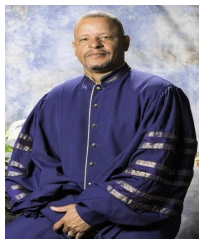




# A Ministry Exhibiting a Spirit of Excellence!

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

## Message from the Pastor



### ESTABLISHED WORK

**Psalm 90:17** says, “And let the beauty of the Lord our God be upon us and establish the work of our hands for us; Yes, establish the work of our hands.” (NKJV)

We were reminded and encouraged during our Revival that “**We Are Stronger Together**”. In verse seventeen of Psalm 90, the psalmist, in his prayer of intercession, requests the Lord to make their labor/work to be effective and enduring. As we come to the end of our summer break and return to the schedule of the Ministry year in service, it is my prayer that you took time to relax and rejuvenate. September starts a busy month as the Ministries restart meetings.

September is also a month of remembrance for all who lost family members on September 11, 2001 (9-11).

September is a time of growth in leadership, as we ordain and consecrate new leadership members to our Deacon, Deaconess and Trustee Ministries.

Finally, September is a time of looking forward as we prepare to celebrate our Church’s 155<sup>th</sup> Anniversary and years of service to the people of God and the community. I pray that you will commit to serve in ministry as you serve God. I am grateful for the commitment, the service, and the work that we have accomplished as a people of faith. I praise God for establishing and blessing the work of our hands to the glory of God. Let our work be established, O God, as we serve together in Your name.

*We Are Stronger Together!*  
*Pastor Luke E. Torian*

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*Thank You*

to our Facilities Staff for making sure that we continue to fellowship in a clean and safe environment. Although we may not always say it, we truly appreciate your dedication and hard work in making this Campus one where we can feel safe upon entering. God has blessed First Mount Zion with an amazing group of “worker-bees” who continue to steady the ship and keep things moving. We want to give a “shout out” to the Administrative Staff, the Finance Department, the Grain, and everyone else who work behind the scenes to assure that First Mount Zion is operating effectively and efficiently. To the Greeters and Nursing Ministry who faithfully man the doors, thank you for making sure that protocols are followed, and doing it with love. You’re the best! We just want all of you to know that your thoughtfulness does not go unnoticed! We love you and pray God’s richest blessings upon you!

*First Mount Zion Family*



## HAPPY BIRTHDAY, DEACON JONES

On this his 92nd Birthday, John W. and I, would like to thank all of you who have entertained us, comforted us, fed us, helped us, driven us, sat with us, sent us get-well wishes and birthday wishes, and consoled us during the past year. We appreciate you and thank you from the bottom of our hearts and ask that the Lord Bless you immensely and abundantly.

*Love,*  
*John W. Jones, Jr. and*  
*Jeannette F. Jones*



## 155<sup>TH</sup> CHURCH ANNIVERSARY SERVICE

It is with great excitement and anticipation that the congregation of First Mount Zion Baptist Church awaits the celebration of its 155th Church Anniversary. The Anniversary Worship Service and Reception are scheduled for Sunday, October 23, 2022, at 11:00 am. We are honored to welcome as our guest preacher, the highly acclaimed and internationally known preacher, Bishop Vashti Murphy McKenzie. Bishop McKenzie currently serves as the Interim President and General Secretary of the National Council of Churches. Prior to this assignment, Bishop McKenzie served as the 117th elected and consecrated Bishop of the African Methodist



Episcopal Church. She was the first woman to be elected to hold this episcopal office in the more than two century-old AME Church and is the first woman to serve as President of the Council of Bishops and President of the General Board. Additionally, Bishop McKenzie serves as the National Chaplain of Delta Sigma Theta Sorority, Inc.

The Anniversary theme is "From Generation to Generation-Growing Deeper, Growing Stronger, Reaching Higher." The scripture reference is Deuteronomy 32:7 "Remember the days of old, Consider the years of many generations. Ask your father and he will show you; Your elders, and they will tell you."

The month of October will feature several activities leading to the Anniversary Worship Service and celebration. These activities include: the unveiling of new flagpole and narthex banners; the distribution of Anniversary key rings; and tree planting and mortgage-burning ceremonies.

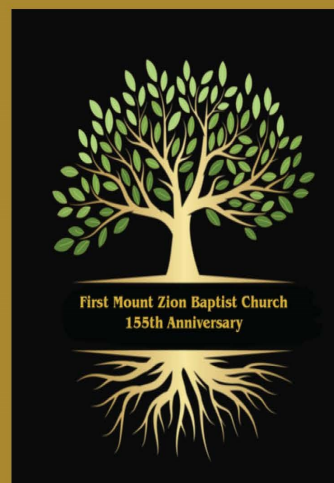
Please come and participate in worship throughout the month of October to celebrate the 155 years of Ministry at First Mount Zion.

### First Mount Zion Baptist Church 155th Anniversary Service

**OCTOBER 23, 2022 11:00 AM**

#### GUEST PREACHER:

**BISHOP VASHTI MURPHY MCKENZIE**  
INTERIM PRESIDENT AND GENERAL SECRETARY  
NATIONAL COUNCIL OF CHURCHES  
NATIONAL CHAPLAIN, DELTA SIGMA THETA SORORITY, INC



**"REMEMBER THE DAYS OF OLD;  
CONSIDER THE GENERATIONS LONG PAST.  
ASK YOUR FATHER, AND HE WILL TELL YOU.  
YOUR ELDERS AND THEY WILL EXPLAIN TO YOU."**

**DEUTERONOMY 32:7**

#### FROM GENERATION, TO GENERATION:

**GROWING DEEPER    GROWING STRONGER    REACHING HIGHER**





# Youth

on



Congratulations to SaRee Grimes for making her directorial debut in Creative and Performing Arts Center's (CAPAC) theatrical production of ***Akeelah and the Bee***. CAPAC's production of ***Akeelah and the Bee*** is a result of CAPAC's inaugural, ***Full STEAM Ahead: A Theater Robotics Summer Day Camp Pilot Program***.

Based on the beloved film, ***Akeelah and the Bee*** tells the story of an independent-thinking, middle school

student, who has a passion for words. Playwright Cheryl West's play inspires in a story that proves that dreams can come true, which aligned with CAPAC's Camp Theme: Think Big To Make Dreams Come True.

SaRee, along with co-director Juwaun Hill, managed the creative aspects of the production to visualize the script while guiding the actors and technical crew to capture the vision for the screen. SaRee's hands-on directing approach motivated the actors to feel comfortable, which enhanced their performances, as this was the first time many of them performed in front of a live audience.

SaRee discovered her love for the Arts at an early age. She has starred in several theatrical performances since the age of 5. While at Colgan High School, she starred in several plays and was cast in a lead role as Zella Brown in CAPAC and Colgan's collaboration of ***The Courageous Four***, the real-life story of the first four African American teachers selected to integrate the Prince William County Public Schools faculties by being re-assigned to all-white elementary schools. She has also portrayed Lorraine Hansberry in CAPAC's rendition of ***A Raisin in the Sun***.

SaRee is a 2021 Magna Cum Laude graduate of Charles J. Colgan High School's Center for Fine and Performing Arts program in the Theater Concentration. Currently, she is a rising Sophomore attending Spelman College, majoring in Theater and Performance with a minor in Management and Organization. She enjoys acting, public speaking and singing, and strives to become a professional actress focusing on Entertainment and Business Management.

SaRee is the daughter of Derrick and Sandra Grimes and has been a part of the First Mount Zion Family since 2009.

*A CED submission by  
Mrs. Sandra Grimes  
Academic Education Ministry*

## GRIEF SHARE

### *A Journey from Mourning to Joy*

#### WHAT IS GRIEF SHARE?

Grief is difficult to bear, especially if you try to do it on your own. Allow us to help you heal. At First Mount Zion Baptist Church through our Journey to Joy Grief Ministry, we host a grief support group program called GriefShare. GriefShare is a 13-week program that provides a safe place weekly for group members to share their feelings and their grief stories. The 13-week, small group seminar, is a Christ-centered and biblically-based support program. GriefShare is for people who have lost a spouse, child, other family member, or friend, through death. A grieving person can join the group at any time. Participants will learn about grief-related issues. A video is shown each week featuring experts, ministers, and Christian Counselors discussing grief and recovery subjects helpful to people who are grieving. The video also features people sharing their stories of what has helped them deal with the pain of losing a family member or friend through death. During the week between meetings, group members use their workbooks to complete a daily Bible study and practical exercises to help them heal from grief. After watching the video during the group session, a small group discussion about the video is held. A workbook is required and will be provided to registered participants. Participants must register online at <https://www.griefshare.org/>. You will find that these seminars will provide comfort, answers, and hope. Currently, Journey to Joy does not offer GriefShare seminars for children. The seminars are held on Mondays from 7:00-9:00P.M. via Zoom. The next 13-week seminar will begin Monday, September 19-December 19, 2022.

Other grief seminars being hosted by First Mount Zion Baptist Church are: **Loss of a Spouse**, which will be held on Monday, September 12, 2022, and **Surviving the Holidays**, will be held on Monday, November 14, 2022. Each seminar is a one-time session. To register, please go to <https://www.griefshare.org/>.

#### *Journey to Joy/ GriefShare Support Team*

*Reverend Kathy Russell, Lead*

*Deaconess Ledora Akanni, Spiritual Advisor*

*Deaconess Rosemary Creekmur*

*Deaconess Ivery Barnes*

*Deacon Joe Boutte*

*Deacon Robert Stanley*

[journeytojoy@firstmountzionbc.org](mailto:journeytojoy@firstmountzionbc.org)







## FIRST MOUNT ZION:

God has blessed this Ministry with members who are multi-gifted and who listen to the promptings of the Holy Spirit. One such person was led to bring to the attention of Pastor and the Leadership, the idea of a Virtual Prayer Wall and, during this season of pandemic and Revival, it has proven to be an amazing tool for all to

stay connected through prayer, and we know that **PRAYER CHANGES THINGS.**

Over the past week, we have had some amazing statistics regarding the effectiveness of the Virtual Prayer Wall. Here they are:

Prayers Submitted: **67**

Number of prayer/praises in support of the submitted prayers: **742**

Notifications sent to individuals who submitted prayers/praise reports: **660**

... and we recognize that the entire Ministry is not availing themselves of this opportunity. Can you imagine what it would be like if we each went online and submitted a prayer request or shared a praise report and received email responses that others are praying/praising with you? The theme for our Ministry is **"WE ARE STRONGER TOGETHER"**. I encourage you to let's make this a reality, not only in words, but in actions. We look forward to tracking the numbers and sharing them with you monthly through our Newsletter, so that you can see God at work in our Ministry, as He draws us closer to Him.

Please take a minute to post a prayer request or praise report, and you will truly be blessed!!

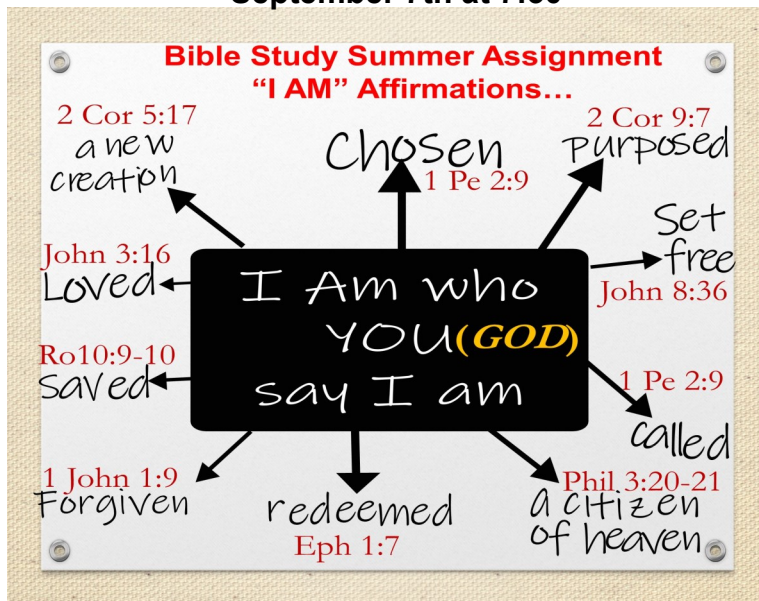
<https://fmzbcprayerroom.prayerloft.com>

God bless you all!

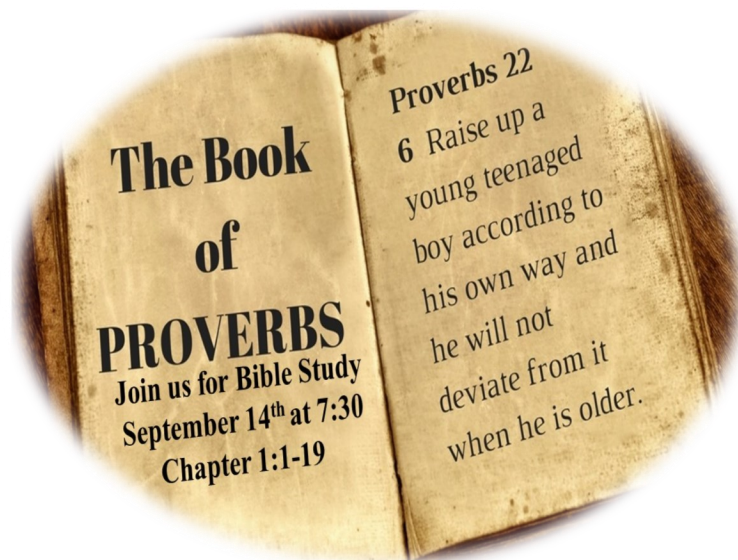
*Pastor's Aide Ministry*



September 7th at 7:30



*To all those celebrating in September!*





# LEADERSHIP CHAPLAIN'S CORNER

**Greetings FMZ Family!!** Please see the FMZ Leadership First Friday Prayer and Fasting

**Prayer and Fasting Topic:** [Anchoring our Souls](#)

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

**Discussion:** Have you heard the saying, “Confession is good for the soul”? This exact statement is not in the Bible, but the principle of confessing our sins is. Some believe that the idiom “Confession is good for the soul” is Scottish in origin. Regardless, it is saying that admitting our errors is good for us, easing the burden of carrying the guilt we feel if nothing else. The spiritual object of confession is to help the individual “**cleanse their soul.**”

**Lesson:** A true follower of Jesus Christ is one who believes in God and strives to live by every word of God. What does the Bible say about confession and forgiveness of sin?

In the Old Testament, God required of Israel that when a person sinned, “...when he realizes it, then he shall be guilty.... he shall **confess** that he has sinned...” (Leviticus 5:4–5).

Some sins required **confession** and restitution (Numbers 5:6–7). God sent Nathan the prophet to King David after he committed adultery with Bathsheba and arranged for the murder of her husband, Uriah (2 Samuel 11). After Nathan showed David his sin, David **confessed** to Nathan, “I have sinned against the Lord” (2 Samuel 12:1–13).

John the Baptist paved the way for Jesus Christ’s ministry through preaching repentance and baptizing those who **confessed** their sins (Matthew 3:1–6).

The Apostle Paul said, paraphrasing Isaiah 45:23: “As I live, says the Lord, every knee shall bow to Me, and every tongue shall **confess** to God” (Romans 14:11).

Why do we need to **confess** our sins to God? Proverbs 28:13 tells us, “He who covers (hides, conceals) his sins will not prosper, but whoever confesses and forsakes them will have mercy.” Simply put, we need to see our sins, **confess and acknowledge** our sins to God, repent of our sins, ask God’s forgiveness for our sins, which was made possible by Jesus’ sacrifice for our sins, and strive to sin no more.

The Apostle John said, “If we **confess** our sins, he is faithful and just to forgive us our sins and to cleanse us from ALL unrighteousness” (1 John 1:9). So, in that sense, **confession** is “good for the soul.”

This “Helper” who Jesus mentions is God’s Spirit. Once we’ve **confessed** our sin to God, asked for and received His forgiveness, **the Holy Spirit then “fortifies” our soul.** He “fills us” (Romans 8:9–11). **Talk about having a personal relationship with God—when the Holy Spirit is living within us — THAT is PERSONAL!!!!**

**Supporting Scripture:** Psalm 34 “Bless the Lord Oh my **soul**” Psalm 51; Prov 28:13; 1 John 1:9; Rom 10:9-10 (“That if you **confess** with your heart.....!!)

**Meditational Song:** Uphold Me (with Thy Holy Spirit) – The Winans:

[\(41\) The Winans - Uphold Me - Ronald Winans - YouTube](#)

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



**BLACK HERITAGE  
IN  
PRINCE WILLIAM  
COUNTY  
1731–2006**

## DID YOU KNOW?

Not all Africans came to Virginia in chains during the colonial period. Benjamin Lewis, a black servant on a plantation in what is now Prince William County, filed a complaint in the county court on 20 May 1691. Lewis claimed that he was free in England, and had been brought into this country under a contract to serve four years, just as white indentured servants were. His contract, signed in England on 11 June 1686, is among the records of Stafford County. His master, William Harris, claimed the paper was forged. The jury found that the contract was valid and ordered Lewis’s release. William Harris appealed the decision, but records of the appeal’s outcome are unfortunately lost. William Harris died in 1698 and was buried near Neabsco Creek and Route 1. Later, in the twentieth century, his tombstone was moved to Pohick Church in Fairfax County, where it may be seen today. We don’t know what became of Benjamin Lewis.

Dumfries drew international attention to itself in 1963. It was the first municipality in Virginia to elect an African American to public office since the era of Reconstruction after the Civil War. During the time when some parts of Virginia experienced massive resistance to integration, Wilmer Porter, proprietor of a local auto repair business, was elected to the Dumfries Town Council. His wife Mary was one of four black teachers chosen about the same time to begin the pilot desegregation program in Prince William County schools. Wilmer Porter served as a member of the Town Council until 1980. Mary Porter retired after 16 years teaching at Dumfries Elementary School. In 2005, the Porter Traditional School was named in her honor.



Women's Ministry  
presents via Zoom. . .

SEPTEMBER 10, 2022  
9:00 – 10:30 A.M.

**WOMEN OF GOD,  
WE ARE  
CONQUERORS  
THROUGH CHRIST,  
AND WE WILL BE  
VICTORIOUS!**

Reverend Dr. Tracey  
Dawkins Holley

**Associate Ministers**

**ENCOURAGEMENT AND  
ASSURANCE FOR THE SOUL**

### "TAKE HEART"

*"I have said these things to you,  
that in me you may have peace.  
In the world you will have tribulation.  
But take heart; I have  
overcome the world." (John 16:33)*



How many times have we heard "It's not what happens to you, but the way you respond?" That is so true on our Christian journey. We have a choice in life, we can either allow our struggles to cripple us or we can follow Jesus' example and courageously face life's inevitable obstacles.

Before Jesus' arrest, He reminded the disciples that they would scatter and leave Him alone to face His enemies. In the next breath He reminds them of His teachings and that as His disciples they have access to peace. They could expect trials, but they should "Take Heart" meaning they should face trials with courage because Christ overcame the difficulties of the world. I read somewhere that "God doesn't move mountains but gives us the strength to climb them." Think about Paul's many trials and how He faced them with peace and courage.

We are God's workmanship. God knows our strengths and weaknesses and sometimes those challenges are not about us but simply God's way to bring glory to the name above every name. After all, our purpose in life is to glorify God.

When facing the trials of the world--Pandemics, recession, loss of family and friends, like the disciples we, too, can "Take Heart" because Jesus overcame so much more than we are going through. Don't get distracted by tribulation, it will always be lurking around the corner. Remember when you walk with God you have access to a sense of peace and when troubles come your way, take Jesus' advice and "Take Heart."

*Submitted by  
Reverend Cynthia Ball*

### GREETINGS TO OUR SISTERS IN CHRIST!

You are invited to join us for our monthly fellowship on Saturday, September 10, 2022 from 9:00am -10:30am via Zoom. The title **"Women of GOD, We Are Conquerors Through Christ, and We WILL be Victorious!"**. Our speaker will be our Director of Christian Education, Reverend Dr. Tracey Dawkins Holley. During this Fellowship, we will be ministered to on how to be victorious through Christ, who has already given us the victory. ***The Scriptures that will be highlighted are Romans 8:37, Philippians 4:13, and 1 John 4:4.*** The Zoom information is listed below, but can also be found in the weekly Connection Points, and will be forthcoming via email from the WM. If you are not currently signed up to receive emails from the WM, be sure to send us an email to be a part of our distribution list; [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

We look forward to fellowshiping with you! Please encourage other ladies in your life to attend.

Join Zoom Meeting:

[https://us06web.zoom.us/j/82156565319?](https://us06web.zoom.us/j/82156565319?pwd=UGFLbGo5c09sSGxUb1prWWtybzB2UT09)  
[pwd=UGFLbGo5c09sSGxUb1prWWtybzB2UT09](https://us06web.zoom.us/j/82156565319?pwd=UGFLbGo5c09sSGxUb1prWWtybzB2UT09)

or

Call in number: (301) 715 8592  
Meeting ID: 821 5656 5319  
Passcode: 358127

*Sister Gwen Holland, Director  
Sister Lisa Johnson, Co-Director*



### FAMILY COAT DRIVE

The Women's Ministry will be hosting its Winter Family Coat Outreach Donation Drive supporting various local shelters on **October 1, 2022**. As previously requested, please donate any coats you may have in your possession that are taking up space in your closets...they can be new or slightly worn....so we can bless others with your gifts and have another successful Outreach! Thank you!

*Sister Cynthia Wilson, Chair, Outreach  
Sister Gwen Holland, Director, WM*



**PLEASE CONTINUE TO**

**PRAY**

**FOR OUR MEMBERS**

**WHO ARE**

**Sick & Shut-in**





## HISTORY OF FIRST MOUNT ZION BAPTIST CHURCH SENIORS' MINISTRY/SILVER STEPPERS

The First Mount Zion Seniors' Ministry has existed since the early 2000's under the leadership of the Christian Education Department, and currently serves members and friends, 55 years and older. The Seniors' Ministry currently meets the third Wednesday of the month by Zoom.

The Ministry has grown over the years and now has 188 members and friends on the roll. Seniors engage in many activities at each meeting. Past Seniors' activities included sponsoring the Mary Elizabeth baby shower, played Christian Bingo, engaged in Christmas activities, played Bible Trivia, held their first ever Seniors' Showcase, played Family Feud, had Bible Study with Associate Ministers, created the Silver Steppers, and invited various speakers on many topics, just to name a few.

The Ministry has had many capable leaders in the past and is currently being led by Sis. Shirley Hardy and Sis. Pauline Hunter, who invite you to become a part of this wonderful fellowship.

The First Mount Zion Silver Steppers made their debut in February 2020 on the Seniors' Ministry Showcase Program. The Steppers later performed at 11 A.M. Worship Services during Black History Month. The Silver Steppers initially began with eight members and have now grown to 18 members ranging in age from 81-57 years young. They will be performing during the Seniors' Appreciation Day program to the song "God's Grace" by Rev. Luther Barnes and there will be special selections by our soloists, JoAnn Earle, Marie Brown, and Nostalgia Little-Killer Wright. The Silver Steppers would like to thank God, for His grace and mercy in allowing them to serve, Pastor Torian and the leadership, and the Christian Education Department, for their support and encouragement; and a special thank you to 16-year-old, Destiny Jones, for choreographing their dance routine and working with them with the patience of Job.

God bless you all and, again, thank you for your support and encouragement!!

*Sis. Shirley Hardy, Lead*  
*Sis. Pauline Hunter, Co-Lead*

## 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!!!**



# FITNESS-IN-PLACE

## MOVE MORE, SIT LESS: SOME PHYSICAL ACTIVITY IS BETTER THAN NONE!

According to The US Department of Health and Human Services, adults who sit less and do any amount of moderate physical activity gain some health benefits. Some physical activity is better than none! You should move more and sit less throughout the day. [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

### Examples of Physical Activity:

- Walking, with a friend, your dog or while you golf
- Dancing
- Yard work, such as pushing a lawn mower
- House work, such as pushing a vacuum
- Tennis
- Glute Bridge <https://www.acefitness.org/resources/everyone/exercise-library/49/glute-bridge/>
- Hip Hinging <https://www.acefitness.org/resources/everyone/exercise-library/33/hip-hinge/>
- Bird Dog <https://www.acefitness.org/resources/everyone/exercise-library/14/bird-dog/>
- Stretching <https://www.acefitness.org/resources/everyone/exercise-library/225/standing-triangle-straddle-bends/>

The intensity of these activities should match your fitness level.

**Challenge:** When working at a desk, set an alarm every 2 hours and do 20 hip hinges (takes 2 minutes). Fit walking into your schedule whenever you can and start walking at least 5 minutes a day. After a walk, stretch. Try the standing triangle straddle bend (link above), hold the stretch for 15-30 seconds and repeat on the other side. (Hip Hinging and The Standing Triangle Bend can be found in the links above). One set of Hip Hinges, one 5-minute walk and 2 sets of stretches takes less than 10 minutes!

### MOVE MORE, SIT LESS.

*Sister Lori Valkenburg*  
Fitness Director



Please join FMZ's Deaf Ministry in celebrating Deaf Awareness Month in September. The theme for 2022 is **"Inclusion"**. Statistics from 2021 indicate that the deaf community has a higher level of mental health issues now than before the pandemic due to isolation and lack of inclusion including the ability to have an interpreter present at medical appointments, job huddles and even to socialize at church.

Our own deaf members have indicated a real feeling of loss because of the inability to attend church in person and participate in ministries such as the Parking Ministry that Russell James enjoys. We are happy to be back in worship.

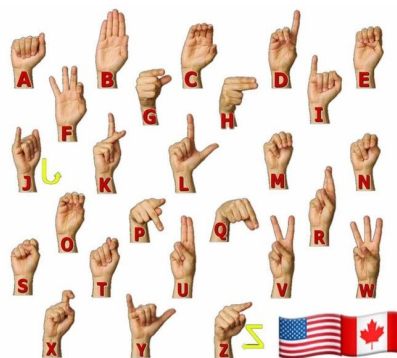
Deaf people often find that it is more difficult to get a good paying job and receive respect as an adult due to preconceived notions that being deaf limits ability.

Here are a few things to do to "include" those who are deaf at work or in your community:

- Always face the person and avoid covering your mouth and lip area. Large numbers of deaf or hard of hearing people are very good at lip reading to assist them in understanding the entire conversation.
- ♦ Fill them in if someone else is contributing to your conversation who they cannot see but you can hear.
- ♦ Give them a chance to respond and ask clarifying questions.

Did you know that American Sign Language is not universal? Think about how difficult it is to go to a foreign country with no knowledge of the language and a total inability to make yourself understood. The sign language used here (American Sign Language) is not used in other countries. Each country has their own sign language, and the signs mean different things. World Day of the Deaf is celebrated on the last Sunday of September to bring awareness and inclusion to all those who are deaf, which is about 5% of the world population or about 360 million, with about 600,000 of those in America.

*Submitted on behalf of the Deaf Ministry by*  
*Sister Louise Holley*







Registration is now open for the FMZBC 3rd Annual In-Person 5K Run/Walk (3.1 miles) which is sponsored by the Small Groups Ministry in partnership with the C.O.R.E. & Fit by God Ministries.

This event will be held at the Occoquan Regional Park located in Lorton, Virginia. This event is open to FMZ members, family, friends, and the community. You can run/walk solo or consider a friendly and safe competition by creating teams between other Small Groups, FMZ leadership, associate ministers, FMZ ministries, FMZ choirs, family, or friends.

There will be an award ceremony held immediately after the race at the Occoquan Regional Park Pavilion. Please take race day photos and upload them to our FMZ 5K library (more details to come).

**Registration (\$25 per participant) closes on September 18th.**  
**There will be no registration date extensions.**

You will receive a swag bag containing a 5K T-shirt, race bib, a finisher medal and more! We had 249 participants during our last 5K as we cherished the opportunity to keep the connection going. Now, we need your participation again, because "We are Stronger Together". You may register and obtain detailed information regarding the 5K event, along with other information, by using the link below. If you have additional questions, please contact any of the committee members below.

I thank you in advance for your consideration and participation. You will not regret it! Please share!

Registration Link:

[First Mount Zion Baptist Church 3rd Annual Healthy Start Mind & Body 5K Run/Walk \(runsignup.com\)](https://runsignup.com)

God bless you,



The First Mount Zion Baptist Church  
3rd Annual Healthy Start Mind & Body  
In Person - 5K Run/Walk Committee Members

*Sis. Stephanie M. Craddock* - [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)

*Bro. Gerry Griffin* - [Griffing@rocketmail.com](mailto:Griffing@rocketmail.com)

*Sis. Roslyn Parker* - [Roslyn.parker23@gmail.com](mailto:Roslyn.parker23@gmail.com)

*Rev. Brian Woolfolk* - [Bdwoolfolk@verizon.net](mailto:Bdwoolfolk@verizon.net)

## Contacts

Dr. Alice H. Howard, 1<sup>st</sup> Vice President of Programs, Cell: (703)232-4217  
Office: (703) 583-1952 Office hours: 9:00am-1:00pm  
Mrs. Carolyn Custard, NCBW/PWCC, Chairperson, Cell: (571) 237-0103  
Rev. Dr. Sandra K. James, Assistant Pastor, FMZBC: (703) 670-0184

## NCBW/PWCC Officers

Mrs. Sheila D. Coleman, President  
Mrs. Mary Lively, 2<sup>nd</sup> Vice President of Finance and Fund Development  
Mrs. Irish Amos-Curry, 3<sup>rd</sup> Vice President of Membership  
Mrs. Teresa Polk, Chairperson, Health Committee  
Mrs. Sharon Stone, Corresponding Secretary/ National Financial Secretary

## COMMUNITY HEALTH COMMITTEE MEMBERS

Mrs. Susan Kelly-Bing	(Sentara)
Dr. Renee' Chinn	Ms. Dianne A. Buckley
Mrs. Roxie Curtis	Ms. Rebecca Lane
Mrs. Joyce Stockton	Ms. Heather Strock
Mrs. Sheila Wilson	Ms. Victoria Tanner

National Coalition of 100 Black Women, Inc.  
Prince William County Chapter, Inc.

SENTARA  
Northern Virginia Medical Center

### Community Health Vaccine Expo

*Save the Date!*

**Saturday, September 17, 2022**  
**9:00 a.m. - 1:00 p.m.**

**First Mount Zion Baptist Church**  
16622 Dumfries Road  
Dumfries, Virginia 22025

**FREE TO THE PUBLIC**

Covid 19 Vaccines & Boosters (Pfizer) ages 12 & up  
Free Health Screenings  
Health & Education Resources  
Panel of Experts  
Give- Aways

- Please SCAN for Pre-Registration
- Bring previous vaccine card
- Vaccines 1 & 2/ Boosters 1 & 2

Helpful Links:  
Sentara:  
COVID Fact Sheet: [Q&A for Comirnaty \(COVID-19 Vaccine mRNA\) | FDA](#)  
First Mount Zion Baptist Church: [sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)  
NCBW/PWCC: [ncbwpwcc.org](http://ncbwpwcc.org)

See reverse side

NCBW/PWCC • P. O. Box 1166 • Dumfries, VA 22026  
703 583-1952 / 1953



# POSITIVES FROM THE BLACK HISTORY CORNER

## SIGNIFICANT EVENTS IN BLACK HISTORY DURING SEPTEMBER

**September 1664:** The Province of Maryland passes the first law in Colonial America banning interracial marriage.

**September 1676:** Zipporah Potter Atkins, a pioneering landowner and a free woman of color, becomes the first African-American landowner in Boston, and the first Black woman to own land in Colonial America.

**September 1739:** In the Stono Rebellion, South Carolina slaves gather at the Stono River to plan an armed march for freedom.

**September 1829:** David Walker was an American abolitionist, writer, and anti-slavery activist. Though his father was enslaved, his mother was free; therefore, he was free as well. While living in Boston, Massachusetts, with the assistance of the African Grand Lodge (later named Prince Hall Grand Lodge, Jurisdiction of Massachusetts), he published *An Appeal to the Colored Citizens of the World*, a call for black unity and a fight against slavery. The Appeal brought attention to the abuses and inequities of slavery and the responsibility of individuals to act according to religious and political principles. At the time, some people were aghast and fearful of the reaction that the pamphlet would provoke. Southern citizens were particularly upset with Walker's viewpoints and as a result there were laws banning circulation of "seditious publications" and North Carolina's "legislature enacted the most repressive measures ever passed in North Carolina to control slaves and free blacks".

On **September 22, 1862**, Lincoln issued the preliminary Emancipation Proclamation, which became final on January 1, 1863. Its third paragraph reads:

*That on the first day of January, in the year of our Lord, one thousand eight hundred and sixty-three, all persons held as slaves within any State or designated part of a State, the people whereof shall then be in rebellion against the United States, shall be then, thenceforward, and forever free; and the Executive Government of the United States, including the military and naval authority thereof, will recognize and maintain the freedom of such persons, and will do no acts to repress such persons, or any of them, in any efforts they may make for their actual freedom.*

**September 1817:** Hiram R. Revels, first African American U.S. Senator, was born in Fayetteville, North Carolina.

**September 1866:** The U.S. Army regiment of Buffalo Soldiers (African Americans), originally members of the 10th Cavalry Regiment of the United States Army, was formed at Fort Leavenworth, Kansas. The term eventually became synonymous with all of the African-American regiments formed in 1866.

**September 1904:** George Coleman Poage becomes the first African American athlete to win a medal in the Olympic Games, winning the two bronze medals (200-meter and 400-meter hurdles) at the 1904 games in St. Louis

**September 1950:** Ralph Bunche receives a Nobel Prize for his mediation efforts in the Middle East and becomes the first person of color to receive the prize.

**September 1952:** Eleven black students attend the first day of school at Claymont High School, Delaware, becoming the first black students in the 17 segregated states to integrate a white public school. The day occurs without incident or notice by the community. The next day, the Delaware State Attorney General informed Claymont Superintendent Stahl that the black students will have to go home because the case is being appealed. Stahl, the School Board and the faculty refused and the students remained. The two Delaware cases are argued before the Warren U.S. Supreme Court by Redding, Greenberg and Marshall, and are used as an example of how integration can be achieved peacefully. It was a primary influence in the [Brown v. Board](#) case. The students become active in sports, music and theater. The first two black students graduated in June 1954 just one month after the [Brown v. Board](#) case.

**September 1962:** A force of federal marshals escort James H. Meredith to the campus of the University of Mississippi. President Kennedy federalized the Mississippi National Guard and urged Mississippians to accept the orders of the court in a radio-TV address.

**September 1973:** Illinois became the first state to honor Dr. Martin Luther King Jr.'s birthday as a holiday

**September 1975:** Joseph W. Hatchett sworn in as first Black Supreme Court Justice in Florida and the first in the South in the twentieth century.

**September 1980:** Arnaldo Tamayo Méndez is launched into space aboard the Soyuz 38 from Baikonur Cosmodrome and becomes the first Cuban cosmonaut, the first person from a country in the Western Hemisphere other than the United States to travel in outer space. He was also the first Hispanic and first person of African ancestry in space.

**September 1990:** Jonathan A. Rodgers is named President of CBS's television stations division which made him the highest ranking African American in network television. He later became the President of the Discovery Networks before moving on to his current post as President of TV-One.

**September 1992:** Mae Carol Jemison becomes the first African-American woman to travel in space when she goes into orbit aboard the Space Shuttle Endeavour.





... 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](mailto: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](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

## 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](mailto:IT4U@firstmountzionbc.org)  
or  
[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)



## Online Giving

Convenient.  
Simple.  
Secure.

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 VOLUNTEER SCREENING

September 17th  
October 15th  
November 19th

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)



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!!!



## Maturing in Christ

Group focus: Discussion/Discipleship

Location: Conference Call – Small Group calendar will be distributed.

When: Every 1st Tuesday @ 4:00PM – Small Group Calendar will be distributed.

We are a group with a goal to bring followers of Christ together to study the Word and books that help us grow and mature in our Christian walk. As we celebrate Jesus, we will encourage one another through fellowship and obeying the commands in Hebrews 10:24-25

"Maturing in Christ"



**Group Leader:**

Bro. Alfonza Mack

[alfonzajmack@gmail.com](mailto:alfonzajmack@gmail.com)

**Co-Group Leader/Administrator:**

Bro. Douglas Earle

[Dukeofe@verizon.net](mailto:Dukeofe@verizon.net)



## Carpenters for Christ DIY Small Group

Group focus: Shared Interest

Location: Online

When: Every 1st Friday @ 7:00PM

Small Group Calendar will be distributed.

Connect through a common interest in carpentry, while enhancing skills through local projects, area workshops and much more!

**Leader:**

Deacon Everett Griggs

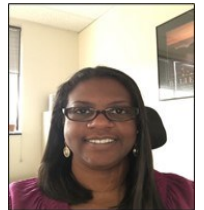
[E13griggs@aol.com](mailto:E13griggs@aol.com)



**Co-Leader:**

Allison Smith

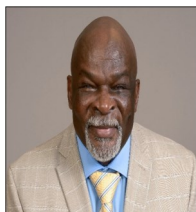
[Acs929@aol.com](mailto:Acs929@aol.com)



## Civilian & Military Outreach Small Group

Group focus: Support

Location: Online



When: Monthly Sunday Meetings @ 7:00PM – Small Group Calendar will be distributed.

Our support group provides outreach support to civilians, wounded warriors, active duty service members and their families. We provide mentorship, feed and serve meals, and support outreach projects aimed at meeting the diverse needs of the people we serve. No act of kindness, no matter how small, is ever wasted.

Join us! Your support is welcomed.

**Leader:** Ron Porter

[Ron.t.porter@gmail.com](mailto:Ron.t.porter@gmail.com)

Civilian & Military Outreach



*If you do not see one  
which interests you —  
then **START ONE!!!!***





**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.**



**WOMEN UNITING IN FELLOWSHIP WITH LOVE, PRAISE, AND WORSHIP**

Greetings to all our sisters in Christ. God is so awesome! He has answered our prayers and He want to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit prayer request. We desire to continually lift your prayer needs as they arise, so please use the email address below to submit them. Let the saints pray for you. Prayers of the righteous availeth much! Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your prayer requests when received.

[womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

*Sister Gwen Holland, Director  
Sister Lisa Johnson, Co-Director*



The last day to register for September SHARE packages is Sunday, September 11th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on September 24, 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](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/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](http://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>



**TRANSPORTATION MINISTRY HAS BEEN TEMPORARILY SUSPENDED DUE TO COVID-19 AND WILL RESUME WHEN FULL ACTIVITIES AT THE CHURCH HAVE BEEN RESTORED!**