

2023 Theme:
From Generation to Generation, Growing
Deeper, Growing Stronger, Reaching Higher
*"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, . . ."*
Deuteronomy 32:7



New Year's Message from the Pastor

Blessings for the New Year!



If you're looking for personal and spiritual transformation in 2023, a good place to start is the Bible to see what God's Word has to say:

Ephesians 4:22-24 says we are "made new" in Christ. Even if you've struggled with negative patterns in 2022, the new year is a time for a fresh start, for new beginnings.

Jeremiah 29:11 says *'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.'* This is a great verse about new beginnings. The realization that God has a plan for each of us can help carry us into the new year with great hope for the future.

Psalm 100:4 *"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."* reminds us of the importance of giving thanks and praise to God. We can look toward the new year with joy in our hearts and excitement for what's to come. It all starts with our attitude of gratitude.

As we enter the year of 2023 and continue to embrace our Church theme: From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher, from the 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,* let us continue to tell the stories of God's blessings to us past, present and future, and look forward to a great year; I am, and I hope you are also!

*From Generation to Generation,
Growing Deeper, Growing Stronger, Reaching Higher*
Pastor Luke E. Torian

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MEN AND WOMEN'S JOINT PRAYER BREAKFAST

**JANUARY 28, 2023
8:00AM-10:30AM**

IN PERSON AND ON ALL FMZ PLATFORMS

TOPIC:

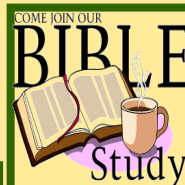
"RISE UP & PRAY: BREAKING THROUGH TO VICTORY"

**A NOMINAL PRICE OF \$5 WILL BE CHARGED FOR BREAKFAST
BUT YOU MUST REGISTER AT EVENTBRITE ON THE CHURCH'S WEBSITE**

REGISTRATION DATES: JANUARY 1-15, 2023

NO FEE OR REGISTRATION IS REQUIRED TO ATTEND FELLOWSHIP!

MORE INFORMATION WILL BE FORTHCOMING!



**IN PERSON -
IN CHAPEL -
EVERY**

**WEDNESDAY
AT 7:30PM.**

FMZ/Life Stream:

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

Facebook:

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

YouTube: [https://](https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ)

www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ

**Study handouts are available
online:**

<https://firstmountzionbc.org/bible-study-handouts/>

Youth

on



If you want to know what athletic, academic, and community excellence look like, then look no further than our January Youth on Blast spotlight, Ms. Paige Woolfolk.

Paige is a senior at C.D. Hylton High School in Woodbridge, VA where she serves her school community in student government and as a student athlete. Paige is a varsity letterman in sprints and jumps. She is currently a member of the Student Athlete Leadership Team and the Principal's Advisory Committee. Additionally, Paige is a class of 2023 Prince William County Youth Salute honoree. Not only does this young lady serve academically and athletically, but she is also an active participant in the FMZBC Youth Ministry and Youth Council.

Paige has been selected as a 2022-2023 Women In Community Action (W.I.C.A.) Debutante and will be presented in March. Even with her current accolades, Paige is looking ahead and focused on the future. She has a jump start on her career by working as a physical therapy technician, with plans to attend college in the Fall to study Kinesiology.

Let us continue to pray for this young lady as she continues to do her best, while trusting God with her future.

*Submitted by
Dr. Tracey Dawkins Holley*



ACADEMIC EDUCATION MINISTRY ANNUAL COLLEGE PANEL DISCUSSION!!

Join the AEM on Sunday, January 8, 2023 at 1:00 PM via Zoom. Our own FMZ College Students will discuss issues such as transitioning from high school to college, campus life, being away from home as well as answer questions from parents and students regarding college life. High School students and parents/guardians of high school and middle school students are welcome to attend. Do not miss this opportunity to hear what these students have to say as well as receive answers to your hard questions!!!

Signup is required! Please go to aem@firstmountzionbc.org to sign up no later than **January 5, 2023**. The Zoom login information will be provided at a later date. COLLEGE STUDENTS: Go to aem@firstmountzionbc.org to sign-up to participate as a panelist.

POC: Bro. Gerry Griffin, AEM Chair at AEM@firstmountzionbc.org



ALL HIGH SCHOOL SENIORS!!!

The Scholarship applications are now available online: (First Mount Zion Baptist Church and Hinkitch I. Bell), at <https://firstmountzionbc.org/scholarships-2/>

Please be sure to review the requirements and deadline submissions. DONT MISS OUT!!!

POC: Brother Gerry Griffin, Chair,
Academic Education Ministry at AEM@FirstMountZionBC.org.

Our 2023 Leadership

TRUSTEE MINISTRY

Chair
Trustee Nicole Johnson

Vice Chair
Trustee Henry Coverson

Secretary
Trustee Renae Allen

Chaplain
Trustee Willie Davis

Treasurer
Trustee Oscar Dailey

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Secretary
Deacon James Tribble

Assistant Secretary
Deacon Andre Robinson

Chaplain
Deacon Henry Walker

Assistant Chaplain
Deacon Everett Griggs

DEACONESS MINISTRY

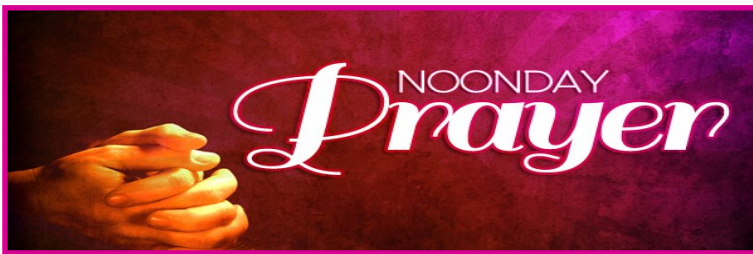
Chair
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Vice Chair
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Deaconess Lynell Manning

Assistant Secretary
Deaconess Beverly Bolden

Chaplain
Deaconess Ivery Barnes



Prayer:

"Lord, we thank you that you are Jehovah Shalom, our peace. And during the storms of life, we can still have your peace and rest in you. During these challenging times, more than ever, we need your peace, and we need rest for spirit, soul, and body. We also pray for peace for those who are struggling during this holiday season. Some of us are separated from loved ones, and some are missing loved ones who are no longer with us."

We can let ourselves become caught up in the busyness of life, that we do not slow down enough to give our body and soul the rest that we need. May we learn to take our burdens to you and cast our cares on you so that we can find rest for our souls. Thank you Jesus that you called us to go to you when we are tired and weary and need rest for our spirit, soul, and body.

Especially during this season, we pray for peace on earth, in our nation, in our homes and in every heart. Jesus, you are the Prince of Peace and may we allow Your peace to flow through us to those around us.

All the glory, honor and praise belong to you alone! In Jesus Name we pray and give thanks, Amen!"

Scripture:

Mark 4:39 NKJV
Then He arose and rebuked the wind, and said to the sea,
"Peace, be still!" And the wind ceased and there was a great
calm.

Mark 4:39 AMPC
And He arose and rebuked the wind and said to the sea, Hush now! Be still (muzzled)! And the wind ceased (sank to rest as if exhausted by its beating) and there was [immediately] a great calm (a perfect peacefulness).

Worship Song: “Peace Be Still” - <https://youtu.be/yi6q-xyg9OI>

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

Noon Prayer Team
Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Reverend Maxine Thompson



“FOR YOUR MENTAL HEALTH”

10 tips to boost your mental health: There is no health without mental health. To help with day-to-day stress and challenges, we're offering 10 tips to boost yours.



“Mental health” refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Anyone can experience mental or emotional health problems — and over a lifetime, many of us will. Mental illnesses are among the most common health conditions in the United States. More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime. 1 in 5 Americans will experience a mental illness in a given year.

These tips can help you elevate your mood, become more resilient and enjoy life more.

1. **Make social connection — especially face-to-face — a priority :** Phone calls and social networks have their place, but few things can beat the stress-busting, mood-boosting power of quality face-to-face time with other people, especially those you love and people who energize you.
2. **Stay active:** Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.
3. **Talk to someone:** Talk to a friendly face. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.
4. **Appeal to your senses:** Does listening to an uplifting song make you feel calm? Does squeezing a stress ball help you feel centered? What about taking a walk outside and enjoying nature, the sights and sounds of the trees? Everyone responds to sensory input a little differently, so experiment to find what works best for you.
5. **Take up relaxation practice:** Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress (you can YouTube these). Guess what? There are apps on your I-watch, Fitbit and others to help you.
6. **Make leisure and contemplation a priority:** We can all be guilty of being "too busy" to take some down time, but leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things. Write them down if you can, because they can be easy to forget. Then reflect on them later if your mood is in need of a boost.

cont'd on page 4 - -

MENTAL HEALTH — cont'd from page 3

7. Eat a brain-healthy diet to support strong mental health: Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.
8. Don't skimp on sleep: It matters more than you think. Sleep is our body and mind's best way to recharge and rejuvenate. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or computers — in the hours before bedtime. Consider reading or listening to relaxing music instead. Work toward getting 8 hours of sleep a day or as close as you can to this goal.
9. Find purpose and meaning: This is different for everyone but finding purpose in your day is a big factor to good mental health. You might try one of the following:
 - ◆ Engage in work that makes you feel useful
 - ◆ Invest in relationships and spend quality time with people who matter to you
 - ◆ Volunteer, which can help enrich your life and make you happier
 - ◆ Care for others, which can be as rewarding and meaningful as it is challenging
 - ◆ Think of one good deed or gesture to do each day
10. Get help if you need it: If you or a loved one needs support, there are many programs and resources that are available to you. There is no shame or guilt just take care of yourself, be healthy and happy. If you don't know where to start, please call the Church and we will help you.

(Article from BC Mental Health & Substance Use Services)

Peace, Blessings and Safety for the New Year!

Submitted by
Dr. Sandra K. James
Assistant Pastor

FITNESS-IN-PLACE

HEALTHY HABITS THAT HELP YOU STICK TO YOUR HEALTH JOURNEY

Have you heard that dieting is out? These days, most experts are preaching that healthy habits are the best way for people to hit their goals, maintain them, and live life to its fullest.

Add Vegetables: Adding veggies to your meals will likely reduce calories. If you love mac and cheese, think about adding steamed broccoli. If you love tacos, think about making a taco salad and using a few tortilla chips as a crunch on top. If you love pizza, order thin crust and add lots of veggies. Eat a side salad or fruit salad as your side dish with your meals. A good goal is to have half of your plate be veggies in at least 2 of your meals per day. If you just don't like veggies click on this link for suggestions:

<https://www.heartandstroke.ca/articles/but-i-dont-like-fruit-or-vegetables#>

10-Second Breather: It's easy to jump into a meal, snack, or treat, anxious, stressed, or thinking about 100 other things. If you come up on a box of donuts, take a deep 10-second breather, dial into what your body really needs, and either enjoy your treat mindfully or move on depending on what you choose. By allowing yourself those 10 seconds, you get to dial in, ease stress and anxiety, and make a choice about what would really feel good for your body and get you closer to your goals.

Drink Water: Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking. Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger. A person may think that they are hungry when they are actually thirsty. If you just don't like water click on this link for suggestions:

<https://whatsgood.vitaminshoppe.com/8-fun-ways-to-drink-more-water-if-you-hate-water/>

Talk Kindly to Yourself: Talk to yourself the way you'd talk to your best friend. If you really want to change you need to start talking to yourself like you deserve change. And you DO deserve it! God Loves You! Remember *Psalms 139:14* "for I am fearfully and wonderfully made". Remind yourself of that over and over again. Remember, habits take time to build. Take it slow, give yourself grace, and be consistent!

Challenge: Set Daily Nutritional Commitments (DNC's) such as set 2-3 eating behaviors that keep you mostly on track. Examples include having one large salad every day, having a vegetable at every lunch and dinner, or drinking 5 glasses of water. These behaviors should be enjoyable, fit into your schedule and be effective for your goals. They keep energy balanced, cravings low, and hunger stable.

Sister Lori Valkenburg
Fitness Director

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct in person training and screening sessions on January 21, March 18, May 20, September 16 and November 18, beginning promptly at 9:00 AM. Volunteers must be FMZBC members for a minimum of 6 months.

TO SIGN UP, please contact Cynthia Zorn Pettigrew at 703 - 730-5227, zornpettigrewcl@comcast.net or Clarice Torian at 703-730-6353, toriancj@gmail.com, no later than the Monday prior to the session.

Please visit the FMZBC website to obtain the required documents. Click on the Resources tab, scroll down to Volunteer Screening Documents, then download and complete the Volunteer Screening Application and Notice of Background Investigation Form. These completed forms MUST be brought to the session.



**Keeping Your
Kids Safe**

LEADERSHIP

THE CHAPLAIN'S CORNER



"Greetings FMZ Family!! Please see the FMZ Leadership First Friday Prayer and Fasting Devotional from December 2, 2022. This Devotional closed out the 2022 Series!!"

Prayer and Fasting Topic: Anchoring our Souls

Sub-Topic: *Knowing that You are God's "Designated Beneficiary" is good for the soul!*

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

Discussion: Brothers and Sisters, we embarked on this First Friday series on January 7th, 2022!! It is our sincere hope that something has struck a Spiritual chord, to the end that your soul is more anchored today than yesterday!! A light went off when Rev. Parker preached on the topic, "Designated Beneficiary" and referenced John Ortberg's book, *Soul Keeping*. AND her foundational scripture was Psalms 103:1-5. Coincidence or Providence!??? We choose "Providence" and will close out our series, with our foundational scripture, Psalms 103:1-5 !!

Lesson: In way of review, we started the new year off with a few nautical definitions and "soul" overview. (1) **Anchor:** 1. (Nautical Terms) any of several devices, usually of steel, attached to a vessel by a cable and dropped overboard to grip the bottom and **restrict the vessel's movement**. 2. *an object used to hold something firmly in place:* the **rock** provided an anchor for the rope. 3. a source of **stability or security**: religion was his anchor. (1) **Moorings:** A source of **stability or security**. Then we cited a few excerpts on the soul from the book *Soul Keeping* by John Ortberg: "You are not just a self; you are a soul. 'The LORD God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a **living soul** (Gen 2:7). 'You're a soul made by God, made for God, and made to need God, which means you were not made to be self-sufficient.'"

THE OPERATING SYSTEM OF YOUR LIFE

"The soul is the capacity to integrate all the parts into a single, whole life. It is something like a program that runs a computer; you don't usually notice it unless it messes up." *"The soul seeks harmony, connection, and integration. Therefore, an unhealthy soul is one that experiences disintegration, and sin always causes the disintegration of the soul."*

"Soul Keeping - John Ortberg

<https://books.apple.com/us/book/soul-keeping/id757268207>

Your soul is what integrates your **will** (your intentions), your **mind** (your thoughts and feelings, your values and conscience), and your **body** (your face, body language, and actions) into a single life. *A soul is healthy — well-ordered — when there is harmony between these three entities and God's intent for all creation.*

When you are connected with God AND other people in life, you have a healthy soul."

So we will simply close out this devotional series by offering Psalms 103:1-5 in the Amplified version for your edification and it is our prayer that your soul will not only be "anchored" but you will know in your "heart of hearts" that God has made you the permanent "Designated Beneficial" to ALL of His Promises!! SELAH!!!

A Psalm of David (103:1-5)

1. Bless *and affectionately* praise the Lord, O my soul and all that is [deep] within me, *bless* His Holy name.
2. Bless *and affectionately* praise the Lord, O my soul, and **do not forget any of His benefits**.
3. Who (1) *forgives all your sins*, Who (2) *heals all your diseases*;
4. Who (3) *redeems your life from the pit*, Who (4) *crowns you [lavishly] with lovingkindness and tender mercy*.
5. Who (5) *satisfies your years with good things*, So that your youth is renewed like the [soaring] eagle.
SELAH!!!! SELAH!! SELAH!!!

Supporting Scripture: "Bless the Lord Oh my *soul*" (Psalm 103:1-5).

Meditational Song/Videos: https://youtu.be/ENv7zlo_j9M

My Soul is Anchored in the Lord - Douglas Miller

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



VIRTUAL PRAYER WALL

We continue to encourage ALL members to join the Virtual Prayer Wall. It is easily accessible and allows you to post prayer requests and/or praise reports. All prayer requests are prayed over by anyone who views the Wall and it is encouraging to know that, in a ministry of this size, it could mean there are hundreds of members praying with and for you in whatever situation you are facing; or, conversely, they could be praising God with you for your victory in the praise report which you posted. Try it ... you WILL like it and, more importantly, God will hear and answer our prayers!! Just click on:

[PrayerLoft | First Mount Zion Baptist Church Prayer Room](#) and you will be able to enter your prayers and/or praise reports.

Just to give you an idea how effective this Prayer Wall is for those who have been accessing it, here are some statistics:

Number of Prayers submitted: **77**

Number of prayer/praise responses in support of the submitted prayers: **770**

Notifications sent to individuals who submitted prayers/praise reports: **686**



**TO ALL THOSE WHO HAVE
LOST LOVED ONES DURING THIS
PAST YEAR, PLEASE KNOW
THAT WE ARE PRAYING FOR
YOU AND YOUR FAMILY THAT
GOD WILL COMFORT AND KEEP
YOU DURING THIS
DIFFICULT TIME!**



GRIEF SHARE: SUPPORT FOR THOSE GRIEVING THE LOSS OF LOVED ONES

As we look forward to 2023 with expectations that things will be different and better, we also know that it will be a time of heartache and pain for those who will experience the loss of loved ones. That loss will embark them on a journey of grief that will require support for them to heal. Grief is difficult to bear, especially if you try to do it on your own. At First Mount Zion Baptist Church (FMZBC) through our Journey to Joy Ministry, we host a grief support group program called GriefShare.

GriefShare is a 13-week program that provides a safe place each week 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. It is open to members and non-members of FMZBC. 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 in grief. 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. The seminars meet on Mondays from 7:00-9:00 PM via Zoom. The next 13-week seminar will begin Monday, February 6-May 1, 2023. Currently, Journey to Joy does not offer GriefShare seminars for children.

Do not hesitate to join this wonderful group. You will be blessed by participating. Share this information with family and friends. All are welcome!

Submitted by
Reverend Kathy Russell,
POC, GriefShare/Journey to Joy Ministry



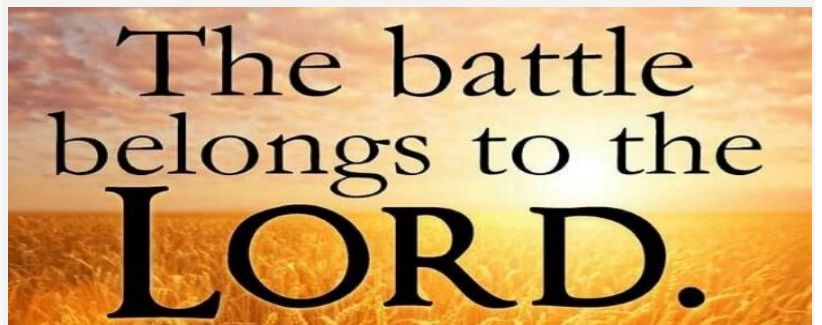
BE STRONG IN THE LORD!

Life's issues can come up fast and seemingly out of nowhere and may cause us to become fearful and wonder, "how will I get out of this?" "What direction should I take?" God can help us face any obstacle or "giant" and overcome them with tremendous victory! Our duty is to be still before the Lord and allow Him to speak to our hearts, and the Holy Spirit will remind us as in Ephesians 6:10 ...be strong in the Lord and in the power of His might. We can't do it alone. We need the power of the Lord. With God all things are possible.

During this new year, when the battle(s) you are facing is seemingly getting the best of you, remember the battle is not yours, it's the Lord's! Some of us have felt inadequate to overcome the obstacles or stand up to the "giants" we faced. It is not uncommon for humankind to feel this way. After the death of Moses, God spoke to Joshua in chapter 1 of the book of Joshua saying, "Moses My servant is dead. Now therefore, arise, go over this Jordan, you and all this people, to the land which I am giving to them—the children of Israel." Joshua was acquainted with suffering and had faced obstacles and "giants" during his young life. He watched his people being beaten and oppressed while in Egypt. His life experiences must have given him some degree of trepidation when God commissioned him to follow in the footsteps of Moses and lead the children of Israel into the promised land. Not only did he have the awesome responsibility of leading his people, but he had to lead them under the shadow of the elder Moses. He must have wondered how the people would respond to his leadership. Would he be able to complete this mission? The answer was yes!! God was with him, and God is with us!! Be encouraged knowing that God will never leave you or forsake you!

Scripture taken from NKJV

Submitted by
Reverend Kathy M. Russell



Divine Inspirations Bookstore has reopened for business. We invite you to join with us in our celebration of Jesus Christ and His teachings. We are so much more than just a bookstore. Yes,

we are the best place to find an extensive collection of Christian books, Christian CDs, biblical research, information, games and gifts. Our dedication to teaching and sharing the wisdom of Christ

led us to offer not only information, but inspiration and education as well. This is a place to find a community of like-minded people walking the Christian path together and sharing the journey.

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Stop by when you are at the Church or visit us online at:

<http://divineinspirations.biz/store/>



The Seniors' Ministry held its first in-person Fellowship since the pandemic and oh, what a time we had! It was refreshing to see the faces of so many of our sisters and brothers whom we had not been able to greet physically for over 18 months, reveled in the opportunity and, to top it off, our Assistant Pastor, Dr. Sandra James, maneuvered her way through the crowd just to greet all the Seniors who were in attendance, to their delight.

The program opened with a warm welcome from Sister Pauline Hunter who thanked everyone for their presence, especially the guests who were able to attend. Deacon and Deaconess Tribble followed with the scripture reading and blessing of the food. Sis, Shirley Hardy, our faithful and committed Leader of the Seniors' Ministry, gave a special greeting to everyone and then celebrated those who were having birthdays as well as wedding anniversaries. This was a special part because two of our Seniors' couples, Bro. & Sis. Cardell and Pauline Hunter and Bro. and Sis. Ken and Malinda Spencer were celebrating 50 years of wedded bliss. What a blessing!!

The Seniors engaged in Christmas carol singing led by Bro. Sylstea Sledge, assisted by Bro. Neal Patterson, and the melodious sounds filled the gym and were a pleasant reminder of how things used to be, pre-pandemic. A delicious and healthy lunch was prepared by the Grain of Heaven and served by Willing Workers who did so with a spirit of excellence.

After lunch, the Senior Steppers then took to the floor to display their skills with a performance to the tune "O Holy Night" by Mariah Carey. Every one was in line as they stepped across the platform and we were all in awe of how God is using those seniors! It was now time for the Word and Sis. Hope Singleton introduced our Speaker of the Hour, Dr. Tracey Dawkins Holley who refreshed our recollection on where we were the last time we were together. She reminded us that the topic of our message then was "Led By The Shepherd". She followed that up with her new message "God With Us" and shared that all we had to do was to look at how God brought (went before) us through this pandemic and that He is still with us. He is our provider and He will allow us to overflow with hope, love, peace and joy if we continue to trust in Him. A powerful reminder of the providence of God.

Deacon Creekmur then wrapped up the Fellowship after informing us of the upcoming events and taking prayer requests so that we could lift each other up in prayer. Sis. Bell closed in prayer.

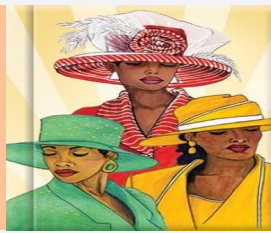
We would like to thank our Pastor, Dr. Torian, and our Director of Christian Education, Dr. Holley, for their constant support and for allowing the Seniors' Ministry the ability to meet, greet and fellowship whenever possible.

So, the Seniors' Ministry says, **TO GOD BE THE GLORY, FOR ALL THAT HE HAS DONE...and the Lord continues to do great things!!**

Submitted by the Seniors' Ministry



All About The Ladies



The *All About the Ladies* Seniors Ministry social group met for their annual Christmas party. The theme for the event was "Jesus Brings Peace-Love-Joy" and our Scripture was Isaiah 9:6.

Fifty ladies joined the celebration donned in their festive Christmas attire. Sis. Joyce Peterson and Sis. Denise Thomas co-hosted this event. The ladies celebrated the birth of Jesus through prayer, songs, and dance. The Silver Steppers delivered an awesome performance and Sisters Joyce, Shirley and Denise presented a skit on losing sight of the real reason for the season. The ladies had a Christmas feast, but also took time to recognize the Sisters who are now celebrating with the Lord. The event culminated with a fun gift exchange.

The *All About the Ladies* group meets monthly and is led by Sis. Mary Melton and Sis. Shirley Hardy. For more information, please email shirleybhardy@gmail.com or msoulsurvivor@yahoo.com.

Submitted by
Sister Shirley B. Hardy



Sunday School Hybrid

Back Together Again!

"Behold, the former things are come to pass, and new things do I declare; before they spring forth I tell you of them." (Isaiah 42:9)

Sunday School Hybrid is a combination of live-streaming and in-person attendance to Sunday School.

Sunday School Hybrid will operate out of FMZBC Chapel, our target time and date is: **9:45 am, 08 January 2023**

Register for Sunday School Hybrid at <https://us02web.zoom.us/j/89762921587>

First Mount Zion Baptist Church

From Generation to Generation,
Growing Deeper, Growing Stronger, Reaching Higher

SUNDAY SCHOOL HYBRID





SHARE Ministry was established in 1996 with the purpose of promoting volunteerism in the community; the desired outcome was to help people – as was shared by Thomas Bates, SHARE Ministry chairperson. Deacon Derrick Grimes explained that the mission of SHARE Ministry is to share, and offer aid, beyond the walls of the church – serving the community at large. He explained this is what brought him and his wife, Sandra Grimes, to the ministry. The vision of FMZBC is “Sharing the Light: From the Promise, to Pentecost, to Points Around the World”. The work of SHARE Ministry is fulfilling this vision and touching lives across the DMV, especially the residents in Prince William County.

The partnership that has been forged with Prince William County Schools (PWCS) has had a huge impact on students across the county. Potomac View Elementary School (PVES) has benefited greatly from SHARE Ministry. Ms. Wylie (a 2nd grade parent at PVES) expressed how the meals have benefited her family in this way, “My family and I really appreciate the food packages donated and we can’t say thank you enough! The most recent meal packages for the Thanksgiving and Christmas Holidays helped me not only save money but time and enabled me to continue working towards focusing on other competing family priorities.” Ms. Mejia Nunez (a 5th grade parent at PVES) shared, enthusiastically, how she and her neighbors feel about the holiday meal packages, “Big help because during Christmas we do not have to spend money for food. We can use that money for other things. And I have leftovers to help me feed the kids at other times while they are out of school. With how expensive food is right now, it really helps.”

Potomac View Elementary is a top Title I school in Prince William County. The entire student body receives free breakfast and lunch to lift part of the financial burden off families who may struggle paying for daily student meals. When students are hungry, that is all they can think about and their academic achievement suffers. Relieving even a portion of this burden (hunger) allows the students to better focus on learning; it improves their future outlooks for that reason. The holiday season is extra difficult, because students are home for extended periods and families come together to celebrate their specific holiday. With more mouths to feed, families experiencing financial hardship often find themselves scrambling to just provide three meals a day – never mind the feasts that so many of us enjoy for the holidays. During this time, SHARE ministry packages provide families with a full meal and additional meal items that will stretch through the holiday to feed the students while they are on break.

FMZBC has partnered with PVES for over 10 years. In the past 7 years, this connection has resulted in consistent support for over 200 families - who are extremely grateful. Ms. Wylie shared, “If I could talk to the people that organized the food package donations, I would tell them how thrilled I am to have their support and that they are absolutely making a difference for us in the community, and I am extremely grateful!” Ms. Mejia Nunez made this statement after being asked what she would say to the people who organized the holiday meal packages, “I would thank them a lot. This is a large contribution for everybody.” She shared that people from the school that she knows talk about how grateful they are for the food. Ms. Mejia Nunez also said she sees the happiness on their faces. She knows some people that walk down in the cold and they are thankful for the food and the contribution to their family.

Matthew 25:35 places emphasis on our responsibility to feed the hungry. You don’t have to look far to find a need, and that is what FMZBC has done. For 25 years, the SHARE ministry at FMZBC has helped feed struggling families in the PWC area, and during the holiday season the reach is even greater. Thomas and Yvonne Bates expressed the joy they feel helping families in this way, “When we see the expression on people’s face when they are provided an opportunity for food, we get comments back from people saying they greatly appreciate the food they receive. The way we speak to people when they come, they feel wanted and welcome, we do not speak down to them. There is a sense of belonging when you talk to people. It feels good to serve people that are in need. You get a feel from people that they really appreciate you for what you do. It is a vibe that you get from people that someone is doing something for them. We are doing something for people that really need the help. What we are doing fits in with the Bible of what we need to be doing – serving and helping God’s people.” Deacon Grimes shared, “We feel a sense of accomplishment to serve so many people. When people show up to get food that are not on the list, you really know you are having an impact. Those are the people you really need to reach.”



This Christmas Holiday season, FMZBC touched 1,015 families over the DMV area and two school divisions, 11 schools in Prince William County Schools (Potomac View ES, Featherstone ES, Belmont ES, Rosa Parks ES, Enterprise ES, McAuliffe ES, Covington/Harper ES, Triangle ES, Hamilton MS, Unity Reed HS, and Woodbridge HS) and Stafford County Schools. From the entire Potomac View ES community, we would like to say THANK YOU SO MUCH! We appreciate the partnership and support over the years, and we look forward to the continued partnership.

*Latiesa “TC” Green
Principal, Potomac View ES*

SMALL GROUPS MINISTRY

POC: Director, Sister Stephanie M. Craddock
scraddock@firstmountzionbc.org
or 703-670-0184



*Have You Considered
Leading A Small
Group This Fall?*

*What are Your Interest, Gifts and Talents?
I'd Like to Hear From You ~ Learn More!*

POC: Stephanie M. Craddock, Small Groups Director - Scraddock@firstmountzionbc.org Or 703-670-0184



*Thank
you!*

*Thank
you!*

Thank you, FMZ Family, for your continual heart of compassion during this Christmas holiday season. Once again, you allowed us to bless over **1015+** families. We continue to be amazed by your generosity, First Mount Zion Family, and we thank God for the gift of sharing that you have consistently exhibited.

We are also tremendously blessed by the SHARE Ministry Willing Workers who did not hesitate to show up, once again, to package the groceries in advance so that when the families arrived, everything would be ready for distribution. It was a tremendous success! To GOD be the glory!

Thank you again, First Mount Zion, for all that you do, all that you have done, and all that you will continue to do for the Body of Christ. We sincerely pray that God will multiply that which you have contributed, one-hundred fold, because of your faithfulness to Him and being responsive to the request of our Pastor to share with those who are less fortunate than we are. What a blessing you have been to others!

We love and appreciate all of you!

TO GOD BE THE GLORY!

*To all those celebrating
in January!*



**WOMEN'S MINISTRY
PRAYER REQUESTS**
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 your prayer requests. We desire to continually lift your prayer needs as they arise, so please use this email to submit them to us. 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.

WomensMinistryPrayers@firstmountzionbc.org

POC: IPT Director, Terry Carey
Co-Director, Annette Rivers



POSITIONS AVAILABLE

The Women's Ministry is seeking two willing workers to serve the Ministry in the following areas:

Lead of the Publications and Technical Support Committee
Co-lead of the Outreach Ministry

For further information, please email/call

GWEN HOLLAND, DIRECTOR
womensministry@firstmountzionbc.org
or (215) 300-5373

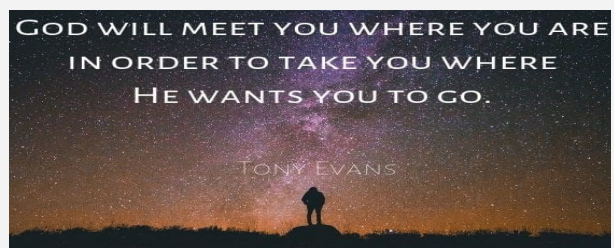


zoom

ATTENTION ALL ZOOM MEETING HOSTS:

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post meeting ID and passcodes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and, if necessary, can use the list to verify people before they are allowed in the meeting.

For those who schedule ZOOM meetings, the link below will provide information on how to set up a Zoom registration for better security: <https://youtu.be/VqomCzNniI4>





... from the desk of the
Church Business Administrator

VOLUNTEERS NEEDED FOR CHECK-IN

Check-In:

FMZBC requires anyone who enters the Church to be checked in to ensure proof of being fully vaccinated has been verified, temperatures are taken, and masks are optional. At this time, members are needed to support the Check-In when the Church is open for service and Ministry events. As Ministry activity increases, so does the need for volunteers.

Check out opportunities and signup to serve using the following Sign-Up Genius link:

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

If you have any questions, please contact:

Sister Renee Woolfolk
Church Business Administrator
rwoolfolk@firstmountzionbc.org
(703) 670-0184

Thank you for your committed service!

OFFICE CLOSED: January 2, 2023 (New Year's Day)

COMMUNION:

Pickup Communion elements are available for pick up on a quarterly basis. The next distribution will be in **March 2023**.

OFFICERS' ORIENTATION: Saturday, January 7, 2023, 10:00am

CHURCH MEETING: February 4, 2023.

KIDS' KINGDOM:

Subscribe to FMZBC Kids' Kingdom Worship, YouTube Channel, or click on the Kids' Kingdom slider on the FMZ website to watch the latest Kids' Kingdom Worship Service.

POC: Dr. Tracey D. Holley, tholley@firstmountzionbc.org

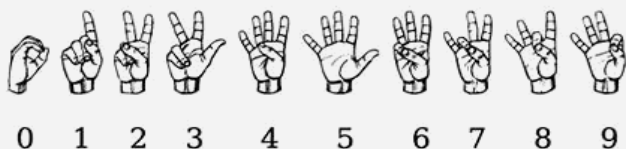
deaf
ministry



Monthly Meetings are held via **Zoom**.

POC for the Zoom link is:
Deaconess Pamela Ford,
pdford61@verizon.net

Please join us and let's make a difference!!
Remember, we are **STRONGER** together!!



Even though the pandemic has somewhat abated, some of you have chosen to extend your virtual attendance. While we miss your presence, we thank you for your continued support of the Ministry:

There are **three** options:

- ⇒ **Online:** www.fmzbc.com, and click on **ONLINE GIVING (VANCO)**, at any time, or access it using this link: <http://bit.ly/FMZ-Online-Giving>. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date.
- ⇒ **Mail:** First Mount Zion Baptist Church
16622 Dumfries, Road, Dumfries, VA 22025
- ⇒ **Pick-up:** You can schedule a time with your Zone Leader for pick up from your home

MAINTAIN THE CONNECTION!!!

If you have recently changed your address or phone number, you can update your information through the FMZ website using the following link:

<https://form.jotform.com/12155242234>

CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER

During times of inclement weather, please check the Church's website and/or voicemail for closings and cancellations.

Notices are also posted to WTOP and WJLA.

You may also register at www.cancellations.com to receive notifications.

HOW TO OBTAIN A COPY OF YOUR COVID-19 VACCINATION CARD

The Virginia Department of Health now provides copies of vaccination cards. To obtain a copy, go to their Virginia Immunization Information System, and input the pertinent information that is required:

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

”

THOUGHT FOR THE WEEK

**DRAW STRENGTH AND BE
UPLIFTED IN GOD'S SANCTUARY,
RELEASING YOUR STRUGGLES IN
WORSHIP WITH HIS PEOPLE**

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



Kwanzaa is an annual celebration of African-American culture from **December 26 to January 1**, culminating in a communal feast called Karamu, usually on the sixth day.

On December 26, 1966, Maulana Karenga, a professor of Pan-African studies at California State University at Long Beach, held the very first Kwanzaa. Kwanzaa, named after the Swahili phrase “matunda ya kwanza,” meaning “first fruits,” is a seven-day celebration of African traditions as well as family and community values. Incorporating aspects of Ashanti and Zulu harvest festivals, Kwanzaa celebrates the Nguzo Saba (Swahili for “Seven Principles”) of umoja (unity), kujichagulia (self-determination), ujima (responsibility), ujamaa (cooperative economics), nia (purpose), kuumba (creativity), and imani (faith).

Each day during Kwanzaa, participants reflect on these principles and light one candle on a kinara, a type of seven-branched candelabra. The black candle in the middle represents umoja, and the three green and red candles represent the other principles. The colors are also significant: Black represents the people, red signifies the struggle, and green stands for the future. On the first night of Kwanzaa, the black center candle is lit, and during the following days, the candles closest to umoja are lit by alternating left to right.

Although Kwanzaa is a newcomer compared to the ancient traditions at the heart of Hanukkah and Christmas, millions of people in the U.S. and around the world celebrate the holiday. These seven quotes from prominent Black voices get to the heart of Kwanzaa’s seven principles, and offer valuable wisdom for all people.

UMOJA (UNITY)

We are each other's harvest; we are each other's business; we are each other's magnitude and bond. — **Gwendolyn Brooks**

Umoja represents various levels of togetherness, in the home, community, and also as a race of people at large.

KUJICHAGULIA (SELF-DETERMINATION)

You may not control all the events that happen to you, but you can decide not to be reduced by them. — **Maya Angelou**

Kujichagulia is the power to define oneself and also to speak for oneself, whether socially or politically.

UJIMA (COLLECTIVE WORK AND RESPONSIBILITY)

We build our temples for tomorrow, strong as we know how, and we stand on top of the mountain, free within ourselves. — **Langston Hughes**

Ujima urges people to solve problems from the perspective of community rather than individual desire.

UJAMAA (COOPERATIVE ECONOMICS)

Money won't create success, the freedom to make it will. — **Nelson Mandela**

Ujamaa takes the community of Kwanzaa and channels it for economic means, by advocating for the establishment — and patronage — of Black-owned businesses.

NIA (PURPOSE)

If you have a purpose in which you can believe, there's no end to the amount of things you can accomplish. — **Marian Anderson**

Nia stresses the importance of purpose and goal-oriented work for bettering communities around the world.

KUUMBA (CREATIVITY)

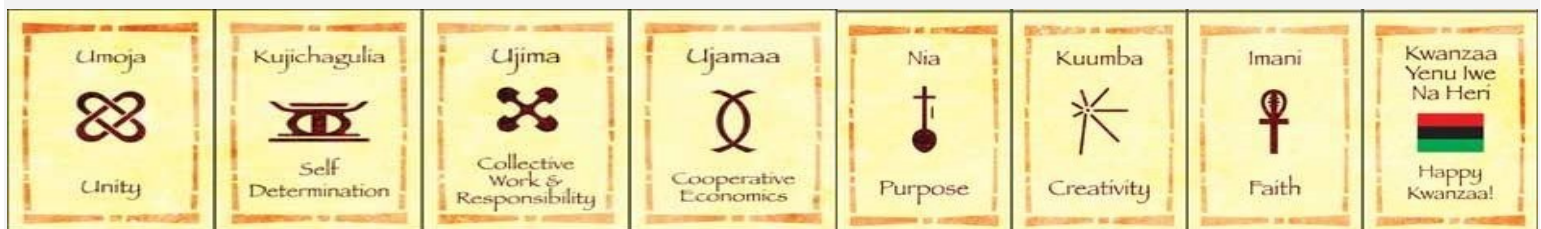
Some people could look at a mud puddle and see an ocean with ships. — **Zora Neale Hurston**

This principle focuses on the power of creativity to enrich communities, leaving them in an improved condition compared to how they were inherited.

IMANI (FAITH)

The moment we break faith with one another, the sea engulfs us and the light goes out. — **James Baldwin**

Imani can speak to a person's faith in God or in other beliefs, such as family, heritage, and social causes.





2023 Theme:

From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher
"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, . . ."
Deuteronomy 32:7



MUSIC & ARTS MINISTRY

If you are Interested in joining the Music and Arts Ministry, please contact Minister Sylstea Sledge, Minister of Music at:

ssledge@firstmountzionbc.org

Please check the Church calendar for rehearsal dates and times.

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 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



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

POC: Pamela Knight



The last day to register for January SHARE packages is Sunday, January 15th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on January 22, 2023.

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 350 words and must be received no later than 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



THE TRANSPORTATION MINISTRY IS TEMPORARILY SUSPENDED UNTIL 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
 Nicole Johnson, 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

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

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>

