



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

What's INSIDE

BLESSINGS ON MOTHER'S DAY

Proverbs 31: 28(a) says... *"Her children arise and call her blessed."*

On this Mother's Day, I pray the Lord's continuous blessings for all mothers. Flowers, candy, cards and other goodies are probably on someone's list for their mother on this Mother's Day. One can sometimes almost be at a loss for words when attempting to express gratitude, honor and love to the one who was, and is, an instrumental part of God's plan in bringing you into this world... your mother.

I recognize that this is also a painful time for some, especially if your mother is no longer living, but I pray that wonderful memories will cause your heart to be glad as you remember your mothers. In honor of this wonderful day honoring wonderful women, allow me to share a few quotes to inspire you concerning mothers:

"All that I am, or hope to be, I owe to my angel mother." - Abraham Lincoln

"We are born of love; Love is our mother." - Rumi

"A mother is she who can take the place of all others but whose place no one else can take." - Cardinal Meymillod

"Life doesn't come with a manual, it comes with a mother." - Unknown

"If at first you don't succeed, try doing it the way mom told you to in the beginning." - Unknown

"A mother is not a person to lean on, but a person to make leaning unnecessary." - Dorothy Canfield Fisher

With that being said... *Happy Mother's Day and God bless you!*

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

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**EVERY 3RD
SUNDAY
AT 11 A.M. ON
YOUTUBE**

Parents, please note that for our children PreK-5th grade, this is our Virtual YouTube worship experience:

**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, please contact Dr. Holley at:

tholley@firstmountzionbc.org



We are pleased to have a new feature in the Church Newsletter called **YOUTH MINISTRY ON BLAST!** This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments. If you know of a youth that you would like to have profiled in this section, please send their name, contact information, and accomplishments to: youthministry@firstmountzionbc.org.

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

Please be aware that Youth group meeting for grades 6-12 will be every third Sunday immediately after worship service.

For additional information or questions, please contact:

Reverend Beverly Jiggetts, Youth Minister - (703) 670-0184



AN APRIL TO REMEMBER

As the youth (6-12th graders) reflect on the month of April, they have many fond memories to share, one of which has to do with our children (PreK-5th grade). The youth wanted to do something for the younger kids, so they decided to spread the joy of Easter by hosting an Easter Egg Hunt for the children. A total of 16 youth, aided by 8 adult volunteers (3 of which were members of the CORE Ministry), received 45 children on Saturday, April 8 from 11 am – 12:30 pm, and flawlessly carried out this event with energy and excitement. Each child received his/her own Easter bag to collect eggs and was led to various classrooms on the second floor to "hunt" for the eggs. In addition to the hunt, the children had the opportunity to display their artistic talents by decorating a plastic "keepsake" egg. At the end of the hunt, they were treated to lunch that included pizza, juice, and cookies. The event ended with a group photo. As they left the event, each child was gifted with an "Easter-Themed" scripture-filled egg to remind them of the true meaning of Easter, which is the Resurrection Day of our Lord and Savior Jesus Christ.

It was truly a fun-filled time. Thank you again to all our youth and adult volunteers, greeters and staff who helped make our Easter celebration a safe and enjoyable time for all.

We invite all youth in 6th to 12th grades to join the Youth Ministry where we aim to grow in our Christian faith as a community of believers, while HAVING FUN! We meet each First Friday of the month from 7 – 9 pm and each 3rd Sunday of the month immediately following worship service until 2:30 pm. We look forward to seeing you!

*Submitted by
Rev. Beverly Jiggetts
Youth Minister*



Meetings are held via ZOOM, on the second Monday of each month at 7PM. Please contact:

POC Deaconess Pamela Ford for the ZOOM link at pdford61@verizon.net



If you are a mother, grandmother, aunt, sister, and any woman of First Mount Zion Baptist Church who has gone that extra mile for children in any capacity, whether you gave birth to or adopted, legally or otherwise, or just because . . . you are special and deserving of blessings and honor for who

you are and for all you do. No matter what your age - single, married, or divorced - for every good work, every good word, and for every act of love you have ever offered on behalf of the ones you love and even when you were a mother to the motherless and a supporter of widowers--your sacrifices have not gone unnoticed. We honor you for living righteously and walking in integrity as you serve to steward the lives of those you have chosen to help. We recognize all those mothers who serve in leadership roles and, as such, impact the youth through your servant-leadership. Please know that YOU are loved. YOU are admired. YOU are respected! May you enjoy the fruits of your labor, having blessed so many others, and we pray that Almighty God will open the windows of heaven and pour out blessings upon you that you will not have room to receive.

Happy Mother's Day

to all of you here at First Mount Zion Baptist Church!

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE
Sick & Shut-in





MOTHERS IN THE BIBLE

This month we, as a nation, celebrate mothers on Mother's Day, May, 14, 2023. We honor our mothers and mother figures (grandmothers, aunts, cousins, etc.); those who gave birth to us and those who raised us. We thank God for women who nurtured us and loved us. One gift from God that I have seen in the lives of my mother, grandmother, and other mothers, is that they all had great faith in God. Let us look at some extraordinary mothers mentioned in the Bible. Women and men can learn great lessons from the stories of these women, these mothers.

Sarah: The Mother Who Waited. Sarai, a woman of great faith, later named by God Sarah, was barren. She and her husband Abram/Abraham were told by God that Sarah would bear a son. Read Genesis 12, 16-18, and 21 to unfold Sarah's journey to motherhood. She waited a long time for the promise God made to them to come to fruition. What lessons are learned from her story?

Rebekah: The Mother Who Believed. Rebekah was another woman of great faith. She was told by the Lord,

"Two nations are in your womb, and two peoples from within you will be separated; one people will be stronger than the other, and the older will serve the younger." Genesis 25:23 NKJV

Read Genesis Chapters 25 and 27 to unfold Rebekah's journey to motherhood. What lessons are learned from her story?

Jochebed: The Mother with a Plan. She was the mother of Moses. A Levite woman of great faith. Read Exodus 2:1-9 to get a glimpse of Jochebed's journey as a mother. She loved her son so much she...What lessons are learned from her story?

Samson's Mother: The Mother Who Followed the Rules. She is not mentioned by name in the Book of Judges. She was another barren woman who was promised a child. Read Judges 13 to unfold her story to motherhood. What lessons are learned from her story?

Elizabeth: The Mother Who Believed in Miracles. Elizabeth was married to a priest named Zechariah. Luke tells us that both Elizabeth and Zechariah were righteous before God, observing all of His commands. Elizabeth was barren. Read Luke 1:1-24 to find the miracle in her story. What lessons are learned from her story?

Lois and Eunice: The Mothers of Generational Faith. Lois was Timothy's (a disciple of Paul) grandmother and Eunice was his mother. Even though they were only mentioned once in the Bible, read 2 Timothy 1:3-5. What lessons are learned from them?

Mary: The Mother Who Is Blessed among Women. The mother of Jesus Christ. Much is written in the Bible about this

mother. Read the Gospels of Matthew, Mark, Luke, John, and the book of Acts to unfold this amazing, blessed mother's journey from her child's conception to his death, burial, and resurrection. What lessons are learned from her stories?

Thank God for mothers!!!

Submitted by
Reverend Kathy M. Russell



VOLUNTEERS NEEDED FOR CHECK-IN

FMZBC requires anyone who enters the Church to go through Check-In to ensure proof of vaccination is provided; temperatures are taken, and that masks are worn. 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-check1/126896023#/>

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

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



MUSIC & Arts MINISTRY

If you are interested in joining the Music and Arts Ministry, please contact Minister Sylstea Sledge and express your interest. He can be

reached at:

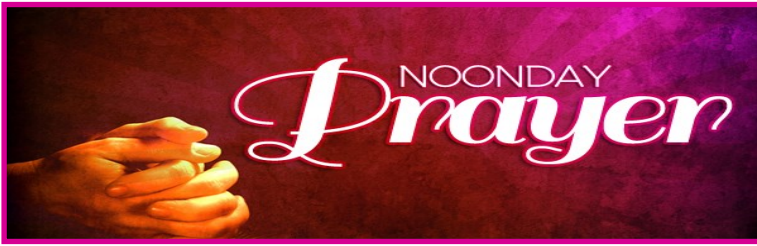
ssledge@firstmountzionbc.org

For those of you who are members of this great ministry, please check the Church calendar for rehearsal dates and times.

Thank you!.



**THE OFFICE WILL
BE CLOSED ON
MEMORIAL DAY,
MONDAY,
MAY 29, 2023
HAVE A
SAFE HOLIDAY!!**



WE ARE MORE THAN CONQUERORS

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.

We had a wonderful fellowship in March. Thank you to all who were able to attend.

Prayer:

"Lord, thank You that "No weapon formed against us will prosper" because "Greater is He who is in us than he who is in the world" and "We are more than conquerors through Him who loved us". Jesus, you said that in this world we will have tribulation, but we don't have to worry because you have overcome the world and we can also overcome. And thank you that the weapons of our warfare are NOT carnal, but MIGHTY in God for pulling down strongholds.

We especially stand on Your promises during these times where it seems that everything is out of control and there is no peace or hope for so many people. No matter what is going on around us, we know that in the end, WE WIN because we are MORE than conquerors through Jesus Christ our Lord and Savior and SOON COMING KING!

Thank You in advance for the victory! In Jesus' name we pray and give thanks. Amen!

Scripture:

1 John 4:4-5 NKJV

4 You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 5 For whatever is born of God overcomes the world. And this is the victory that has overcome the world, our faith.

1 John 4:4-5 AMPC

4 Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the anti-christ], because He Who lives in you is greater (mightier) than he who is in the world. 5 For whatever is born of God is victorious over the world; and this is the victory that conquers the world, even our faith.

1 John 4:4-5 MSG

4 My dear children, you come from God and belong to God. You have already won a big victory over those false teachers, for the Spirit in you is far stronger than anything in the world. 5 Every God-begotten person conquers the world's ways. The conquering power that brings the world to its knees is our faith.

Worship Song:

"Overcomer" - <https://youtu.be/4GcUY8UKxgg>

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

*Noon Prayer Team
Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Rev. Maxine Thompson*

LEADERSHIP THE CHAPLAIN'S CORNER COMPASSION

Simply giving something away – whether it is money or your time or gifts, doesn't mean you have compassion for others. Don't make the mistake of equating generosity with compassion. If anything, generous spirit flows for your love for God's children. True compassion means that you see people the way God sees them. It means looking into the heart of these people who may be complete strangers, or may be people you have known for years. They all have one thing in common: they are loved equally by God, who made them in His image.

- ⇒ Let your primary motivation be the still small voice of the Holy Spirit.
- ⇒ Know your intuitions; God may be speaking to you.
- ⇒ Give to the needy though the spirit, not pity.
- ⇒ Care for others is a measure of your greatness.
- ⇒ Feeling good about yourself begins with serving others.

My Sisters and Brothers, I close with these words from 1 Peter:

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous." 1 Peter 3:8 KJV

God Is in the Small Stuff, Bruce Bickel and Stan Janyz, pp. 179 – 182

*Deacon Henry Walker
on behalf of the FMZ Leadership Chaplains*

**Compassion is to look
beyond your own pain, to
see the pain of others.**

FITNESS-IN-PLACE

IMPROVE YOUR FUNCTION!

The gluteus maximus gets a lot of attention, however, there is another often-overlooked gluteal muscle deserving of your attention. **The Gluteus Medius!**

For many, this important hip muscle is underactive and weak, which can alter hip, knee, and lower-back function, and is associated with low-back pain, knee pain, hip bursitis, shin splints, and plantar fasciitis.

Activate the Gluteus Medius and strengthen this powerful lower-body muscle by performing the

Isometric Single Leg Wall Lean:



Standing parallel to a wall with legs shoulder width apart, lift the hip closest to the wall to 90 degrees, with the knee bent, leaning on the wall. Press the foot of the standing leg into the floor while driving the bent leg into the wall. The gluteus medius muscle of the standing leg will activate to stabilize the pelvis.

Challenge: Squeeze this exercise into your day! Hold for 10 seconds, 3 times on each side.

Announcement: The Fit by God Fitness Complex is now open for vaccinated members Monday through Thursday 9am to 4pm and Fridays 9am to 1pm. For questions, please call the Fitness Center at 703-670-0225.

*Sis. Lori Valkenburg,
Fitness Director*



*Happy
Mother's
Day!*

*But a Woman who fears the LORD, she shall be praised.
Proverbs 31:30*

Being a Mother is not only a privilege, but it is a great responsibility because God entrusted you with a special position of influencing and nurturing children and all others you meet.

Blessed are the Mothers who love God, their children shall not be ignorant of their creator and His plans concerning them.

Blessed are the Mothers who love the word of God, for their children shall know the way, the truth, and the life.

Blessed are the Mothers who love to give to the cause of Jesus, for their children shall become supporters of the Kingdom of God.

Blessed are the Mothers who love to fight life's battles bravely with the strong and steadfast faith in God, for their children shall know where to find strength in their times of need.

Blessed are the Mothers who love to speak kind words to their neighbor's children, for they shall win over these boys and girls heart's desire to know Jesus Christ.

Blessed are the women who stand in for a Mother who's absent for any reason, to raise up and nurture any child. The Lord knows your effort and involvement with children and others needing nurturing. We thank you!

Blessed are the Mothers that have gone to live in God's glorious mansion. We will remember you, your teachings, your love and we will pass it on to our children and anyone we nurture. We thank you!

May the Lord be your helper, the source of wisdom, and spiritual strength. May you be abundantly blessed by God for your "mothering nature" to all those you meet.

Excerpts from an author unknown in the Handicrafts.resource2u.com.

*Humblly Submitted
Deaconess Lynell Manning
Deaconess Ministry*



What is Mental Health? The Center for Disease Control and Prevention (CDC) describes mental health as our emotional, psychological, and social well-being. It affects how we think, feel and act. It also determines how we handle stress, relate to others, and make healthy choices. It is important at every stage of life from childhood and adolescence through adult. Mental Health is as important as physical health.


Why is Resilience Important? Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. Resilience can help protect you from various mental health conditions such as depression and anxiety. Resilience can also offset factors that increase the risk of mental health conditions (e.g., being bullied or previous trauma). It can improve coping ability if you have an existing mental health condition.

- * **Prioritize relationships.** Building strong, positive relationships with loved ones and friends can provide you with needed support, guidance and acceptance in good and bad times.
- * **Join a Group.** Be active in your faith community, volunteer, support the ministry to promote your spiritual growth. Participate in a small group to support the skill of resilience.


- Sources:**

What is Mental Health? MentalHealth.gov Downloaded 4/5/23.
<https://www.mentalhealth.gov>


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



Join us for a
Night of Laughter
in celebration of
Pastor Terian's 28th Anniversary
at
Family & Friends' Night
May 19, 2023 - 7 p.m.
IN THE SANCTUARY
AND LIVE STREAMING



Sean Sarvis



COME JOIN OUR
BIBLE
Study
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/fmzbcdumfries>
YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>
Study handouts are available online:
<https://firstmountzionbc.org/bible-study-handouts/>



On April 8, 2023, the Holy Spirit showed up and showed out at the Women's Ministry virtual fellowship where the women were blessed and reminded to have **"Unshakable Faith."**

A warm thank you to our soloists, Deaconess Lois Amiker and Sister Annette White, and each of our speakers, *Reverend Sharon Wallace, Reverend Josephine Cherry, and Deaconess Chair Vietta Williams*, for allowing God to equip them for the assignment of the hour.

Reverend Wallace spoke on having faith that is impossible to move or to be shaken. She told us that unshakable faith does not depend on your situation or circumstance. She said, when our lives are built on the foundation of Jesus Christ, we are able to walk in unshakable faith and that our confidence allows us to stand firm and be unmovable even when we traverse a bumpy road. Rev. Wallace shared that it is during these bumpy road experiences that we are able to act in a right and proper way because of His loving guidance. Before closing her message, she told the women that we can trust that God has our best interest at heart, and we can fully place our trust in Him. (Hebrews 4:16)

Deaconess Williams reminded us that the battle is not ours, but the Lord's! She said the enemy wants to shake us up and keep us unbalanced, BUT Jesus has said, cheer-up, I have come to give you life and give you life more abundantly. She added that His power works through us in our weakness, therefore, we cannot be overcome when we place our trust and faith in Him. She reminded us that as we go through every trial or tribulation, our roots grow deeper and our faith grows like a tree planted by the rivers of water, and that tree becomes unmovable. She used a computer coding analogy based on a term called "tree-shaking," in which the computer system kicks out dead codes so that the program can run as efficiently as possible. She closed by sharing that every trial we face is like that tree-shaking process. It is removing the dead code – those things that are hindering us, thus allowing the tree to grow stronger and its roots deeper. (Romans 12:2)

Reverend Cherry's sermon came from Proverbs 3:5-6, which says, *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He shall direct your paths."* She said that Saturday (the day in which we were holding the fellowship and the day before Easter Sunday in which Christ arose) is known as Silent Saturday be-

cause the disciples were downcast, depressed, and struggling to understand what was really going on. Was their Savior, their King, really dead? She reminded us that Trust is challenging! She said it can be one of the hardest things to put into action. She told us that it is a belief made even harder when you're on that bumpy road. But, she shared that God has shown us through Consistency, Competence and Caring that we can, in fact, place our trust in Him.

Trust requires **CONSISTENCY** – how many times has He shown up on your bumpy road? How many times has He awakened you in the middle of the night simply because He wants to talk with you? Many of us experience that awakening on a consistent basis, thus developing a deeper, more intimate relationship with Him, and He is there each time.

COMPETENCE – Lean not on your own understanding. Lean means to place your weight on something or someone, in this case, God, whom you can trust. He has already proven Himself trustworthy.

CARES – He Cares, from the cross Jesus cared with the words He said as He was carrying the cross, "Father forgive them, for they know not what they are doing." There's nothing you go through that God can't take care of. He's better than your American Express Card, that you shouldn't leave home without! So, opt instead to carry your God Card, as He has promised to never leave you, nor forsake you! He's an ever-present help, omnipotent and omniscient. That's a guarantee! He paid our debt and for that we receive His grace. Don't leave home or live life without Him!

Thank you to each lady who participated and or attended the Fellowship. We encourage you to join us at the next Fellowship on May 20, 2023, at 9 am.

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

GOD IS MY
Unshakable Faith
PSALMS 46:1



CELEBRATE WITH US . . .

MAY 19TH – 7PM
FAMILY & FRIENDS' NIGHT WITH
COMEDIAN SEAN SARVIS

MAY 21ST – 11AM
WORSHIP SERVICE
EXPRESSIONS OF KINDNESS
(IMMEDIATELY FOLLOWING SERVICE)
AT DOOR C

THE TRIP OF A LIFETIME!



One of the organizations which has received support from the First Mount Zion Baptist Church, is The Gloria Jane Harvey Foundation Corporation ("Foundation"), a 501 (c)(3) non-profit organization, established in April 2018 by one of our faithful members, Sister Winiford Harvey. The main focus of this

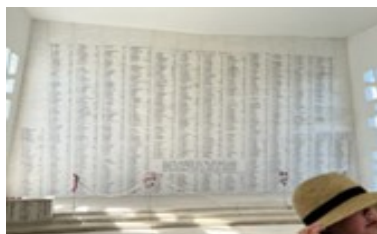
Foundation is to educate, elevate, enrich, and encourage our most valuable resources--our youths, by giving to economically challenged youths in her hometown of Alexandria, Louisiana, and surrounding cities, through educational and recreational field trip opportunities. The Foundation allows economically disadvantaged youths an opportunity to travel outside of their local communities, for the very first time, to colleges and universities, historical landmarks, recreational parks, museums, military bases, and other educational sites, as well as special events. These educational trips, which are free of charge to youths and parents, serve to increase their knowledge and awareness, enhance their educational experience, augment their education, expose them to significant places beyond their local neighborhoods and, more importantly, broaden their perspectives on life in general.

Sister Winiford has been an active member of First Mount Zion Baptist Church since 2004. She serves as the Vice Chair of the Pastor's Aide Ministry and is a hardworking member of Zone M3. Her commitment to service within the congregation is matched by her commitment to ministry outside the walls through the Foundation. Sis. Harvey is the President/Founder of the Gloria Jane Harvey Foundation; a retired Lieutenant Colonel from the United States Air Force (USAF); a graduate of Grambling State University, and currently serves in the Federal Government in the Northern Virginia area as a Civilian Employee.

The Foundation selected two deserving high school students this academic year to participate in an educational/recreational field trip to Honolulu, Hawaii (on the island of Oahu). During the week of April 3-8, 2023, two high school students (Juniors) from Peabody High School in Alexandria, LA were able to fly for the very first time and travel to Honolulu, Hawaii on an educational/recreational field trip free of charge. One might ask themselves, how were they so lucky to travel to the island of Oahu on the trip of a life time? The Foundation sponsored this field trip for Amaya Kensie and N'Kiya Stewart to participate in the program.

The students toured one of the most popular places to see in Honolulu, the Arizona Memorial, which is one of five locations of the World War II Valor in the Pacific National Monument. Amaya and N'Kiya were able to see the sunken remains of the USS Arizona ship as they walked through the Arizona Memorial and looked out at the water beneath the memorial. The students were also able to view the memorial wall with the many, many names of the soldiers and fallen heroes of the attack.

Following the Arizona Memorial tour, they walked over to the USS Bowfin (SS-287) Submarine for another exciting World War II history lesson. They toured throughout the USS Bowfin Submarine, saw the living and dining quarters of the US Submarine Force of World War II, as well as the weapons systems stored on board. The Bowfin is a survivor. Unlike hundreds of her sister submarines, Bowfin survived not only enemy mines and depth charges of her nine war patrols, but also many other wartime operational missions. The Bowfin rests today on the tranquil waters of Pearl Harbor—a war machine transformed in a National Historic Landmark, a visitor attraction, as a history lesson, and as a memorial to all of the submarines of World War II.



Names of soldiers and fallen heroes



Sunken remains of the USS Arizona ship seen in the water

These historic landmarks were interesting and informative aspects of the educational field trip for the students, affording them an opportunity to be immersed into historical aspects of the Japanese attack on Pearl Harbor.

Both students are interested in studying Nursing. They had an opportunity to interact with several nurses as they toured Tripler Army Medical Center which provides medical support to local active duty and retired military personnel, their family members, and veteran beneficiaries. The students met with nurses in several different specialties: an active-duty Army Lieutenant, and Army ROTC graduate, who currently serves as the Nurse Manager for the Telemetry Unit; a Child Life Specialist for Pediatrics; the Nurse Manager for the Inpatient Pediatrics Unit, as well as the Nurse Educator, Directorate of Health Education and Training. The nurses shared with Amaya and N'Kiya roles and responsibilities of their nursing specialties, various scholarship opportunities in the nursing career field, and valuable information regarding their experiences and pathways into the nursing career field.



Touring inside the USS Bowfin (SS-287) Submarine

This educational and recreational field also enabled the students to visit the Polynesian Cultural Center, one of the best places to visit in Honolulu, Hawaii, for a genuine cultural experience. The cultural museum comprises of six villages (Samoa, Aotearoa, Fiji, Hawaii, Tonga, and Tahiti) each dedicated to a different Polynesian island and its people. Amaya and N'Kiya

were part of a Super Ambassador private tour with their own tour guide from Tonga. The students attended several events throughout the day, participated in activities related to each village, attended dance performances, and learned about specialty foods from several villages, interacted with members from the Polynesian islands, and attended a grand luau in the evening, providing for an amazing, immersive experience of different Polynesian cultures.

POSITIVES FROM THE **BLACK** HISTORY CORNER

Notable Black Mothers who paved the way. . .



*Maya Angelou
Poet and Activist*

We want to recognize a few of these amazing women for leading rebellions, breaking color lines, and making history while navigating the everyday challenges of raising children.

Before earning the Presidential Medal of Freedom and gracing the world with her breathtaking poetry, **DR. MAYA ANGELOU** dropped out of high school at 14 and became the first black woman cable car conductor in San Francisco (she would later return and graduate, gaining the first of many degrees).

A single mother to her son Guy when she was 17, Angelou supported them by working as a waitress and a cook, while still finding time to stoke her creative passions. She eventually became an award-winning writer, musician, actress, dancer, director, journalist, political activist, and educator.

DR. MAYME CLAYTON believed “children should know that Black people have done great things” and she dedicated 40 years of her life to make it so.

She was the founder, president, and leader of the Western States Black Research and Education Center (WSBREC), the largest privately held collection of African-American historical materials in the world. Her vast collection of Black literature, documents, photographs, films, books, and memorabilia was shared first as a bookstore and later as a library out of her home and her garage. This highly respected collection originated from garage sale and used bookstore finds and grew to become a treasured resource for scholars and communities in Los Angeles and abroad.

Also a wife and mother of three sons (Avery, Lloyd, and Renai), Clayton served the community with original programming, such as Black film festivals to share her compiled works. As the collection outgrew her home, her eldest son Avery became the executive director of the Mayme A. Clayton Library & Museum (MCLM) and he secured a new home for the collection in the former Culver City Courthouse, shortly before her death in 2006.



*Dr. Mayme Clayton
Librarian, collector, and historian*



*Josephine Baker
Performer, War Hero, and Activist*

JOSEPHINE BAKER is known around the world for her comedic dancing, particularly her famous banana routine. But Baker was much more than a performer. After facing racism in the States, she found more acceptance and an extremely successful career in Paris.

When she returned to the states many years later, she actively fought against discrimination, earning her a day of recognition by the NAACP. In addition to being an activist, she was a war hero for the French Army during World War II.

Baker was also the adoptive mother of 12 children, which she called the “Rainbow Tribe” because of her children’s diverse ethnic and religious backgrounds, to prove people could coexist no matter their origins.

DR. SHIRLEY JACKSON may not be a household name, but her work has had a major affect on the world of physics and technology for more than 40 years.



*Dr. Shirley Jackson
Physicist, Educator,
and College President*

Dr. Jackson has the honor of being the first African-American woman to receive her PhD from Massachusetts Institute of Technology in Theoretical Solid State Physics. Her research has contributed to companies such as Bell Telephone and AT&T Bell Laboratories.

She has also won numerous awards, taught at prestigious universities, served on several boards, and her accomplishments don’t end there—she’s also the President of Rensselaer Polytechnic Institute and has a son, Alan, with her physicist husband Dr. Morris A. Washington.



*Yvonne Brathwaite
Burke
Congresswoman*

Being a Black female Congresswoman speaking against racism in the 1970s is definitely an achievement, but serving in office as a mother was even more impressive back then.

Representative **YVONNE BRATHWAITE BURKE** was mother to her stepdaughter Christine, and became most recognized as the first woman to serve in Congress while expecting a child. She became the first member of Congress to receive maternity leave after the birth of her second daughter Autumn in 1973. An American politician and lawyer from California, she was the first African-American woman to represent the West Coast in Congress.

Writer, feminist, peace advocate, internationalist, and political organizer... **FRANCES M. BEAL** has had many titles in her life. Beal has dedicated the majority of her 75 years to fighting for liberation and equality.



*Frances M. Beal
Activist, Feminist,
and Writer*

The daughter of a Jewish mother and an African-American father, Beal had an early understanding of racism and discrimination that greatly influenced her. With experiences and leadership roles in several Civil Rights organizations, as well as African Liberation, feminist and peace movements, Beal critiqued the multiple oppressions faced by Black women in these movements in her noteworthy pamphlet, “Double Jeopardy: To Be Black and Female.”

During their trip to Oahu, they were able to experience the Waikiki beaches while playing in the blue ocean waters and lying out on the beaches. They experienced the beautiful sandbars, magnificent views of the ocean waves, and people out in the ocean surfing, boating and just having fun! The Waikiki beaches are a venue for some of the best things to do in Honolulu, Hawaii. They were also able to explore the shore and attractions, sight-see, dine, shop, and stroll the Waikiki beaches.

What a trip of a lifetime for these two most deserving students!
If you would like to learn more about the Gloria Jane Harvey



Hanging out with a Sailor at the Arizona Memorial



Walking through critical care unit

Foundation, please refer to the Foundation website at www.gloriajaneharveyfoundation.org or contact Sister Harvey either by email: Winnlpoooh@msn.com or GJHFoundation@msn.com or cell phone: 228-547-1683.

*Submitted by
Sister Winiford Harvey*

All About The Ladies



All About the Ladies' Senior sisters from the Seniors' Ministry enjoyed a fabulous Girls' Day Out with friends. The first 50 ladies enjoyed fellowshiping at the Olive Garden restaurant in Manassas, VA. Scripture, prayer and interaction took place. After lunch, the ladies journeyed to The Hyllton Performing Arts Center where they joined 20 other members to see the production of **Sista's** the Musical. It was an excellent production that entertained from beginning to end. All the Ladies enjoyed getting out on a beautiful Saturday.

*Submitted by
Sis. Shirley Hardy*





From the desk of the . . .

*Church
Business
Administrator*

Sister Renee Woolfolk

VOLUNTEER SCREENING

2023 Session dates:

May 20
September 16
November 18

POC:
Cynthia Zorn Pettigrew
703 -730-5227

zornpettigrewcl@comcast.net

Clarice Torian
703-730-6353
toriancj@gmail.com

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>



FMZBC JOB VACANCY

Assistant Financial Secretary
Part-Time (20 hours per week)
Pay Range \$27.00-\$30.00 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.

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



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

rwoolfolk@firstmountzionbc.org

Women's Ministry Flower Arrangement Contest



**"BLOOMING INTO YOUR WINNING
SEASON FAVORED BY GOD!"**



**CONTEST RUNS FROM APRIL 23-MAY 7
DEADLINE FOR SUBMISSION IS MAY 7, 2023**

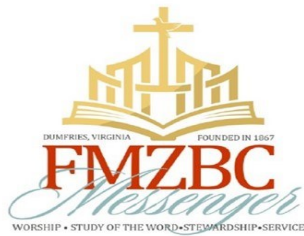


EMAIL PHOTOS TO: WOMENSMINISTRY@FIRSTMOUNTZIONBC.ORG AND PUT
FLOWER ARRANGEMENT CONTEST IN THE SUBJECT LINE.

**WINNERS WILL BE ANNOUNCED
AT OUR MAY 20TH FELLOWSHIP**



VISIT US ONLINE at www.FMZBC.com

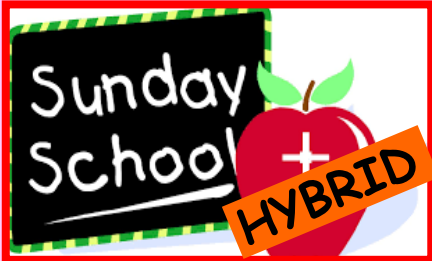


2023 Theme:

From Generation to Generation, Growing
Deeper, Growing Stronger, Reaching Higher
*"Remember the days of old, Consider the
years of many generations. Ask your father
and he will show you; Your elders, and they
will tell you, . . ."*
Deuteronomy 32:7



May 7, 2023
Volume 19, Issue 5



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=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 the May
SHARE package is May 7. Share pack-
ages are \$23 for food valued between
\$35 and \$45. POC: Thomas Bates, 703-
772-8837. Distribution will be on May
20, 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
Vieta 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](https://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)

