



A Ministry Exhibiting a Spirit of Excellence!

2022 Theme: *We are Stronger TOGETHER*
— Ecclesiastes 4:9

Message from the Pastor

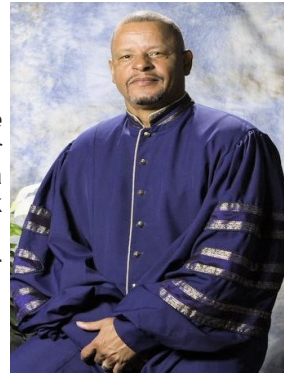
REVIVE US

Psalm 85:6 says, *"Will you not revive us again, that Your people may rejoice in You?"* As we enter the month of August, we enter a time of revival for the people of God. A revival is when a church comes back to life, is restored, and returns to its work with great passion. With that definition in mind, what do you need during this time of revival? Restoration? Passion for ministry? Passion for God?

We are blessed to have four dynamic preachers for the week: Sunday, August 7th at 11:00 a.m., the Rev. Dr. Janet R. Caldwell, Pastor, Congregation Care and Worship, First Baptist Church, North Brentwood, MD, and August 9-11 (Tuesday-Thursday) at 7:30 p.m. the Rev. Dr. Alfred Jones, Jr, Pastor, Mount Zion Baptist Church, Triangle, VA; Rev. Dr. Charles Lundy, Pastor, Ebenezer Baptist Church, Woodbridge, VA and Rev. Dr. Henry P. During, Jr., Pastor, Star Bethlehem Missionary Baptist Church, Triangle, VA.

We are anticipating a wonderful time of praise, worship and revival. Be prayerful for the service and join us in person and in our virtual sanctuary. May the word of this old familiar hymn ring out in your heart: Revive us again; Fill each heart with Thy love; May each soul be rekindled with fire from above. Hallelujah, Thine the glory, Hallelujah, Amen, Hallelujah, Thine the glory, Revive us again!

We're Stronger Together!
Pastor Luke E. Torian



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REACHING 41,000 PEOPLE IN THE FIRST HALF OF 2022

Our congregation reached an impressive mid-year milestone in our efforts to connect our congregation with our local and global community. Our Facebook page has now reached almost 41,000 people! This metric is the number of people who saw any content from or about our First Mount Zion Facebook page, including posts, videos, announcements, and events. Additionally, we've had over 8,400 unique visitors to our page since January 2022. We will continue to add content, share our streaming services, and provide on-demand recordings of worship service, revival, and Bible Study. We look forward to sharing the Word of God and our congregation's service in-person and online. Please continue to visit our social media and websites and share with your friends, relatives, and colleagues as we "connect people who have a desire to become fully devoted followers of Jesus Christ" in Dumfries and online.

The Communications and Publicity Ministry
Facebook: <https://www.facebook.com/fmzbcumfries>
CPM@FirstMountZionBC.org





FIRST MOUNT ZION. . . .
... IT'S REVIVAL TIME. . .
... A TIME FOR REFRESHING!!!



SUNDAY, AUGUST 7
11:00 A.M.

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



TUESDAY, AUGUST 9
7:30 P.M.

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



WEDNESDAY, AUGUST 10
7:30 P.M.

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



THURSDAY, AUGUST 11
7:30 P.M.

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



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 Dawkins Holley
Director of Christian Education
tholley@firstmountzionbc.org

CHURCH MEETING



Saturday, August 6, 2022
10:00 a.m.

In person or live stream via
FMZBC.COM

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

2023 BUDGET REQUESTS

Submit Budget Requests by: September 4, 2022.
Check the website for additional information and to download the 2023 budget request form.

ALL MINISTRY LEADERS ARE
ASKED TO SUBMIT THEIR 2023
BUDGETS NO LATER THAN
SEPTEMBER 4, 2022

First Mount Zion
BAPTIST CHURCH
WORSHIP • STUDY OF THE WORD • STEWARDSHIP • SERVICE

DR. LUKE E. TORIAN, PASTOR

REVIVAL 2022
August 9-11

**VISIT
THE PRAYER ROOM**
ROOTED IN PRAYER
AND
CONNECTED TO THE TREE OF LIFE



9:00 AM - 4:00 PM & 6:00 PM - 9:00 PM
LOCATED IN THE CHAPEL AND SPONSORED BY THE PASTOR'S AIDE MINISTRY

IT'S TIME TO GET EXCITED! The Pastor's Aide Ministry will host the 2022 Church Revival Prayer Room for the first time since COVID-19. The Prayer theme is **"Rooted in Prayer and Connected to the Tree of Life."**

The "Tree" mentioned in 31 books of the Bible, 137 times, is one of the most mentioned words. Fig, olive, oak, palm, good, and evil are a few of the trees mentioned. However, two trees that resonate most are the "Tree of Life" and the dogwood, which was used to build the Cross. Christ hung on the Cross, bled, and died to save us. We



are the branches rooted to God through Christ, the Tree's vine. Because of His victory and our connection to Him, we are saved and have everlasting life.

Daily prayer strengthens us through our relationship with the Most High; however, there are times in life when we are to enter special prayer. **Revival** is one of those times.

Please join us in the Prayer Room, in the Chapel, on August 9-11, 2022, from 9:00 am - 4:30 pm and 6:00 pm - 9:00 pm. **Note, the Prayer Room will be closed during Service.** Sit before the Cross and various trees to meditate, pray, and thank God for His blessings. While there, add your prayer, praise, and thanksgiving messages to the Prayer Trees.



YOU CAN ALSO JOIN US VIRTUALLY . . . YES - VIRTUALLY!!!

We recognize everyone needs prayer or has a praise report, but may not be able to join us in person, and because we do not want you to miss out on this blessing, we have made it possible for you to join us **VIRTUALLY**. You can submit your prayer requests and praise reports on our Prayer Room Virtual Wall. Please click here <https://youtu.be/o8PeOQEQGcs> to receive full information, including step-by-step instructions regarding accessing the Prayer Room Virtual Wall. Once your prayer request(s) or praise report(s) is (are) submitted, a Prayer Room Virtual Wall moderator will release it to all followers, and you will have the option to receive notification that we've prayed for, or rejoiced with, you.

To post a prayer request/praise report and receive notification that it has been received and action has been taken, please go to: <https://fmzbcprayerroom.prayerloft.com>.

If you have questions or need additional information, please feel free to contact Sister Pamela Sessoms at: pamelasessoms50@gmail.com

May God bless your time of prayer!

*Submitted by Sister Pam Sessoms
Pastor's Aide Ministry*

FIRST MOUNT ZION BAPTIST CHURCH HEALTHY START MIND & BODY 3RD ANNUAL 5K RUN/WALK

OCCOQUAN REGIONAL PARK

SAVE THE DATE/TIME
OCTOBER 15, 2022
8:00 A.M.

\$25.00 REGISTRATION FEE
AUGUST 14-SEPTEMBER 18

STAY TUNED!!!!

THIS EVENT IS
SPONSORED BY THE
SMALL GROUPS
MINISTRY IN
PARTNERSHIP WITH
THE C.O.R.E. & FIT
BY GOD MINISTRIES



Youth

on



STACY FUNCHES II



If you want to know what a young, black, male, leader looks like, then look no further! Stacy Funches II fits the bill! Not only has Stacy been a leader at Church by serving in Children's Ministry, Youth Ministry, Small Groups, and AV, but he has also been a leader throughout his

school matriculation, serving in various leadership roles while at Mary G. Porter Traditional School to include SCA President in 2018. Stacy's gift of leadership continued into high school where he participated in Potomac Senior High School's Future Business Leaders of America, Key Club, and Student Government, just to name a few. Additionally, he was selected in 2020 to be a HOBY Ambassador for the State of Virginia. HOBY is a leadership program that selects sophomore students and helps them "build their leadership potential and lay a strong foundation for their future."

In additional to all of Stacy's leadership activities, he managed to play several sports, including wrestling and lacrosse; share in community activities like ACTS walk/run for the homeless; and volunteer his time as a Librarian Teen Aide at the Dumfries Community Library. Stacy has excelled in so many areas, including academically, and is headed to Old Dominion University in the Fall to study Business with the goal of being a Project Manager and later receiving his MBA.

We could certainly continue listing all the great accomplishments this young man has made. However, we want to leave you with the most important of them all, which is his love for Jesus Christ and his desire to serve the Lord and do what is pleasing in God's sight. First Mount Zion, let us pray and wish Stacy well as he continues to allow the Lord to order his steps.

Submitted by

Dr. Tracey Dawkins Holley



FITNESS-IN-PLACE

EXERCISE AND ARTHRITIS

Before beginning any type of exercise program, talk it over with your physician. He or she may have some specific concerns or considerations you should keep in mind.

A well-rounded exercise program reduces the physical and psychological pain that often accompanies arthritis, it preserves joint range of motion/flexibility and increases joint stability!

What is a well-rounded exercise program?

The Arthritis Foundation www.arthritis.org recommends that active range of motion exercises be performed 1-2 times daily. Range of motion exercises such as shoulder circles, leg swings and lying knee-to-chest pulls. These will help limber up those joints that have been stiffened by arthritis and prevent gradual losses in motion. A warm environment promotes elasticity and ease of movement. During flare-ups, remember to move slowly and gently and NOT past your usual point of discomfort.

While range of motion exercises should be done daily, strength training should be done two to three times per week. Depending on the severity of your arthritis, your physician or physical therapist may suggest either isometric or isotonic strengthening exercises. Isometric exercise, such as squeezing your thigh muscle while lying on your back, involves contracting the muscle (using your mind/muscle connection) without moving the joint. Isotonic exercise, such as performing a leg press or partial chair squat, involves contracting the muscle while moving one or more joints. If you experience joint pain, lower the resistance or change the exercise. Take your time and build up gradually.

Finally, cardiovascular, or aerobic, exercise that does not involve a lot of impact on the joints, is recommended three to five times per week. Walking involves little impact and riding a stationary bike is virtually no impact. As with strength training, it is important to approach aerobic exercise slowly and progress gradually. Depending on your current fitness level, you may want to start with as little as two minutes of activity, three times per day. If you experience pain that lasts longer than one hour after exercise or notice increased swelling/weakness and decreased range of motion, modify your exercise routine and check with your healthcare provider.

The Fit by God Fitness Center is open to vaccinated members of the Church!

**Monday thru Thursday
Friday**

**9am – 4pm
9am – 1pm**

*Sister Lori Valkenburg
Fitness Director*



Academic Education Ministry and Bell Family Scholarships Awards Program



2022 GRADUATION PROGRAM – AN AMAZING BLESSING

On Sunday, June 26, 2022, First Mount Zion was blessed with a special worship service for the graduates of the Class of 2022! This worship service, coordinated by the Christian Education Department's Youth and Academic Education Ministries, allowed the congregation to celebrate and pray for our graduates as they prepare for the next level of their journey. This year not only were our high school graduates recognized, but all graduates were invited to participate. An impressive group of 24 graduates, ranging from Kindergarten to PhD, processed into the sanctuary wearing their caps and gowns to Pomp and Circumstance. Each graduate's name was called as they walked across the pulpit to receive their gifts, which were presented by Deaconess-elect Kimberly Johnson and Youth Spiritual Guide, Sister Shirley Hardy. Rev. Kara Franklin-Taylor rendered a beautiful prayer over their lives and Sister Melanie Thompson welcomed those 18-35 years of age into THE C.O.R.E., which is our Young Adult Ministry.

Pastor Torian invited the congregation to view our special graduation video, which contained 70 graduates who submitted beautiful photos and a brief statement on their accomplishments. Pastor Torian later blessed the graduates with encouraging words as he congratulated them for reaching this milestone in life.

With the Men's Choir rendering the music, Pastor Torian and Dr. Holley acknowledged the late J. Elliott Walker, a young drummer with the Men's Choir who would have graduated high school this year. While the Men's Choir stood, J. Elliott's mother and younger brother came forward to receive a special token of our remembrance in honor of our beloved J. Elliott.

While the service was much longer than usual, the sanctuary was packed to capacity including the balcony, and well worth the time. We should never cut our young people short when it comes to acknowledging and celebrating them, along with our adult graduates who continue to pursue their educational aspirations.



FMZ AND BELL FAMILY AWARD SCHOLARSHIPS DURING GRADUATION PROGRAM

During the worship service to celebrate the graduates of the Class of 2022, held on Sunday June 26, 2022, we were blessed to witness the recipients of the First Mount Zion Baptist Church Scholarships and the recipients of the Hinkitch Irvin Bell Memorial Scholarship.

Each year, on behalf of FMZ, the Scholarship Committee, which is a sub-committee of the Academic Education Ministry, oversees the Scholarship Award process and is responsible for evaluating scholarship applications from members who are graduating from high school and intend to further their education at institutions of higher learning. The Scholarship Committee Chair (Brother Ken Spencer) and Committee Member (Sister Sandra Grimes) presented the 2022 awards to 14 recipients, who will share in a \$40,000 scholarship allocation. The recipients are Ms. Devynne Best, Ms. Madelyn Carter, Ms. Naya Chaplin, Mr. Stacy Funches II, Mr. Jabari Gayle, Mr. Jalen Holeman, Ms. Zamari Holley, Mr. Sean Ingram, Ms. Angela Johnson, Mr. Zion McNeely, Ms. Cayla Morgan, Mr. Bryan Peyton, Ms. Lenzi Price, and Ms. Rhea Turner.

We were also blessed to witness the Bell Family award its 3rd annual memorial scholarship in honor of their father, Mr. Hinkitch Irvin Bell. This year, the Bell family surprised us by increasing their award money to allow three First Mount Zion students to receive a scholarship. Sis. Cheryl Bell Brathwaite, daughter, and Dr. Ryle A. Bell, son, of the late Mr. Bell, shared a little about their father along with encouraging words for the graduates. Other children present of the late Mr. Bell were Sis. Oonagh Bell and Ms. Katy Bell.

The late Mr. Bell was the consummate educator who believed in helping others and was a stellar professional in public health, seeking to improve public health conditions on the island of

-- cont'd on page 6



LEADERSHIP CHAPLAIN'S CORNER

Greetings FMZ Family!!

Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from July 2022. We are committed 2022 to "Anchor Our Souls!"

Prayer and Fasting Topic: Anchoring Our Souls

Sub-Topic: Prospering in Health as your Soul Prospers

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

Discussion: In this devotional, of our series "Anchoring Our Souls," we are reflecting on 3 John 1:2: Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (NKJV); Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. (NLT); Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually]. (AMP)

Lesson:

It sounds as if Gaius, to whom John addressed this little letter, was a dearly beloved disciple of the Lord Jesus. It appears he was advancing in years, for John refers to Him as "Gaius, the Elder" and yet it is likely that this elderly gentleman was brought to faith in Christ through the ministry of John himself, for the apostle writes: "I have no greater joy than this – to hear of my children walking in the truth." Now, John makes no secret of his love and respect for this man, whom he admits to "Love in Truth," for it appears that his whole life was dedicated to the Lord, and Gaius must have been a wonderful testimony of a Godly man who walked in Grace and Love, for we read that his "soul prospered." The life of Gaius appears to be that of a mature man of God, who reflected the character of Christ.

The words 'soul' and 'life' are used interchangeably in the Word of God, and we discover that this man's spiritual life was fruitful – his soul was flourishing. He was working the works of God in his life through the power of the indwelling Holy Spirit. He was carrying out the work that God had prepared for him to do, with a Christian maturity that caused John to acknowledge, "your soul prospers," your life is honoring to the Lord. (Note: So, when our souls prosper, God is honored)

It also sounds as if Gaius had a physical disability or some health problems, for in his initial salutation, John expresses a certain concern by saying, "Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." John's prayer was that the physical health of this beloved saint might 'prosper' in the same way that his spiritual health was prospering. John's prayer is that Gaius' physical health will reflect his obvious spiritual strength and Christian maturity.

May we seek to be more like the beloved Gaius, who walked in Spirit, Truth, and Love, and was faithful in whatsoever good works he undertook, for the sake of saints and strangers alike. May we behave as he did, no matter what physical problems we may encounter, for although this dearly beloved elder had an obvious disability, he was a worthy example of a Godly Saint who lived a life that was pleasing to the Lord, and for His greater praise and glory.

Finally, our Beloved, as John prayed, we, your FMZ Leadership, pray that you "prosper in health (healing), even as your souls prosper and are strengthened day-by-day, from Glory to Glory!!!

Meditational Song: Minister Sledge's Rendition of "It is Well with My Soul".

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

SCHOLARSHIP AWARD PROGRAM (cont'd from page 5)

Barbados and across the Caribbean. Mr. Bell was the first public health inspector in Barbados to receive national honors for his contributions to public health in the region. The Bell family surprised the three recipients of this most notable scholarship, who were: Mr. Jabari Gale, who plans to attend Penn State University; Ms. Zamari Holley, who plans to attend Howard University; and Ms. Angela Johnson, who plans to attend Old Dominion University.

First Mount Zion is so blessed to have the Bell family as a part of the congregation and grateful for their generosity in specifically creating a scholarship for young people in this Church. We pray God's continued blessings upon them and the work that they are doing to keep their father's legacy alive.

It was a joy to share this day with our youth and to wish them well along their journey. A special thank you to all who played a part in making this day a grand success. God is great and greatly to be praised!

*Submitted by
Dr. Tracey Dawkins Holley*





Congratulations to our 2022 Scholarship Award Recipients

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

RELAXING IN THE SON

The summer season is here, and it is time to take a break from work, whether it be your career or whatever is taxing to your mind, body, and soul. It is important for us to recharge or refresh ourselves. Whether you decide to go on a vacation, or a staycation, there are ways to relax that will not cost you anything. Spending quality time with family and friends is a great way to relax, especially if your time is focused on just being present with each other and showing love for one another. Another one of those free ways to relax is being outside enjoying God's wonderful sunlight. There are numerous studies on the benefit of sunlight. Sunlight provides benefits for our health physically and mentally. It can improve your mood, regulates Circadian Rhythm, and improves cardiovascular health, to name a few.

While the sun is quite beneficial to us, The SON of God is so much more beneficial to us. Spending time with God's Son, Jesus Christ, is free of monetary cost, and affords to us something more precious than gold, and that money cannot buy. Meditating on the word of God and the teachings of Jesus, builds relationship between you, God the Father, God the Son and God the Holy Spirit. We become refreshed in the face of our daily challenges and issues of life when we relax in the SON. We receive the peace of God which surpasses all understanding as we read in Philippians 4:6-9. Scripture tells us to pray about everything with thanksgiving in our hearts. In doing so, we receive the peace of God that surpasses all understanding. In verse 9, "Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."

We can relax in the sun, but always remember to relax in The SON.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit. Romans 15:13 NLT

*Submitted by
Reverend Kathy M. Russell*

SENIORS' APPRECIATION SUNDAY

SUNDAY, SEPTEMBER 11, 2022 – 11AM

FIRST MOUNT ZION BAPTIST CHURCH WILL BE HONORING ITS SENIORS (55 AND OLDER) DURING OUR WORSHIP SERVICE. WE ARE ASKING ALL SENIORS TO PLEASE WEAR BLACK AND WHITE!

THIS IS THE PERFECT SUNDAY TO RETURN TO CHURCH!!!

THERE WILL BE A SPECIAL PERFORMANCE BY THE SILVER STEPPERS.

FOLLOWING SERVICE, WE WILL GATHER IN THE GYM FOR A MEET & GREET RECEPTION FOR THE SENIORS AND THEIR FAMILIES!

STAY TUNED FOR MORE DETAILS!!!



SAVE THE DATE FAMILY COAT DRIVE

The Women's Ministry will be hosting its Winter Family Coat Outreach Donation Drive supporting various local shelters on October 15, 2022. We would like to request your assistance to make this another successful Outreach.



If you are spring/summer/winter cleaning, please consider donating any coats (new or old) not being used by you or any family member. We would appreciate that any worn coats be cleaned before being donated. Below is a list of items that we will be collecting to help us provide the support needed for the shelters:

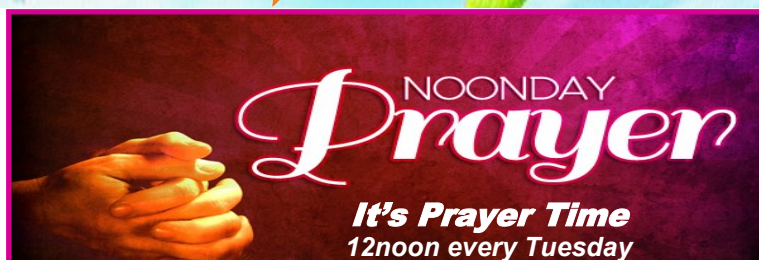
- ◆ Men's Coats (all sizes)
- ◆ Women's Coat (all sizes)
- ◆ Teen's Coats (male/female – all sizes)
- ◆ Children's Coats (male/female – all sizes)
- ◆ Toddler Coats (male/female - all sizes)
- ◆ Infant Coats/Snowsuits (male/female – all sizes)

Stay tuned for more information which will be shared around September/October. In the interim, if you have any questions, please email us at:

womensministry@firstmountzionbc.org

Thanking you in advance for your continued support!

Sis. Cynthia Wilson
Sis. Gwen Holland



REST FOR OUR SOULS

Remember to pray at 12 noon on Tuesdays

Prayer:

"Lord, we thank You that You are Jehovah Shalom, our peace. During these challenging times, more than ever, we need Your peace and we need rest for spirit, soul and body. You established the Sabbath as a day of rest, and to focus our heart and minds on You as we come together in corporate worship.

We tend to get so caught up in the busyness of life, that we don't slow down enough to give our body and soul the rest that is needed. May we learn to take our burdens to You and cast our cares on You so that we can find rest for our souls. Thank You Jesus that You called us to come to You when we are tired and weary and need rest for our spirit, soul and body. You promised to give rest for our souls and that Your yoke is easy and Your burden is light. Without the proper rest, we will not be able to serve and minister as effectively as we could otherwise. We pray for caregivers and other servants who give so much of themselves in serving others that they fail to take proper care of themselves. May we realize that we cannot and DO NOT HAVE TO carry the burden alone. You are here to help and guide us and allow us to establish a strong support system. May we always remember to take our burdens to You and LEAVE them there. In Jesus' Name we pray and give thanks, Amen!

Scripture:

Zechariah 4:6 NKJV

So, he answered and said to me: "This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the LORD of hosts

Zechariah 4:6 AMPC

Then he said to me, This [addition of the bowl to the candlestick, causing it to yield a ceaseless supply of oil from the olive trees] is the word of the Lord to Zerubbabel, saying, Not by might, nor by power, but by My Spirit [of Whom the oil is a symbol], says the Lord of hosts.

Worship Song:

"I Almost Let Go" - <https://youtu.be/NN1r0rW6TIU>

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

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



Kingdom Living in our Culture

Group focus: Discussion/Discipleship

Location: Online

When: Every 3rd Saturday @ 1:00PM Small Group calendar will be distributed.

Come help us build the kingdom on the firm foundation of God's Word. Through wisdom, understanding, faith, love and according to the Power that works in you, you can change your life, community and the world. We'd love to have you join us!

Kingdom Living in Our Culture



Leader: Deacon Robert Stanley – Robertstanley4730@gmail.com

Co-leader: Deacon Marvin Watson - Madimo_1927@verizon.net

Co-leader: Deaconess Beverly Bolden - Beverlybolden95@yahoo.com



Women Unfolding Our Divine Destiny

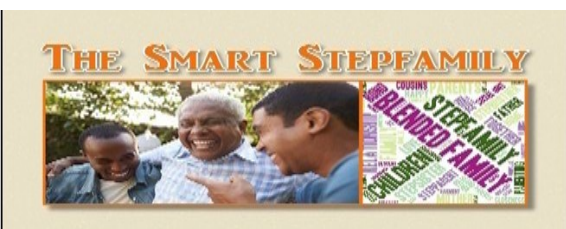
Group focus: Women's Study – Shared Interest

Location: Online

When: Bi-Weekly Saturday Meetings @ 12:00PM – Small Group Calendar will be distributed.

As women unfolding and growing in our God given destinies, we will journey together through the women's video based devotional study entitled "Twelve More Women of the Bible". Through our small group, we, who are women of divine purpose, will connect our stories with the stories of the women in the Bible, to be encouraged; to be inspired; to be equipped and to be empowered as women, living and walking out our faith-journey.

Leader: Rev. Deloris Brown - Maid4God@yahoo.com



The Smart Stepfamily Support Group

Group focus: Discussion/Support

Location: Online

When: Bi-Weekly Sunday Meetings @ 1:30PM – Small Group Calendar will be distributed

This Small Group will study the Smart Stepfamily curriculum which reveals the fundamental steps to blended family success and provides practical, realistic solutions to the issues you face as a stepfamily. Whether married or soon to be married, you'll discover how to communicate effectively and solve the everyday puzzles of stepchildren and stepfamily relationships.

Leader: Douglas Freeman – freeman2d@aol.com

Leader: Elizabeth Freeman – Esrrb@msn.com





POSITIVES FROM THE BLACK HISTORY CORNER

SIGNIFICANT EVENTS IN BLACK HISTORY DURING AUGUST

In **August 1831**, Nat Turner struck fear into the hearts of white Southerners by leading the only effective slave rebellion in U.S. history. Born on a small plantation in Southampton County, Virginia, Turner inherited a passionate hatred of slavery from his African-born mother and came to see himself as anointed by God to lead his people out of bondage. Turner took a solar eclipse as a sign that the time for revolution was near, and on the night of August 21, he and a small band of followers killed his owners, the Travis family, and set off toward the town of Jerusalem, where they planned to capture an armory and gather more recruits. The group, which eventually numbered around 75 Black people, killed some 60 white people in two days before armed resistance from local white people and the arrival of state militia forces overwhelmed them just outside Jerusalem. Some 100 enslaved people, including innocent bystanders, lost their lives in the struggle. Turner escaped and spent six weeks on the run before he was captured, tried and hanged.

In **August 1936**, Jesse Owens won three Gold Medals in the Olympic Games in Berlin, Germany.

In **August 1955**, a 14-year-old black boy from Chicago named Emmett Till had recently arrived in Money, Mississippi to visit relatives. While in a grocery store, he allegedly whistled and made a flirtatious remark to the white woman behind the counter, violating the strict racial codes of the Jim Crow South. Three days later, two white men—the woman's husband, Roy Bryant, and his half-brother, J.W. Milam—dragged Till from his great uncle's house in the middle of the night. After beating the boy, they shot him to death and threw his body in the Tallahatchie River. The two men confessed to kidnapping Till but were acquitted of murder charges by an all-white, all-male jury after barely an hour of deliberations. Never brought to justice, Bryant and Milam later shared vivid details of how they killed Till with a journalist for Look magazine, which published their confessions under the headline "The Shocking Story of Approved Killing in Mississippi."

On **August 28, 1963** approximately 250,000 people - both Black and white - gathered in Washington, DC for a peaceful demonstration to promote civil rights and equality for African Americans. It was the largest demonstration in the history of the nation's capital and the most significant display of the civil rights movement's growing strength. After marching from the Washington Monument, the demonstrators gathered near the Lincoln Memorial, where a number of civil rights leaders addressed the crowd, calling for voting rights, equal employment opportunities for Black Americans and an end to racial segregation.

PLEASE CONTINUE TO PRAY

FOR OUR MEMBERS WHO ARE

Sick & Shut-in



Click on the link below for more information:

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

*To all those celebrating in
August!*

Happy Anniversary

*May your Marriage be blessed with
Love, Joy and Happiness !!!*



VISIT US ONLINE at www.FMZBC.com



"GIVING VOICE TO A COMMUNITY THAT WAS SILENCED"

Several years ago, after my first meeting as a member of the Historic Dumfries Virginia, Inc. (HDVI), Board of Directors, longtime board member and then HDVI treasurer, Gary West, said to me, "you might be interested to know there is a Slave Cemetery in the, 'clump of trees', behind Dumfries Elementary School". He told me Prince William county schools owned the property and that he began to hear rumors about the cemetery when he moved to Dumfries many years ago. Gary was right. I was excited and very interested to know more about a slave cemetery in the Town of Dumfries.

After talking to Gary, I went home and immediately contacted my mentor and very good friend, Prince William County, "Volunteer Extraordinaire", Joann Bagnerise. The next day Joann and I went to find the cemetery. Just as Gary said, we found it behind Dumfries Elementary School. The area was surrounded by a fence.

In 2009 Prince William County Schools commissioned Thunderbird Archeology, Inc., a division of Wetland Studies and Solutions of Gainesville, to conduct a cemetery delineation of the property. Thunderbird found burial sites in the clump of trees. Based on this finding Prince William County Schools agreed to fence and preserve the grounds.

The fenced in area was overgrown, unkempt, and used as an occasional dumping ground for trash. The graves were desecrated. Immediately juxtaposed to the Slave Cemetery was the very pristine, Dumfries Public Cemetery. Not surprised by the cemetery's condition, Joann and I were excited and honored to have been given the opportunity to give the humble people buried in the, "clump of trees", a dignity in death they had not known in life. We set out to reclaim this cemetery in honor of our slave ancestors, known and unknown. This would be our small effort to memorialize the African American men, women, and children who endured untold and unimaginable, trials, tribulations, and tragedies over 250 years of American Chattel Slavery.

We determined we would make this area pristine and elegant, nothing less than what the Ancestors deserved from us, and we would give them a voice. Joann called Betty Covington, then Potomac District School Board Representative. Mrs. Covington enthusiastically supported the idea of reclaiming the cemetery from the beginning. She gave Joann a copy of the Thunderbird study and put me in contact with the county archeologist, Justin Patton, and Randy Wolf, Director Office of Facilities Services. Joann and I enlisted the help of then Prince William County Branch NAACP President, Ralph Smith. In 2011 the School Administration gave the NAACP entry rights

into the cemetery for the purposes of restoring, landscaping and maintaining the cemetery. A core group of NAACP members including Tony Fields, William Stackhouse, John Steinbach, Shirley Peoples, Joann and I were soon joined by members of other community organizations: All AS ONE, Unity in the Community, Triangle Lodge Number 293, Pi Lambda Lambda Chapter of Omega Psi Phi Fraternity Inc., Top Ladies of Distinction, National Congress of Black Women, and PWC residents Harry Wiggins, Nancy Lyall, Bret Coulson, former Dumfries Mayor Gerald Foreman and his family and the list of individual and organizational volunteers continues to grow.

The clean-up has been a slow process and has taken several years but we are finally approaching the culmination of our journey. In June 2018, Friends of the Dumfries Slave Cemetery, a 501c3 organization was established. Our purpose is to honor and give voice to the community of people buried in the Dumfries Slave Cemetery. As slaves they were denied a voice but we, as their posterity, can give them a voice by preserving, maintaining, and restoring, their gravesites; by preserving and promoting their memory, and by promoting education and awareness of the historical role African Americans played in the Town of Dumfries and its surrounding area.

The marker reads:

This treed hill is believed to have been the site of a slave burial ground prior to the Civil War. After the war, Freedmen and Blacks who were free before the war were denied burial in the town cemetery because of existing racial prejudices. These African Americans continued to use this same hillside burial ground for the interment of their dead. Archeologists have recorded five depressions and as many as thirty fieldstone grave markers at this site but additional unmarked graves may also be present. Preservation of this sacred plot lends dignity and honors the memory of the slaves, Freedmen, and members of the free Black community of Dumfries resting here.

-- Prince William County Historical Commission 2021

*Written/Submitted by
Deaconess Norma Fields*





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

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
or call (703) 670-0184.

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

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 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

HOLIDAY CLOSURES

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



IT HELP DESK

Have questions about ZOOM or OFFICE365? Need an Email or password reset? Please email us for assistance at:

IT4U@firstmountzionbc.org
or
rwoolfolk@firstmountzionbc.org



Online Giving

Convenient.
Simple.
Secure.

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 VOLUNTEER SCREENING

September 17th
October 15th
November 19th

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



1. Check-In is available at both Entrances "A" and "B" on **Sundays for the 11a.m. Worship Service.**
2. The parking lot is fully open
3. Door "Q" Check-In Station when back parking lot is in use.
4. Two temperature stations at Doors A and B on Sunday
5. Check-In/sign-in sheets for contact tracing are no longer in use.
6. The Fitness Center Locker Rooms are now open.

BE IN THE KNOW!!!



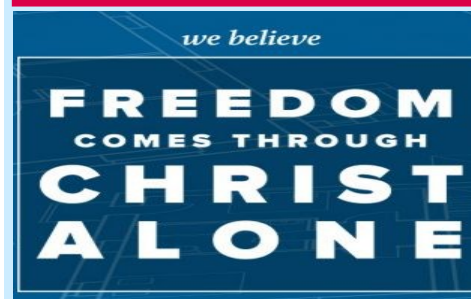
Sundays at 9:45 a.m. on ZOOM

Register in advance at
<https://bit.ly/FMZBC-SSE>

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 August SHARE packages is Sunday, August 14th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on August 27, 2022.

VOLUNTEERS NEEDED FOR CHECK-IN

If you would like to volunteer for Check-In, please use the following Sign-Up Genius link.

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

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/fmzbcdumfries>

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

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

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

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



We all have days where we don't know how we will go on.
Loved ones hurt us. Finances worry us. Sickness may overtake us. We lose people we love. But God will always be there to guide us through tough times.
Keep the faith.