



A Ministry Exhibiting a Spirit of Excellence!

2022 Theme: *We Are Stronger Together*
—Ecclesiastes 4:9

Message from the Pastor

LET'S KEEP GROWING!



prayer and praise is the following:

Theme: Generation to Generation - Growing Deeper, Growing Stronger, Reaching Higher.

Scripture: 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." (NKJV)

We praise God for our rich history and continued witness as the once "little white church on the side of the road" that has continued to grow as a beacon of light in the community and the world. Connecting people who have a desire to be fully devoted followers of Jesus Christ. Therefore, our testimony continues to be from generation to generation...it is the Lord's doing and it is marvelous in our eyes."

Celebrating our heritage and remembering we are stronger together,

Pastor Luke E. Torian

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FMZ Zone D-1 member, Krystal McCray-Brown, was married to Mr. Benjamin Sellers on August 7th, 5PM at the Oxon Hill Manor, Prince George, Maryland. Krystal is the daughter of Zone D-1 members Robert and Francene McCray- Brown.





Youth

on



Ms. Aniyah Green

If you have regularly attended Church over the years, then you have seen this amazing young girl grow up, and you have been encouraged by her tenacity. From an infant in Proverbs Place to a 7th grader at Woodbridge Middle School, Ms. Aniyah continues to blossom and refuses to allow her visual impairment to keep her from excelling in school, community, and Church.

As a Woodbridge Aniyah has greatly acceptance in the program which, ac-website, recognizes learn differently and maximize current tices and differenti-nationally recog-tion has allowed Ani-dence and to sets her mind to do.



Middle School student, benefitted from her ac-Same Gender specialty cording to the school's the fact that students "allows [teachers] to educational best prac-ate instruction. This nized model of instruc-yah to build her confi-achieve whatever she

In addition to her academic strength and earning Principal's Honor Roll in the 6th grade, Aniyah also participates in her school Chorus. Aniyah loves music! You have seen and heard her singing in the Jewels and the Voices of Zion. Aniyah has been a committed FMZ Children's Ministry and virtual Kids' Kingdom participant, and is now looking forward to being an integral part of the Youth Ministry. She has many gifts to share with the Body of Christ. In addition to her love of singing, she enjoys playing the piano, listening to music, dancing, reading Braille books, and listening to audiobooks.

Aniyah accepted salvation through Jesus Christ and was baptized on February 11, 2018. She loves learning about the Lord and gets excited about her Bible lessons. Aniyah continues to make her grandmother, Ms. Malinda Stewart, and her entire FMZ family, proud! Thank you, Ms. Aniyah, for brightening our world!

Submitted by
Rev. Dr. Tracey Dawkins Holley
Minister of Christian Education Department



October is . .

Clergy APPRECIATION MONTH

First Mount Zion Baptist Church Family, please let us take a moment and show our appreciation for the Vessels that God uses here at First Mount Zion, and wherever else HE leads them! Let us send a card, an email, a text, any word of encouragement that God has laid on your heart, to any Minister(s) of your choosing, and I am confident that, not only will they be blessed by your act of kindness, but God will be well pleased with your actions!

To our Ministerial Staff:

We thank Almighty God for you and the service you render to His people! Please know that you are always in our thoughts and prayers. We encourage you to continue to preach the Gospel whenever and whenever the opportunity presents itself and, when necessary, use words!

We love you! May Almighty God bless your efforts as you continue to serve Him and His people!

*Pastor's Aide Ministry and
First Mount Zion Family*

*To all those celebrating in
October!*





LEADERSHIP THE CHAPLAIN'S CORNER

Subject: FMZ Leadership Prayer & Fasting Friday

What: Corporate Day of Prayer & Fasting (Matt 6:5-18)

When: 1st Friday of every Month

Where: Wherever God finds you.

Why: To help FMZBC Servant-Leaders and Members "Be Stronger Together" (Ecc. 4:9)

Prayer and Fasting Topic: **Anchoring our Souls**
Sub-Topic: **Anchoring our Souls through Laughter**

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

Discussion: There are over 48 references about laughter in the Bible. And in the verse Proverbs 17:22, it says that laughter holds as much healing power as medicine. In fact, research has shown laughter to be therapeutic. There are health centers across the country treating patients suffering from conditions like depression, stress, and diabetes with laughter therapy. *Now medical science agrees with what the Bible has said about the benefits of laughter.* According to a study conducted by the University of Maryland, laughter is a powerful remedy for stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance after a good laugh. Laughter lightens your burdens, inspires hope, connects you to others, and keeps you more focused on the positive. It boosts the immune system, triggers the release of endorphins, the body's natural feel-good chemicals promoting an overall sense of well-being, and can even temporarily relieve pain. And laughter, protects the heart. *Wow, God knew what He was doing when He gave us the prescription for laughter!!!*

Lesson: Perhaps, there is no greater time in our life for the soul medicine of laughter or a "cheerful heart" than when we're going through life's most difficult times. Once our strength disappears, our spirits so easily become crushed. But God has a remedy for us. In the middle of our hardships, God can come in and **heal our souls** through the simple medicine of laughter or humor. And Nehemiah 8:10 further confirms this: "The joy of the Lord is your *strength*." In the Greek, joy means "cheerfulness." And a cheerful heart is a continual medicine strengthening us both inwardly and outwardly.

God created laughter and humor because He knew that we would need the soul medicine it provides in this fallen world. So how do we take this soul medicine and make it part of our daily spiritual health regimen? See five things you can do to take some daily "soul medicine:"

- (1) Find your funny bone and tickle it.
- (2) Surround yourself with people who live life joyfully. (Avoid negative people!);
- (3) Ask God to help you find something to laugh about even when it seems like there's nothing to laugh about.
- (4) Count your blessings and
- (5) Develop a sense of humor.

We will expand upon each of the above five things next month!

Supporting Scripture: Psalm 34 "Bless the Lord Oh my **soul**". Prov 22:17

Check out the classic comedy clip below!!

Meditational Song(s)/Videos:

Sinbad (Note: Pure, unadulterated laughter)
<https://www.youtube.com/watch?v=p9w3B-MBnBw&list=RDp9w3B-MBnBw&index=2>

*Submitted by
Deacon Ronald Cooper
on behalf of the Leadership Team*



VIRTUAL PRAYER WALL

The Pastor's Aide Ministry invites you to use the FMZBC Virtual Prayer Room at:
<https://fmzbcprayerroom.prayerloft.com>.

To date, 786 prayer requests/praise reports have been submitted. As a body, we have encouraged each other 700 times by

sending "I prayed" or "I praised" notices to each other. Praise God!

We continue to encourage you to be a part of this incredible tool which God has placed in our hands to use. Just remember our theme, "**WE ARE STRONGER TOGETHER**".

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

Pastor's Aide Ministry



**PLEASE JOIN US AT WWW.FMZBC.COM
EVERY WEDNESDAY NIGHT AT 7:30 P.M.
YOU MAY ALSO VIEW ON
FACEBOOK AND YOUTUBE.
HYBRID ADULT WEDNESDAY NIGHT
BIBLE STUDY BEGINS
WEDNESDAY, OCTOBER 12, 2022,
AT 7:30. P.M.**



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

Scripture:

Exodus 14:13-14 NKJV

And Moses said to the people, "Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. [14] The LORD will fight for you, and you shall hold your peace."

Exodus 14:13-14 AMPC

Moses told the people, Fear not; stand still (firm, confident, undismayed) and see the salvation of the Lord which He will work for you today. For the Egyptians you have seen today you shall never see again. [14] The Lord will fight for you, and you shall hold your peace and remain at rest.

Prayer:

"Lord, we thank You that even with our weaknesses and failures, You still choose to use us in fulfilling Your Will and plans for us. Your strength is made perfect in our weaknesses. May we always seek Your Will above our will.

When life's challenges and distractions cause us to grow weary, may we remember to stay anchored in You Lord. May we NEVER give up as we do the work that You have called us to do. Knowing that it will work out for Your glory and our good and nothing that we do for You is a waste of time. May we submit to You as You allow the challenges of life and our failures to cause us to grow stronger in our faith and relationship with You. Help us to let go of the things that You are leading us to let go of and embrace the things that You are calling us to do, even if it takes us out of our comfort zone. May we learn to trust You even if we don't understand why, knowing that You see the whole picture and know what's best.

More than anything, we want Your perfect Will to be done and for You to receive the greatest glory that You can from our lives. In Jesus Name we pray!

Worship Song: "My Soul Is Anchored" - https://youtu.be/ENv7zlo_j9M

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

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

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

FOR EVERYTHING THERE IS A SEASON!

The life cycle of Earth in our area includes a noticeable change in seasons. Deciduous trees that once had emerald, green leaves and/or bore flowers of various vibrant hues, now enter a new phase. Flowers fade and green leaves now range in color

from deep red to bright yellow. But the change will not end there. The leaves eventually will fall from their branches but if not raked away will nourish not only their former "home" tree but the grass and other vegetation surrounding them.



Likewise, our life cycle includes seasons. Over time like the green leaves and flowers of Spring, our lives flourish - spiritually, physically, emotionally, and relationally. Then there are times when our life circumstances change. We may not flourish as we once did but, though different, our life is still meaningful. We may also experience a season of hurt, betrayal, physical or emotional pain. At some point in our life, we may find ourselves in a season when things or people that were important in our lives are taken away or simply must be let go. On the other hand, we may discover it is time to forgive past hurts and offenses and choose to embrace those we once shunned.

All seasons and events in our lives have a purpose. We can allow them to help us grow spiritually and emotionally or we can "rake" them away and lose the vital "nutrients" they have to offer us. Accepting our seasons is not always easy. Reflecting on who and what is good for us and making necessary changes takes courage and faith. However, if we "trust the process" and our God who is always with us, we can grow stronger and in beautiful and sometimes unexpected ways.

*Submitted by
Reverend Dr. Beverly Waddell-Jiggetts*

**IF WE WOULD STOP
CRUCIFYING OTHERS AND CRUCIFY OUR
FLESH, WE WOULD BE MUCH BETTER
SAINTS AND ENJOY MUCH BETTER
FELLOWSHIP!**

Anonymous



WOMEN'S MINISTRY FELLOWSHIP

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

Welcome Back Ladies!

The Women's Ministry, back from its summer hiatus, kick-started its monthly fellowships on Saturday, September 10, 2022. We hope that everyone had a wonderful summer hiatus and have been blessed and comforted by the love and grace of our Savior, Jesus Christ.

"Women of God We Are Conquerors Through Christ, and We will be Victorious" was the title of our fellowship and, oh, what a time we had! We could not have found a better way to usher in the 2022/2023 season!

We were blessed to have Words of Encouragement from Deaconess Kishema Tapp, who shared with us in song that "Victory is Mine, Victory Today is Mine, I told Satan to get thee behind, Victory Today is Mine!" She reminded us that when we say these words in the precious name of Jesus, Satan has no choice but to flee, thereby making us victorious by the blood of Jesus and the love of God.

We also received Words of Inspiration from Reverend Kathy Russell, who encouraged us to "Hold on to God's Unchanging Hand," and assured us that it is when we hold onto His hand everything will be alright, because we can trust in a God who is the same yesterday, today and forever! She also reminded us that "God is Good All the time, and All the Time God is Good!" Not sometimes – BUT ALL THE TIME!

Romans 8 tells us, "That we are more than conquerors through Christ who loves us. That we are of God and are already conquerors through Him!" God wants us to think beyond the daily grind and know that we cannot be defeated, for we are His children. With the direction and prompting of the Holy Spirit you can accomplish whatever He has called you to do. We should make time for God daily. We should also know our assignment in life. Not everything you may be doing is ordained for you to do. One must first seek the will of God in everything and every aspect of life for it to be ordained.

Women of God We Are Conquerors Through Christ, and We are Victorious!

Our very own Reverend Dr. Tracey Dawkins Holley gave a powerful word from Psalm 20:7, "Some trust in chariots and some in horses, but we TRUST in the NAME of the LORD our GOD!"

Dr. Holley spoke under the subtopic, *"Put Your TRUST in the One Who Stands the Test of Time!"* She reminded us of a very popular song which Marvin Gaye sang, titled "What's Going On?" Many of us are asking that question today...What's going on?

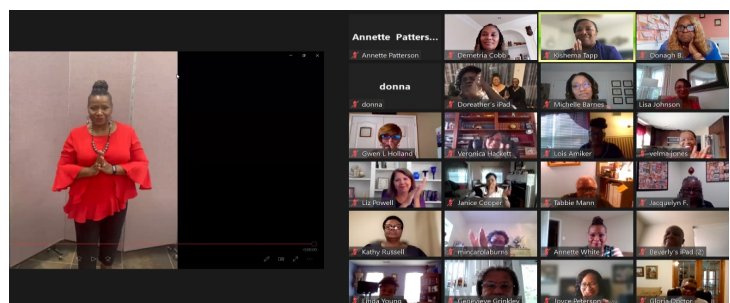
Mass shootings, increased suicides, top secret documents kept in country clubs, the highest court of the land overturning previous decisions that granted certain rights, voter suppression, talk of civil war, ammunition shortages, false imprisonment of our black men, more aggressive driving... What's really going on?

As she talked about being victorious, she exhorted us to trust in the Lord, and emphatically stated that it must be an ACTIVE trust, not anxious! Psalms 20:7 is a reminder that the God we serve is ever present and able to see us through. God oversees all we go through in this world. Chariots will rust, fade, and break; horses will fall over and die, so we need to trust in the ONE that lives forever more! Trust in the One who stands the test of time. We cannot allow the circumstances of this world to weigh us down. God will never fail, forsake, or leave us, but will always give us a renewed sense of peace if we allow ourselves to really trust in the Lord; we can stand against the wicked currents of today and believe that if He has brought us through before, HE CAN BRING US THROUGH again! For He is our STRENGTH! Trust in the Lord with all your heart and lean not to your own understanding. Hallelujah!

Yes, Ladies, what powerful messages given by our wonderful and blessed speakers! We hope and pray that each of you in attendance was blessed, enriched, empowered, and encouraged.

Our next fellowship will be held Saturday, October 8, 2022, from 9 – 10:30 am. Please come and join us in worship and fellowship!

*Humbly,
Lisa Johnson
Women's Ministry Co-Director*





Seniors' MINISTRY

First Mount Zion Baptist Church honored its Seniors in a memorable service on September 11, 2022. Not only was time set aside to recognize the historical events of September 11th when our country suffered a terrorist attack

at three different locations, including the World Trade Center, it was also Grandparents Day and a great day to recognize the Seniors' Ministry.

With a packed house, and the Seniors all dressed in a combination of black and white, the Service was a great reminder of the importance of our Seniors' Ministry and its contribution to the Ministry at FMZ. Yellow roses were presented to Seniors at the door. Dr. Holley gave a history of the Seniors' Ministry and Pastor Torian invited and encouraged all Seniors to join. The crowd was captivated by the ministry of the Silver Steppers as they ministered to the song **God's Grace**, by Rev. Luther Barnes. Immediately following service, the Seniors and their invited guests were treated to a luncheon reception in the gym. Many Seniors who had not seen each other in years were clearly excited to personally reconnect with their friends and members, and their enthusiasm was reflected in their smiling faces as they interacted with each other.

The Seniors' Ministry is appreciative to the leadership of First Mount Zion Baptist Church for caring enough about them to allow them this opportunity. A very special **"THANK YOU"** to Pastor Torian and Dr. Holley for their support in recognition of this program.

*Submitted by
Sis. Shirley Hardy
Ministry Leader*





"A Blessed Unity"

"Behold, how good and how pleasant it is for brethren to dwell together in unity" Psalm 133:1

MEET FMZBC'S NEWLY CONSECRATED AND ORDAINED SERVANT LEADERS



WE THANK GOD FOR HIS CALL UPON THE LIVES OF THESE BROTHERS AND SISTERS WHO WERE CONSECRATED AND ORDAINED ON SEPTEMBER 25, 2022



DEACONESS LOIS AMIKER is a native of Freeport, New York. She is married to Gerald Amiker. They have three children – Jasmine Painter, Jenece Amiker, and Jared Amiker. They are the proud grandparents of five grandchildren – Nyla, Kanaan, Kori, Champ, and Kaleb.

Deaconess Amiker has been an active member of First Mount Zion since 2009. Her ministry involvement includes the Mass Choir and other activities within the Music Ministry, Small Groups, and the Social Committee. Her favorite Scripture is Psalm 100.

Deaconess Amiker describes herself as "Loyal." "I am a faithful, supportive, and caring person who enjoys helping others." She served in the Army for six years and in the Federal Government for 23 years.



DEACONESS JACQUELINE BOUTTE is a native of Talladega, Alabama. She is married to Deacon Joseph Boutte. They have three adult children – Jasmine, Jade, and Jourdan Boutte.

Deaconess Boutte has been an active member of First Mount Zion since 2000. Her ministry involvement includes Devotional Leader of the Common Threads Small Groups, the New Members Committee, and teaching Sunday School. Her favorite Scriptures are Philippians 4:6-8 and Romans 8:1-39.

Deaconess Boutte describes herself as an "Optimist." "It's not that I see through rose-colored lens, but I believe that all things work together for the good to them that love God and are the called according to His purpose."



DEACONESS DEMETRIA COBB is a native of West Point, Georgia. She is married to Marcus Cobb. They have three children – Ilyssia, Diego, and Maia Cobb.

Deaconess Cobb has been an active member of First Mount Zion since 2010. Her ministry involvement includes Small Groups, the Women's Ministry, and prior to COVID, a Sunday School class administrator. Her favorite Scripture is Psalm 5:11-12.

Deaconess Cobb describes herself as "Joyful." "I'm a happy person."



DEACONESS CHRISSETTA HUGHES is a native of Woodbridge, Virginia. She is married to Deacon Ernest Hughes. They have two children – Ernest Jr., and Xavier John Hughes.

Deaconess Hughes has been an active member of First Mount Zion since 1994. Her ministry involvement includes the C.O.R.E./Young Adult Ministry and Women's Ministry. Her favorite Scriptures are Philippians 4:13 and Psalm 100.

Deaconess Hughes describes herself as "Detail-oriented, because paying attention to the small things allows the bigger picture to be shown clearer!" "I am an amiable, trustworthy and caring individual. Family time is paramount. Once I start a task, I see it to completion. Lastly, and most important, I put God first in everything I do. He makes no mistakes."



FMZBC's NEWLY CONSECRATED AND ORDAINED SERVANT LEADERS

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DEACONESS KIMBERLY JOHNSON is a native of Danville, Virginia. She has two children – Dominique and Angela Johnson.

Deaconess Johnson has been an active member of First Mount Zion for over 30 years. Her ministry involvement includes the Music Ministry, the Divine Inspirations Book Store, the Women's Ministry, Small Groups Ministry (BOD4GOD, Carpenters for Christ, Where is God in the Movie, and is the Co-Lead for DivorceCare). Her favorite Scripture is Philippians 4:13.

Deaconess Johnson describes herself as "Giving." "I enjoy helping others and if there is something I can do to assist, I do so willingly."



DEACONESS CARMIA SALCEDO is a native of Canton, Mississippi. She is married to Claude Salcedo. They have three children – Juliana, Isabella, and Victor Salcedo.

Deaconess Salcedo has been an active member of First Mount Zion since 2002. She and her family had a brief military reassignment in 2004 and returned in 2007. Her ministry involvement includes the Strategic Planning Committee, Vacation Bible School, and Children's Church. Her favorite Scripture is Psalm 23:3-4.

Deaconess Salcedo describes herself as "Impactful." "I approach activities and tasks with enterprise, dedication, and thoughtfulness, which, I believe, inevitably leads to having a great impact wherever I am planted. Since 1983, I've been a member of Alpha Kappa Alpha Sorority, Inc., and am currently affiliated with the Woodbridge chapter. I am a life-long Dallas Cowboys fan."



DEACONESS DEBORAH SINGLETON is a native of Richmond, Virginia. She has two children – Myesha and Adara Singleton.

Deaconess Singleton has been an active member of First Mount Zion since 1996. Her ministry involvement includes the Women's Choir, Academic Education Ministry as a tutor, Women's Ministry, and the Dance Ministry. Her favorite Scripture is John 16:33.

Deaconess Singleton describes herself as "Compassionate". "I feel for other's difficulties and have a desire to assist. I am family-oriented and have a soft spot for children and youth."



TRUSTEE PAMELA SESSOMS is a native of Florida.

Trustee Sessoms has been an active member of First Mount Zion since 1972. Her ministry involvement includes the Pastor's Aide Ministry, Founder and Facilitator of the Professional Women Small Group, the Constitution and Bylaws Committee, and the Women's Choir. Her favorite Scripture is Philippians 4:7.

Trustee Sessoms describes herself as "Entrepreneurial." "I was born to create. I enjoy creating visually appealing spaces through a theological lens and making my skincare products. My passion is mentoring and teaching women to be fully activated and empowered through Scripture in the workplace, ministry, community, and family." Trustee Sessoms is a certified Executive Coach, an Intercultural Etiquette and Protocol Trainer, and a White House Leadership Development Program Alumni.



FMZBC's NEWLY CONSECRATED AND ORDAINED SERVANT LEADERS

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DEACON ROBERT E. CREEKMUR, Jr. is a native of Williamsburg, Virginia. He is married to Deaconess Rosemary Creekmur. They have two adult children – Stephanie Creekmur-Mills and Reverend Xavier Creekmur. They are the proud grandparents of four grandchildren – Angel, Jaxson, Joshua, and Tahj.

Deacon Creekmur has been an active member of First Mount Zion since 2009. His ministry involvement includes the Men's Choir, Mass Choir, Academic Education Ministry as a tutor, and is a member of the A-11 Sunday School class. His favorite Scripture is Ephesians 3:20.

Deacon Creekmur describes himself as "Resolute." "I'm determined to accomplish the assigned task." He is an Entrepreneur – Tax Preparer (Personal and Business).



DEACON ERNEST HUGHES is a native of Beaufort, South Carolina. He is married to Deaconess Chrissetta Hughes. They have two children – Ernest Jr, and Xavier John Hughes.

Deacon Hughes has been an active member of First Mount Zion since 1995. His ministry involvement includes the C.O.R.E./Young Adult Ministry, the Men's Choir, and the Men's Ministry. His favorite Scripture is 1 Corinthians 13:4-5.

Deacon Hughes describes himself as "Competitive." "I always want to do and be my best, so I compete at everything, even if it's just with myself to be better than I was the last time. I am a caring person, someone that people gravitate towards and can trust. I find enjoyment in helping others succeed and overcome. I also enjoy having fun, laughing, and making the best out of every situation."



DEACON JOSEPH "DONNELL" WRIGHT, III is a native of Lubbock, Texas.

Deacon Wright has been an active member of First Mount Zion since 2004. His ministry involvement includes serving as the Chair of the C.O.R.E./Young Adult Ministry, as well as serving within the Men's Ministry. His favorite Scripture is Jeremiah 29:11.

Deacon Wright describes himself as "Diligent." "I am a hard worker who seeks to get better at every opportunity laid before me. I am blessed to be considered for this amazing opportunity to be a leader at First Mount Zion."



Ecclesiastes 4:9

Leadership Training Theme: A True Servant-Leader Doesn't look for the Tallest Chair from whence to Lead; rather, he/she looks for the shortest stool, from whence to Serve.



*to the
Leadership Class
Of 2022*



Trustee Pamela Sessoms



Back Row L-R: Deaconesses Kimberly Johnson, Demetria Cobb, Jackie Boutte,
Front Row L-R: Deaconesses Deborah Singleton, Chrissetta Hughes,
Lois Amiker, Carmia Salcedo



Deacons Ernest Hughes, Robert Creekmur and Donnell Wright



2022 Leadership Graduates and the Joint Candidate Leadership Team



POSITIVES FROM THE BLACK HISTORY CORNER

BUT YOU HAVE COME TO MOUNT ZION...

Have you ever wondered why our FMZBC ancestors chose the name Mount Zion for our church? Many Black congregations, established after the Civil War, named their churches after a location, like "15th St. Baptist Church", or a position like "First Baptist Church". The founders of our church, however, chose a name with a Biblical reference. Yea for them! They wanted to give us a name that magnified GOD and that is exactly what they did. Mount Zion is mentioned in Scripture over one hundred and fifty times. Five of these references are listed below:

- According to Isaiah 8:18, Mount Zion is the place where **"GOD dwells."** Therefore, Mount Zion is a most fitting name for a newly organized congregation consisting of eternally grateful people who believed with all their heart GOD delivered them from 250 years of inhuman bondage. God would dwell in the hearts of members of Mount Zion Baptist Church.
- Mount Zion was the highest point in ancient Israel and the ancient world associated divinity worship with high elevations. Psalms 48:1 describes Mount Zion: **"Great is the Lord and to be praised in the city of our God, in His holy mountain. Beautiful in elevation. The joy of the whole earth is Mount Zion...."**
- Psalms 125:1, makes an analogy between believers and Mount Zion: **"Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever."**
- Hebrews 12:22 tells us Mount Zion represents the New Covenant we have in Christ Jesus. The Freed Israelites went to Mount Sinai to receive the Old Covenant, but our Freed ancestors came, and brought us with them, to Mount Zion, the New Covenant established by Jesus' death on the cross for our sins: **"But you have come to Mt. Zion, and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels."** Mount Zion is where people come to worship GOD and be in the company of likeminded people. This verse epitomizes Pastor Torian's mission statement for us: **"To connect people who have a desire to become fully devoted followers of Jesus Christ."**
- Rev. 14:1 The Apostle John sees Jesus, the Lamb of GOD, a second time in his vision, the first time in Rev. 5:6 Jesus was standing in the center of a throne, this time He is standing on Mount Zion. The site of GOD's presence. **"Then I looked and behold a lamb standing on Mount Zion and with him 144,000 having His Father's name written on their forehead."**

We should be enormously proud of our ancestors. Their priority after freedom was to establish a church where they could worship, praise, and give thanksgiving to GOD, and a school to educate their children. They were humble men and women of immense faith and intellect who loved GOD, knew Scripture, and gave our Church a beautiful name which we should strive to be worthy of!

*Submitted by
Deaconess Norma Fields*

SIGNIFICANT EVENTS IN BLACK HISTORY DURING OCTOBER

Benjamin Oliver Davis, Sr. (1880–1970), was appointed a general in the U.S. Army on **October 25, 1940**, becoming the first Black person to hold the position. And, in **June 1945**, his son, Benjamin O. Davis Jr. (1912–2002) was named commander of Goodman Field in Kentucky, becoming the first Black person to command a military base. The U.S. Air Force Academy would later name its airfield in Colorado Springs, Colorado, after Davis, who received the Silver Star for a strafing run into Austria and the Distinguished Flying Cross for a bomber escort mission to Munich on June 9, 1944.

Also, the NAACP Legal Defense Fund was established in New York City. According to the LDF website, the Fund became "America's premier legal organization fighting for racial justice, through litigation, advocacy, and public education. The Fund also sought structural changes to expand democracy, eliminate disparities, and achieve racial justice in a society that fulfills the promise of equality for all Americans".

On **October 15, 1943**, the largest concentration of Black military personnel is stationed at Fort Huachuca in Arizona. In total, there are 14,000 Black soldiers from the 92nd Infantry as well as 300 women from the 32nd and 33rd companies of the Women's Army Auxiliary Corps.

In **October 1944**, the US Navy admitted black women into the WAVES (Women Accepted for Volunteer Emergency Service). Harriet Ida Pickens and Frances Wills were the first black female commissioned officers.

On **October 14, 1964**, the Civil Rights leader Martin Luther King, Jr., became the youngest recipient of, and the first black man to receive, the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.

On **October 3, 1974**, Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

In **October 1989**, Colin Powell began serving as Chairman of the Joint Chiefs of Staff.

In **October 2009**, President Barack Obama won the Nobel Peace Prize.

On **October 15, 1991**, the U.S. Senate confirmed Clarence Thomas to the Supreme Court by a 52-48 vote following several days of tumultuous hearings before the Senate Judiciary Committee concerning sexual harassment charges made by a former aide. Thomas became the second African American to sit on the Court, replacing retired Justice Thurgood Marshall, an African American.



FITNESS-IN-PLACE

MODERATE AND MINDFUL EATING

Restrictive meal plans, counting calories, weighing portions or just reject the idea of a diet entirely and eat anything we want? There are more options than these two extremes. What if, instead, there was a workable, livable solution that navigates the middle? Moderate and mindful eating teaches just that. It promotes eating to satisfaction with small indulgences while encouraging how to listen and re-learn hunger cues.

Moderate eating is neither eating perfectly nor restrictively. Being too rigid during the week, might lead to overindulging on the weekend. Following a strict meal plan during the day, might lead to bingeing at night. Moderate and mindful eating is about "navigating the middle." Instead of just a low-calorie salad with olive oil and vinegar, "navigating the middle" might include adding nuts, a little cheese and a few croutons. Learn to even out the highs and lows of eating and focus on satisfaction, rather than gluttony or deprivation.

Mindful eating means not eating according to a clock or meal plan, but instead, paying attention to what your body is telling you. People with a long history of dieting tend to only register "starving" or "stuffed", and often do not pay attention to hunger and energy cues. Practicing mindful eating can include simply **slowing down** or checking in with your body and asking:

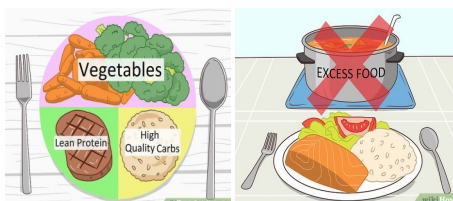
How hungry am I right now?

Is my energy stable?

How satisfied do I feel with this meal today?

Calorie counting and following meal plans or food rules, uses a significant amount of mental energy and are typically not sustainable. The goal of this Moderate and Mindful eating lifestyle is to unlearn dieting rules, eat similarly regardless of the day or occasion, learn to get back in touch with hunger and energy cues, and to learn how to eat "normally" forever.

Challenge: Set Daily Nutritional Commitments (DNC's) such as set 2-3 eating behaviors that keep you mostly on track. Examples include eating protein at every meal, having one large salad every day or having a vegetable at every lunch and dinner. These behaviors should be enjoyable, fit into your schedule and be effective for your goals. They keep energy balanced, cravings low, and hunger stable. These behaviors should be individual to each person and can change over time.



*Sister Lori Valkenburg
Fitness Director*

All About The Ladies



On September 3, 2022, 35 Senior Ladies from "All About the Ladies" traveled to the Signature Theater in Arlington, Virginia to see and experience the musical rendition of the Pulitzer Prize winning novel, "*The Color Purple*". We were all amazed by the wonderful performances by the actors. This triumphant musical adaptation was outstanding and showcased jazz, gospel, blues, and ragtime music. The production was brilliant and, as **The Guardian** newspaper so poignantly stated "An exuberant celebration of community and female empowerment." These ladies came away excited and thrilled about their experience.

Stay tuned for information about our next fellowship!!!

*Submitted by
Sis. Mary Melton & Sister Shirley Hardy*





God's Knowledge is Powerful (GKIP)

Group focus: Discussion/Discipleship

Location: Online

When: Selected Sunday's @ 1:00PM – Small Group calendar will be distributed

God's Knowledge is Powerful
(GKIP)

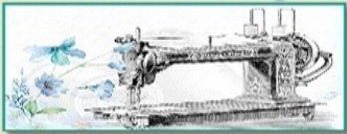


God has His own language and it is not English, it's knowledge. The goal for our small group is to intentionally read and study biblically focused books that empowers each to gain greater knowledge of God's unending wisdom, love kindness and healing powers. We continue to learn how to unplug, unwind and unleash ourselves from the pressure of stress as we study and focus on our assigned study book.

Group Leader:

Demetria Cobb
demetlc12@gmail.com

Common Threads Sewing Group



Common Threads Sewing Group

Group focus: Shared Interest

Location: Online

When: Monthly Saturday Meetings @ 2:00PM – Small Group Calendar and Newsletter will be provided.

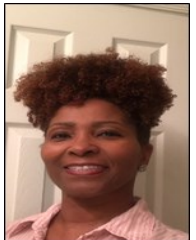
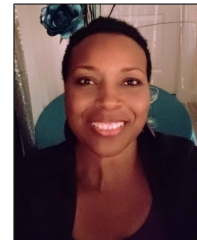
Come and join others who have a passion for sewing and creating something with their hands. ALL are welcome! No qualifications needed, just a willing heart! At the end of the semester, some of your creations will be donated to a worthy cause.

Leader:
Tamitha Downey
chlesha@aol.com

Co-leader:
Jackie Boutte
Degajack@gmail.com

Co-leader:
Tara Funches
twfunches@gmail.com

Co-leader:
Pamela Holmes
pamelaflex29@gmail.com



BOD4GOD Small Group

Group focus: Support - Wellness & Maintenance

Location: Online

When: Every Monday—Meetings @ 7:00PM – Small Group Calendar will be distributed.

BOD4GOD is a faith-based 12-week weight-loss Small Group. Members are provided with inspiration and information they need to lose weight. This Small Group offers participants an opportunity to lose weight in a fun and supportive environment. With BOD4GOD, you can change your life forever by committing your body to God's Glory!



Leader:
Deaconess Tina Coates
ticoates@verizon.net



Leader:
Deaconess Tanya Harvin
tharvin6@yahoo.com



Co-leader/Advisor:
Stephanie M. Craddock
Scraddock@firstmountzionbc.org



**IF YOU DO NOT SEE ONE
WHICH INTERESTS YOU
— THEN START ONE!!!!**



... from the desk of the
Church Business Administrator



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

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

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



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

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.



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 wants to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit prayer requests. 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

Sis. Terry Carey – IPT Leader
Sis. Annette Rivers – Co-Leader



The last day to register for October SHARE packages is Sunday, October 16th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on October 28, 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/fmzbcumfries>

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

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

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

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

Vimeo: vimeo.com/25203195

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



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