



## A Ministry Exhibiting a Spirit of Excellence!

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

### Message from the Pastor



#### GIVE THANKS...

We have just finished a month of great celebration of our 155 years as a Church. I am thankful for each of you and the witness of faith down through the generations.

*Psalm 118:1 says, "Oh, give thanks to the Lord, for He is good!  
For His mercy endures forever."*

As we enter this season of Thanksgiving, I want to encourage you to be intentional in being thankful. Try to find something to be thankful for even on what seems to be the worst of days.

Don Moen writes these words in the song "Give Thanks":

Give thanks with a grateful heart  
Give thanks to the Holy One  
Give thanks because He's given Jesus Christ, His Son  
And now let the weak say, "I am strong"  
Let the poor say, "I am rich"  
Because of what the Lord has done for us  
Give thanks!

We give thanks - We give thanks!!!

Have a wonderful Thanksgiving and remember to always, and in everything, give thanks.

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

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## VIRGINIA IS FOR VOTERS

Voting is our sacred right and responsibility as citizens. Louis Brandeis, who served on the Supreme Court, once said that “the most important office, and the one which all of us can and should fill, is that of private citizen.” President Abraham Lincoln said, “The ballot is stronger than the bullet.” The importance and strength of each individual vote is the essence of freedom in America. Election Day is Tuesday, November 8, 2022 from 6am to 7pm. In Virginia there are various ways to vote and exercise your importance and strength as a citizen. Here are some resources to assist you in voting. We

encourage you to share photos of you wearing your “I Voted” sticker to social media or email it to us at [cpm1@firstmountzionbc.org](mailto:cpm1@firstmountzionbc.org).

## USE YOUR VOICE. MAKE A DIFFERENCE. VOTE!

1. Visit the Virginia Department of Elections website at <https://vote.elections.virginia.gov/VoterInformation>
  - a. The Citizen Portal allows you to register, check your registration status, and find your polling place.
2. Prince William Office of Elections <https://www.pwcva.gov/departments/office-elections>
  - b. **CHECK YOUR STATUS**
    - i. Redistricting is complete and your precinct may have changed from past years. Polling place and voting district information have been mailed to all voters. If you missed it, you can look it up here:
    - ii. Enter your voter information through the Virginia State Department of Elections.
    - iii. Or use the polling place map to look up your address and reference the Election Day polling place list.
    - iv. If you need assistance, call us at 703-792-6470.
  - c. **EARLY VOTING**
    - v. Hours: 8:30 am - 4:30 pm
    - vi. Weekdays: Open Monday - Friday
    - vii. Weekend: Open only Saturday, Oct. 29, Sunday, Oct. 30, & Saturday Nov. 5 (until 5:00 pm on Saturdays)
    - viii. Locations Open through Saturday, November 5
      1. Office of Elections, 9250 Lee Ave
      2. DMV Woodbridge, 2731 Caton Hill Rd
      3. Haymarket Gainesville Library, 14870 Lightner Rd
    - ix. Locations Open through Saturday, November 5
      4. Brentsville Courthouse, 12229 Bristow Rd
      5. Dumfries Community Center, 17757 Main Street
    - x. Curbside Voting: Available for seniors and voters with disabilities at all in-person voting locations in designated parking spaces. Drive-thru voting is not available.
3. **REGISTRATION**
  - D. **Same-Day Registration (\*new\*):**
    - xi. Based on a new law, voters will now be able to register and vote on the same day if the voter registration deadline has passed. The 2022 General Election will be the first election in Virginia where this is allowed.
4. Fairfax County Office of Elections <https://www.fairfaxcounty.gov/elections/home-page>
5. Stafford Voter Information [https://staffordcountyva.gov/government/elected\\_and\\_appointed\\_officials/voter\\_registration/index.php](https://staffordcountyva.gov/government/elected_and_appointed_officials/voter_registration/index.php)
6. Fredericksburg Voter Registration and Elections <https://fredericksburgva.gov/534/Voter-Registration-and-Elections>







# Youth

on



This month, we are doing a “shout out” to all the youth who have responded to Pastor Torian’s request to meet, and to attend, Youth Bible Study each Wednesday night in *The Teen Tabernacle* or via Zoom. You know who you are, and you are **ON BLAST** for your participation, your insight, your giftedness, and your desire to see the Youth Ministry grow. Thank you for taking the time to make your voices heard. You are the future and where we go from here is up to you. So, don’t be shy; don’t be afraid to ask why; and always know that we, your First Mount Zion Baptist Church family, are by your side.

Keep showing up! Keep speaking up! Keep looking up! Always remember, God has a plan for your life. The prophet Jeremiah reminds us of God’s word in Chapter 29, verse 11, where he writes: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

May God continue to bless each of you!

*Reverend Dr. Tracey Dawkins-Holley*



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.



Please join us in person for our Adult and Youth Bible Study, every Wednesday at 7:30 p.m. Everyone (youth and adults) will gather in the Chapel at 7:30 p.m. and the Youth will go to their respective location for their Bible Study after Worship is completed.

You can also tune in to [www.fmzbc.com](http://www.fmzbc.com) LiveStream or view us on Facebook Live. You may also attend via ZOOM. **Adults** attending via ZOOM must register in advance at:

<https://us02web.zoom.us/join/register/tZlIcuCqqj8rGNZjttKHAMxsgoQDBjNVnCZK>

to receive the ZOOM link, after which you will receive a confirmation email containing information about joining the meeting.

**YOUTH**  
BIBLE STUDY

EACH WEDNESDAY @ 7:30 PM

IN-PERSON OR VIA ZOOM. SEE ZOOM INFO BELOW

FIRST MOUNT ZION BAPTIST CHURCH

If attending via ZOOM, the session begins at 7:45pm. You must please register in advance using the following link to receive the meeting link:  
<https://us02web.zoom.us/join/register/tZlIcuCqqj8rGNZjttKHAMxsgoQDBjNVnCZK>





## WHAT IS VETERANS DAY AND WHAT IT MEANS TO ME

*"And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear." Isaiah 65:24 KJV*

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and honor ALL those who served honorably in the military – in wartime or peacetime. In fact, Veterans Day is largely intended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served – not only those who died – have sacrificed and done their duty.

### The Background for Veterans Day

In 1921, an unknown World War I American Soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C. became the focal point of reverence for America's veterans.

Similar ceremonies occurred earlier in England and France, where an unknown Soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the hour of the 11<sup>th</sup> day of the 11th month). The day became known as "Armistice Day."

Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action. If the idealistic hope had been realized that World War I was "the War to end all wars," November 11 might still be called Armistice Day. But only a few years after the holiday was proclaimed, war broke out in Europe.

Sixteen and one-half million Americans took part. Four hundred seven thousand of them died in service, more than 292,000 in battle.

### Armistice Day Changed to Honor All Veterans

The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day, which included a parade and other festivities, to honor all veterans.

The event was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day. Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982.

On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown Soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1<sup>st</sup> Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3<sup>rd</sup> U.S. Infantry (The Old Guard), keeps day and night vigil.

A law passed in 1968 changed the national commemoration Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

How will these tidbits help you answer "What does Veterans Day mean to you and how will you honor and remember a Veteran?"

*Submitted by  
Sister Pauline Hunter*

## A Prayer for All Veterans

**O** God, Great and Almighty creator, we thank and praise You for the freedom we enjoy in our country and pray that our liberties will continue to be protected.

Thank You for America's heroes, that have fought for our freedoms and who have faithfully served our country. We honor all of our veterans, for their sacrifices and for their courage and integrity.

As we celebrate these freedoms, we ask Your blessing on those veterans who made the ultimate sacrifice while defending our country. Bless their families and comfort them with the thankful prayers of a grateful nation.

We thank You for our veterans, past and present. Through the efforts of these individuals, help us continue to promote justice in all nations.

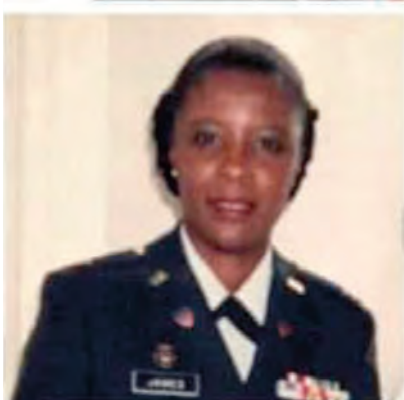
**Amen.**







# HONORING OUR VETERANS AT "THE MOUNT"



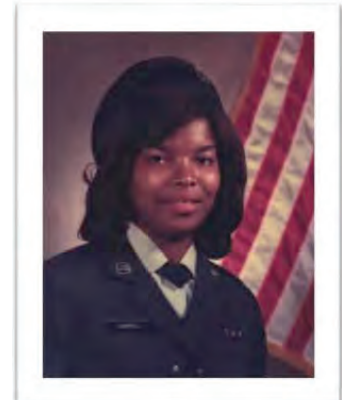
Lt Col. (Ret.) Sandra K. James, USA



CWO Douglas S. Earle, Jr. USN



Lt. Col. Leonardo Manning, USAF



SSgt Lynell Carroll-Manning, USAF



Col. Carmia Salcedo, USAF



Commander (05)  
Ronald A. Cooper Sr, SC, USN



1st Sgt. Samuel Bagwell, USMC



Lt. Cdr. Cheryl Manning, USN



Tech. Sgt. Ledora Akanni, USAF



SGT Jacqueline Patterson Boutté, USA



Col. Wm. Neal Patterson, USA



Lt. Col. Winiford Harvey USAF (Ret.)

## THANK YOU FOR YOUR LEADERSHIP AND SERVICE!!!

See more of our veterans at <https://bit.ly/OurFMZBCVeterans>



## Headed to the NFL???



Forest Park's - and First Mount Zion's - Donald King, III, fields a punt in Friday night's game, in their 50-24 win over Colgan!

# Congratulations!



## CALLING ALL HIGH SCHOOL SENIORS

Scholarship session at FMZBC for High School Seniors following the Sunday worship service on November 20, 2022, 1pm. All high school seniors are encouraged to attend and we look forward to seeing you there!!!

*Academic Education Ministry*



Seniors' Ministry (CED): We always look forward to seeing our amazing seniors (55+). The Seniors' Ministry will celebrate Veterans Day by celebrating our Senior Members who have served in the United States military. All Seniors 55 and over are invited to join this Zoom presentation on Wednesday, November 16, 2022, at 1:00 pm. Please contact Sister Shirley Hardy at [shirleybhardy@gmail.com](mailto:shirleybhardy@gmail.com) to receive the Zoom link.

POC: Ms. Shirley Hardy at [shirleybhardy@gmail.com](mailto:shirleybhardy@gmail.com).



GRAIN OF HEAVEN  
spiritual + nourishment

*For your faithfulness to God and this Ministry...  
for your Spirit of Excellence in the preparation of your deliverables....  
for your diligence in making sure that everyone is well taken care of....  
for opening doors when everyone else is closed....  
for your spirit of humility when called on in the IIth hour....  
for ALL that you do that we do not even know....*

*First Mount Zion just wants to simply say,  
You're the best Grain of Heaven this side of glory!!!*

*Thank You!!! Thank you!!! Thank You!!!*

## NEW MEMBERS' ORIENTATION CLASS SCHEDULE — 9:45 A.M.

|                   |                                      |
|-------------------|--------------------------------------|
| November 6, 2022  | Bible                                |
| November 13, 2022 | How to Study the Bible               |
| November 20, 2022 | Spiritual Warfare with Pastor Torian |
| December 4, 2022  | TBD                                  |
| December 11, 2022 | ABC's of Worship                     |
| December 18, 2022 | Prayer                               |
| January 8, 2023   | Overview of Christian Education      |

Join Zoom Meeting  
[https://us02web.zoom.us/j/81563232280?](https://us02web.zoom.us/j/81563232280?pwd=ckU5SIBiY2RPUGdOYkdYZkVWTGJMdz09)  
pwd=ckU5SIBiY2RPUGdOYkdYZkVWTGJMdz09  
Meeting ID: 815 6323 2280  
Passcode: 395110  
Dial-in No.: 301 715 8592 US (Washington DC)  
Meeting ID: 815 6323 2280  
Passcode: 395110

*New Members Orientation Class* [fmzbc.nmoc@gmail.com](mailto:fmzbc.nmoc@gmail.com)





# Associate Ministers

## ENCOURAGEMENT AND ASSURANCE FOR THE SOUL



### THE COMFORT OF HOPE

In these challenging times that we are living through, hoping for change seems to be top of mind for many. As a result, we sometimes look back on a past that seemed to be kinder and an easier place to live. Even if this season of your life has been a struggle,

even though memories of a beautiful yesterday seem to pull you back into the past, remember that hope for a better today is an opportunity we all can have because every day is a gift. So, let us grasp the gift of today that the God of hope has blessed us with and live it to the full glory of God. If we rest and abide in His love, the challenges of today begin to feel a little less heavy. The reality is that life occurs in cycles and seasons, but the one constant we have been gifted with is the love of God. Keep the fire of hope burning in your heart and always know that the future holds an abundance of opportunities with God. Romans 15:13, "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit." Therefore, do not carry the burden of hopelessness in your heart and mind because "God gives strength to the weary and increases the power of the weak" (Isaiah 40:29). Keep hope alive and may God's abundant blessings be upon you!

*Submitted by*  
*Reverend Carolyn Taylor*

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THOUGHT FOR THE WEEK

**BE DETERMINED TO TRUST GOD TO DELIVER YOU IN EVERY DIFFICULTY. WE CAN LIVE VICTORIOUS LIVES.**

REV. DR. LUKE E. TORIAN  
FIRST MOUNT ZION BAPTIST CHURCH



I pray that this prayer 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:

##### Psalm 1:1-3 NKJV

- [1] *Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;*
- [2] *But his delight is in the law of the LORD, And in His law he meditates day and night.*
- [3] *He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.*

##### Psalm 1:1-3 AMPC

- [1] *Blessed (happy, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather.*

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

#### Prayer:

"Dear Lord, we pray that through Your Holy Spirit, we may be able to boldly proclaim Your Word and our faith in You. We know that as Your return gets closer, it will require more boldness to share the Gospel and stand on Your Word in light of greater persecution. We don't want You to be ashamed of us, so we won't be ashamed to share our faith with others

We had a tree planting ceremony as part of the 155th Anniversary of FMZ. Please help us to individually and corporately become more and more deeply rooted and grounded in Your Word and strengthened in our faith so that no matter what is going on around us, we will NOT be shaken and will continue to boldly proclaim our faith in You. Just like a tree planted by the waters, we shall NOT be moved.

In Jesus' name we pray and give thanks. Amen!"

**Worship Song:** "I Shall Not Be Moved"

<https://youtu.be/9vt332VHj2M>

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



## LEADERSHIP THE CHAPLAIN'S CORNER

Greetings FMZ Family!! Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from October 7, 2022.

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

**Sub-Topic:** Anchoring our Souls through Laughter - Part 2

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

**Discussion:** Last month we talked about there being 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. 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? As mentioned last month, the following are the five things we can do to anchor our souls through laughter: **1. Find your funny bone and tickle it;** **2. Surround yourself with people who live life joyfully.** (Avoid, but pray for, 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.**

**Lesson:**

**1. Find your funny bone and tickle it.**

The author of this devotional wrote that “one of the nightly rituals I started during some really hard years was to watch the back-to-back reruns of Frasier before bed. They made me laugh so hard, and for an hour every night my weary soul was strengthened. Those minutes of laughter lightened the load of my heart and gave me a break. Find what tickles your funny bone and make it a regular habit to build laughter time into your life.” (I have been watching Three Stooges, Gomer Pyle, and Gilligan's Island lately!!)

**2. Surround yourself with people who live life joyfully.**

Have friends in your circle who know how to have fun and have a good sense of humor and can make you laugh. Those people who can find humor in the day-to-day events. Laughter is contagious. Laughter has a way of bonding us together, saying we're in this together, so let's have some fun along the way.

**3. Ask God to help you find something to laugh about even when it seems like there's nothing to laugh about.**

Look for the funny, lighthearted things in life. There are a lot of joyful things in our lives when we train ourselves to look for them. Even when there has been nothing to laugh about in our circumstances, God can help us to find the humor in some small thing.

**4. Count your blessings.**

As you begin to intentionally count your blessings, you will find your heart becoming more merry or cheerful instead of discouraged. We can find something to be thankful about even in

the difficult times. As we practice thanking God, we begin to see our blessings more clearly. And there is something wonderful about a grateful spirit; it does wonders for our heart and outlook in general.

**5. Develop a sense of humor.**

So often we take ourselves too seriously. Certainly, there are those times in life that are not occasions for laughter, but most of life is ordinary living and we can choose whether to find laughter and joy or not. It can begin by learning to laugh at yourself and look for the funny around you.

James Martin said, “Joy, humor, and laughter should be part of everyone's spiritual life. They are gifts from God.” Hand-in-hand, faith and laughter is the *best medicine for your soul*. From the beginning, God knew how important laughter would be in our lives long before the medical world would discover the incredible benefits to our physical and mental health. It's an important practice to develop if we're to survive in this broken world. So look for things to laugh about. Try focusing on the blessings God has given you rather than only on the difficulties in your life. Find ways to tickle your funny bone. Use the gift that God has given and laugh! *It's good medicine for your soul!!!*

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

**Meditational Song(s)/Videos:**

Sinbad Part 4 [https://youtu.be/L\\_a7fPNvOEw](https://youtu.be/L_a7fPNvOEw)

Marcus Wiley <https://youtu.be/lmTkkOnTHJc>

*Deacon Ronald Cooper  
on behalf of  
FMZ Leadership Chaplains*

*To all those celebrating in  
November!*







## WOMEN'S MINISTRY FELLOWSHIP:

### 'GOD WILL MAKE A WAY'

The Women's Ministry hosted a fellowship via Zoom on October 8<sup>th</sup>, during which we were reminded that, despite what it looks like to us and what we may see with our naked eye, we should always trust God to bring us through the trials and tribulations of life because HE is GOD and HE will always make a way! Our guest speakers, Rev. Cynthia M. Ball and Rev. Dr. Sandra K. James, inspired us with their presentations as they ministered to us on God's ability to make a way.

Reverend Ball, delivered a powerful message from Romans 8:28 and Philippians 4:19-20 reminding us that we can trust that He (GOD) will make a way no matter what storm we face, sickness that may try to overcome us, or how many states of emergencies are issued...HE will make a way . . . but it's a molding process. God's love will sustain us through hard and difficult times. You may ask yourself sometimes "Why do we have to experience God through difficult situations?" The response could be that to embrace God and His goodness, we have to let go of self! It's very similar to the birthing pain analogy when, during a pregnancy, a woman may experience what is referred to as "Braxton Hicks" contractions, but those contractions are really just the body preparing for birth, and as she gets closer to giving birth, the water breaks, the cervix dilates, the doctor checks to see if it's more than two (2) centimeters, if over two (2) centimeters, the future mother is kept at the hospital and the doctor waits until the contractions become a certain amount of minutes in between. Once the cervix has dilated to ten (10) centimeters, the expectant mother is then told to "push"! Sometimes we must PUSH through those difficult situations, but we have the comfort of knowing that our Father is always with us, and through those difficult situations we experience a closer relationship with Him, learning to depend on Him, trust Him! All along knowing that **He is making a way!**

Then our Assistant Pastor, Reverend Dr. Sandra James, basing her message from Psalm 27:1 and Psalm 23:1-6, delivered a powerful conclusion to our Fellowship theme as she proclaimed that GOD is OUR WAYMAKER! She reminded us that, like David, we need to make the Lord our Good Shepherd, our provider, guider, leader and the Giver of Life. Psalm 23:1-7 (Amplified Version) says that The LORD is my Shepherd (to feed, to guide and shield me), I shall not want. HE lets me lie down in green pastures: HE leads me beside the still and quiet waters. He refreshes and restores my soul (life); HE leads me in the paths of righteousness for HIS name's sake. Even though I walk through the (sunless) valley of the shadow of death, I fear no evil, for YOU are with me, YOUR rod (to protect) and YOUR staff (to guide), they comfort and console me. YOU prepare a table before me in the presence of my enemies. You have anointed and refreshed my head with oil; my cup overflows. Surely goodness and mercy and unfailing love shall follow me all the days of my life. And I shall dwell forever (throughout all my days) in the house and in the presence of the Lord. Rev. James reiterated that our Father, as the Giver of Life, is always with us even when we walk through the valley. That anointing is an 'act of honor' to the point that our cup will be overflowing, and goodness and mercy will chase you down so that you shall dwell in the House of the Lord forever, because HE wants us there with Him. BUT we have to be partners and participate... YES, sometimes we have to do our part! We have to know that

**GOD made a way, GOD is making a way, God makes the way, and that GOD IS the way!** Sisters, let's continue to march on and encourage each other. The same manner in which David understood how God made a way, we also need to know that God can and does make a way. We need to call Him our Waymaker, our Miracle Worker, our Healer, and our Deliverer.

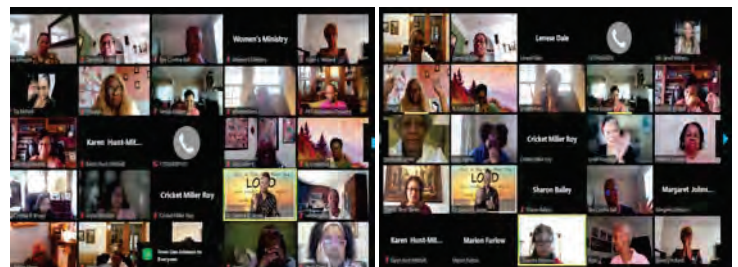
We were blessed to be serenaded by Sister Tia McNeil and given Words of Encouragement and Inspiration by Deaconess Janice Cooper and Deaconess Doris Sessoms. Deaconess Sessoms encouraged us to read a children's book from time to time, because sometimes it's good to reflect on thoughts long past as well as be reminded of how far God has brought us in our walk with Him -- and sometimes just for a good chuckle!

Ladies of First Mount Zion, the Women's Ministry thanks you from the bottom of our hearts for your wonderful support of the fellowship on October 8, 2022. We realize you could have made other plans, but you didn't! Instead, you chose to be in the presence of the Lord with us and worship Him in the spirit of unity, and we couldn't be more grateful. That's just one measure of God's love for and towards us, allowing us to bask in His presence and stand side by side with our sisters in Christ...yes, even via Zoom!

October is Breast Cancer Awareness Month and we want to assure those sisters who have experienced the trials and tribulations of overcoming Breast Cancer, that we stand side by side with you. When you thought you couldn't go on, you did! You put your trust in the Waymaker and He gave you peace through a storm you didn't think it was possible to get through. Thank you to Sisters Cassandra Monroe and Annette Rivers for their testimonies on overcoming their battle with breast cancer. We give God thanks for bringing each of you through, along with the many other sisters that have overcome their battles with breast cancer.

Again, Ladies, thank you for spending your Saturday morning with us in worship. We sincerely appreciate each of you. As a reminder, there will not be a fellowship in November. Instead, please plan to attend the Women's Ministry Concert and Conference. The Concert will be at the Church on November 4, beginning at 7 pm. The Conference will be via Zoom on November 5, beginning at 9 am. Both events are FREE. Additional information will be provided via email, Connection Points, the website, and the Sunday announcements. Additionally, the Fall session of our Book Club has begun and information will be provided on how to register and purchase your materials during the Sunday announcements and via email.

*Humblly,*  
*Sister Lisa D. Johnson*  
*WM Co-Director*





## From the desk of The CBA



### ZONE MINISTRY

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

### YOUTH MINISTRY

We have a new feature in the Church Newsletter called **"YOUTH ON BLAST!"** This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments. If you know of a youth that you would like to have profiled in these sections, please send their name, contact information, and accomplishments to:

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

Accomplishments can be in the areas of athletic, community, scholastic, overcoming personal challenges, or simply a youth who is in need of encouragement.

For additional information or questions, please contact Dr. Holley at 703-670-0184.



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)

### COVID-19 VACCINATION CARD

The Virginia Department of Health now provides copies of your vaccination card. To obtain a copy, you can go to their Vaccination Record Request Portal and fill in your information:

<https://vase.vdh.virginia.gov/vacapps/f?p=545:1>

### HOLIDAY CLOSURES

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

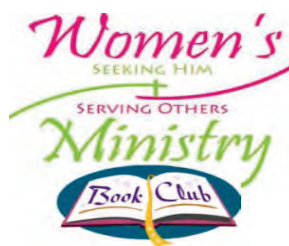
### VIRTUAL VOLUNTEER SCREENING

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)

*Sister Renee Woolfolk*  
*Church Business Administrator*



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

The Women's Ministry (WM) will be hosting our fall Book Club session via Zoom. We will be reading *"What Happens When*

*Women Say Yes to God: \*Live More Fully \*Love More Deeply - Experience God's Best for You*" by Lysa Terkeurst. During this 6- week session, we will be discussing how Your job is obedience. God's job is everything else. If you've ever found yourself wondering...What is God's plan for my life? or Can He really use me? You're not alone. We were absolutely created to participate in God's divine activity and experience His rich blessings. We just have to say "yes" to Him!

Please join us and invite other ladies to share in this spiritual journey. Session dates are 11/5, 11/12, 11/19, and 12/3 from 10:00 -11:30am. Register by emailing:

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

and Input "Book Club" in the subject line. Please provide your name, telephone number, and email address where you can be reached.

POC: Sister Sharon Lawrence will be the Facilitator for this session.

*Book Club Lead, Sister Lisa Johnson*  
*Book Club Co-Lead, Sister Sharon Lawrence.*





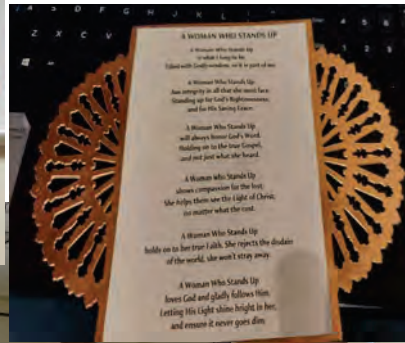
## All About The Ladies



The Ladies of **All About The Ladies** participated in their annual Women Empowerment Workshop on October 12, 2022, wearing their "pink" in honor of Breast Cancer month. The group consists of Senior Ladies originating from the Seniors' Ministry of First Mount Zion. The theme of this year's workshop was **"Faith Over Fear: Will the Real Woman Please Stand Up?"** Proverbs 3:1-7.

The Workshop, led by Sis. Joyce Peterson, Sis. Shirley Hardy, and Sis. Mary Melton, was held in Fredericksburg, Va. Forty-one Ladies were in attendance, both in person and virtually. The ladies engaged in lively discussions on the kind of women God wants us to be. Each lady present received a surprise keepsake gift with an original poem, "A Woman Who Stands Up". Thank you to the leadership of All About the Ladies who always plan exciting activities for Senior Ladies, and to Sis. Debbie Tribble for making the keepsake gifts possible.

*Submitted by Sis. Shirley Hardy*







# FITNESS-IN-PLACE

## BODY HARMONY

In the 1500's, having more body fat did not carry the same stigma that it does today (this is seen in famous paintings and statues from that era). Instead, it was viewed as a sign of wealth and health. But over time, beauty standards have evolved. Women's standards have gone from voluptuous and curvy to hourglass to supermodel skinny. Men's standards have also changed. In the 60's and 70's, a thinner physique was glamorized. Now, the standard is large and muscular. Today, we see a greater focus on "ripped" physiques and lifting heavy weights.

For most of us, the "perfect body" does not exist. If we continue to chase it, the only thing we will catch is frustration and a constant fear of not being "enough".

Instead, what we need to understand is that it is ok to want to make healthy changes to our bodies while accepting that there is nothing "wrong" with how we are currently. This is called body harmony.

A valid, effective, and scientific approach to achieving optimal health is rooted in behavior change, patience, and finding a harmony between what the body needs and what you enjoy. Health and fitness is not about the body; it is about your relationship with your body. This is where our power is!

**Challenge:** Work on learning to accept your body while focusing on improving your fitness and quality of life. We have the power to change the way we see, feel, and think about our bodies. Look up these bible verses to help shift towards body harmony:

- "I am fearfully and wonderfully made" Psalm 139:14
- "Your beauty should not come from outward adornment" 1 Peter 3:3-4
- "Beauty is fleeting; but a woman who fears the Lord is praised" Proverbs 31:30
- "People look at the outward appearance, but the Lord looks at the heart" 1 Samuel 16:7
- "Created in Christ Jesus to do good works" Ephesians 2:10
- "Honor God with your bodies" 1 Corinthians 6:19-20
- "Offer your bodies as a living sacrifice" Romans 12:1
- "Whether you eat or drink or whatever you do, do it all for the glory of God" 1 Corinthians 10:31
- "Will transform our lowly bodies so that they will be like his" Philippians 3:21
- "God created mankind in His own image" Genesis 1:27

*Sister Lori Valkenburg*  
*Fitness Director*

## POSITIVES FROM THE BLACK HISTORY CORNER

### SIGNIFICANT EVENTS IN BLACK HISTORY DURING NOVEMBER

On **November 1, 1848**, the first medical school for women, The Boston Female Medical School, opened in Boston. It was founded by Samuel Gregory with just twelve students. In 1874, the school merged with Boston University School of Medicine, becoming one of the first co-ed medical schools.

On **November 15, 1866**, Private Cathay Williams was the only woman to serve in the US Army as a Buffalo Soldier. She enlisted in the Army as a man. Williams reversed her name William Cathay and lived as a male soldier and served until she was found out due to the last of many illnesses she suffered while serving.

On **November 3, 1868**, John W. Menard defeated a white candidate (5,107 to 2,833) in an election in Louisiana's Second Congressional District and became the first African American to be elected to Congress.

In **November 1945**, John H Johnson published the first issue of Ebony Magazine.

Roger Arliner Young, born in Clifton Forge, Virginia, had the distinction of being the first African American woman to receive a doctorate degree in zoology. She was an American scientist of zoology, biology, and marine biology. She died on **November 9, 1964**.

Edward W Brooke became the first African-American elected to the United States Senate by popular vote. He was elected Senator from the State of Massachusetts in **November 1966**.

On **November 7, 1967**, Carl Stokes became the first African-American mayor in the U.S., elected mayor of Cleveland, Ohio.

On **November 5, 1968**, Shirley Chisholm became the first African-American woman to be elected to the US Congress. Her mother was from the Caribbean island of Barbados and her father from Guyana. She represented New York's 12th District for seven terms from 1968 to 1983 and, in 1972, was also the first major party African-American candidate to run for President of the United States.

L. Douglas Wilder became the first African-American governor in U.S. history, elected governor of Virginia on **November 7, 1989**.

In **November 18, 1993**, South Africa adopted a new constitution after more than 300 years of white majority rule. The constitution provided basic civil rights to blacks and was approved by representatives of the ruling party, as well as members of 20 other political parties.





## VIRTUAL VOLUNTEER SCREENING November 19th

If you need to be screened, please contact the following:

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)

## JOB VACANCIES

FMZBC is seeking to employ a:

### Youth Minister

The job announcement and the employment application are available for download at:

<https://firstmountzionbc.org/job-vacancy-announcement/>

Please return by email to:  
[employment@firstmountzionbc.org](mailto:employment@firstmountzionbc.org)  
or return to the office during office hours, Monday-Thursday, 9-4p.m. and Friday 9-1pm.

Applications will also be accepted by mail:

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

Attention: Hiring Manager



**The last day to register for November SHARE packages is Sunday, November 13th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on November 19, 2022.**

### SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions should not exceed 300-350 words and must be received no later than 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

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

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



**THE  
TRANSPORTATION  
MINISTRY  
IS TEMPORARILY  
SUSPENDED DUE**

**TO COVID-19 AND WILL RESUME  
WHEN FULL ACTIVITIES AT THE  
CHURCH HAVE BEEN RESTORED!**

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

### Sunday School

9:45 AM (VIA ZOOM & CALL-IN)

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

### FMZ Life Stream:

<https://www.lifestream.tv/fmz-live/>

### Facebook:

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

### 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/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-QRnObzNDEefeGQ>



**All activities are postponed until further notice. Please contact the below-named individual for further information.**

POC: Pamela Knight  
[singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org)