

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



Message from the Pastor

MARCH IS INTERNATIONAL WOMEN’S HISTORY MONTH

The 2023 theme for Women’s History Month is “Celebrating the Women Who tell Our Stories.”



Galatians 3:28 says... There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

I am grateful for the contributions of women throughout the world and, especially as a pastor, within our congregation. We are blessed to have mothers, daughters, grandmothers and aunts, sisters, and nieces; CEOs, CFOs, COOs, and CIOs, educators, lawyers, judges, physicians, nurses, engineers, technicians, scientists, politicians, law enforcement officers, armed forces service members, athletes, students, clergy, and good friends, just to name a few, making history as women and breaking barriers every day.

As the generations ask, let the generations share and the elders tell the stories of our history as a people, especially the stories of the women who fought and continue to fight for a world that is diverse, equitable and inclusive as we embrace equity. This month, take the time to discover a historical moment in women’s history, and share it with someone. Happy International Women’s History Month.

May the Peace of God be with you...

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

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EVERY 3RD SUNDAY OF THE MONTH AT 11 A.M.

YOUTUBE:

FMZBC Kids’ Kingdom Worship.

Please note that Worship packs for each month are distributed on the Saturday before 3rd Sunday from 11 am – 12 noon at DOOR A.

For additional information or questions, contact Dr. Holley:

tholley@firstmountzionbc.org



WEDNESDAY NIGHT AT 7:30PM.

ZOOM Option will no longer be available for adults.

FMZ/Life Stream:

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

Facebook:

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

YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

Study handouts are available online:

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

Youth Ministry



February has been an exciting time for First Mount Zion's Youth Ministry. For our "First Friday" event February 3rd, 29 youth joined us for our private showing of the movie "Missing" at AMC Theatres in Potomac Mills Mall. The event included popcorn, a drink and light meal.

We have also intentionally focused on Black History. Our young people have explored our history through thoughtful discussions in Wednesday Night Bible Study. They have also displayed their knowledge of Black History and creativity during Sunday Services with their "Youth Black History Moment" presentations. All the presentations have been on topics they have chosen and presentations they designed.

We invite all FMZ youth to join us as we strive to develop close bonds, have fun, and most of all, grow in our faith in a safe and nurturing environment.

*Submitted by
Rev. Beverly Jiggetts
FMZBC Youth Minister*



ACADEMIC EDUCATION MINISTRY

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 aem@firstmountzionbc.org and we will add you to the distribution list.

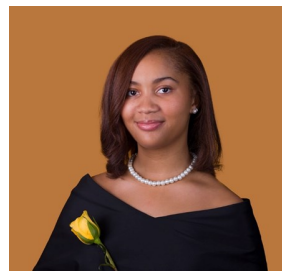
The Academic Education Ministry has a direct link to their Newsletter on the website listed below and pertinent information regarding available scholarships is posted there:

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

ATTENTION ALL HIGH SCHOOL SENIORS:

The FMZBC Scholarship and the Bell Scholarship applications are now available online:

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



In the Spotlight

MADISON IS LIVING LIFE AND THRIVING WITH SICKLE CELL DISEASE

Madison Janiya Brown-Blackshear, daughter of Louis and Stephanie "Mia" Blackshear (FMZBC Zone D-1 members), was born with Sickle Cell Disease (SCD). SCD is an inherited red blood cell disorder. Someone who has SCD, the hemoglobin is abnormal, which causes the red blood cells to become hard and sticky and look like a C-shaped farm tool called a "sickle." When these sickle blood cells travel through small blood vessels, they get stuck and clog the blood flow which causes pain and other serious complications (health problems) such as infection, acute chest syndrome and stroke. Despite living with this disease, taking daily medication and many goings back and forth to the hospital during her toddler years, Madison has been blessed and has not allowed this disease to slow her down.

Full of energy and always on the go, she grew up doing competitive dance, cheerleading and playing volleyball. Madison has participated in the Howard University Annual Stomp Out Sickle Cell 5K Walk/Run every year since she was born. She also participated in the two FMZBC 5k Walk/Runs. She loves bringing awareness and advocating for support to help find a cure for Sickle Cell disease.

Madison is a junior at Christ Chapel Academy in Woodbridge, Virginia. She is in the top 1% of her class with a 4.24 GPA. She is vice president of the Student Government Association, secretary of the National Honor Society, and captain of the varsity cheerleading squad at her school. She chairs the Events and Planning for the local NAACP Youth Council; a Delegate and secretary for Planning in the Girl Scouts; a member of Women in Stem and the Missions Club. Madison loves helping her community as she participated in feeding the homeless with Brave 458 (Being Righteous and Victorious Everyday) Outreach Organization, serves with FMZBC Share Distribution providing Thanksgiving and Christmas meals to needed families annually and participated in Feed My Starving Children.

Madison has been secretary and class representative of the Student Government Association and was crowned Miss Congeniality in the Crimson and Cream Pageant sponsored by Delta Sigma Theta Sorority, Incorporated. Madison's most recent achievement is her selection to participate in the Women in Community Action, Inc. Debutante Ball in March 2023. Her hobbies include sewing, making jewelry, reading, cheerleading, cosmetology, and studying dermatology. She plans to attend a Historically Black College or University and major in nursing.

We are so proud of Madison and all her accomplishments and thank God for providing her untiring strength in all her endeavors and pray he keeps her covered in his blood while she lives with Sickle Cell Disease.

*Submitted by
Deaconess Janice Cooper*



A SALUTE AND A TRIBUTE TO BLACK WOMEN

by Joyce Peterson

On the long hard road in the fight for equality, brave, courageous, and fearless black women paved the way for us today, so in celebration of Women's History Month, this poem is **A SALUTE AND A TRIBUTE TO BLACK WOMEN.**

God made heaven, God made earth
He made a beautiful rainbow of Black Women first
Black Women with all your strength and might
Black Women you are truly a beautiful sight

There is more to you than the human eye can see
You are a woman of purpose and destiny
You are a perfect design, special and unique,
no one else can ever compete

Your beauty is not defined by your skin or hair
And your soul has more value than the clothes that you wear
You have an ability to comfort and the power to heal
And God's blessing of so much sex appeal

When God made you, he created a Gem
Because he fashioned you in the likeness of him
Black Women with your beautiful face
You are definitely a credit to the black race

You are clean, modest and neat
You got Style and Glamour that can't be beat
You are a daughter, sister, wife, and friend
Mother, aunt, and grandmother you've been

Some say without a black woman's support and love
A black man might never rise above

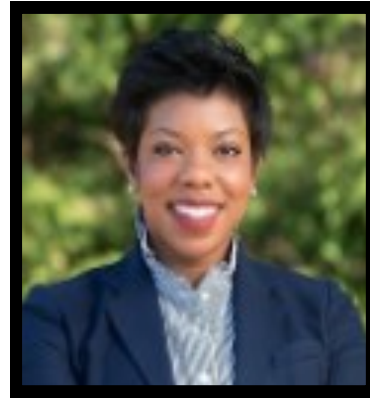
So, be proud of what you are
It will always take you very far
And always watch what you do

Because being a Black Woman, makes everyone else, want to be like you

You are a Phenomenal Woman and must take the pledge like our Ancestors did and said:

- Stand up and say it Loud, I am a Black Woman and I am Proud
- I am not a brand, I am not on display
- If I need to be promoted, I'll do it my own way
- I don't have a price, I am not for sale
- I am a strong and beautiful Black female
- I can be successful, If I put in the time
- I can be proud of who I am, without crossing the line
- I will be respectful, if you are the same
- I will no longer be a victim, I will no longer be ashamed
- I will march ahead and never turn back
- I will keep moving forward and stay on track!

I Will Let No One Turn Me Around, Turn Me Around, Turn Me Around. I am going to keep on walking, keep on talking and marching on to freedom land.



Delegate Briana D. Sewell
Virginia House of Delegates



Supervisor Andrea Bailey
Potomac District Supervisor
Board of County Supervisors



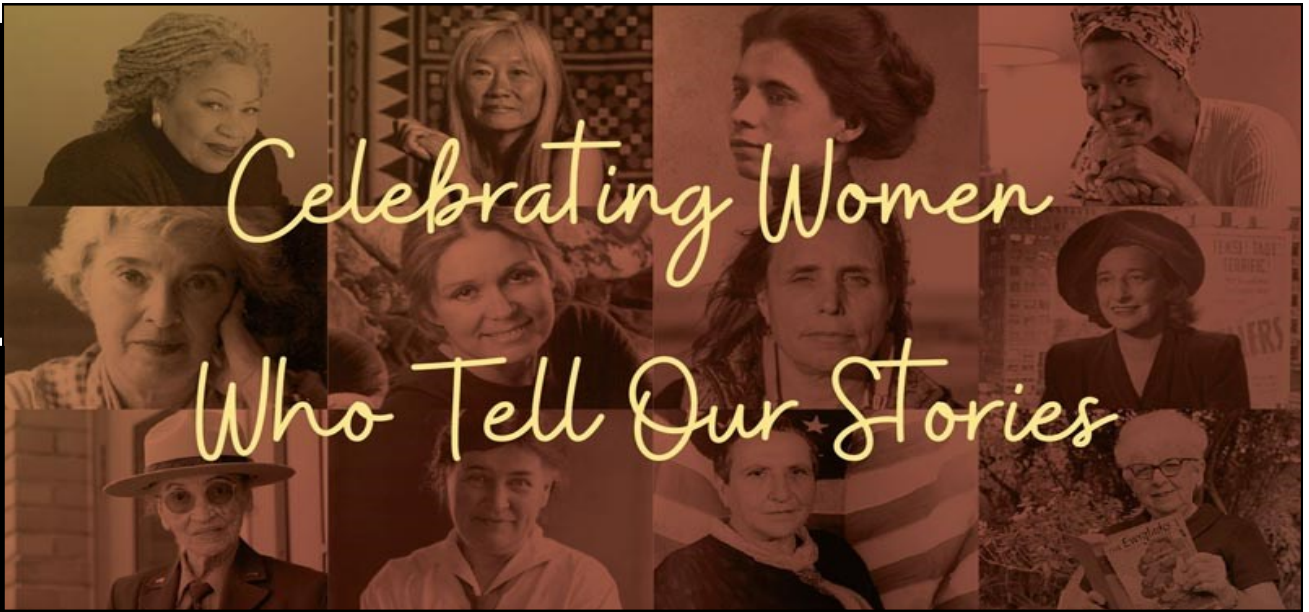
Lillie G. Jessie
Prince William County School Board
Occoquan District

WOMEN distinction

WOMEN distinction

WOMEN distinction

March is **National** Women's History Month -- and the theme for 2023 is



Top: Toni Morrison, Maxine Hong Kingston, Jovita Idar, Maya Angelou
Middle: Gerda Lerner, Gloria Steinem, Winona La Duke, Lillian Hellman
Bottom: Betty Soskin, Willa Cather, Gertrude Stein, Marjory Stoneman Douglas

WHY IS WOMEN'S HISTORY MONTH IN MARCH AND HOW DID IT BEGIN??

Women's History Month was initially just International Women's Day, a day that commemorated the February 28th meeting of socialists and suffragists in Manhattan in 1909.

One year later, on March 8, 1910, according to BBC, a German activist named Clara Zetkin suggested that they recognize International Women's Day at an International Conference of Working Women in Copenhagen. With 17 countries in attendance at the conference, they all agreed.

On March 8, 1911, the first International Women's Day was celebrated in Austria, Switzerland, Germany and Denmark, though the holiday wasn't widely celebrated in the United States until the United Nations began sponsoring it in 1975.

In 1977, in order to persuade school principals to comply with the recently passed Title IX, a task force in California created Women's History Week. They used that week to celebrate the accomplishments of women.

In March 1980, after celebrations had spread across the country, President Jimmy Carter declared that March 8 was officially the start of National Women's History Week. That same year, Utah Senator Orrin Hatch and Maryland Representative Barbara Mikulski co-sponsored the first Joint Congressional Resolution declaring the week of March 8, 1981, National Women's History Week.

By 1987, Congress declared the entire month of March Women's History Month. Since then, every president has declared the month of March Women's History Month.

TIDBITS OF IMPORTANT EVENTS WHICH TRANSPIRED DURING THE MONTH OF MARCH

- The National Woman's Party was formed in March 1917. The group was dedicated to getting women the right to vote.
- Title IX was passed on March 1, 1972. In fact, the first-ever Women's History Week was created in order to bolster support for Title IX, which prohibited discrimination due to sex in federally-funded education programs.
- The Equal Rights Amendment was passed in the Senate on March 22, 1972.
- "A Raisin in the Sun," a play written by Lorraine Hansberry, opened on Broadway in March 1959. This play is the first Broadway show to be produced by a Black woman and Lloyd Richards, a Black man, directed it.
- Beverly Johnson is the first African American woman to grace the cover of a major fashion publication when she is featured on the cover of Glamour in March 1974.
- Elizabeth Taylor Greenfield appears at the Metropolitan Opera, New York, in 1854, and later that year performs before Queen Victoria. Ironically, for the New York performance, no Black people are allowed into the venue to see Greenfield—also known as "The Black Swan"—due to local ordinances.

CELEBRATING GENERATIONAL WOMEN CONTRIBUTING TO FMZ'S STORIES



Top Row: Evelyn Gaskins, Shirley Epps, Fannie Fitzgerald, Katie Johnson, Rev. Sandra James, Vernell McClinton, Catherine Minor, Genevieve Grinkley, Irma Brown
Second Row: Sarah Butler, Agnes Fortune, Benita Fitzgerald, Martha Stanley, Gwen McCatharine, Elizabeth Johnson, Rev. Dorothy White
Third Row: Doris Sessoms, Lori Valkenburg, Church Clerks (Vanessa Washington, Kimberly Johnson, Deanna Banks), Generational Associate Ministers (Rev. Carolyn Taylor, Rev. Kara Franklin-Taylor), Barbara Tankins
Fourth Row: Jenita Ball, Stephanie Craddock, Pastor's Aide Ministry, Women's Ministry
Bottom Row: Sylvia Moore, Cherise Campbell, Church Clerks (Kemi Ojumu, Sue Clark, Sherri Stone), Renee Woolfolk, Clarice Torian

STAY TUNED . . .



Telling the story...

The culmination of our Black History Celebration for the month of February spotlighted the Divine Nine Black Greek Letter Sororities and Fraternities.

In the early 19th century, social Greek organizations, known as sororities and fraternities, began forming on college campuses across the United States to provide a sense of community and unique opportunities for students. These organizations were often highly exclusive and barred membership to students of certain genders or races, specifically Black students.



At the start of the 20th century, a small number of Black students came together from mainly Historically Black Colleges and Universities (HBCUs) to form their own sororities and fraternities. These organizations are known collectively as the National Pan-Hellenic Council or the "Divine Nine". Each of these organizations were established with unique core values but shared a common goal: to educate and uplift the Black community from racial inequities.

- Alpha Phi Alpha Fraternity, Founded 1906, Cornell University
- Alpha Kappa Alpha Sorority, Founded 1908, Howard University
- Kappa Alpha Psi Fraternity, Founded 1911, Indiana University
- Omega Psi Phi Fraternity, Founded 1911, Howard University
- Delta Sigma Theta Sorority, Founded 1913, Howard University
- Phi Beta Sigma Fraternity, Founded 1914, Howard University
- Zeta Phi Beta Sorority, Founded 1920, Howard University
- Sigma Gamma Rho Sorority, Founded 1922, Butler University
- Iota Phi Theta Fraternity, Founded 1963, Morgan State University

Members of these sororities and fraternities were also heavily involved in several social justice movements such as the Women's Suffrage, Civil Rights Movement and Black Lives Matter. These organizations have made significant strides to help unite Black communities across the US and continue to collectively organize to serve various social causes.

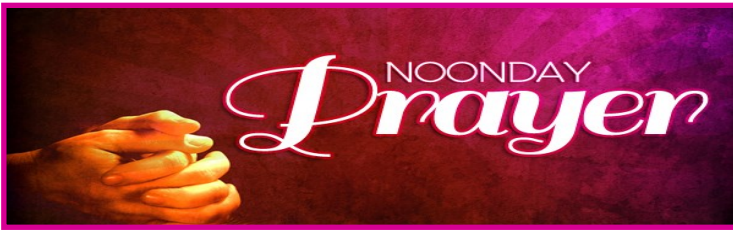
For the past century, Black Greek organizations have created safe spaces for young Black adults to excel in college, help unite Black communities across the country with service and have laid the foundation for Black people to connect with each other for professional opportunities. These organizations deserve to be honored this Black History Month for their legacy of excellence.

Thanks again to everyone who participated in making this day a success, and always remember . . .

BLACK HISTORY IS HISTORY!!!

*Dr. Sandra K. James
Assistant Pastor*





Prayer:

"Thank you, Lord, that you are Jehovah Rapha, Our Healer and Jehovah Shalom, Our Peace. You are the Potter and we are the clay. We bring to You the broken pieces of our lives and ask you to put us back together again as new creations.

Thank you that we are fearfully and wonderfully made and a "Designer's Original". Help us to continue to discover, develop and exercise the gifts and talent that you have placed in each of us, so that we can be the people that You have called us to be.

We pray for your peace, comfort, grace, wisdom, direction, strength and healing touch for spirit, soul and body for the sick and caregivers. Send an extra measure of grace during those especially challenging times. And we pray for strengthening, healing and restoration of broken relationships and healing for the broken and broken hearted. We love and adore you. ALL the glory, honor and praise belong to YOU ALONE! In the mighty and precious name of Jesus we pray and say thanks! AMEN!"

Scripture:

Isaiah 64:8 NKJV

But now, O LORD, You are our Father; We are the clay, and You our potter; And all we are the work of Your hand.

Isaiah 64:8 AMPC

Yet, O Lord, You are our Father; we are the clay, and You our Potter, and we all are the work of Your hand.

Isaiah 64:8 MSG

Still, GOD, you are our Father. We're the clay and you're our potter: All of us are what you made us.

Worship Song:

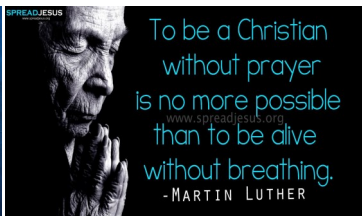
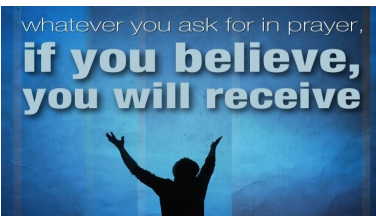
"The Potter's House" - <https://youtu.be/DfcbiFSJZJc>

Continue to pray for our families, communities, churches, nation, school children and teachers, businesses, and the world.

Devotional:

"Start Anew" - <https://dailybible.co/p/H1gBxxm5db/>

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



FITNESS-IN-PLACE

"GYMTIMIDATION"?

Entering a gym can be a source of intimidation and anxiety which can result in leaving you feeling de-motivated and discouraged. This phenomenon is known as "gymtimidation".

For some, it's the size of the gym. Others worry about how to use the equipment or if they are "doing it wrong." Some feel this anxiety because it brings to the forefront their own insecurities about body image, confidence, and self-perception.

Gymtimidation can and does hinder a person's best intentions and efforts and causes them to skip a workout session, leave a workout session early, or keep them from joining a gym altogether. What all of us forget is that no one is born knowing how to do it all correctly. We need to be brave enough to be a beginner.

Overcoming Gymtimidation:

Explore other options. Check out what other gyms are available near you. You might find a smaller gym with fewer members more comfortable. The Fit by God Fitness Complex here at the church is a great option and free to members of the church!

Bring a friend. There's power in numbers and using a buddy system offers necessary social support and accountability. Recruit a sister or brother in Christ to workout with you here at the Fit by God Fitness Complex.

Dress comfortably. Part of the experience of gymtimidation is related to not feeling comfortable in an environment where tight or revealing clothing is often worn. Check out the Fit by God Fitness Complex where the dress is comfortable and appropriate.

Ask for an orientation. The Fit by God Fitness Complex offers "intro to equipment" sessions and assist you in creating your own custom workout program.

Celebrate your wins. Just making it to the gym is a win if you are experiencing anxiety. Celebrate that!

Give yourself grace and space. Nerves are normal and the anxiety of a gym atmosphere is more common than you might think. Others experience it. Acknowledge and accept that this might happen more than once, and it is ok to feel this way and it is more than acceptable to ask a gym employee for help.

Challenge: Overcoming gymtimidation, like achieving health and fitness goals, is a process that takes time. Embrace how you are feeling and focus on taking the initial first step forward. Come visit the Fit by God Fitness Complex and experience an uplifting and supportive gym environment. For questions call 703-670-0225.

Sister Lori Valkenburg





Greetings Brothers and Sisters,

The past three years have created monumental change to traditional ministry and worship in our congregation and across the world. Through it all, you have been faithful. We are stronger together!

Our congregation has worked together to respond to the challenges and take advantage of the opportunities to grow and evolve our ministry. COVID-19 created new norms for service, worship and fellowship. We shifted from a traditional church model to hybrid ministry, leveraging technology to engage a growing global congregation. Additionally, the ability to attract and sustain young adult engagement in ministry has become an acute challenge.



CHANGE YOUR POSITION

I saw an ad today. A woman was fishing from one side of the pier. She had her line hanging over that side but the fish were all on the other side. If she would turn around to the other side she could catch a whole lot of fish. Sometimes, it happens to us that way.

If we would stop for a moment and change our position or our outlook, or our vantage point of view. we would get a different and wonderful result.

We can take a stand on something and not move for a very long time. It could be days, weeks, months, or even years that we hold to that one position on that subject. The world around us has changed. We drive cars with electronic everything and technology has made it all easier, but we hold on to that one thing. Perhaps you are ready to make a move and change your position and see how much more can happen.

Then, there is the way you look at things. For many of us our perspective is indeed our reality. In our example above, the fish are not biting where you are, however, you may look to the right or the left or directly behind you and observe an abundance of what you were looking for. Be hopeful about your life and your future. Join forces with God and see and believe that God will lead you to what you are seeking.

Finally, we can change our vantage point of view. Our vantage point is a place that provides a good view. A good view can be a close look at something, as in photography, or it could be a long shot which provides another view. Pay attention to the vantage point of that situation. When you change that particular view, everything looks different and maybe you will see something you have not seen before.

Let me remind you of Romans 12:2 – “Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out.” (MSG)

Blessings and Peace!



Submitted by Reverend Maxine Thompson



Despite these challenges, we had no measurable decline in financial stewardship. We paid off our mortgage three years early. We now have the flexibility in our budget to invest in maintenance of facilities and capital improvement projects around our church campus. We also supported over 30 community organizations, dozens of members, and thousands of meals to families through our benevolence program. I am proud of our accomplishments as we continue to honor God and achieve our strategic goals.

As we move forward, our priorities for the next two years are:

1. Ensure safe reentry back to our facility.
2. Increase outreach and connection with our community, especially our youth.
3. Improve our information technology platforms to enhance communications and enable hybrid ministry.
4. Grow our local and global ministry outreach.

These priorities and the others contained in our strategy will empower our 2023 theme, “From Generation to Generation, Growing Deeper, Growing Stronger, and Reaching Higher!”

Pastor Luke E. Torian



Youth Ministry “First Friday” Event for 6th to 12th graders.

You are invited to join us for the next “First Friday” which will be held at the Church in the gym and Grain of Heaven on March 3rd. Feel free to call Rev. Jiggetts for additional information or if you have questions (703) 670-0184.

Join the FMZBC Audio-Visual Ministry

Share YOUR Expertise !!

- Audio, Microphones, Camera Operator
- Loudspeakers, Sound Mixing, Streaming, Networking, Presentation Software, Pre/Post Editing

Pro-Presenter Video Presentation Software Training still available. Please Register by emailing AVIT@firstmountzionbc.org for training

Only 10 slots available!!

MY GIRL, MY SISTER, TOGETHER WE STAND – LET THE FIRE FALL

On February 11, 2023, the Women's Ministry hosted a fellowship, **My Girl, My Sister, Together We Stand –**

Let the Fire Fall! A special thank you to Gwen Holland, Women's Ministry Director, for her vision and putting together a wonderful fellowship! This fellowship was full of **fire!**

Thank you to **Sister Velma Jones** for opening the program with her testimony of how she was encouraged by her church sisters during the pandemic while undergoing medical issues, and to Deaconess Brown for the awesome opening prayer, blanketing and welcoming in the Holy Spirit throughout the program. Thank you! Thank you! Thank You!

Reverend Marlene Johnson shared an insightful message from Ecclesiastes 4:9-10, entitled "To be that Person!" We all need someone to trust, to lean on, to lift us up and sometimes just to pray! She spoke of how King Solomon lost his way because he had no one to lean on when faced with worldly pleasures. Rev. Johnson also spoke of the difference between friends and acquaintances. There are four areas of people defined under the term "friendship":

- Acquaintances: A person you know and may be comfortable sharing space with
- Casual Friend: A person you may be more emotionally attached to and comfortable sharing space with
- Close Friend: A person you spend time with on a regular basis, share life stories with, and can also be your ride and die. She will pray for you and hold you accountable.
- Intimate friend: The person you share EVERYTHING with!

Which friend are you with Jesus? Are you close and intimate? If you're not, work on it through prayer and purposeful meditation and trusting that you can call on Him anytime and that He will answer your cry!

Deaconess Terry Parker shared Words of Encouragement, reminding us that in the times we're living in today, we face many challenges, but know that you are loved by God. He has created us to be mothers, sisters, aunts, encouragers, mentors, etc. You are loved beyond measure! It is wonderful to know that God loves us so much that He sees us as His treasure, a wonderful gift from and to Himself. Give God the glory, knowing that when the storms are raging in your life in all directions that God is for us. And if God is for us, who can be against us!

Thank you, Songstress Cynthia Wilson, for blessing us in song. What a beautiful rendition of "I Must Tell Jesus."

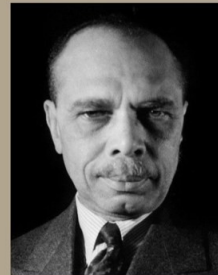
Reverend Tarra Taylor, as always, delivered a powerful, uplifting message, entitled "Sisters Standing Together," taken from Isaiah 43:2. She said, "if it seems like you're walking with flames licking at your limbs, keep going, you won't get burned." She reminded us that our labor is not in vain. She went on to share that in 2023, we continue to be faced with many challenges, rising food prices, health issues, shooting of brown and black people, the list can go on and on, and

perhaps we can add a few ourselves! But, we can find encouragement and hope in the midst of crisis, through the Word of God in Isaiah. When God is with us, He is for us, and when He is for us, who can be against us! The Israelites had their trials, and we will have ours, but God will be with us through it all. The three Hebrew boys, Shadrach, Meshach, and Abednego were cast into the fire because they would not bow down or worship an idol, and through it all they did not take their eyes (focus) off God. They knew from whence their help came and were not moved. Instead, they were strengthened through their trial, just as God will do for us, so that we can keep going. He has promised to cover us with His gentle calm and perfect peace when we keep our minds stayed on Him. He will deliver us from the waters and floods of life that want to take away our joy. Paul, in Corinthians 15:57-58, encourages us to face the future in spite of the daunting present, have confidence and hope, do not be shaken, but fixed in the faith. God wants us to be steady because He has given us Sisters in Christ to help each other, lift one another up, encourage us to keep moving forward. Remember your sisters, God has placed them in your life to help and love you, just as He does!

Glory to God that He reigns supreme over all we do! Our lives, as Sisters in Christ, are to uplift, comfort, support and love each other! **You are My Girl, My Sister, and Together WE Stand!**

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

When James Weldon Johnson finished writing "Lift Ev'ry Voice" OVER 100 YEARS AGO, he sat down and cried.



It is a powerful statement of our identity, resolve, and humanity. No one can or will ever take that away.

The poem was originally performed in honor of Abraham Lincoln's birthday on February 12, 1900, and was later set to music in 1905 by Johnson's brother John Rosamond.



THOUGHT FOR THE WEEK

CLAIM WHAT GOD SAYS YOU ARE. YOU ARE SALT AND LIGHT AND GOD HAS EMBOLDENED AND EMPOWERED YOU TO MAKE A DIFFERENCE, TO BE A CHANGE AGENT, TO ENCOURAGE SOMEONE. DO NOT HIDE WHAT GOD HAS GIVEN YOU AND WHAT HE HAS DONE IN YOUR LIFE. LET IT SHINE!!

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



JOINT MEN'S AND WOMEN'S MINISTRY FELLOWSHIP

RISE UP AND PRAY: BREAKING THROUGH TO VICTORY!



On 28 January 2023, the Men and Women of First Mount Zion Baptist Church came together in prayer to lift up all those in the community, our state, country and world. This joint prayer fellowship was hosted by the Men's and Women's Ministry, under the direction of **Brother Edward Jones and Sister Gwen Holland**. Thanks to both of you for putting together a wonderful fellowship.

Before the Prayer Fellowship began, over 100 attendees were treated to a hearty breakfast prepared by the Grain of Heaven. Shortly thereafter, the Prayer Fellowship kicked off, and oh what a Fellowship it was! We were blessed with the Word through the person of **Reverend Gillis Taylor**, who spoke on approaching the Lord in sincerity when you pray, using Psalm 20:5-9 and 1 John 5:14-15 as his scriptures. He reminded us that a Prayer can be short or long, but your prayer must be spoken in sincerity. Praying in sincerity allows us to have victory and allows God to show what He can do in us, through us, and for us. It is an appeal to God to demonstrate what He can do. What are you willing to do to demonstrate your sincerity to God?

Reverend Glenda Brown blessed us with a word from James 5:16 and Isaiah 43:5-10, "Believing in the Power of Prayer," as the effective fervent prayer of the righteous avails much. She shared that David was a true believer in prayer. He prayed in whatever situation he was in, be it happy, distressed, needing deliverance, suffering, injustice, a plea for mercy, grace or favor. Do you pray like David? Do you allow God to relieve you in your distress? Do you recall the countless times God has worked out your situation or delivered you from your distress? Do you allow God to give you peace? If God has done it before, He will do it again. He has not bought you this far to leave you! Is your relationship with God up close and personal? Go to God in prayer to allow Him to bring you closer to Him as you seek His will for your life. God takes delight in your coming before Him in prayer; He desires to have a close and intimate relationship with you. We can declare victory in what we ask of Him.

Deacon Joe Boutte blessed us with a Word of Encouragement, "Let Your Light Shine!" Pray to clean your glass so that your light can shine brightly. Your faith must go public. You cannot be a secret or covert agent of God. You must let your light so shine. Are you a light to your community, your family, your acquaintances? Give glory to God by allowing your light to shine!

Deaconess Debbie Tribble prayed for the Fellowship, the speakers and guests in attendance, as well as for FMZBC leadership and its members; **Deacon Andre Robinson** prayed for perseverance always for FMZBC, sisters and brothers in Christ, the unsaved, our community and the world; **Deaconess Janice Cooper** prayed for good health for all FMZBC members, the bereaved, unemployed, homeless, and abused; **Deacon Ronald Cooper** prayed for social injustice, racism, police brutality, freedom for the falsely accused incarcerated, and the world's struggles; and **Deaconess Chrissetta Hughes** prayed for the will of God in our lives, strength, peace, and endurance.

A big "Thank You" to **WPE** for rendering anointed praise selections ushering us into God's presence in prayer and worship; it was such a blessing! And to our Audio-Visual team, without whom this Fellowship would not have been shared, thank you for your support!

A special "Thank You" to **Reverend Dr. Tracey Dawkins Holley** for rendering such touching closing remarks. She reminded us of the word of God, "If My People who are called by My Name will humble themselves and pray, seek My face, and turn from their wicked ways, then I will hear from heaven, and heal their land." She shared that the Bible tells us that we should come boldly before the Throne of Grace, for it's at the throne that we find help in our times of need. For our help comes from the Lord. The Lord knows what we need even before we ask. He is a burden bearer, a way-maker, a father to the fatherless and mother to the motherless, the doctor when we need healing, and a lawyer in the courtroom. There is power in prayer and the Lord is able to meet us at our points of need. We need only have faith, the size of a mustard seed, to move mountains.

So come on, FMZBC, let's move those mountains!

Submitted by
Sis. Lisa Johnson, Co-Director
Women's Ministry

GLORIA FORD GILMER



is the first Black woman mathematician to have research papers displayed in the Manuscript Division of the Library of Congress. She is a former Milwaukee math teacher, international researcher and leader in the field of ethnomathematics. She later became the first Black math instructor for the Milwaukee Public Schools system, the first Black math instructor at Milwaukee Area Technical College, and the first Black person to serve on the Board of Governors for the Mathematical Association of America. Ms. Gilmer found unique culturally inclusive ways to teach math and was a pioneer in the field of ethnomathematics, the study of the relationship between math and culture, or "the math of the people" as she referred to it. "It's just a way of looking at the practical applications of math within your own culture. She would use cultural examples as a way to engage the students in the subject matter. So, for instance, she said there's math in basketball because the athletes estimate the angle that they're shooting the ball at. There's math as you're tracking your route from school to your house. There's math in almost every aspect of life," Jill Gilmer said.

**AT MY LOWEST:
GOD IS MY HOPE**

**AT MY WEAKEST:
GOD IS MY STRENGTH**

**AT MY SADDEST:
GOD IS MY COMFORTER**



SENIORS' MINISTRY CELEBRATE BLACK HISTORY

A special presentation was made to 16-year-old Destiny Jones for her dedication to choreographing the dance and working with the Silver Steppers. The award was accepted by her mother, DeeDee Jones.

The Seniors Ministry celebrated Black History month in a big way!!! Their theme was "A Generation Witnessing the Wonders of God" using Psalms 19 as its base. The tables were beautifully decorated with Black History paraphernalia, and each Senior received a souvenir Black History box filled with old fashioned candy.

Sister Shirley Hardy opened the festivities by welcoming everyone, especially the guests. Scripture and prayer were offered by Deaconess Lynell Manning and Deacon Leonardo Manning, respectively. The Seniors celebrated the birthdays of members born in January and February, and remembered Brother Raymond Knight, posthumously, who would have been 93 on February 22, 2023.

The celebration centered around reflecting on the musical genres that helped shape our people but, before that was introduced, Sister Shirley took the Silent Generation and Boomers I and II on a walk down memory lane as she engaged the Seniors in an exercise of "Do You Remember?". It was fun to remember things such as the ringer washer, filling stations, playing jacks, the old foot tubs, party lines on the telephone, and much more. Most of the Seniors could remember these things and really enjoyed engaging. A short intermission ensued during which a delicious soul food lunch was served, and members agreed that the meal served, especially the fried chicken and collard greens, was exceptional. Thank you, Grain of Heaven, for all you do.

After lunch, Sis. Pauline Hunter shared wonderful information on the history of African American music and established our purpose for the meeting, while Deacon Creekmur reminded us of how Black music emerged from our pain and suffering during the days of slavery. Bro. Sledge and the choir allowed us to reflect on our past by singing songs from the days of slavery to spirituals and moved up to the modern-day gospel music. It was an overwhelming experience for all of us and we enjoyed the selections.

Afterward, Sis. Hope Singleton spoke on the Motown years and the various forms of music that evolved during that era, specifically the Motown Sound, which was introduced in the late '50s and still can be heard today. Sis. Shirley Hardy, Bonnell Sanders, and JoAnn Earle reminded us through their performance of one of those Motown songs sung by Diana Ross and the Supremes, "Where Did Our Love Go?". The audience was so enthused that they wanted to see more. Unfortunately, time did not permit, but everyone enjoyed the performance.

Sis. Oonagh Bell reminded the audience of the various genres of music...from the drums of Africa to the coast of the Caribbean. The influence of that music can be heard in jazz, blues, ragtime, and even in the church today. She also reminded us of the importance of dance in black culture, which led to the introduction of the Silver Steppers, who ministered to us liturgically to the song, "Down Through the Years" by Rev. Jasper Williams. The program ended with Dr. Keith Boykin giving us the history of the song "Lift Every Voice and Sing", in which the audience engaged in singing. It was a fitting close to what had already transpired.

Dr. Tracey Dawkins Holley, our Minister of Christian Education, gave closing remarks, thanked everyone for coming and participating, and prayed for our safety as we left the celebration.

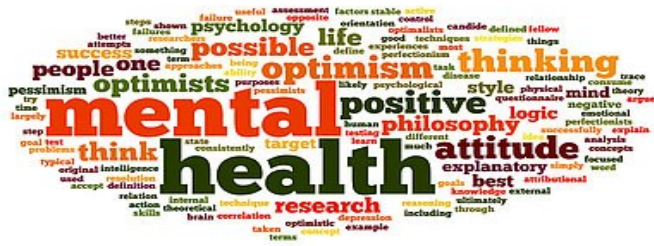
We thank God for our Seniors' Ministry Members and Guests.



Sources:

2020 Therapist Aid LLC. The Cycle of Depression. Provided by TherapistAid.com

2021 Therapist Aid LLC. Gratitude Exercises. Provided by TherapistAid.com



Depression, poor self-esteem, anxiety and stressors are often the result of irrational and negative thoughts. (“I need to be perfect.” “I’m not good at anything.” Nobody likes me.”). The way a person thinks about something has a major impact on how they feel (sadness, anger, hopelessness, loneliness). The body responds to negative thoughts and feelings with physical symptoms (fatigue, sleep problems, poor concentration, loss of motivation).

Gratitude helps combat the tendency to magnify the negative experiences by shifting focus toward positive experiences, rather than negative ones. Gratitude means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and build coping skills to help with depression, anxiety and stressful situations.

Following are some recommended **Gratitude Practice** exercises.

Gratitude Journal – Every evening, spend a few minutes writing down some good things about your day. This isn’t limited to major events. You might be grateful for some things, such as a good meal, talking to a friend, or overcoming an obstacle.

Give Thanks - Keep your eyes open throughout the day for reasons to say “thank you” Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere “thank you.”

Change Obligation to Opportunity – Write a list of at least five things you have to do this week. Begin each with the words “I have to.” Now cross out those words and begin with “I get to.” This can help you see your tasks as privileges that you may not have always had and may not have in the future, and that many people do not have at all. Experiment with seeing and claiming your responsibilities and obligations as privileges and opportunities.

Gratitude Conversation – With another person (spouse or friend), take turns listing three things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the lists. Make this part of your routine by practicing before a meal, before bed, or at another regular time.

Grateful Contemplation - Set a timer to reflect on giving grateful praise focusing on a Psalm (e.g., Psalm 100) or a prayer of thanksgiving three times a day.

While it’s not always easy, being grateful for positives in your life can have a profound impact on your mood, outlook, and overall well-being. Be patient, it takes practice and time. With the daily repetition of gratitude practice, you will create real changes in your mind and heart to help you challenge negative thoughts that may come with any stressful situation that causes strain or hardship.

*Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister*



OPEN POSITIONS:

DIRECTOR
(Full Time) - Monday - Friday

AIDES

(Full/Part time) -
Monday - Friday



POC: William Williams (703)
565-5062

*To all those celebrating
in March*

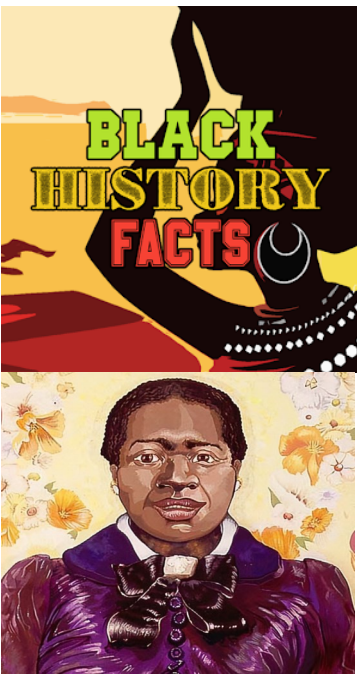
Happy Birthday!



BRIDGET 'BIDDY' MASON

In terms of personal accomplishments, it would be hard to match the life of Bridget 'Biddy' Mason (August 15, 1818 – January 15, 1891). She was an African-American nurse and a Californian real estate entrepreneur and philanthropist. She was one of the founders of the First African Methodist Episcopal Church in Los Angeles, California.

Enslaved upon birth, she developed a variety of skills and developed knowledge of medicine, childcare, and livestock care. A California court granted her and her daughters freedom in 1856.



Biddy Mason was born into slavery reportedly on August 15, 1818, in Hancock County, Georgia, but her exact birthplace and birthdate are unknown. At an early age, she was taken from her parents and moved to the plantation of another slave owner. Although records during her youth are incomplete, she spent most of her time on a plantation owned by Robert Smithson.

During her teenage years, she learned domestic and agricultural skills. Additionally, she developed skills in herbal medicine and midwifery taught to her by other enslaved women. These skills were passed down from African, Caribbean, and Native American traditions. Her knowledge benefited both the enslaved people and the plantation owners. According to some authors, Biddy was either given to or sold to Robert Mays Smith and his bride Rebecca Dorn Smith in the 1840s. Biddy was valuable to the Smiths because of her knowledge of medicine, childcare, and livestock care.

Biddy had three children: Ellen born in about 1838, Ann born in about 1844, and Harriet born in about 1847. The fathers of her children are unknown, but some authors have speculated that Robert M. Smith likely fathered at least one of her children. A 25-year-old enslaved woman named Hannah worked with Biddy on the plantation; like Biddy, Hannah had three of her own children.

After becoming free, Mason and her daughters moved in with Robert Owens, the father of Charles Owens and a well-known Los Angeles businessman. Her daughter Ellen would eventually marry Charles Owens. Mason worked in Los Angeles as a nurse and midwife, delivering hundreds of babies during her career. Using her knowledge of herbal remedies, she risked her life to care for those affected by the smallpox epidemic in Los Angeles. One of her employers was the noted physician John Strother Griffin. Saving carefully, she was one of the first African American women to own land in Los Angeles. As a businesswoman, she amassed a relatively large fortune, which she shared generously with charities. Mason also fed and sheltered the poor, and visited prisoners. She was instrumental in founding a traveler's aid center, and a school and day care center for black children, open to any child who had nowhere else to go. Because of her kind and giving spirit, many called her "Auntie Mason" or "Grandma Mason."

In 1872, along with her son-in-law Charles Owens and other Black residents of Los Angeles, Mason was a founding member

of First African Methodist Episcopal Church of Los Angeles, the city's first Black church. The organizing meetings were held in her home on Spring Street. She donated the land on which the church was built. She also helped to establish the first elementary school for black children in Los Angeles.

Mason spoke fluent Spanish and was a well-known figure in the city. She dined on occasion at the home of Pio Pico, the last governor of Alta California and a wealthy Los Angeles land owner.

Mason was fond of saying, "If you hold your hand closed, nothing good can come in. The open hand is blessed, for it gives in abundance, even as it receives."

After Mason's death on January 15, 1891, she was buried in Evergreen Cemetery in the neighborhood of Boyle Heights. On March 27, 1988, in a ceremony attended by the mayor of Los Angeles and members of the church she founded, her burial place was marked with a gravestone.

Mason is an honoree in the California Social Work Hall of Distinction. She was also celebrated on Biddy Mason Day on November 16, 1989. A ceremony at the Broadway Spring Center unveiled a memorial to highlight her achievements.

[Read more about her on Wikipedia](#)



ROSA PARKS DAY

On December 1, 1955, Alabama native, Rosa Parks, took a stand when she refused to stand. Parks rejected bus driver James F. Blake's order to vacate a seat on a Montgomery bus in favor of a white passenger and was arrested and fined for this act of civil disobedience. Parks then helped lead a boycott of Montgomery buses that lasted for over a year. The year-long protest finally ended when the US Supreme Court ruled that Alabama's laws enforcing segregation on city buses and other modes of transportation were unconstitutional.

We're remembering Parks on the anniversary of her birth on February 4, 1913. Her act of defiance was a pivotal moment in the civil rights struggle. Though some tried to paint the seamstress as an accidental martyr, Parks was already involved in the movement at the time of her arrest. She later said of the incident, 'People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was forty-two. No, the only tired I was, was tired of giving in.'

Rosa Louise McCauley Parks was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. The United States Congress has honored her as "the first lady of civil rights" and "the mother of the freedom movement".



Is your ministry looking for a way to serve others. Are you in need of volunteer hours or simply want to support the Ministry activities of the Church? If so, please contact:

Ernest Robbins, Facilities Manager at erob-bins@firstmountzionbc.org.

Opportunities to serve in food service with the **Grain of Heaven** contact, **Sherise Campbell, Food Service Director** at scampbell@firstmountzionbc.org.

Willing to serve in the Audio Visual Ministry, including Wednesday Night Bible Study, Sunday Worship, Homegoing Services, Weddings, and Ministry Activities? Please contact **Renee Woolfolk, CBA** at rwoolfolk@firstmountzionbc.org.

CHECK-IN

FMZBC requires anyone who enters the Church to go through Check-In to ensure proof of vaccination is provided; temperatures are taken. Mask wearing is optional. As Ministry activity increases, so does the need for volunteers. If you would like to volunteer for Check-In, please use the following Sign-Up Genius link:

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

If you have any questions, please contact Renee Woolfolk, Church Business Administrator, at

rwoolfolk@firstmountzionbc.org, or call (703) 670-0184.

Thank you to those that have served and continue to serve at Check-In!!

NEW MEMBERS ORIENTATION CLASS (CED)

Topic: NMOC Class

Time: 09:45 AM

February 26 - Prayer

March 5 - No class - attend regular Sunday School

March 12 - Church Leadership/Church Ministry

March 19 - TBD

March 26 - Salvation

Join Zoom Meeting

<https://us02web.zoom.us/j/84620737704?pwd=VHN6K0xIV2VmSFhHRVA4OERGymRsQT09>

Meeting ID: 846 2073 7704

Passcode: 997579

Dial by your location

+1 301 715 8592 US (Washington DC)

THE IMPORTANT THING IS TO REALIZE THAT NO MATTER WHAT PEOPLE'S OPINIONS MAY BE, THEY'RE ONLY JUST THAT - PEOPLE'S OPINIONS. YOU HAVE TO BELIEVE IN YOUR HEART WHAT YOU KNOW TO BE TRUE ABOUT YOURSELF. AND LET THAT BE THAT!

MARY J. BLIGE

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FIRST MOUNT ZION is now part of the world's #1 Bible app. YouVersion helps us draw closer to God through reading the Bible, discovering study plans, and encouraging us to seek God every day.

The app allows us to find more of what we're searching for, share prayers with friends, and discover daily plans and devotionals. The app allows us to listen to God's word, take notes, highlight verses, share verses, create prayers, and encourage our friends and family through the Word of God. This digital platform helps connect generations and members through shared studies and devotionals. The YouVersion Bible is free and easy to set up:

How to follow FMZBC in YouVersion:

Download the App

Tap Discover

Search for First Mount Zion Baptist Church in Dumfries



QR Code and link: <https://www.bible.com/organizations/2a1d4447-70c8-479a-8f5f-7862702b0583>



PLEASE NOTE:

Remember to please check the Church website (www.FMZBC.com) 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: www.cancellations.com

VOLUNTEER SCREENING

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
Part-Time (20 hours per week)
Pay Range \$27.00-\$30.00 per hour

AV Director
Part-Time (20 hours per week minimum)
Pay beginning at \$40 per hour

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.

IT HELP DESK

Have questions about ZOOM or OFFICE365? Need an Email or password reset? Please email us for assistance at:

IT4U@firstmountzionbc.org

or

woolfolk@firstmountzionbc.org

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.

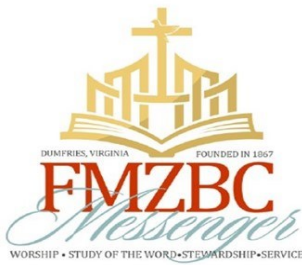
Maintain the Connection:

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

The **Women's Ministry** will be hosting our Book Club session via Zoom. We will be reading "**THE LIGHT WE CARRY: OVERCOMING IN UNCERTAIN TIMES**" by Michelle Obama. During this 5-week session, we will be discussing that when we are able to recognize our own light, we become empowered to use it," writes Michelle Obama. A rewarding blend of powerful stories and profound advice that will ignite conversation. The book inspires readers to examine their own lives, identify their source of gladness, and connect meaningfully in a turbulent world. The study contains a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we also do it for ourselves. Please join us and invite other ladies to share in this spiritual journey.

Dates/Times: 3/4, 3/18, 3/25, 4/1; 4/15 - 10-11:30 am.

POC: Book Club Lead, Sister Lisa Johnson; Co-Lead, Sister Sharon Lawrence.

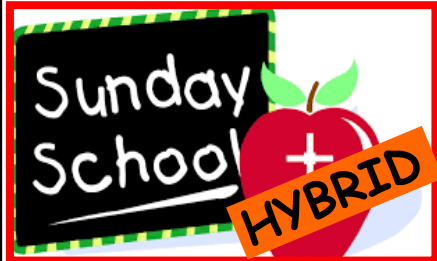


2023 Theme:

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



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 Room 229/230. 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/weekly-sunday-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.



The last day to register for March SHARE packages is Sunday, March 12th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on March 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 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!
Thank you!

CPM Team

- Deacon Joseph Boutte, Chair
- Sister Oonagh Bell
- Brother Benson Blake
- Deaconess Janice Cooper
- Trustee Alfranda Durr
- Brother James Gaskins
- Deacon James Hawkins
- Sister Sylvia Moore
- Sister Roslyn Parker
- Reverend Kathy Russell
- Deaconess 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: fmzbc@firstmountzionbc.org
Website: www.fmzbc.com

UPDATED ADJUSTED SERVICE SCHEDULE

Sunday School
9:45 AM

In-Person and via ZOOM

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

FMZ Life Stream:

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

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

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

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

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

Vimeo: [vimeo.com.25203195](https://vimeo.com/25203195)

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

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

