

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



KNOW YOUR HISTORY!!

Deuteronomy 32:7 "Remember the days of old; consider the generations long past. Ask your father and he will tell you, your elders, and they will explain to you.



February is Black History Month. The history of African Americans is a rich history of faith, strength, resistance, resilience, ingenuity and entrepreneurship and those are just a few words that come to mind. In keeping with our 2023 church theme as we celebrate Black History Month, I encourage you to "remember", "consider", "ask", "tell" and "explain". I invite you to visit the web portal below for an interactive and educational black history learning experience.

https://blackhistorymonth.gov: About this Site - This Web portal is a collaborative project of the Library of Congress and the National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, United States Holocaust Memorial Museum and U.S.

National Archives and Records Administration.

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

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CONGRATULATIONS TO OUR NEW YOUTH MINISTER!!!

"As we emerge from the "post pandemic" world, I am humbled and excited to be part of rebuilding the Youth Ministry program of First Mount Zion Baptist Church as

the new Youth Minister. We have a phenomenal group of young people at our Church. With God's guidance, my hope is that our young people will feel that our Youth Ministry program is a safe place for them to grow spiritually and emotionally. A place where they are reminded that they and their voices matter. I solicit your prayers and your support as the Youth Ministry aims to "Grow Deeper, Grow Stronger and Reach Higher." *Rev. Beverly Jiggetts*

First Mount Zion, let us show our love and appreciation, once again, for Reverend Beverly Jiggetts, who has taken on this awesome responsibility! We are thrilled that she has accepted this Call and is now wearing another hat in this great Ministry but, more importantly, we believe that the Youth Ministry can grow and prosper under Reverend Jiggetts.



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"THOSE WHO FAIL TO LEARN FROM HISTORY ARE DOOMED TO REPEAT IT!

George Santayana



Congratulations to Sister Edna S. Turner

I was born in Brooklyn, New York on February 17, 1929. I had three sisters (one deceased) and raised a son, Henry, and a daughter, Cricket. in the Marcy Projects in Brooklyn, New York where life was a lot different than it is today. After high school (my favorite subject was Math) I worked temporary for the IRS, before having a career for more than 30 years with the Veterans Administra-

tion helping young veterans manage their lives after returning from war. I enjoyed many summers and Labor Day weekends visiting a girlfriend in South Hampton on the Shinnecock Reservation. My favorite vacation spot is St. Thomas where I would visit another girlfriend who re-located there. I visited Atlantic City on bus trips or just a group of my friends going for the weekend. With my husband, Robert, an Army Master Sergeant until his death in 1981, we raised the family in Queens, NY. There were several friends who were musicians, so a weekend visit could easily turn into a jazz/jam session in the basement of our home in this quiet, mostly black, middleclass neighborhood, and without any 911 calls for excessive noise. LOL.

In 2000, at the suggestion of my son, who unfortunately passed in August of 2005, the family moved to Virginia where I purchased a home and joined First Mount Zion Baptist Church on Mother's Day. My daughter, Cricket, and my daughter-in-law, Janet Miller, are both members of First Mount Zion. I am so blessed to be part of the FMZ Family in Zone E2/M2, and where Dr. Torian and Dr. James, and many friends have continued to feed my spiritual growth, shown me what being a Christian is really all about, and supported me, when needed, for myself and family on this journey over the past 22 years! As a breast cancer survivor (16 years now cancer free), I've participated in several community Cancer Walks, became involved with the Cancer, Senior and Zone ministries, and recently joined All About the Ladies. What love I have been shown!

I have many good memories of "the North" but happy to enjoy the fresh air and not have to deal with all that snow in NY! I'm also closer to my two sisters (one sister, Ethel, who resided in Richmond, passed in March 1989). The move also afforded a better life for Cricket and my grandson, Jason, of whom I couldn't be prouder of the Christian life they both are leading. I'm also the proud great grandmother of six!

My favorite scripture is Proverbs 3:5-8.

I'm thankful for everything and everyone, and truly blessed as I celebrate my 94th birthday!!!!!!!





Christian Daniels

Christian Daniels is a senior at CD Hylton High School in the Center for International Languages Studies and (CISL) program, where he studies Spanish and Political Science. He has centered his high school experience advocating for environmental justice, racial equity, and youth civic engagement. lt is demonstrated through his work as a Director for the Stu-

dent Network Committee (SNC), leading over 200 individuals from over 20 countries in spreading awareness of environmentally-oriented issues. In addition, he prides himself in being a Student Senator/Representative to the PWCS School Board for his student body of 89,000+, a Co-Content Department Coordinator for the Institute for Youth In Policy, and a Project Director for Out of Country events for his school's CISL program. One of his proudest accomplishments is founding the "Black-Eyed Pea" project, where he has over 60+ educational publications on African-American history and culture. It has spanned internationally, with 11,000+ learners from the UK, US, and Canada, has an outreach of 870,000+, and has been recognized by social media influencers like Lizzo and Khalil Greene. At Hylton, he is top 1% of his class and holds a 4.5 GPA weighted and 4.0 unweighted. Outside of school, he has studied US Campaigns and Elections at Georgetown University's McCourt School of Public Policy and American Law from the University of Pennsylvania. As a recently admitted and prospective Yale University class of 2027 freshman, Christian hopes to double major in Political Science and Public Health and become a future lawyer and congressman to tackle racial inequity with a new ethical, social, and political understanding.

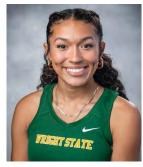
> Submitted by Dr. Dennis and Mrs. Ursela Daniels



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World!

CIERRA LIVELY BREAKS WRIGHT STATE RECORD AT MASTODON INVITATIONAL





Wright State's *Cierra Lively* broke an indoor school record in the high jump as the Wright State track and field program competed at the Mastodon Invitational on Saturday, January 21, 2023 inside the Lutheran Health Fieldhouse.

The Raiders turned in 22 top-10 marks in their fourth meet of the season, highlighted by Lively's runner-up finish in the high jump at 1.64 meters. The clear-

ance by the sophomore bested the previous record mark of 1.63 meters held by Kristina Bennett and herself. The Hillsboro, Ohio native went on to place fifth in the triple jump at 9.75 meters.

Cierra is the granddaughter of our own Deaconess Mary Lively. Congratulations to Cierra...continue to strive for excellence!



ZONE M1 ARTIST

Ebenezer "Ben" Samuels, the grandson of Zone M1's Joe and Vera Fletcher, drew this portrait of Dr Martin Luther King Jr. for the 2023 Rev. Dr. Martin Luther King Jr. Visual Art Contest. The theme was "A View of the Promised

Land". Ben is a gifted and very compassionate young man. He is a 7th grader at Ronald Reagan Middle School, Haymarket, Virginia.

Ben's reveals that his depiction of the Reverend Dr. Martin Luther King Jr. with clenched fist raised towards a crowd, "is an indication to

us that "We can do this." This illustration of the March on Washington for Jobs and Freedom, which took place on August 28, 1963, and the crowd is shown raising clenched fists as a response to Dr. King, as if to say, "...And we won't take no for an answer." A whopping 250,000 people gathered to listen to what would be one of the most famous speeches in history. Even though the laws granted us freedom, we were still discriminated against in our daily life, and that quarter-of-a-



million people needed to bring that to the public's attention. We persevered through years of injustice, and although things have changed, we still have a lot of work to do, and our story will not end without freedom. I hope that Reverend Dr. Martin Luther King Jr.'s words of wisdom and courage reach the ears who need it; and in case you don't know already, WE CAN DO THIS!"



Youth Ministry "**First Friday**" Event for 6th to 12th graders.

Private Showing of the movie "Missing." February 3, 2023, 6:30pm-9pm at AMC Potomac Mills. Permission slips required by January 30, 2023. Visit our website and click

on the slide to access the permission slips. Return slips to Rev. Beverly Jiggetts, Youth Minister, at <u>bliggetts@firstmountzionbc.org</u>. Feel free to call Rev. Jiggetts for additional information or if you have questions (703) 670-0184.

Pastor Message — cont'd from page 1

As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid–century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all colors on the subject of the contributions of African Americans to our history and culture.

The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first Black History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued Black History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

(Excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History) **Jrom Generation to Generation, Growing Deeper**,

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

ACADEMIC EDUCATION MINISTRY

Scholarship Parents/Guardians and High School Seniors of FMZ, we would like to forward you information about other scholarship opportunities! Interested? Please forward your email

address to <u>aem@firstmountzionbc.org</u> and we will add you to the distribution list.

ATTENTION ALL HIGH SCHOOL SENIORS:

The FMZBC (First Mount Zion Baptist Church) Scholarship and the Bell Scholarship applications are now available online:

https://firstmountzionbc.org/scholarships-2/

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

POC: Brother Gerry Griffin, Chair, AEM Email: <u>AEM@FirstMountZionBC.org</u>

Celebrating the 58 Nations of Africa Their History **IS** Our History ... **IS** America's History



PROFILES IN EXCELLENCE

I am proud to announce that my niece, **NICOLE O'NEAL** (37), was hired as a pilot for Delta Airlines in Atlanta, where my family and I were invited to celebrate with her and members of her new "Delta family" at a formal Wings Ceremony and reception at the Delta Flight Museum on 1/4/2023.

(seating capacity of up to 300 passengers) as First Officer out of Hartsfield-Jackson Atlanta International Airport. Maybe she will be in the cockpit next time you fly!

Submitted by Deacon Vince O'Neal

According to the 2018 census data by the US Bureau of Labor Statistics, Nicole is one of the roughly 3% female pilots and 3.9% African American pilots in the aviation industry. The percentage of Black female pilots is thus less than 1%. I wanted to share Nicole's story to inspire more women and girls to pursue careers in aviation.

After relocating to the US in 2013 from Berlin, Germany (where my sister has lived since 1982), Nicole initially worked as a flight attendant for American Airlines. Overcoming cultural barriers and financial hurdles, Nicole took her first flight lesson in March 2016 and became determined to move up from the cabin into the cockpit and fly aircraft on her own. While working full-time as a flight at-



tendant, she attended SkyEagle Aviation Academy in Fort Lauderdale and was licensed as a Private Pilot within 6 months. After becoming a licensed Flight Instructor in 2018, she went on to study Aviation

Science and continued her airmanship training, funded by scholarships and income earned from giving flight lessons to students at the aviation academy. Nicole went on to rack up hundreds of flight hours and various FAA pilot's licenses and



qualifications to fly bigger and bigger planes. With a fresh Airline Transport Pilot's license in her pocket, she was hired by Envoy in July 2019 to fly Embraer regional jets with a seating capacity of 50 to 76 passengers out of Dallas/Fort Worth International Airport. While at Envoy, Nicole completed her Bachelor's Degree in Aviation Science with honors (Magna Cum Laude) in 2022 and also upgraded to Captain in the same year.

To be closer to our family in Georgia, Nicole decided to transfer to Delta Airlines, where she will be flying the Airbus 330

DANIELLE E. BLACKSHEAR APPOINTED TO THE ROUTE 66 CENTENNIAL COMMISSION

On December 28, 2022, President Biden appointed Danielle E. Blackshear to the Route 66 Centennial Commission. The Commission was established by Congress to study and recommend in a report to Congress activities that would be fitting and proper to celebrate the centennial anniver-



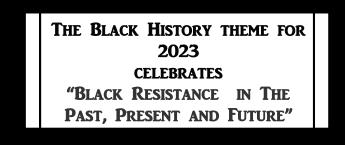
sary of the Mother Road of the United States, Route 66, in 2026. The Commission shall study activities that may be carried out by the Federal Government to honor Route 66, including potential ceremonies and celebrations, the production and publication of media or other materials, and the issuance of commemorative items.

Danielle Blackshear is a transportation specialist with the Federal Highway Administration (FHWA) Office of Human Environment. As the National Scenic Byways Program lead, she provides program and policy direction for the designation of roads to the collection of America's Byways® and twenty-two million dollars in National Scenic Byways discretionary grants. Blackshear also provides leadership and technical assistance to transportation practitioners to advance multimodal transportation systems planning. She also specializes in the areas of transportation equity, mobility innovation and emerging technologies, and meaningful public involvement. Prior to her position in the Office of Human Environment, Blackshear worked in the FHWA Florida Division Office, where she served as the liaison for the Florida Department of Transportation District 1 and District 3 Metropolitan Planning Organizations. She also provided oversight and technical assistance for the State of Florida's public involvement, bicycle/pedestrian planning, livable communities, climate change, and resiliency initiatives, as well as the Heavy Vehicle Use Tax, Congestion Mitigation, and Air Quality Improvement programs.

Danielle received her Bachelor and Master's degrees in Urban and Environmental Planning from the University of Virginia. Danielle is married to Christopher Blackshear and she is the daughter of Deacon Gerald and Deaconess Sannette Coles.

We are extremely proud of Danielle, her appointment, and all her accomplishments.

Submitted by Deaconess Cynthia Brown





Congratulations to our Esteemed Pastor

The Reverend Dr. Luke E. Torian was awarded the Joseph R. Biden Jr.'s 2022 President's Lifetime Achievement Award for his lifelong commitment to building a stronger nation through volunteer service. Award was presented January 14, 2023.

BRENDA LEE CARSWELL

was born in Brooklyn, New York. She grew up in Washington D.C; now lives in Occoquan, VA has one son who lives in Woodbridge, Va. She is a member of First Mount Zion Baptist Church in Dumfries, Va., where she participates in the Women's and Seniors' Ministries. Member and former secretary of the Pastor's Aide Ministry.



She was employed at the United States Patent and Trademark Office for 37 years, retir-

ing in 2006 as a senior Contracting Officer. During her tenure she served as chairman for various diversity committees, represented the agency on committee advocating accessibility for handicap employees; served as President of Clerical Employees Union (NTEU) representing 3,000 employees.

She graduated from Anacostia High School in Washington, D.C., graduated from Strayer University, and completed Graduate Certificate Program in Procurement at USDA Graduate School in Washington D.C. Graduated from the AARP Community Leadership Academy 2018, representing the State of Virginia.

She enjoys her retirement by volunteering in the community and traveling. Her hobbies include attending art and flower shows, Opera, decorating workshops and antiquing. She has planned and coordinated a number of weddings, family reunions, workshops/meetings, conventions, and other community events.

CURRENT COMMUNITY AFFILIATION

League of Women Voters: Prince William County, served as Program Director and Event Planner for State Board LWV-VA. **AARP:** Community Ambassador and serves on the State Advocacy Team

Blacks in Government: Life Time Member

Devil's Reach Condominium Association: Member Board of Directors, President and Treasurer

National Active and Retired Federal Employees (NARFE): Member

John F. Kennedy Center for the Performing Arts: Volunteer Visitor Information Center. Shift Leader; received 15-year pin January 2023.

Prince William County Commission on Aging: Member representing AARP-VA

Prince William County Committee of 100: Occoquan District Director

Prince William County Reentry Council: Member representing LWV-PWA

NAACP: Prince William Chapter Member

FMZBC: Serves on the Program Planning Committee for the Seniors' Ministry and is a member of the Pastor's Aide Ministry



WE CELEBRATE OUR ANCESTORS, OUR HERITAGE, AND OUR HISTORY

This month, we celebrate our heritage, our history and our faith. Let us remem-

ber <u>Reverend Vernon Johns</u>. Martin Luther King Jr. succeeded Vernon Johns as Pastor of Dexter Avenue Baptist Church. Some consider Reverend Johns as the father of the Civil Rights Movement. We remember the *Dred Scott Case*, the *Plessy v*. *Ferguson case*, the *Brown v*. *Board of Education Case*, segregation, and Jim Crow. We must recognize <u>Mrs. Fannie Lou</u> <u>Hamer</u>. We celebrate the great accomplishments of the Tuskegee Airmen, the Harlem Hellfighters (Black Rattlers), the 761st Tank Battalion (Black Panthers), the 555 Airborne Battalion (Triple Nickels) and the Montford Point Marines. Let us give special attention to our African ancestors in the Bible; <u>Hagar</u>, <u>Zipporah</u>, <u>The Queen of Sheba</u> of Ethiopia; <u>Candace</u>, <u>Queen of the Ethiopians</u>, <u>Simon of Cyrene</u>, <u>Lucius of Cyrene</u>, <u>Simeon of Niger</u> and <u>Onesimus</u>, a slave who wanted to be a free man.

Let us remember our ancestors on both sides of the Atlantic Ocean. Collectively, we can say our ancestors came from Africa by way of <u>the Middle Passage</u>. Our ancestors were predominantly from Western Africa, *the Ashanti, the Berber, the Dogon, the Dinka, the Fang, the Hottentot, the Hutu, the Maasai, the Mandinka, the Pygmies, the Tutsi, the Twa, and the Zulu.* We need to know the history of our ancestors whose blood runs through our veins.

It took Godly faith to deliver our ancestors from their enslavement. The Lord provided abolitionists. Our ancestors practiced a disciplined faith; there were times when wisdom prevailed and they could not express themselves freely. During hard times they often consoled, encouraged and comforted each other. They were led by faithful disciples like Harriet Tubman and Sojourner Truth who prayed and sought God's face to lead our enslaved ancestors out of a living death, to a land of life and freedom. FMZ, we continue to fight the good fight of faith. Our ancestors gave us a solid foundation of proven faith to stand on. The Lord did it for them, surely, the Lord will do it for us!

Amen, Amen, Amen!

Submitted by Reverend Gillis M. Taylor Associate Minister



GET UP!



Valentine's Day is probably the holiday for which February is best known. However, there are 87 national holidays in this month. Many February holidays celebrate food. "National Dark Chocolate Day, "National Eat Ice Cream for Breakfast Day" and "National Pizza Day are celebrated in February. "National Freedom Day" is also celebrated in February. This holiday recognizes when President Abraham Lincoln signed a joint House and Senate resolution on February 1st, 1865 outlawing slavery. This resolution later became the 13th Amendment.

One other February holiday, also celebrated on February 1st, is particularly interesting to me. "National Get Up Day," is not a religious holiday but does relate to aspects of our spiritual life. This holiday was founded by "U. S. Figure Skating" which is the national governing body for figure skating in the U. S. The U. S. Figure Skating committee determines which figure skaters compete in the Winter Olympics. The National Day Calendar describes "National Get Up Day" this way:

"National Get Up Day" on February 1st is an opportunity to share inspiring stories of perseverance; it's a reminder to pick ourselves up when we've fallen and give it (whatever it may be) another go! Every figure skater learns how to fall and to get back up. However, this day isn't just about skating. It's about celebrating that Get Up spirit that applies to every aspect of life and inspiring others. More importantly, February 1st reminds all of us to Get Up when we stumble. We never know when our efforts to seek a goal or overcome an obstacle will encourage another to do the same. Share your Get Up story on National Get Up Day!"

https://nationaldaycalendar.com/national-get-up-day-february-1/

In Romans 3:23 the Apostle Paul said, "For all have sinned and fall short of the glory of God." As Christians we strive to represent Christ well. We may start our day with quiet time, devotion and prayer. We may read our Bible regularly and surround ourselves with Godly support. Yet no matter how much we prepare, like elite figure skaters who have seemingly perfected various spins and jumps, we may still fall. We still sin. Thankfully, God does not abandon us but stands by like a good and patient coach. He encourages us to honestly assess what we did wrong, and like the elite athlete, correct our mistakes (repent), get up and try again.

We should have the "Get Up Day" attitude with all our aspirations. Despite planning and preparation, we may not achieve our goals on the first, second or even third try. But if God has placed something on our heart to accomplish be it a spiritual, professional, educational or health goal; He asks us not to give up but to "Get up." Christ never gave up on us and He does not want us to give up on ourselves.

By the time <u>The Messenger</u> is published, February 1st will have passed. However, we can still incorporate the "Get Up Day" holiday attitude into our daily lives.

Submitted by Reverend Beverly Jiggetts



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World!



TRUST IN THE LORD

Prayer:

Lord, as we continue in this New Year, we come seeking your wisdom and direction for our life, family, church, nation and this world. We trust in you Lord and not our own understanding. Please lead and guide us in the way you would have us go. And we align our will with your will. Allow us to hear your voice clearly and when you speak, may we already have a YES in our heart and immediately obey.

Lord, thank you that we don't have to worry about missing your will because you promised that if we stray to the left or right, there will be a voice behind us showing us the way to go. Please increase our sensitivity to the Holy Spirit, so that we know His voice and will follow. Lord, NOT our will, but Your will be done. We surrender ALL to you. In the mighty and precious Name of Jesus, the Christ, we pray and give thanks, Amen."

Scripture:

Proverbs 3:5-6 NKJV

Trust in the LORD with all your heart and lean not on your own understanding; [6] In all your ways acknowledge Him, And He shall direct your paths.

Proverbs 3:5-6 AMPC

[5] Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.

[6] In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.

Proverbs 3:5-6 MSG

Trust GOD from the bottom of your heart; don't try to figure out everything on your own. Listen for GOD's voice in everything you do, everywhere you go; he's the one who will keep you on track.

Worship Song: "It's A New Season" https://youtu.be/ cLOMz1ybYQg

Continue to pray for our families, churches, communities, nation, and world - especially the crisis in Ukraine. More than ever, we need to be united and fervent in praying for our nation and world.





"I'M TOO OLD TO START EXERCISING NOW"

You've likely heard this statement at some point in your life, and maybe you've even repeated it yourself. Common as this statement is, this statement is more like a myth. You can improve your physical well-being in your older adult years even if you've never exercised before.

It's not how old you are, it's how much you move! A current study provides evidence that becoming physically active later in adulthood (40-61 years of age) may provide comparable health benefits as to those participants that started and maintained physical activity from adolescence into adulthood (Saint-Maurice, Coughlan and Kelly, 2019). Other scientific studies have uncovered similar conclusions, including the fact that exercise programs for sedentary middle-aged adults can help to decrease the risk of heart disease (Howden, 2018).

Rethink Fitness: Starting exercise later in life requires that you find more meaning in why you're moving. For example, can you transition from standing, down to the floor, and back up again easily? How do you feel when you get out of your car? Do you feel sluggish when you've been sitting for a long period of time? Ask yourself these questions and start to reshape your fitness goals to enhance your day-to-day functions in life and the confidence you have in your body.

Challenge: Start exercising with a 10-minute walk 3 to 5 days a week, perform the exercises below for 15 repetitions each and the stretches for 15 seconds each 2 to 3 days a week. When moving, focus on the postural alignment of your body, this may help you to start feeling better and to move with confidence. Proper postural alignment helps with everything from cardiovascular health to relieving joint pain and arthritis (Wannamethee et al., 2006).

Click Below for Tips to Perfect Your Walking Form: 9 Tips to Perfect Your Walking Form

Click Below for Exercises/Stretches to Improve Your Posture:

Glute-Bridge, Cobra, Bird-Dog, Dirty-Dog, Cat-Cow, Hip-Flexor-Stretch, Hamstrings-Stretch

For additional help visit the Fit by God Fitness Complex, now open Monday - Thursday 9am to 4pm and Friday 9am to 1pm, located here at FMZBC or call 703-670-0225.

> Sister Lori Valkenburg Fitness Director



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I pray that you may let these words inspire you and lead you to a stronger relationship with God and your family. As our dear Brother, Leonard Manning, states, "We move forward in excellence."

THE WORD FEATURING REVEREND DR. MARTIN L. KING, JR.

We could not think of a more fitting way to honor and celebrate Dr. King's legacy than to share some from of his speeches. Hope and courage are two powerful words that come to mind when we think of Dr. King.

The greatest hope in the Christian faith is that of eternal life. This hope is based on Jesus Christ and our relationship with Him. These verses are presented for your reflection:

Jeremiah 29:11 For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

2 Corinthians 4:16-18 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Fifty-five years after his death and 60 years after his historic "I Have a Dream" speech, Martin Luther King Jr.'s stirring words and writings remain as relevant and inspiring today as they were when he lived.

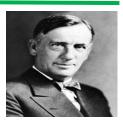
Here we Honor King's lasting legacy by sharing 10 of his most poignant quotes—some you may have heard already and some you probably haven't—but all of them worth sharing and contemplating on this holiday of remembrance, service and equality.

- 1. "We must accept finite disappointment, but never lose infinite hope."
- "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. I have decided to stick with love. Hate is too great a burden to bear."
- 3. "Forgiveness is not an occasional act. It is a permanent attitude."
- 4. "Faith is taking the first step even when you don't see the whole staircase."
- 5. "Life's most persistent and urgent question is, 'What are you doing for others?'"
- 6. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
- 7. "Change does not roll in on the wheels of inevitability, but comes through continuous struggle."
- 8. "There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right."
- 9. "Let no man pull you so low as to hate him."
- 10. "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

Your Servants, Deacon Henry Walker Deacon Everett Griggs Deaconess Ivery Barnes

WORDS TO LIVE BY . . .

HAVE YOU EARNED YOUR TOMORROW? by Edgar Guest



Is anybody happier because you passed his way? Does anyone remember that you spoke to him today? This day is almost over, and its toiling time is through; Is there anyone to utter now a kindly word of you?

> Did you give a cheerful greeting to the friend who came along? Or a churlish sort of "Howdy" and then vanish in the throng? Were you selfish, pure and simple, as you rushed along the way, Or is someone mighty grateful for a deed you did today?

Can you say tonight, in parting, with the day that's slipping fast, That you helped a single brother of the many that you passed? Is a single heart rejoicing over what you did or said; Does a man whose hopes were fading now with courage look ahead?

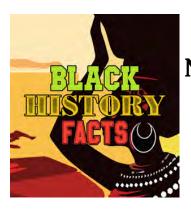
Did you waste the day, or lose it, was it well or sorely spent? Did you leave a trail of kindness or a scar of discontent? As you close your eyes in slumber, do you think that God would say, You have earned one more tomorrow by the work you did today?



NEVER WATER DOWN THE WORD OF GOD, BUT PREACH IT IN ITS UNDILUTED STERNNESS. THERE MUST BE UNFLINCHING FAITHFULNESS TO THE WORD OF GOD, BUT WHEN YOU COME TO PERSONAL DEALINGS WITH OTHERS, REMEMBER WHO YOU ARE – YOU ARE NOT SOME SPECIAL

BEING CREATED IN HEAVEN, BUT A SINNER SAVED BY GRACE.

Oswald Chambers



BLACK HISTORY MONTH'S EXISTENCE AND COLOURS FULLY EXPLAINED: WHAT DO THEY STAND FOR?

Are you proud of your ancestry? In the United States of America and Canada, Black History Month (BHM) is celebrated in February. This period honours and recognises African patrimony, and the Black History Month colours have deep meanings.

In 1920, The Universal Negro Improvement Association (UNIA) created the BHM flag. The Black History Month colours on the flag honour the ancestry, knowledge, culture, and heritage of people of African descent. In February, people of colour who played crucial roles in freeing their people from oppressors are honoured. What is Black History Month and why is it celebrated?

BHM is a month-long celebration marked annually in the United States of America and other countries such as Canada and the United Kingdom. During this period, people honour, appreciate and recognise the contributions and achievements of people of African descent. When did Black History Month start?

BHM started being celebrated officially in the 1970s, but its history dates to 1915. The celebration is Carter G. Woodson's creation.

In the summer of 1915, Woodson travelled to mark the 50th anniversary of emancipation in Illinois. Many other people also travelled to view the exhibits showing the progress made by people of colour towards ending slavery. The experience inspired him to form the Association for the Study of Negro Life and History (ASNLH). The association aimed to heighten awareness about these achievements. Through the association, he created the Negro History Week in February 1926.

Later, the shift to a month-long celebration commenced. In 1976, the celebration was institutionalised from a week to a month. The name was also changed from Negro history to BHM. Since the 1970s, every sitting American president has endorsed BHM and given a theme for each year.

What are the colours of Black History Month? What are the colours for Black History Month? The official colours of BHM are black, red, yellow, and green. These are also known as the Pan African colours. Initially, yellow was not included on the list. The Ethiopian flag inspired the addition of yellow. Ethiopia is the only African nation that was not colonised due to its indigenous people being too powerful for Europeans to handle.

Meaning of Black History colours:

- **Black** Represents the resilient people whose existence as a nation is honored and affirmed by the existence of a flag.
- Red Symbolizes the blood of innocent Black lives that has been shed throughout history.
- Yellow Stands for optimism, justice and equality for everyone.
- Green Symbolizes Africa's rich greenery and other natural resources.

In February each year, businesses usually use flags or banners with the colours for Black History Month to commemorate this crucial period. Students and the public also hold special elaborate events in various institutions to promote an understanding of the culture and heritage of African people.

Why was Black History Month chosen in February? Woodson chose this month because Abraham Lincoln and Frederick Douglass commemorated their birthdays in February. The two marked their important days on 12th and 14th February, respectively. He desired to honour the legacy of the two prominent figures because the two made significant contributions to shaping the African-American record of events. He also chose to make it a period for people to mark and honour the achievements of African people in general, not just the two. Numerous African-American persons have made significant contributions to the world's history. Their achievements were in different fields and sectors. Some fought for equality and freedom from oppression and slavery.

Read more @ https://briefly.co.za/95027-what-black-history-month-colours-know-history.html

BLACK HISTORY MONTH is an annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora. It is celebrated in February in the United States and Canada, while in Ireland, and the United Kingdom it is observed in October.

HAVE YOU EVER HEARD OF SARAH RECTOR???



Sarah Rector, also known as Sarah Rector Campbell and Sarah Campbell Crawford, was a Creek Freedwoman and oil magnate once known as the "Richest Colored Girl in the World". She was born on March 3, 1902 to Rose McQueen and Joseph Rector near the all -black town of Taft, located in the eastern portion of Oklahoma, in what was then Indian Territory. She had five siblings. Her parents were the Black grandchildren of Creek Indians before the Civil War, and descendants of the Muscogee Creek Nation after the Treaty of 1866. As such, they and their descendants were listed as freedmen on the Dawes Rolls, by which they were entitled to land allotments under the Treaty of 1866 made by the United States with the Five Civilized Tribes. Sarah Rector was allotted 159.14 acres, which was a mandatory step in the process of integration of the Indian Territory with Oklahoma Territory to form what is now the State of Oklahoma.



Sarah's father, Joseph, was the son of John Rector, a Creek Freedman, whose father, Benjamin McQueen, was enslaved by Reilly Grayson, who was a Creek Indian. Her grandmother, Mollie McQueen was the Muscogee Opothleyahola, who fought in the Seminole Wars and split with the tribe, moving his followers to Kansas.

The parcel allotted to Sarah was located in Glenpool, 60 miles from where she and her family lived. It was considered inferior infertile soil, not suitable for farming, with better land being reserved for white settlers and members of the tribe. The family lived simply but not in poverty; however, the \$30 annual property tax on Sarah's parcel was such a burden that her father petitioned the Muskogee County Court to sell the land. His petition was denied because of certain restrictions placed on the land, so he was required to continue paying the taxes.

To help cover this expense, in February 1911, Sarah's father leased her parcel to the Standard Oil Company. In 1913, the independent oil driller B.B. Jones drilled a well on the property which produced a "gusher" that began to bring in 2,500 barrels of oil a day. Sarah began to receive a daily income of \$300 from this strike. The law at the time required full-blooded Indians, black adults, and children who were citizens of Indian Territory with significant property and money, to be assigned "well-respected" white guardians. Thus, as soon as Rector began to receive this windfall, there was pressure to change Rector's guardianship from her parents to a local white resident named T.J. (or J.T.) Porter, an individual known to the family. Rector's allotment subsequently became part of the Cushing-Drumright Oil Field. In October 1913, Rector received royalties of \$11,567.

As news of Rector's wealth spread worldwide, she began to receive requests for loans, money gifts, and marriage proposals, despite the fact that she was only 12 years old. Given her wealth, in 1913, the Oklahoma Legislature made an effort to have her declared white, allowing Rector to reap the benefits of her elevated social standing, such as riding in a first-class car on the trains.

In 1914, an African American journal, The Chicago Defender, began to take an interest in Rector, just as rumors began to fly that she was a white immigrant who was being kept in poverty. The newspaper published an article claiming that her estate was being mismanaged by her family and that she was uneducated and had a poor quality of life. This caused National African American leaders Booker T. Washington and W. E. B. Du Bois to become concerned about her welfare. In June of that year, a special agent for the National Association for the Advancement of Colored People (NAACP), James C. Waters Jr., sent a memo to Du Bois regarding her situation. Waters had been corresponding with the Bureau of Indian Affairs and the United States Children's Bureau over concerns regarding the mismanagement of Rector's estate. He wrote of her white financial guardian:

Is it not possible to have her cared for in a decent manner and by people of her own race, instead of by a member of a race which would deny her and her kind the treatment accorded a good yard dog?

This prompted Du Bois to establish the Children's Department of the NAACP, which would investigate claims of white guardians who were suspected of depriving black children of their land and wealth. Washington also intervened to help the Rector family. In October of that year, she was enrolled in the Children's School, a boarding school at the Tuskegee Institute in Alabama, headed by Washington. Upon graduation, she attended the Institute.

Sarah was already a millionaire by the time she had turned 18 in 1920. She owned stocks, bonds, a boarding house, businesses, and a 2,000-acre (810 ha) piece of prime river bottomland. At that point, she left Tuskegee and, with her entire family, moved to Kansas City, Missouri. She purchased a house on 12th Street, known as the Rector House, which is currently owned by a local nonprofit, with the intention of restoration and historical and cultural preservation.

Soon after moving to Kansas City, when she was 17 or 18, she married local businessman Kenneth Campbell in 1920.^[1] The wedding was a very private affair with only her mother and Campbell's paternal grandmother present. The couple had three sons before divorcing in 1930. In 1934, she married restaurant owner William Crawford.

Sarah Rector lived a comfortable life and, with a taste for fine clothing and cars, enjoyed her wealth. She threw lavish parties and entertained celebrities such as Count Basie and Duke Ellington. She died on July 22, 1967, at the age of 65. She is interred in Blackjack Cemetery in her childhood hometown of Taft.



DREAM DEFERRED by Langston Hughes

What happens to a dream deferred?

Does it dry up Like a raisin in the sun?

Or fester like a sore--And then run?

Does it stink like rotten meat? Or crust and sugar over-like a syrupy sweet?

Maybe it just sags like a heavy load.

Or does it explode?

If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The American Indian left no continuous record. He did not appreciate the value of tradition; and where is he today? The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution, therefore, he is a great factor in our civilization.



Carter G. Woodson

"I'M FOR TRUTH, NO MATTER WHO TELLS IT. I'M FOR JUSTICE, NO MATTER WHO IT'S FOR OR AGAINST."

– Malcolm X



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Madam C. J. Walker (1867-1919) was "the first Black woman millionaire in America" and made her fortune thanks to her homemade line of hair care products for Black women. Born Sarah Breedlove to parents who had been enslaved, she was inspired to create her hair products after an experience with hair loss, which led to the creation of the "Walker system" of hair care.

A talented entrepreneur with a knack for self-promotion, Walker built a business empire, at first selling products directly to Black women, then employing "beauty culturalists" to hand-sell her wares. The self-made millionaire used her fortune to fund scholarships for women at the Tuskegee Institute and donated large parts of her wealth to the NAACP, the Black YMCA and other charities.



PRAYING THROUGH ANXIETY

Anxiety is a mental and physical reaction to perceived threats. In small doses, anxiety is helpful. It protects us from danger, and focuses our attention on problems. But when anxiety is too severe or occurs too frequently, it can become debilitating.

It is important that you identify the source of anxiety, not deny it, and not let it overtake you. A model for processing and not allowing anxiety to overtake you is praying or journaling through it before God. Psalm 3, a psalm of David when he fled from his son Absalom is a great model. David was under tremendous distress from Absalom who usurped the throne and wanted to kill King David (2 Samuel 15:13-17:24).



In Psalm 3, David begins praying through his anxiety. In his petition to God, he identifies the source of his anxiety (his foes). People are chasing him and they are damaging his reputation by saying God has abandoned David (3:1- 2).

By focusing on God's character, David recognizes God heard his prayer and will be present with him, no matter what he goes through, or no matter what happens (3:4-7). David vents to God, expressing and processing his emotions (frustration, fear anger), asking for God's justice towards his enemies. David appeals to God for divine protection and deliverance. David's prayer brings him confidence.

David prays through his anxiety and is at peace. He can rest and sleep. He will not fear though tens of thousands assail him on every side (3:6). David is confident that God is with him even if he is defeated.

David was not defeated and he did not have to lift his hand against his son, Absalom. We learn from 2 Samuel 18 that troops who were loyal to King David defeated Absalom's followers. David had ordered the leaders of the troops to "deal gently, for his sake, with his son Absalom (18:5)." However, Absalom died by hanging. The mule he was riding went under thick branches of an oak tree. Absalom's head got caught in the oak branches causing Absalom's death (18:9).

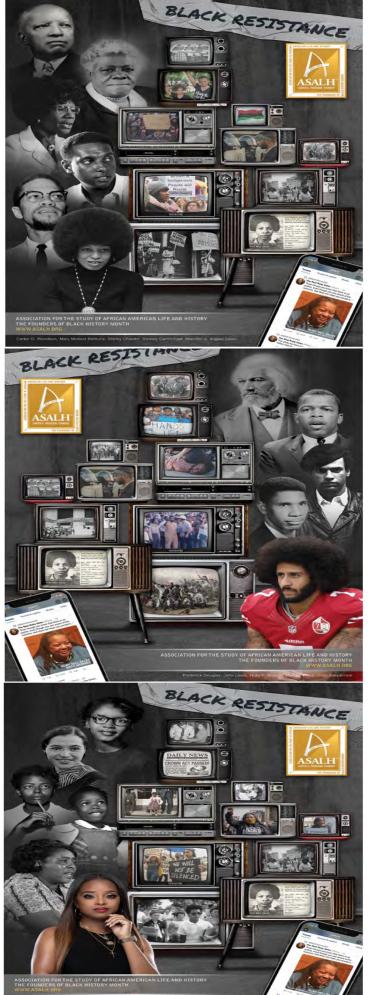
SOURCES

2017 Therapist Aid LLC. What is Anxiety? Provided by TherapistAid.com

Praying Through Our Fears - PSALMS: The Language of Prayer - Tim Mackie (The Bible Project).

Wilmington, H.L. (1999). The Outline Bible (Ps.3). Wheaton, IL: Tyndale House Publishers.

Submitted by Reverend Juanita Stokes Licensed Professional Counselor Associate Minister



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World!



PLEASE NOTE:

The office will be closed on Presidents' Day, **Monday, February 20, 2023**.

Remember to please check the Church website (<u>www.FMZBC.com</u>) and voicemail for closings and cancellations during times of inclement weather. Notices are also posted to WTOP and WJLA. You may also register to receive notifications from: <u>www.cancellations.com</u>



2023 Session dates:

March 18 May 20 September 16 November 18

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



FMZBC JOB VACANCIES

Assistant Financial Secretary AV Director IT Manager Please see detailed announcement and employment application at:

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

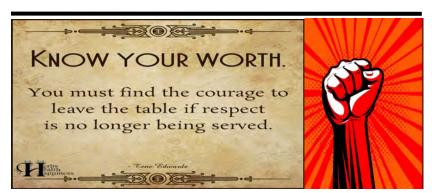
You may return the completed application and resume by email to:

employment@firstmountzionbc.org

or in person during office hours, Monday through Thursday 9am-4pm Fridays 9am-1pm.

Applications will also be accepted by mail. Positions will remain open until filled.

> First Mount Zion Baptist Church 16622 Dumfries Road Dumfries, Virginia 22025 Attention: Hiring Manager



NEW YEAR, WE NEED TO KNOW . . .

- your member number
- full name associated with your member number
- current mailing address
- phone number

Please use the following link to update your contact information. Please remember to also update your information in VANCO. As a registered user, you can make changes to your VANCO profile, giving schedule and password reset. In the event you are locked out, the system will refresh within 2-4 hours, and you will be able to reset your password. Final reminder, include your member number on your tithing envelope. Please feel free to contact the office to confirm your member number.

Member Name and Number:

It is important to confirm that you are using the correct member number and the correct corresponding name. One way to verify is to review your online giving account. You may also confirm your member number by calling the office, 703-670-0184.

Maintain the Connection:

Change of address or phone number? Updates may be made through the FMZ website using the following link: <u>https://form.jotform.com/12155242234</u>



The Singles' Ministry is up and running and is currently studying **Kingdom Singles** by Pastor Tony Evans. This study is providing a scriptural foundation for God's purpose for Kingdom Singles. Being single is a gift from God. The book gives us Bible guidance that encourages us to strengthen our relationship with Father God. The book provides direction, examples that help us see our singleness in a different viewpoint that is according to God plan for each of us.

POC: Pamela Knight nohim2@yahoo.com



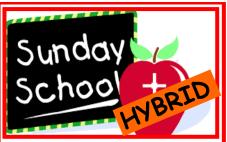
2023 Theme:

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

First mount zion BAPTIST CHURCH



SS-Hybrid Is Here!!

Back Together Again! (Ecclesiastes 4:9, GMT version)

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)

Join Sunday School Hybrid each Sunday in the Chapel. For those attending the class via ZOOM, please use the link below to register:

> https://us02web.zoom.us/ j/89762921587?pwd=

We look forward to seeing you there!!

Sunday School Extended Lesson Guides Handouts are available for download from the FMZ website using the following link:

https://firstmountzionbc.org/weeklysunday-school-lessons/

POC: Rev. Gillis Taylor Sunday School Superintendent SundaySchool@firstmountzionbc.org

ATTENTION!!!

PLEASE CHECK FMZ'S WEBSITE REGULARLY FOR A COMPLETE LISTING OF MINISTRY ACTIVITIES, AS WELL AS UPDATES REGARDING WEATHER CLOSINGS DURING OFFICE HOURS.



HEALTHIER FAMILIES + STRONGER COMMUNITY

The last day to register for February SHARE packages is Sunday, February 12th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on February 25, 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 300-350 words and must be received no later than <u>12 noon</u> 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 Carmia Salcedo Deaconess Claudia Woolfolk Rev. Dr. Luke E. Torian, Senior 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 Vietta Williams, Chair, Deaconess Ministry

16622 Dumfries Road Dumfries, Virginia 22025-1920 Telephone: 703-670-0184 Email: <u>fmzbc@firstmountzionbc.org</u> Website: <u>www.fmzbc.com</u>

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://live.lifestream.tv/first-mount-zionbaptist-church

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-zionbaptist-church

Facebook: www.facebook.com/fmzbcdumfries

Instagram: <u>@thecore_fmzbc</u>

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

Twitter: @fmzbc1

Vimeo: vimeo.com.25203195

YouTube: https://www.youtube.com/channel/ UCzFCO3nn-QRnObzNDEefeGQ

YouVersion: <u>https://www.bible.com/</u> organizations/2a1d4447-70c8-479a-8f5f-7862702b0583



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World!