

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



FIRST MOUNT ZION BAPTIST CHURCH

Message from the Assistant Pastor

INSIDE THIS ISSUE



WORDS OF ENCOURAGEMENT...

THE 2024 NATIONAL WOMEN'S HISTORY THEME:

"Women Who Advocate for Equity, Diversity and Inclusion"

Galatians 3:28 says: *28 There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus.*

Happy National Women's History Month! The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion."

The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

Women from every background have long realized an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our religious, social and civic institutions and personal interactions.

We recognize and celebrate the examples of our foremothers and women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. Today, equity, diversity and inclusion are powerful driving forces that are having a wide-ranging impact on our country and the world. We celebrate the women in the forefront of reevaluating and changing the status quo concerning equity, diversity, and inclusion of all when established forces aim to misinterpret, exploit, or discredit them (excerpts from the National Women's History Alliance).

Do It Yourself (DIY):

Who are the women in your family, community, church, or organizations that you will honor in March?

Interview women in your community, such as family members, teachers, neighbors, churches, or local professionals, to learn about their experiences. Stories from these people can be surprising and enlightening.

*Peace and Blessings,
Dr. Sandra K. James
Assistant Pastor*

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To all those celebrating in March!

Happy Birthday!



Thanks to the Bowie State and American University Gospel Choirs for serving with the Voices of Zion. They did an amazing job!

Youth Ministry on BLAST - In A Good Way!

Spring is usually associated with growth and renewal. Although the first day of Spring is not until March 19, 2024, the last 3 months the Youth Ministry has focused on helping our youth think about personal growth and renewal of their mind and spirit.

At our January youth group meeting, Associate Minister and high school assistant principal, Rev. Kara Franklin-Taylor, facilitated a workshop about setting and achieving goals. She encouraged young people to first consult God to see if their desires are God's will. If so, then they were instructed to "write the vision and make it plain" by listing concrete steps to achieve their goals. Rev. Franklin-Taylor was also transparent about the challenges we may face when working toward our goals but encouraged youth not to give up. They received goal sheets to take home and complete. The session was informative and a blessing to the youth.

Last month, in keeping with the 2024 Black History Month Theme of "African Americans and the Arts," youth expressed their creativity by decorating pottery created by Deaconess Doreather Seth. She advised them that clay comes in various hues and textures. At times she encounters imperfections in the clay. She must work with the clay to correct the imperfections. This process reminds her that God uses us in what ever form of "clay" we start out as, including our imperfections. If we allow God, He will shape and mold us into something even more beautiful and better. This session was a creative way to express God's handling of us and how we can be shaped and formed when we yield to the Lord.

This month youth are invited to attend a "Draw Your Feelings" workshop led by Katherine Gaynor, provisional art therapist and licensed resident in counseling practicing with NoVA Grief Support and Counseling, LLC. This workshop will give our youth an outlet to express their feelings in a constructive way.

Youth in grades 6-12, join us as we "grow in our faith, grow together and have fun!"

*Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister*

Rev. Kara Franklin-Taylor talks to youth Jan. 21st about setting and achieving goals.



Rev. Kara Franklin-Taylor talked to youth Jan. 21st about setting and achieving goals.

Deaconess Doreather Seth led the Youth Ministry Pottery Workshop - February 2nd



High School Retreat, April 5-7, 2024, for members who are high school students (9th - 12th grade), at the Williamsburg Christian Youth Retreat Center. Bus transportation, retreat sessions, all meals and T-shirt included. Cost \$20.00.

Registration packets, including permission slip, are available in the Youth Ministry mailbox, and are due with the **\$20.00 fee by Monday, March 11, 2024**. Space is limited. Registration may close sooner than March 11th if all slots are filled.

Registration may be processed using your VANCO online giving account using the following QR code:





INVITATION TO APPLY
DEADLINE: MARCH 11, 2024

Dear Valued Member,

We are excited to invite you to consider a significant opportunity within the First Mount Zion Baptist Church - joining the Pulpit Committee. This Committee plays a pivotal role in shaping the spiritual leadership of our Church by undertaking the following responsibilities:

1. Seeking and evaluating candidates for the position of Pastor.
2. Identifying and presenting qualified candidates to the congregation.
3. Arranging for candidate presentations to the Church members.
4. Developing guidelines for these presentations.

In line with our Constitution and Bylaws, the Committee will be composed of seven (7) voting members, including a Deacon, a Deaconess, a Trustee, and four (4) at-large members from our congregation, alongside one (1) non-voting recorder. We are committed to forming a committee that reflects the diverse perspectives of our Church family, and this is where your participation becomes invaluable.

To facilitate this, we have prepared a survey that will take about 20 minutes of your time. This survey is designed to capture the qualities we value in Pulpit Committee members and to gather the following:

1. Demographic information.
2. Your personal statement on why you wish to serve on the Pulpit Committee.
3. Your commitment level for a long-term engagement.
4. Any additional skills you can bring to enhance the committee's efforts.

Your input is crucial to us, and we encourage you to reflect, pray, and participate in this survey by March 11, 2024. Should you require any assistance or have questions about the survey, please feel free to contact us at PulpitCommittee@firstmountzionbc.org. Your responses will be sent directly to our mailbox, ensuring your voice is heard in this important process.

We look forward to your thoughtful consideration and potential contribution to this vital Committee.

Here are the five criteria areas for consideration to be nominated to the Pulpit Committee:

1. Spiritual Maturity and Godly Example

Specific Criteria: Demonstrates regular participation in worship services, Bible study groups, and other spiritual growth activities. Offers testimonials of personal faith journey and examples of living out faith in daily life.

2. Active Membership in Good Standing

Specific Criteria: Maintains active membership (How long have you been a member?). Regularly attends Church services and participates in Church activities/events.

3. Representation of Diversity and Interests

Specific Criteria: Demonstrates understanding and advocacy for diverse perspectives within the Church, including but not limited to age, gender, education, and ministry involvement.

4. Commitment to Prayer, Study, Service, and Discernment

Specific Criteria: Regular engagement in personal prayer, Bible study, Church service projects, and displays wisdom in making thoughtful decisions.

5. Cooperative and Respectful Work Ethic

Specific Criteria: History of working well in team settings, evidence of respectful communication, and ability to contribute constructively to group discussions.

Apply at <https://www.surveymonkey.com/r/JQLDQ8H>



COCO GAUFF NAMED TO TIME'S ANNUAL WOMEN OF THE YEAR LIST

This week in Dubai, Gauff was asked by Egyptian reporter Reem Abulleil if she was following the crisis in Gaza. Once again, Gauff spoke out.

"I feel like it's very ignorant to say you're not aware because it is everywhere, you see it on the news and I think it's important for us, as privileged civilians, to do our research and just continuing to demand our leaders to make change, and I will never not advocate for that," she said in an exclusive interview with *The National*.



"And I do advocate for peace and I advocate for the thousands, I think it's almost like I said, millions at this point, of kids and innocent people being killed for a conflict that I feel like shouldn't be happening."

"Obviously tennis is the main priority," Gauff said. "Once I step off the court, I'm a person. I'm not hitting strokes while I'm eating food and everything. I'm actually thinking."

"I'm a person. I have opinions. I have thoughts. I feel like I have a responsibility with the platform tennis has given me to not use it in vain."

In the days following the murder of George Floyd in 2020, Gauff posted about the injustice on social media and spoke at a protest. *"It was to the point where I was crying about it, because I felt like I had to say something,"* she says. She addressed the crowd in Delray Beach: *"If you are choosing silence, you're choosing the side of the oppressor."*

Gauff was named to the list alongside activists, scientists and artists, including Academy Award-nominated director Greta Gerwig, Grammy-nominated vocalist Andra Day, climate activist Jacqui Patterson, and economist and Nobel Laureate Claudia Goldin. She will attend a celebratory gala in Los Angeles next month before competing at the BNP Paribas Open.



ONLINE/IN-PERSON EVENTS

NEW MEMBERS' ORIENTATION CLASS (NMOC) - 2024

Join Zoom Meeting

<https://us02web.zoom.us/j/86711906458?pwd=YmM5b2F6VzBDWDRsdFRkVVNpdGdSZz09>

Meeting ID: 867 1190 6458

Passcode: 978435

(309) 205-3325 US

March 10 - 09:45 AM	Church Leadership
March 17 - 09:45 AM	Spiritual Warfare –
April 7 - 09:45 AM	ABC's of Worship
April 14 - 09:45 AM	Orientation of NMOC & Church Tour (hybrid class)
April 21 - 09:45 AM	Baptism
April 28 - 09:45 AM	TBD
May 5 - 09:45 AM	Overview of Christian Education Department
May 19 - 09:45 AM	Holy Communion

YOUTH MINISTRY ON BLAST! This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments. If you know of a youth that you would like to have profiled in the Newsletter, please send their name, picture, contact information, and accomplishments to Rev. Beverly Jiggetts at:

bjiggetts@firstmountzionbc.org

or

youthministry@firstmountzionbc.org

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

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.

SMALL GROUPS MINISTRY



Schedule

Interest Based Small Groups meet for two semesters each year.

Fall Semester: October - January

Spring semester: February - June

Consider joining the Interest Based Small Groups Ministry!

We have a variety of groups within three categories from discipleship, sports, shared interest, outreach, health, support, and book groups for all ages. Regardless of the type of group, through that common interest, we seek to love God, grow in God, serve God, and share God together as a group, and with others. There is a group for everyone, including YOU!

For additional information, please contact:

Stephanie M. Craddock, MS, CDP, ACE
Small Groups Director
703-670-0184

Scraddock@firstmountzionbc.org
<https://firstmountzionbc.org/small-group/>

SUBMISSION OF WEEKLY ANNOUNCEMENTS AND PRs

Connection Point entries are due by **NOON** on Mondays. Announcements and weekly PRs are due by **NOON** 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 Bible Study (11am and 7:30pm), Sunday Worship, Homegoing Services, Weddings, and other Ministry Activities, please contact Renee Woolfolk at:

rwoolfolk@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 rwoolfolk@firstmountzionbc.org

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.



FITNESS-IN-PLACE

A GUIDE TO STRETCHING

GO, MAKE DISCIPLES

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, you told us to share Your Gospel and Your love with others, and to share the things You have done with future generations. Help us not to miss any opportunities to share our testimony and Your Gospel and love with others, so that we can be the salt and light that You called us to be.

May we be good role models for our children, youth, and young adults so that they can see an example of what it means to live a life that is surrendered to You and desire to have that same kind of relationship with You. May they come to know You at an early age. And as they give their lives to You, may we walk alongside them and encourage them in their journey with You.

Thank You for all of Your many blessings and so many answered prayers. All of the glory, honor and praise belong to You alone! In the mighty and precious name of Jesus we pray and give thanks. Amen!

Continue to pray for our families, churches, nation and world. We praise God for the many praise reports.

Worship Song: "Tell Them" - <https://youtu.be/Wt-da2hnTCY>

Scripture:

Matthew 28:19-20 NKJV

[19] Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

[20] teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Matthew 28:18-20 MSG

Jesus, undeterred, went right ahead and gave his charge: "God authorized and commanded me to commission you: Go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I'll be with you as you do this, day after day after day, right up to the end of the age."

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



Go Make Disciples.

Matthew 28: 18-20

Stretching can increase flexibility and improve the range of motion in your joints, helping you move more freely. And the flexibility you gain from stretching might protect you from injury.

Before stretching, warm up with 5 to 10 minutes of light activity like walking. Better yet, stretch after a workout. Keep stretches gentle and slow, don't bounce. Breathe through your stretches. If you feel pain, you've stretched too far. Stretch until you feel a slight pull.

If you have health conditions or injuries, talk to a health care professional or physical therapist about which stretches are right for you.

Here is a Calf stretch (the calf muscle runs along the back of your lower leg):

- ◆ Stand at arm's length from a wall, put your right foot behind your left foot.
- ◆ Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor.
- ◆ Hold your back straight and your hips forward. Don't rotate your feet inward or outward.
- ◆ Hold for about 30 seconds. Switch legs and repeat.



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Challenge: After a walk or any exercise, try this stretch! Hold this stretch for about 15 seconds. Repeat the stretch on both sides 2 to 4 times. Aim to stretch 2 to 3 days a week. For additional help, visit the Fit by God Fitness Complex. New evening hours added in April: Tuesdays and Thursdays - 6:30pm to 8:30pm. Check the April fitness calendar for details or call 703-670-0225.

Sister Lori Valkenburg
Fitness Director

Welcome
New Members

We're glad you're here!

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL



“SPIRIT AND TRUTH”

God is a Spirit: and those who worship Him must worship in spirit and in truth. So, what is truth? The Holy Spirit of God is in every believer’s heart to guide, teach, and comfort. The Holy Spirit is the same spirit that raised Jesus from the dead and it’s that same spirit of God, which remains with us through Jesus

Christ. Truth: In the tradition of the pioneering black women preachers, Pauli Murray believed in holiness. Two of her sermons emphasized “The Holy Spirit”. Murray emphasizes that for believers, the Holy Spirit is seen in God’s eternal presence, serving in many capacities as teacher, comforter, guide, and sustainer. She states, “When the Spirit dwells in us, we are able to let go [of] our own self-centeredness and yield ourselves up to the workings of the love of God, knowing that we shall be safe.” Truth: God’s Spirit is truth, it’s solid, and it stands on business.

Where and when will the Spirit speak to you? In worship, in your car, at the dinner table? How will you respond? The Spirit is always speaking! Are you listening? The Spirit of God will guide you into all truth. The Spirit will self-correct whenever we over-steer. Truth: The Holy Spirit speaks with clarity when we sit long enough to read His Holy word and listen, she will speak in a still small quiet voice to the heart. Truth: Worshipping God is an expression of reverence and adoration of His holiness. When we give our deepest affections with the highest praise to God, we have worshiped Him in spirit and in truth. Amen.

*Submitted by
Reverend Josephine Cherry*



“Darkness cannot drive out darkness: only light can do that.
Hate cannot drive out hate: only love can do that!”

– Martin Luther King, Jr.

ACADEMIC EDUCATION MINISTRY



Parents/Guardians and High School Seniors of FMZ, we would like to forward you information about other scholarship opportunities! Interested? Please forward your email address to aem@firstmountzionbc.org and we will add you to the distribution list.

ATTENTION ALL HIGH SCHOOL SENIORS:

The Academic Education Ministry’s Scholarship Newsletter, Fall 2023 Edition, is available on line now. Please click on the link below! Also, the FMZBC Scholarship and the Bell Scholarship applications are also available online. Please be sure to review the requirements and deadline submissions. **DONT MISS OUT!!!**

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

POC: Brother Gerry Griffin, Chair, AEM
Email: AEM@FirstMountZionBC.org



At First Mount Zion, we are blessed with a congregation rich in talent and knowledge and, most importantly, a willingness to serve. To celebrate service, which is one of the features of

our 4-Step Strategy of worship, study, stewardship, and service, our Messenger newsletter will feature, monthly, members who have been recommended for their positive impact, as well as those ministries quietly making significant contributions. Our aim is to acknowledge the contributions of all our members. We invite everyone to share the names of individuals or ministries that have positively influenced others or are deserving of recognition. Our diverse talents and service to God and each other are our strength, embodying the spirit of 1 Corinthians 12:12 NLT: Just as “the human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.” And, so it is with us as a body of believers in Christ and members of First Mount Zion.

We look forward to receiving your submissions and thank you in advance for doing so. Please send your submissions to:

cpm@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.

The next meeting is
March 11, 2024, at 7:00 p.m.
POC for the ZOOM link is Deaconess
Pamela Ford, pdford61@verizon.net

VISIT US ONLINE at www.FMZBC.com



The Seniors' Ministry presented its annual Black History Month program on Wednesday, February 21, 2004. The theme for the occasion was "Our Lives-Our Stories-God Sustained Us!" Isaiah 46:4. Dr. Keith Boykin was the Master of Ceremony and introduced each Senior mystery guest who presented their character and ended with the question "Who AM I?" It didn't take long for savvy Seniors to figure out that Sis. Joyce Peterson portrayed Maya Angelou, Rev. Kathy Russell portrayed Mahalia Jackson, Sis. Oonagh Bell portrayed Angela Davis and Bro. Ken Spencer portrayed Dr. Martin Luther King, Jr. Each participant gave additional information about their character.

The Silver Steppers danced to the song, *The Joy of The Lord* by the First Mount Zion Recording Choir. We also viewed the video, "If I Had Sneezed" which was taped one day before Dr. King was assassinated. The highlight of the day was visiting the tables which displayed myriad of black history artifacts, including photos, quilts, portraits, figurines, and even a birthing chair. Seniors also had the opportunity to visit the FMZBC archives and view the wonderful displays.

The Seniors thanked everyone who played a role in helping to make this a successful event. Rev. Dr. Sandra K. James greeted the Seniors and Deacon Dennis Roney closed the meeting with a fervent prayer. A special thanks to the Seniors' Ministry Leadership team, our Servers, and the decorating committee. All Seniors 55 and older are welcome to attend the our Ministry. The next meeting is March 20, 2024 at noon. To join us, you simply need to RSVP to Sis. Hope Singleton at hopesing@verizon.net or call 703-987-9665.

*Humbly submitted,
Sis. Shirley Hardy*



STAY CONNECTED AND NOURISHED SPIRITUALLY WITH THE YOUVERSION BIBLE APP

Dear FMZBC Family,

In our continuous journey to deepen our faith and strengthen our community bonds, we are excited to share a powerful tool that can significantly enhance our spiritual life: the YouVersion Bible App. This innovative app offers an incredible way for our members and the broader community to connect with God's Word, engage in meaningful devotionals, share prayers, explore various versions of the Bible, and foster connections with each other.

Dive into God's Word Anytime, Anywhere

The YouVersion Bible App is designed to make the Bible accessible and shareable. With it, you can access a wide array of Bible translations in different languages, ensuring that God's Word is always within reach, in a language that speaks to your heart. Whether you prefer the NIV, ESV, KJV, or any of the numerous versions available, the app brings the scripture to your fingertips on your smartphone, tablet, or online.

Enrich Your Faith with Devotionals and Prayer

One of the most beautiful features of the YouVersion Bible App is its vast collection of devotionals and prayer guides. These resources cater to various interests and needs, ranging from specific life challenges to spiritual growth topics. You can easily find a plan that resonates with your current life season, allowing for a personalized spiritual nourishment experience.

Connect with Our FMZBC Community

We are thrilled to announce that our members can now access exclusively, First Mount Zion's latest studies, announcements, and events directly through the app., by visiting <https://bit.ly/FMZBC-YouVersion Bible>, thus ensuring you're always in the loop with our Church activities.

Foster Spiritual Connections

The YouVersion Bible App also offers a unique feature that allows us to create and participate in community discussions. This means you can share insights, ask questions, and offer encouragement to fellow members right within the app. It's a fantastic way to stay spiritually connected with our church family, even when we're apart.

How to Get Started

- Getting started with the YouVersion Bible App is simple:
- Download the app from the App Store or Google Play.
- Create a free account to access personalized features.
- Follow the link <https://bit.ly/FMZBC-YouVersion Bible> to connect with our FMZBC community.
- Explore the various Bible versions, devotionals, and prayer guides.
- Engage with our church family through community discussions and shared readings.

Follow First Mount Zion
Baptist Church in the
Bible App.



Scan the QR Code with your mobile device to download Bible App.



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“BEING LIKE JESUS!”

In the late 1990's, Gatorade aired a television commercial showcasing the biggest sports superstar on the planet at that time...Michael Jordan. Nicknamed “*His Airness*” by the media, #23 was in a class by himself on the basketball court with such exquisite skills and superior strength that boggled the minds of

his competitors but entertained all who watched his seemingly gravity defying play. In the commercial, we observe flash backs of some of Jordan's greatest shots on the court then flash forward to boys and girls on their neighborhood courts trying their best to “be like Mike.” Maybe you remember the background lyrics...” *Sometimes I dream/that he is me/you've got to see that's how I dream to be.../Like Mike/If I could be like Mike...*” Gatorade would have us believe that simply drinking a 16oz bottle of their product would help us become superstar athletes. Oh, if it were that simple.

While we enjoyed watching Mike on the court; off the court, he had an unbelievable workout routine that would last from sunup to sundown almost every day. Weight training twice a day, 2-to-3-hour practice games that started at 7:00am on non-game days, healthy diet, and so on. Many who remember the Chicago Bull all-star shooting forward are still in awe when they think about the level of energy that he had during his career. But it was his daily practice and determination, even in the face of difficulties on and off the court, that helped him achieve his dreams and be referred to as one of the greatest athletes of all time.

As believers, we strive to be like our Lord and Savior Jesus Christ. It starts with confession and belief as stated in Romans 10:9-10. However, striving to live our lives like Jesus requires us to embark on a spiritual workout and real-life practice and application of what God is teaching us. Our workout routine involves hours of Prayer, Studying the Word, Stewardship and Service. But it is not by our own strength that we prevail but with His strength that is within us through the Holy Spirit. It is easy to say that we want to be like Jesus when things are going right in our lives; when the choir sings our favorite song during worship, when the sermon vaults us to our feet in praise. But, what about when things go awry? What about when God allows some form of life devastation to happen? It is during those times that He reveals to us how much we are leaning on His strength versus *our own*. All of us at one point or another have been devastated in relationships, on the job, even in the church. But how much are we showing that we want to be like Jesus during those times? Are we tempted to forget about what we've learned, prayed for, and/or practiced and take matters into our own hands because we want quick resolution or maybe even... retribution? The late Charles Stanley preached on having *Courage* in one of his sermons. He reminded us that: “*God is with us today and we have the strength to face anyone and anything that comes our way because it is His strength and not our own. We have the Holy Spirit inside of us, with us and upon us. He is not going to call us to do anything or face anything without Him giving us the strength to do it.*” Romans 8:28 states that “*and we know that in all things God works for those who love Him who have been called according to His purpose.*” Whatever we are facing, God is going to work it out for our good!

Striving to be like Jesus means going through some things to get to where He wants us to be. We want the Fruits of the Spirit (*Galatians 5:22-23*) to be plentiful in our lives, and that's ok. We want an abundance of love, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control. But, when it comes to long-suffering...well that's when we, as they say on the court, “have to take a knee.” Long-suffering is preceded most often during those times when we experience betrayal, rejection, adversity and/or abandonment. All these things Jesus went through. We can't strive to be like Him but also be spared going through similar experiences. It doesn't work that way. God may be using those times when we are “in the fire” of certain circumstance to see how much of His reflection is in us. In faith, He is molding and shaping us to be like Him through the Holy Spirit. We may not understand why some things happen in our lives, but it is for us to **trust** Him through the process of becoming like Him. Being like Jesus means being resilient, having an unwavering faith, forgiving offenses, edifying others with our words of grace and love, telling the truth - even when facing resistance and not living in fear. We must praise Him through our circumstances because in the end God will make it alright. He will guide us to either take the proper action or be still. Sometimes we have given up being like Jesus right before our blessing. We give up and take matters into our own hands and with our own strength when times get rough. We walked away too soon and unknowingly turned away from God's blessing us with the very best that he had in store for our lives.

Few athletes will ever achieve what Michael Jordan achieved – six NBA championships, 10 scoring titles, 5 Most Valuable Player awards and let's not forget, earnings of over \$1.3 billion dollars, and still counting. But, with Jesus, we can achieve so much more! We can experience those things that defy the world's reasoning - eternal blessings of love and peace no matter the circumstance by simply trusting in Him while He works it out. That is truly a Victory on and off life's court. *Like Jesus, we want to be like Jesus!*

Submitted by
Deaconess Vietta Williams
Chair

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A Call to Deepen Our Spiritual Journey Together

We encourage each one of you to take advantage of this wonderful resource. The YouVersion Bible App is more than just an app; it's a gateway to enhancing our spiritual journey, individually and collectively. Let's embrace this opportunity to grow in faith, nurture our spiritual well-being, and strengthen our bonds as a church family.

May this tool enrich your life and bring you closer to God and our community.

Blessings,
Communications and Publicity Ministry

**If you have a burning desire to do something
... Don't bury it!**

- - Zoey Williams

First Black woman to fly Boeing 777 for Air Canada



MARRIED COUPLES' MINISTRY PAINT & SIP

MARRIED COUPLES' MINISTRY
Glorifying God in our marriages

WHAT A GREAT TIME WE HAD! The Married Couples' Ministry gathered at FMZ for a *Paint & Sip* fellowship on Saturday, February 24 from 10 am – 1 pm. We had a beautiful group of couples, ranging in marriage from 1.5 years to over 50 years, and a blessed morning with great food, fellowship, and fun. Rev. Shelby Holley greeted and checked in couples as they arrived, while Dr. Tracey Dawkins Holley (Minister of Christian Education) welcomed the couples and reminded everyone of how important our marriages are and how necessary it is to be intentional in our investment of time in one another. Deacon Keith (Cheri) Holmes, former Married Couples' Ministry leaders opened us in prayer, after which we enjoyed a delicious brunch prepared by the Grain of Heaven while we listened to love songs playing in the background. After brunch in the GOH, we transitioned to the Lecture Hall where the fun began! It was wonderful to see how creative, artistic, and even comical we were as we completed our canvasses and reminded each other that "beauty is in the eye of the beholder." Again, we had an amazing time! We can't wait until our next fellowship. Those who missed this, truly missed a treat. Hope to see you next time!

A special thank you to GOH, AV, and Facilities! We couldn't have done it without you. If married couples have questions or ideas on what you'd like to do as a Married Couples' Ministry, or if you'd like to serve on the Planning, Hospitality, or Outreach Committees, email: tholley@firstmountzionbc.org



FMZBC NEWS: HISTORIC INVOCATION AT ASALH ANNUAL LUNCHEON FEBRUARY 24, 2024

In an unprecedented and historic moment, Rev. Dr. Sandra K. James became the first female clergy person to deliver both the invocation and grace at the prestigious annual luncheon of the Association for the Study of African American Life and History (ASALH), held on February 24, 2024. This year's gathering, centered around the theme "African Americans in the Arts," spotlighted the profound contributions of African Americans to the artistic landscape of the nation and beyond.

Rev. Dr. James, known for her dynamic leadership and passion for preaching, teaching, and living out the Gospel, brought a powerful message of hope, unity, and inspiration to the attendees. Her invocation beautifully intertwined the luncheon's theme, emphasizing the pivotal role of art in the fight for justice and the celebration of African American culture and history. She also injected humor appreciation and referenced her grandmother who would have said, "bless the food that has already gone down" when she noted that attendees had already begun to enjoy their meals.

The ASALH annual luncheon, a cornerstone event for historians, educators, artists, and activists alike, provides a platform for reflection, celebration, and motivation. It highlights the achievements of African Americans across various fields and fosters discussions on pivotal issues affecting the community. This year's focus on the arts offered a vibrant exploration of the enduring impact of African American artists in shaping the cultural heritage of the nation.

cont'd on next page - -

THE ARCHIVES MINISTRY

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Greetings, beloved members of our Church Family,

We are delighted to unveil a hidden gem within our sacred walls – the updated First Mount Zion Baptist Church Archives room. Located on the first level, this room, with keepsakes dating back to the roots of our congregation in 1867, serves as a living testament that whisper stories of devotion, resilience, and endurance. Not just a repository of a bygone era, but a witness to a congregation's faithful journey and a rich tapestry of devotion woven by generations of worshippers.

Wandering through the Archives room is a pilgrimage through our Church's history. Here you will navigate through relics and artifacts, each carefully preserved, reflecting the evolving narrative of our Church community. From faded photographs capturing the faces of the faithful in moments of joy, devotion, and transformation, to recordings of past sermons, and to weathered hymnals bearing the fingerprints of countless worshippers, each is an evolution of faith through the passage of years.

This sacred space not only preserves the tangible artifacts of our past, but also breathes life into the narratives that have shaped our community. Handwritten notes penned by early members and clergy, vintage vestments, and relics from our past tell stories of dedication and unwavering faith. The collection will transport you to our beginnings in Stafford County, to Joplin Road, to Quantico, and finally to our current location. Each object resonates with the present, reminding us of the enduring strength of our shared faith and spiritual journey.

The Archives room stands as a living testament to the enduring legacy of the First Mount Zion Baptist Church. We extend a heartfelt invitation to each one of you to explore this treasure trove of memories and history. Join us as we step back in time, connecting with the roots that ground us as a Church Family and unites us across generations. Embark on this journey of discovery and rediscovery. The room is open every fifth Sunday and it can also be made available upon request.



*In fellowship and faith,
The Archives Committee*

Rev. Dr. James' participation marks a significant milestone in the event's history, symbolizing progress within religious and academic communities toward greater inclusivity and recognition of women's roles in leadership. Her message resonated deeply with the audience, serving as a reminder of the power of faith and art in advancing social change and uplifting spirits.

The ASALH luncheon not only celebrated the artistic achievements of African Americans but also set the stage for future dialogues on diversity, equity, and inclusion in all sectors of society. Rev. Dr. James' historic invocation will be remembered as a moment of unity and inspiration, echoing the luncheon's theme of recognizing and honoring the indelible mark of African Americans on the arts.

As the community reflects on this momentous occasion, Rev. Dr. James' words continue to inspire and challenge us to appreciate the beauty and strength found in the diversity of the human experience, particularly through the lens of African American art and culture. As Rev. Dr. James ended her invocation, "Amen and Ase". Ase (pronounced ashay) is the Yoruban word for "may it be so". The historians and attendees enjoyed this creative word inclusion that connects us all to our shared African roots.

*Submitted by
Dr. Joseph P. Boutte*

WORDS TO LIVE BY . . .

"DON'T QUIT!"

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and debts are high,
And you want to Smile but have to sigh.
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won if he'd stuck it out,
Don't give up though the pace seems slow,
You might succeed with another blow.

Often the struggler has given up,
When he might've captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out,
The silver tint of clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar,
So stick to the fight when you're hardest hit,
It's when things seem worst that you mustn't quit.

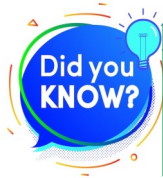
-- Edward A. Guest

*Excellence is to do a common thing in
an uncommon way!*

Booker T. Washington



Thanks to the DIVINE NINE and their Youth Mentees for sharing this Worship Experience with us. We are glad you dropped by and we look forward to seeing you again next year. We also thank those of you from other HBCUs who shared your time with us today. Please know that your presence was felt and you were also appreciated. Never let us forget how great we are . . . despite the misinformation being promulgated daily through the media . . . social and otherwise! God has brought us from a mighty long way and we will continue to be a grateful “people” who continue to acknowledge — Had It Not Been for GOD!!



HISTORICAL FACTS ABOUT NOTABLE BLACK PEOPLE & PLACES

... that **Alberta King**, mother of Martin Luther King, Jr., was shot and killed on June 30, 1974, at the age of 69, by Marcus Wayne Chenault, a 23-year-old Black man from Ohio, as she sat at the organ of the Ebenezer Baptist Church while playing "The Lord's Prayer"? Chenault who said that "all Christians are my enemies," claimed that he had decided that Black ministers were a menace to Black people. He traveled from Ohio to Atlanta to Ebenezer Baptist Church, and at some point during the service, he stood up and yelled, "You are serving a false god", and fired his gun at her. He was carrying two handguns with him at the time. She later died at Grady Memorial Hospital.

... that **Greenwood Avenue** was a historic freedom colony in Tulsa, Oklahoma. It was important because it ran north for over a mile from the Frisco Railroad yards, and it was one of the few streets that did not cross through both black and white neighborhoods. As one of the most prominent concentrations of African-American businesses in the United States during the early 20th century, Greenwood was home to a thriving Black commercial district, whose many red brick buildings belonged to Black Americans and housed thriving businesses, including grocery stores, banks, libraries, and much more; one of the most affluent African-American communities in the country, leading to the nickname, "Black Wall Street." It was burned to the ground in the Tulsa race massacre of 1921, in which a local white mob gathered and attacked the area. Between 75 and 300 Americans were killed, hundreds more were injured, and the homes of 5000 were destroyed, leaving them homeless. The massacre was one of the largest in the history of U.S. race relations, destroying the once-thriving Greenwood community.

... that **Faith Ringgold** (born Faith Willi Jones; October 8, 1930) is an American painter, painting on different materials including fabric; she is also a published author, mixed media sculptor, performance artist, and intersectional activist, perhaps best known for her narrative quilts. Her parents, Andrew Louis Jones and Willi Posey Jones, were descendants of working-class families displaced by the Great Migration. Ringgold's mother was a fashion designer and her father, as well as working a range of jobs, was an avid storyteller. They raised her in an environment that encouraged her creativity. After the Harlem Renaissance, Ringgold's childhood home in Harlem became surrounded by a thriving arts scene – where figures such as Duke Ellington and Langston Hughes lived just around the corner. Because of her chronic asthma, Ringgold explored visual art as a major pastime through the support of her mother, often experimenting with crayons as a young girl. She also learned how to sew and work creatively with fabric from her mother. Ringgold maintains that despite her upbringing in Great Depression-era Harlem, 'this did not mean [she] was poor and oppressed' – she was 'protected from oppression and surrounded by a loving family.' With all of these influences combined, Ringgold's future artwork was greatly affected by the people, poetry, and music she experienced in her childhood, as well as the racism, sexism, and segregation she dealt with in her everyday life. Read more about this great pioneer at https://en.wikipedia.org/wiki/Faith_Ringgold

... that **Dumfries'** history began as early as 1690 when Richard Gibson erected a gristmill on Quantico Creek? The Town of Dumfries was established at the head of the harbor of Quantico Creek, on a huge tobacco plantation of 60 acres provided by John Graham. He named the town after his birthplace, Dumfriesshire, Scotland.

The General Assembly established Dumfries as the first of seven townships in Prince William County. The Town received its charter on May 11, 1749, making it the oldest continuously chartered town in Virginia. Dumfries was a small but important settlement surrounded by plantations and tenant farms. At the center of town were the public warehouses and the county courthouse, which was moved to Dumfries in 1759 in response to the town's growing social, political, and economic importance. Virginia's economy ran on labor-intensive tobacco farming. Enslaved people were used to plant, tend, harvest, and package the labor-intensive crop. While indentured servants continued to work in Virginia, by the turn of the 16th century, farmers developed a dependence on slave labor.

Black Virginians also settled in Dumfries. Many Black Virginians continued to be enslaved, but some had the opportunity to gain their freedom. Some Free Black Virginians were mixed race and freed by their biological parents.

Dumfries was the second leading port in Colonial America receiving tobacco from the upland. It rivaled New York, Philadelphia, and Boston and was a thriving port for more than 15 years. Due to numerous factors, Dumfries peaked in size and importance in 1763.

The American Revolution transformed Dumfries into an important crossroads. Dumfries became an important waystation for Virginia recruits traveling north to join the Continental Army. During the American Revolution both sides recruited Black Virginians. In 1777, George Washington ordered that all arriving troops needed to be inoculated against smallpox before joining the army. Authorities established the main inoculation center for Virginia soldiers at Dumfries.*

"Dumfries Grant Park was a plantation, and so Dumfries ... to go from this all being a plantation to now have a governing body that's all Black or African descent, that gets into a major turn," Dumfries Mayor Derrick Wood told InsideNoVa. "It talks about how far we've come as far as representation and diversity."

Read more about importance in history of the Town of Dumfries at [Town of Dumfries, VA \(dumfriesva.gov\)](http://TownofDumfries.VA(dumfriesva.gov))

KNOW YOUR HISTORY ... DON'T LET IT BE A MYSTERY!!

FMZ FAMILY . . .



OUR SICK AND SHUT-IN NEED YOUR CALLS, YOUR CARDS AND YOUR VISITS...BUT ABOVE ALL, THEY NEED ALL OF OUR PRAYERS!

Won't you join us?



"I was sick and you visited me . . ."
—Matthew 25:36 NCV



DR. MARVETTE THOMAS established the Dental Spa in Lakeridge, Virginia, in 2002 and, for over 21 years, they have provided dental services as well as partnered with local schools, training and employing several dental personnel in the community.

The Dental Spa of Virginia was one of the first Dental Spas worldwide, and Dr. Thomas has helped other Dental Spas globally in becoming established. She created this concept to take the fear out of dentistry and to

transform the traditional ideas and perceptions of dentistry into a pleasant experience. Her Dental Spa concept was featured on the front page of the Business section of The Washington Post in May 2007 for the unique services that it gives.

Dr. Thomas earned an undergraduate degree in Chemical Engineering and later worked as a Nuclear Systems Engineer at Westinghouse Savannah River Plant for three years. Driven towards her passion, she graduated from Howard University College of Dentistry with honors as president of her class and later did an internship at Sloan Kettering Cancer Center in Manhattan, New York in Oral Cancer Reconstruction. She has been on and/or has sponsored numerous international dental and health missions in Jamaica, Haiti, India, Kenya, and Dominican Republic.

She is a Fellow in Sedation Dentistry, a member of the Old Dominion Dental Society, the American Dental Association, the Academy of General Dentistry, the Virginia Dental Association, the Northern Virginia Dental Society, the American Orthodontic Society, the Dental Organization of Conscious Sedation and the Howard Alumni Association.

In the community, she has been just as active. Dr. Thomas has received numerous awards for the countless years of service to others and for the philanthropic deeds that she renders. These awards includes the Obama Merit Award, Prince William County Human Rights Recipient 2018, from the Human Right Commissioner with a Congressional record in her name signed by Congressman Gerry Connally, a four-year scholarship was given to a high school graduate with the honor of being named The Dr. Marvette Thomas Economic Empowerment Scholarship, given by the National Coalition of 100 Black Women, Prince William County, The Dale City Civic Award for Business of the year 2015, given by the late County Supervisor John Jenkins, the Bigger and Best Business Award given by Phi Beta Sigma 2018, The Dale City Multi-cultural Best Business Award in 2014, the living History Maker Award in the area of medicine given by Mount Zion Baptist Church in Arlington, Virginia in 2017, and the Prince William Best Dentist Award 2018-2023, given by INSIDENOVA, to name a few.

On January 20, 2024, Dr. Thomas was awarded The Joseph Biden Lifetime Achievement Award and Volunteer Service Award, which was given to those across the nation that exceeded a

specified number of hours of volunteer service. The celebration was held during the 2023 Black Caucus convention in Washington DC, which was attended by several prominent attorneys, doctors, educators, entertainers, etc. Dr. Thomas said, when asked about her award, *"Over the years, I have devoted my life to making this world a better place and continue to do so today. This is my prayer for God to use me. All of this could not be possible without the guidance of the Holy Spirit and my faith in our Father and His son, Jesus Christ. I am grateful for the challenge and honored for being acknowledged. For, 'to whom much is given much is required!'" Luke 12:48.*



Dr. Thomas has worked for over 11 years with the lovely ladies of The National Coalition of 100 Black Women (NCBW) with advocacy work, and was mentored by Dr Alice H. Howard, NCBW organizer/first president and FMZBC member. Her main focus in NCBW has been chairperson in Sponsorship. She has led Sponsorship efforts to generate funding for signature programs and giving scholarships to several college students. In addition, she has also worked with her very own sorority of Alpha Kappa Alpha, Inc. Psi Psi Omega Chapter, and several other Divine 9 organizations locally.

During the 2020 pandemic, Dr Thomas banded together with approximately 20 local dentists in our area, including FMZ members Dr. Linda Jones and Dr. Rita Wright, to created a mastermind virtual group to create safe and best practice protocols for seeing patients, recruiting qualified healthcare workers, and tools to getting much needed supplies, and securing funding in order to service our community and keep our businesses open. Additionally, she started a foundation called The Buffy Foundation, Inc., which has five target areas, led by five Ambassadors, four of whom are members of FMZ. The target areas are Financial literacy, led by Ambassador (Trustee Jonathan Wright); Education, led by Ambassador Dr. Christie Murray; The Arts, led by Ambassador Evangelist Beverly Johnson, Health Initiatives, led by Ambassador Dr. Carrie Register Haley; and Civic Responsibilities, led by Ambassador Advocate Sherry Stone. In 2023 alone, Dr. Thomas assisted and sponsored several educational events in our target areas and generated several college scholarships. She is also presently active in building a dental clinic in the rural areas of Eswatini, Africa, and is involved with others who are funding the total project to install solar panels to be able to power and run the clinic.

She is an active member of Alpha Kappa Alpha Sorority, Incorporated, Psi Psi Omega Chapter, The National Coalition of 100 Black Women, Prince William County, and First Mount Zion Baptist Church. She spends her free time enjoying history, art, and interior design, and traveling with Rod and her poochies, Dolce and Gabba-na.

F M Z PROFILES IN EXCELLENCE

DON'T LET FEAR KEEP YOU FROM YOUR BEST LIFE!

No matter your age, a developed sense of confidence in yourself can mean the difference between success and failure. That's true for every aspect of life whether it be professional or personal. A lack of confidence is associated with FEAR, and fear is a Dream Killer! God did not give us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:17).

Too often we are our own worst enemies. Think of all that you could do, and all that you could become if you operated from a sense of power rather than fear. There's no telling how much you could accomplish! That negative, limiting voice that swirls around in our heads can be relentless. It must be stopped! Not only is it not our friend, but it will do whatever is necessary to stand in the way of your success.

I've struggled with fear all my life. As a young kid, I never wanted to go trick or treating at Halloween because I was frightened by all the masks and costumes. In high school I was a good student but was shy and afraid to speak up. I was the quiet girl. What ultimately pushed me out of my comfort zone was my dream to be a journalist. In college, I majored in journalism and freshman year one of my classes was Developing Interview Skills. Class assignments required approaching random people on campus to get whatever "the story" topic happened to be that week. It takes courage to walk up to a total stranger and ask their opinion. While I was afraid, in retrospect, I'm really glad I was forced to do it. There is a saying that goes, "Feel the fear and do it anyway." I love that! There's also another one, "If you aren't afraid, you're not dreaming big enough." And one more, "Nothing great happens when you stay in your comfort zone."

One rule I try to live by is, "No Regrets." I don't want to have regrets about what I wish I had done with my life haunting me when I reach the end of it. Many of us can probably think of someone (alive or dead) who laments about what they could or should have done with their lives but didn't. There's also the person who says if they had to do it all over again, they would... (fill in the blank). Don't let that be your story.

Of course, pushing through fear both real or imagined can feel impossible. Make no mistake, I still routinely struggle. But I'm always proud when I know I've broken through the fear and done something I didn't think I could do. There have also been times when I discovered breaking through my fear gave me access to the blessing that was on the other side!

The past is the past and can't be changed. What matters is what we do starting today. It's never too late. Some of the greatest characters in the Bible were more than 100 years old and still did amazing things. Be BOLD. Step out on Faith! Remember: God is always with you!

-K-



Karen also has a blog (TheKDiaries.com) which focuses on mind, body and spiritual wellness, as well as ways to add interests and fun to your life. The foregoing article was featured on the blog. Karen Hoskins and her husband, Richard, have been members at First Mount Zion for over 15 years. Among her other interests, Karen is a writer and, in 2021, released her debut novel, "Nobody's Child, Sarah's Story". Below is a brief peek at her new novel!

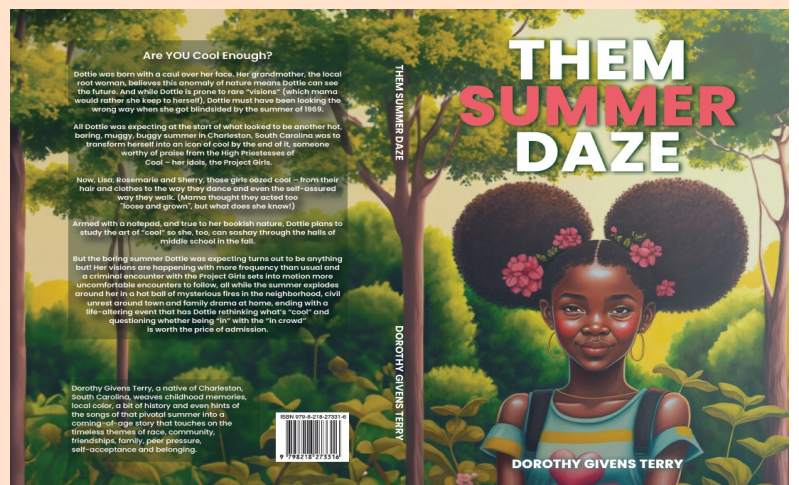
Inspired by a true family story... **Nobody's Child** is a 1940s coming of age drama about Sarah, a white teenager, who is desperate to leave her small-town life in Warren, Ohio. Her desperation leads to a naive decision, and she enters prostitution to earn fast money to fund her plan of escape. Her bad choices also lead to an affair with a suave, much older, black man (WALLACE) and an unwanted pregnancy. Devastated and alone, the faith instilled in her by her Christian education sustains her through the worst period of her young life and deepens her relationship with God.

Karen believes part of God's purpose for her life is to listen, encourage, and offer empathic support to those who need it. *Nobody's Child* aligns with that mission by reminding readers that mistakes and setbacks in life are inevitable. It's how we grow and learn from those experiences that ultimately determines where our life's journey will take us. While writing has long been her passion, Karen's professional career was spent in an executive role engaging in strategies aimed towards improving America's under-resourced communities and the lives of the people who live there. She holds a graduate degree in English and Creative Writing from Southern New Hampshire University. A breast-cancer survivor; she and Richard, live in Fredericksburg. She is currently working on the second book in the *Nobody's Child* series.

<https://www.kmoodyhoskins.com/>
<https://www.thekdiaries.com/>

Another FMZ amazingly talented writer...

Dorothy Givens Terry





DEAR CORETTA . . .

“There is a Mrs. King. There is also Coretta.”

The King Center for Nonviolent Social Change has consistently served as an example for doing what’s right. Digitizing their archives represents a groundbreaking moment in preserving and providing access to a vital, rich history Mrs. Coretta Scott King helped shape.



The Coretta Scott King Rose Gallery is a virtual museum and immersive experience that connects the past with the present. It explores the legacy of a woman who dedicated her life to the pursuit of social justice and peace with faith, courage, and dignity.

“Struggle is a never-ending process. Freedom is never really won. You earn it and win it in every generation.”
-- Coretta Scott-King

To learn more about this great woman of our generation, who encouraged everyone to meet opposition and violence with love, please click on the link below and join with those who have shared their reflections, who had this to say: **“Dear phenomenal woman, mother, friend — we can still hear the gentle wisdom of your words. You let your actions be a guide for those who chose to see that resistance is a discipline, and integrity is a practice in empathy. Join us in reflection.”**

THE CORETTA SCOTT KING ROSE GALLERY:
A LEGACY OF LEADERSHIP
CHRONICLING OUR HISTORY AND IMPACT

[Dear Coretta – Microsoft Unlocked](#)

Microsoft is honored to be the Official Technology Partner of The King Library & Archives, helping to preserve The King Library & Archives—the world’s largest collection of primary source material related to the life and work of Martin Luther King, Jr. and the American civil rights movement. We’re excited to launch the Coretta Scott King Rose Gallery to share The King Center’s history and impact as established by Mrs. Coretta Scott King in 1968.



ED DWIGHT grew up in segregated 1930s Kansas on a farm on the edge of town. An airfield was within walking distance, and, as a boy, he’d often go to marvel at the planes and gawk at the pilots. Most were flying back from hunting trips and their cabins were messy with blood and empty beers cans on the floor.

“They’d say to me, ‘Hey kid, would you clean my airplane? I’ll give you a dime,’” Dwight, 90, recalls. But when he was 8 or 9, Dwight asked for more than a dime. He wanted to fly.

“My first flight was the most exhilarating thing in the world,” says Dwight, smiling. “There were no streets or stop signs up there. You were free as a bird.”

It would be years before Dwight entertained the idea of himself becoming a pilot. “It was the white man’s domain,” he says. But while in college, he saw in a newspaper, above the fold, an image of a downed Black pilot in Korea. “I said, ‘Oh my God, they’re letting Black people fly,’” Dwight says. “I went straight to the recruitment office and said, ‘I want to fly.’”

With that decision, Dwight set in motion a series of events that would very nearly lead to him being among the first astronauts. As Dwight progressed through the Air Force, he was handpicked by President John F. Kennedy’s White House to join Chuck Yeager’s test pilot program at Edwards Air Force Base in California’s Mojave Desert.

That fabled astronaut breeding ground, site of “The Right Stuff,” might have turned Dwight into one of the most famous Americans and the first Black man in space. But at Edwards, Dwight was discriminated against even with Kennedy championing him. After Kennedy was assassinated, Dwight’s path to NASA disappeared and he was never selected for the space program. Dwight departed for civilian life and largely receded from history.

But in recent years, Dwight is finally being celebrated. The new National Geographic documentary “The Space Race,” which premieres Monday on National Geographic Channels and streams Tuesday on Disney+ and Hulu, chronicles the stories of Black astronauts — and their first pioneer, Dwight. “When I left, everyone said, ‘Well, that’s over. We got rid of that dude. He’s off the map,’” Dwight said in an interview by Zoom from his home in Denver. “Now it comes back full force as one of these I-didn’t-know stories. It’s almost amusing to me that all this furor could come up. But I’m kind of glad it did because something happened here.”



It wasn’t until 1983 that the first African American, Guion Bluford, reached space. But two decades earlier, Dwight found himself at a fulcrum of 20th Century America, where the space race and the struggle for social justice converged. In “The Space Race,” astronaut Bernard Harris, who became the first Black man to walk in space in 1995, contemplates what a difference it might have made if Dwight had become an astronaut in the tumultuous ‘60s.

“Space really allows us to realize the hope that’s within all of us as human beings,” Harris says. “So to see a Black man in space during that period in time, it would have changed things.” “Ed is so important for everyone who’s followed after, to recognize and embrace the shoulders they stand on,” says Lisa Cortés, who directed the film with Diego Hurtado de Mendoza. “There’s the history we know and the history that’s not had the opportunity to be highlighted.”

Read more about this notable aviator at:
<https://www.nbcnews.com/news/amp/rcna138120>

**THE BLACK HISTORY THEME FOR
2024
CELEBRATES
"AFRICAN AMERICANS
AND THE ARTS"**



KELLY MILLER, mathematician, advanced the intellectual life of African Americans, earning several advanced degrees. He was the first Black man to attend Johns Hopkins University and, as the first black graduate student in Mathematics, he came to understand the importance of education to help foster strong black leaders. He then became a dean at Howard University and an active civil rights activist where he continued to push for access to higher education for all

black Americans. He was an American sociologist, essayist, newspaper columnist, author, and an important figure in the intellectual life of black America for close to half a century. He was known as "the Bard of the Potomac".

Kelly Miller was born on July 18, 1863, in Winnsboro, South Carolina. He was the sixth of 10 children. His father, Kelly Miller Sr., was a freed black man who was conscripted into the Winnsboro Regiment of the Confederate Army, and his mother, Elizabeth Roberts, was a former slave. As a youth, Miller attended a grammar school that had been established during the Reconstruction era following the Civil War, but a local minister noticed his aptitude for math and arranged for Miller to attend the Fairfield Institute. His industry there eventually earned him a scholarship to Howard University, in Washington, D.C.

After graduating from Howard in 1886, having excelled in Latin and Greek as well as math and sociology, Miller secured a position in the U.S. Pension Office, where he had clerked as an undergrad. In 1887, due in part to the recommendations of his professors and the institution's Quaker leanings, he became the first black man to be admitted to study at Johns Hopkins University, where he did post-graduate work in mathematics, physics and astronomy until 1889. He was the first African American to study graduate mathematics in the United States.

When increased tuition fees compelled Miller to take a job teaching at M Street High School in Washington, D.C., he had to leave Johns Hopkins. However, he returned to Howard University the following year to take a teaching position. In 1895, Miller became the first person at the university to teach sociology.

Meanwhile, Miller continued his own education, pursuing a master's degree in mathematics, which he earned in 1901, and by attending the College of Law, from which he earned his degree in 1903. In 1907, Miller was appointed dean of the College of Arts and Sciences. His deanship lasted twelve years, and in that time, the college changed significantly. The old classical curriculum was modernized and new courses in the natural sciences and the social sciences were added. Miller was an avid supporter of Howard University and actively recruited students to the school. In 1914, he planned a Negro-American Museum and Library. He persuaded Jesse E. Moorland to donate his

large private library on blacks in Africa and the United States to Howard University and it became the foundation for his Negro-Americana Museum and Library center. Miller would make considerable efforts to recruit students for the school by touring the Southern states. His hard work would soon bear fruit, as undergraduate enrollment more than tripled during his first four years as dean.

He was a participant in the March 5, 1897 meeting to celebrate the memory of Frederick Douglass, which founded the American Negro Academy led by Alexander Crummell. Until the organization was discontinued in 1928, Miller remained one of the most active members of this first major African American learned society, refuting racist scholarship, promoting black claims to individual, social, and political equality, and publishing early histories and sociological studies of African American life.

Miller gained his well-known national importance from his involvement in another movement led by W. E. B. Du Bois. He showed intellectual leadership during the conflict between the "accommodations" of Booker T. Washington and the "radicalism" of the growing civil rights. Miller was known in two ways to the public.

While continuing to teach, Miller's frequently published as well. His work included a weekly column in which he was able to express his social and political views and his 1908 book, *Race Adjustment*. Although he also assisted W.E.B. Du Bois in editing the NAACP's official journal, he was aligned with neither liberal thinkers nor the conservatives of the Booker T. Washington faction. Instead, he stressed a middle ground that involved comprehensive education and self-sufficiency. His graduation address at Howard University in 1898 eloquently underscored his ideas.

In 1917, Miller published an open letter to President Woodrow Wilson in the *Baltimore Afro-American* against lynching, which he called "national in its range and scope," and called the government's failure to stop it "the disgrace of democracy." He also stated "It is but hollow mockery of the Negro when he is beaten and bruised in all parts of the nation and flees to the national government for asylum, to be denied relief on the basis of doubtful jurisdiction. The black man asks for protection and is given a theory of government." It was circulated as a pamphlet in the camp libraries of the US armed forces for about a year until "the department of military censorship" ordered it removed because it "tended to make the soldier who read [it] a less effective fighter against the German."

Miller published *Kelly Miller's History of the World War for Human Rights* which included "A wonderful Array of Striking Pictures Made from Recent Official Photographs, Illustrating and Describing the New and Awful Devices Used in the Horrible Methods of Modern Warfare, together with Remarkable Pictures of the Negro in Action in Both Army and Navy" in 1919. In 1918, Howard University appointed a new president and Miller was demoted to dean of the junior college. However, he continued to teach sociology at the institution, and on December 29, 1939,

Miller died at his home on the Howard University campus. He was survived by a wife, four of five children, and a legacy that showed higher education for African Americans was an attainable goal. He was also an avid and enthusiastic gardener.

"Do not waste time complaining against the existing order of society. Enter a manly protest against all forms of wrong and injustice, but do not pass your days in wailful lachrymations against the regulations of a civilization whose grandeur you have done nothing to make, and whose severities you are doing nothing to mollify.

-- Kelly Miller

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



PLEASE NOTE:

Remember to please check the Church website (www.FMZBC.com) and voicemail for closings and cancellation during times of inclement weather. Notices are also posted to WTOG and WJLA. You may also register to receive notifications from:

www.cancellations.com



FMZBC JOB VACANCIES

FINANCE DEPARTMENT

Finance Manager Accounts
Receivable and Reporting

IT DEPARTMENT

Church Management Software Administrator

Please see detailed announcement
and employment application at:

[First Mount Zion Baptist Church Careers and Employment | Indeed.com](http://www.firstmountzionbc.org)

You may return the completed application
and resume by email to:

employment@firstmountzionbc.org

or in person during office hours,
Monday through Thursday 9am-4pm
Fridays 9am-1pm.

Applications will also be accepted by mail.
Positions will remain open until filled.

First Mount Zion Baptist Church
16622 Dumfries Road
Dumfries, Virginia 22025
Attention: Renee Woolfolk
Church Business Administrator
woolfolk@firstmountzionbc.org

**The Gym and Fitness Center
is now open on
Saturdays 9:00 a.m.-1:00 p.m.**

The function of education is to teach one
to think intensively and to think critically.
Intelligence plus character - that is the
goal of true education.

- - Martin Luther King, Jr.

MyFreePPT

VOLUNTEER SCREENING:

All Servant Volunteers are Encouraged to be screened. If you have previously been screened, please turn in the completed annual Volunteer Screening Code of Conduct Form to your Ministry Lead.

SIGN-UP DATES

Training begins at **9:00 am**

March 16th

May 18

September 21

November 16

Visit FMZBC website, resource tab for application and authorization forms. Bring completed forms to the training session. To sign up, please contact:

Brenda Byrd
571 237-0111

byrdbj@comcast.net

OR

Cynthia Zorn-Pettigrew
703 -730-5227

zornpettigrewcl@comcast.net



CAPTURING MINISTRY MOMENTS

The AV Ministry is collecting photos of ministry activity to integrate with the weekly service countdown. Please send photos here, <https://fmzbc.wetransfer.com>. When doing so, also include the photo release form. Photos including minors (under the age of 18) must have the consent of a parent or legal guardian. Please see the

following instructions for capturing landscape-oriented pictures and videos with a resolution of 1920 x1080:

For Smartphones:

Open Camera App
Locate and open your camera app on your smartphone

Check Settings:

Look for a settings icon or option within the camera app (usually represented by a gear or similar icon)

Select Resolution:

Find the option for "Resolution," "Video Quality," or similar
Choose "1920x1080" or "1080p" for videos

Hold Phone Horizontally:

Hold your phone horizontally, ensuring the longer side is left to right This is the landscape orientation

Focus and Capture:

Tap on the screen where you want to focus, and then press the shutter button to take photos or start recording videos.

For Digital Cameras:

Turn On Camera:
Power on your digital camera.

Access Menu:

Navigate to the menu using the buttons or touchscreen on your camera.

Select Resolution:

Look for a setting related to "Resolution" or "Image Size."
Choose "1920 x 1080" or "1080p" for videos.

Hold Camera Horizontally:

Hold your camera horizontally, ensuring the wider side is left to right.

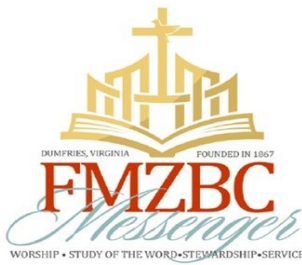
Adjust Focus:

If needed, use the autofocus feature by half-pressing the shutter button to focus on your subject.

Capture Photos or Videos:

Fully press the shutter button to capture photos or start recording videos.

Remember, these are general instructions, and the exact steps might vary based on your specific device. Refer to your smartphone or camera's user manual for more detailed and model-specific guidance.

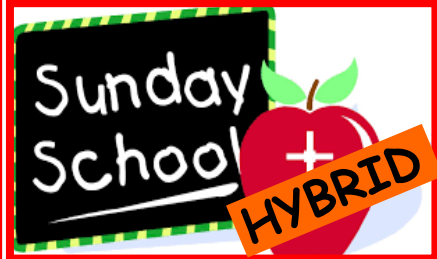


2024 Theme:

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



SS-HYBRID IS HERE!!

Back Together Again!
(Ecclesiastes 4:9, GMT version)

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

Join Sunday School Hybrid each Sunday in the Chapel. For those attending the class via ZOOM, please use the link below to register:

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

We look forward to seeing you there!!

Sunday School Extended Lesson Guides Handouts are available for download from the FMZ website using the following link:

<https://firstmountzionbc.org/weekly-sunday-school-lessons/>

POC: Rev. Gillis Taylor
Sunday School Superintendent
SundaySchool@firstmountzionbc.org

All meetings and events begin with a **Building Use Request (BUR) Form**. Scan the following QR Code to schedule your next ministry or committee meeting.



Wherever you are in your journey, I hope you, too, will keep encountering challenges. It is a blessing to be able to survive them, to be able to keep putting one foot in front of the other — to be in a position to make the climb up life's mountain, knowing that the summit still lies ahead. And every experience is a valuable teacher.

-- Oprah Winfrey



The last day to register for March SHARE packages is Sunday, March 10th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on March 23, 2024.

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
Trustee Alfranda Durr
Dr. Sandra Flowers
Brother James Gaskins
Deaconess Mary Lively
Sister Sylvia Moore
Sister Roslyn Parker
Reverend Kathy Russell
Deaconess Claudia Woolfolk

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

Linked In: [First Mount Zion Baptist Church, Dumfries VA. | Groups | LinkedIn](https://www.linkedin.com/company/first-mount-zion-baptist-church/)

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

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

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



LifeStream.tv

indeed <https://www.indeed.com/cmp/First-Mount-Zion-Baptist-Church>