



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



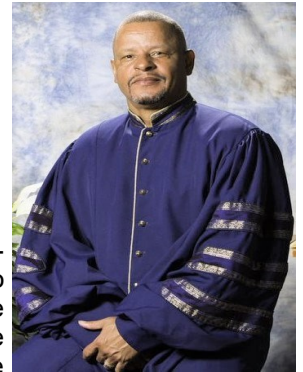
A Ministry Exhibiting a Spirit of Excellence!

A Word from the Pastor



LET'S COME TOGETHER

Hebrews 10:25 speaks to the importance of coming together for worship. When we come together, we are to encourage each other in the faith. The pandemic and the after-effects will be with us, but we cannot be afraid. We must be cautious and take care of ourselves but do not be afraid. Our hybrid Ministry (meaning in person and streaming platforms) is a blessing, but I want to encourage you to come back to "in-person" worship and Bible Study on Wednesday nights.



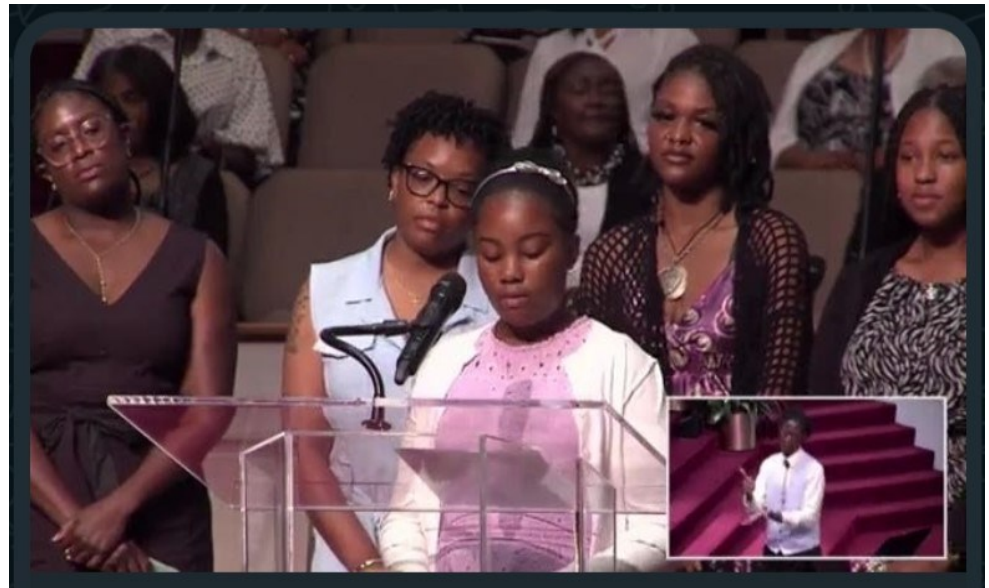
As we return to the Ministries' activities in September, be prayerful about your attendance and service to the Kingdom. You have been missed and I look forward to seeing you in person. Encourage your family and friends to join you in worship on Sundays at 11:00 am. We have discontinued the check-in process upon entry to the building (no temperature or proof of vaccination) and masks are optional. Thank you for all you do serving this Ministry and the community.

Looking forward to seeing you in September in worship!

Pastor Luke E. Torian



**MEMBERS OF OUR DYNAMIC YOUTH MINISTRY ALONG WITH THE CORE
SHARED THEIR EXPERIENCES AND DISCUSSED HOW THE MISSION TRIP TO
ARIZONA IMPACTED THEIR LIVES! WHAT POWERFUL TESTIMONIES!**



Youth Ministry



September signals the start of a renewed time of cultivating spiritual growth in our young people after the summer “break”. We have tried to develop programs for our youth that will interest them, allow time for wholesome fun and fellowship, and help them see their faith as a tool to combat life’s challenges and serve others. Below are some programs offered through the Ministry:

Youth Bible Study - Wednesdays at 7:40-8:30 pm in person and via zoom. This youth only Bible study “for life” is geared toward exposing our young people to Biblical Principles to help them cope with life’s challenges and enhance their spiritual growth. Held in the Executive Conference Room. Resumes Wednesday, September 6, 2023. FMZ members and nonmembers are welcome.

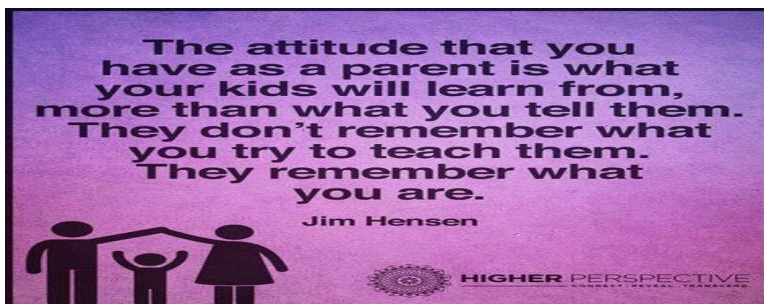
“First Friday” 7-9pm – Structured social gathering and fellowship. Usually, held in the gym and “Grain of Heaven” and includes dinner. When onsite, FMZ members and nonmembers are welcome. Offsite events are currently open to FMZ members only. First Friday resumes September 8th, since the “first Friday” in September is during the Labor Day weekend.

Youth Group Meetings - these occur after Worship Service on third Sundays from 12:30 to 2:00 pm. **This is also only for the youth.** Meetings include some social time but also allows time for longer exploration of Biblically-related and other topics and service projects. Topics are facilitated by in-person and virtual speakers. Open to members and nonmembers.

We also like to celebrate our youth through articles about their accomplishments in our “Messenger Newsletter.” Submit information to bjiggetts@firstmountzionbc.org.

This is just a sample of what we do in the Youth Ministry. So come join us as we grow in our faith and grow together!

Reverend Beverly Jiggetts
Youth Minister
bjiggetts@firstmountzionbc.org



When you let the youth lead, you will learn things about them you never knew and discover skills and talents you didn't know they had!!!

What's INSIDE

Youth Ministry on Blast	2
Deaf Ministry	3
Stay Connected	4
Revival Wrap-Up	5
Encouragement for the Soul	5
Mental Health	6
Noonday Prayer	6
Fitness-in-Place	7
Black History Corner	8
From the desk of the CBA	9
SHARE Registration Information	10

Seniors' MINISTRY Have you thought about joining the Seniors' Ministry? Well now is a good time to fellowship with other Seniors 55 and older. We currently meet once a month and welcome you to join us. Please send an email to Sis. Shirley Hardy (Shirleybhardy@gmail.com) and you will be contacted.



We encourage all Kids to join FMZBC Kids' Kingdom Worship, every 3rd Sunday at 11 am (beginning again on September 17, 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





Please join FMZ's Deaf Ministry in celebrating Deaf Awareness Month in September.

In the past, our own deaf members have indicated a real feeling of loss when unable to fully participate in the worship experience while under COVID restrictions. Now that the restrictions have been lifted, we encourage members of the deaf and hard of hearing community to worship in person and participate in ministries such as the parking ministry that Russell James enjoys. There are many ministries at First Mount Zion that we can serve and fulfill our church theme: "Growing Deeper, Growing Stronger, and Reaching Higher".

Deaf people often find that it is more difficult to get a good paying job and receive respect as an adult due to preconceived notions that being deaf limits abilities.

Here are a few things to do to "include" those who are deaf at work or in your community.

Always face the person and avoid covering your mouth and lip area. Large numbers of deaf or hard of hearing people are very good at lip reading to assist them in understanding the entire conversation.

Fill them in if someone else is contributing to your conversation who they cannot see but you can hear.

Give them a chance to respond and ask clarifying questions.

Did you know that American Sign Language is not universal? Think about how difficult it is to go to a foreign country with no knowledge of the language and a total inability to make yourself understood. The sign language used here (American Sign Language) is not used in other countries. Each country has their own sign language, and the signs mean different things. World Day of the Deaf is celebrated on the last Sunday of September to bring awareness and inclusion to all those who are deaf which is about 5% of the world population or about 360 million with about 600,000 of those in America.

Be sure to stop by the Deaf Ministry table in the Narthex on third Sunday, September 17, 2023, and get a purple ribbon to wear in support of Deaf Awareness and a tri-fold pamphlet with Deaf Awareness information to share.

*Submitted by
Deacon Vince O'Neal
Deaconess Pam Ford*



WELCOME
WELCOME

**OUR PASTOR
HAS REQUESTED
THAT WE
RETURN TO
IN-HOUSE WOR-
SHIP STARTING
NOW!!! WON'T
YOU JOIN US?
THERE IS A
BLESSING IN
BEING OBEDIENT!!!**



COME JOIN OUR
BIBLE
Study

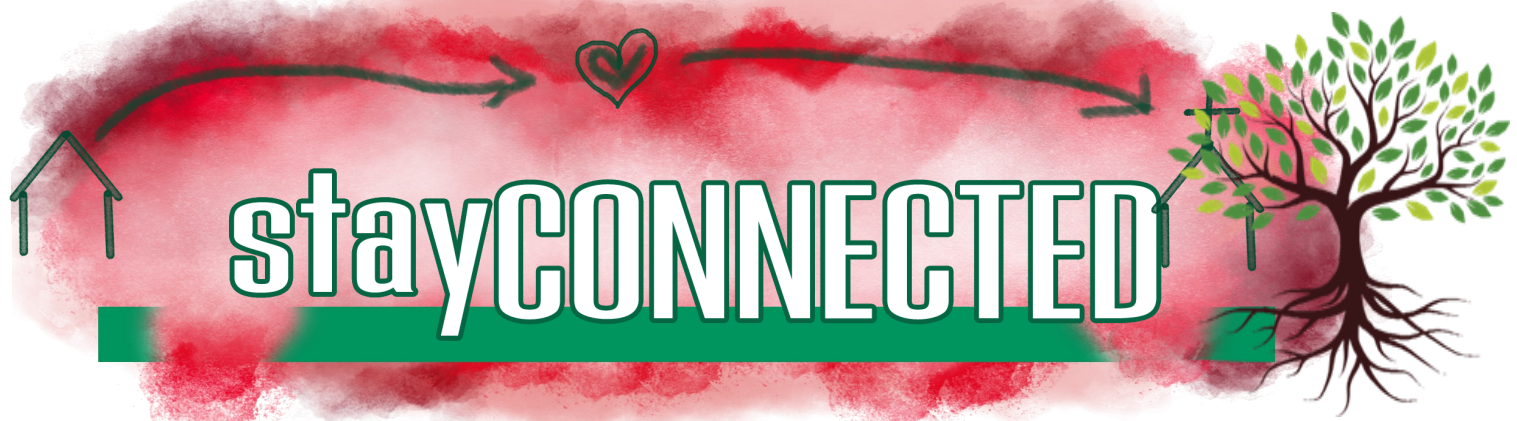
IN PERSON -
IN CHAPEL -
EVERY
WEDNESDAY
AT 7:30PM.

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

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

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

Study handouts are available online:
<https://firstmountzionbc.org/bible-study-handouts/>



ONLINE/IN-PERSON EVENTS

Wednesday Night Bible Study: For adults Wednesday at 7:30pm. Join us in person; www.fmzbc.com; YouTube; and Facebook.

Youth attend in person or via ZOOM. For ZOOM, please register using the following link: <https://us02web.zoom.us/j/89762921587?pwd=UHD2RVVvUWJrbmhNMnpPYUJkZjE4Zz09>

After registering, you will receive a confirmation email containing information about joining the meeting.

Communion Distribution: Saturday, September 23, 2023, 10am-noon. FMZBC, Stafford, Springfield.

Labor Day: Office will be closed September 4, 2023.

Annual 5K/Run/Walk: October 7, 2023 at 9:00 a.m. at Occoquan Regional Park. Register now through September 10th. DJ on site; catered fellowship; award ceremony!

Sunday School Hybrid: 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. For those attending the class via ZOOM Please use the following link to register for SSE-Hybrid: <https://us02web.zoom.us/j/89762921587?pwd=UHD2RVVvUWJrbmhNMnpPYUJkZjE4Zz09>
We look forward to seeing you there!

Lesson Guide Handouts are available for download from <https://firstmountzionbc.org/weekly-sunday-school-lessons/>

POC: Reverend Gillis Taylor
Sunday School Superintendent
SundaySchool@FirstMountZionBC.org

ONLINE/IN-PERSON EVENTS

WOMEN'S MINISTRY FELLOWSHIP

From Warrior to Warrior!

Saturday, September 9, 2023

9:00 a.m.—10:30 a.m.

Via Zoom

Speakers: Reverend Dr. Sandra K. James
Reverend Carolyn Taylor

MEN'S MINISTRY FELLOWSHIP

ATTENTION ALL MEN!!!!Join our In-Person Only Fellowship

"Our Inheritance Through Christ's Blood!"

Saturday, September 9, 2023

9:00 a.m.—10:30 a.m.

Speaker: Reverend Glen A. Thompson

SENIORS' MINISTRY FELLOWSHIP

Meet and Greet—Grain of Heaven

Wednesday, September 20, 2023

11:30 a.m. —1:30 p.m.

VOLUNTEER SCREENING:

2023 Session dates: 9/16 and 11/18

POC: Sister Cynthia Zorn Pettigrew
703 -730-5227

zornpettigrewcl@comcast.net

or

Sister Clarice Torian

703-730-6353

toriancj@gmail.com

MUSIC & ARTS MINISTRY REHEARSALS SEPTEMBER

WOMEN'S CHOIR, Tues 26 - 7PM

MEN'S CHOIR, Tues 19 - 7:30PM

MASS CHOIR, Thurs 28 - 7PM

VOLUNTEERS NEEDED

Are **YOU** 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 helping with event set-ups and break-downs? Please contact Ernest Robbins, Facilities Manager, at erobbins@firstmountzionbc.org; or, if you would prefer to serve in food service with the Grain of Heaven, contact Sherise Campbell, Food Service Director, at scampbell@firstmountzionbc.org; and, if you choose to volunteer in the Audio Visual Ministry, which includes Wednesday night Bible Study, Sunday Worship, Homegoing Services, Weddings, and other Ministry Activities, please contact Renee Woolfolk at:

rwoolfolk@firstmountzionbc.org

DEAF MINISTRY

ASL Interpreter on site each Sunday at 11am in-person Worship Service and at the monthly Deaf Ministry ZOOM meetings.

Meeting Date/Time:

September 11th @ 7pm

(2nd Mondays monthly).

Please check back for the ZOOM link. POC for the ZOOM link:

Deaconess Pamela Ford

pdford61@verizon.net



VISIT US ONLINE at www.FMZBC.com



Those of you who were unable to attend our “spitfire” revival, missed an awesome time. Our own Reverend Glenda Brown started the fires burning on Sunday. We were treated to a message which gave us lots of food for thought as she encouraged us to **Trust The Process**, taking her text from 1 Kings 17:8-16.

That meal was followed up by Reverend Dr. Danielle E. Brown (no relation) for three straight nights, keeping us on the edges of our seats as we impatiently waited to find out what the meal was going to be. Oh what a time we had!!



On Tuesday night, Dr. Brown’s sermon titled **“I AM SOME PEOPLE,”** using Matthew 28:16-18 as her base, was a stark reminder of how we allow doubt to take hold in our lives, even though we know what God has already done for us. She exhorted us to recognize that doubt is an enabler and in order to be overcomers, we have to override doubt with truth by reminding ourselves who God is and what He has already done. She cautioned us to remember that we have survived every plot of the enemy who wanted to take us out, but it was only because God has all power that was given to Him by the Father, that we are still standing.



Then, on Wednesday night, Dr. Brown spoke from John 20:19-22 about **“A SHIFT!”** She reminded us that too often on life’s journey, we lock ourselves into rooms called complaining, but we need to ask God to breathe on us because there is so much going on with us. We were reminded that Jesus has already provided everything we need, but are we postured to receive it? We need something to overcome the power of the enemy, and that is the spirit of the living God to fall fresh on us, to breathe on us, and fill us to the overflow. All we need to do is put our trust and faith in Him, and open our hearts, our minds, and our spirit to receive the Holy Spirit, and allow Him to refresh us!



Dr. Brown closed out the Revival on Thursday night, speaking from Colossians 3:1-4, and challenged us to **GO LIVE!** In order for us to go live, we must remember that Christ is all sufficient; that where He is matters; that He is lifting us up, and all we need to do is to keep our focus on Him. She told us that what we see and hear should not determine how we live. Just remember what happened to us and do not forget who Jesus is. He died that we might live, so...**GO LIVE!!!**



Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

THERE’S A PRAISE IN WAITING



Have you prayed about a situation, place, or thing that you wanted God to change in your life? You’ve spent weeks, months and possibly years praying, trusting, and believing God to propel you through your situation; the place you no longer want to be or the thing you want removed from your life that is causing you distress. A season of wilderness is upon you, but even during this tough time, this place of discomfort and this place of trials, know that God is still faithful. During this wilderness season, you may have a difficult time enjoying the fullness of life. However, take comfort in knowing that God is still near. Even as you cry out to God to relieve you from your pain, remember that the Bible tells us that we are the apple of God’s eyes. God is an unchanging God, the One who is the same today, yesterday, and forever more. Know that change is coming and there is a blessing in your waiting because it’s an opportunity to rest in His comfort.

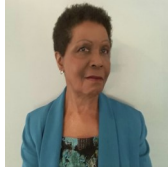
What do you do when your season of wilderness is over and your prayers have been answered, your midnight has turned into morning and your morning joy is upon you? This is when it’s time to shift from a praise of hope to a praise of testimony about the goodness of God!

But sometimes we find ourselves unsure about how to move forward after living through a season of hoping for change. Our uncertainty may come from a fear that maybe it only seems like God has answered our prayer. Sometimes we allow negative thoughts to have too much space in our hearts and minds. Beloved, don’t allow doubt to sink in and don’t become fearful to speak about how God has blessed your situation. Take comfort in knowing that our Heavenly Father who sent His only begotten Son into the world loves us above and beyond our ability to fully understand the majesty of God’s love for His children. God bless you.

Reverend Carolyn Taylor
Associate Minister

GASLIGHTING AND MENTAL HEALTH

When you are being gaslighted, it can have a negative impact on your mental health and lead to depression and anxiety. It is also thought to be linked to nervous breakdowns and panic attacks. That's why it's important to recognize when you are experiencing gaslighting.



Gaslighting is a type of manipulation that causes a person to doubt their own beliefs, sanity, or memory. Gaslighters undermine the trust a person has in their reality. They create a world in which the victim's point of view is untrustworthy, dysfunctional, or wrong.

Rather than a single event, gaslighting tends to occur over weeks or years. The gaslighter steadily chips away at the victim's self-confidence and well-being. Over time, the victim's self-doubt can lead them to feel confused, scared, and unhappy. Gaslighting can occur in romantic relationships, friendships, families, and in the workplace. Abusers may be any gender, and gaslighting may also take place within any relationship.

Someone trying to gaslight you typically wants to confuse you and make you doubt yourself to make it more likely you'll go along with what they want. Gaslighting examples: (1) They minimize your feelings, suggest your emotions don't matter, or accuse you of overreacting. (2) They question your memory, make up new details, or deny that something happened. They might blame you for the situation instead. (3) They brush off your attempts to have a discussion or accuse you of trying to confuse them. (4) When you bring up a concern about their behavior, they change the subject to turn it back on you by suggesting you're making it up. (5) When you mention a specific event or something they said, they might say they can't remember or tell you it never happened at all. (6) They suggest to other people that you can't remember things correctly, get confused easily, or make things up.

Within the workplace, gaslighting is believed to rely on external reinforcement to be effective. For example, an individual who make their coworker feel unskilled and mentally off may do so to appear competent in the eyes of the supervisor. Some workplace gaslighting behaviors may include: stealing credit for another's work; throwing coworkers under the bus, pitting coworkers against each other, giving undeserved negative review.

Some suggestions to defend against gaslighting include: (1) Keep a journal to document events and conversations from your own perspective while they are still fresh in your mind. (2) Review the situations in which you were gaslit. (3) Recall events from your own perspective, not the gaslighter's. (4) Trust yourself again and again. Your memories, thoughts, and beliefs are valid—Learn to overcome doubt and trust yourself once again. (5) Talk to people you trust—Share your situation with others who understand and support you and/or seek professional support. If you are employed, your agency or organization may offer an Employee Assistance Program (EAP) that offers free short-term counseling and referrals.

Sources:

Gaslighting Warning Signs (2022). Therapist Aid LLC. TherapistAid.com Retrieved 8/14/22
Healthline.com Updated 6/21/22 - (8 Ways to Deal with Gaslighting (healthline.com) Retrieved 8/14/2023
Winnig, S. (2012-2023) What Is Gaslighting. Therapist Aid Worksheets Article: www.TherapistAid Retrieved
Lonczak, S., Ph.D. (2020). What is Gaslighting? 20 Techniques to Stop Emotional Abuse (positivepsychology.com) Retrieved 8/14/23.

*Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister*



I WILL DO A NEW THING IN YOU

Please pray wherever you are during the noon hour.

Prayer:

We pray for healing and revival for individuals, marriages, families, churches, communities, this nation, and the world, and may it begin in us. As we see the signs of the last days coming to pass all around us, may we have more of a sense of urgency to reach others for Christ.

We pray for a bond of unity and love within the Body of Christ as God helps us to individually and corporately become more deeply rooted and grounded in God's Word and strengthened in our faith and walk with God so we can become the salt and light that God has called us to be. We are praying for a great harvest of souls in these last days. We give all the glory, honor and praise for what God has done, is doing and will do! Thank you in advance for the victory! In Jesus Name we pray, Amen!

Scripture:

Hosea 6:2 NKJV

After two days God will revive us; On the third day God will raise us up, that we may live in His sight.

Hosea 6:2 AMPC

After two days God will revive us (quicken us, give us life); on the third day God will raise us up that we may live before Him.

Isaiah 43:18-19 NKJV

[18] "Do not remember the former things, nor consider the things of old.

[19] Behold, I will do a new thing, now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.

Isaiah 43:18-19 AMPC

[18] Do not [earnestly] remember the former things; neither consider the things of old.

[19] Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.

Worship Song: "Lord Send Revival" -

<https://youtu.be/U5EAHk3uDXs>

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

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

FITNESS-IN-PLACE

EXERCISES FOR THE AGING

How we age varies widely from person to person, but we all naturally lose some of the functionality we had when we were young. One reason is the decline in muscle size and strength, which accelerates with physical inactivity. Fortunately, age-related muscle loss can be minimized by resistance training. Resistance training may also benefit bone-related disorders, such as osteoarthritis and osteoporosis. Combined with regular stretching, resistance training keeps joints flexible, which makes it easier to move comfortably while doing daily activities.

Learn more about exercise for the aging with the videos below, presented by the National Senior Games Association:

[Tone the Front of your Arms](#)

[Tone the Back of your Arms](#)

[Tone your Legs](#)

[Improve your Balance](#)

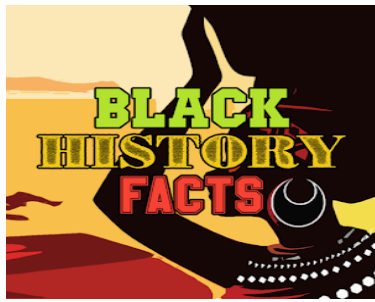
[Get your Abs Engaged](#)

[Stretch for Better Posture](#)

For questions or additional help, visit the Fit by God Fitness Complex or call 703-670-0225.

*Sister Lori Valkenburg
Fitness Director*





For many in the '80s, IBM computers were their first experience with the technology that would define the future. A big part of what made the company so successful is thanks to **Mark E. Dean**, an African-American inventor and computer engineer. He developed the ISA bus, and he led a design team for making a one-gigahertz computer processor chip. He holds three of nine PC patents for being the co-creator of the IBM personal computer released in 1981. This hardware add-on allowed peripheral accessories like printers, disk drives, and keyboards to be plugged directly into the computer. He holds three of IBM's original nine PC patents. His later breakthroughs included work that led to the creation of the color PC monitor and the first gigahertz chip, which allows a machine to compute a billion calculations per second and is instrumental in everything from computer systems to gaming consoles today.

Dean is the first African-American to become an IBM Fellow, which is the highest level of technical excellence at the company. In 1997, he was inducted into the National Inventors Hall of Fame and in 2001 he was elected to the National Academy of Engineering. In 1997, Dean was awarded the Black Engineer of the Year Presidents Award.



Remember those video game cartridges you'd swap in and out of your console and occasionally have to blow into to make work? That technology was made possible with the help of **Jerry Lawson**, the chief hardware engineer at Fairchild Semiconductor's game division. Lawson began his life cobbling electronics together as a child and making his own radio station in his housing complex. That interest in electronics led him to Fairchild and its burgeoning video games branch.



Lawson's highest-profile assignment was designing the electronics behind the Fairchild Channel F video game console in 1976. This system was interesting for a lot of reasons—the first of which was that players could now play against the computer, rather than needing another participant to work the game. More important, though, is the fact that he and his team had devised the first video game cartridge that would allow players to switch out to different games instead of needing them to be hardwired into the system. The technology already existed in a rough state and was licensed to Fairchild, but Lawson and his team perfected it, making video game cartridges an omnipresent part of the industry from the '70s all the way through to today. He was an African-American electronic engineer, known for his work in designing the Fairchild Channel F video game console as well as leading the team that pioneered the commercial video game cartridge. He was thus dubbed the "father of the videogame cartridge" according to Black Enterprise magazine in 1982. He eventually left Fairchild and founded the game company Video-Soft.



Oscar Micheaux is credited with being the first Black American to make a feature film and is one of the more successful Black filmmakers of the early years of the movie industry. Micheaux worked as a porter for years before homesteading a farm in South Dakota and getting to work as a writer. One of his books, *The Homesteader*, was of interest to the country's first Black film production company, the Lincoln Motion Picture Company.

However, instead of taking the film company's offer, Micheaux decided to produce it himself independently to have more control over the project. In his career, he produced more than 40 movies, with many of them garnering controversy from Black audiences, white audiences, and often both. And though he never won much praise from contemporaries or film historians, Micheaux's story is an outlier during a time when Black filmmakers were basically unheard of.

Although the short-lived Lincoln Motion Picture Company was the first movie company owned and controlled by black filmmakers Micheaux is regarded as the first major African-American feature filmmaker, a prominent producer of race films, and has been described as "the most successful African-American filmmaker of the first half of the 20th century". He produced both silent films and sound films.



Lewis Howard Latimer, an American inventor and patent draftsman, was born in 1848 to parents who had fled to Massachusetts after seeking freedom from slavery. After serving in the Civil War, Latimer taught himself technical drawing, which led to him designing a number of inventions, including a take on an air conditioner unit and a new style of bathroom for rail cars. He soon began working with Alexander Graham Bell, helping him with the drawings that would eventually be part of Bell's patent for the telephone. His inventions included an evaporative air conditioner, an improved process for manufacturing carbon filaments for light bulbs, and an improved toilet system for railroad cars. In 1884, he joined the Edison Electric Light Company where he worked as a draftsman. The Lewis H. Latimer House, his landmarked former residence, is located near the Latimer Projects at 34-41 137th Street in Flushing, Queens, New York City.

Most notable, though, was Latimer's own patent for a carbon filament. Before this, Thomas Edison's light bulbs were powered with a filament made of paper, which would burn out quickly. This carbon filament would last far longer and helped popularize the bulb for average users. The patent was sold, and Latimer then patented the process to efficiently produce the filament on a large scale. His electrical and engineering know-how led to him supervising the installation of public lights throughout major cities like New York, Philadelphia, and London.





... from the desk of the
Church Business Administrator



We are actively recruiting for the following full-time positions with Health & Retirement Benefits; however, **working remotely is not an option:**

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 bi-monthly payroll of at least twenty employees. If chosen, you will be subject to a criminal background check and drug screening.

Audio Engineer and Visual Technical Director

Following are the requirements:

- ♦ a passion for live production with expertise in mixing;
- ♦ a teaching spirit
- ♦ experience working with musicians, choirs and AV volunteers is a plus.
- ♦ Working knowledge of AV and live streaming platforms is a must.
- ♦ must be able to work a flexible work schedule based on the needs of the Church during the weekday/evenings/weekends.

If you have formal training; a minimum of two years of paid work experience mixing sound in a church setting, and an interest in supporting the Ministry through your vocation, then this is the position for you! Candidates with comparable experience are encouraged to apply.

Applications can be picked up from the Administrative Office at the Church or can be downloaded at www.fmzbz.com.

Submissions may either be emailed to

employment@firstmountzionbc.org

or mailed to:

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

POC: Renee Woolfolk
Church Business Administrator

IT HELP DESK

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

IT4U@firstmountzionbc.org OR
rwoolfolk@firstmountzionbc.org



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/VqomCzNnii4>

**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.

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

For any questions regarding the Youth Ministry, or any related activities or concerns, or if you have a heart for working with our youth, please contact our Youth Minister:

Reverend Beverly Jiggetts
bjiggetts@firstmountzionbc.org



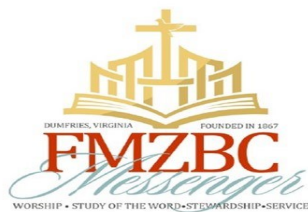
Online Giving

Convenient.
Simple.
Secure.

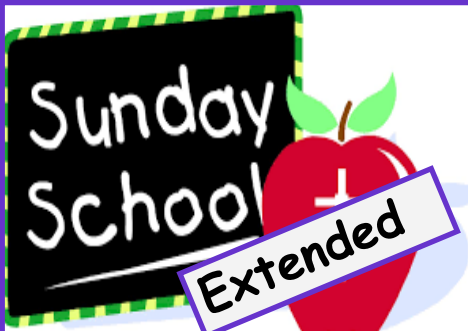
You may give online, accessing the link through the FMZBC website: WWW.FMZBC.COM and click on **ONLINE GIVING (VANCO)** at any time. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address 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:

Sis. Vicky Borrer
vborrer@firstmountzionbc.org
(703) 670-0184





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
CANCELLATIONS OR
RESCHEDULING.**

May your
LIFE
preach more
loudly than
your lips.

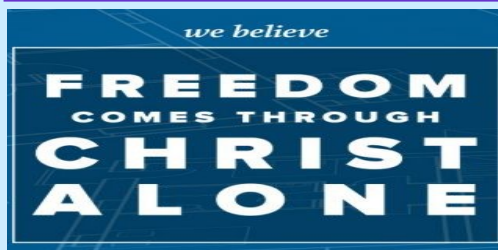
QUOTEDIARY . R E



**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 September
SHARE packages is Friday, September
15th. SHARE packages are \$23 for
food valued between \$35 and \$45.
POC: Thomas Bates, 703-772-8837.
Distribution will be on September 23,
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
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
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
Website: 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-QRn0bzNDEefeGQ](https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ)

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)



www.facebook.com/fmzbcdumfries

****ASL interpreter onsite and viewable online.
If you require speech to text, Facebook is recommended****



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



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



X or Twitter: [@FMZBC1](https://x.com/FMZBC1) or
[@fmzbc1](https://x.com/fmzbc1)



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



YouTube: [https://www.youtube.com/
channel/UCzFC03nn-QRn0bzNDEefeGQ](https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ)



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

