



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

Christ Has Made Us Free

Galatians 5:1 - *Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage. (NKJV)*

If I did my math correctly, this month our nation will celebrate 247 years of freedom and independence. By issuing the Declaration of Independence, adopted by the Continental Congress on July 4, 1776, the 13 American colonies severed their political connections to Great Britain.

In the Declaration of Independence there are three references to God, and each one is different. In one reference, Jefferson uses the term "Nature's God." Later, he uses "Creator" and lastly "Divine Providence." Many scholars have debated on how to interpret his use of these terms.

In Galatians 5:1, Paul says *"It is for freedom that Christ has made us free"*. As people of faith, we are thankful for our spiritual liberation through Christ. We are thankful for and will continue to advocate for the equity and freedom of all, in principle and in spirit. May we never take any aspects of our freedom for granted.



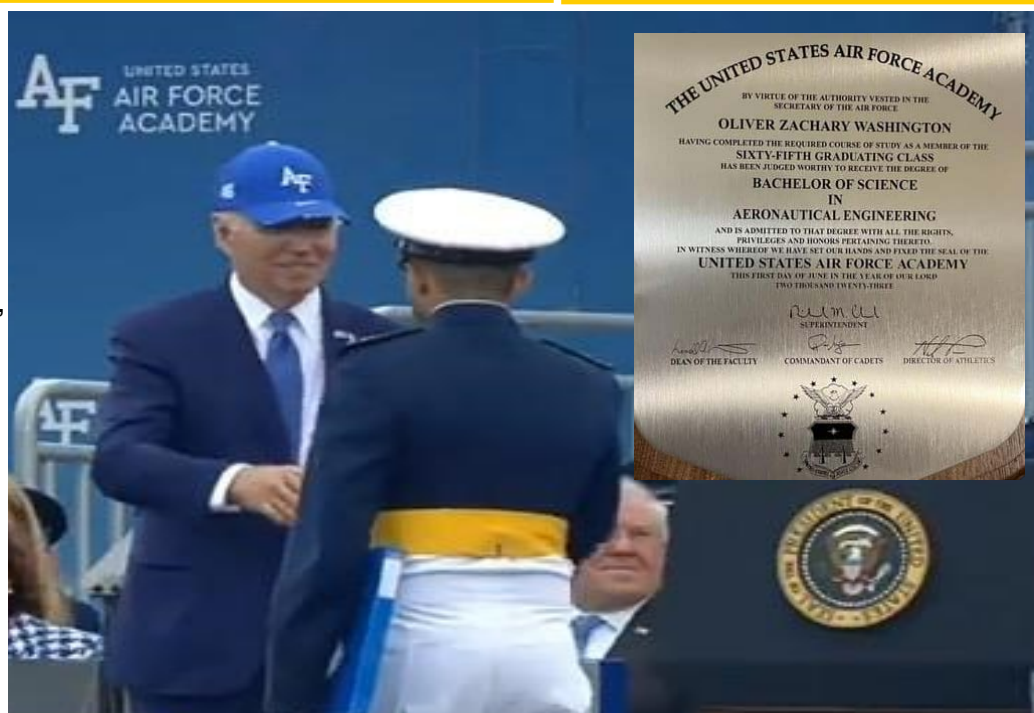
Pastor Luke E. Torian

Message from the Pastor	1
Message to the Youth	2
Youth Trip to Kings Dominion	2
Strategic Plan—2023-2027	3
Encouragement for the Soul	3
All About the Ladies	4
Upcoming Revival	4
Leadership Chaplain's Corner	5
Deaconess Ministry Clothing Drive	5
Noonday Prayer	6
Fitness-in-Place	6
Mental Health	7
How to Develop Patience	7
Graduating Classes of 2023	8-10
From the desk of the CBA	11
Black History Corner	12-13
"Find the Pastor" Challenge	14
Poem: Around the Corner	14
SHARE Registration	15

Congratulations Oliver "Zack"

Washington, member of Zone M2, receiving his diploma from the President of the United States, Joseph R. Biden, at the United States Air Force Academy!

Below: Zack with his proud parents, Olie and Patty Washington



Youth Ministry



As we end the school year, we wanted to highlight the accomplishments of some of our young people. Their accomplishments are impressive. Please join me in celebrating them and continuing to pray for them as they "let their light shine in all areas of their lives".



Pierce Hall was inducted into the National Junior Honor Society at Porter Traditional School. This is a great accomplishment as it awards students based on scholarship, community service, character, leadership, and citizenship.



Mikayla Stewart, a rising Junior at Hylton High School, is #1 for her school in singles and doubles tennis. She advanced to the regional semi-finals (1st girls tennis player to reach this point in the school's history.) She was also named team MVP for the second year in a row and will be the team captain for the upcoming season. GPA: 3.49

Kasyra LaShelle Green is a graduating Senior at C.D. Hylton High School and is a proud member of the Boys and Girls Advanced Volleyball Team in Dale City. She has played for seven years, earned her Varsity Letter this past year, and helped her team win the Championship Title at the Boys and Girls Recreation Center for the 2023 Fall Season. In the Spring she won three MVP titles, scored 35 aces, 20 assists, and 15 hits/tips/dumps. Kasyra exemplifies teamwork, lends a helping hand to family and friends, and is excited to graduate and attend NOVA where she plans to major in psychology and is considering playing volleyball at the next level.



Kings Dominion

WE WENT! WE CONQUERED RIDES! WE HAD FUN! WE CAME HOME SAFELY!

The young people of our Youth Ministry had the opportunity to participate in a survey of what they wanted their last youth activity to be before their summer break. The overwhelming response was a trip to Kings Dominion! So, the FMZ Youth Ministry sponsored this trip. Twenty-two youth rode comfortably in a luxury motorcoach, with snacks provided, to Kings Dominion on June 3, 2023.

At the park, youth conquered their fears on roller coasters such as the "Dominator" and "Grizzly". Even though we did not go to the waterpark, some youth enjoyed a splash of cool water and thrills on the "Shenandoah Lumber Log Flume" ride and the "White Water Canyon" ride. Some even had the opportunity to test their race car driving skills on the "Grand Prix Raceway." Between rides, youth ate lunch at one of the park eateries, which was covered by our admission ticket cost.

We returned to First Mount Zion at 7 pm, safe, happy, and tired!

Special thanks to our chaperones Sonya Wells, Shirley Hardy and Rev. Cynthia Ball and the Grain of Heaven staff for our "bus" snacks.

We will not have First Fridays or third Sunday Youth Group Meetings during our "summer break" but will resume these activities in September.

All youth in the 6th through 12th grades are invited to join our Children of God Youth Ministry. We aim to grow in our Christian Faith and as a Christian family, serve God and God's people, and have fun! Contact Reverend Beverly Jiggetts at bjiggetts@firstmountzionbc.org for any questions regarding the Youth Ministry or youth ministry activities.

Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister



Strategic Plan

2023-2027

Strategic Statement One (2023-2024)



INTRODUCTION FROM PASTOR TORIAN

Greetings Brothers and Sisters,

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

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

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

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

These priorities and the others contained in our strategy will empower our 2023 theme, "from generation to generation, growing deeper, growing stronger, reaching higher!"

Pastor Luke Torian



Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

WHAT DO THEY KNOW?

On an early spring morning as I left for work through the garage, the first thing I noticed was the garage door left open by the twins as they left for school. I often have to remind them to close the door to prevent birds from coming in, or any other wildlife. At the corner of the garage is a beautiful dwarf magnolia tree, and it's filled with a variety of birds. It's always a joy to watch them fly in and out and hear them chirping so lovely each morning.

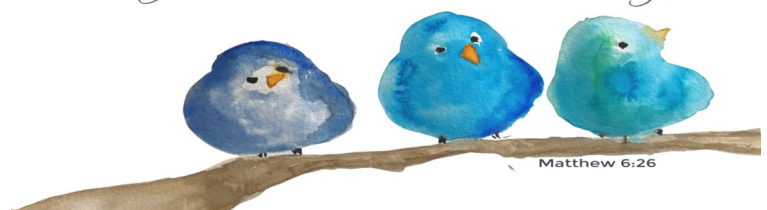


As I walked out the door my eyes were drawn to the far-left upper corner of the garage, and there was the beginning of a bird's nest. The time between me leaving and the twins is no more than 30 minutes. In that short amount of time a bird had made a nest. Immediately, I could feel my pressure rising. The last thing I need is a bird's nest in the garage. But I quickly caught myself when Matthew 6:26 came to mind, "Consider the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they?" (TPT). Those birds needed a place to have their young, but their morning songs never have a sound of worry.

God knew that the twins weren't consistent in closing the door, and it would provide an opportunity to build a nest, prime real estate. God calls us to observe the birds, they know He will provide. They don't spend their days in worry, they know God will take care of them. Let's join in with the birds, singing our daily songs of praise and worship to the heavenly Father. Not concerning ourselves about the temporal things but trusting in Him to fully meet all our needs, according to His glorious riches. Yes, the nest remains as a reminder every time I leave out, to sing praises, and not worry, because God will provide.

*Submitted by
Reverend Brian Woolfolk*

*Look at the birds of the air
They neither sow nor reap
or store away in barns
And yet your heavenly Father
feeds them.
Are you not more valuable than they?*



All About The Ladies



All About The Ladies held its last fellowship on June 8, 2023 at the Great American Buffet in Manassas. It was awesome seeing the 43 ladies who were able to participate in our end-of-the-year fellowship. Thank you for taking the time to spend the day with your AATL sisters and friends. We Love You!

Below is the additional information we promised to send you. Please be sure to look for, and read, our emails over the summer. If you brought a guest to the luncheon, please send us their email addresses for future correspondence. For those who were unable to join us, we hope to see you in September.

Please put these dates on your calendar and we look forward to the Fall months with *All About The Ladies*.

Dates (locations and times TBD)

Thursday, September 14, 2023

Wednesday, October 11, 2023

Thursday, November 9, 2023

Thursday, December 14, 2023 (our Christmas party date may change depending on the location)

Have a great and safe summer vacation!

Mary Melton and Shirley Hardy
Facilitators



Families are the
rich soil from which
we grow and to which
we return for the
nourishment of
our roots!

ARE YOU LOOKING FOR
**A PLACE
TO SERVE?**

The Women's Ministry is seeking a committed and dedicated member to serve as our

**PUBLICITY &
TECHNICAL LEAD**

Please contact WM Director, Gwen L. Holland, or Co-Director, Lisa Johnson, for more information, at:

Womensministry@firstmountzionbc.org



Psalm 99:9

Let's prepare our hearts and minds
for God to refresh us, from

August 8–10, 2023
7:00 p.m.

Our Evangelist will be

The Reverend
Dr. Danielle L. Brown
Senior Pastor
Shiloh Baptist Church
Plainfield, New Jersey



*Tithes &
Offerings*
GIVING BACK
TO GOD

Give
& IT WILL BE
Given
TO YOU
LUKE 6:38

We encourage you to continue giving and practicing good stewardship by going to www.fmzbc.com and click on ONLINE GIVING, at any time, or access it using this link:

<http://bit.ly/FMZ-Online-Giving>

or by mail to:

First Mount Zion Baptist Church
16622 Dumfries Road
Dumfries, VA 22025

You can also schedule a time with your Zone Leader for pickup from your home.

LEADERSHIP THE CHAPLAIN'S CORNER

THE WORD: YOU NEED FRIENDS

"A friend is always loyal, and a brother is born to help in time of need" Proverbs 17:17 NLT

It's easier to make a friend than it is to be a friend. Making friends simply involves being nice to people you like. Being a friend, on the other hand involves a serious effort. Rather than waiting for others to make you feel better, you make it your goal to add value to their lives. That's why you can't really be a friend to very many people. It's possible to casually and superficially relate to a bunch of acquaintances at one time, but being a friend takes time.

Being a friend is a choice. Here are four different types of friendships you could choose to be involved with. Choosing to establish these friendships will give you great fulfillment, and you will enrich your lives for others.

Be a disciple. A disciple is a learner. Find someone wiser and more spiritually mature than you are. That person is usually older, so you can learn. Ask to meet with this person on a regular basis.

Be a mentor. While you are being a disciple, be available to teach someone else. You need to be patient, because a mentor doesn't seek out disciples.

Be accountable. In this world of shifting values and vivid temptations, you need to be an accountability group. As men of God, disciple yourself to meet on a regularly scheduled basis – once or twice a month.

Be a neighbor. When Jesus was asked to name the greatest commandment, he replied, "Love the Lord your God", then he added "Love your neighbor as yourself" (Mark 12:30-31). It's care and concern for the little things. It's sharing meaningful details from your own life. It's being a friend in such a way that your neighbor will see God in your life.

Friendships are like investments, you get what you put into them, and take time to mature. But the dividends they pay are eternal.

Have a blessed week my Brothers and Sisters, remember we are "Living in God's Assurance" (Isaiah 41:10).



*Submitted by
Henry L. Walker, Jr.
on behalf of
FMZ Leadership Chaplains*



DEACONESS MINISTRY CLOTHING DRIVE

Have you seen this flyer in the Church Bulletin?

- Requesting used and new children's clothing in all sizes
- Donation collection began 5/29/23
- Bring donations to the church during office hours
- Contact the Deaconess Ministry via email: deaconessministry@firstmoutzion.org for questions

The Deaconess Ministry is currently conducting a clothing drive by collecting clothes for school-aged youth of FMZBC. You might have clothing that has been stored in closets, basements, or attics that your children have outgrown. How about the new clothing with the price tag still attached because the occasion to wear them came and passed, and now the clothes are too small?

Let's be reminded of Lord Jesus' command in Acts 20:35: "It's more blessed to give..." So, consider giving some of the clean, gently used, sometimes brand new, stored treasures you've been holding on to. Purge your closets, so you can make room for more blessings to be poured into you like the blessing of seeing a child receiving a clothing gift, having your heart warmed by the notion that someone special will receive a blessing.

The Deaconess Ministry asks that you share those items with the other members of our FMZ family. Please bring new or gently used clean school-aged youth clothing of all sizes to the church's office during regular hours of operation. Help make this drive be a blessing for others.

For additional information, contact the Deaconess Ministry at deaconessministry@firstmoutzion.org

*Humbly Submitted,
Deaconess Lynell Manning*



**PLEASE NOTE THE
FOLLOWING CHANGE:**

**SUBMISSION OF WEEKLY
ANNOUNCEMENTS ARE DUE BY
THE CLOSE OF BUSINESS
EACH TUESDAY.**

THANK YOU FOR YOUR SUPPORT!



Please pray wherever you are during the noon hour.

Father's Prayer:

"Precious God, you are a wonderful and AWESOME Father. Thank you for your amazing, sacrificial, and unconditional love for us, and for your provision and protection. You loved us so much that you would send your only Son to be the sacrifice and pay the penalty for our sins so that we can be redeemed back to you and so that our relationship could be restored. Such an incredible and sacrificial love and grace.

Lord, we thank and praise you for all of the fathers and father figures. Thank you for all they have done and continue to do for their family and others. Strengthen and sustain fathers through the times when the challenges of life get so heavy. May they follow your example of what a good father should be.

Praying your peace, comfort, and strength for those whose father is no longer with them and for those struggling with a broken relationship with their father. May your peace, love, joy, strength, and power continue to sustain fathers today. Amen.

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

Scripture:

Ephesians 6:1-4 NKJV

1 Children, obey your parents in the Lord, for this is right.
2 "Honor your father and mother," which is the first commandment with promise:

3 that it may be well with you and you may live long on the earth.

4 And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Ephesians 6:1-4 MSG

1-3 Children, do what your parents tell you. This is only right. "Honor your father and mother" is the first commandment that has a promise attached to it, namely, so you will live well and have a long life.

4 Fathers, don't exasperate your children by coming down hard on them. Take them by the hand and lead them in the way of the Master.

Inspirational Message:

"A Letter From God" - <https://youtu.be/ZsBhvSMQUk4>

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



*Sister Carol-Ann Benjamin
Deaconess Pamela Ford
Reverend Maxine Thompson*

FITNESS-IN-PLACE

SIDE LYING QUAD STRETCH

When you sit for long periods of time, the hip flexor muscles become weak and short. When these muscles get weak and short, the hips can't move the way they are supposed to. Stretching these muscles helps return it to its natural length and function so it can do what it is supposed to do.



Starting Position: Lie on your side on a mat/floor with your legs extended straight away from your body. Bend your top knee and pull your top heel up towards your glute muscle (buttock), use your hand to grab a hold of the top of your foot. Your lower arm should be bent and positioned under your head for support. Your hips and shoulders should be aligned vertically to the floor. Your head should be aligned with your spine.

Movement: Stiffen your core and abdominal muscles ("bracing"), maintain this abdominal contraction throughout the stretch. Exhale and use your top hand to gently pull your top heel towards your tailbone while simultaneously keeping your thighs and knees aligned with each other. Be sure to keep the spine in a straight line and maintain the abdominal bracing to keep the pelvis stable.

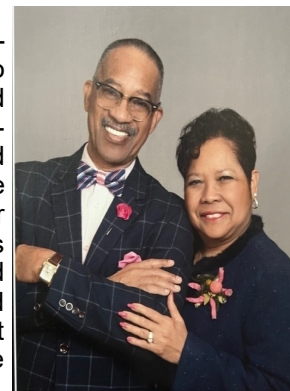
Challenge: After a shower, a walk or any exercise, try this stretch! Hold the stretch for 15-30 seconds and repeat on the other side. Repeat twice on each side.

*Submitted by
Sister Lori Valkenburg
Fitness Director*



To our Pastor and FMZ Family:

We are deeply humbled and honored to have been selected FMZ's 2023 Noteworthy Mother and Father! We were totally surprised!! Thank you for your kindness, and may the Lord bless thee, and keep thee: may the Lord make His Face shine upon thee and be gracious unto thee. May the Lord lift His countenance upon thee and give thee peace!! (Num 6:24-26)"



Sources:

How to Tell you're experiencing stress or anxiety - Healthline
download 6/5/23
<https://www.healthline.com/health/stress-and-anxiety#telling-them-apart>

What's the difference between stress and anxiety - American Psychological Association (2/14/2022) download 4/16/23
<https://www.apa.org/topics/stress/anxiety-difference>

Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister



STRESS AND ANXIETY – WHAT'S THE DIFFERENCE

Stress and anxiety are a natural part of the fight or flight response and the body's reaction to danger. The purpose of this response is to ensure a person is alert, focused, and ready to deal with a threat. Stress is the body's short-term response to a perceived threat, like a difficult event or major life change (moving, starting a new school or job, having an illness or injury, having a friend or family member who is ill or injured, experiencing the death of a family member or friend, getting married, having a baby). Anxiety is the body's internalized response to stress and is characterized by a chronic and heightened state of fight or flight.

Stress and anxiety lead to nearly an identical set of symptoms (uncontrollable worry, poor concentration excessive nervousness, sleep problems, increased heart rate, upset stomach, muscle tension, avoidance of fear). The difference between stress and anxiety is stress is typically tied to a specific situation. Once that situation is resolved, the stress typically goes away.

For example, you may have an upcoming exam that you're worried about taking. Or you're trying to juggle work from home with three small children who are competing for your attention. In both cases, there's a specific cause for your stress. Once the exam is over and your children return to daycare, the stressor goes away. That doesn't mean that all stress is short-lived. Chronic stress refers to continuous pressure such as a demanding job or family conflict.

Anxiety, by contrast, does not always have a specific stressor. If you're not sure whether it's stress or anxiety behind your symptoms, think about what's going on in your life right now. What kind of things do you tend to worry about? Are they specific threats or events? Maybe you need new tires for your car, but you can't afford to replace them right now. The stressor could be fear that you may have a flat tire while you're out on a dark road. Once you replace those tires, the stressor is no longer there. Do you feel safe about driving now? If you are still experiencing the same symptoms about driving, it sounds like the problem was not the tires. If the exact cause isn't clear, or your symptoms stick around after the initial trigger goes away, it's probably anxiety.

Stress and anxiety that occur frequently or seem out of proportion to the stressor could be signs of an underlying condition, including: generalize anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), social anxiety disorder, obsessive compulsive disorder (OCD). It is best to talk with a mental health professional any time stress or anxiety starts to affect your day-to-day life. You don't have to have a specific mental health condition to benefit from therapy. A qualified therapist can help you identify potential triggers and effective coping mechanisms to minimize their impact, even if you don't meet the diagnostic criteria for an anxiety disorder.



HOW TO DEVELOP PATIENCE!

"It is better to be patient than powerful."
Proverbs 16:32 GNT

The Bible says that when you pray, God can answer instantly. But nowhere in the Bible are you promised 'instant patience'. Patience is a quality of character, and character is built over a lifetime of walking with God through good times and bad. One Bible teacher says, 'Patience is just faith taking its time.'

Here's how God develops patience in us:

(1) Interruptions. You sit down to eat dinner and your phone rings. You're in the bath and someone comes to the door. You're working to meet a deadline and visitors arrive. It's said that when Brahms was writing his famous 'Lullaby', he encountered so many interruptions, it took him seven years to compose the piece. Someone joked, 'When you're writing a lullaby, you need all those interruptions to keep you from falling asleep at the piano.'

(2) Delays. We hate to wait. We have a microwave mindset - we want what we want - in seconds. We have fast food, quick-cook pasta and instant coffee. We're like the man who prayed, 'Lord, give me patience, and I want it right now!'

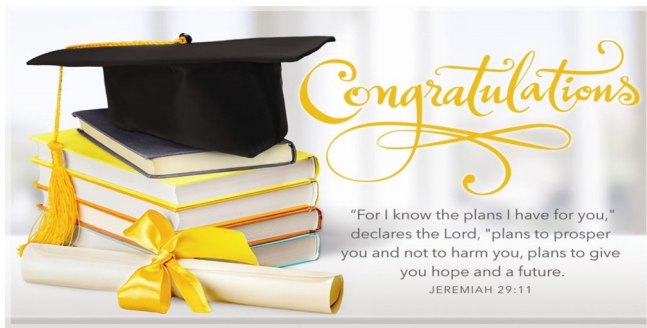
(3) Irritations. Long lines, lost keys, late planes, phone calls, cold food, flat tires, occupied bathrooms, traffic jams...the list is endless. Do you know that 90 per cent of heart attack sufferers have the 'hurried' Type A personality? The Bible says, 'A person in a hurry makes mistakes' (Proverbs 19:2 GWT).

We speak of the patience of Job, who said, 'All the days of my hard service I will wait for my renewal to come' (Job 14:14 NIV). Pray about it, exercise patience and be confident in God!

UCB Word for Today Daily Devotional

Biblical patience is a God-given restraint in the face of opposition or oppression...a sign of someone who trusts God! It is a fruit of the spirit that is built up in us when we follow Christ. Patience is not passive or weak . . . but active and robust. Patience is related to God's salvation, love, and endurance, for us and others! Let us all exercise patience with ourselves and each other!





GRADUATING CLASS OF 2023

KINDERGARTEN



Saniyah Henry
Pinelias Park ES



Laila Daniels
Kyle Wilson ES
Honors: Summa Cum
Laude



Evan Johnson
Widewater ES



McKenzie Stewart
Porter Traditional ES



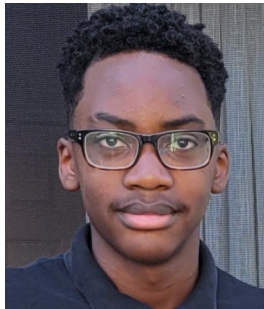
Austin Withers
Beville ES
Honors: A/B Honors

ELEMENTARY SCHOOL

MIDDLE SCHOOL



Jaylen Bryson
Woodbridge MS
Honors: Same Gender
Program Honor Roll



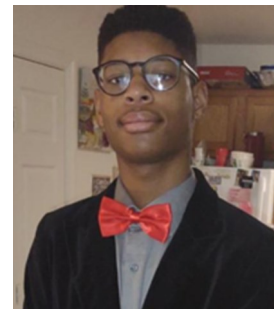
Jordan Garrett
Shirley Heim MS
Honors: Junior National Honor
Society, awarded a position in
the competitive Focus Art
Program, & a Seat in the
Symphonic Band



Ivy Johnson
Shirley Heim MS



Seth McPhatter
Saunders MS



Ethan Withers
Beville MS
Honors: A/B Honors

HIGH SCHOOL



Gabriella Barner
Mountain View HS
Honors: Advanced
Studies Diploma



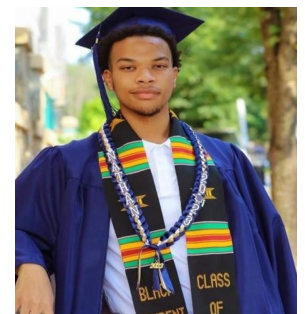
Christopher Bushrod, Jr.
CD Hylton Senior HS



Christian Daniels
C.D. Hylton Senior HS
Honor Graduate



Kasyra Green
C.D. Hylton Senior HS



Nathan Edwards
C.D. Hylton Senior HS
Honors: Magna Cum Laude
GPA – 3.8, Principal's Honor
Roll, Princeton University
Summer Advanced Studies



HIGH SCHOOL



Derrick (DJ) Harris, Jr.
Patriot HS
Honors: Advanced Studies



Jada Johnson
Forest Park HS



Lauren Mitchell
Woodbridge Senior HS
Honors: PWCS Practical Nursing Program, AJROTC Class Leader and Drill Team



Gerald Moore, Jr. (DJ)
Forest Park HS



Quintin Summers
South County HS



Emmanuel Walker
Potomac Senior HS



Jason Wilson
Brooke Point HS
Honors: Advanced Diploma



Naomi Woolfolk
CD Hylton Senior HS
Honors: Magna Cum Laude



Paige Woolfolk
CD Hylton Senior HS

COLLEGES & UNIVERSITIES



Adrian Biroonak
Strayer University
BA in Business Administration
specialization in Marketing



D'Vaughan Brown
Old Dominion University
BA in Communication –
emphasis in Film and Media



Makala Crawford
Winston Salem State University
Honors: Dean's List, Member-
ship in multiple Honor Societies



Kourtney Henry
Mississippi State University
BA in Arts & Science – Communi-
cation with concentration in
broadcast and digital journalism



Deijah Jones
Old Dominion University
BS Psychology



Jeremiah Jones
University of Charleston
West Virginia
BA – Political Science,
Minor in Criminal Justice



Kyra McCall
NC State University
BA Communications



Isabelle Salcedo
University of Virginia
BA with Distinction
(English & Linguistics)



Charles Tapp
Virginia Technology University
BS Public Health



Mario Vaughan
Averett University
BA – Business Administration
Honors: Summa Cum Laude



Tinia Moore
Northern Virginia
Community College
A.S. in Marketing



Kayla Renee Moore
Virginia State University
Magna Cum Laude
Distinction
B.S. in Criminal Justice



Nicholas "Nizzy" Hyman
Virginia Union University
B.S. in Political Science/
History



Justin Howard Moore
James Madison University
B.S. in Computer
Information Systems with
a Concentration in
Computer Programming
and Cybersecurity
Awarded First Place in
Capstone Project

**"THE FIREWORKS BEGIN TODAY. EACH DIPLOMA IS A
LIGHTED MATCH. EACH ONE OF YOU IS A FUSE."**

DIPLOMA IN THEOLOGY



Carol Burns
John Leland Center for
Theological Studies



Aneisha Johnson-Morris.
American Military University
Master of Arts



Takiyah Stovall
Hampton University
Masters in Business
Administration



Kathy Vaughan
University of Maryland
Global Campus
Masters in Business Administration

MASTERS' PROGRAM

**"For I know the plans
I have for you,"
declares the LORD,
"plans to prosper you
and *not* to harm you,
plans to give you
hope and a future."
~Jeremiah 29:11~**

CLASS OF 2023 — DOCTORAL PROGRAM



Geronda Gillens
Liberty University
Education Specialist:
Educational Leadership



Dr. Alicia Minor
Brown University
Ph.D. in Biomedical Engineering



Dr. David Stokes
North Carolina State University
Doctor of Philosophy Degree in Learning
& Teaching in STEM



Mikayla Sherman
George Washington Law School
Honors: Juris Doctor with Honors;
Pro Bono Honors Recipient

LAW SCHOOL

... from the desk of the

Church Business Administrator
Sister Renee Woolfolk



ONLINE GIVING

You may give online, accessing the link through the FMZBC website: WWW.FMZBC.COM and click on **ONLINE GIVING (VANCO)** at any time. 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 the Front Office at (703) 670-0184.

VIRTUAL SCREENING

September 16th
November 18th

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

ZONE MINISTRY

As a member you are assigned to a ZONE based on geographical location. Each Zone has a team of Zone leaders consisting of at least a Deacon, Deaconess and Associate Minister. If you do not know how to contact your Zone Leader, please contact the Church and someone will provide you with their contact information. If you have not been in touch because you need to update your contact information, please use the following link: <https://form.jotform.com/12155242234>



NEW MEMBERS ORIENTATION CLASS (CED)

July 2, 2023 @ 09:45 AM - NO CLASS (attend Sunday School)
July 9, 2023 @ 9:45 AM - PRAYER
July 16, 2023 @ 9:45 AM - HOLY COMMUNION
July 23, 2023 @ 9:45 AM - HOW TO STUDY THE BIBLE
July 30, 2023 @ 9:45 AM - STEWARDSHIP

Join Zoom Meeting

[https://us02web.zoom.us/j/85022202136?](https://us02web.zoom.us/j/85022202136?pwd=R2x3WTVYb1piQXV2YWxNcDZwWk54Zz09)
[pwd=R2x3WTVYb1piQXV2YWxNcDZwWk54Zz09](https://us02web.zoom.us/j/85022202136?pwd=R2x3WTVYb1piQXV2YWxNcDZwWk54Zz09)

Meeting ID: 850 2220 2136

Passcode: 997217

Dial by your location: (309) 205-3325 US



VOLUNTEERS NEEDED

for Ministry Event set-up and break-down. 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.

Audio Visual to include, Wednesday Night Bible Study, Sunday Worship, Homegoing Services, Weddings, and Ministry Activities, please contact Renee Woolfolk, CBA at
rwoolfolk@firstmountzionbc.org

Thank you in advance for your willingness to serve!

DEAF MINISTRY

Monthly Deaf Ministry Meetings are held via ZOOM.

Topic: Deaf Ministry meeting

Date/Time: Second Monday of each month at 07:00 PM Eastern Time. Please check back for the ZOOM link.

POC: Deaconess Pamela Ford, pdford61@verizon.net

VOLUNTEERS NEEDED FOR CHECK-IN

FMZBC requires anyone who enters the Church to go through Check-In to ensure that proof of vaccination is provided and temperatures are taken. **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 who have served and continue to serve at Check-In!!

HOLIDAY CLOSURES

Tuesday, July 4th, Independence Day
Monday, September 4th, Labor Day
Monday, October 9th, Columbus Day
Friday, November 10th, Veterans Day (observed)
Thursday, November 23rd, Thanksgiving
Monday, December 25th, Christmas Day
Tuesday, December 26th, Christmas Holiday



RAZING ROSEWOOD (PART 2)

(Part 1 -- See Volume 19, Issue 6)

Link: <https://firstmountzionbc.org/announcements/#>

At that point, the white men began firing their guns, causing an uproar that sent most of Rosewood's residents running. Some fled into the woods. Others sought refuge at the two-story home of white shopkeeper John Wright. Still more ran to the mill, where the supervisor stashed them amid stacks of lumber. A

jook employee sheltered some of the escapees, too.

Back at the Carrier home, a young boy who peered out of an upstairs window was injured by a shot that shattered the glass pane, taking out one of his eyes. Langley, then 9 years old, ventured down the stairs and saw firsthand what happened next. Sylvester, who was crouched in the hallway by a firewood bin, spotted Langley and pulled her back into the shadows, saying, "Come here, let me save you." He held a Winchester pump shotgun and leaned it on her shoulder, steadying his aim as he pointed the muzzle at the door. Suddenly, the door burst open. The ex-deputy filled the frame. "When he kicked Aunt Sarah's door open, that's the time cousin Syl shot him down in the door," Langley recounted. He fell down dead, the first white casualty of the clash.

The lumberman crowded in next, becoming the second white man to catch a fatal load of buckshot. A third man tried to come through the door, so Sylvester shot and wounded him. All three fell onto the porch. Sylvester told Langley to go back upstairs, then escaped out the back door. One of the older boys who was hiding upstairs took charge and led all the children downstairs and out, heading for Wylly, where some had relatives. They joined the general exodus that left Rosewood largely empty.

Soon, dozens more white men flooded into the town, coming in from surrounding communities, armed and ready to fight. They killed anyone who hadn't already left, mostly sick people who couldn't get out of their homes. Someone found Sylvester and killed him, too. Then the mob began torching the empty houses. By Sunday, January 7, they had burned nearly everything in town except for Wright's house. It remains the only structure left standing in what used to be the town of Rosewood.

ERASING ROSEWOOD

Moore says that based on his decades of research, including survivor testimonies and examination of archival materials, the total is declaratively eight killed. That includes the two white men who fell on the Carriers' front porch while trying to invade the house and the six Black people who'd done nothing to invite the bloodshed.

Some of the Black residents who'd bolted from Rosewood made it onto a passing train and rode north to Gainesville. Some went further, leaving the state to relocate to Chicago or New York. A month after the massacre, a prosecutor convened a grand jury investigation into what had happened. The grand jury concluded its work after just a day, claiming it could find no eyewitnesses willing to testify. After a few years, Wright, the shopkeeper, contacted several former residents to encourage them to return to

what had become a ghost town. But few were interested in returning to a place full of such horrific memories. Some survivors even changed their names, afraid of being tracked down by vigilantes.

When Moore showed up in Cedar Key in 1982, he had no inkling of what he was about to uncover. He just wanted to write a feature story about gator hunters, or something similar. But then a woman he was chatting with blurted out that Cedar Key was an all-white town. When he asked why, she refused to say. Instead, she sent him to an avid local historian who lived in a former church. After introducing himself and making small talk, Moore asked the white historian why Cedar Key had no Black residents. Moore recalls her abruptly dropping her pleasant manner. Her eyes narrowed. "I know what you're digging for," she snapped. "You're trying to get me to talk about that massacre."

Gradually, he pulled an exaggerated version of the story out of her. Following the directions she gave him, he drove to the scene of the attack, where he found a few mobile homes occupied by white people but little else. One of the residents told him they had heard something vague about Rosewood and added that children at play sometimes found spoons or bits of crockery. Stunned, Moore drove 45 miles to dig through historical records at the University of Florida in Gainesville. Librarians there assured him that no such event had occurred. They had never heard of it.

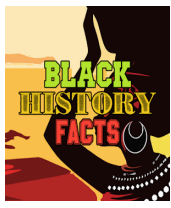
"It was in newspapers coast to coast while it was going on," Moore says. But in the early 1980s, few of these archival stories were readily available outside of a handful of libraries. Another problem was the newspapers' slant. The stories had been conveyed to the outside world via the Associated Press wire by a white Gainesville newspaper writer. He depicted the events solely from the white standpoint, describing the home invasion by the ex-deputy as if a sworn officer of the law had just been making peaceful rounds, seeking clues about the January 1 attacker.

REVIVING ROSEWOOD

Moore tracked down some survivors and pieced together a riveting story for the St. Petersburg Times' Sunday magazine. "Rosewood stands as a symbol of the countless secret deaths and tortures that took place in an era that has slipped from view," he wrote. From there, Moore contacted producers at the CBS news program "60 Minutes" and persuaded them to hire him so he could track down more survivors. The segment ran in 1983, introducing Rosewood to a national audience.

In 1992, survivors filed a legal claim against the state, arguing that local and state officials, including then-Governor Cary Hardee, had failed to protect Rosewood residents' lives and property. In response, the state assigned university officials to put together a full report and hired Moore to write up a summary. The claim and subsequent report sparked an effort in the Florida Legislature to repay the survivors. "Our system of justice failed the citizens of Rosewood," said State Senator Daryl Jones, who is Black, during a 1994 hearing. "This is your chance to right an atrocious wrong." That year, the legislature, citing the need for "equity, justice, fairness and healing," approved issuing checks of up to \$150,000 each to the nine people who could prove they had lived in Rosewood in 1923. The state also set up a scholarship for survivors' descendants.

-- cont'd on page 13



The Rosewood reparations marked the first time any state had paid money to Black Americans for a historic incident involving racial injustice. Survivors and descendants of victims of the Ocoee and Tulsa massacres have sought similar reparations in the years since, but these efforts have yielded mixed results.

In 2004, Florida officials placed a historic marker at the site where Rosewood once stood to memorialize the massacre. According to Moore, the marker is frequently vandalized.

REMEMBERING ROSEWOOD

Despite its loose handling of history, Singleton's Rosewood movie helped enlighten at least one survivor's family. When Jonathan Barry-Blocker, a legal scholar at the University of Florida, was 13 years old, his father told him about the film (which he was deemed too young to see) and explained that his grandfather was one of the many Black citizens who fled Rosewood during its destruction. "It's painful," Barry-Blocker's father said. "He won't talk about it." Because of that "cone of silence" around the subject, "I didn't ask questions." The attorney finally watched the movie, which he says "made me so angry," in college.

A ceremony marking the 100th anniversary of the massacre will take place in Gainesville on January 7. It's part of a day of remembrance organized by 84-year-old Lizzie Polly Robinson Brown Jenkins, a relative of survivors and the founder of the Real Rosewood Foundation Inc., a nonprofit dedicated to preserving the town's history. "There have been so many massacres in the United States where people's land was taken or their lives were taken," says Jenkins. "My goal is to close the racial divide. I am seeking healing for my mom and my sisters."

A second series of commemorative events took place from January 8 to 14. The commemorations kicked off at the site of the massacre itself. Marvin Dunn, a Black historian at Florida International University, bought a plot of land there in 2008 as a public place of memory. "If I didn't put this park in, there would be no evidence of Rosewood ever existing," Dunn says. He recalls an event last September, when he and his son were working at the park. A white resident accosted them, shouting racial epithets before trying to run the pair down with his pickup truck. "It was a very ugly situation," Dunn says. **"America needs to be woken up."**

ROSEWOOD MASSACRE LEGACY

The story of Rosewood faded away quickly. Most newspapers stopped reporting on it soon after the violence had ceased, and many survivors kept quiet about their experience, even to subsequent family members.

It was in 1982 when Gary Moore, a journalist for the St. Petersburg Times, resurrected the history of Rosewood through a series of articles that gained national attention. The living survivors of the massacre, at that point all in their 80s and 90s, came forward, led by Rosewood descendant Arnett Doctor, and demanded restitution from Florida. The action led to the passing of a bill awarding them \$2 million and created an educational fund for descendants. The bill also called for an investigation into the matter to clarify the events, which Moore took part in.

[How History Forgot Rosewood, a Black Town Razed by a White Mob | History Smithsonian Magazine](#)

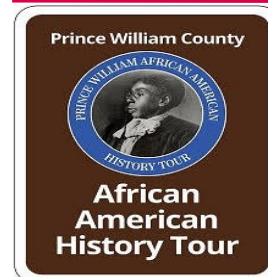


... that one of our members, **Dr. George Hampton**, was the leading proponent for Juneteenth celebrations in this county before it was made a national holiday? He also has a school named after him, Hampton Middle School in Woodbridge, VA.

... that in 1565 a marriage was recorded between Luisa de Abrego, a free African woman, and Miguel Rodríguez, a Sevillian conquistador, in Spanish Florida? This account is the first known Christian marriage in what is now the continental United States.

(Shared from Four Hundred Souls on the Headway app)

... that Daniel "Chappie" James Jr. (February 11, 1920 – February 25, 1978) was a **fighter pilot in the United States Air Force** who, in 1975, became the first African American to reach the rank of four-star general in the United States Armed Forces? He attended the famous Tuskegee Institute and instructed African American pilots during World War II.

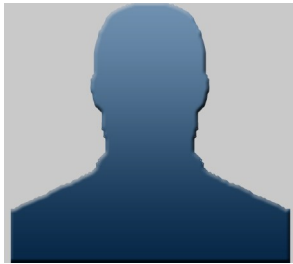


FIRST MOUNT ZION IS LISTED AS #11 ON THE AFRICAN AMERICAN HISTORY TRAIL?

First Mount Zion and our members are thoroughly ingrained in the history of Prince William County. For example, the Prince William County African American History Trail highlights a unique and extensive African American history that is preserved and interpreted through its surviving buildings and many individuals have helped shape the County's complex past. FMZ related sites include the church campus, Benita Fitzgerald Mosely (Zone M3), and Fannie Fitzgerald (deceased) of the four educators known as "The Courageous Four" who helped desegregate Prince William Schools peacefully.

Each of these examples are part of a self-guided audio tour, narrated by Neabsco District Supervisor, Victor Angry, that curious visitors, students, and citizens can learn a little more about the rich history of African-Americans' journey in Prince William County from slavery to Jim Crow to progress in civil rights. Members of FMZ can listen to the narration about the church at: <https://pwcaatour.stqry.app/1/list/19006/story/195614> and clicking the "Listen to the Audio" button. Additional information about Benita Fitzgerald Mosely is available at: <https://pwcaatour.stqry.app/1/list/19006/story/195602> to learn about her remarkable accomplishments as an Olympic Gold Medalist in the 1984 Summer Games. We encourage everyone to visit the trail to learn more about FMZ's role in history and to share this rich history with neighbors, visitors, and family. Read more about the African American History Trail at <https://pwcaatour.stqry.app/> Look for the marker as you drive on the campus from Dumfries Road.

"FIND THE PASTOR" CHALLENGE



The Archives Committee needs your help. There are 10 known pastors of First Mount Zion, but we have photographs of only five (5) of them. Limited information is known about the missing five of whom we have no photos. In addition to the Census information listed below, we know that:

Most ministers were appointed by the Northern Virginia Baptist Association; and

Many local ministers came from the Rock Hill District of Stafford, VA or from Washington, DC. They often served other local churches as most churches did not have services every Sunday.

Please accept our challenge to find a photograph (large, small, black and white or in color) of the following former FMZ pastors:

REVEREND JACOB BYRD

Occupation: Preacher and farmer

DOB: 1835

Death: Unknown

Place of Birth: Unknown

Home in 1870: Rock Hill, Stafford, VA

Wife: Julia Byrd

4 children – 1870 census

Logan Byrd - 14

Milton Byrd - 11

Lucy Byrd - 7

Jennie Byrd - 3

Children – 1880 census

Virginia Byrd - 13

Thaddeus Byrd – 12

Time at FMZ: Unknown

REVEREND CHARLES GIBSON

Home in Rock Hill, Stafford, VA

DOB: March 1849

Death: Unknown

Age in 1900: 60

Occupation: Blacksmith

Place of Birth: Virginia

Wife: Caroline – married 40 yrs.

Age in 1900: 57

Time at FMZ: Unknown

REVEREND HENRY VINES

No information available.

REVEREND WILLIAM HENRY MILLER

DOB: Feb 2, 1886

Address: Rt. 1, Box 147A, Triangle, VA

Death: August 6, 1967

Age at death: 81

Occupation: Retired Laborer

Place of Birth: Unknown

Wife: Alice Cole Miller

Age: Unknown

REVEREND WILLIAM A. GIBSON

DOB: 1865

Death: Unknown

Occupation: Preacher

Age: 75 at 1940 census

Place of Birth: Virginia

Lived Cedar Run District – Fauquier

Wife: Widowed

Time at FMZ: Unknown

If you have any information about these pastors or any of their family members (even if you think it is not important), please contact:

Sister Gwen Hopson

Archives Ministry

gwenhopson@comcast.net or (703) 732-1220.

She would love to hear from you. We thank you in advance for your participation in this exercise!

AROUND THE CORNER

Around the corner I have a friend,
In this great city that has no end,
Yet the days go by and weeks rush on,
And before I know it, a year is gone.

And I never see my old friend's face,
For life is a swift and terrible race,
He knows I like him just as well,
As in the days when I rang his bell.

And he rang mine but we were younger then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.

"Tomorrow" I say! "I will call on Jim
Just to show that I'm thinking of him",
But tomorrow comes and tomorrow goes,
And distance between us grows and grows.

Around the corner, yet miles away,
"Here's a telegram, sir," "Jim died today."
And that's what we get and deserve in the end.
Around the corner, a vanished friend.

Charles Hanson Towne

During the coming months, let us all find time to let others know that we are thinking of them....a simple phone call will suffice!

**PLEASE SHARE WITH US HOW YOUR
MINISTRY IS STAYING IN TOUCH OVER THE
SUMMER. WE WOULD LOVE TO KNOW AND
WOULD BE GLAD TO SHARE ANY PHOTOS/
INFORMATION WITH OTHERS!**



2023 Theme:

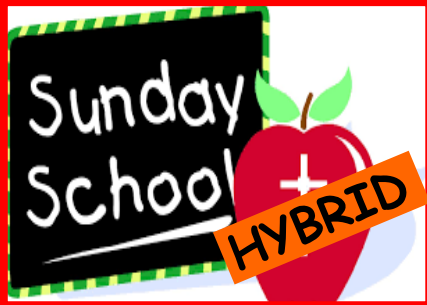
From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher

"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



July 2, 2023
Volume 19, Issue 7



SS-HYBRID IS HERE!!

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

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

Join Sunday School Hybrid each Sunday in Room 229/230. For those attending the class via ZOOM, please use the link below to register:

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

We look forward to seeing you there!!

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

<https://firstmountzionbc.org/weekly-sunday-school-lessons/>

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

ATTENTION!!!

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



The last day to register for the July SHARE package is July 9th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on July 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 considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!
Thank you!

CPM Team

Deacon Joseph Boutte, Chair
Sister Oonagh Bell
Brother Benson Blake
Deaconess Janice Cooper
Trustee Alfranda Durr
Brother James Gaskins
Deacon James Hawkins
Sister Sylvia Moore
Sister Roslyn Parker
Reverend Kathy Russell
Deaconess Carmia Salcedo
Deaconess Claudia Woolfolk

Rev. Dr. Luke E. Torian, Senior Pastor
Rev. Dr. Sandra K. James, Assistant Pastor
Sylvia Moore, Executive Assistant
Renee Woolfolk, Church Business Administrator
Nicole Johnson, Chair, Trustee Ministry
Willie Brown, Chair, Deacon Ministry
Vietta Williams, Chair, Deaconess Ministry

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

UPDATED ADJUSTED SERVICE SCHEDULE

Sunday School
9:45 AM

In-Person and via ZOOM

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

FMZ Life Stream:

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

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

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

Vimeo: vimeo.com/25203195

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

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

