

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



FIRST MOUNT ZION BAPTIST CHURCH



## A Ministry Exhibiting a Spirit of Excellence!

## A Word from the Pastor



## A TIME TO REFLECT...

We are back after a brief summer break, and it is my hope to see ministry grow and thrive as we move into this new season. We are working and serving in our "new normal" post-pandemic, to find our ministry rhythm and continue to shape the ministry and ministries of First Mount Zion (FMZ). I encourage you to look forward to, and be open, to God moving in your life, and to value the importance of your relationship with God and each other. It is my pastoral desire to see every member get active in ministry.

Therefore, I urge you to look around and find your place to serve. Support Bible Study (mid-day or evening), the Music and Arts Ministry, Christian Education, Ushers, Audio Visual, Parking, Greeters, Security, Youth Ministry, C.O.R.E., Small Groups, and others. If you are not sure where you are needed or what is the best fit for you, then call the Office or contact your Zone Leaders and they will assist you. FMZ will be better and stronger, and God will be pleased and glorified as we serve together. Then we will truly be living out our 2023 Church theme *"From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher".* 

Pastor Luke E. Torian



CHILDREN'S CHURCH: IT'S BACK!! Children's Ministry has resumed Kids' Kingdom worship for PreK to 5<sup>th</sup> graders in the Chapel, on Sundays during the 11 am service. Please note: Children in the choir will sing first in the main sanctuary and should

be escorted to the Chapel afterwards, where they will also render a selection. Parents of choir members who want to leave their children in Kids' Kingdom should sign the signup sheet available in the choir room that morning. All parents will pick up their children from the Chapel after worship in the main sanctuary ends. A photo ID will be required and must match the name of the person who signed in the child. For additional information, please contact Dr. Holley via email at <u>tholley@firstmountzionbc.org</u> or Sister Stephany Stewart at <u>stephanystewart@yahoo.com</u>. Can't wait to see you!

**Servants Needed!** If you would like to serve in Children's Ministry (PreK to 5<sup>th</sup> graders), please be informed that you are required to go through a Volunteer Screening process, which includes a background check.

POC: Dr. Tracey Dawkins Holley Director of Christian Education <u>tholley@firstmountzionbc.org</u>



## A CALL TO "IN-PERSON WORSHIP!!!

Our lives have been forever changed by COVID-19, and we recognize this as a time for us to continue to adapt and develop new ways of being the church. Now is the time for our witness to shine. We can witness to the love of Jesus Christ by following His example in acts of service and sacrificial love.

While stringent restrictions have been lifted, we still encourage you to be mindful and wear your mask, even though it is optional. It might make you feel more comfortable being around others.

Please join us in the Sanctuary for Worship Service on Sundays and in the Chapel for Bible Study on Wednesdays at 11a.m. and 7:30 p.m.. We are also asking all ministries to return to on-site meetings. We look forward to seeing you...in person!!!

Coming October 4<sup>th</sup> 11:00-12:00p.m. Ephesians Ch. 3 Bring a friend! MID-DAY WEDNESDAY IN THE WORD BIBLE STUDY 11:00-12:00p.m





This month we join Valerie Derrick in celebrating her daughter **Anava Derrick** on her recent selection as a member of the Stafford Middle School Volleyball team for the 2023-24 season. Thirteen- year- old Anaya, is an 8th grader at the school. She participated in countless afternoon practices to demonstrate she had the skills to be on the team. Her mom is understandably proud of Anaya's hard work and dedication to the sport. FMZ members please congratulate Anaya when you see her. Her example serves as a reminder that with hard work and commitment our dreams can be realized.

If you would like to celebrate the accomplishments of your young person, please send their information to Reverend Beverly Jiggetts at bjiggetts@firstmountzionbc.org.

> **Reverend Beverly Jiggetts** Youth Minister

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What's INSIDE

Our September activities did not end there as we also resumed Youth Bible Study last month. The next few lessons will be focusing on teenagers in the Bible and how they dealt with various challenges they faced. Bible teenagers are a lot more like present day teens than one might think.



I know we are now in the month of October, but we just had to share with you some of the experiences our youth had through the Youth Ministry in September.

The Youth Ministry resumed ministry activities with "First Friday, September 8, 2023. We were blessed to have 31 youth join us for the evening. After enjoying pizza, dessert and their very own "candy station," our youth had the opportunity to test their "steam" skills with our "marshmallow challenge." They were tasked with

building freestanding "towers" created with marshmallows and spaghetti noodles that had to be completed in 3 minutes. The winning team got to be the first to be photographed in our "photo booth."

The fun continued with basketball games, Dodgeball and "Corn Hole." The entire group then came together for "Simon Says." This game ended in a 5-way tie as we just could not stump the last 5 players. We ended the evening with "Red Light/Green Light." Special thanks to your "youth supporters"-Shirley Hardy, Kemi Ojumu, Deacon Seth, Stephany Stewart, and Toshiro Stovall for helping to make this evening a success.







For our first youth group meeting, our young people created their own "Vision Boards" and we also discussed future plans for Youth Ministry.

We invite all youth in grades 6 through 12 to join us, as we grow in our faith, grow together, and have FUN!



THE YOUTH IS THE HOPE OF OUR **FUTURE** 

# stayconnected

#### **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: <u>https://us02web.zoom.us/meeting/register/</u> tZAsceurrjkuH9Rm8sk243fTqpJjWk-btSxI

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

#### NEW MEMBERS' ORIENTATION CLASS-NMOC Class (CED):

Oct 1, 2023 09:45 AM	Regular Sunday School
Oct 8, 2023 09:45 AM	Church Leadership/ The Church
Oct 15, 2023 09:45 AM Oct 22, 2023 09:45 AM Oct 29, 2023 09:45 AM	Baptism Salvation Special Combined Sunday School
Nov 5, 2023 09:45 AM	Regular Sunday School
Nov 12, 2023 09:45 AM	Overview of Christian Education

Please download and import the following iCalendar (.ics) files to your calendar system weekly:

https://us02web.zoom.us/meeting/tZ0vcOtpjkoE9zQdEzfTVApkXHHbkeCjokA/ics? icsToken=98tyKuGhrDwsH9yXshCPRpx5AI\_CMxiHpBj\_pHrRvAGSZnVCLmPdpqGrB0Ffva

#### Join Zoom Meeting:

https://us02web.zoom.us/j/89276582298? pwd=RzhmbEtIQUImRIJSaEFmM3VtczhMQT 09

VISITIUS ONLINE at www.FMZBC.com

Dial by your location +1 301 715 8592 US (Washington DC)

Meeting ID: 892 7658 2298 Passcode: 783107

#### **ONLINE/IN-PERSON EVENTS**

WOMEN'S MINISTRY FELLOWSHIP Sisters We Are B.A.D. (Blessed, Anointed and Destined to Flourish) Saturday, October 14, 2023 9:00 a.m.—10:30 a.m. Via Zoom Speakers: Rev. Kathy Russell and Rev. Kara Franklin-Taylor

MEN'S MINISTRY FELLOWSHIP ATTENTION ALL MEN!!!...Join our In-Person Only Fellowship "Fruitful Growth in the Faith" Saturday, October 14, 2023 8:30 a.m.—11:00 a.m. Breakfast will be served in the Grain of Heaven starting at 8:30 a.m.

## CLERGY APPRECIATION BREAKFAST

*"Encouragement for the Encouragers"* Sunday, October 15, 2023 9:00 a.m.—10:30 a.m. Grain of Heaven

#### **VOLUNTEER SCREENING:**

2023 Session date: 11/18 POC: Sister Cynthia Zorn Pettigrew 703 -730-5227 zompettigrewcl@comcast.net or Sister Clarice Torian 703-730-6353 toriancj@gmail.com

#### YOUTH MINISTRY (CED):

Servants Wanted!! If you have a heart for working with our Youth Ministry, contact Rev. Beverly Jiggetts at: bjiggetts@firstmountzionbc.org.

Youth Bible Study is held in the Executive Conference Room on the first floor. from 7:40-8:30. It can also be accessed via Zoom. To attend via Zoom, please register online. Join us as we do "Bible study for life."

#### SUBMISSION OF WEEKLY ANNOUNCEMENTS AND PR:

Announcements and weekly PRs are due by the close of business each Tuesday. Any submissions after the deadline will be processed the following week.

Thank you for your support!

#### **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 <a href="mailto:erobbins@firstmountzionbc.org">erobbins@firstmountzionbc.org</a>; 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

ACADEMIC EDUCATION MINISTRY-AEM (CED):

The FMZBC AEM Tutorial Program is back!! If you are an FMZ Student in grades K – 12 and are in need of Tutorial Services, this message is for you!! **Program begins Monday, October 23, 2023**, at First Mount Zion. Sign-ups will be held after service on Sunday 10/1 in the Narthex. Further details will be available at a later date.

POC: Bro. Gerry Griffin AEM Chair aem@firstmountzionbc.org



## Living, Loving, and Serving to the Glory of God

"Be kindly affectionate to one another with brotherly love, in honor giving preference to one another" (Romans 12:10 NKJV)

## WE THANK GOD FOR HIS CALL UPON THE LIVES OF THE SISTER AND BROTHERS WHO WERE **CONSECRATED ON SEPTEMBER 24, 2023**

## MEET FMZBC'S NEWLY CONSECRATED SERVANT LEADERS



**Deaconess Babbette M. Montgomery** is a native of Jamaica. She is married to David Montgomery. They have five adult children - Marlon Hamilton, Doneshi Beal, Javaughn Hamilton, Tenisha Montgomery, and David Montgomery II. They are also the proud grandparents of seven grandchildren.

Deaconess Montgomery has been an active member of First Mount Zion Baptist Church since 2010. Her ministry involvement includes Children's Church and singing in the Mass Choir. Her favorite scripture is Psalm 34:1.

Deaconess Montgomery describes herself as "Faithful -I'm faithful to God's word and obedient to the plans He has for me."

children – Charles Tapp III and Lillian Simone Tapp.



Trustee Tapp has been an active member of First Mount Zion Baptist Church since April 2013. His ministry involvement includes the Men's Choir and Small Groups Ministry (he served as the Small Groups leader in zone K4). His favorite scripture is Matthew 5:16.

Trustee Tapp describes himself as "Deliberate - I generally do most things

with specific purpose...both in my work and in my private life."



Trustee Willie Williams, Jr. is a native of Birmingham, Alabama. He is married to Stacy Carter Williams. They have two children - Dr. Shannon A. Williams and Dr. Kayla M. Williams.

Trustee Williams has been an active member of First Mount Zion Baptist Church since 2004. His ministry involvement includes serving as the lead Sunday School teacher for Class A-9. His favorite scripture is Proverbs 3:5-6.

Trustee Williams describes himself as "Deliberate - While I am not always successful at it, I try to be deliberate in planning for whatever activity or project to ensure I do not find myself or the organization engaged in a crisis management mode."

Trustee Charles S. Tapp II is a native of Chesapeake, Virgin- Trustee Jonathan L. Wright is a native of Hampton, Virginia. ia. He is married to Deaconess Kishema Tapp. They have two He is married to Andrea Wright. They have two children - Autumn Wright and Elijah McDowell.



Trustee Wright has been an active member of First Mount Zion Baptist Church since 1993. His ministry involvement includes the Money Smart Ministry, where he served as the ministry lead. His favorite scripture is Jeremiah 29:11.

Trustee Wright describes himself as "Determined – I never give up and I am always striving to reach higher heights."







## YOU ARE ALWAYS A WINNER!

I miss Sister Queen E. Carroll. She gave me this "little book". However, it is more than a book, it's a gift. It encourages and inspires me. Below, I provide you one of the gems from that book.

Life in this world often leads people to feel like losers. Comparison, criticism, and competition pit individuals in a race against each other, where the winner's circle is small, saved for the elite, exceptional group.

But when Christ was victorious over death. His love brought you into an eternal winner's circle right along with Him. You are victorious, no matter what the world, or temporary circumstance, may seem to say about you. Hold tightly to that truth you're a winner today and throughout eternity.

"In everything we have won more than a victory because of Christ who loves us." Roman 8:37 CEV

<u>101 Amazing Things God Thinks About You</u>, David Cook, Publishing, p. 66

> Deacon Henry Walker on behalf of FMZ Leadership Chaplains



SENIORS' MINISTRY FELLOWSHIP Wednesday, October 18, 2023 11:30 a.m. — 1:30 p.m. Grain of Heaven Dress to Impress

All Seniors ages 55 and over are invited to attend the Seniors' Ministry monthly fellowship. The Seniors meet on the third Wednesday of the month in the Grain of Heaven, at 11:30 a.m. We request that all Seniors and guests planning to attend, please register their names and information with Sis. Hope Singleton. Her email address is <u>hopesing@verizon.com</u>. This will allow us to get an accurate count for lunch. We are looking forward to seeing you for food, fun, and fellowship. If you have any questions, please contact Sis. Shirley Hardy at <u>shirleybhardy@gmail.com</u>.

Thank you for your cooperation.

The Seniors' Ministry Leadership Team

PLEASE CONTINUE TO PRAY

FOR OUR MEMBERS WHO ARE



## Associate Ministers Encouragement and Assurance for the Soul

## **GOD KNOWS!**



"This is what God said: "Before I shaped you in the womb, I knew all about you. Before you saw the light of day, I had holy plans for you: A prophet to the nations — that's what I had in mind for you." Jeremiah 1:5 (The Message)

The Old Testament text of Jeremiah was the prophet's call/commission. Jeremiah was a prophet to Israel, and God declared before he was conceived, God knew him. He was set apart for God's divine purposes. Jeremiah's life and ministry was not easy. He was known as the "weeping prophet." I wonder if we have ever reflected on how God has called us when we are going through our darkest times? God 'knew' us when He formed us and called us into life. When everything else around us does not make sense, this truth can give us the grounding we need to go on.

We invite you to thank God for His gentle reminders that He knows each of us. As we view tragedies in our country and other parts of the world, the changing seasons of our lives, deaths, homelessness, illnesses, and a host of things we see or experience which make our hearts heavy, we are grateful for the assurance God knows. Because God is all-knowing, God is aware of our every need, in every situation. We can trust that God is present in every situation - God's peace is there, God's comfort is there, God's love is there, wherever "there" is. Our "there" may be in our homes, our schools, our neighborhoods, our workplaces, in our hospital beds, with our families, in places of peace, or in places of conflict. Wherever our "there" is, God already knows.

God, we give thanks that You know all about us. Nothing is hidden from You, nothing surprises You. We rest in You and in Your promises because You know everything that is going on in our lives. We do not have to face anything alone because You, Lord, are there with us. "Never will I leave you; never will I forsake you."

> Reverend Tarra L. Taylor Associate Minister

THOUGHT FOR THE WEEK

BE DETERMINED TO TRUST GOD TO Deliver you in every difficulty. We can live victorious lives.

> REV. DR. LUKE E. TORIAN FIRST MOUNT ZION BAPTIST CHURCH



## DEEP BREATHING AS A COPING SKILL

The breath is a very powerful tool that can reverse the stress



response and activate the relaxation response in both the body and the brain. Key research findings show that Deep Breathing also called Diaphragmatic Breathing is a widely supported coping skill for managing anxiety, stress, panic attacks and trauma. Additionally, according to a National Institute of Health (NIH) study, this breathing exercise

may also modestly lower blood pressure and reduce levels of cortisol (a main stress hormone in the body).

Deep Breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place. The following Hands-On Deep Breathing pose is one of the three recommended to ensure you are breathing through the diaphragm.

Hands-On pose: Sitting upright in a chair or lying down, place your left hand on your chest and your right hand on your stomach, just above your belly button. Begin taking long deep, slow breaths in and out. As you breathe deeply, intentionally try to breathe in such a way that your left hand remains still, and your right hand moves upward/outward with each inhale and downward/inward with each exhale. When you see your right hand moving more than your left, it is a good indication that you are breathing through your diaphragm.

Deep Breathing and Meditation: Practice Deep Breathing and meditate on scripture (s) to calm your mind, body, and spirit: An example would be, Mark 4:39. Jesus said, "Peace, be still!", the wind ceased and there was great calm. When you find yourself in a stressful situation or if you are anxious, afraid, or feel a panic attack coming on, you might meditate on the Mark 4:35-41 passage about "Jesus Calming the Storm".

As you inhale and exhale repeat "Peace be still!" to calm your mind, body, and spirit. Reflect on when the great windstorm arose, and the disciples feared they were going to drown. At the disciples' request, Jesus arose from his sleep to rebuke the wind and sea saying, "Peace be still!". And the wind ceased and there was a great calm. Have faith that Jesus is also in that boat with you to calm your storm(s), your anxiety, stress, trauma, and fears.

If you continue to feel stuck and you cannot cope with the stressful situation you are facing, seek professional help by calling your mental health helpline or confiding in your primary care doctor.

#### Sources:

Stress | NCCIH (nih.gov). Updated April 2022. Retrieved 9/15/23. The Holy Bible: New King James Version (1982) (Mk 4:35-41). Nashville: Nelson. Inc.

Sweeton, J (2019). Trauma Treatment Toolbox (pp. 65-68). Eau Claire, WI: PEPSI, Inc.



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

When you own your breath, nobody can steal your peace. - Unknown



## KNOW, RECOGNIZE AND ACKNOWLEDGE GOD

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

#### **Praver:**

"Lord, you said that you don't think the way we think and you don't do things the way we do things. So, help us to trust you with all our hearts and not try to figure it out with our own reasoning.

We don't always understand why you allow certain things to happen or why you lead us in the way that you lead us or assign us the tasks that you assign us. You are a Sovereign God and can see the whole picture. So, help us to trust and obey you even when we don't understand because you love us and will work everything out for your glory and our good. As we become more deeply rooted and strengthened in our faith, may our will, our thoughts and our ways align with yours and we become more like you.

We love and adore you and all of the glory, honor and praise belong to you alone! In Jesus name, we pray and give thanks. Amen'

#### Scripture:

#### Proverbs 3:5-6 NKJV

[5] Trust in the LORD with all your heart, and lean not on your own understanding;

[6] In all your ways acknowledge Him, And he shall direct your paths.

#### Proverbs 3:5-6 AMPC

[5] Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.

[6] In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.

#### Proverbs 3:5-6 MSG

Trust GOD from the bottom of your heart; don't try to figure out everything on your own. Listen for GOD's voice in everything you do, everywhere you go; he's the one who will keep you on track.

Worship Song: "Through It All" - https://youtu.be/Cvlxwc90BEI

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



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

## ON OCTOBER 9, 2022, FIRST MOUNT ZION PLANTED A CREPE MYRTLE TREE IN HONOR OF ITS LEGACY. IT REPRESENTED PLANTING STRONG ROOTS FOR GENERATIONS TO COME. AS YOU CAN SEE, THE CREPE MYRTLE IS BLOOMING!!!





US ONLINE at WWW

## ALL ABOUT THE LADIES (AATL)

The members and friends of *All About the Ladies* kicked off their new fiscal year by welcoming back the sisters from summer break. It was a busy weekend, but some of the Senior Sisters participated in a luncheon at the Red Lobster in Manassas and then enjoyed the play **Fences**, by August Wilson, at the Hylton Performing Arts Center. This was an outstanding production presented by CAPAC. As we looked around the theater, we saw many First Mount Zion members in attendance, also enjoying the performance.

Some members of AATL remained after the play and had an opportunity to interact with the actors. This play had significant meaning and demonstrated how the devil can enter a home and create havoc. All six main characters were outstanding performers.

The ladies are looking forward to an exciting and busy 2023-2024 year of activities. Our membership continues to grow and we are now welcoming ladies from Richmond, Southern Virginia, and Maryland. What a blessing! We give all the glory and honor to God to have such a blessed group of women supporting each other in many ways. To God Be the Glory!







Some evidence suggests that, compared to a slumped posture, adopting an upright posture can improve mood and selfesteem and may be a simple behavioral strategy to help build resilience. There are at-home exercises that can improve posture.

Consider this above-the-head chest stretch:



Standing or seated, raise your arms above your head.

Gently squeeze your shoulder blades and open your chest by moving your elbows and arms backward.

Move your hands to various positions-behind the head, top of the head, above the head and down.

regularly.

Challenge: Squeeze this exercise into your day!

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

> Sister Lori Valkenburg Fitness Director



I want to take this opportunity to sincerely thank each of you who attended our Men's Ministry Fellowship last month. We were truly blessed by your participation. From the feeding of our bodies to the feeding of our souls, this was a great "Welcoming Back" to In-Person Fellowship. Those who were unable to attend, were truly missed, and you missed a great and wonderful Fellowship.

We were inspired by Reverend Glen Thompson's words and teachings during the Fellowship. We want to thank him for taking time out of his very busy schedule to share with us.

We were entertained by the Men's Choir, as always, and everyone in attendance got to be a part of the Choir, and what a joyful noise we made.

Deacon Ron Cooper and Brother Ron Hill kept the great music going with their duet, and we thank them for what they brought to each of us. I can only say "Wow".

A special shout out and thank you to Sis. Sherise Campbell, Hold each stretch for 15 to 30 seconds and perform two to four sets Director, and the staff of the Grain of Heaven, for the delicious food prepared and served. We also want to thank the Facilities Department and everyone who contributed to making the Men's Fellowship a joyous and successful event.

> We are looking forward to "Doing It Again" on October 14, 2023.

Again, a humble thank you!

Bro. Edward Jones, Director Men's Ministry

Jeadership

is about making others better as a result of your presence and making sure that impact lasts in your absence.

Leadership Team: **Brother James Gaskins Brother Xavier Bridges Deacon Donnell Wright** 



WHO SAYS DEACONS CANNOT

BE DAPPER!!!

WELL, THESE TWO

**GENTLEMEN CERTAINLY DISPEL** 

THAT MYTH...

To all those celebrating in October!

Ingiversary

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World



## **THREE BLACK STUDENTS THAT HELPED DEVELOP THE FIRST COVID-19 VACCINE**

Three Black students who helped develop the first COVID-19 vaccine reunited for the first time since the early pandemic days.

According to CNN, Olubukola Abiona, Geoffrey Hutchinson and Cynthia Ziwawo were among the dozens of scientists who helped develop the vaccines at the Vaccine Research Center of the National Institutes of Health in Bethesda, Maryland. Working in Dr. Barney Graham's lab at the research center, the students became a major part of the global effort to control the pandemic.

"We knew we were doing things that were important, but then it was like 'Oh, wow, this is really big,'" Ziwawo told CNN.

The trio had an emotional reunion when they met at the Morehouse School of Medicine in Atlanta to attend the inaugural Dr. David Satcher Global Health Equity Summit. As the group reflected on their experience of developing the COVID-19 vaccine, Ziwawo recalled the moment when they first realized that the vaccine would work.

Ziwawo, who had the role of testing the antibodies that block the virus, said she "understood the gravity" of what they were doing when the tests revealed the response they were looking for.

Ziwawo, 25, is now in her fourth year as a student at Indiana University School of Medicine. Abiona, 27, is studying at Case Western Reserve University as a third-year dual-degree medical and Ph.D. student. Hutchinson, 33, is in his fourth year as a doctoral student at the University of Washington.

students and Corbett for their work.

been underappreciated and somewhat heroic, in my opinion," oclonal antibodies that were used for treatments and informed medicine at Chicago Medical College. the development of other coronavirus vaccines, as well."

people of various backgrounds to the lab.

"When he's brought in different people in his laboratory from different backgrounds and ZIP codes and ethnicities, he's had

the opportunity to engage with them and understand how they think about science, how they would apply discoveries and how those discoveries would be integrated into a community differently," Rice told CNN. "They're going to ask questions from a different lens because of the differences they've experienced throughout life."

According to the Association of American Medical Colleges, only 5.7% of physicians in the U.S. are Black. Abiona, Ziwawo and Hutchinson, who are all Black, also have different backgrounds and experiences. While Abiona has Nigerian roots, Ziwawo comes from a Malawian family. Hutchinson, who studied infectious in Mozambique, said illnesses such as hepatitis B could have been prevented with vaccinations.

"The dormitory actually had to kick a bunch of students out of the dorms. They had chronic viral infections, something that we all get vaccinated against here," Hutchinson told CNN.

The three students have been interested in science since their younger days. While Ziwawo determined at age 5 that she wanted to be a doctor, Abiona found her passion in high school after joining a science and technology program. Hutchinson, who has also loved science for a long time, served in the Peace Corps and taught chemistry.





## DANIEL HALE WILLIAMS AND THE FIRST SUCCESSFUL HEART SURGERY

The son of a barber, Daniel Hale Williams founded the first black-The three students worked with renowned scientist Dr. Kizz- owned hospital in America, and performed the world's first sucmekia Corbett to develop the vaccine. Graham praised the cessful heart surgery, in 1893. Williams was born in 1858 in Hollidaysburg, Pennsylvania, the fifth of seven children. After his father died, his mother, Sara Price Williams, moved the family "The work that these four people did in particular, I think, has several times. Young Daniel started as a shoemaker, but quickly knew he wanted more education. He completed secondary he told CNN. "Their work led to not just the Moderna vaccine school in Wisconsin. At age 20, Williams became an apprentice rapidly entering clinical trials but also to the discovery of mon- to a former surgeon general for Wisconsin. Williams studied

After his internship, he went into private practice in an integrated Dr. Valerie Montgomery Rice, Morehouse School of Medi- neighborhood on Chicago's south side. He soon began teaching cine's CEO and president, said Graham intended to bring in anatomy at Chicago Medical College and served as surgeon to the City Railway Company. In 1889, the governor of Illinois appointed him to the state's board of health.

- - cont'd on page 10

- - cont'd from page 9

Determined that Chicago should have a hospital where both which was awarded by the University of black and white doctors could study and where black nurses Glasgow in Glasgow, Scotland. At a farecould receive training, Williams rallied for a hospital open to all races. After months of hard work, he opened Provident Hospi- his life fighting slavery. After his return to tal and Training School for Nurses on May 4, 1891, the coun- the United States, he opened a medical try's first interracial hospital and nursing school.

One hot summer night in 1893, a young Chicagoan named and writer, Smith played an active role in James Cornish was stabbed in the chest and rushed to Provi- the abolitionist movement. During the Civil dent. When Cornish started to go into shock, Williams sus- War, he joined a campaign that eventually convinced President pected a deeper wound near the heart. He asked six doctors Lincoln to allow African Americans to fight in the United Army. (four white, two black) to observe while he operated. In a the heart.

and sutured it. Then, inspecting the pericardium (the sac around the heart) he saw that the knife had left a gash near the right coronary artery. With the heart beating and transfusion impossible, Williams rinsed the wound with salt solution, held the edges of the palpitating wound with forceps, and sewed them together. Just 51 days after his apparently lethal wound, James Cornish walked out of the hospital. He lived for over 20 years after the surgery. The landmark operation was hailed in the press.

In 1894, Dr. Williams became chief surgeon of Freedmen's Hospital in Washington, D.C., the most prestigious medical post available to African Americans then. There, he made improvements that reduced the hospital's mortality rate. In 1895, he helped to organize the National Medical Association for black professionals, who were barred from the American Medical Association. Williams returned to Chicago, and continued as a surgeon. In 1913, he became the first African American to be inducted into the American College of Surgeons.

As a sign of the esteem of the black medical community, until generation."

Dr. Williams died in 1931. The Daniel Hale Williams Medical Reading Club in Washington, D.C., commemorates his achievements.



. . So much of our energy is spent in overcoming the constricting environment in which we live that little energy is left for creating new ideas or things. Whenever, however, one breaks out of this rather high-walled prison of the "Negro problem" by virtue of some worthwhile contribution, not only is he himself allowed more freedom, but part of the wall crumbles. And so it should be the aim of every student in science to knock down at least one or two bricks of that wall by virtue of his own accomplishment.

- - Charles R. Drew - 1947

James McCune Smith was the first African American to earn a medical degree, well dinner in his honor, he vowed to spend practice and a pharmacy on West Broadway in New York City. An eloquent speaker



cramped operating room with crude anesthesia, Williams in- Smith was born into slavery in 1813 in Manhattan and was set spected the wound between two ribs, exposing the breast- free on July 4, 1827, at the age of 14, by the Emancipation Act of bone. He cut the rib cartilage and created a small trapdoor to New York. That was the final date when New York officially freed its remaining slaves. His mother was an enslaved woman named Lavinia who achieved her freedom later in life; in 1855, Smith Underneath, he found a damaged left internal mammary artery described her as a "self-emancipated woman". She was born into slavery in South Carolina and had been brought to New York as a slave. His father was Samuel Smith, a white merchant and his mother's master, who had brought her with him to New York from South Carolina. He grew up only with his mother. As an adult, James Smith alluded to other white ancestry through his mother's family, saying he had kin in the South, some of whom were slaveholders and others slaves. He was an American physician, apothecary, abolitionist, and author.





#### SENIORS' MINISTRY FELLOWSHIP

The Seniors' Ministry members and guests were welcomed back to in-person fellowship by its Servant Leader, Sister Shirley Hardy. 89 happy Seniors attended the meeting. The new Leadership Team was introduced to the members. Special

recognition was accorded to Dr. Tracey Holley, Minister of Christian Education and Dr. Sandra James, FMZBC Assistant Pastor.

this day, a "code blue" at the Howard University Hospital The meeting opened with Scripture by Dr. Keith Boykin and prayemergency room is called a "Dr. Dan." In words that could lat- er by Deaconess Claudia Woolfolk, followed by recognition of er be said of Vivien Thomas, a colleague wrote, "His greatest September birthdays and Anniversaries by Sis. Hope Singleton. pride was that directly or indirectly, he had a hand in the mak- The members enjoyed a hot meal prepared by the Grain of Heaving of most of the outstanding Negro surgeons of the current en. After lunch, members engaged in a fun Bible Trivia, led by Brother Kenneth Spencer. Some trick questions led to laughter shared by the group. Sister Oonagh Bell then led a question and answer period, which was also a fun activity and also led to Reverend Kathy Russell blessing the attendees with an impromptu rendition of her favorite praise and worship medley. The meeting ended with a tribute to Rev. Dr. Tracey Holley, the recently appointed Pastor of the Mt. Olive Baptist Church in Culpepper, Va., who closed the meeting in prayer. The Seniors are looking forward to celebrating Seniors' Appreciation with a banquet on October 18, 2023, followed by a recognition service on Sunday, October 22, 2023 at 11:00 am. We expect to see all our Seniors as we celebrate God's goodness to us!



Submitted by Sister Shirley Hardy Servant Leader



... from the desk of the



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

Church Business Administrator

#### 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 ends.

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 scholastics, overcoming personal challenges, or simply a youth position for you! Candidates with comparable experience are who needs encouragement. 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 needs of the Church during the weekday/evenings/ week- 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,

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

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You may give online, accessing the Online Giving link through the FMZBC website: <u>WWW.FMZBC.COM</u> 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 Borror vborror@firstmountzionbc.org (703) 670-0184





Sundays at 9:45 a.m. on ZOOM

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

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.





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



HEALTHIER FAMILIES + STRONGER COMMUNITY

The last day to register for October SHARE packages is Friday, October 13th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on October 21, 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 <u>should not exceed 300-350 words</u> and must be received no later than <u>12</u> <u>noon on the 15th of each month</u> 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 Dr. Sandra Flowers Brother James Gaskins Sister Sylvia Moore Sister Roslyn Parker Reverend Kathy Russell Deaconess Claudia Woolfolk October 1, 2023 Outme 19 • Issue 10 FIRST MOUNT ZION BAPTIST CHURCH

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: <u>fmzbc@firstmountzionbc.org</u> Website: <u>www.fmzbc.com</u>

#### 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-zionbaptist-church

Facebook: https://www.facebook.com/fmzbcdumfries

YouTube: https://www.youtube.com/channel/ UCzFCO3nn-QRnObzNDEefeGQ

#### SOCIAL MEDIA CONNECTIONS

Connect with us on:

#### Lifestream:

https://live.lifestream.tv/first-mount-zionbaptist-church

www.facebook.com/fmzbcdumfries

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

- Instagram: <u>@thecore\_fmzbc</u>
- in Linked In: <u>https://www.linkedin.com/</u> groups/1890924/
- X or Twitter: <u>https://x.com/FMZBC1</u> or <u>@fmzbc1</u>

Vimeo: vimeo.com.25203195

YouTube: <u>https://www.youtube.com/</u> channel/UCzFCO3nn-QRnObzNDEefeGQ

> You Version: <u>https://www.bible.com/</u> organizations/2a1d4447-70c8-479a-8f5f-7862702b0583

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