



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*

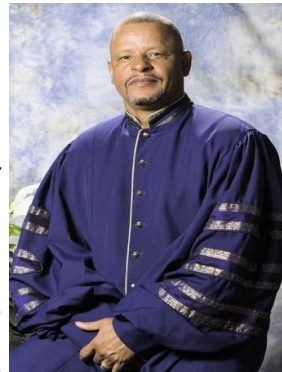


## A Ministry Exhibiting a Spirit of Excellence!

# Message from the Pastor

### REVIVAL

It has been a busy year for the Church as we transitioned to a "new normal" post-pandemic. August is revival for us, and I look forward to you joining us August 8-10 (Tuesday - Thursday) at 7:30pm nightly. Our Evangelist for the week is Rev. Dr. Danielle L. Brown, Pastor, Shiloh Baptist Church, Plainfield, New Jersey.



Revival is defined as "making alive again those who have been alive but have fallen into what is called a cold, or dead, state. They are Christians and have life, but they need reviving to bring them back to their first love and the healthy growth of the spiritual life to which conversion was meant to be." We will spend time in prayer and praise as the Word of God rejuvenates us.

We will have a virtual only Bible study each Wednesday at 7:30pm throughout the month of August. After Revival, we officially go on summer break for the month of August, and it is my prayer that this time will be a time of rest and relaxation preparing you to come back in September, refreshed and ready to serve.

Enjoy the rest of your summer!

*From Generation to Generation. . .*  
*Pastor Luke E. Torian*

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## REACHING THE WORLD AND SHARING THE WORD!

We continue to share the Word of God, and look forward to continuing to do so, across major social media sites with our local and global community. We are pleased to report that our Facebook "reach", an estimate of the number of people who saw any of FMZ posts at least once, is over 57,000 people since March 21, 2019! We have also seen an increasing reach in our Instagram, YouTube and Twitter platforms. The reach metric is the number of people who saw any content from or about First Mount Zion via posts, videos, announcements, and events.

We continue to add content, share our streaming services, and provide on-demand recordings of Worship Service, Revival, and Bible Study, as we promote our Ministry while sharing the Word of God and our congregation's service, in-person and online. Please continue to visit our social media and websites and share with your friends, relatives, and colleagues as we "connect people who have a desire to become fully devoted followers of Jesus Christ" in Dumfries and online.

The Communications and Publicity Ministry  
Facebook: <https://www.facebook.com/fmzbcumfries>  
[CPM1@FirstMountZionBC.org](mailto:CPM1@FirstMountZionBC.org)



# Youth Ministry



The College Orientation Workshop (COW) is a 4-week program held at VMI and is designed to enrich the lives of minority male high school students. COW focuses on broadening the academic, physical, and social skills of these young men in hopes that their high school, college, and even their



lives will be significantly and positively impacted.

FMZBC member Donald King, 111 and Brennan Blowe, son of FMZBC and CORE member Eugene Joseph Blowe, applied for COW and were selected in the 2023 session. They completed a rigorous, challenging, and very demanding 4-week program that culminated with their graduation on Saturday, July 22, 2023, at VMI. Several FMZBC members also gave of their time and finances to help make this session a success. We thank you FMZBC.

Please congratulate these young men when they return for completing such a demanding program. I also hope that next year your support will continue and give even more FMZBC young men (high schoolers) this outstanding opportunity.

*Submitted by  
Brother Ren Norman*



Psalm 99:9

*Let's prepare our hearts and minds  
for God to refresh us:*



*Sunday, August 6, 2023  
II:00 a.m.*

*Reverend Glenda Brown  
Associate Minister  
First Mount Zion Baptist Church*

*Tuesday—Thursday  
August 8–10, 2023  
7:00 p.m.*

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



*Be in the House....God has a blessing for you!!!*

## IT'S TIME TO GET EXCITED . . . IT'S PRAYING TIME!!!

Daily prayer strengthens us through our relationship with Almighty God, and we all are aware that there are times in life when we are to enter into special prayer. **REVIVAL** is one of those times, and the Pastor's Aide Ministry will again host the Revival Prayer Room in the Chapel. So, we encourage everyone to join us in the Prayer Room, in the Chapel, on August 7-10, 2023, from 9:00 am - 4:30 pm and 6:30 pm - 7:30 pm.

**Note, the Prayer Room will be closed during Service.** Sit before the Cross and meditate, pray, and thank God for His blessings. While there, add your prayer, praise, and thanksgiving messages to the Prayer Wall.

### YOU CAN ALSO STILL JOIN US VIRTUALLY!!!

Please commit to sharing your prayer requests and/or praise reports as it could be a blessing to others. We all need prayer and God's Word instructs us to pray without ceasing. We have made it easy for you to join our **Prayer Room Virtual Wall (PRVW)** where you can submit prayer requests and/or praise reports. Once your prayer request(s)/praise report(s) is (are) submitted, a PRVW Moderator will release it to all followers, and you will have the option to receive notification that we've received, prayed for, or rejoiced with, you.

To post a prayer request/praise report and receive notification that it has been received and action has been taken, please go to:  
<https://fmzbcprayerroom.prayerloft.com>.

May God bless your time of prayer and praise!





## FIRST MOUNT ZION'S YOUTH SERVING IN TUCSON, AZ

### TUCSON MISSION TRIP

Thirteen middle and high school students along with 9 adult chaperones including 3 members of the CORE ministry traveled to Tucson, Arizona for our Mission Trip from July 8-14<sup>th</sup>. It was the first mission trip for all the youth that attended.

Prior to our trip, missionaries prepared 'hygiene' packs containing toilet articles, socks, and t shirts for homeless in Tucson. In Tucson our missionaries worked with "Faith + Hope=LOVE" ministries to personally distribute these packs and water to homeless persons residing in one of the local parks.

Our missionaries helped prepare and serve meals and "bus" tables for residents of the Gospel Rescue Mission. This ministry provides housing, meals, and employment, medical, dental, recovery and mental health services.

We also served at GAP ministries an organization that "stands in the GAP" for foster children and foster families, veterans, and others. There we sorted food items and stocked shelves in their huge warehouse.

We also served at "New Creation Trade" and "Casa Alitas" ministries. Both ministries support refugees.

A highlight of our trip was a tour of "I AM U 360" a ministry founded by African American Desiree Cook that supports current foster kids by providing tailored hygiene packs for them and has a program supporting youth who have transitioned out of foster care by providing a place for them to live and a structured program that teaches them "life" skills to become self-sufficient. The program is constructing 10 "tiny homes" built by program participants to live in with subsidized rent for 3 years.

Our youth were complimented everywhere they served. They represented God, FMZBC and African American youth well. Thank you, Pastor Torian and the entire FMZ congregation for the many ways you supported our youth and this trip. We were a blessing and were blessed by our experience.

More information can be found here:  
<http://www.ppm.org/mission-trip-journals/19026>

*Submitted by  
Rev. Beverly Jiggetts  
Youth Minister*



cont'd on next page - -









The Church Leadership is inviting you to join them on a bus trip to **SIGHT AND SOUND** on **August 24, 2023** to see the play "Moses". The cost of the trip is **\$170 per person** and includes transportation, ticket to play, lunch and snacks. The bus will depart from FMZBC at 6:30 am and return at 7 pm.

There are **12 seats remaining** and will be distributed on a first come-first-paid basis. If interested, please contact:

Deacon Andrew Walker  
[andrew.walker3913@gmail.com](mailto:andrew.walker3913@gmail.com)

OR

Deacon Lenny Manning  
[lennym27@comcast.net](mailto:lennym27@comcast.net)

Hope you will join us for a fun trip and fellowship.

## **FITNESS-IN-PLACE**

### **WOMEN AND WEIGHTS**

Weight training is an important part of a healthy routine for women of all ages, including those over forty and beyond. It can help improve bone density, increase muscle mass, and boost metabolism, which can lead to weight loss and improve overall health and appearance.

One of the key benefits of weight training for women over forty is the improvement of bone density. As we age, our bones begin to lose density, making them more fragile and susceptible to fractures. Weight-bearing exercises, such as weight training, can help slow this process and even increase bone density. This is particularly important for women, who are at a higher risk of developing osteoporosis.

Another benefit of weight training for women over forty is the increase in muscle mass. As we age, our muscle mass naturally decreases, which can lead to a decrease in strength and an increase in fat. Weight training can help counter these effects by building and maintaining muscle mass. This not only improves your strength and function but also helps to boost metabolism, leading to weight loss.

Weight training can also improve cardiovascular health, decrease the risk of injury from falling, improve your balance and coordination, improve posture, and even improve your mood, and reduce stress and anxiety levels.

In summary, weight training is an important part of a healthy fitness routine for women of all ages, including those over forty. Consult with a doctor before starting a program, start slow and focus on proper form.

**Challenge:** Come visit the Fit by God Fitness Complex and experience an uplifting and supportive gym environment where you can start a weight training routine with a fitness professional. For questions call 703-670-0225.

*Submitted by Sister Lori Valkenburg  
Fitness Director*



We encourage all Kids to join FMZBC Kids' Kingdom Worship, each 3rd Sunday at 11 am (beginning again in September 2023) on YouTube. Subscribe to YouTube Channel, or click on the Kids' Kingdom slider on the FMZ website to watch the latest Kids' Kingdom Worship Service.

**Kids' Kingdom:**

<https://youtu.be/HquJa1e1CZ8>

**POC: Dr. Tracey Dawkins Holley**  
Director of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

## **FMZ'S HEALTHY START MIND & BODY**



### **OCCOQUAN REGIONAL PARK**

### **SAVE THE DATE/TIME**

**OCTOBER 7, 2023  
9:00 A.M.**

**\$25.00  
REGISTRATION FEE**

**AUGUST 6-SEPTEMBER 10**

**STAY TUNED!!!!**

**THIS EVENT IS  
SPONSORED BY THE  
SMALL GROUPS  
MINISTRY IN  
PARTNERSHIP WITH THE  
C.O.R.E. & FIT BY GOD  
MINISTRIES**



## LEADERSHIP CHAPLAIN'S CORNER

### YOU ARE A WORK IN PROGRESS THAT WILL BE COMPLETED!

As I was thinking about what to say in this article, my thoughts reined around three FMZ Brothers whose living impacted mine. First, Brother Alton Moore whose vocal musical talents praised our Father from the choir loft. Second, Brother George Hampton whose community service in education and activism improved the Prince William County. And finally, Deacon Emeritus John W. Jones, Jr. whose pioneering efforts led to a more inclusive U. S. Marine Corps, docent at the Marine Corp Museum and life member of the NAACP. His Christian faith led him to become a leader in this church and its' mission. We were all blessed by their contributions.

God will never leave incomplete what He has begun in you. He will never abandoned His plan or abort His purpose in your life. You will never die before God has had a chance to finish what He's started in you. If you place your trust in God and follow Him. God will continue to complete the good work He is doing in you, working productively right up until His finished product is unveiled in Heaven – you...as you were created to be.

*"Being confident of this very thing that He begun a good work in you will complete it until the day of Jesus Christ."*  
Philippians 1:6 NBKJV

[101 Amazing Things God thinks about You](#)

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

*To all those celebrating in  
August!*



## Associate Ministers ENCOURAGEMENT AND

### "THE JOURNEY THROUGH SEASONS"

As we experience and journey through the heat of the summer-time, I am reminded of how much I love this time of year. The sun is shining bright, the sunrise is earlier, and the sunset is later, making the days seem and feel longer even though we still have the same twenty-four hours. It feels like we have more



time, more energy, more excitement to get out and do things and as much as I love the spring and summer months, I know that seasons, indeed, change. In order for me to get to the "good part" and the seasons that I enjoy most, I also have to journey through my least favorite seasons, fall and winter. Life is very much like this, we get to enjoy the seasons that we love like weddings, babies, traveling, elevations in ministry, and first-time homeownership but there are also seasons that we have to journey through that are heavy, confusing, tiring, and an overall drag in order to get to the seasons that we enjoy most. God allows us to experience all seasons of life to build our capacity of faith and trust in Him.

While we endure the seasons that are difficult, we know that we can find peace and comfort in the God of our salvation as we reflect on how He brought us out of trials and tribulations before. As believers in Jesus Christ, we know that uncomfortable seasons pass, and joy always comes in the morning! I'm reminded of Exodus 14:14, "The Lord will fight for you, and you shall hold your peace." Beloved, know that God's got you covered in every season and that He's always fighting for you because He loves you and wants the best for you.

I challenge you to find joy in every season as you continue to press into the presence of God knowing that He is present in every season! God bless you!

*Submitted by  
Reverend Kara Franklin-Taylor*

Members of the Women's Ministry Intercessory Prayer Team staying in touch during the summer hiatus at a fellowship at Sis. Bell's home. A great time was had by all!!!





# Congratulations to our 2023 Graduates and Scholarship Award Recipients

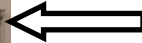
## FMZ 2023 GRADUATING CLASS AND SCHOLARSHIP AWARD WINNERS



## 2023 BELL FAMILY SCHOLARSHIP AWARD WINNERS



Back Row: Wayne Bell, Carol Bell, Cheryl Bell Brathwaite, Oonagh Bell  
Front Row: Naomi A. Woolfolk, Jason A. Wilson, Paige A. Woolfolk



### FMZ Graduating Seniors and Scholarship Award Winners

#### Scholars Award

Gabriella Barner  
Lauren Mitchell  
Emmanuel Walker  
Naomi Woolfolk  
Paige Woolfolk

#### Achiever Award

Jason Wilson



#### Performer Award

Christopher Bushrod, Jr.  
Michael Crawford Jr.  
Christian Daniels  
Jada Johnson



FMZ DEACON MINISTRY  
2023



to Deacon Sam Bagwell on receiving the March of Dimes 2022 top Fundraiser Award and second place for 2023. To God be the glory for all that He has done!





## GRIEF vs. Clinical Depression - The Differences

Grief and depression share similar symptoms, but each is a distinct experience. Grief is triggered by loss, Depression isn't. Grief can be defined as the natural response to any loss (death of a loved one, divorce, romantic break-up, loss of a job, loss of a pet, loss of friendship, etc.). Almost everyone experiences some form of grief during their lives. Depression is a clinical condition that can become deadly if left untreated. To be diagnosed with depression from a medical professional, a person must have a certain number and combination of symptoms. These symptoms must be present nearly every day for at least two weeks.

**Grief symptoms** are unique to each individual but can include any combination of: change in appetite, sleep disturbance, fatigue/exhaustion, tearfulness, difficulty concentrating, avoidance of people and situations, suicidal thoughts or actions, anger, sadness, loneliness, feelings of hopelessness, neglect of hygiene, loss of interest in work or activities, anger at self, deceased person, God.

**Clinical Depression symptoms.** Some criteria for diagnosis include presence of: depressed mood or irritability, loss of interest or pleasure in activities, loss of appetite, significant weight loss, sleeping too much or not enough, sluggish movements, fatigue, loss of energy, feelings of worthlessness, difficulty concentrating, recurrent thoughts of death or suicide, significant impairment in functioning.

**Differences.** There are many similarities between grief and depression. The chart below shows the important differences. It is important to keep in mind that a person could be experiencing grief and depression at the same time.

GRIEF	DEPRESSION
There is an identifiable loss	A specific loss may or may not be identified
The person's focus is on the loss	The person's focus is on self
Fluctuating ability to feel pleasure	Inability to feel pleasure
Fluctuating physical symptoms	Prolonged and marked functional impairment
Closeness of others is usually comforting	Persistent isolation from others and self
Able to feel a wide range of emotions	Fixed emotions and feeling "stuck"
May express guilt over some aspects of the loss	Has generalized feelings of guilt
Self-esteem is usually preserved after the loss	Feelings of worthlessness and self-loathing common
Thoughts of death are typically related to wanting to be reunited with the deceased love one	Thoughts of death related to feeling worthless, undeserving of life unable to cope with the pain

If you or a loved one identifies with several of the symptoms of depression, it is important that you consult with a physician or mental health provider. Depression is usually treated with a combination of both psychotherapy and medication. Grief is not treated with medication. Many bereaved people have found individual or group support to be helpful in finding ways to cope with their grief.

### Sources

Diagnostic and Statistical Manual of Mental Disorders- DSM-5-TR (5<sup>th</sup> edition - 2022). American Psychiatric Association: Washington, DC.

Grief vs. Depression: What You Need to Know and When to Seek Help - Hospice of the Red River Valley (hrrv.org) Download 7/15/23

Grief Fact Sheet 2021 - Therapist Aid LLC Provided by TherapistAid.com

What is Depression? 2015 – Therapist Aid LLC Provided by TherapistAid.com

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

PLEASE CONTINUE TO PRAY  
FOR OUR MEMBERS WHO ARE

# Sick & Shut-in



Click on the link below for more information:

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





## "MY GODLY PURPOSE ON EARTH"

by Lisa Hall (Zone D-1)

I think growing up I did not know what my purpose was on this earth. As I got even older, I feared that if I found my purpose, then there would be no more reason for me to live. However, I see I am still living, and I think I have found my Godly purpose.

Firstly, I want to give praise and thanks to my GOD who has given me four beautiful ambitious children that included two sets of twins. Now what is my purpose? I never thought I have done anything spectacular. I have felt average. I work two jobs to help make ends meet. I did not finish college. I have worked in lots of jobs I did not like yet continued to do my best. Before COVID and after facing some health challenges, I served faithfully as an FMZ Usher.

But, in May of this year, 2023, I saw my Godly purpose being fulfilled in my children.

The two eldest of each set of twins received their Masters Degrees. "Thank You Jesus!!" Amber is a U.S. Navy reservist and received her Master of Science Degree from the Virginia Commonwealth University (VCU) in Nursing, with a concentration in psychiatric-mental health nurse practitioner. She is currently studying to take and pass her boards.

Marquis received his Master of Arts Degree in Urban Affairs from Norfolk State University (NSU). He is actively seeking a job with the Norfolk Police Department with a long-term goal of transferring his skills to Homeland Security in Law Enforcement. He also wants to join the U.S. Air Force reserves.

The two youngest of the two sets of twins continue to thrive as well.

Ashley, Amber's twin, already has her Masters in Higher Education from the University of Massachusetts-Amherst (UMAS). She currently works at the University of New York (NYU) as a live-in Program Administrator for Residential Life & Housing - Faculty Programs/Student Affairs.

Mykaela, Marquis' twin, has become a Certified Nursing Assistant and is working full-time for Kaiser-Permanente, working between various Kaiser locations to assist doctors with their patients. She is also working part-time with Sentara on the weekends. Mykaela is now planning to enroll in nursing school.

What is the common denominator in all my four kids? That would be the will to help others and make a difference in this messed up world. I now know that I am here on earth to guide and watch my now adult children prosper and carry out the Will of God. Both my husband, Donald, and I are humbly proud of them. Thank you, God, for showing me my purpose!!



L-R Bottom: Donald (Husband), Amber, Lisa  
L-R Top: Ashley, Marquis, Mykaela



## BY MY SPIRIT, SAYS THE LORD!

Continue to pray wherever you are during the noon hour, or whenever you get a break to pray.

### Prayer:

"Lord, we thank you that you are Jehovah Shalom, our peace. During these challenging times, more than ever, we need your peace and we need rest for spirit, soul and body. You established the Sabbath as a day of rest, and to focus our heart and minds on you as we come together in corporate worship.

May we learn to take our burdens to you and cast our cares on you so that we can find rest for our souls. Thank you, Jesus that you called us to come to you when are tired and weary. You promised to give rest for our souls and that your yoke is easy and your burden is light.

We pray for caregivers and other servants who give so much of themselves in serving others. May we always remember to take our burdens to you and leave them there. In Jesus Name we pray and give thanks, Amen!"

### Scripture:

*Zechariah 4:6 NKJV*

*So he answered and said to me: "This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the LORD of hosts.*

*Zechariah 4:6 AMPC*

*Then he said to me, This [addition of the bowl to the candlestick, causing it to yield a ceaseless supply of oil from the olive trees] is the word of the Lord to Zerubbabel, saying, Not by might, nor by power, but by My Spirit [of Whom the oil is a symbol], says the Lord of hosts.*

*Philippians 4:6 NKJV*

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

*Philippians 4:6 AMPC*

*Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.*

### Devotional:

Not by Might, Nor by Power" - <https://dailybible.co/p/r1eai3rIWM/>.

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

Sister Carol-Ann Benjamin  
Deaconess Pamela Ford  
Rev. Maxine Thompson





**Bessie Coleman**, born to a family of sharecroppers in Texas on January 26, 1892, was an early American civil aviator. She was the first African-American woman and first Native American to hold a pilot license. She earned her license from the Fédération Aéronautique Internationale



on June 15, 1921, and is the earliest known Black person to earn an international pilot's license. Coleman worked in the cotton fields at a young age while also studying in a small segregated school. She attended one term of college at Langston University. Coleman developed an early interest in flying, but African Americans, Native Americans, and women had no flight training opportunities in the United States, so she saved and obtained sponsorships in Chicago to go to France for flight school.

She then became a high-profile pilot in notoriously dangerous air shows in the United States. She was popularly known as "Queen Bess" and "Brave Bessie,"[9] and hoped to start a school for African-American fliers. Coleman died in a plane crash in 1926. Her pioneering role was an inspiration to early pilots and to the African-American and Native American communities.

**Fanny Jackson Coppin**, one of the first Black alumnae of Oberlin College, was born on October 15, 1837. She was an American educator, missionary and lifelong advocate for female higher education. serving as principal of the Institute for Colored Youth in Philadelphia and later became the first African American school superintendent in the United States.

Born into slavery, Fannie Jackson's freedom was purchased at age 12 by her aunt for \$125. She spent the rest of her youth in Newport, Rhode Island working as a servant for author George Henry Calvert, studying at every opportunity.

On December 21, 1881, Fanny married Reverend Levi Jenkins Coppin, a minister of the African Methodist Episcopal Church and pastor of Bethel AME Church Baltimore. She started to become very involved with her husband's missionary work, and in 1902 the couple went to South Africa and performed a variety of missionary work, including the founding of the Bethel Institute, a missionary school with self-help programs. After almost a decade of missionary work, Fanny Jackson Coppin's declining health forced her to return to Philadelphia, and she died on January 21, 1913. Along with many other prominent Black Philadelphians, Jackson Coppin is buried at Merion Memorial Park in Bala Cynwyd, Pennsylvania.



Not all Africans came to Virginia in chains during the colonial period. **Benjamin Lewis**, a black servant on a plantation in what is now Prince William County, filed a complaint in the county court on 20 May 1691. Lewis claimed that he was free in England,

and had been brought into this country under a contract to serve four years, just as white indentured servants were. His contract, signed in England on 11 June 1686, is among the records of Stafford County. His master, William Harris, claimed the paper was forged. The jury found that the contract was valid and ordered Lewis's release. William Harris appealed the decision, but records of the appeal's outcome are unfortunately lost. William Harris died in 1698 and was buried near Neabsco Creek and Route 1. Later, in the twentieth century, his tombstone was moved to Pohick Church in Fairfax County, where it may be seen today. We don't know what became of Benjamin Lewis.

Dumfries drew international attention to itself in 1963. It was the first municipality in Virginia to elect an African American to public office since the era of Reconstruction after the Civil War. During the time when some parts of Virginia experienced massive resistance to integration, Wilmer Porter, proprietor of a local auto repair business, was elected to the Dumfries Town Council. His wife, Mary, was one of four black teachers chosen about the same time to begin the pilot desegregation program in Prince William County schools. **Wilmer Porter** served as a member of the Town Council until 1980. Mary Porter retired after 16 years teaching at Dumfries Elementary School. In 2005, the Porter Traditional School was named in her honor.

**Lucasville Road**, south of Manassas, got its name from Lucasville, a community founded by freed slaves. Lucasville was named for the family of Charles Lucas, a former slave of the Johnson family of Bloom Hill, who was 80 years of age in 1880. By 1880 the community had become the largest African-American village in central Prince William County, with a population of over 100. A one-room school, number 5 in Manassas District, opened in Lucasville in 1883, and remained in operation until 1926. A decline in attendance then led to its closing and its students being bussed to the Brown School in Manassas. Between 2005 and 2008 Lucasville School was dismantled and reconstructed through the efforts of citizens, County officials and Pulte Homes, Inc. It is possibly the oldest surviving one-room school building in Prince William County and is now located at 10516 Godwin Drive in Manassas. The school is open by appointment and for special events and programs.

A slave woman in Prince William County was the inspiration for one of the men who joined John Brown's raid and gave his life at Harper's Ferry, an event leading to the American Civil War. Dangerfield Newby, a freedman, had tried unsuccessfully to purchase the freedom of his wife, **Harriet**, and seven children, owned by Dr. Lewis A. Jennings of Brentsville. In desperation, Newby agreed to help Brown foment a slave uprising in order to rescue his family. During the battle at the Harper's Ferry arsenal, he was the first of Brown's company to be killed, October 17, 1859. After his death, three poignant letters from his wife were found among his belongings. In her last letter she said "I want you to buy me as soon as possible, for if you do not get me somebody else will . . . their [there] has been one bright hope to cheer me in all my troubles, that is to be with you ..." It is believed that she and her children were sold away to Louisiana a short time later.



Prepared by the staff of Bull Run Regional Library; updated January 2013





... from the desk of the  
*Church Business Administrator*

## JOB VACANCY

We are actively recruiting for the position of  
**Accounts Receivable Clerk**

Job qualifications include a college degree in accounting or finance, minimum of five years of paid work experience in accounting; and a working knowledge of a bimonthly payroll of at least twenty employees.

If chosen, you will be subject to a criminal background check and drug screening.

Working remotely is not an option.

Applications can be picked up from the Administrative Office at the Church or can be downloaded at [www.fmzbc.com](http://www.fmzbc.com). Submissions may either be emailed to

[employment@firstmountzionbc.org](mailto:employment@firstmountzionbc.org)

or mailed to:

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](mailto:IT4U@firstmountzionbc.org)

or

[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)

You may give online, accessing the link through the FMZBC website: [WWW.FMZBC.COM](http://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:

Sis. Vicky Borrer  
[vborrer@firstmountzionbc.org](mailto:vborrer@firstmountzionbc.org)  
(703) 670-0184

**History will judge us by the difference we make  
in the everyday lives of children. Nelson Mandela**



## ATTENTION ALL ZOOM MEETING HOSTS:

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post - meeting ID and passcodes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link.

Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and, if necessary, can use the list to verify people before they are allowed in the meeting.

For those who schedule ZOOM meetings, to follow is a short video on how to enable the registration feature to Zoom meetings.

How to set up a Zoom registration link for better security:  
<https://youtu.be/VgomCzNnii4>

## VOLUNTEER SCREENING

September 17th  
October 15th  
November 19th

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

**PARENTS, HELP US CELEBRATE AND  
ENCOURAGE OUR KIDS!!!!  
HERE IS AN EASY WAY TO DO IT!!!**

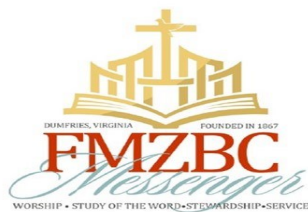
## YOUTH MINISTRY ON BLAST!

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 these sections, please send their name, contact information, and accomplishments to [youthministry@firstmountzionbc.org](mailto:youthministry@firstmountzionbc.org).

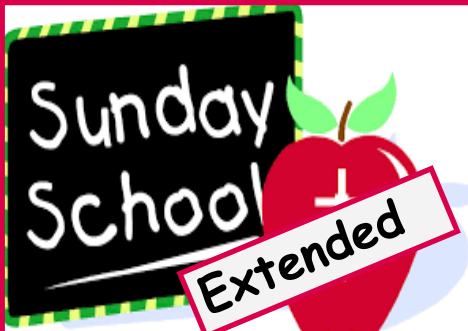
Accomplishments can be in the areas of athletics, community, scholastics, overcoming personal challenges, or simply a youth who needs encouragement.

For additional information or questions, contact Rev. Beverly Jiggetts, Youth Minister [bjiggetts@firstmountzionbc.org](mailto:bjiggetts@firstmountzionbc.org).





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*



Sundays at 9:45 a.m. on ZOOM

Register in advance at  
<https://bit.ly/FMZBC-SSE>

After registering, you will receive a  
confirmation email and information  
about joining, including the meeting  
link and dial-in phone number.

## ATTENTION!!!

**PLEASE CHECK THE  
FMZ WEBSITE FOR A  
COMPLETE LISTING OF  
MINISTRY ACTIVITIES,  
INCLUDING ANY CAN-  
CELLATIONS OR RE-  
SCHEDULING.**

May your  
**L I F E**  
preach more  
loudly than  
your lips.

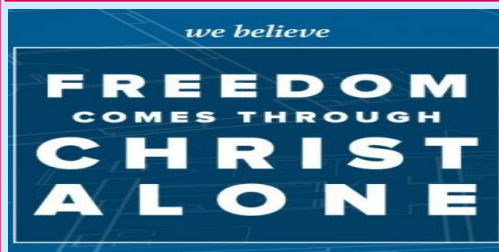
QUOTEDIARY . R E



**TRANSPORTATION  
MINISTRY HAS BEEN  
TEMPORARILY SUS-  
PENDED DUE TO  
COVID-19 AND WILL  
RESUME WHEN FULL  
ACTIVITIES AT THE  
CHURCH HAVE BEEN  
RESTORED!**



The last day to register for August  
SHARE packages is Friday, August  
11th. SHARE packages are \$23 for  
food valued between \$35 and \$45.  
POC: Thomas Bates, 703-772-8837.  
Distribution will be on August 26, 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 Communi-  
cations and Publicity Ministry. Submis-  
sions 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](mailto:cpm@firstmountzionbc.org)

or through our web form at:

[http://bit.ly/FMZBC\\_Articles](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  
Sister Sylvia Moore  
Sister Roslyn Parker  
Reverend Kathy Russell  
Deaconess Claudia Woolfolk

Rev. Dr. Luke E. Torian, 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](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

## SERVICE SCHEDULE

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](http://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)



**YouTube**

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

We all have days where we  
don't know how we will go on.  
Loved ones hurt us. Finances  
worry us. Sickness may overtake  
us. We lose people we love. But  
God will always be there to guide  
us through tough times.  
Keep the faith.