) culminated their fiscal year with an *Elegant Ladies' Tea*. Ladies arrived in beautiful attire in an array of colors, complimented by sassy hats, jazzy jewelry, lace, silk and satin gloves. The women were greeted by Sister Mary Melton. Scripture and prayer were rendered by Sister Karen Melton and June, July, and August birthdays were celebrated. The Fab-6 (as in fabulous) took over the runway displaying their beautiful clothing and accessories, mesmerizing us with their spins and twirls. It was a lovely experience!

A delicious lunch was served, after which poems were read by Sister Barbara Tankins ("Heaven's Grocery Store") and Sister Joyce Peterson ("A Mother's Everlasting Love"). The group honored four of their oldest members and mothers: Sisters Flossie Knight, Edna Turner, Mittie Gary and Melissa Cain. Sister Shirley Hardy read their bios, and their daughters (Sisters Belinda Tisdale, Cricket Miller-Roy, Annette Patterson and Debbie Tribble) shared endearing words of love about their mothers. AATL then surprised Sister Shirley Hardy with flowers, a specially designed memory book, a framed picture, and a financial donation for her unselfish and outstanding leadership of "All About The Ladies". The group has been meeting since 2016 and 51 Ladies participated in the *Elegant Ladies' Tea*. Everyone was blessed by being in the company of each other. Sis. Lynell Manning sent us off with a prayer of love, safety and blessings, and we are all looking forward to our reunion in September, God willing.



Proverbs Place  
Child Care & Learning Center

## MISSION IMPOSSIBLE!!

## PROVERBS PLACE SUMMER CAMP 2022

**REGISTRATION FEE: \$250 —  
(NONREFUNDABLE)**

**WEEKLY FEE: \$200**

**AGES: 5-12 (MUST HAVE COMPLETED A  
FULL YEAR OF KINDERGARTEN)**

**HOURS: 6:00AM—6:30PM**

**SPACE IS LIMITED!!!**

## Registration Ongoing

### CAMP DATES

**June 13-August 12, 2022**

Register online at [proverbsplace.net](https://proverbsplace.net)

Any further questions? Please call  
William Williams at (703) 672-0571

*Tithes &  
Offerings*

GIVING BACK  
TO GOD

*Give  
& IT WILL BE  
Given  
TO YOU  
LUKE 6:38*

We encourage you to continue giving and practicing good stewardship by going to [www.fmzbc.com](https://www.fmzbc.com) and click on ONLINE GIVING, at any time, or access it using this link: <http://bit.ly/FMZ-Online-Giving> or by mail to: FMZBC, 16622 Dumfries Road, Dumfries, VA 22025. You can also schedule a time with your Zone Leader for pickup from your home.





## LEADERSHIP

# THE CHAPLAIN'S CORNER



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

We are committed in 2022 to **"Anchor our Souls!"**

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

**Sub-Topic:** Corporate Prayer: Saved Souls Praying for Saved and Unserved Souls

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

**Discussion:** Last First Friday, we explored a type of prayer called **"corporate prayer."** Corporate prayer is the term used to describe **praying together with other people - in small groups or larger gatherings of people.** In our case, we are praying "corporately" on a common devotional focus and prayer list *but in our separate venues*, YET in Oneness by the Holy Spirit! **We submit, that considering what we have just witnessed in Uvalde Texas, Buffalo, Tulsa, and elsewhere, God's People need to pray corporately with more fervor than ever before!!**

### Lesson:

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. My eyes will be open and my ears attentive to every prayer made in this place. For I have chosen this Temple and set it apart to be holy—a place where my name will be honored forever. I will always watch over it, for it is dear to my heart." 2 Chronicles 7:14-16 NLT

2 Chronicles 7:14. In chapter 6, Solomon asked God to make provisions for the people when they sinned. God answered with four conditions for forgiveness: (1) Humble yourself by admitting your sins, (2) pray to God, asking for forgiveness, (3) seek "God continually, and (4) turn from sinful behavior. **True repentance is more than talk—it is changed behavior.** Whether we sin individually, as a group, **OR AS A NATION**, following these steps will lead to forgiveness. God will answer our earnest prayers."

So, our Brothers and Sisters, let us hear the clarion call to Pray (and Fast) corporately, to the end that God "heals our land."

**Let us pray for one another that we may be Blessings to others! Let us pray for our Nation and Leaders!! And finally, let us live this scripture, "And they overcame him (Satan) by the Blood of the Lamb and by the word of their testimony!!" Rev 12:11 NKJV Selah!!!**

**Supporting Scripture:** Psalms 34 "Bless the Lord Oh my soul"; 2 Chronicles 7:14, James 5:16

**Meditational Song(s):**

Be Blessed (Bishop Paul S. Morton) /Album: Still Standing

If My People (Fred Hammond and Radical for Christ)/Album: The Inner Court



*Deacon Ronald Cooper  
on behalf of  
FMZ Leadership Chaplains*



## HAPPY 4TH OF JULY!

On the Fourth of July we will celebrate our country's 246th birthday. We can rejoice in the blessings of our allegiance to God and country for the liberty and justice for all. Daniel Webster, a great orator, summed up our blessings: "What makes a person a good Christian, makes them a good citizen." So as Christian citizens, we have a love for our country and do everything in our power to make it great for everyone. More importantly, we are followers of Jesus Christ. We owe our salvation to Jesus and must never forget that it is God's grace, mercy, and love that provides. Listen to the song, "America, the Beautiful" and reflect on the spacious skies, amber waves of grain, purple mountains majesty, and fruited plains. Can you see that this is our land of milk and honey, our place of plenty that God has provided for us? It's up to us to work the land and produce good providence. It's just like the land that God gave to the children of Israel, after leaving Egypt.

So, let's have parades, eat good food and fellowship. Let's sing songs of independence like "The Star-Spangled Banner." Let's sing songs of thankfulness and praise to God for it is His grace and mercy that gives us our true independence.

**Blessed is the nation whose God is the Lord!**

Psalms 33:12



*Humbly Submitted,  
Deaconess Lynell Manning*



### Father's Prayer:

"Precious God, You are a wonderful and AWESOME Father. Thank You for Your amazing, sacrificial and unconditional love for us, and for Your provision and protection. You loved us so much that You would send Your only Son to be the sacrifice and pay the penalty for our sins so that we can be redeemed back to You and so that our relationship could be restored. Such an incredible and sacrificial love and grace for those so undeserving.

Lord, we thank and praise You for all of the fathers and father figures. Thank you for all they have done and continue to do for their family and others. Thank You for the love, sacrifices and inspiration that they continue to share with others. May they be good mentors and role models for their children and others, and teach them Your ways. Strengthen and sustain them through the times when the challenges of life get so heavy in their role as head of the family. May they follow Your example of what a good father should be.

Praying Your peace, comfort and strength for those whose father is no longer with them and for those struggling with a broken relationship with their father.

May Your peace, love, joy, strength and power continue to sustain them today, throughout the year, and for many years to come!

In Jesus Name we pray, Amen"

Continue to pray for our families, churches, nation and world. **More than ever, we need to be united and fervent in praying for our nation and world.**

### Scripture:

Ephesians 6:1-4 (NKJV)

- [1] Children, obey your parents in the Lord, for this is right.  
[2] "Honor your father and mother," which is the first commandment with promise:  
[3] "that it may be well with you and you may live long on the earth."  
[4] And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Ephesians 6:1-4 (MSG)

[1-3] Children, do what your parents tell you. This is only right. "Honor your father and mother" is the first commandment that has a promise attached to it, namely, "so you will live well and have a long life."

[4] Fathers, don't exasperate your children by coming down hard on them. Take them by the hand and lead them in the way of the Master.



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

# FITNESS-IN-PLACE

## EXERCISE AND MENTAL HEALTH

Are you aware of the fact that exercise can help improve your overall mental health and create a more positive outlook? **Recent research** strongly suggests that improved mental health is an important and often-overlooked outcome of regular exercise. It's important to recognize that regular exercise can not only help you look better, but it can also help you feel better, too!

Regular exercise improves mental health in several important ways:

- Exercise elevates the production of neurotransmitters that can stimulate the production of new brain cells.
- Exercise can boost your self-esteem by offering a sense of accomplishment and success, which has a direct effect on your mental health.
- Exercise can improve sleep, an often-overlooked element of good mental health.
- Exercise can provide a break from your busy routine. Taking some time to do something for your own physical and mental well-being is essential. Many people with anxiety or depression use exercise as a positive coping mechanism.
- Learning how to do new things—including new types of exercise—can improve cognition and mental acuity.
- Exercising as part of a group is an opportunity to connect, make friends and feel like part of a positive and supportive community.

If you've been looking for a little extra motivation to get moving, know that exercise can help you feel better and improve your overall outlook on life. Think of exercise as a celebration of your capabilities. Enjoy your journey, even if it is simply taking a walk, using the stairs instead of the elevator or sitting on a stability ball instead of a chair. Praise yourself, your effort is worthy of celebration.

*Submitted by Sister Lori Valkenburg  
FMZBC Fitness Director*





The Women's and Men's Ministries hosted a Joint Fellowship on Saturday, June 25, entitled **"MEN'S & WOMEN'S CHILLIN' & GRILLIN' BBQ FELLOWSHIP."** We would like to thank everyone who came out to support this effort. We truly appreciate you, and hope that you enjoyed yourself.

What a blessing it was to be able to fellowship, see each other, and just have fun; and let us not forget our seniors who came out to participate in the fellowship. What a joyous/wonderful time we had.

There was plenty of delicious food prepared by our own Grain of Heaven, music played by Tommy, games for all ages, prizes, and let us not forget the sweet watermelon. The weather was beautiful, not a cloud in the sky; the sun was shining, it was hot, and we thank God for the tents (smile).

We would like to thank everyone who helped to make the event a successful and fun time for all (Grain of Heaven Staff, AV Department, Facilities, Youth who assisted with the games, Men's and Women's Ministry Volunteers who helped in various capacities where needed. Thank you, Deacon Michell Clark and Reverend Sharon Wallace, for opening/closing the festivities with prayer.

A special thank you to our esteemed Pastor, Dr. Luke Torian, for providing opening remarks, and praying over the food; and to our awesome Christian Education Director, Dr. Tracey Dawkins Holley, who supported us in helping to bring this event to life. Our hearts are full of gladness, thankfulness, appreciation, and love for each of you!!

And, to those of you who missed this fellowship, we look forward to seeing you next year!

Until we meet again in our Ministry fellowships, Saturday September 10, 2022, we pray that you, our brothers and sisters in Christ, stay safe, enjoy your summer, and may God bless each of you and your families in great abundance!

Again, thank you all!

*Submitted by*  
*Sister Gwen Holland, Women's Ministry Director*  
*Brother Edward Jones, Men's Ministry Director*







# SERVING OUTSIDE THE WALLS OF FMZ

## Faithful Servants Serving the Families of Those who Serve

### FISHER HOUSE CHAIR PROJECT

"Oh, give thanks unto the Lord for he is good. Praise the Lord Saints. Saturday, May 24<sup>th</sup> was set aside as the first SERVE DAY in 2022 for the First Mount Zion Small Groups Ministry. Members from the Small Group **"Carpenters for Christ"** and others within the Small Groups Ministry selected the Fisher House at Ft. Belvoir as their place of service.

Thank you to our Small Groups Director, Sis. Stephanie Craddock, for supporting this effort. Carpenters for Christ has participated in the yearly Spring SERVE DAY Outreach Projects since 2018. This year, we continued to bless the Great Service Men and Women at the Fort Belvoir Fisher House.

Fisher House Foundation is a charitable foundation that builds comfort homes where military and veterans families can stay free of charge, while a loved one is in the hospital. Fisher Houses are located at major military and VA medical centers nationwide, and in Europe, close to the medical center or hospital it serves. Fisher House Foundation ensures that there is never a lodging fee. Our charge was to refurbish the large rocking chairs on their patio. It was a labor of **Love** to give back so family members can relax, if possible, and enjoy the scenery and have a sense of normalcy.

I wish to thank everyone for giving of themselves to complete the chair upgrade project for Fisher House at Fort Belvoir. There are 24 chairs on site, and we have completed 24 to date. **To God be the Glory!!**

*Submitted by  
Deacon Everett Griggs, Sr.*



Sanded and ready for paint

Chair completed



## GRADUATING CLASS OF 2022

### KINDERGARTEN



Ric Y. Cureton, II  
Rosa Parks ES



Landon Pearson  
Holy Family Catholic School  
Honors: Friendliest Helper



Shelby McPhatter  
Saunders MS



Gabriel Vincint Spriggs  
Skyline MS  
Honor Roll

**Honors:**  
Outstanding Achievement Award, Excellence in Music, Physical Education Award, Most Responsible Student, Pass Advance Score on SOL Test in Science, Reading, and Math, An Honor Roll, and An Honor Roll All Year

### MIDDLE SCHOOL



Darell Dais  
Oakton HS  
Honor Roll



Alexis Paige Floyd  
Woodbridge Senior HS



Nyla Hughes  
Charles J. Colgan HS  
Honors: National Junior Honor Society



Ganay L. McElroy  
Rodney Thomas MS

←  
**Honors:** A-B Honor Roll for 3 years  
GPA: 3.9  
Colonial Forge HS  
JV Cheerleader

### HIGH SCHOOL



Alexis Andrews-Thompson  
Shenandoah University

←  
**Honors:** 4.2 GPA, National Honor Society, Math Honor Society, Science Honor Society, Honor Roll, 3<sup>rd</sup> Place Regional Science Fair



Caleb Boateng Appiagyei  
Virginia Tech University  
IT Program Silver Medal

←  
**Honors:** Summa Cum Laude  
GPA – 4.4  
Governor's Certificate Recognition



Devynne Best  
New York University  
**Honors:**  
Summa Cum Laude





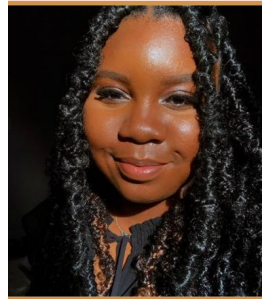
# HIGH SCHOOL



**Davis Gene Bryson**  
**Honors:**  
**Cum Laude & Early College Scholar**  
Kennesaw State University  
Full Football Scholarship



**Madelyn J. Carter**  
Virginia Commonwealth University



**Naya Chaplin**  
Florida A&M University



**Honors:**  
Advanced Diploma  
National Honor Society  
Spanish Honor Society  
International Baccalaureate Program  
Summa Cum Laude  
GPA 4.4



**Raichelle Cornelius**  
Radford University



**Angel Cuttino**  
Virginia State University



**Isaiah Cuttino**  
Virginia State University



**Marcus Dyson**  
North Carolina A&T University



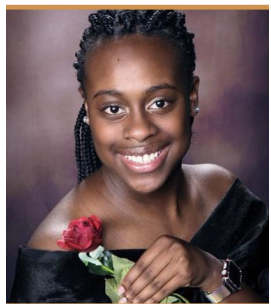
**Stacy G. Funches II**  
Old Dominion University as a  
Perry Honors College Scholar



**Honors:**  
Cum Laude  
President's Education Award  
Principal's Award of Excellence  
National Council on Youth Leadership



**Jabari A. Gayle**  
Penn State University  
Men's Basketball Team



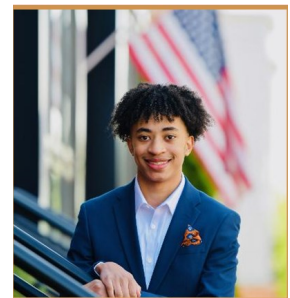
**Angela Destinee Johnson**  
Northern Virginia Community College



**Seth Hardeman**  
George Mason University



**Honors:**  
Graduating at the age of 16  
Academic Letter Track Letter  
CFPay Completion



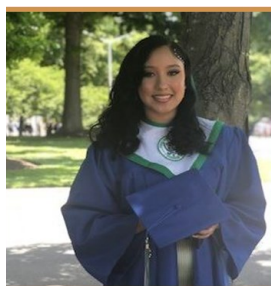
**Jalen Corey Halem**  
University of Virginia

**Honors:**

Summa Cum Laude  
Colgan Academic Letters  
National Society of High School Scholars  
Flourish Emerging Leaders Award Recipient  
Morgan Stanley Jumpstart Program



**Cahnye Notyce**  
Old Dominion University



**Kayla Howard-Perez**  
Old Dominion University  
**Honors:**  
**Advanced Diploma**



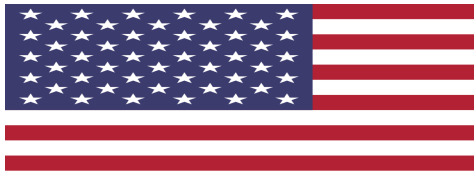
**Tristian D. Jones**  
Apprentice School in Newport News, VA for Pipefitting and Welding



**Zamari Nicole Holley**  
Howard University  
**Honors:**  
Publication of the Year  
Editor in Chief  
Journalism Student of the Year  
New Voices Law Award







**Shantell N. McElroy**  
Virginia State University  
**Honors:**  
Advanced Diploma  
Marching Band Flute  
Section Leader  
Marching Band  
Scholarship



**Zion A. McNeely**  
Norfolk State University  
Advanced Studies



**Alycia Pombor**  
Tennessee State  
University  
**Honors:**  
Principal's Award  
Honor Roll



**Jamya J. Powell**  
United States Air Force



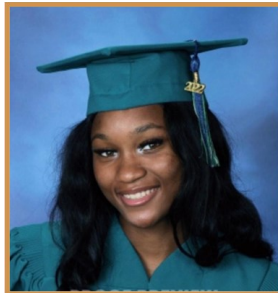
**Lenzi Price**  
University of Virginia  
**Honors:**  
Advanced High School  
Diploma  
Magna Cum Laude  
National Honor Society



**Sean M. Ingram**  
Hampton University  
**Honors:**  
National Navy ROTC  
4-Year Scholarship  
Hampton University Room  
and Board Scholarship  
Hampton University  
Legacy Scholarship  
FMZBC Scholarship



**Lelah Frances Simmons**  
Norfolk State University  
**Honors:**  
Cum Laude with  
Advanced Degree, CISL  
Academic Graduate



**Alyson Smith**  
Belmont Abbey College  
**Honors:**  
Advanced Studies  
Diploma, Honors Graduate,  
GPA 3.8, All American/  
State/Region/District Track  
and Field



**Rhea Lenae Turner**  
George Washington  
University  
**Honors:**  
Television Production  
Specialty Program  
National Honor Society  
Student Council  
Association  
Summa Cum Laude



**Arianna Ventour**  
Old Dominion University  
**Honors:**  
AP/IB Scholar  
Governor, Board of  
Education and  
Carrier Technical  
Diploma Seal  
National, Spanish and  
Art Honor Societies  
Black Student Union



**Cayla J. Morgan**  
Spelman College  
**Honors:**  
3.65 GPA; \$150,000 in  
scholarship offers, National  
Honor Society, National  
History Honor Society, Black  
Student Union, Sports  
Medicine, Quill and Scroll



**Janai Renee Patterson**  
Virginia Commonwealth  
University  
Health Occupations Students of America  
Nationally Certified & Registered  
Pharmacy Technician  
National Technical Honors Society  
(Medical Science)  
Girl Scouts of America Ambassador  
Virginia's Governor Civic Seal Recipient  
VCU Merit Scholarship Recipient



**Victor Renato Salcedo**  
Tufts University  
Lacrosse



**Brian Payton**  
Virginia Tech University





# COLLEGES & UNIVERSITIES



**Wivine Lufuluabu**  
**AN, Nursing**  
Meridian Global University  
Pursuing BSN Degree



**Kayla Renae Moore**  
GPA 3.5  
**AA, Criminal Justice/  
Political Science**  
Virginia State University



**Kaija Robinson**  
**AAS, Dental Assisting**  
Dental Hygiene School



**Nia Adams**  
**BS, Sports Science**  
**Fitness Management**  
**Honors:**  
**Magna Cum Laude**  
Virginia Commonwealth University



**Jordyn Best**  
Virginia Union University  
**BS, Biochemistry**  
**Honors:**  
**Cum Laude**  
CPA Exam by 9/2023



**Louis Jefferson Crimiel**  
North Carolina AT&T  
State University  
**BS, Supply Chain  
Management**  
Lockheed Martin  
Orlando, FL



**Basia Marie Davis**  
Virginia Commonwealth  
University

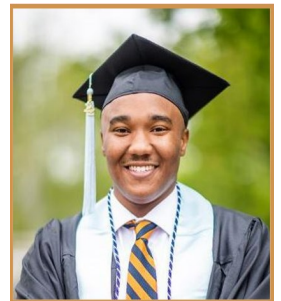
← **B.S. Biology**  
**B.A. Gender, Sexuality  
and Women's Studies**  
**Honors:**  
**Magna Cum Laude**  
Preparation for  
Medical School



**Donovan Porter Hinton**  
United States Military  
Academy  
**Honors:**  
**Magna Cum Laude**



**Morgan Dyson**  
Florida A&M University  
Moody-Nolan  
Architectural Firm  
Atlanta, Georgia



**Aaron Isaac Entzminger**  
University of Virginia  
**B.A. Environmental  
Science**  
B.S. Ed. Youth and  
Social Innovation



**Brandon Lewis Hamblin**  
Indiana University  
**B.S. Marketing**  
**Honors:**  
**Kate Hevner Mueller**  
**Outstanding Senior Award**  
**2022 Athletic Director's**  
**Award**  
Fall: NFL New York City



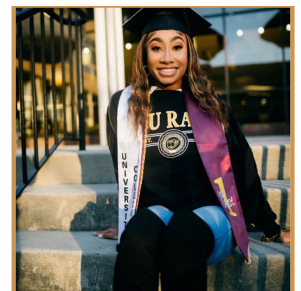
**Steven Hardeman**  
Liberty University  
**Academic Honors**  
**Dean's List**  
**B.S. Psychology**  
**Crisis Counseling**  
Fall: Analyst with Hart  
Industries while pursuing  
MS I/O Psychology



**Justin Howard Moore**  
**B.S. Computer  
Information Systems**  
**with a Concentration in  
Cybersecurity**  
**& Computer Programming**  
GPA – 3.0  
Fall: CGI as a Programming  
Analyst



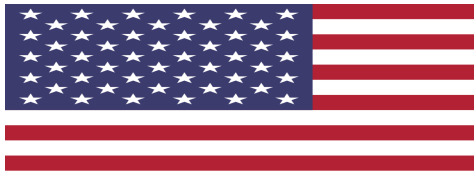
**Cornelie Lufuluabu**  
**B.S. Psychology**  
**Cum Laude**  
Fall: Graduate School  
in School Counseling  
and Clinical Mental  
Health Counseling



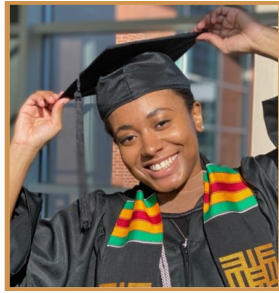
**Angela Minor**  
Virginia Commonwealth  
University  
**B.S. Communications**  
Fall: Plans working in IT  
Consulting







Courtney Michelle Parker  
Hampton University  
**B.A. Political Science/  
Pre-Law**  
Graduated with Honors  
Fall: Law School



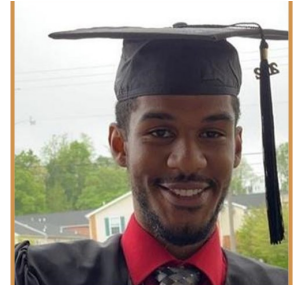
Adara Singleton  
Virginia Commonwealth  
University  
**B.S. Information Systems**  
Honors: Cum Laude  
Fall: Attending VCU  
Information



Takiyah Stovall  
Hampton University  
**B.S. Business  
Administration**  
Honors:  
Summa Cum Laude  
Flag Bearer for the School  
of Business  
Departmental Honors



Allison R. Terry  
George Mason University  
**B.A. Game Design**  
Honors:  
Magna Cum Laude  
Fall: Bethesda Softworks



Julian Threat  
Radford University  
**B.S. Communication with  
emphasis on Media  
Production and Technology**



Joshua West  
Old Dominion University  
**B.S. Information Systems  
& Technology**



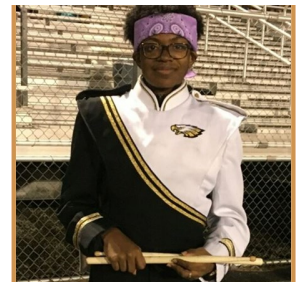
Kaylen Charlyse Wright  
Virginia Commonwealth  
University  
**B.S. Exercise Science**  
Honors:  
Cum Laude and Dean's List  
Fall: VCU Academic Enrich-  
ment Program for Medical  
and Sciences Careers



Belinda Buffington  
Liberty University  
**Master of Science in Forensic  
Accounting**  
GPA – 3.5  
Fall: Passing the CPA Exam by  
September 2023



Cheryl D. Manning  
Virginia Union University  
Samuel DeWitt Proctor  
School of Theology  
**Master of Divinity**  
Magna Cum Laude

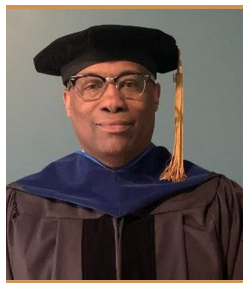


J. Elliott Walker  
Freedom High School  
J. Elliot Walker passed  
in 2020; his high school  
honored his memory  
and presented his  
diploma to his Mother  
at Freedom High  
School's Graduation

## CLASS OF 2022— DOCTORAL PROGRAM



Linda Lopez Young  
Liberty University  
**Master of Arts in  
Christian Ministry and  
Leadership**  
Omega Nu Lambda  
National Honor  
Society Alpha Chapter  
Fall: Pursue Adjunct  
Professor Opportuni-  
ties and continue  
creating family  
Business Analytic



Dr. Dennis C. Daniels  
Regent University  
**Doctor of Strategic  
Leadership, DSL**  
GPA – 3.96



Dr. Michelle L. Newman  
Walden University  
**Doctor of Philosophy in  
Management – Learning  
and Knowledge Manage-  
ment Focus**



Dr. Latasha Rivers  
Walden University  
**Doctor of Business  
Administration**



**Chasing a dream requires  
effort, passion and hard  
work. Keep it up and  
continue to strive.  
Congratulations on  
graduating!**

*Congratulations! Now, go out there  
and change the world!!*





... from the desk of the  
*Church Business Administrator*

## ON-LINE GIVING



You may give online, accessing the link through the FMZBC website: [WWW.FMZBC.COM](http://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](mailto:shilliard@firstmountzionbc.org)  
(703) 670-0184

## VIRTUAL SCREENING

September 17th  
October 15th  
November 19

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

## ZONE MINISTRY

As a member you are assigned to a ZONE based on geographical location. Each Zone has a team of Zone leaders consisting of at least a Deacon, Deaconess and Associate Minister. If you do not know how to contact your Zone Leader, please contact the Church and someone will provide you with their contact information. If you have not been in touch because you need to update your contact information, please use the following link: <https://form.jotform.com/12155242234>

## HOLIDAY CLOSURES

Monday, July 4th, Independence Day  
Monday, September 5th, Labor Day  
Friday, November 11th, Veterans Day  
Thursday, November 24th, Thanksgiving  
Monday, December 26th, Christmas Holiday

## JOB VACANCY

FMZBC is seeking to employ a  
**Youth Minister**

The position is full-time/part-time and includes 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](mailto:employment@firstmountzionbc.org) or return to the office during office hours, Monday - Thursday, 9am-4 pm and Fridays 9am-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](mailto:tholley@firstmountzionbc.org)

## VOLUNTEERS NEEDED FOR CHECK-IN

FMZBC requires anyone who enters the Church to go through Check-In to ensure that proof of vaccination is provided, temperatures are taken, and 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-check>

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

[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)  
or call (703) 670-0184.

Thank you to those who have served and continue to serve at Check-In!!





# POSITIVES FROM THE BLACK HISTORY CORNER

## SIGNIFICANT EVENTS IN BLACK HISTORY DURING JULY

On **July 8, 1777** – The [Vermont Republic](#) (a sovereign nation at the time) abolished slavery, the first future state to do so. No slaves were held in Vermont.

In **July 1794**, two independent black churches open in Philadelphia: the African Episcopal Church of St. Thomas, with Absalom Jones, and the Bethel African Methodist Episcopal Church, with Richard Allen, the latter the first church of what would become in 1816 the first independent black denomination in the United States.

In **July 1822**, Denmark Vesey (also Telemaque) was an early 19th century free Black pastor and community leader in Charleston, South Carolina, who was accused and convicted of planning a major slave revolt. Although the alleged plot was discovered before it could be realized, its potential scale stoked the fears of the antebellum planter class that led to increased restrictions on both slaves and free blacks.

On **July 5, 1852** Frederick Douglass gave a speech that is now known as the “*What To The Slave Is The 4th Of July*” speech. Douglass was asked to give a speech on July 4th during a commemoration of the Declaration of Independence. However he choose to give one on July 5th instead. When Douglass gave his speech he acknowledged the signers of the Declaration of Independence but he made it clear that there was too much work to be done before the 4th of July would be a day of celebration for Blacks.

In **July 1905** a group of Black activists and intellectuals met on the Canadian side of Niagara Falls to discuss the issue of civil liberties for African Americans. That meeting was the start of *The Niagara Movement*. The group had planned to meet on the New York side of the Falls, but were forced to change location after being denied accommodations. The organization, formed by W.E.B Du Bois (l) and William Monroe Trotter (r), was made up of critics of Booker T. Washington, President of Tuskegee Institute. During this period, Washington was viewed by most as the authority figure on issues that concerned Black Americans. Washington's view that Black Americans should help themselves, while being patient and accommodating, was denounced by members of the Niagara Movement, who demanded that blacks be granted the same rights and liberties as whites.

In **July 1943**, The Tuskegee Airmen had its first aerial victory when Lieutenant Charles B. Hall, of the 99th Pursuit Squadron, shot down a German fighter plane.

In **July 1975**, Arthur Ashe became the first Black man to win the tennis championship at Wimbledon.



Wonderful news! The Women's Ministry Outreach is back up and running under the leadership of Sister Cynthia Wilson, Outreach Lead. Please join me in thanking her for listening to God's call, and for allowing Him to work through her with Outreaches that will not only honor Him but help those in need.

Our first Outreach Event, which was held in April 2022, was just within the Women's Ministry. Sister Cynthia along with Sister Shalem asked that we support Entrusted Connections Life House (ECLH) which is located in Manassas, VA, and provides housing in a Christian environment for women who are transitioning from incarceration. Ex-offenders can stay in the program for up to two years, but have to attend weekly Bible study sessions and secure a job.

We collected an over-abundance of items which will help provide the care needed for the women.

We had our second drive on June 4, 2022 and again, we were grateful for the support received. This drive was held to support the Hilda Barg Homeless Prevention Shelter & Northern Virginia Family Services. We will be holding our last Outreach for this year in October, and everyone will be asked to participate. Please stay tuned for more information regarding what items will be needed, as we get closer to the collection date.

We thank you for your support!

Sister Cynthia Wilson  
Sister Gwen Holland

Women's Ministry email - [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)





Sundays at 9:45 a.m. on ZOOM

Register in advance at  
<https://zoom.us/join/zoom/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 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 July SHARE packages is Sunday, July 10th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on July 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](mailto:cpm@firstmountzionbc.org)

or through our web form at:

[http://bit.ly/FMZBC\\_Articles](http://bit.ly/FMZBC_Articles)

We look forward to your participation!!  
Thank you!

### CPM Team

Deacon Joseph Boutte, Chair  
Sister Oonagh Bell  
Brother Benson Blake  
Deaconess Janice Cooper  
Trustee Alfranda Durr  
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](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://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](https://www.facebook.com/fmzbcumfries)

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

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

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

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

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

