



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



GIVE THANKS...

1 Thess 5: 18 says "in everything give thanks; for this is the will of God in Christ Jesus for you."

Thankfulness is a recurring theme throughout the Bible. As Christians, thankfulness should be a part of our everyday lives. Thankfulness should be the routine and not the exception held only for holidays or celebrative moments. Here are just a few Biblical reminders of why we should remain thankful and give thanks:

1 Chron 16: 34 "Give thanks to the LORD, for he is good; his love endures forever."

Col 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Col 3:17 "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Phil 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Psalms 7:17 "I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High."

Psalms 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

May these few Biblical reminders encourage you in the days to come.

Pastor Luke E. Torian



Sister Mary Melton (Zone M3) announced the marriage of her daughter, Karen Naomi Melton (Zone M3) to Bishop Joseph Manful Crentsil, on 4 August 2023 in Kumasi Ghana.

Bishop Joseph Crentsil is the Presiding Bishop over the Nation of Ghana with the Church of God International. Mrs. Karen Crentsil is the National Director of Women's Ministry. Mr. and Mrs. Crentsil have been traveling throughout the Continent [of Africa] for preaching engagements, conferences and revivals. They look forward to fulfilling the fullness of their God-ordained destiny.

Congratulations from your Zone M3 Leadership Team:



*Deacon Derrick Grimes
Deacon Walter Reed
Deaconess Claudia Woolfolk
Reverend Brian Woolfolk*



Youth Ministry



DAVID'S CONFIDENCE IN GOD

In Youth Ministry Bible study, we have been studying "teenagers" in the Bible who exhibited their faith in various situations. One teen we studied was David, while reviewing the familiar story of "David and Goliath" in 1 Samuel chapter 17.

David was the youngest son of Jesse and the family shepherd. His duties included protecting the flock from various predators. His father sent him to the Israeli/Philistine battle to take his brothers food and see how they were doing. While there, David became angry after hearing the Philistine Goliath taunt the Israelites and God. He began to consider fighting Goliath himself. Upon learning of David's interest, his oldest brother, Eliab, becomes angry with David and accuses him of being conceited and having an "evil" heart (vs 28).

King Saul also learns of David's intentions and has David brought to him so he can meet him. He is initially skeptical of David's ability to fight and defeat Goliath but once David explains his experience as a shepherd and his strong faith in God, King Saul supports him in fighting Goliath. David subsequently kills Goliath with his shepherd's slingshot and one smooth stone.

From this story and David's actions, we learn several valuable lessons:

- Because David took his duties as a shepherd seriously and had been in situations where he had to defend himself and the sheep, he was "prepared" to fight Goliath.
- Because he was an obedient son, by taking food to his brother in battle, he ended up being in the right "place" at the right "time" to fight Goliath.
- As was the case with Eliab, sometimes, even people who are close to us can misunderstand our "faith-led" motivation.
- David understood it was not his skill alone that had protected him as a shepherd, but rather God's faithful protection.
- David understood the importance of giving God credit for victory over the "Goliaths" in our lives.



Reverend Beverly Jiggetts
Youth Minister

**Confidence
in
God**

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The Intercessory Prayer Team (IPT) of the Women's Ministry would like to encourage everyone to submit their prayer requests to:

WomensMinistryPrayers@firstmountzionbc.org

We desire to continually lift your prayer needs as they arise, because the Bible declares that the "prayers of the righteous availeth much", so let us pray for you, as you pray for us. We will intercede and faithfully pray over your requests when you send them in!

WM Prayer Team



Congratulations

to our Zone M2 member, **Bro. Kevin Glover**, on his being elected to serve as the President of the Virginia Association of Chapters of Alpha Phi Alpha Fraternity Inc.



WELCOME ABOARD!

Dijae North, Audio Visual Director

Dijae brings several years of experience in the AV field, particularly in the church environment. His diverse skillset encompasses video production, live streaming, photography, web development, and the development of social media content. With his expertise, we can enhance our audio-visual presentations and create engaging content for our congregation. Dijae can be reached at dnorth@firstmountzionbc.org.

FROM THE DESK OF THE ACADEMIC EDUCATION MINISTRY



We will be hosting a First Mount Zion Baptist Church (FMZBC) Scholarship Workshop on Sunday, November 19, 2023, at 1 pm. All 2024 FMZBC graduating seniors and their parents/guardians are encouraged to participate. Students must be a member of FMZBC for one year prior to the scholarship deadline of April 1, 2024. If you plan to attend the Workshop, please provide your name and email address to AEM@FirstMountZionBC.org by Tuesday, November 14, 2023.



We will also be coordinating two college visits on November 10, 2023. Tentative schedule is Virginia Commonwealth University (VCU) and Virginia Union University. Contact AEM@firstmountzionbc.org or Kim Crawford at nncrawford@gmail.com for more information.

The AEM Tutorial Program is back and is presently in session!! If you are an FMZ Student in grades K – 12 and are in need of Tutorial Services, this message is for you!! Please contact Bro. Gerry Griffin for further details.



The new 2024–25 FAFSA Form will be available December 2023. For students who plan to attend college or career/trade school between July 1, 2024, and June 30, 2025, the *Free Application for Federal Student Aid* (FAFSA®) processes and system will be getting

big updates. This includes a new and improved FAFSA experience for students and families.

Resources are available to help you understand these changes, and additional resources and updated information will be coming soon.



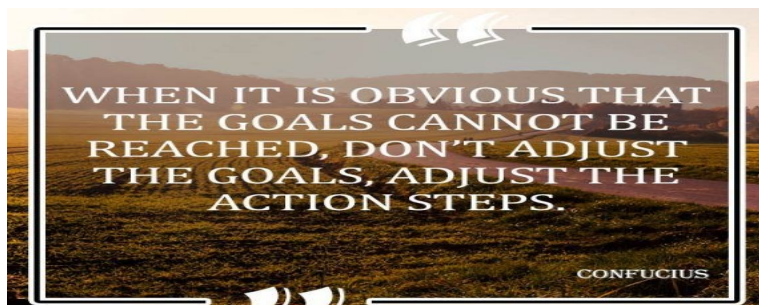
- ♦ Start searching for scholarships and apply to all that you are eligible for.
- ♦ Continue to visit schools on your list.
- ♦ Finalize your list to include reach, target and safety schools. (4-8 colleges)
- ♦ Determine application deadlines and decide if you will be applying early action/decision or regular.
- ♦ Ask for teacher recommendations in person and formally request through Naviance (at least 2-3 weeks PRIOR to the deadline).
- ♦ Take the SAT and/or ACT, and request that your scores be sent to schools on your list.
- ♦ Complete and submit your applications prior to the deadline.
- ♦ Fill out the FAFSA. New and updated FAFSA available in December. Be sure to check your schools priority filing deadline.

ACADEMIC EDUCATION MINISTRY

Mr. Gerry Griffin, Chairman
Mrs. Kim Crawford, Vice Chairman

SCHOLARSHIP COMMITTEE

Mrs. Sandra Grimes, Chair
Mr. Kenneth Spencer
Mrs. Malinda Spencer
Ms. Cheryl Minor
Mrs. Joyce S. Thompson
Dr. Delores Bazile
Mrs. Cynthia Essic-Redmond
Dr. Telia Hughes



Request transcripts through Naviance for the schools that you applied to (at least 2-3 weeks PRIOR to the deadline).

"Our greatest glory
is not in never falling, but
in rising every time we fall."

– Confucius

Introducing Carter B. Hall: A Shining Star in Zone M2

In the vibrant First Mount Zion Baptist Church community, we are delighted to introduce you to a remarkable young member, Carter B. Hall. This fourth-grader hails from Mary G. Porter Traditional School and is a bright light in our congregation. Let's get to know him a little better!

Carter is a young enthusiast with a multitude of passions. He finds joy in the creative world of drawing, the thrill of basketball, and the finesse of tennis. But Carter's interests extend beyond his solo pursuits; he loves playing with friends and engaging in spirited debates with his brother and sister. His dynamic personality and zest for life make him a beloved member of our community.

Within our church family, Carter is actively involved in various groups. He is a cherished member of the FMZBC Children's Church, where he continues to deepen his spiritual understanding. Carter's voice can also be heard harmonizing with the Jewels Choir, adding a melodious touch to our worship. Additionally, he serves as a Junior Usher, exemplifying dedication and service to our congregation.

Recently, Carter had the extraordinary privilege of attending the premiere of the documentary "The Gumbo Coalition." This compelling documentary centers around the tireless efforts of Civil Rights activists Marc Morial, representing the National Urban League, and Janet Murguía, from UnidosUS. They unite to combat structural racism, a mission that resonates deeply with Carter and our community.

Carter's mother, Lena Hall, shared her heartfelt excitement on social media, stating, "When your 9-year-old son has the opportunity to meet two national social justice leaders, Marc Morial of the National Urban League and Janet Murguía of UnidosUS, at the premiere screening of their documentary, 'The Gumbo Coalition,' your heart lights up. It's important that our kids learn and understand what civil rights mean and how it impacts them today." She emphasized the significance of this event with hashtags like #civilrightsisapriority, #teachourblackboys, #EducationMatters, and #diversityequityandinclusion.

The documentary sheds light on the pressing issues of race-based systemic challenges that plagued our nation, especially during the years spanning from 2017 to 2021. In addition to their activism, the film offers an intimate look into the personal lives of Morial and Murguía. We invite you to mark your calendars for the premiere of "The Gumbo Coalition" on HBO's Max, airing on November 6.

Marc Morial himself shared, "As Mayor of New Orleans, we built a strong Black, White, Hispanic, and Asian community that I call the Gumbo Coalition." This documentary also features pivotal historical moments and societal issues, including the Black Lives Matter movement, the rise of anti-immigration policies, the tragic death of George Floyd, criminal justice reform, and the ongoing struggle for voting rights, among others. Morial aptly reminds us, "This is a moment not of politics, this is a moment of morality."

We extend our heartfelt thanks to Lena and Carter for their active engagement and for sharing this inspirational and educational moment with our congregation. Carter's journey and his involvement in such significant events serve as a source of inspiration for us all. In Zone M2, we celebrate the bright future ahead of young leaders like Carter B. Hall.



Carter B. Hall



Carter with Civil Rights activist Janet Murguía



Carter with Civil Rights activist Marc Morial

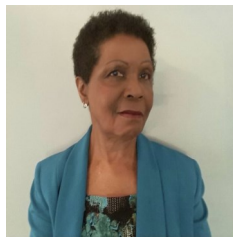


Thank you, FMZ Family, for your continual heart of compassion during our Outreach Coat Drive. Once again, you have allowed us to bless so many who were in need (Northern Virginia Family Services, Hilda Barg Homeless Shelter, and Streetlight Community Outreach)! You contributed an abundance of coats, 200 to be exact (36 men's, 92 women's, 39 girls, 33 boys, and nearly all of the children's coats were new). You also contributed 105 pairs of socks, 44 hats, 29 scarves, and 26 pairs of gloves. We were able to fill the racks and bag the donations three times. First Mount Zion Family, your generosity was overwhelming, and we thank God for the gift of sharing that you have consistently exhibited.

We also want to thank those who came out to help with this event. You showed up and showed out, and we are forever grateful for your service. The Outreach Coat Drive was a tremendous success and we will never forget your kindness. So, we say, To GOD be the glory! Thank you again, First Mount Zion, for all that you do, all that you have done, and all that you will continue to do for the Body of Christ. We sincerely pray that God will multiply that which you have contributed, one-hundred fold, because of your faithfulness to Him and being responsive to the request from the Women's Ministry to share with those who are less fortunate than we are. What a blessing you have been to others!

We love and appreciate all of you! **TO GOD BE THE GLORY!**

The Women's Ministry (Outreach Ministry)



TIME MANAGEMENT

Time management is a process of organizing and planning how to divide your time between specific activities. The demands of daily life pull us in all different directions, requiring time and energy that we don't always have. According to a National Institute of Health (NIH) clinical research report on Time Management, failing to manage your time damages your effectiveness and causes stress.

Time management skills can reduce the mental burden of juggling tasks, and increase the likelihood that everything gets done. You gain more time through organization, you're motivated to complete tasks, it reduces avoidance of work to be done, and reduces anxiety.

Time Management Tips

Use a to-do list or an appointment book. Writing down your responsibilities will ensure you don't forget anything and reduces stress by allowing you to drop your mental checklist.

Prioritize your tasks. Focus on completing the most important, and quickest tasks, first. If you have a few "to-dos" that will take five minutes, knock them out quickly for the peace of mind.

Break large tasks into smaller pieces. It's easy to feel overwhelmed when you have a really big task before you.

Breaking big tasks into small pieces will help you get started, which is often the hardest part. For example, writing a paper can be reduced to pieces such as doing research, preparing an outline, and writing an introductory paragraph.

Limit distractions. Spend a few days recording how much time you spend on distractions such as social media or TV. Then cut out the distractions you don't actually enjoy, and schedule time for the ones you do enjoy. Always set an alarm so you know when to get back to work. If you can't limit distractions, get away from them. Get away from distractions that you know you will succumb to.

Create clear boundaries between work and play by putting up "Do not disturb" sign on your door, turning off your phone, or going to the public library. Everyone is different in this regard—make the changes you need to focus.

Give yourself time between tasks. Plan on arriving to appointments 15 minutes early and bring something to do in case you find yourself waiting. Scheduling some buffer time will help to reduce your stress when things inevitably run long.

Do not be a perfectionist. If you try to complete everything to perfection, some of your other responsibilities won't get done at all. Focus on completing everything to an acceptable level, and then go back to improve upon your work if you have time.

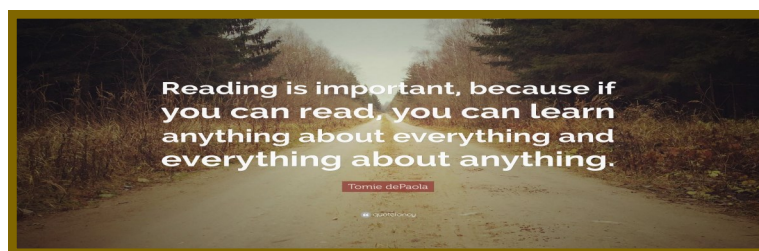
Keep in mind, that it will take time to develop and implement time management skills. So don't get distracted. Remember time management skills can reduce the mental burden of juggling tasks and reduce the levels of stress and anxiety.

Sources:

PDF Effective Time Management in Clinical Research - National Cancer Institute . National Institute of Health. Retrieved 10/14/23

Therapist Aid LLC (2016). Time Management Tips. TherapistAid.com. Retrieved 10/14/23

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



EYES ON THE ROAD . . .



Michell C. Clark, son of our own Deacon Michell Clark and Sister Sue Clark grew up amongst us, and is now the proud author of his second book . . . **'Eyes on the Road'**.

Here is a review by a #1 bestselling author, Yung Pueblo, reflecting on the book:

'Eyes on the Road' is a must-read book that can help you heal deeply! Michell C. Clark has created a beautiful collection of short form prose that is not only empowering but it helps settle the mind during turbulent times. This book is bound to help countless people reach a new level of growth.

Please support Bro. Michell Clark by clicking on the link:
<https://shopcatalog.com/products/eyes-on-the-road>

Thank you!



ONLINE/IN-PERSON EVENTS

BIBLE STUDY: Adults please join us on Wednesdays at 11:00 a.m. and 7:30 p.m., in person, on our website - www.fmzbc.com, or online via YouTube and Facebook.

Youth attend in person or via ZOOM. For ZOOM, please register using the following link: https://us02web.zoom.us/join/zt0vco-tpjkoE9zQdEzfTVApkXHHbkeCjokA/ics?icsToken=98tyKuGhrDwsH9yXshCPRpx5AI_CM_xiHpBj_pHrRvAGSZnVCLmPdpqGrB0Ffva

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

NEW MEMBERS' ORIENTATION CLASS (NMOC):

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/join/zt0vco-tpjkoE9zQdEzfTVApkXHHbkeCjokA/ics?icsToken=98tyKuGhrDwsH9yXshCPRpx5AI_CM_xiHpBj_pHrRvAGSZnVCLmPdpqGrB0Ffva

Join Zoom Meeting:

<https://us02web.zoom.us/j/89276582298?pwd=RzhmbEtlQUlmlRlJSaEFmM3VtczhMQT09>

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

Meeting ID: 892 7658 2298
Passcode: 783107



ONLINE/IN-PERSON EVENTS

WOMEN'S FELLOWSHIP — Via Zoom
Women with Faith: Favor...Assurances...Identity...Trust...Hope!!!
Saturday, November 4, 2023
9:00 a.m.—10:30 a.m.
Speakers: Rev. Shaunda Howerton and Reverend Dr. Etoria Goggins

MEN'S FELLOWSHIP — IN PERSON ONLY
"A Special Men's Fellowship"
Saturday, November 4, 2023
8:30 a.m.—10:30 a.m.
Speaker: Dr. Charles A. Lundy, Pastor Ebenezer Baptist Church Woodbridge, VA

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



Worship for PreK to 5th graders on Sunday, November 5, 2023, during the 11 am service.

For additional information, please contact Dr. Holley at tholley@firstmountzionbc.org or Sister Stephany Stewart at stephanystewart@yahoo.com. Can't wait to see you!

Youth 16 and older who are interested in serving with Childrens' Church will need to complete Volunteer Screening. The next session is November 18, 2023. Contact Sister Clarice Torian (703 730-6353/toriancj@gmail.com) or Cynthia Zorn Pettigrew (703-730-5227) zornpettigrew@comcast.net to register and for additional information.

SUBMISSION OF WEEKLY ANNOUNCEMENTS AND PRS

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

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

YOUTH MINISTRY

Servants Wanted!! If you have a heart for working with our Youth Ministry, please contact Reverend 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 p.m. It can also be accessed via Zoom. To attend via Zoom, please register online. Join us as we do "Bible Study for life."



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.

Prayer:

"Lord, we come to you today, not asking for anything, but to say thank you for your many blessings and to worship you just because of who You are! Thank You that Great is your Faithfulness and your mercies are made new every day! You are a holy, righteous, almighty, just, merciful, gracious, all-knowing (omniscient), all-powerful (omnipotent), present everywhere (omnipresent) God. You are El Shaddai (all sufficient), Jehovah Rapha (our Healer) and Jehovah Jireh (Our Provider), Jehovah Shalom (our peace), and Jehovah Nissi (our Banner of Love).

Thank you for the ultimate sacrifice of your Son and our Lord and Savior Jesus Christ who paid the penalty for our sin and redeemed us back to you. If you never do anything else for us, you have already done enough!

Help us to focus on what we have and not on what we don't have, and what we can do and not what we cannot do. May you receive the greatest glory that you can from our lives. You are worthy of ALL the glory, honor and praise. In Jesus Name we pray and give thanks. Amen.

Worship Song:

"Goodness of God - Israel & New Breed"

https://youtu.be/9GQIJbUd_LE

Scripture:

Psalm 23:6 NKJV

Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

Psalm 23:6 AMPC

Surely or only goodness, mercy, and unfailing love shall follow me all the days of my life, and through the length of my days the house of the Lord [and His presence] shall be my dwelling place.

Psalm 23:6 MSG

Your beauty and love chase after me every day of my life. I'm back home in the house of GOD for the rest of my life.

*Submitted by the Noon Prayer Team
Sister Carol-Ann Benjamin
Deaconess Pamela Ford
Reverend Maxine Thompson*

**TO PRAY IS TO ENTER THE TREASURE-
HOUSE OF GOD AND TO GATHER RICHES
OUT OF AN INEXHAUSTIBLE STOREHOUSE.**

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL



THE THANKFUL LIST

As we enter the month of November, most of us turn our focus towards Thanksgiving as November 1st arrives, and our attention turns towards the plans and preparation for the Thanksgiving observance held every fourth Thursday in November. I must admit that Fall is my favorite season of the year and Thanksgiving is one of my favorite holidays. I look forward to the cooking of the

Thanksgiving meal and the fellowship with family and friends. Even though my family is very small, we have a tradition of sharing those things that we are most thankful for, like good health, employment, or in my own case, retirement, good friends and, of course, God's protection and continual provision over our lives.

Yet, as I read a devotional a few days ago, I was challenged by the thought: what about the difficult things, the disappointments, or setbacks I have faced this year. Should they be a part of my "what I am most thankful for" list? Specifically, when my disappointment was at its greatest peak, that was the very moment that Jesus was especially close and comforting to me. Shouldn't I be thankful for that as well? After all, the Word of God says that we should give thanks in all circumstances, for this is the will of God in Jesus Christ for you.

Beloved, it may not be easy to add a hurt, pain, or disappointment to your "thankful list" and then be thankful over it, yet I encourage you to not miss the moment when Jesus arrives bringing comfort and assurance. Perhaps we should take the position of the Old Testament prophet Habakkuk, "though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails, and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.

I think I'm making some adjustments to my list.

*Submitted by
Reverend Glenda Brown*





ALL ABOUT THE LADIES!!!

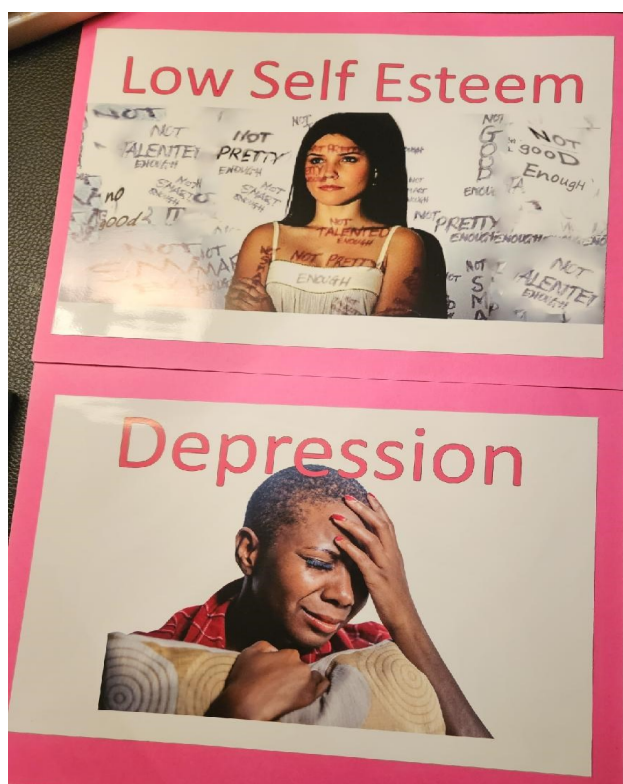
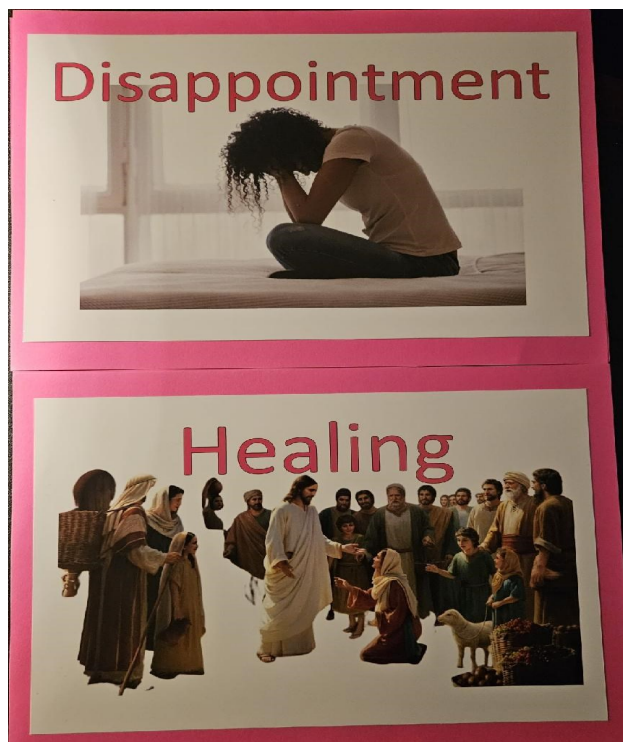
The sisters of All About the Ladies came from near and far to celebrate our annual Women Empowerment Workshop, on October 11, 2023. The Theme was **The Bags We Carry** based on the recommended book by Sis. Mary Melton, *Doorways to Sin* by Dr. Samantha Evans. Our Scripture was read by Sis. Marcia McCain from Deuteronomy 28:1-12.

Sis. Joyce Peterson recognized our September and October birthdays. Sis. Sharon King Childs rendered a song dedicated to the birthday celebrants. The ladies displayed the bags they brought to the workshop demonstrating the array of individualism in the room. We unpacked a suitcase that was full of burdens that sometimes weigh us down. Sisters lovingly helped others with encouragement, hope, and love.

The workshop culminated with a skit by Deaconess Lynell Manning and Sis. Joyce Peterson. During the debriefing the Sisters were able to recognize the feelings of anger, fear, frustration, disappointment and jealousy. Sis. Shirley Hardy had individual members read scriptures that point us to God and help strengthen our faith. Door prizes were given out, including a full-size suitcase to help the ladies travel light. We wore something pink in recognition of breast cancer month. The ladies left with love and laughter in their hearts.

*Submitted by
Sister Mary Melton & Sister Shirley Hardy*

HERE ARE SOME PIECES OF BAGGAGE FOUND IN THE BAGS:



*"In our unpacking process,
we must own it before
we can disown it!"*

— Evinda Lepins,





SENIORS' APPRECIATION LUNCHEON

On October 18, 2023, the Seniors' Ministry had their Seniors' Appreciation Banquet in the Gymnasium. A great time of fellowship was had by all. Sister Pauline Hunter opened up the event welcoming guests and visitors, and wonderful words on feeling the presence of our Lord Jesus Christ. Scripture was read by Sister Doris Johnson followed by a prayer by Deaconess Lynell Manning. Opening remarks and explanation of the occasion were made by Sister Shirley Hardy. Sister Hope Singleton recognized the October birthdays and anniversaries, and a traditional rendering of Happy Birthday was sung to the celebrants.

The Seniors then celebrated more by singing a couple of old time Gospel Hymns, "Down at The Cross" and "Pass Me Not". Oh, what wonderful memories of early church life those hymns brought back to me and many others.

After wonderful remarks by Reverend Dr. Holley, lunch was served. The Seniors enjoyed a very nice meal prepared by the Grain of Heaven. We were also given a very nice dessert as well.

After lunch was completed, Sister Hardy introduced the speaker for the occasion. Reverend Dr. Sandra K. James. Before Rev. James spoke, the Seniors were treated to a special Seniors' couple duet by Brother and Sister Robert and Marie Brown. They uplifted us in a beautiful rendition of "I Saw Jesus".

Reverend Dr. James gave us all a thoughtful scenario about "You might be a Senior if..." Very entertaining and delightful. She then spoke to us from Joshua 14:6-13 about "Senior Promise". It was a wonderful and thought-provoking message on the strength and wisdom of being a Senior. The Seniors' Ministry thanked Rev. James with flowers and a token of appreciation.

The Leadership team surprised Sister Shirley with flowers and a recognition of appreciation for her years of service directing the Seniors' Ministry as she has announced to the Team that she is stepping down as Director of the Ministry at the end of this year.

Prayer Requests and Praise reports were entertained, and everyone was reminded of the Seniors' Appreciation Service on Sunday, October 22, 2023, during the 11:00 am worship. The occasion was closed out with a prayer from Deacon Leonardo Manning.

Overall, it was an excellent and enjoyable program of fellowship, with colorful decorations and a fall scene backdrop that was available for photo opportunities.

*Submitted by
Brother Dr. Keith Boykin*





***"SISTERS, WE ARE B.A.D....
BLESSED...ANOINTED...
DESTINED TO FLOURISH!"***

The Women's Ministry October Fellowship, under the theme: ***Sisters We Are B.A.D. (Blessed, Anointed, & Destined to Flourish)***, was flowing with God's goodness! We were reminded that no matter what comes into our lives, we can fight through it because we are destined to flourish and to live in the overflow of God's blessings. We are anointed to win! We are B.A.D.!! God's presence was felt among everyone in attendance. The Word of God was powerfully shared by each speaker and the Spirit of the Lord was present in each musical selection rendered.

Sister Annette White opened our Fellowship with a beautiful, soul-stirring rendition of *"I Know Who Holds Tomorrow,"* which set the atmosphere and touched our hearts as we began preparing to hear God's word. The Lord wakes us up every morning and truly holds tomorrow!

Reverend Kathy Russell followed with a Word from the Lord based on Jeremiah 29:11. She spoke on *"Trusting God's Plan For Your Life,"* and reminded us that this can be done if we pray to God, seek God with all our hearts, and ask God for wisdom. She went on to share that if we glorify the Lord, then the Lord will bless us and help us bring order to our chaos. We are to confirm our identity in who God says we are and exhibit the Fruit of the Spirit, which are the biblical attributes of one who is living according to God's will.

Deaconess Cynthia Brown encouraged everyone with her inspiring and passionate words that *"To Be Bad Is to Be Good in A Good Way."* She reminded us that we are blessed, having the anointing from the Holy One; that we are blessed in and out, beautiful in every way, and members of the body of Christ. She also shared that our faith is to be built on a firm foundation and that God's glorious power illuminates us.

Soloist Sister Breh' Stevens Mitchell blessed us with her moving rendition of *"Center of My Joy."* This spirited rendition had us all saying, "Yes, Lord Jesus! You are indeed the Center of our Joy!"

Two short videos reiterated our theme, as the words on the screen virtually spoke to our hearts. A Tribute to Breast Cancer & Domestic Violence month was a stark reminder of the challenges some of us face in life. Nevertheless, we were reminded that God is ever present through our trials and tribulations and can see us through. Many of us are still standing because of God's grace and are reminded that the Lord hasn't left us nor forsaken us, even when it might feel like we are all alone. Jesus loves us! This we know! For the Bible tells us so!

This tribute was followed by Dr. Tracey Dawkins Holley who prayed an awesome, anointed, and powerful prayer that had us crying, thanking, and praising God for His love, healing, and protection! We could feel the move of the Holy Spirit in this space and women openly expressed the goodness of God in their lives.

Rev. Sharon Wallace was our final speaker and she ministered powerfully, allowing us to continue to bask in the presence and power of God. She shared from Deuteronomy 28:1-10, under the theme *"The Blessings of God Are Upon Us."* She told us that we will receive the blessing of God by being obedient and that our obedience leads to righteousness; we choose life and wisdom by following Jesus Christ; that God will give us peace that surpasses

all understanding; and that praises turn our ashes to beauty. She also gave us a short history lesson on some African American Clergy Women who have blessed us by making their mark in this world.

We celebrated those who had October birthdays, wedding anniversaries, and those visiting us for the first time. Again, Happy Birthday to all and thank you to our visitors. What another phenomenal fellowship! We pray that everyone was blessed beyond their dreams.

A sincere thank you to all who participated, shared the Word, gave words of Encouragement, sang a song of praise, acknowledgement of 1st time visitors, birthdays, and giveaways, read Scripture, and prayed. Truly, the fellowship was a success because of your servant hearts. We would be remiss if we did not acknowledge and say "Thank You" to our Technical, Publicity & Administrative support team. We couldn't do this without you.

We invite and encourage every woman to attend our Fellowships and receive the blessings that God has for you! Our next Fellowship is Saturday, November 4 at 9 am. Don't miss it!

Remember, never stop praising, shouting, praying, and giving thanks to our God for being some B.A.D. women - (Blessed, Anointed & Destined to Flourish)!!

*Humbly,
Gwen D. Holland
WM Director*



POSITIVES FROM THE BLACK HISTORY CORNER

Who was Garrett Morgan???

He was an African American inventor with his patents, including those for a hair-straightening product, a breathing device, a revamped sewing machine and an improved traffic signal.

With only an elementary school education, Garrett Morgan began his career as a sewing-machine mechanic. He went on to patent several inventions, including an improved sewing machine and traffic signal, a hair-straightening product, and a respiratory device that would later provide the blueprint for WWI gas masks.

Born in Paris, Kentucky, on March 4, 1877, Garrett Morgan was the seventh of 11 children. His mother, Elizabeth Reed, was of Indian and African descent, and the daughter of a Baptist minister. His father, Sydney, a formerly enslaved person freed in 1863, was the son of John Hunt Morgan, a Confederate colonel. Morgan's mixed-race heritage would play a part in his business dealings as an adult.

When Morgan was in his mid-teens, he moved to Cincinnati, Ohio, to look for work, and found it as a handyman to a wealthy landowner. Although he only completed an elementary school education, Morgan was able to pay for more lessons from a private tutor. But jobs at several sewing-machine factories were to soon capture his imagination and determine his future. Learning the inner workings of the machines and how to fix them, Morgan obtained a patent for an improved sewing machine and opened his own repair business.

In 1914, Morgan patented a breathing device, or "safety hood," providing its wearers with a safer breathing experience in the presence of smoke, gases and other pollutants. Morgan worked hard to market the device, especially to fire departments, often personally demonstrating its reliability in fires. Morgan's breathing device became the prototype and precursor for the gas masks used during World War I, protecting soldiers from toxic gas used in warfare. The invention earned him the first prize at the Second International Exposition of Safety and Sanitation in New York City.

In 1916, the city of Cleveland was drilling a new tunnel under Lake Erie for a fresh water supply. Workers hit a pocket of natural gas, which resulted in a huge explosion and trapped workers underground amidst suffocating noxious fumes and dust. When Morgan heard about the explosion, he and his brother put on breathing devices, made their way to the tunnel and entered as quickly as possible. The brothers managed to save two lives and recover four bodies before the rescue effort was shut down. Despite his heroic efforts, the publicity that Morgan garnered from the incident hurt sales; the public was now fully aware that Morgan was an African American, and many refused to purchase his products. Adding to the detriment, neither the inventor nor his brother were fully recognized for their heroic efforts at Lake Erie — possibly another effect of racial discrimination. Morgan was nominated for a Carnegie Medal for his efforts, but ultimately wasn't chosen to receive the award. Additionally, some reports of the explosion named others as the rescuers.

While the public's lack of acknowledgment for Morgan's and his brother's roles at the Cleveland explosion was undoubtedly disheartening, Morgan was a voracious inventor and observer who focused on fixing problems and soon turned his attention to all kinds of things, from hats to belt fasteners to car parts.

The first Black man in Cleveland to own a car, Morgan worked on his mechanical skills and developed a friction drive clutch. Then, in 1923, he created a new kind of traffic signal, one with a warning light to alert drivers that they would need to stop, after witnessing a carriage accident at a particularly problematic intersection in the city. Morgan quickly acquired patents for his traffic signal—a rudimentary version of the modern three-way traffic light—in the United States, Britain and Canada, but eventually sold the rights to General Electric for \$40,000.

Outside of his inventing career, Morgan diligently supported the African American community throughout his lifetime. He was a member of the newly formed National Association for the Advancement of Colored People, was active in the Cleveland Association of Colored Men, donated to Negro colleges and opened an all-Black country club. Additionally, in 1920, he launched the African American newspaper the Cleveland Call (later named the Call and Post).

Morgan began developing glaucoma in 1943 and lost most of his sight as a result. The accomplished inventor died in Cleveland, Ohio, on July 27, 1963, shortly before the celebration of the Emancipation Proclamation centennial, an event he had been awaiting. Just before his death, Morgan was honored by the U.S. government for his traffic signal invention, and he was eventually restored to his place in history as a hero of the Lake Erie rescue.

Morgan improved and saved countless lives worldwide, including those of firefighters, soldiers and vehicle operators, with his profound inventions. His work provided the blueprint for many important advancements that came later and continues to inspire and serve as a basis for research conducted by modern-day inventors and engineers.

IT'S PRAYING TIME, CHURCH!!!

The Pastor's Aide Ministry invites each and everyone of us to PRAY FERVENTLY, both in our private closets and on the FMZBC Virtual Prayer Room at:

<https://fmzbcprayerroom.prayerloft.com>.



We serve a God who answers prayer and if we ever needed HIM, we need HIM now. The Virtual prayer tool is a good way to engage others to pray for those things we want GOD to fix, and we continue to encourage you to be a part of this incredible tool which God has placed in our hands to use.

Just remember our theme:

**"FROM GENERATION TO GENERATION,
GROWING DEEPER, GROWING STRONGER,
REACHING HIGHER".**

DR. VELMA SCANTLEBURY-WHITE

is a Barbadian-born American transplant surgeon. She was the first Black woman transplant surgeon of the United States.

Dr. Scantlebury earned her medical degree from Columbia University in New York City. She was an intern and resident in general surgery at Harlem Hospital Center in New York City. She completed her fellowship training in transplantation surgery at the University of Pittsburgh and then joined the University of Pittsburgh School of Medicine as an assistant professor of surgery in 1989.

Between 1988 and 2002, she worked as a transplant surgeon at the Pitt School of Medicine, earning her Doctor of Surgery in 1989, as the first African-American woman transplant surgeon. That same year, she married Dr. Harvey White, and began teaching as an assistant professor at Pitt. In 1996, Dr. Scantlebury worked her way up to associate professor by 2002 and was recruited by the University of South Alabama (USA) as a surgical professor and as director of the USA's Gulf Coast Regional Transplant Centre.

Dr. Scantlebury accepted an offer from the Christiana Care Health System of Delaware in 2008 to serve as director of their kidney transplant program and the family relocated. In her career, Dr. Scantlebury estimates she has completed over 2,000 transplants, and has published more than 85 peer-reviewed research papers, as well as 10 monographs and several book chapters. She retired in 2020.

In 2003, she and then in 2006 she began working with other transplant surgeons, the Coalition on Donation, and the National Minority Organ and Tissue Transplant Education Program in an endeavor called Linkages to Life to educate the black community and dispel myths regarding transplants.

Dr. Scantlebury was honored as one of the "Best Doctors in America" and inducted into the Achievers Hall of Fame of the United Negro College Fund. In 2004 and 2006, she was listed as one of the "Top Doctors in America", has been awarded the Carlow University Woman of Spirit Award for inspiring others and the "Gift of Life Award" from the National Kidney Foundation. In addition to recognition by the Caribbean American Medical and Scientific Association, she received the Order of Barbados Gold Crown of Merit, for her efforts to educate minorities about organ transplant. She has performed over 2,000 transplants and published many peer-reviewed papers.

Dr. Scantlebury's special interests include: researching the end results of donation and transplantation in African Americans, increasing organ donation in the African-American community through education and awareness, increasing the incidence of living donor transplantation by education, and treating viral infections in kidneys.

Today she is a professor of surgery at Texas Christian University and the University of North Texas Health Science Center and Medical School, in Fort Worth, Texas.



to *SaRee Grimes* for being featured in the 2022-2023 School Year Braven Impact Report for winning the Capstone Challenge project in her Braven Career and Leadership Accelerator course at Spelman College. Braven partners with incredible organizations each semester on the Capstone Challenge, the final project in the Career and Leadership Accelerator course where Fellows use design thinking skills to develop real-world solutions to existing challenges the companies are facing. This past semester, the Braven Atlanta Team at Spelman College partnered with Fintech in Action. SaRee was featured in the 2022-2023 Braven Impact Report for leading a team to solve the Capstone Challenge question "How can the Fintech (Financial Technology) industry help more black women become more confident investors?" SaRee was selected as Project Manager and led a team of 6 teammates in designing a website to encourage black women to become more confident investors. The team developed initiatives such as Financial Literacy Mastery Classes, HBCU Conference Tours, and a Mentor Program. Several First Mount Zion Baptist Church (FMZBC) members assisted in answering a 5-question survey on their investment history and strategies. SaRee also conducted a personal interview with FMZBC member Cherry Wilcoxon Anderson, Executive Director, Financial Business Operations and Comptroller for the Defense Contract Management Agency where she received invaluable insight from a working professional in the financial industry. The results of the survey and the personal interview were instrumental in developing the metrics needed to create the prototype for the website. She is extremely grateful to Mrs. Anderson and her entire FMZBC family for their continued support.

When asked to describe her experience as a 2023 Fellow, SaRee replied "My experience as project manager for this year's Capstone Challenge was rewarding and it allowed me to shine as a leader. Throughout the process, I've learned the importance of teamwork, communication, and how to properly lead a group of individuals with integrity and an open mind. Going into this project, I knew nothing about investing, but thanks to FinTech in Action, they have provided me with resources and an investment grant with Stackwell to start my investment journey."

As the Capstone Challenge Winners, SaRee and her team were presented with an investment grant with Stackwell to start their investment journeys. SaRee is currently a Junior at Spelman College majoring in Theater and Performance with a minor in Entrepreneurship and Innovation. She enjoys acting and public speaking. SaRee's goal is to become a professional actress and to create and own an online streaming production company promoting quality television and movie programming. SaRee is the daughter of Derrick and Sandra Grimes and has been a part of the FMZBC family since 2009.

For additional information on Braven and to view the entire impact report, visit <https://impactreport.bebraven.org/atlanta>



FITNESS-IN-PLACE

STRENGTHEN YOUR GLUTES!

It is common for people to want a nicer booty, and a great advantage of strengthening this area of the body is a healthier lower back. Strengthening and balancing your muscles helps to reduce both pain and fatigue, which means you will feel better as well as look better.

Consider this Hip Bridge with Abduction:



Lie face up on a mat, with knees bent and feet flat on the floor. Place a band around your legs, just above the knees. Lift your hips up off the floor to create a straight line from your neck to your knees. Resist the inward pull of the band to strengthen the outside of the hip. Bring your hips back down to the floor and repeat.

Challenge: Begin with a 5-minute walk to warm up, then perform three sets of 10-12 reps, three days a week.

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

Keep your head high
Your glutes tight,
&
Your coffee strong.



FIRST MOUNT ZION 4TH ANNUAL RUN/ WALK

On behalf of the First Mount Zion 5K Committee, we would like to say Thank You to Pastor Torian, First Lady Clarice, and everyone who participated or volunteered in the 2023 4th Annual, First Mount Zion Healthy Start Mind & Body 5K Run/Walk. The race was held at the beautiful Occoquan Regional Park in Lorton, Virginia.

The morning was filled with cool air, lots of excitement, music from our DJ, Jonathan Lil John, laughter, and intermittent rain that was forecasted, but it didn't dampen or stop the faithful First Mount Zion members and our community from strolling in with raincoats, umbrellas, caps, and some braved the run/walk with no weather covering at all. The paved course winds its way along the delightful Occoquan River, extending you splendid, scenic views throughout the park's natural terrain.

We were all adorned with our official 4th Annual 5K Run/Walk t-shirts and rally towels. It was a beautiful site of unity as we kicked off the Fall season in Ministry with health as our focus, so we can serve God and His people without any hindrances.

When the race concluded, we had an awards ceremony to congratulate those winning 1st, 2nd, and 3rd place in the age categories below:

Twelve and below, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over!

Following the ceremony, we had a great fellowship in the pavilion with an appropriate catered buffet meal to help re-fuel the runners and walkers. During the entire festivities, we were blessed with the continuous great sounds coming from the turntable of DJ Lil John. It was amazing how the music had us on our feet as we praised the Lord together with gladness!

I conclude with a big cheer for our volunteers!! They helped greet participants, passed out water, cheered on runners and walkers as they began and finished the race, and they helped with countless other tasks that contributed to the success of this race.

We hope to see you next year at the same place for our 5th Annual 5K with some new and exciting additions! God bless you.

The 2023 FMZBC Healthy Start Mind & Body 5K Run/Walk Committee,

Sis. Stephanie M. Craddock
Bro. Mike Green
Bro. Gerry Griffen
Rev. Brian Woolfolk





The Pastor's Aide Ministry hosted a Clergy Appreciation Breakfast on October 15th in the Grain of Heaven to acknowledge and show appreciation and love to the Clergy at First Mount Zion.

The GOH prepared a delicious breakfast consisting of shrimp and grits, scrambled eggs, turkey sausage, biscuits and French toast. Everything was excellent and the ambience was peaceful. The AV Ministry (Myles) assisted with the slide show presented and Brother Charles McPhatter and Sis. Stacey Griggs serenaded the attendees with songs of encouragement as the theme was "Encouragement for the Encouragers".

We are grateful that this group of clergy chose to be associated with First Mount Zion. You have been a guiding light to our Church, a shining example of what it means to be a true servant of God, and your passion for helping others is unmatched. Your dedication and hard work have not gone unnoticed, and we are grateful for all that you do. We are blessed to have you as an integral part of our team. We just want you to know that we love and appreciate the sacrifices you have made and the help you have given our Pastor in channeling us in the right direction, and we give Almighty God all the glory for what He has done and continues to do in this Ministry. We pray God's immense blessings upon your lives wherever you may go.

The small token of appreciation given was just a reminder that you are very special to us. We love you, Clergy. May heaven rain upon you until your cup overflows!!

Pastor's Aide Ministry



Clergy & Pam Members in attendance



**WILL NOT OCCUR ON WEDNESDAY,
NOVEMBER 8TH, AT 7:30 P.M. INSTEAD,
THERE WILL BE A WORSHIP SERVICE
WHERE MINISTERS-IN-TRAINING,
ROBERT JONES AND ANNIE ROBINSON,
WILL BE DELIVERING THEIR INITIAL
SERMONS! WE SOLICIT YOUR PRAYERS
AND YOUR SUPPORT!**



VIRTUAL VETERANS DAY SYMPOSIUM: *RESPECT. EMPOWERMENT. PRIDE. SERVICE*

This symposium will honor Veterans by remembering their legacy and service to our country, and will educate, inform, and empower Veterans, service members, family members, caregivers, and survivors about valuable VA resources. *Respect. Empowerment. Pride. Service.* will provide information on VA benefits, disability claims including a tutorial, Vet Centers and the Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act. Feel free to join and to share the invite information with any interested party.

Date: Thursday, November 9, 2023

Time: 1:00 – 3:00PM (ET)

Event Details Link: <https://www.va.gov/outreach-and-events/events/62374/>

Quick Join: [Click Here to Join](#)

Link to Join: <https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=mf0ba5f7d7e4e87e1333129dada4b3e0b>

Phone: 1-833-558-0712 Toll-free Number, Access Code: 2761 819 9241

Audience: Veterans Nationwide, Service members, Family Members, Caregivers, Survivors, VA Staff, Veteran Advocates, National Association of County Veteran Service Officers (NACVSO), National Association State Department of Veterans Affairs (NASDVA) and Veteran Service Organizations (VSO).

Please send any questions to the [OTED National Outreach Mailbox](#).

We look forward to you joining us,

Outreach, Transition and Economic Development (OTED)
Veterans Benefits Administration (VBA)
U.S. Department of Veterans Affairs (VA)



TELL THEIR STORIES

Soldiers have died in distant lands,
Far from their homes and loving hands.
Tell their stories.

Troops missing in action and never returned,
Their ultimate destinies not yet learned.
Tell their stories.

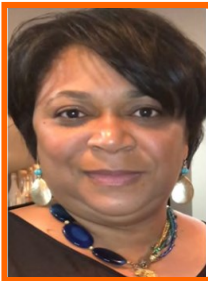
Warriors come home with troubled minds,
Atrocities witnessed not quite left behind.
Tell their stories.

The rest return and pick up their lives,
As husbands and fathers, mothers and wives,
Tell their stories.

All our soldiers, brave, strong and true,
If you want to honor them, here's what you do:
Tell their stories.

by Kelly Roper

WE HONOR ALL FIRST MOUNT ZION MEMBERS WHO ARE VETERANS, AND WE THANK YOU FOR YOUR SERVICE. MAY ALMIGHTY GOD BLESS YOU BEYOND MEASURE FOR YOUR SERVICE TO THIS COUNTRY AND, BY DEFAULT, YOUR SERVICE TO THE WORLD! YOU ARE RESPECTED, LOVED, ADMIRERD AND HELD IN THE HIGHEST ESTEEM!



... from the desk of the
Church Business Administrator
Sis. Renee Woolfolk



We are actively recruiting for the position of

Accounts Receivable Clerk

The ideal candidate must have a passion for the accounting process and a heart for ensuring resources of the Church are processed timely, and in accordance with acceptable accounting practices and Christian stewardship. Position oversees one part-time accounts receivable payroll clerk. If you have a college degree in accounting or finance; minimum of five years paid work experience in accounting; and a working knowledge of a bimonthly payroll of at least twenty employees, please contact Renee Woolfolk, Church Business Administrator to discuss your interest in supporting the Ministry through your vocation. 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. Submissions may either be emailed to

employment@firstmountzionbc.org

or mailed to:

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



You may give online, accessing the link through 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

HOLIDAY CLOSURES

Friday, November 11th, Veterans Day
Thursday, November 24th, Thanksgiving
Monday, December 26th, Christmas Holiday



SCREENING

November 19th

POC: Cynthia Zorn Pettigrew, 703 -730-5227

zornpettigrewcl@comcast.net

or Clarice Torian, 703-730-6353

toriancj@gmail.com

1. Check-In is available at both Entrances "A" and "B" on **Sundays for the 11a.m. Worship Service.**
2. The parking lot is fully open
3. Use Door "Q" Check-In Station when parking lot is in use
4. Two temperature stations at Doors A and B on Sunday
5. Check-In/sign-in sheets for contact tracing are no longer in use.
6. The Fitness Center Locker Rooms are now open.



MUSIC AND ARTS MINISTRY

Please check the church calendar for rehearsal dates and times.

Interested in joining the Music and Arts Ministry? Contact Minister Sylstea Sledge at ssledge@firstmountzionbc.org



IT HELP DESK

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

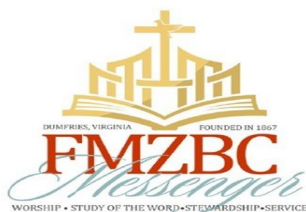
IT4U@firstmountzionbc.org or
rwoolfolk@firstmountzionbc.org

DEAF MINISTRY

ASL (American Sign Language) Interpreter onsite each Sunday during the 11am in-person Worship Service and at the monthly Deaf Ministry ZOOM meetings.

Topic: Deaf Ministry Meeting.
Date/Time: Second Monday of each month.
Next meeting is November 13th at 7pm.

Please check back for the ZOOM link.
POC is Deaconess Pamela Ford, pdford61@verizon.net



2023 Theme:

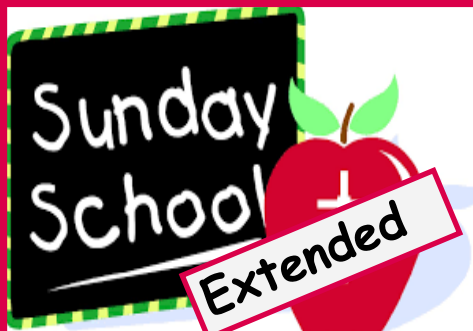
From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher

"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



November 5, 2023
Volume 19 • Issue 11



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.

Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: the **potential for greatness lives within each of us.**

— Wilma Rudolph



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



The last day to register for November SHARE packages is Friday, November 10th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on November 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 Communications and Publicity Ministry. Submissions should not exceed 300-350 words and must be received no later than 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!
Thank you!

CPM Team

Deacon Joseph Boutte, Chair
Sister Oonagh Bell
Brother Benson Blake
Deaconess Janice Cooper
Trustee Alfranda Durr
Dr. Sandra Flowers
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>

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

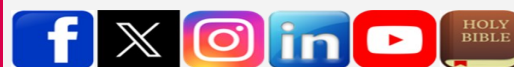
Instagram: [@thecore_fmzbc](https://www.instagram.com/thecore_fmzbc)

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

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

YouVersion: https://bit.ly/FMZBC-YouVersion_Bible

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



LifeStream.tv

"Your faith can move mountains and your doubt can create them."

Anonymous