

2024 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



New Year's Message



WORDS OF ENCOURAGEMENT...

"DO IT ANYWAY"

Colossians 3:23-24 (NIV) says: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

Happy New Year!

First, let me say thank you for "your" encouragement and kindness to me and my family over the years. I am excited and believe that 2024 is a year for new beginnings and a year representing strength, courage, creativity, and innovation. The question is are you ready? I am, and I am looking ahead and ready for the "next" that God has for us, and I want you to be ready too.

Here is the challenge: Think about where you will serve this year. What are your gifts and talents and where are they needed? How can we all "connect" to grow ourselves and this Ministry for the Kingdom? If you want to sing, then sing, teach, then teach, pray, then pray, worship, then worship, share ideas, then share ideas, be creative, be a faithful steward, study the Word of God, bring your family, invite a friend but most of all, get involved.

I have always appreciated the nuggets you send my way as encouragement, and the following is one that blessed me, and I hope it blesses you also. "Do it Anyway", a poem usually credited to Mother Teresa, but was actually written by Kent M. Keith as "Paradoxical Commandments," and Mother Teresa promoted it by hanging a framed photo of this poem on the wall of her home.

"Do It ANYWAY"

People are often unreasonable, irrational, and self-centered. Forgive them ANYWAY. If you are kind. People may accuse you of selfish ulterior motives. Be kind ANYWAY. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed ANYWAY.

If you are honest and sincere people may deceive you. Be honest and sincere ANYWAY.

What you spend years creating what others could destroy overnight. Create ANYWAY.

If you find serenity and happiness, some may be jealous. Be happy ANYWAY.

The good you do today will often be forgotten. Do good ANYWAY.

Give the best you have, and it will never be enough.

In the final analysis, it is between you and God. It was never between you and them ANYWAY. – Mother Teresa

Remember in 2024, to Do It Anyway!

*Your Servant in Christ,
Dr. Sandra K. James*

INSIDE this Issue

WOE from the Assistant Pastor	1
Youth Ministry on Blast	2
For Your Mental Health	3
Noonday Prayer	3
Fitness-in-Place	4
2024 Leadership Officers	4
Stay Connected	5
Ordained to Serve	6-7
Volunteers Needed	7
Women's Ministry Hour of Power	8
MLK Oratorical Contest	9
The Chaplain's Corner	9
GriefShare Ministry	10
Encouragement for the Soul	10
Seniors' Ministry Fellowship	11
All About the Ladies	12
Black History Corner	13-14
"Thank You" from Share Ministry	14
From the Desk of the CBA	15
SHARE January Menu	16
SHARE Distribution	17



**TO ALL THOSE WHO HAVE LOST
LOVED ONES DURING THIS PAST
YEAR, PLEASE KNOW THAT WE ARE
PRAYING FOR YOU AND YOUR
FAMILY THAT GOD WILL COMFORT
AND KEEP YOU DURING THIS
VERY DIFFICULT TIME!**

Youth Ministry



First Mount Zion, our youth continue to accomplish their goals and fulfill their dreams. Please join Sister Teanda Anderson in recognizing her son and FMZ member, **JAMIR ANDERSON**, on being selected as a member of the Junior Varsity Basketball Team at North Stafford High School. In addition to this milestone, Sister Anderson is also proud of Jamir for doing well academically, improving on getting his chores done, and becoming a more responsible and accountable young man overall. Jamir, who turned 16 in November, is currently a 10th grader at North Stafford High School.



Family, please give Jamir your heartfelt congratulations and continue to encourage and support him in his personal growth.



The FMZ Youth Ministry remained active throughout 2023. In November, the Youth Council was selected. In addition to submitting the Youth Council application and reference forms, selectees had individual interviews with me and Youth Ministry servants, Shirley Hardy and Toshio Stovall. The 2023-24 council members (*pictured left to right are Kayla Thompson, Nyla Hughes, Pierce Hall, Alaina Clarke, and Aniya Thompson*). Each council member is dedicated to our youth and has been working hard for them. Three members traveled with me and Rev. Cynthia Ball, to Williamsburg, to view the site of our high school retreat scheduled for April 2024. They all were involved in planning the 2023 Youth Ministry Prayer Dinner and Food Donation Drive. The dinner, held on Friday, November 17, 2023, was open to FMZ youth members and guests. This year's theme was "United in Prayer." God blessed us with 40 youth attendees! We were also blessed by a musical selection by Rev. Kathy Russell. After dinner, our relevant keynote address was provided by Pastor Torian. Youth then rotated through six prayer stations with topics selected by our Youth Council. Stations included a "Mental Health" prayer station and a "Social Media" prayer station.

Our youth were also generous with their food donations, hauling in 546 lbs. of food that we were able to deliver to the ACTS Food Pantry in Dumfries. Special thanks to our first-place food donation winner, Alessandra Twyman, who donated 230 cans of food. By the time this article is published, youth will have attended our December holiday outing to "Step Afrika," a Holiday Musical Show at Arena Stage.

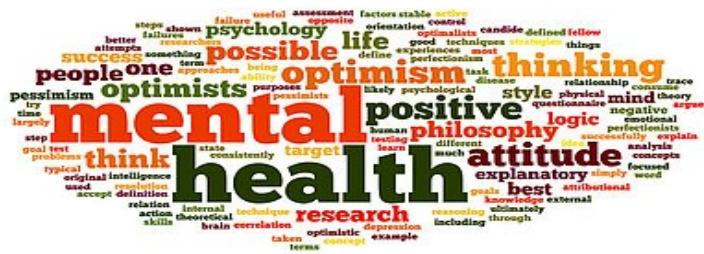
Thank you, First Mount Zion, youth families, and faithful "FMZ Youth Ministry Supporters" for your support of our youth and the Youth Ministry. All youth in grades 6 to 12 are invited to join the FMZ Youth Ministry as we grow in our faith, grow together, and have fun!!!

Site visit to Williamsburg
Christian Retreat Center

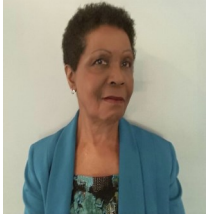


Prayer Dinner





“EMOTIONAL INTELLIGENCE”



Emotional Intelligence or EQ is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into

action, and make informed decisions about what matters most to you.

Have you ever allowed yourself to get worked up and then regretted yelling at a coworker or saying a rude or snarky comment to your boss or leader? Have you had a heated argument with your spouse, romantic partner, or a family member, and later wonder why you ever let the small issue you were having blow up into something huge? Have you ever made a rash decision while mad, afraid, or upset, only to regret it later? These are all issues of low or poor emotional intelligence. If you are unable to manage your emotions, you are probably not managing your stress either. This can lead to serious physical and mental health problems (high blood pressure, anxiety and depression). If you are unable to understand, get comfortable with, or manage your emotions, you'll struggle to form strong relations. This in turn can leave you feeling lonely and isolated and further exacerbate any physical and mental health problems.

Emotional Regulation Skills

When you experience an emotion, a behavior usually comes with it. If you are angry, you might fight or argue. If you are sad, you might withdraw from your friends. Doing the opposite action will help you change your emotion. If you're angry, instead of fighting, yelling and arguing, talk quietly and behave politely. When you are sad, talk to a friend or family member who will listen, support, and help you cope, watch a funny movie.

Ask yourself questions to check the facts: What event triggered my emotion? What interpretations am I making about the event? Does my emotion and its intensity match the facts of the situation? Or does it just match my assumptions of the situation?

Make Self-care a Priority – Engage in activities that you find relaxing, fun, or energizing. This can be as simple as reading a book or as big as taking a vacation.

Pay attention to the positive events. Most people give more attention to the bad things than the good. If you hear ten compliments, and a single criticism, you'll probably focus on the criticism. Journal or meditate on things you are grateful for.

Know what works best to calm you down. Is it going for a run? Taking a walk around the block? Calling a Friend? Running through some yoga sequences? Spending 10 minutes meditating with your office door closed? Figure out what works best, and then actually put it into practice.

Sources:
Hall, E.D., Ph.D. 6/28/18. Building Emotional Intelligence for Better Relationships | Psychology Today.
2015 Therapist Aid LLC Provided by TherapistAid.com

Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister



PRAYER AMID CHANGE

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

Prayer:

We pray for your continued blessings and anointing on Pastor Torian and his family and FMZ as we transition to new leadership. We pray for wisdom, clear vision and direction for FMZ leadership and members in this process. Allow us to hear Your voice clearly in the selection of a Pulpit Committee. Lead us to the person who you have already chosen to lead FMZ into the future. We pray for a bond of peace, unity, and love as You lead us every step of the way.

We pray for Your perfect will individually as members, and corporately as the FMZ family. May we continue to discover, develop, and exercise the gifts and talents that You have placed in each of us so that we can be the salt and light that You have called us to be in these last days. Also, may we individually and corporately become more deeply rooted and grounded in Your Word and strengthened as we grow in our faith and walk.

Thank You in advance for the victory. In the mighty and precious Name of Jesus we pray and give thanks, Amen!"

Scripture:

1 Timothy 2:1-2 NKJV

Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men (and women), or kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

1 Timothy 2:1-3 MSG

The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live.

Worship Song:

"Order My Steps in Your Word"- <https://youtu.be/A3FXgRH0XfE>

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

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



FITNESS-IN-PLACE

RETHINK NEW YEAR'S RESOLUTIONS

Do you want to lose weight, lower your blood pressure, reverse your type 2 diabetes, increase your bone density and muscle mass, or just improve your overall health?

This New Year be encouraged to focus on process resolutions rather than product resolutions. A process resolution is something you do to achieve the product resolution. For example, "I will play pickleball two times per week," is my process resolution and my product resolution is to lose 10 pounds. You can control your process resolutions, but you cannot control your product resolutions. You can't mandate that your body lose 10 pounds, but you can control the action steps you take to get there. Process resolutions are behavioral objectives. By focusing on these behavioral objectives rather than the outcome, you become empowered to take action toward healthy behavior change.

Challenge: Set an exercise behavior or process resolution that keeps you on track towards your product resolution. Examples include "I will walk 3 times per week" or "I will do toning exercises 2 times per week". These exercise behaviors are best if they are enjoyable, fit into your schedule and help you reach your product resolution.

For any assistance, please visit FMZBC's Fit by God Fitness Complex which is now open Monday thru Thursday 9am to 4pm, Fridays and Saturdays 9am to 1pm. For questions call the fitness complex at 703-670-0225.

*Submitted by
Sister Lori Valkenburg
Fitness Director*



*To all those celebrating
in January!*



FMZ's 2024 LEADERSHIP

TRUSTEE MINISTRY

Chair
Trustee James Simpson

Vice Chair
Trustee Henry Coverson

Secretary
Trustee Renae Allen

Chaplain
Trustee Willie Davis

Treasurer
Trustee Oscar Dailey

Assistant Treasurer
Trustee James Jarrett

DEACON MINISTRY

Chair
Deacon Willie Brown

Vice Chair Operations
Deacon Kavin D. Johnson

Vice Chair
Communications Education & Policy
Deacon Gresham Harkless

Secretary
Deacon James Tribble

Assistant Secretary
Deacon Andre Robinson

Chaplain
Deacon Henry Walker

Assistant Chaplain
Deacon Everett Griggs

DEACONESS MINISTRY

Chair
Deaconess Vietta Williams

Vice Chair
Deaconess Adrienne Little

Secretary
Deaconess Lynell Manning

Assistant Secretary
Deaconess Beverly Bolden

Chaplain
Deaconess Debbie Tribble



**IN PERSON -
IN CHAPEL -
WEDNESDAYS
11:00AM &
7:30PM.**

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

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

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

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





ONLINE/IN-PERSON EVENTS

YOUTH BIBLE STUDY: Youth are encouraged to join us on Wednesdays as we do "Bible Study for Life," in person, in the Executive Conference Room on the first floor, from 7:40-8:30 p.m. or via ZOOM. For ZOOM, please register using the following link:

<https://us02web.zoom.us/join/88280338054?pwd=TGI4NVNJYzdYQVAYd2Z4ZF14UDZBUT09>

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

NEW MEMBERS' ORIENTATION CLASS (NMOC) - 2024

Jan 07 — 09:45 AM	NMOC Orientation and Church Tour – Virtual and in person - Room 211
Jan 14 — 09:45 AM	No class attend Hybrid Sunday School Pastor Recognition
Jan 21 — 09:45 AM	Baptism
Jan 28 — 09:45 AM	Zone Ministry
Feb 04 — 09:45 AM	The Bible
Feb 11 — 09:45 AM	Small Groups
Feb 18 — 09:45 AM	Prayer
Feb 25 — 09:45 AM	Stewardship

Join Zoom Meeting

<https://us02web.zoom.us/j/88280338054?pwd=TGI4NVNJYzdYQVAYd2Z4ZF14UDZBUT09>

Meeting ID: 882 8033 8054
Passcode: 569157
(309) 205-3325 US

ONLINE/IN-PERSON EVENTS



Worship for PreK to 5th graders on third Sundays, during the 11 am service.

For additional information, please contact Dr. Tracey Dawkins 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, Please contact Dr. Holley for additional information.



ACADEMIC EDUCATION MINISTRY

AEM Scholarship Newsletter Fall 2023 Edition! Want to know what is happening with the FMZ Scholarship, other available scholarships, and events? Just click the link below!!

<https://firstmountzionbc.org/scholarships-2/>

Additional information and Scholarship Opportunities.

First Mount Zion High School Seniors, Juniors, and Parents/Guardians, if you are interested in receiving educational information and available scholarship opportunities, please forward your email address to aem@firstmountzionbc.org and we will add you to the distribution list. Do not miss out!

Also, **Tutors are needed** for French, Biology and Physics. Tutorial sessions will be held via Zoom on Mondays beginning at 7:00 pm. If you are interested in sharing your gift, please sign up at aem@firstmountzionbc.org. Thank you!

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

AEM follows the Prince William County schools schedule for closures.

ORDAINED TO SERVE

To God be the glory! We are rejoicing and giving God thanks for the newly ordained Associate Ministers of First Mount Zion Baptist Church. God has brought to fruition on December 24, 2023, the ordination of Reverends Cynthia Ball, Kara Franklin-Taylor, Marlene Johnson, Kathy Russell, and Gillis Taylor.

"Praise the Lord! Hallelujah! Thank you, Pastor Torian, for your guidance, love, and support throughout our journey as Associate Ministers. We appreciate the lessons you have taught us and your advice through the years. May God bless all that you do as you move forward. We are extremely grateful to you Assistant Pastor, Rev. Dr. James for the phenomenal job you did in preparing us to be presented before the Ordination Council. We are appreciative of the Council members and the wisdom that they imparted to us. Thank you to each of our colleagues that served as our mentors, we wouldn't have made it through the process without your guidance; your input and advice were invaluable. Thank you to our family, our First Mount Zion Baptist Church family, and friends who continue to love and support us. God is doing, and will continue to do, a great work in each of us. Each of us say, as it is written in 1 Timothy 1:12, "And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry,..." To God be the glory!"



Bottom row from right to left: Reverends Marlene Johnson and Kathy Russell
Top row from right to left: Reverends Kara Franklin-Taylor, Gillis Taylor, and Cynthia Ball



Rev Cynthia Ball is a native of Cleveland, Ohio. She graduated from Howard University, Washington, DC with a degree in Psychology and later earned a Master of Divinity degree from the Samuel Dewitt Proctor School of Theology, Virginia Union University, Richmond, VA. She is the associate minister for Zone N. She is a member of Where DOTs Connect.

Rev. Ball's scripture of Faith is Hebrews 11:1: "Now faith is the substance of things hoped for, the evidence of things not seen."



Rev. Kara Franklin-Taylor is a native of Washington, DC and currently resides in Dumfries, Virginia. She has been a member of First Mount Zion Baptist Church (FMZBC) in Dumfries, Virginia since 1998. Rev. Kara has served as the Youth Division Director for Sunday School at FMZBC and teaches one of the high school Sunday School classes. She is also an active member of the young adult Center Of a Righteous Empire (C.O.R.E.) ministry where she has served as the lead coordinator for their Ministry of Life, Spiritual Growth sessions.

Rev. Kara acknowledged her call to ministry in 2014 and subsequently began her matriculation at The Samuel DeWitt Proctor School of Theology at Virginia Union University where she earned her Master of Divinity degree in May 2018. She was licensed to preach the Word of God in April 2019 under the leadership of Rev. Dr. Luke E. Torian, (Pastor) FMZBC. She also holds a Bachelor of English and a Master in Teaching degree from Hampton University as well as a Master in Educational Leadership from George Mason University. Kara taught middle school Language Arts for nine years and a half years as an Alexandria City Public Schools employee. She is currently an Assistant Principal in Fairfax County.

In addition, Rev Kara is a member of Where DOTs Connect, Incorporated - an organization that focuses on mentoring and supporting women clergy. Rev. Kara is also a proud member of Alpha Kappa Alpha Sorority, Incorporated. Her mantra scripture is 1 John 4:4, "Ye are of God, little children, and have overcome them: because greater is He that is in you, than He that is in the world."

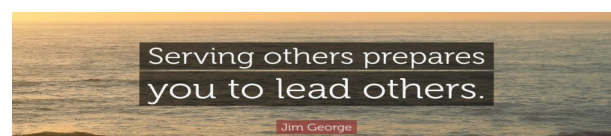
Rev. Marlene Johnson answered her calling in 2005. She received her early Christian education and experience under the pastoral guidance of Reverend Dr. Kenneth C. Doe and Bethesda Christian Fellowship, formerly Saint Joseph Baptist Church in Saint Helena Island, South Carolina.



She earned a Bachelor of Science degree from South Carolina State University and a Master of Divinity degree from Howard University School of Divinity. She has earned additional academic credits at Capella University, working towards a Doctorate in Human Services with a concentration in Counseling.

Rev. Johnson has worked in the field of Financial Aid and Student Services for over 26 years. Professionally, she teaches high school students in Richmond Public Schools and serves as President of Johnson Consulting Enterprises, LLC which offers event design and planning services.

Since becoming a member of First Mount Zion since 2005, she has served in the Women's Ministry, Youth Ministry, Women's Choir, and currently serves as an associate minister for Zone I. God has blessed her with a loving and supportive life companion in her husband Deacon Kevin D. Johnson. Together, they are the parents of three adult daughters; Aneisha, Kellie and Staci; a son-in-law, DeAngelo Morris Jr. and a granddaughter, Oceana Nicole.





Reverend Kathy M. Russell, a native of Washington, D.C., married to Daniel Russell, is a woman of God who loves the Lord. Reverend Russell earned a Master of Divinity degree from the Samuel DeWitt Proctor School of Theology, Virginia Union University. Her career as the Academic Dean/Division Accounts and Compliance Manager at the Manassas Campus of Northern Virginia Community College spanned over 30 years. She has served at First Mount Zion Baptist Church (FMZBC) for over 29 years. Her service at FMZBC has included co-director and director of the Women's Ministry, a founding member of the church's first Worship and Praise Team, a member of the Mass Choir, Women's Choir, Unity Choir, Adult Sunday school teacher, lead of Freedom (an interest-based small group), and a Deaconess.

She currently serves as an Associate Minister (Zone M2), lead of the Associate Ministers' Newsletter Team, Women's Ministry Committee member, a member of the Mass and Unity choirs, lead of Journey to Joy Ministry/GriefShare, a New Members Orientation Class teacher, and a member of the FMZBC Communications and Publicity Ministry. In addition, she is a member of Where DOTS Connect, Incorporated - an organization that focuses on mentoring and supporting women clergy.

Her ministry mantra is, *"And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry..."* 1 Timothy 1:12 (NKJV)

Reverend Gillis Taylor is married to the former Tarra L. Green, aka, Reverend Tarra L. Taylor of Macon, Georgia. They have two children and four grandchildren. They became members of First Mount Zion in November 2006. As a member, he served on the Men's Ministry Executive Committee, Men's Choir, and as a Sunday School Teacher. Currently, he serves as the Sunday School Superintendent. Reverend Taylor is a graduate of Howard University School of Divinity (HUSD). He was born and raised in Jacksonville, Florida. He served the country as a proud member of the U.S. Army. Throughout his service to our nation, he was a member of several churches during that period, serving as an usher, choir member, Sunday School Teacher, Deacon, and Elder.



RETIREMENT CELEBRATION IN HONOR OF REV. DR. LUKE E. TORIAN January 13 - 14, 2024



VOLUNTEERS NEEDED
Greeters, Decorators, Escorts, and Servers



(Sign up in the Narthex after
11:00 a.m. Service on January 7, 2024)



AEM COLLEGE STUDENT PANEL DISCUSSION

The AEM will host a College Student Panel Discussion (CSPD) on Sunday, January 7, 2024, 1:00 pm at FMZBC.

The panel will answer questions and concerns from students and parents during the session. Request parents/guardians and primarily high school students participate in this valuable college panel discussion.

Please take advantage of this opportunity to hear from these outstanding FMZ students and answer those difficult questions. AEM CSPD makes a difference in the choices of soon-to-be college students!

DEADLINE TO COMPLETE SIGNUP IS JANUARY 4, 2024

Parent/Guardian and Students to attend the session: Please email aem@firstmountzionbc.org for Sign-up.

College Students interested in participating as a Panelist: Please email aem@firstmountzionbc.org for Sign-up.

POC is Bro. Gerry Griffin, FMZBC, AEM Chair, at aem@firstmountzionbc.org.



IT Department Church Management Software Administrator

Under the direction of the Church Business Administrator, the Church Management Software (CMS) Administrator (CMSA) will be responsible for all aspects of CMS. The CMSA will play an integral role in rolling out, onboarding, maintaining, and providing end user support of the CMS and will be responsible for growing utilization of the platform through ongoing training and education on the use of the platform. The CMSA will also maintain the Church's CMS systems to include the performance, scalability, and integration with other platforms and integrity of information across FMZ. This role will include managing day-to-day functions and usage of the Church's CMS and supporting platforms, involvement in the planning and development of data structures, and troubleshooting any issues on behalf of members, employees, volunteers, and other users.

Requirements include having a clear understanding of relational database concepts and constructs, being able to "consult" with Ministry representatives to understand their data requirements, working with the managed service provider, audio visual and information technology staff to optimize the database structure and reporting capabilities to meet our needs, and championing the accuracy and integrity of our data.

This is a full-time, exempt position which reports directly to the Church Business Administrator. Please contact Renee Woolfolk at rwoolfolk@firstmountzionbc.org to discuss your interest. The position is also available on Indeed.



FMZ Print Shop: Volunteers are needed to print large format posters for Ministry events. If you are interested and/or have experience, please contact Walter Holmes, Assistant Facilities Manager, at wholmes@firstmountzionbc.org

Ministry Event set-up and break-down: Are YOU looking for a way to serve others? Are you in need of volunteer hours or do you simply want to support the Ministry activities of the Church? If so, please contact Ernest Robbins, Facilities Manager, at erobbins@firstmountzionbc.org **Opportunities** to serve in food service with the Grain of Heaven, contact Sherise Campbell, Food Service Director at scampbell@firstmountzionbc.org

IT (Information Technology) Support: Interested in sharing your expertise in support of Ministry meetings using computers, projectors to display PowerPoint presentations, play YouTube videos, ZOOM, live stream, contact Renee Woolfolk, Church Business Administrator at rwoolfolk@firstmountzionbc.org



HALF HOUR OF POWER ("Words of Encouragement For Your Soul")

Oh, Come All Ye Faithful! On December 5, 12, and 19, the Women's Ministry was reminded of God's love during this Advent Season in which we prepared for the celebration of Jesus' birth. The anointing words of comfort and inspiration uttered each week pierced our souls. On 12.5.23, words of peace, comfort and love were spoken by Deaconess Ledora Akanni under the title "I Am a Kept Women by God." She reminded us of how God promises to be our keeper and if we keep our mind on Him, cast our cares on Him, be faithful and trust Him, He will give us peace.

Also, Rev. Kara Franklin-Taylor's words of encouragement reminded us of how Mary and Joseph had faith and trusted God's instructions. By doing so, they were propelled into their destiny. She encouraged us to do the same and watch how God will give us peace just like God did for Mary and Joseph.

On 12.12.23, God's words of comfort and inspiration were spoken by Deaconess Doreather Seth, titled "How Are You Handling Your Gift-Giving During this Christmas Time?" While inspiring us to stay mentally, physically, spiritually, and socially fit, she introduced the word GIFTS as an acronym which meant:

G – Grace – give grace to others

I – Inspiration – have a play list or scriptures that inspire you

F – Faith – believe that Christ died for your life

T – Thanksgiving – be thankful for what God has done for you this year

S – Salvation – we have life because God came and gave us the gift of salvation

Reverend Maxine Thompson encouraged us as she spoke on "Love Yourself," referencing Mark 12:28-31. She encouraged us to look in the mirror and to speak kind words to ourselves every morning and night. Say "I LOVE YOU" to yourself.

Love your hair
Love your eyes
Love your nose
Love your lips and your mouth
Love your fingers and your hands
Love your legs and your feet
Love your thighs and your hips
Love your skin -- your mocha, pecan tan, bronze, mahogany, ebony, your espresso and merlot, your onyx and cinnamon, autumn and auburn, your spice, your ginger and cocoa, love your ivory-light, medium, and dark, your bronze-light, medium, dark, your downtown brown or golden copper. Love the skin you are in!!!

Newsflash: You do not need approval to be yourself. Stop seeking approval.

I know your heart has been broken by the one you loved deeply. But we know the mender of the broken heart, which is God.

You are beautiful!

As we finished out our "1/2 Hour of Power" on 12.19.23, Rev. Glenda Brown brought us home with "What Brings You Joy?" She stated various things that may bring joy to your life such as cooking, long walks, reading, singing, dancing, journaling, volunteering, family, friends, quiet time, etc. She encouraged us to do whatever gives us joy to the Glory of God and by the Word of God. The joy of the Lord is our strength. She said we should invite Jesus to dance with us because the Lord loves a good party! Finally, she reminded us that we have many love letters in the scripture from God and that we should lean on the One who loves us; can cover our sorrows; and give us joy.

Songstress Sister Annette White's "Oh Holy Night" & Sister Cynthia Wilson's "Silent Night" blessed our hearts and allowed us to feel the love of God through their anointed voices.

Five videos touched our souls with reminders that **Jesus Is the Reason for The Season**. After all, it was God's Christmas Plan that allowed us to know the True Meaning of Christmas!

A grateful "THANK YOU" to Rev. Dr. Tracey Dawkins Holley for providing us with joyous and encouraging closing remarks for the season, and for rendering a powerful closing prayer! We are blessed and appreciate Dr. Holley for her leadership and on-going support of the Women's Ministry.

What a beautiful, awe-inspiring anointing time we had in December. I pray that everyone was blessed. A sincere "THANK YOU" to all who participated, shared Words, sang a song, read scripture, led the prayer request and praise report moment, and prayed over the requests. Lastly, I would be remiss if I did not acknowledge and say "THANK YOU" to the Technical, Publicity, Admin support and Women's Ministry Advisor. You are a blessing!

I look forward to seeing everyone in 2024 as we sit back and let God take the wheel and drive us to our next destination! Keep your eyes and ears open for our monthly WM Fellowship events and invite a friend!

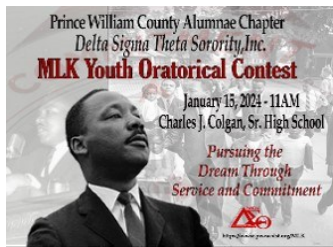
*Humbly,
Gwen L. Holland, Director
Women's Ministry*

FMZBC
Welcomes
Mr. James Beale,
Master Barber

For Shop Hours
Call 703 670-0184

Beale Cuts, LLC
Coming January 2024

DR. MARTIN LUTHER KING, JR. ORATORICAL COMPETITION AND PROGRAM



The Prince William County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. (PWCAC-DST) is hosting its 39th annual Dr. Martin Luther King Youth Oratorical Competition and Program on Monday, January 15 at 11 a.m.

The event will take place at Charles J. Colgan Senior High School, located at 13833 Dumfries Rd., Manassas, VA. Admission is free, and the doors open at 10:30 a.m. The community is encouraged to participate in the Martin Luther King, Jr. Day of Service by bringing ready-to-eat items such as:

Cold Breakfast Cereal Cups
Applesauce Cups
Granola bars
Fruit cups/Bowls
Campbell's sipping soup
Pasta Roni Quaker Rice & Roni Cups
Chef Boyardee Beefaroni microwavable bowls
Hormel Compleats Rice & Chicken Microwave Tray
Kraft Original Easy Microwaveable Mac & Cheese Cups
Fruit Snacks
Synder's of Hanover mini pretzels individual packs
Pepperidge Farm Goldfish Variety Pack
Juicy Gel Snack pack
Other ready-to-eat or microwave heat-and-eat items

All donations will go towards the work of Northern Virginia Food Rescue and its mission to improve food resiliency and accessibility for the entire region.

This year's speech topic, "If America is to remain a great nation, we must ..." is based on Dr. King's famous "I Have a Dream Speech", delivered on August 28, 1963, before 250,000 people at the Lincoln Memorial. This speech was a defining moment in the Civil Rights movement and is one of the most iconic speeches in American history.

The event will feature six contestants (3 High School and 3 Middle School) delivering amazing speeches. Attendees can also enjoy the MLK Community choir and the Manassas Park High School Drumline show.

For more details, please visit <https://www.pwcacdst.org/event>

LEADERSHIP

THE CHAPLAIN'S CORNER



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." Romans 8:37 CEV

101 Amazing Things God Thinks About You, David Cook Publishing, p. 66,

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

Good to know!

Submission of weekly announcements and Purchase Requisitions (PRs) are due by noon each Tuesday. Thank you for your support! Announcements and PRs submitted after the deadline will be processed the following week.

The Fitness Center is open Monday through Saturday and here are the hours:

Monday-Thursday, 9:00 a.m. - 4:30 p.m.

Friday, 9:00 a.m. - 1:30 p.m.

Saturday, 9:00 a.m. - 1:00 p.m.

Please check the calendar for updates.



FMZBC Women's Ministry
invites you to Join and/or
Participate. For more
information, please email
womensministry@firstmountzionbc.org

**WE LOOK FORWARD
TO YOU JOINING!**



**FMZBC
Men's Ministry**

To Join / Participate Please Email:
mensministry@firstmountzionbc.org

GRIEF SHARE

A Journey from Mourning to Joy

DON'T TRY TO HANDLE GRIEF ALONE

Grief is a strong, sometimes overwhelming emotion that we experience when a loved one dies. It is not something that should be dealt with alone. There is no time limit to grief. Everyone must travel their own grief journey at their own pace. Because there are so many nuisances to grief that persons must learn what they are, how they affect you, and how to address them.

At First Mount Zion Baptist Church, the Journey to Joy Ministry hosts the GriefShare program. GriefShare is a 13-week program that provides a safe place each week for group participants to share their feelings and their grief stories. The 13-week, small group seminar is a Christ-centered and biblically based support program.

GriefShare is for people who have lost a spouse, child, other family member, or friend through death. Presently, Journey to Joy does not offer GriefShare seminars for children. Participants will learn about grief-related issues. A grieving person can join at any time during the 13 weeks. The lessons do not need to be attended consecutively. Participants can register for the 13 sessions as many times as they would like.

A video is shown each week featuring experts, ministers, and Christian Counselors discussing grief and recovery subjects helpful to people in grief. The video also features other people sharing their stories of what has helped them deal with the pain of losing a family member or friend through death. During the week between meetings, group members use their workbooks to complete a daily Bible study and practical exercises to help them heal from grief. Register at **griefshare.org** for the spring term that will be held on Mondays at 7 p.m. February 5 – April 29, 2024. We are here to support you on your grief journey. You are not alone. Let us help to put you on the path to healing from your grief, turning mourning to joy. For more information, contact Reverend Kathy Russell at

journeytojoy@firstmountzionbc.org

"He heals the brokenhearted and binds up their wounds."
Psalm 147:3 (NIV)

"And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."
Revelation 21:4 (NKJV)

Submitted by
Reverend Kathy Russell,
POC, GriefShare/Journey to Joy Ministry

VISIT US ONLINE at www.FMZBC.com

Associate Ministers

Encouragement and Assurance for the Soul

SEEING THROUGH GOD'S EYES!

January 2024! It is amazing to look at the calendar and see that 2023 is now in the past and 2024 is here. What did you accomplish last year? What items on your 2023 to-do list are still there? Did you suffer more in 2023 than you had expected? What did I do in 2023 that I think now I could have/should have handled differently? So many questions about 2023. Now that 2024 has arrived, more questions are surfacing. What will happen in 2024? Will I be successful this year? What tests of life will I face this year? How will I handle them? How will God use me this year differently than last year? Will I be a better person, Christian, in 2024 than in 2023?

What we see in ourselves when we spend time doing self-reflection, and answering some of the questions that were asked previously about what happened in 2023, may not be as pleasing to God as we may think. No matter what happened last year, talk to the Lord about it. If need be, confess, repent, and move forward. What we see when we look at ourselves may not be what God sees when He looks at us. What we see when we contemplate the possible events, or even the event(s) that we expect will happen 2024 to us may seem bleak or grim, looking through God's eyes at those same possible or expected events, the outcome may be better than we could imagine. In Isaiah 55:8-9 (NIV) it is written, "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

When we put our trust in the God of heaven, who is trustworthy, faithful and loving, we can face whatever is in store for us in 2024 knowing that God's got us. God's got you!

"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you." Deuteronomy 31:6 (NKJV)

Submitted by
Reverend Kathy M. Russell

seeing yourself through
God's eyes



The Seniors' Ministry celebrated **Glad Tidings of Great Joy** at their monthly meeting on December 13, 2023, which was hosted by Sis. Pauline Hunter. The event was well attended. Seniors arrived in their festive holiday outfits and spent time greeting each other. Scripture was presented by Rev. Kathy Russell followed by prayer from Deaconess Lois Amiker. The room was attractively decorated with Christmas gift bags for everyone to enjoy. Many December birthdays and anniversaries were celebrated, led by Sis. Hope Singleton. Minister Sledge led the group in festive Christmas songs followed by a delicious lunch served by the Grain of Heaven.

Seniors were reminded of the occasion by Sis. Shirley Hardy from the Scripture Luke 2:8-16. Our Pastor, Rev. Dr. Luke E. Torian, addressed the group, giving a historical perspective while reflecting on the growth of the Seniors' Ministry. Rev. Dr. Tracey Holley offered closing remarks, thanking the Pastor for his support of the Seniors' Ministry.

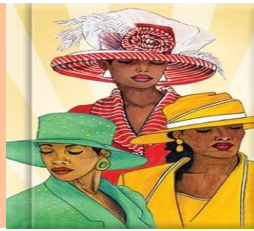
The next Seniors' Ministry meeting is scheduled for January 17, 2024, at noon. The theme is "**Faith Without Works Don't Work**" (James 2:17-18). Seniors' Ministry follows Bible Study. You are welcome to attend but must reserve your space with Sis. Hope Singleton at hopesing@verizon.net, 703-487-5665.

Looking forward to all seniors joining us!

*Submitted by
Sister Shirley Hardy*



All About The Ladies



All About the Ladies held their annual Christmas Fellowship on December 6, 2023. 52 ladies gathered for the festivities at the Central Rappahanock Library Theater. Everyone was welcomed by Deaconess Lynell Manning, scripture was rendered by Sis. Janice Bonaparte followed by prayer and blessing of food by Sis. Mary Melton. Sis. Oonagh Bell gave us a reflection on the Message of Christmas which was timely and heartfelt. The ladies then engaged in fun activities, such as an ugly sweater parade and contest, from which there were four winners, all of whom took home prizes. After a delicious lunch was served, the Silver Steppers took to the stage with a glorious rendition of **O Holy Night**.

All the ladies then joined in a Joy of Christmas line dance around the room to the song **Turn It Around** by Dr. Pastor Paul Enenche Family. All ladies who wanted to participate in a sisterly gift exchange gained a sister they can interact with each month. Sis. Joyce Peterson engaged the group in Christmas games that brought joy and laughter to all. She also left us with a thoughtful closing poem entitled **"What Is Christmas?"** We paid tribute to those sisters who have already received their wings:

Betty Jones, Jacqueline Johnson, Gwen Boyd, Flossie Knight, Ernestine Harding, Brenda Hughes and now, Sis. Mittie Gary.

May God continue blessing the ladies of *All About the Ladies*.

The *All About the Ladies* group meets monthly and is led by Sis. Mary Melton and Sis. Shirley Hardy. For more information, please email shirleybhardy@gmail.com or msoulsurvivor@yahoo.com.

Submitted by
Sister Shirley B. Hardy



THE SILVER STEPPERS



Meet the First Mount Zion **Silver Steppers**, a group of dedicated ladies from the Seniors' Ministry who enjoy praising God through dance. The Silver Steppers made their debut in 2020 at the first-ever, Seniors' showcase. The group is made up of 12 ladies over 65 years old, who believe dancing and making music was one of many legitimate Biblical expressions of worship. Psalms 149:3 Their mature graceful moves demonstrate their love of praising God. The current members are Claudette Armstrong, Dorothy Boddy, Marie Brown, Jo Ann Earle, Maria Fitzgerald, Shirley Hardy, Lynell Manning, Bonnell Sanders, Debbie Tribble, Denise Thomas, and Nostalgia Little Killer Wright.

The group's performances are currently being choreographed by Ms. Destiny Jones, a Senior at Osbourn Park High School. Those interested in becoming a Silver Stepper should contact Sis. Shirley Hardy at shirleybhardy@gmail.com. The Silver Steppers pray they can continue to grow and perform in God's grace.



POSITIVES FROM THE BLACK HISTORY CORNER

"TRIBUTE TO THE 10TH CALVARY"

Art of Our Congregation: History and Creativity

Mike Sherman's painting, "Tribute to the 10th Calvary" is a watercolor depiction of the 10th Calvary US Colored Troops during a calvary charge. The **10th Cavalry Regiment** is a unit of the United States Army. Formed as a segregated African-American unit, it was one of the original "Buffalo Soldier" regiments in the post-Civil War Regular Army. It served in combat during the Indian Wars in the western United States, the Spanish-American War in Cuba, the Philippine-American War and Mexican Revolution.

Mike and his family are members of FMZBC. Mike's watercolor or portrait art reflects a broad range of topics ranging from architecture and landscapes to African American diaspora and military history. He is influenced and inspired by a wide range of artists and architects to include Henry O. Tanner, John Singer Sargent, and Paul Goodnight. His work is rooted in history, commemoration, motion, and color. Mike's work was recently selected to be in the James Wise Gallery's "Crowns of Glory: Ceremony and Couture through Caps, Coiffures, and Coverings" at Norfolk State University and his portrait "Night Mission" was featured in the Ellington-White Contemporary Gallery (EWCG) 2023 National Drawing Competition at Fayetteville State University. He recently earned the Public Choice Award for his painting "Maasai Runner" during the Diversia 30th - UN Calendar and exhibition in December 2022. The same painting was also selected for exhibition in the Rhode Island Water Color Society (RIWS) 2023 National Watermedia Show.

Mike has been involved with art, architecture and urban design at some level for over 20 years. He is a graduate of both Hampton University and MIT's architecture and urban planning programs. Mike is also a retired US Army officer and combat veteran. He currently works full time with the federal agency responsible for reviewing and approving the urban design and site locations of congressionally legislated commemorative works, such as the Martin Luther King Memorial, World War II Memorial and National Museum of African American History and Culture, in Washington, DC. Mike is also a member of the Virginia and Transparent Watercolor Societies.



FIRST AFRICAN AMERICAN TO SIT ON NATIONAL SECURITY COUNCIL

From an impoverished childhood in Tennessee, **Carl T. Rowan** would go on to become a nationally syndicated columnist and the first African American to sit in on National Security Council meetings. In 1962, President John F. Kennedy asked him to serve on the U.S. delegation to the United Nations, which according to his memoir, "Breaking Barriers" (HarperPerennial, 1992), he accepted "without much enthusiasm" because he was concerned about being tokenized as the only African American on the team. Despite initial misgivings about the role, Rowan became a key figure during the Cuban missile crisis, shuttling between Washington and New York to communicate the U.S. position. He was also vocal about the inequalities he saw between white and Black American diplomats in the UN delegation, and he brought the discrimination to the president's attention. Much of Rowan's writing focused on racial equality in America, and he would often say, "I am a crusader for racial justice, and I will be to the day I die."

Carl Rowan was born in Ravenscroft, Tennessee, the son of Johnnie, a cook and cleaner, and Thomas Rowan, who stacked lumber. He was raised in McMinnville, Tennessee, during the Great Depression. Rowan was determined to get a good education, graduating from Bernard High School in 1942 as class president and valedictorian. After graduating from high school, Rowan worked cleaning porches at a tuberculosis hospital in order to attend Tennessee State College in Nashville. He studied at Tennessee State University and Washburn University. He was one of the first African Americans to serve as a commissioned officer in the United States Navy. Rowan was also a member of Omega Psi Phi fraternity, graduating from Oberlin College. He was awarded a master's degree in journalism from the University of Minnesota and began his career in journalism writing for the African-American newspapers *Minneapolis Spokesman* and *St. Paul Recorder* (now the *Minnesota Spokesman-Recorder*). He went on to be a copywriter for *The Minneapolis Tribune* and later became a staff writer for 11 years, reporting extensively on the Civil Rights Movement.

In 1960, Rowan was denied membership to a club on the grounds that it was racially segregated; this subsequently inspired Joe Glazer to write the song "I Belong to a Private Club". In a 1964 interview with Robert Penn Warren for the book *Who Speaks for the Negro?*, Rowan reflected on his reporting of the civil rights movement, as well as his opinions on the distinctions between the North and the South, prejudices and persecution, and African Americans' political power.

In 1961, he was appointed Deputy Assistant Secretary of State by President John F. Kennedy. The following year, he served as a delegate to the United Nations during the Cuban Missile Crisis. Rowan became the U.S. Ambassador to Finland in 1963. In 1964, Rowan was appointed director of the United States Information Agency (USIA) by President Lyndon B. Johnson. In serving as director of the USIA, Rowan became the first African American to hold a seat on the National Security Council and the highest level African American in the United States government.

cont'd on page 13 - -

"It is often easier to become outraged by injustice half a world away than by oppression and discrimination half a block from home." ~ Carl T. Rowan

We also thank You, dear Lord, for the lessons learned in the past year. Grant us a teachable spirit and the wisdom to discern Your guidance in every circumstance we encounter in 2024. We declare that every closed door from the previous year is opened unto us in this New Year. May new opportunities, blessings, and breakthroughs flow abundantly in our lives. We pray for favor and divine connections in our relationships with family, friends, and



Thank you!

Thank you!

First Mount Zion, thank you again, individually and collectively, 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 of our Pastor to share with those who are less fortunate than we are. God is well-pleased with our service! We love and appreciate all of you!

TO GOD BE ALL THE GLORY!

SMALL GROUPS MINISTRY



POC: Director, Sister Stephanie M. Craddock
scraddock@firstmountzionbc.org
 or 703-670-0184

and divine connections in our relationships. **MISSION: Shaping the Light From the Promise, to Pentecost, to Points Around the World!**

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



JOB VACANCY ANNOUNCEMENT

Finance Manager
Accounts Receivable and Reporting
Full-time staff position with
Health and Retirement Benefits

We are actively recruiting a candidate for the position of Finance Manager-Account Receivables and Reporting. The ideal candidates 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; please contact Renee Woolfolk, CBA at rwoolfolk@firstmountzionbc.org to discuss your interest in supporting the Ministry through your vocation. The position is also available on Indeed.

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



Convenient.
Simple.
Secure.

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



VISIT US ONLINE at www.FMZBC.com

**FMZ, PLEASE WELCOME A NEW
MEMBER TO OUR FAMILY,
VICKY BORROR,
WHO SERVES AS OUR
ACCOUNTS PAYABLE AND
PAYROLL CLERK**

vborrer@firstmountzionbc.org



1. Access is now available at Entrances "A" and "B" on **Sundays for Worship Service**.
2. The parking lot is fully open
3. Use Door "Q" entrance when parking lot is in use
4. The Fitness Center Locker Rooms are now open.



IT HELP DESK



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

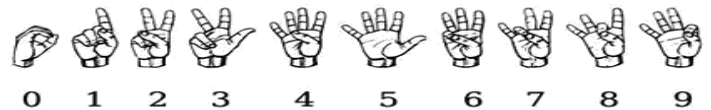
IT4U@firstmountzionbc.org or
rwoolfolk@firstmountzionbc.org



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

Topic: Deaf Ministry Meeting.
Date/Time: Second Monday of each month.
Next meeting is January 8, 2024 at 7pm

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



Sunday School Hybrid

Back Together Again!

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

Sunday School Hybrid is a combination of live-streaming and in-person attendance to Sunday School.

Rooms 229/230
9:45 a.m.
January 7, 2024

Register at:
<https://us02web.zoom.us/j/89762921587?pwd=UHd2RWVuWjJrbmhNMnpPYUJkZiE4Zz09>

First Mount Zion Baptist Church

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

**SUNDAY
SCHOOL**
HYBRID

SHARE JANUARY MENU



CATHOLICCHARITIESDC.ORG/PROGRAM/SHARE-FOOD-NETWORK/
SHAREORDERS@CC-DC.ORG
301.864.3115 or 1-800.21.SHARE
3222 Hubbard Road Landover, MD 20785



JANUARY 2024 MENU

VALUE PACKAGE \$25

Bone-in Chicken Thighs
Beef/Pork Mix Kielbasa
Ground Turkey

...PLUS 8-10 pounds of fresh fruits and vegetables!

SPECIALS



SHARE'S VALENTINE'S DAY SPECIAL!

SURF n TURF \$37

1 lb. Jumbo Scallops
2 lb. T-bone Steak



TO PLACE YOUR ORDER:

1. Scan the QR Code to find a local **SHARE** site based on your zip code



2. Call the site coordinator to place & pay for your order
3. Pick-up on the selected date/time & location!

ALL
PREMIUM
SPECIALS
LIMITED
QUANTITY!

"Super Bowl Special"

CHICKEN WINGS

\$20

3 – 2.5 lb. bag of Chicken Wings



"New year, New start" PRODUCE BOX \$23

Mix of fresh Produce available



****All menu items subject to change****

We accept:

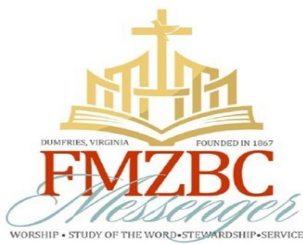
Debit/Credit cards, Org. checks, SNAP/EBT, Money orders

- ❖ Order Turn-In 1/8
- ❖ All Final order changes due 1/15 by 12 PM
- ❖ All payments due 1/16
- ❖ Distribution Days: 1/19 or 1/20

If ordering & picking up from one of our satellite sites (Balt., Southern MD, Frederick/Hagerstown, Northern VA), an additional \$1.00 will be charged to each package to cover transportation fee.

For SNAP Assistance:
1-800-21-SHARE





2024 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



MUSIC & ARTS MINISTRY

If you are Interested in joining the Music and Arts Ministry, please contact Minister Sylstea Sledge, Minister of Music at:

ssledge@firstmountzionbc.org

Please check the Church calendar for rehearsal dates and times.



Please contact the below-named individual for information regarding this Ministry.

POC: Pamela Knight
singlesministry@firstmountzionbc.org

ATTENTION!!!

PLEASE CHECK THE FMZ WEBSITE FOR A COMPLETE LISTING OF MINISTRY ACTIVITIES, INCLUDING ANY CANCELLATIONS OR RESCHEDULING.



The last day to register for January SHARE packages is Sunday, January 14th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on January 20, 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 350 words and must be received no later than 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

"People who wonder if the glass is half empty or full miss the point. The glass is refillable."

—Unknown

Rev. Dr. Sandra K. James, Assistant Pastor
Sylvia Moore, Executive Assistant
Renee Woolfolk, Church Business Administrator
James Simpson, 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/fmzbcdumfries>

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

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

YouVersion: [https://bit.ly/FMZBC-YouVersion Bible](https://bit.ly/FMZBC-YouVersion_Bible)

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



LifeStream.tv

DO NOT WITHHOLD GOOD FROM THOSE TO WHOM IT IS DUE, WHEN IT IS IN YOUR POWER TO DO IT.

Proverbs 3:27, ESV