



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



April 2, 2023
Volume 19 • Issue 4

Message from the Pastor

MOVING FORWARD...

As we come to the end of Lent and enter Holy week, I pray that your Lenten journey has been one of great spiritual renewal and transformation. These last 40 days for some have been a time of contemplation, of sacrifice, and more.

Just as Lent is marked by fasting, both from food and other activities, Palm Sunday recalls an event in the Christian Scripture (The New Testament) of Jesus entering Jerusalem and being greeted by the people waving palm branches. For Christians, it is a reminder of the welcoming of Jesus into our hearts and of our willingness to follow Him.

Easter celebrates the resurrection of Jesus after His death on the cross. The gift of salvation calls us out of darkness into the marvelous light to move forward with purpose for Kingdom work.

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

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HOWARD UNIVERSITY PARTNERSHIP CREATING NEXT GENERATION OF CYBERSECURITY EXPERTS

FMZBC college student, Mark L. Shelton II, attends Virginia Military Institute (VMI) where he has been selected as the new Regimental Commander at VMI for the 2023-2024 academic year. Mark II is only the third African American in VMI's 184 years of existence to be accorded this honor.



Mark II is an intern with digiFlight, a partnering program with Howard University which provides mentorship and experience to young minority Cybersecurity professionals. He is the son of Brother Mark and Sister Trish Shelton, Zone K-4.

CONGRATULATIONS, MARK II, YOUR FIRST MOUNT ZION FAMILY IS SO VERY PROUD OF YOUR ACCOMPLISHMENTS!!!

Youth Ministry



March was another exciting month for the Youth Ministry. Our "First Friday" event was a "game night." After a dinner of pizza and salad, our youth competed in both team and individual competitions. They were challenged mentally in games such as "Family Feud" and the "Lyrically Correct" gospel lyrics competition. They were aided in the lyrics competition by

Young Adult C.O.R.E. Ministry member and game "host" Sade Akanni who sang the songs they needed to guess the lyrics. Physical dexterity was tested with the "chopstick dice stacking challenge," and the "Wombat" game where teens were tasked with constructing pyramids while blindfolded. Listening skills were examined with the popular "Bop It" device. Finally, team creativity was revealed with the "Marshmallow Madness" building challenge. The winners didn't go home empty-handed, they each received a \$5 gift card. With 25 youth present, despite the rain, the night was fun and exciting. A special thank you to the Young Adult C.O.R.E. Ministry for manning the game stations.

Also in March, we announced our summer domestic mission trip location of Tucson, Arizona for July 8 – 14, 2023. This will be the first mission trip the Youth Ministry has undertaken since the pandemic. By the time this article is printed, we will have selected our "missionaries" for the trip! What a blessing this will be.

We continue to encourage our youth to be involved in all of our Youth Ministry offerings, to include Wednesday night Youth Hybrid Bible study; "First Fridays;" our new Youth Group Meetings; special outings, such as Movie night at AMC held in February; and other activities. Keep your eyes on the announcements, FMZ website, and Connection Points as we continue to spread the word about the great things happening in the First Mount Zion Youth Ministry.

Youth, don't miss out! Come join us as we grow in our faith, while learning and having fun together.

Submitted by
Rev. Beverly Jiggetts
FMZBC Youth Minister
bjiggetts@firstmountzionbc.org



CELEBRATING SCHOOL SOCIAL WORKER OF THE YEAR

As a trailblazer in her field for more than two decades with Prince William County Schools, Mrs. Tara W. Funches, MSW (Zone K) finds creative ways to provide early identification, prevention and intervention services to students and families in need of support

and resources. This month, not only was Mrs. Funches selected as School Social Worker of the Year (SSWOTY) 2023 for the Northern Region of Virginia, but she has also been selected as School Social Worker of the Year (SSWOTY) 2023 for the State of Virginia, both by the Virginia Association of School Social Workers (VA SSW). At the March Dumfries Town Council meeting, Mrs. Funches was presented with the Social Work Month Proclamation by Mayor Derrick Wood. She is the first recipient of this recognition awarded by the Town of Dumfries.



First Mount Zion, hats off to Sister Funches who is making a marked difference in the lives of our children! To God be the glory!

Submitted by
Deacon Joseph Boutte



IN PERSON AND IN CHAPEL -
EVERY
WEDNESDAY
AT 7:30PM.

FMZ/Life Stream:

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

Facebook:

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

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

Study handouts are available online:

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

APRIL 5TH - **NO BIBLE STUDY
(IT IS HOLY WEEK)**

**APRIL 6TH - MAUNDY THURSDAY SERVICE
AT 7:30 P.M.**



CELEBRATING THE 28TH PASTORAL ANNIVERSARY OF REVEREND DR. LUKE E. TORIAN

**“A GENERATIONAL LEADER
UNDERSTANDING GOD’S CALL”**

GENESIS 12:1-9



COMING SOON – PLEASE MARK YOUR CALENDARS!!!

FRIDAY, MAY 19, 2023

FAMILY & FRIENDS' NIGHT

7:00 P.M.

LOTS OF ENTERTAINMENT

SUNDAY, MAY 21, 2023

WORSHIP SERVICE

11:00 A.M.

GUEST PASTOR

**IMMEDIATELY FOLLOWING SERVICE, YOU WILL HAVE AN OPPORTUNITY
TO GREET AND SHOW ACTS OF KINDNESS AND APPRECIATION TO OUR
ESTEEMED PASTOR AND HIS FAMILY!**

PLEASE STAY TUNED!!!



The Seniors Ministry held their monthly meeting via Zoom on Wednesday, March 15, 2023 which was well attended. The participants were greeted by the Director, Sister Shirley Hardy. Scripture was rendered by Deaconess Norma Fields and prayer by Sis. Joyce Peterson. Reverend Dr. Tracey D. Holley, Minister of Christian Education, greeted the participants with an inspiring message.

The Seniors were treated to a presentation by Mr. Martin Bailey, AARP, on Medicare 101. This informative presentation afforded the participants the opportunity to learn more about the various nuances of Medicare. After a question and answer period, Sis. Maria Fitzgerald called for prayer requests and praise reports.



In recognition of Women's Month, the Seniors made a surprise reveal of their first - First Mount Zion's Seniors' Ministry "Woman of the Year Award", which was presented to Sis. Oonagh Bell. Everyone joyfully acknowledged and welcomed this recognition. Sis. Oonagh's biography was read and Dr. Holley presented her with a Certificate of Appreciation, signed by Reverend Dr. Torian, Dr. Holley and Sister Shirley Hardy. Sister Bell was honored for her unselfish contributions to furthering and strengthening the mission of the Seniors' Ministry. Sis. Oonagh humbly accepted this honor. A poem of dedication was read by Sis. Joyce Peterson which was written by Sister Bell's brother, Dr. Ryle Bell, entitled "Y'all Be Somthin' Else". Closing prayer was rendered by Deacon Anthony Fields.

The Seniors' Ministry is thriving; we are indeed Growing Deeper, Growing Stronger, and Reaching Higher!!!

Congratulations, Sis. Oonagh Bell 2023 Seniors' Ministry Woman of the Year!



WHERE DOTS CONNECT

During Women's History Month, several groups worshipped with us and shared their stories with our congregation. One of the groups, Where DOTS Connect, Incorporated, is pictured above. Known as the "DOTS", Where DOTS Connect members are Christian clergy

L-R: Rev. Dr. Tracey Holley, Rev. Marlene M. Johnson, Rev. Glenda Brown, Rev. Kathy Russell, Rev. Dr. Sandra K. James, Rev. Sharon Wallace and Rev. Josephine Cherry

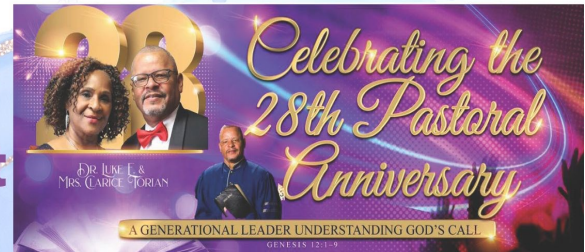
women with a vision to mentor and empower clergy women in their call to teach and preach the Gospel of Jesus Christ. The DOTS (Daughters of Thunder) were birthed in 1995 as a sisterhood of women ministers who attended First Mount Zion Baptist Church. They were fully supported in ministry under the pastoral leadership of the late Reverend Augustus T. Gaskins and later under the Reverend Dr. Luke E. Torian. In 2014, the DOTS became an official organization as a Limited Liability Company (LLC). In March 2015, Where DOTS Connect, Inc. was formed and is managed under the LLC.

Clergy sisters of DOTS are change agents. Through their mission, they seek to equip clergy sisters with resources, to encourage with presence, and to uplift in prayer, as they celebrate God's ordained purpose and call to this lifetime commitment.

Thank you for worshipping with us and telling the Gospel stories through your mission!

The Editor

Prayer Project



Join us in praying for our Pastor and the Church in honor of 28 years of faithful service. This Prayer Guide provides weekly focus areas to intercede in unity. Beginning May 14, 2023, let us pray daily for our Pastor and his family. Thank you for preparing your hearts to honor God, our Pastor, and the Church.

APRIL

DATE	PRAYER FOCUS	SCRIPTURE
Apr. 2	Prayer of Celebration	Psalms 118:25-26
Apr. 9	Prayer of Faith	1 Peter 1:3-4
Apr. 16	Prayer of Praise & Thanksgiving	Psalms 118:1-9
Apr. 23	Prayer for Rest	Matthew 11:28-30
Apr. 30	Helping Advocate	John 14:16

MAY

DATE	PRAYER FOCUS	SCRIPTURE
May 7	Prayer of Praise & Adoration	Psalms 150:1 & 100:2

DAILY PRAYER FOCUS FOR PASTOR TORIAN & FAMILY

DATE	PRAYER FOCUS	SCRIPTURE
May 14	Protection & Favor from the Attack of Satan	2 Thessalonians 3:3
May 15	Encouragement & a Refreshed Soul	2 Corinthians 4:16
May 16	Surrounded by a Host of Friends	Psalms 1:1-2 & Proverbs 27:17
May 17	Enlarged Territory	1 Chronicles 4:10 & Deuteronomy 19:8
May 18	Laughter for the Soul	Proverbs 17:22
May 19	Confidence for the Journey	Philippians 4:13
May 20	Unwavering Commitment	Titus 2:7-8

Add Your Prayers to Virtual Prayer Room @ <https://fmzbcprayerroom.prayerloft.com>

Pray and...

LAUGH
Family & Friends Night
May 19th 7:00 PM

WORSHIP
Sunday Service
May 21st 11:00 AM

EXPRESSIONS OF KINDNESS
May 21st Immediately Following
Worship Service

DRIVE, CHIP, & PUTT
FMZBC Golf Tournament
June 26th 9:00 AM

THANK YOU FOR PRAYING WITH US
THE PASTOR'S ANNIVERSARY COMMITTEE

FIRST MOUNT ZION
BAPTIST CHURCH



SCHOLARSHIPS AVAILABLE

Applications are now being accepted for High School Seniors attending post-secondary schools. The applications can be found on the website at www.firstmountzionbc.org

The student must meet the following qualifications to apply:

- ♦ Been a member of FMZBC for at least one year prior to the deadline of April 3, 2023;
- ♦ Been accepted by an institution of higher learning; and
- ♦ Must meet other requirements contained in the Scholarship Booklets.

The deadline for applications is April 3, 2023.

The scholarship requirements have been changed from previous years to accommodate students who were unable to participate in a Church ministry due to COVID-19 restrictions and FMZBC closure during those restrictions. The major change is students who were unable to participate in a Church ministry can apply for, and receive, a scholarship. Other changes include elimination of the points system and the optional community service. Also, students are not required to get in-person signatures on documents, but may get email verification and/or electronic signatures as required. These changes apply to 2023 graduating seniors only. Students can pick up a paper copy of the Scholarship Booklet at the Church or get a copy online at the Church's website, where more detailed information is posted.



ALL SENIORS!!!!!!



You are invited to join the Seniors' Ministry.

We meet VIA ZOOM, monthly, on the third WEDNESDAY at 12:30 p.m.

We would love to have you and encourage you to bring a friend. You do not want to miss these fellowships. You are guaranteed a great time. If you want to be a part, please call Sis. Shirley Hardy at (703) 459-4321 or email her at shirleybhardy@gmail.com and you will be notified of the upcoming events.



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 in the Gym on April 14th. The Youth will be participating in a "Seek So You Can Find" scavenger hunt.

Feel free to call Reverend Jiggetts for additional information, or if you have questions, at (703) 670-0184.



DEAF HISTORY MONTH DATE CHANGES

Deaf History Month celebrates the history of the Deaf Culture and recognizes the achievements of those who are Deaf and hard of hearing. Traditionally, the dates ran from March 13th through April 15th, but this year, the National Association of the Deaf (NAD) announced that there would be a change to celebrate Deaf History month from April 1 – 30. This change is being made to celebrate all aspects of the Deaf community, help to break down racism and raise awareness on all levels.

Hearing individuals often take for granted things which pose severe difficulty for those who are Deaf. Here are just a few:

- ♦ Trying to lipread or see a signer in a dimly lit room
- ♦ Trying to do an online or in-person job interview.
- ♦ Wanting to go to a new first run movie (they are not captioned)
- ♦ Trying to find out what was said on a Public Announcement system like a gate change at the airport or an emergency evacuation.
- ♦ Communicating with your doctor, lawyer, or boss without pre-planning.

Here at First Mount Zion Baptist Church, our streaming services and provision of an interpreter for our Sunday services allow those who are Deaf the ability to hear God's word even when they are unable to attend in person. One of our Deaf Members, Wanda Myers, had to move from Virginia to live with her sister in Sneads Ferry, NC. She is able to continue to fellowship with the Deaf Ministry and attend services via streaming. Wanda now works in the mess hall on the Stone Bay Rifle Range of Camp Lejeune but really misses attending FMZ in person and living in an area where public transportation made it easy for her to get around and be more independent. We look forward to continuing to share God's heart with those who cannot hear His word using their ears.



*Submitted by
Sister Louise Holley*



LEADERSHIP

THE CHAPLAIN'S CORNER

"THE MOUNTAIN TOP EXPERIENCE"

During the month when each choir sings, each group is joyfully congratulated by the Music Directors on how well they magnificently glorify our Father in Heaven and bless the congregation. Worshiping God through song and prayers help us develop intimacy and power to serve our God.

On June 20, 2016, our Pastor, Rev. Dr. Luke E. Torian, spoke from Matthew 17:1-8:

1And after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain, 2And transfigured before them: and his face did shine as the sun, and his raiment was white as the light, 3And behold there appeared unto them Moses and Elias talking with him. 4Then answered Peter, and said unto Jesus, Lord, it is good for us to be here: if thou wilt, let us to be here three tabernacles; one for thee, one for Moses, and one for Elias. 5While he yet spake, behold the bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my son, in whom I am well pleased, hear ye him. 6And when the disciples heard it, they fell on their face, and were sore afraid. 7And Jesus came and touched them, and said, "Arise and be not afraid." 8And when they had lifted up their eyes, they saw no man, save Jesus alone.

The title of this sermon was "Mountain Men," a title that could easily be called "Fishers of Men." That is who we, as children of God, are supposed to be, every day of our lives as we sing words that honor the Father and bless the congregation. This is the time we grow closer to God. This is the time we communicate with God. Tell Him our struggles, shout to the Heavens, sing of His greatness, and thank Him for the numerous blessings during our good times and challenging times. We do not keep our feelings to ourselves, and we SHARE them with Him.

Pastor Torian stated these three thoughts – Intimacy, Power, and Prayer. God said, "this is my Son in whom I am well pleased." In that intimate moment, Jesus asked Peter and James to keep this experience secret. Our prayer life brings us closer to God, and we must spread His word to those we encounter daily.

Second, power, through the Holy Spirit, is that factor that allows us to be comforted during our time of need and when we need to pray for others in our circles. We know His healing power will cover us and those we care for. His grace and mercy is ALWAYS there to handle it. We hold on to our Father for He is strong and mighty.

Third, we pray to our Father. We allow Him to know our challenges and sins. We give Him our burdens and allow Him to walk beside us through the valleys and shadows, for He is with us. We know that for every setback, there is a major victorious comeback.

As the seasons change, the leaves provide us with their beauty and splendiferous colors, so let us remember to thank God for all He does for those of us who praise Him in song, as well as our loved ones and our Church family.

*Submitted by
Henry L. Walker, Jr.
Deacon Ministry Chaplain*



CAREGIVER BURNOUT AND COMPASSION FATIGUE

Caregiving is an all-consuming responsibility. It can be demanding and rewarding at the same time. You want to do everything you can to keep the person you love happy and healthy but sometimes caregiving responsibilities lead you to neglect your own wellbeing.

Burnout

The American Medical Association (AMA), defines Caregiver Burnout as a state of physical, emotional and/or mental exhaustion that can create negative and unconcerned caregiver attitudes. Caregiver burnout can occur when caregivers don't get the help or support they need.

Compassion Fatigue

Compassion Fatigue happens when you become traumatized by the suffering of the one under your care. Compassion Fatigue can come on quickly. You may still feel empathy and the desire to help the person under your care, but you might feel overwhelmed by the symptoms. When you overuse your compassion without taking time to regularly recharge, the ability to feel and care for others becomes worn down.

Burnout and Compassion Fatigue

Compassion Fatigue and Burnout have similar symptoms, but Burnout usually develops over time while Compassion Fatigue can come on suddenly. Symptoms are similar to depression. They may include: Physical (headaches, fatigue, or weakened immune system), Emotional (feeling powerless, anxiety, helplessness, or distressed), Behavioral (increased irritability, changes in appetite and sleep), Spiritual (loss of purpose and meaning or questioning the good in the world), Cognitive (diminished concentration, pessimism, inattention, or recurrent or unwanted thoughts), Relational (withdrawn or isolated from friends or family or distrust of friends or family).

Tips for Coping with Burnout and Compassion Fatigue

- (1.) Be aware of changes in your level of burnout and fatigue: Your stress level and how you feel about caregiving can change from day to day depending on the age of the person under your care, and their disability/illness. Try regularly making notes on how you're feeling by tracking your stress and compassion fatigue. Try rating how you feel on a scale of 1-10.
- (2.) Make self-care a priority. Taking care of your self is essential for long term caregiving. It keeps you mentally and physically healthy and protects against Burnout and Compassion Fatigue. It might feel selfish to take time for yourself, but if you're run-down, overwhelmed, and have a short temper, that

continued on next page - -

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

- - continued from page 6

will definitely come through when you're caring for someone. Exercise regularly, eat a healthy diet. (3.) Spend time with friends. It's important to keep up social connections. (4.) Join caregiver support groups. These groups are filled with people in similar situations who will understand what you're going through. (5.) Write in a Journal. This is an effective stress reduction technique for caregiving (6.) Exercise & Mindfulness. Take a walk, meditate, practice deep breathing, practice developing a grateful mindset. (7.) Spend time on hobbies. (8) Prayer. Pray through your stress and anxiety before God.

Finally, if your compassion fatigue levels are increasing talk to your general practitioner about your emotional and physical health. If you're employed, check with your employer to see if they offer an Employee Assistance Program (EPA) where you can receive free mental health assistance.

Sources:

Caring for the caregiver: A guide for physicians, Retrieved on March 6, 2022 from *Caring for the Caregiver* (ama-assn.org)

Caregiver Burnout, Causes, Symptoms & Prevention, Retrieved on March 8, 2022 *Caregiver Burnout; Causes, Symptoms & Prevention* (clevelandclinic.org)

Compassion Fatigue: When Caregivers Go Beyond Burnout, Retrieved on March 14, 2023 *Compassion Fatigue: When Caregivers Go Beyond Burnout* - AgingCare.com

Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister



If there was ever an occasion in our lifetime to stand on our faith, the time is now. The need for prayer is considerable, as there are so many crises going on in the world. The oppression of people seems to be occurring everywhere. Unprecedented amounts of storms with nature's destructions occurring more

often and more viciously than ever before. Every day there is violence in the news. And, with all this happening, we've had to adapt and deal with so much change in recent years. But one thing that has not changed is God's love for us. So, we continue to have faith in God because His love never fails us. The Word of God teaches us in Hebrews 11-1, that "Faith is the substance of things hoped for and the evidence of things not seen". Therefore, I encourage you to keep praying, keep trusting, and keep believing, because it strengthens our faith. Remember, God's mercies are new every morning.

While we look forward to the celebration of the resurrection of our Lord and Savior, and as we continue to pray in faith, let us keep our focus on God. The Bible teaches us that good always wins over evil. Therefore, we win in Christ Jesus because He won when our Heavenly Father raised Him from the grave. Praise God! He gave us victory over sin and death through our Lord Jesus the Christ.

I pray that your faith in our Lord continues to grow and may God's love fill you with His overflow!

Submitted by
Reverend Carolyn Taylor



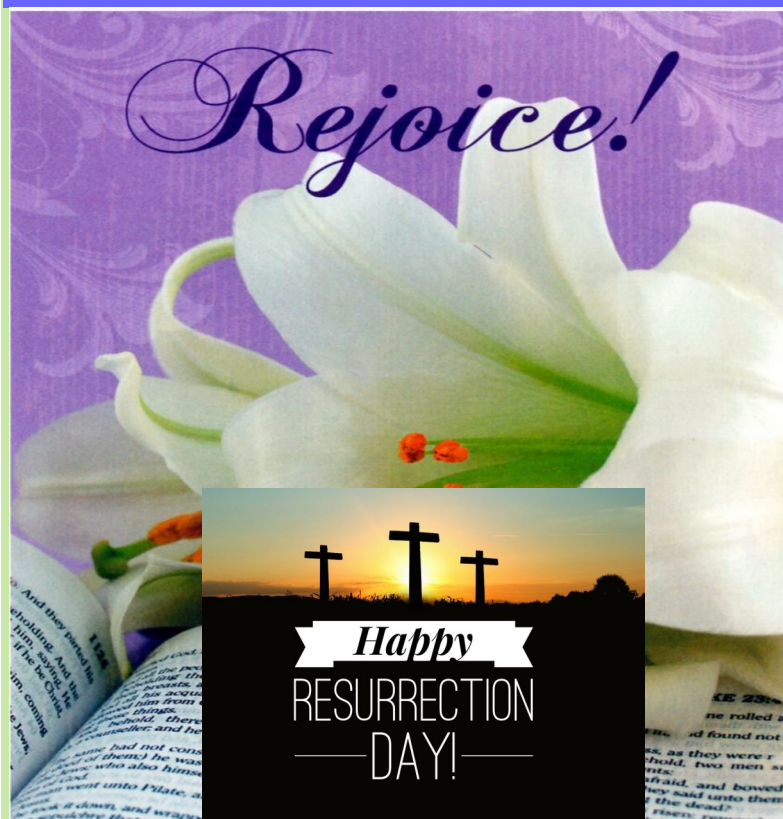
Join the
FMZBC
Audio-Visual
Ministry

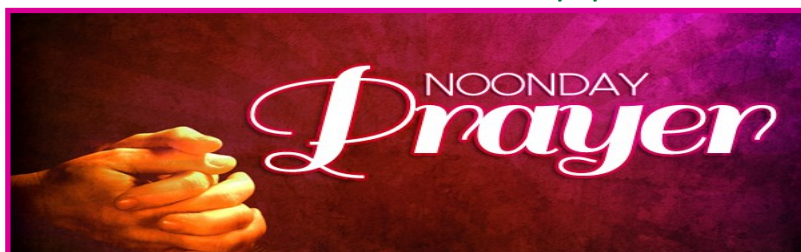
Share **YOUR** Expertise !!

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

Pro-Presenter Video Presentation Software Training

still available. Please Register hv
emailing AVIT@firstmountzionbc.org for training
Only 10 slots available!!





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

Prayer:

“Thank you, Lord that we are fearfully and wonderfully made and you have a special plan and purpose for each of us. Thank you for your sacrificial and unconditional love for us and that you know each of us by name. We are a “Designer’s Original.”

Help us to remind our children, youth and young adults that their lives matter and that they are a precious gift from you. May we help them to discover, develop and exercise the gifts and talents that you have placed in each of them, Please watch over and protect them from the attacks of the enemy as he tries to sift them as wheat. Strengthen and encourage them so that their faith and foundation will hold. May we allow their voices to be heard and help us to discern when they are in trouble or going astray.

Please raise up a “Joshua Generation” in these last days who will not be afraid to take a stand for you. May we be good role models and mentors for our children, youth and young adults.

We pray for your healing touch for those who may be dealing with health issues or struggling with addictions or strongholds. Also praying for healing and strengthening of marriages. As individuals, marriages and families are healed, then our communities, nation and world will also experience healing and restoration.

Thank you in advance! All the glory, honor and praise belong to you alone! In the mighty and precious name of Jesus we pray and give thanks. Amen!”

Worship Song:

“You Know My Name” - <https://youtu.be/JpYzwASoEV0>

Scripture:

Psalm 139:13-14 NKJV

[13] For you formed my inward parts; You covered me in my mother's womb.

[14] I will praise you, for I am fearfully and wonderfully made; Marvelous are your works, And that my soul knows very well.

Psalm 139:13-14 MSG

Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, High God-you're breathtaking! Body and soul, I am marvelously made! I worship in adoration-what a creation!

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

Have a safe and blessed day and week!

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



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

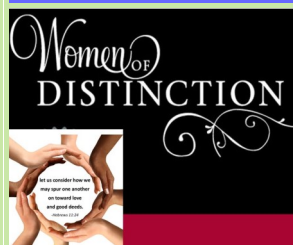
YOUTUBE:
FMZBC Kids'
Kingdom Worship

Please note that
Worship packs for
each month are distrib-
uted on the Saturday
before

3rd Sunday from
11 am – 12 noon
at DOOR A.

For additional infor-
mation or questions,
contact Dr. Holley:

[tholley@firstmountzion
bc.org](mailto:tholley@firstmountzion.bc.org)



Sisters,

Let's Celebrate our own Sister Karen Thompson-Young. In honor of Women's History month and the Veterans History Project, Karen Thompson-Young was interviewed at the Library of Congress last week. The interview focused on her military service, transition since retiring and her contributions to the community as a Veteran. Karen Thompson-Young wrote “I was honored to be recognized and felt blessed to be included alongside these two other amazing sisters. I am reminded of Luke 12:48 “To whom much is given much is required.”

An official ceremony was held at noon on March 31, 2023, where the interview, along with original photos from her time in service, were presented to the Library of Congress. The interview and photos will be archived in the Library of Congress for years to come.



Congratulations Karen, Job Well Done!

VISIT US ONLINE at www.FMZBC.com

THE BLESSINGS OF SPRING

by Deborah Ann Belker

There are many blessings,
that each new Spring brings
you can see it bloom about
and hear the song it sings.

With winters bleakness over,
and brighter days ahead
comes promises of new life
Springtime loves to spread.

As God unfolds the flowers,
and their buds begin to show
He sends to us the promise
His care for us, we will know.



He sends us the robin song,
with the promise to provide
that under His mighty wing
we have a place to hide.

He melts the snowy covers,
and sends the refreshing rain
sprinkling us with His grace
to heal winter's every pain.

God has given to all His Son,
to shed upon us a new light
and the real blessing of Spring
is to keep Jesus in your sight!

*"For, lo, the winter is past, the rain
is over and gone; The flowers appear on
the earth; the time of the singing of
birds is come, and the voice of the
turtle is heard in our land;"
Song of Solomon 2:11-12*

*Submitted by
Deaconess Lynell Manning
Deaconess Ministry*

For your quiet introspection and enjoyment during this Spring season!

JOIN THE FMZBC VIRTUAL PRAYER WALL

<https://fmzbcprayerroom.prayerloft.com>

It's Easy

- 1 Click on the three lines next to First Mount Zion Baptist Church Prayer Room in the top left-hand corner.
- 2 Click on and complete a "New Prayer Request" form
- 3 Click Submit. Your prayer will be posted publicly after administrative processing.
- 4 Go to the main page to pray and rejoice for and with others by clicking "I Prayed" or "I Rejoiced" in response to the displayed prayers
- 5 FMZBC Tutorial video - <https://youtu.be/o8PeOQEGGs>

Sponsored by the Pastor's Aide Ministry

Refer to The Messenger Newsletter for more details
<https://firstmountzionbc.org/announcements/pamelasessoms50@gmail.com>

*First Mount Zion
BAPTIST CHURCH*
WORSHIP · STUDY OF THE WORD · STEWARDSHIP · SERVICE

DR. LUKE E. TORIAN,
PASTOR

NOTHING BEATS PRAYER!!!

f YouTube

DROP OFF
April 1, 2023
9:00 AM - 12:00 PM

Paper towels
Toilet Paper
Laundry detergent (especially detergent pods)
Heavy duty trash bags
Baby Wipes
New Bed Pillows
Moisturizing bar soap (Dove or Olay) Full Size
Moisturizing body wash (Dove or Olay) Full Size
Body Lotion- Full Size
Bottled Water
Canned Goods

**Women's
Outreach
Ministry**

REACHING **BEYOND THE WALLS**



**IRON
SHARPENS
IRON**
PROVERBS 3:5

First Mount Zion Baptist Church
Mens Ministry

**FMZBC
Men's Ministry**

To Join / Participate Please Email:
mensministry@firstmountzionbc.org



**April 19,
2023
1:00 p.m.**

*The Seniors' Ministry will be having
discussions on*

**"WHAT IS AN ADVANCED DIRECTIVE?
WHY DO I NEED ONE?"**

Join us and find out!!!

*We will also have Bible Trivia:
The Resurrection!*

P.O.C.: Shirley Hardy
(703) 4594321 / shirleybhardy@gmail.com

Everyone is welcome to attend!!!

VIA
ZOOM



How Do You Handle Grief?

Grief is something that no one wants to deal with because it

means someone you love has passed away. They are gone from your life, now you must live on with only memories of them. Here are a few questions that may come to your mind:

What do I do now? Why did my loved one die? Is what I'm feeling normal?

You will find answers to these questions and many others when you become a participant in GriefShare hosted by First Mount Zion Baptist Church. Grief is not something that you can handle alone. Allow this small group to assist you in healing from your grief. You will obtain information from a workbook and videos. You may register for GriefShare at griefshare.org. Do not suffer in silence. Share your grief story with others and listen to theirs. As Rev. Tarra Taylor said in her sermon on Sunday, March 12, "our stories matter." We are strengthened by the testimonies of others as they are strengthened by ours. Revelation 12:11 states, "They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death." NKJV

One of the many tips and tools you will be introduced to is writing letters and journaling. Two of the current GriefShare participants, Mr. Donald and Mrs. Sandra Manigault, former members of FMZBC, are grieving the loss of their daughter, Dawn Michelle Manigault-Best. Mrs. Manigault so graciously shared with the current GriefShare group the letter below that she wrote to her daughter's blog followers after Dawn's passing, and gave her permission to reprint it in this Newsletter.

*"Dawn - Our Star in Heaven
May 21*

Last December, 2021, my husband and I decided to leave the home we had built 41 years earlier when Dawn was only 2, and move to North Carolina (while maintaining our membership at First Mount Zion). It was a state I would never have expected to call home. But we moved there because Dawn, our darling daughter, asked us to. We didn't know at the time that she was sick. As I look back on photos we took a year ago, I now see in them something other than fatigue. She didn't know at the time that she was sick either.

Dawn didn't live in denial as much as she lived in hope, faith and optimism. She loved life and in that life, she loved her son most of all. It was our privilege to take care of her the last eight months of her life when she lived with us. In fact, I still think of our master bedroom suite, with its ensuite and huge walk in closet, as "Dawn's room." We haven't had the heart to move back into it yet.

Dawn didn't have the time to meet all of her goals. But she didn't know that. Dawn had planned to keep blogging, home-schooling her son, build herself a tiny home,

find time to continue taking dance classes, and continue creating her wonderful skin elixir. Doctors and hospitals were not on her agenda, but unfortunately became a part of her reality.

As I ventured around the city of Raleigh with her to appointments or to shop, I watched her do something peculiar. No matter where she was, she would find the time and energy to pray for people around her. It was as if doing so was to be her last big assignment.

I know you will miss her. As I look back on her life and her work, I realize she accomplished what she came here to do - to be a source of light; to bring more peace; to be a source of wisdom; and to bring joy and healing to the world. She did all of that and so much more.

There are things you will miss, and there is much that I will miss. She was my daughter and I, her mother. But who will now go to dance concerts with me? Help me with my hair? Who will be there to encourage me to organize my kitchen? Monitor what I am eating? Encourage me to be more patient? And tell me she loves me as only she can?

So farewell my "angeling." I know you're free again. That you're at peace with Jesus. That you can dance again. And that you're watching over those of us you love. There will never be another you. Thank you for being all that you were to all of us.

I love you, always.

Ma"

*Submitted by
Reverend Kathy Russell*

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE

Sick & Shut-in



FITNESS-IN-PLACE

WHY PICKLEBALL?

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and a plastic ball with holes (like a whiffle ball). It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport.

Pickleball is a Social Activity: Pickleball, especially if you play doubles, can provide opportunities to make new friends. A pickleball court is smaller than a tennis court so the gameplay allows players to be close enough to one another that they can hold a conversation. Meeting new people and developing friendships has been shown to enrich our lives and improve our health.

Pickleball is Low Impact, High Activity: A smaller court means less running and less wear and tear on your body and joints. Yet, you still get the cardiovascular benefits of quick bursts of action and an aerobic workout. High intensity, low impact is one of the best ways to work out your body long-term and improve your health.

Pickleball is Healthy: Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body.

Pickleball Equipment is User Friendly: The paddle is short and light without strings which reduces the exertion on your arms, wrist, and shoulders. The ball is plastic and wiffle-like, so it's less bouncy, doesn't fly as fast through the air and creates less impact. You also serve underhand in pickleball, and underhand serves are easier to hit and return.

Challenge: Learn to play pickleball! Now being offered at FMZBC in the Fit by God Fitness Center. Mondays 10am to 12noon and Thursdays 1pm to 3pm. The first half hour of each session is for learning (rules, skills development, and strategy) then open play begins. For questions call 703-670-0225.

*Sister Lori Valkenburg,
Fitness Director*



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:
erobbins@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!!



BEAUTIFUL BELOVED WOMEN OF GOD

The Women's Ministry will be hosting a Fellowship entitled "Having Unshakable Faith/Confidence in the Midst of a Bumpy Road" on Saturday, April 8, 2023, from 9:00am-10:30am via Zoom. The purpose of the Fellowship is to remind us of God's unfailing power and ability to keep us through difficult times. Our speakers will be FMZ Associate Ministers, Reverend Josephine Cherry and Reverend Sharon Wallace.

We look forward to seeing you on Zoom!

For questions, please contact WM Director, Gwen L. Holland, or WM Co-Director, Lisa Johnson, at Womensministry@firstmountzionbc.org.

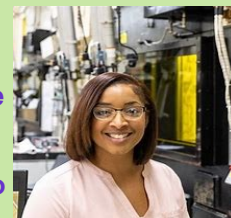




HOW THE FIRST BLACK WOMAN KNOWN TO HELP DISCOVER AN ELEMENT IS EXPOSING BLACK CHILDREN TO STEM CAREERS

REPRESENTATION PAVES THE WAY FOR THE NEXT GENERATION TO CARRY THE TORCH!

CLARICE PHELPS' historic moment is a leading example for young Black girls to dream big.



Back in 2016, PEOPLE magazine reported that this nuclear chemist became the first Black woman to help discover an element — No. 117, tennessine on the periodic table.

“Being a Black woman in science is being seen and unseen at the same time,” Phelps told PEOPLE. “People see you because you stand out, but they un-see you because they don’t think you should be there — some may not see you as being credible or worthy. But I’m supposed to be exactly where I’m at. And I’m leaving a legacy for whoever is coming next.”



Now, Phelps has joined fellow chemist and colleague **CANDICE HALBERT** to teach STEM to underserved youth in Knoxville, TN. Their efforts to instill in the kids that the sky is the limit for their career choice is through Halbert’s nonprofit, YO-STEM. The ultimate mission is to expose youth to more diversity in the field, which the two hope will lead to more of the students being hired when they leave school.

“Initially I wanted to be a doctor because that’s typically what we think science jobs are when we’re young,” Halbert said. “We’re teaching kids about intellectual engineering, biochemistry. We only want to be what we know and what we see, and by exposing our youth to more diverse individuals and fields, that allows them the opportunity to want to even pursue these different careers.”

Through YO-STEM, launched in 2017, Halbert and Phelps aim to empower even more Black students by expanding to different cities.

“I hope by the time our students get to where Candice and I are today, they won’t have to go through what we’ve been through,” Phelps said. “Because those glass ceilings will have been broken and the pieces swept away.”



April 30, 1926: Bessie Coleman, the pioneering Black female pilot, dies in a plane crash in Jacksonville, Florida, en route to an airshow. About 10,000 people attend Coleman’s funeral service in Chicago, which is led by activist Ida B. Wells-Barnett.

April 25, 1927: Althea Gibson is born. The future tennis star will become the first African American to play in the American Lawn Tennis Association championship and the first Black American to win at Wimbledon, winning the singles and doubles titles in 1957. She also wins the French Open in 1956.

April 4, 1928: Maya Angelou is born. She becomes a celebrated poet, memoirist, singer, dancer, actor, and civil rights activist. Her autobiography, “I Know Why the Caged Bird Sings,” a bestseller, is published in 1969 and is nominated for the National Book Award.

April 7, 1930: One of the first art galleries to feature Black art opens to the public at Howard University. Founded by James V. Herring, a Black American, the Howard University Gallery of Art is the first of its kind and its first exhibition is so successful that a permanent collection is created.

April 1935: The U.S. Supreme Court rules in Norris v. Alabama that a defendant has the right to a trial by a jury of their peers. This ruling overturns the Scottsboro Boys’ early conviction, which was handed down by an all-White jury.

April 9, 1939: Marian Anderson sings at the Lincoln Memorial in front of 75,000 people on Easter Sunday. This is significant to Anderson’s career because she has been denied many bookings over the years due to racism and Eleanor Roosevelt presents her with the NAACP Spingarn Medal this year as well.

April 1943: The Tuskegee Airmen fly their first combat mission in Italy.

SIX BLACK WOMEN WHO MADE MEDICAL HISTORY

The medical field has been historically dominated by white men, so when a woman of color makes a name for herself in the field, it's a true testament to her devotion to improving healthcare. Black women don't only face the standard challenges of working in medicine, but deal, additionally, with racism, sexism and the constant questioning of their worthiness in the healthcare industry.

There have been incredible women throughout history who felt so passionate about improving healthcare for all, that they persisted, in spite of these obstacles. Today, we celebrate six (of several) incredible Black women who have made medical history.

JOCELYN ELDERS (BORN 1933)

Jocelyn Elders is an amazing story of persistence. In spite of growing up in one of the poorest regions of Arkansas, she made her way into medical school. She was inspired after seeing a speech by Edith Irby Jones, the first Black person to be accepted as a non-segregated student at the University of Arkansas Medical School.



After completing school at UAMS Medical Center, Elders worked as head of the Arkansas Department of Health for some time. In 1993, President Bill Clinton appointed her to the position of U.S. Surgeon General, making her the first Black woman to ever take that title. Elders was known for taking on important topics that were taboo for her time, like providing contraception in schools and human sexuality.

DR. JANE C. WRIGHT, MD (1919 TO 2013)



Dr. Jane C. Wright, MD made major advancements in the research and treatment of cancer patients. In 1949, she worked at the Cancer Research Foundation at Harlem Hospital, where she performed trials on leukemia and cancer patients.

She would eventually become the Director of Cancer Chemotherapy at NYU Medical Center, and later the head of the cancer chemotherapy department and associate dean at New York Medical College. This made her the highest-ranked Black woman at a renowned medical institution during her lifetime.

DR. PATRICIA BATH (1942 TO 2019)

Patricia Bath devoted her life to fighting blindness. She was the first Black person to complete an ophthalmology residency at the New York University's School of Medicine, and she was the first female faculty member at the UCLA School of Medicine's ophthalmology department.



Dr. Bath later founded the American Institute for the Prevention of Blindness. But her biggest claim to fame came when she when she invented the Laserphaco probe in 1986, which was used to treat cataracts. Through this invention, Dr. Bath became the first Black woman to receive a patent for a medical device.

REBECCA CRUMPLER (1831 TO 1895)



Dr. Rebecca Crumpler became the first Black woman to receive an MD, in 1864. Not much is known about her, but it's been said she was inspired to go into healthcare by her aunt, who spent most of her life helping the sick.

Crumpler was the only Black woman to graduate from the New England Female Medical College (now part of Boston University's Medical School). After graduating, Crumpler dedicated many years to missionary work, and treated freed slaves after the Civil War who would have otherwise had no access to healthcare. She additionally wrote a book on women's and children's health, making her the first Black woman to publish a medical book.

MAY EDWARD CHINN (1896 TO 1980)

Dr. May Edward Chinn was the first female African-American physician to graduate from Bellevue Hospital Medical College, now NYU School of Medicine, and the first African-American woman to intern at Harlem Hospital. In her private practice, she provided care for black patients who would not otherwise receive treatment in white facilities. She was also a strong advocate of early cancer screening.



In 1944, the Strang Clinic hired Chinn to conduct research on cancer, and she remained there for the next 29 years. The Society of Surgical Oncology invited her to become a member, and in 1975, she established a society to promote African-American women to attend medical school. She maintained her private practice until the age of 81.

DR. MARILYN HUGHES GASTON (BORN 1939)



Dr. Marilyn Hughes Gaston has been championing for better healthcare access for poor and minority communities for much of her career. Her most notable work has been in sickle-cell disease. In 1986, Dr. Gaston did a study on the disease that would ultimately lead to a screening test for sickle cell in infants, and early treatment.

Dr. Gaston was also the first Black woman to be director of public health services at the Bureau of Primary Health Care in the U.S. Department of Health and Human Services.

*Women
of Note*





... from the desk of the

*Church Business Administrator
Sister Renee Woolfolk*

CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER

PLEASE NOTE:

Remember to please check the Church website 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

NEW MEMBERS ORIENTATION CLASS (CED)

Topic: ZOOM Invitation FMZBC New Members Classes
Time: Eastern Time (US and Canada)

April 3	Salvation
April 10	
April 17	
April 24	Baptism
May 1	Small Groups
May 8	Christian Education Overview

VOLUNTEER SCREENING

April 16th
June 18th
September 17th
October 15th
November 19, 2022

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



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

The link below will show you how to set up a Zoom registration link for better security: <https://youtu.be/VqomCzNnii4>

JOB VACANCIES

FMZBC is seeking to employ:

Assistant Financial Secretary
Part-Time (20 hours per week)
Pay Range \$27.00-\$30.00 per hour
Working remotely is not an option!!

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

The job announcements and the employment applications are available for download.

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

Please return by email: employment@firstmountzionbc.org or return to the office during office hours, Monday - Thursday 9 am-4 pm and Fridays 9 am-1pm. Applications will also be accepted by mail.

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

ON-LINE GIVING



You may give online at any time by accessing the ONLINE GIVING (VANCO) link at www.fmzbc.com. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address to the Church, please also log on to VANCO to update your address. If you are interested in learning more about VANCO or have any questions as a VANCO online giver, please contact:

Sis. Jequetta Owens
jowens@firstmountzionbc.org
(703) 670-0184

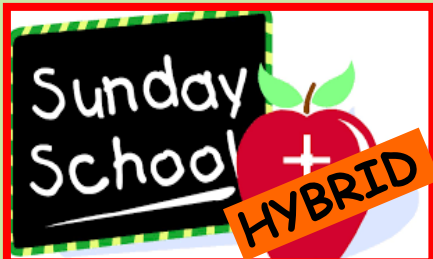
FMZ COVID GUIDELINES

1. Anyone entering the campus (12 years and older) must be vaccinated and must show proof of same, if they are not already in the system. Proof includes a legible vaccination card showing your name and date (s) of vaccination; a copy of your card; or a picture on your electronic device, are acceptable forms of proof.
2. If you have not been vaccinated due to a medical condition, you must provide documentation from a physician stating that you have a medical exemption.
3. Wearing of masks is optional.
4. FYI, you can obtain a copy of your COVID-19 vaccination card by accessing the Virginia Immunization Information System at:
<https://vase.vdh.virginia.gov/vacapps/f?p=545:1>



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=](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/](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 April
SHARE packages is Sunday, April
9th. SHARE packages are \$23 for
food valued between \$35 and \$45.
POC: Thomas Bates, 703-772-8837.
Distribution will be on April 22, 2023.

SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit
articles, photos, and events for inclusion
in the Newsletter. Please be sure to clear
all submissions with your Ministry Leader
before sending to the Communications
and Publicity Ministry. Submissions
should not exceed 300-350 words and
must be received no later than 12 noon
on the 15th of each month to be consid-
ered 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](https://live.lifestream.tv/first-mount-zion-baptist-church)

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

[https://live.lifestream.tv/first-mount-zion-
baptist-church](https://live.lifestream.tv/first-mount-zion-baptist-church)

Facebook: www.facebook.com/fmzbcdumfries

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

Linked In: [https://www.linkedin.com/
groups/1890924/](https://www.linkedin.com/groups/1890924/)

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

Vimeo: vimeo.com/25203195

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

YouVersion: [https://www.bible.com/
organizations/2a1d4447-70c8-479a-8f5f-
7862702b0583](https://www.bible.com/organizations/2a1d4447-70c8-479a-8f5f-7862702b0583)

