



2023 Theme:

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

"Remember the days of old, Consider the years of many generations. Ask your father and he will show you; Your elders, and they will tell you, . . ."

Deuteronomy 32:7



April 7, 2024
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Message from the Assistant Pastor

What's INSIDE



WORDS OF ENCOURAGEMENT...

A SABBATH MOMENT: ENJOYING GOD'S CREATION

"The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world" (Psalm 19:1-4).

Coming off Lent and Holy week I am feeling more "centered" and thankful, focusing on what really matters and who really matters. But some days it seems as if everyone, including myself, is in a hurry. We eat fast, drive fast, talk fast, and walk fast as we live in the "fast lanes" of life. But every now and then we need to take a moment to rest and enjoy God's creation. The Psalmist says in the text even nature proclaims the handy work of God.

As I sat in my family room early one morning, sipping a hot cup of coffee and watching the sun greet the new day, I am thankful. I enjoy the stillness of the early morning, the quietness of my home, while making a vow to myself to "do nothing" and savor the rest of a "Sabbath moment." I gazed out my window amazed at God's handy work in nature. I am always in awe of the change of seasons as the created things of God are obedient to the Creator. Trees and plants prepare for Spring as new buds of life peek out on their branches. I see and hear new babies in nature, birds chirping and smaller animals starting a new season in life, just doing what creation does, and I am thankful for the moment and for the day that reminds me of God's creative power.

The beauty of creation is crying out daily for you to see, inviting you to worship the Creator in response. Live life on a different level today—a higher level. Open your eyes today to the gift of God's creation. Make a point to look up and take notice, savor what you see...have a "Sabbath moment."

Prayer: Creator God, help me to see what treasures and beauties You have in store for me today? What new wonder is just waiting for me to see (even if it is You)? Amen.

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

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*To all those celebrating
in April!*

Happy Birthday!



Youth Ministry



"SEEK SO YOU WILL FIND" was the title of our March First Friday Scavenger Hunt. Youth used their sleuthing and teamwork skills to find answers to 13 scavenger hunt questions. The hunt also gave them the opportunity to learn more about our church including our 4-step strategy, and the name and location of several church facilities. The "Fabulous 3" team of Shelby McPhatter, and Samara and Bethany Parker, was our first-place winner. Each team member received a \$20.00 gift card from Target. Target gift cards were also given to the second and third place teams.

"Seek So You Will Find" could also be considered the unofficial theme of our Bible Study series on the book of Proverbs and our other March Youth Ministry events. In Bible study our youth were reminded that "Her (wisdom's) value exceeds all the trappings of wealth; nothing you could desire holds a candle to her" (Proverbs 3:15 MSG). Godly wisdom is the gift that can improve all aspects of our life including how we communicate with others. In our "social media" world where hasty words that are posted, texted, or tweeted can inflict significant pain on others and/or haunt us forever, this advice is particularly important. "Kind words heal and help; cutting words wound and maim" (Proverbs 15:4 MSG). The book of Proverbs offers guidance for our actions and how to recognize healthy and unhealthy relationships.

This month our youth will also "find" beneficial advice from Olympic Gold Medalist and CEO of "Multiplying Good" Benita Mosley on *"Overcoming Hurdles to Accomplish Your Goal."* They will culminate the month by "seeking" to bring joy to children ages 4 through 9 through our Youth Ministry hosted Easter Egg Hunt.

Join us! We "seek" to grow in our faith, so we will "find" true purpose and joy in our lives.

*Submitted by
Reverend Beverly Jiggetts
Youth Minister*

VISIT US ONLINE at www.fmzbc.com

•Youth Ministry First Friday

•March 1, 2024

"Seek So You Will Find"



The "Shrugs" team looks for answers



The "Fabulous 3" on the hunt



Two "Ninja Bean" team members contemplate their next move

FMZ, let's remember to pray for traveling mercies for our Youth who will be going to the Retreat at the Williamsburg Christian Youth Retreat Center from April 5-7, 2024. Let's also pray that they will have a wonderful experience and return revived and refreshed with a burning desire to continue to serve God. Those youth who did not make it this time, please be sure not to miss it the next time around. We look forward to an amazing report!



IN PERSON AND IN CHAPEL - EVERY

WEDNESDAY

AT 11:00 A.M. AND 7:30PM.

FMZ/Life Stream:

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

Facebook:

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

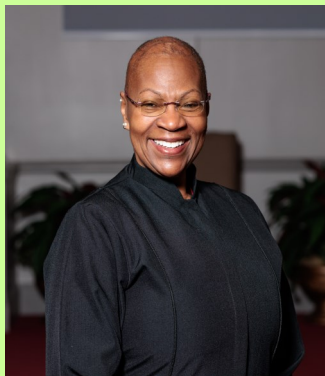
YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

Study handouts are available online:

<https://firstmountzionbc.org/bible-study-handouts/>

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL



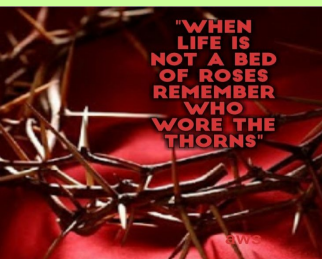
THE BEAUTY OF OUR THORNS

*"My grace is sufficient for you, for My strength is made perfect in weakness."
2 Corinthians 12:9*

In life, there will be suffering due to heartache, disappointment, and a laundry list of challenges. The good news for the believer is that there is a purpose for our tribulations. In the Old Testament, Joseph suffered many trials, including being sold into slavery by his brothers. Joseph learned to trust in God instead of his own strength. Job suffered because his faith was being tested.

In 2 Corinthians 12:9, Paul speaks of a painful thorn sent by God through Satan. Paul asked the Lord three times to remove the thorn "that it may depart from me." Paul had seen some extraordinary things on his journey with Christ, but Paul was not to "exalt" himself. His experiences were not because he lived a spotless life. The thorn was a reminder that God's power was all Paul needed, and the only way to access that power was when Paul was weak.

Thorns can be disappointments on the job, pain and suffering due to health challenges, or hurt by family members or friends. Instead of lamenting about the pain or inconvenience of our thorns, consider what God is trying to teach us or how God will be glorified. In the Garden of Gethsemane, Jesus asked, "Father, if it is Your will, take this cup away from Me; nevertheless, not My will, but Yours, be done." We learn from Jesus who went through tremendous pain and suffering on our behalf that God had a plan. To get through the thorns of life, we don't need to be super smart, be incredibly strong or have the wealth of a small country, we only need to be in touch with God and place our frailties in His powerful hands because in our weakness, in our natural state of humanness, that's when the power of God takes over and works things out!



*Submitted by
Reverend Cynthia Ball*

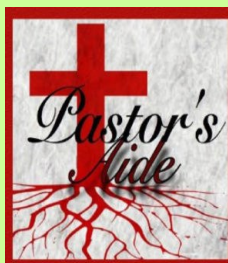


Elizabeth Francis who, at 114-years-old, is the longest living Black woman in America and the fifth-oldest person on Earth, according to LongeviQuest and the Gerontology Research Group, lives in Houston, Texas. Elizabeth was born in Louisiana on July 25, 1909.



For context, this was shortly after William Taft's presidential inauguration. During her lifetime, Francis has survived both World Wars, two pandemics, saw women gain the right to vote, and lived through segregation to see our nation's first Black President.

LongeviQuest CEO Ben Meyers stated, "Ms. Elizabeth Francis is admired around the world, both for her longevity and her approach to life...Reaching this milestone was never an aspiration for her, merely a byproduct of how she lived her life every day, doing right by her loved ones and by God. We can all learn from her example." Ethel Harrison, Francis' granddaughter says that "Francis has some memory problems and is confined to her bed, but she's mentally alert and recognizes her family." Francis has always attributed her long lifespan to God and saying what's on her mind. "If the Good Lord gave it to you, use it. Speak your mind, don't hold your tongue," Francis says.



If you are looking to make a difference, we encourage you to join the Pastor's Aide Ministry.

We meet monthly via Zoom, every second Thursday at 7:00 p.m. For more information, please feel free to email us at

pastorsaide@firstmountzionbc.org

or you can call Sister Oonagh Bell at (954) 298-2106. We would love to have you join us!!



ALL SENIORS!!!!!!
(55 AND OVER)



You are invited to join the Seniors' Ministry.

We meet on the third **WEDNESDAY at NOON** in the Gym (following 11:00 am Bible Study)

We would love to have you and encourage you to bring a friend. You do not want to miss these fellowships. You are guaranteed a great time. If you want to be a part, please call Sis. Shirley Hardy at (703) 459-4321 or email her at shirleybhardy@gmail.com and you will be notified of the upcoming events.





DEACONESS
MINISTRY

DISCOVERING GOD'S MIRACLES IN YOUR DAY

I remember one morning a few years ago, I was blessed by the Lord to awaken to another day and start my routine to prepare for, and travel to, the office for a full day plus of meetings, tasks and never-ending e-mails to answer. Still early, daybreak had not yet appeared,

but as I peered out of my den window, I could see through the cloud overcast a hint of fiery orange far off peaking over the horizon. Driving out of my neighborhood, it was quiet. I spied people in the middle of a power-walk or strolling with their dogs on the pathway. The overhang of tree limbs either served as a rest stop for the birds or as shelter for the squirrels and chipmunks. Traffic leading up to the highway was suffocating for all travelers, but we navigated patiently through the lanes and intersections anticipating some deliverance as we approached the near-empty HOV lanes.

I was anxious about the day because, in my profession, there is always an unexpected challenge, complaint or issue waiting around the corner. As my mind raced about getting to work on time, I felt relief when I was able to accelerate my car and make up for lost time. But the red rear car lights lit up the road and I decelerated quickly to a slow crawl...again. I could feel my flesh "get up" and fear set in because I didn't want to be late, but that fear was quickly becoming reality. But then, I heard a faint whisper, which I attributed to the Holy Spirit saying: "Look up." My eyes looked beyond the sea of cars packed on Route 66 East and I discovered a miracle that was right in front of me. A multi-colored sky filled with lavender, rose, sunshine orange and yellow. There were no clouds hiding the light. It was spectacular. I exhaled and thanked God for His unique greeting. It was as if He said to me "Good Morning Beloved, I love you. Do not be afraid. I am here and all will be well." At that moment, it didn't matter if traffic stopped for hours. The great expanse of God's Glory was right in front of me reminding me of His sovereignty, dominion, and power over us all.

Have you ever stopped to discover the miracles that surround us every day? Do you deliberately look for God's Glory during your day? You won't have to look far. Everything that surrounds us is a miracle – starting with the one reflecting in your mirror – you. God is not far. In fact, in Psalms 145:18 it says that "The Lord is near to all who call upon Him, to all who call upon Him in truth." And, in Psalms 16:8, it says: "I have set the Lord always before me; Because He is at my right hand I shall not be moved." Take time out to discover God's miracles and give thanks for His mercy and goodness. We tend to inundate our minds with worry and fear about so many things. But if we just slow down, breathe and recite: "the things which are impossible with men are possible with God" (Luke 18:27), our eyes will open and see the many miracles that surround us - family, friends, neighbors, trees, or flowers in bloom. We are so dependent on our alarms waking us up in the morning. But have you ever been awakened by a bird singing in a tree? What a beautiful gift of life and a reminder that we are not alone! If you have ever walked on



SCHOLARSHIPS AVAILABLE

Applications are now being accepted for High School Seniors attending post-secondary schools. The applications can be found on the website at www.firstmountzionbc.org

The student must meet the following qualifications to apply:

- ◆ Been a member of FMZBC for at least one year prior to the deadline of April 3, 2024;
- ◆ Been accepted by an institution of higher learning; and
- ◆ Must meet other requirements contained in the Scholarship Booklets.

The deadline for applications is April 3, 2024.

The scholarship requirements have been changed from previous years to accommodate students who were unable to participate in a Church ministry due to COVID-19 restrictions and FMZBC closure during those restrictions. The major change is students who were unable to participate in a Church ministry can apply for, and receive, a scholarship. Other changes include elimination of the points system and the optional community service. Also, students are not required to get in-person signatures on documents, but may get email verification and/or electronic signatures as required. These changes apply to 2024 graduating seniors only. Students can pick up a paper copy of the Scholarship Booklet at the Church or get a copy online at the Church's website, where more detailed information is posted.

MINISTRY SCHOLARSHIP NEWSLETTER. 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/>

-- cont'd

the beach and gazed in amazement at the ocean, that's a reminder of both God's awesome power and expanse of His love for us. The prophet Jeremiah (31:35) reminds us that "He who appoints the sun to shine by day, who decrees the moon and stars to shine by night, who stirs up the sea so that the waves roar – the Lord Almighty is His name."

I got to work on time that day and made my morning meeting. But my sweet fellowship with the Lord that morning carried me through the day and prompted me to discover even more miracles created just for me. Take a moment to pause and experience His glory and miracles in your life. Remember, you are a miracle to someone else and "mightier than the waves of the sea is God's love for you." Psalms 93:4.

Submitted by
Deaconess Vietta Williams
Chair, Deaconess Ministry



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/register/tZAsceurrjkuH9Rm8sk243fTqpJjWk-btSxl>

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

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 Reverend 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.

IT (INFORMATION TECHNOLOGY):

IT4U - Help Desk Is Here for You! Please email woolfolk@firstmountzion.org to request IT support. Have questions about ZOOM or OFFICE365? Need an email or password reset? Please email us for assistance with your questions, including FMZ email address password resets.

GYM AND FITNESS HOURS

Monday - Thursday: 9:00 a.m. - 4:30 p.m.
Tuesday and Thursday: 6:30 p.m. - 8:30 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!!!

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

or, if you choose to share your **IT** expertise in support of ministry meetings using computers, projectors to display play YouTube videos, PowerPoint presentations, ZOOM, live stream. contact, Renee Woolfolk, Church Business Administrator at

woolfolk@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.

AEM follows the Prince William County schools schedule for closures.



April is Deaf History Month, a time to celebrate and raise awareness about the rich and diverse history of the deaf community. Originally running from March 13 to April 15 to coincide with the anniversary of the opening of the first school for the deaf in the United States, Deaf History Month is a way to honor and recognize the contributions, achievements, and struggles of deaf individuals throughout history.

HISTORY OF DEAF EDUCATION

On April 15, 1817, the first school for the deaf in the United States was founded in Hartford, Connecticut. This school, now known as the American School for the Deaf, played a significant role in the advancement of deaf education.

Many years later, the school's founder, Thomas Hopkins Gallaudet, would go on to found the now-renowned Gallaudet University. It was President Abraham Lincoln himself who signed the school's charter in 1864.

Other key moments in deaf education:

- 1823 – The Kentucky School for the Deaf becomes the fourth school for the deaf in the United States and the first to be located west of the Allegheny Mountains
- 1855 – Iowa School for the Deaf opened by former American School for the Deaf alum, Edmund Booth
- 1968 – Rochester Institute of Technology establishes the National Institute for the Deaf, the first technological college in the world established for deaf and hard-of-hearing students
- 1988 – Gallaudet students protest to push for the appointment of the university's first-ever deaf president, Dr. Irving King Jordan

DEAF HISTORY OUTSIDE OF EDUCATION

In 2022, the National Association of the Deaf announced a shift to celebrate Deaf History Month from April 1 through April 30 to better embrace the full history of all deaf individuals. The goal was to shift the focus away from what had been primarily celebrating landmark events in higher education, and the NAD has continued that into 2023 by celebrating Deaf History Month all April.

The Americans with Disabilities Act (ADA) of 1990 was a landmark moment for the deaf community, as it mandated services that provide equal access to public spaces. Equal access includes captions, transcription, and sign language interpreters.

But one doesn't need to dive too deeply into history books to find history-making moments in the deaf community. Even the past few years have seen important moments. The rise of social media and online platforms has

provided new opportunities for deaf individuals to connect and advocate for their rights.

Greater representation in media and entertainment also has increasingly spurred awareness and advocacy. The 2022 Academy Award for the movie "CODA" marked the first time a film featuring primarily deaf actors won the Best Picture category. Television programs like "Only Murders in the Building" and "Hawkeye" featuring deaf characters and actors have also helped to spotlight the importance of both representation on-screen and off-screen access for all.

Recent years have also been history-making on the legal front, with recent lawsuits highlighting the importance of ensuring access to all forms of entertainment, even as new ones continue to emerge.

NATIONAL ASL DAY

Another significant moment in Deaf History is the emergence of American Sign Language (ASL). While educational institutions devoted to teaching deaf students were a significant step, many institutions prior to the 1950s still viewed sign language as a hindrance to the education and integration of deaf individuals. Many schools and educators favored the "oralist" tradition when it came to deaf students, stressing lip-reading over signing. That's part of why the celebration of National ASL Day is now a key part of Deaf History Month.

National ASL Day, occurring April 15, is the celebration of ASL as a complete language, with its own grammar, syntax, and vocabulary. It is now recognized as the primary language of many deaf individuals in the United States and has become an essential part of deaf culture in the US.

Just as organizations celebrated Deaf History Month in different ways, many people celebrated National ASL Day in different ways. On April 15, Metallica announced that each music video from their recent "72 Seasons" album would be released with ASL. Disney also celebrated by adding an ASL option to the 2015 "Ant-Man" movie when viewed on the Disney+ platform.

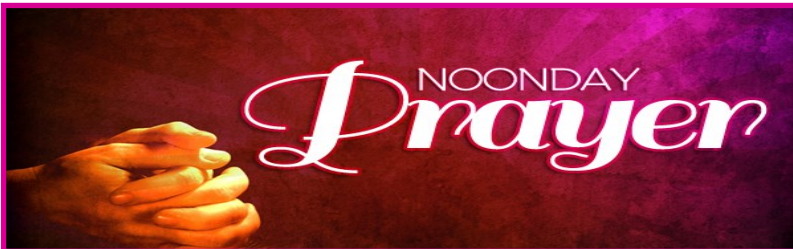
Even national parks celebrated in their own way. The Great Smoky Mountains National Park chose to celebrate National American Sign Language Day this year with a special event featuring ASL interpreters leading a hike and teaching participants about the natural environment of the park.

CELEBRATING ALL YEAR

As April draws to a close, it's important to remember that celebrating deaf history doesn't have to be only once a year. All April, the National Association of the Deaf has been using its social media to feature deaf museums that individuals can explore all year long. And while celebrating National ASL Day brings awareness, anyone can learn American Sign Language any time of year by signing up for a class at a local community college or library, or with the help of apps like Marlee Signs or the ASL App.

Ultimately, celebrations like Deaf History Month and National ASL Day can help further inclusion and accessibility and promote a more connected world.

*Submitted by
Deacon Vince O'Neal*



LET US NOT GROW WEARY

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

Prayer:

“Lord, we thank you that even with our weaknesses and failures, you still choose to use us in fulfilling your will and plans for us. Your strength is made perfect in our weaknesses. May we always seek your will above our own.

When life’s challenges and distractions cause us to grow weary, may we remember to stay anchored in you Lord. May we NEVER give up as we do the work that you have called us to do. Knowing that it will work out for your glory. May we submit to you as you allow the challenges of life and our failures to cause us to grow stronger in our faith and relationship with you. Help us to let go of the things that you are leading us to let go of and embrace the things that you are calling us to embrace. May we learn to trust you even if we don’t understand why, knowing that you see the whole picture and know what’s best.

More than anything, we want your perfect Will to be done and for you to receive the greatest glory from our lives. In Jesus Name we pray and give thanks, Amen!”

Scripture:

Galatians 6:9 NKJV

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Galatians 6:9 MSG

So let’s not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don’t give up, or quit.

Worship Song:

“Through It All” - <https://youtu.be/CvIxwc90BEI>

Continue to pray for our families, churches, nation and world. More than ever, we need to be united and fervent in praying for our nation and world.

Have a blessed and safe day and week!

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

VISIT US ONLINE at www.fmzbc.com



IT'S BACK!!!



Children’s Ministry/Kids’ Kingdom worship for PreK to fifth grader. For additional information, please contact Dr. Holley via email at tholley@firstmountzionbc.org or Sister Stephany Stewart at stephanystewart@yahoo.com

Cannot wait to see you!



VBS IS BACK FOR 2024!

Calling all volunteers interested in serving in our program, to please sign up in the Narthex. Come help us as we have fun teaching our children the importance of GROWING WITH JESUS! VBS will run, Tuesday, June 25 – Thursday, June 27 from 8:00 am – 12:30 pm. We need you! Sign up.

For more information, email VBS@firstmountzionbc.org or call Dr. Holley at (703) 670-0184.

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE

Sick & Shut-in



“OUR LIVES BEGIN TO END THE DAY
WE BECOME SILENT ABOUT THINGS THAT MATTER.”

Martin Luther King Jr.



MEN'S CHOIR JUST BEING MEN'S CHOIR . . . SINGING TO THE GLORY OF GOD EVERY CHANCE IT GETS. THIS OCCASION WAS THE AKA'S 26TH ANNUAL GOSPELFEST



THIS INCREDIBLE WOMEN'S CHOIR WHO SANG OUT OF THEIR SOULS ON WOMEN'S DAY



THESE AMAZING WOMEN OF DISTINCTION FROM VARIOUS ORGANIZATIONS WHO FELLOWSHIPED WITH FMZ ON WOMEN'S DAY

FITNESS-IN-PLACE

PICKLEBALL ANYBODY?



GLORY TO GOD for a wonderful Women's Ministry March Fellowship, "*Your Purpose Produces Your Destiny!*" We were reminded that our lives are not a mistake and that God created us to have a prosperous destiny. Our purpose and destiny are uniquely tailored and planned by God for us, and we should focus on fulfilling that purpose and reaching our destiny. God's presence was felt among everyone in attendance through the anointing and powerful words of spoken by each guest and song by each vocalist.

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and a plastic ball with holes (like a whiffle ball). It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport.

Pickleball is a Social Activity: Pickleball, especially if you play doubles, can provide opportunities to make new friends. A pickleball court is smaller than a tennis court so the gameplay allows players to be close enough to one another that they can hold a conversation. Meeting new people and developing friendships has been shown to enrich our lives and improve our health.

Pickleball is Low Impact, High Activity: A smaller court means less running and less wear and tear on your body and joints. Yet, you still get the cardiovascular benefits of quick bursts of action and an aerobic workout. High intensity, low impact is one of the best ways to work out your body long-term and improve your health.

Pickleball is Healthy: Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body.

Pickleball Equipment is User Friendly: The paddle is short and light without strings which reduces the exertion on your arms, wrist, and shoulders. The ball is plastic and wiffle-like, so it's less bouncy, doesn't fly as fast through the air and creates less impact. You also serve underhand in pickleball, and underhand serves are easier to hit and return.

Challenge: Learn to play pickleball! Now being offered at FMZBC in the Fit by God Fitness Center. Tuesday's 6:30pm to 8:30pm (check fitness calendar). Also available on Mondays, Thursdays and Saturdays (check the fitness calendar). The first half hour of each session is for learning (rules, skills development, and strategy) then open play begins. For questions call 703-670-0225.

*Sister Lori Valkenburg,
Fitness Director*



PICKLEBALL PLAYERS



...are HOT!

Our Fellowship started off with a Praise & Worship video song entitled "Destiny" by Tina Campbell. It set the atmosphere, preparing our hearts to receive God's words.

FMZ Associate Minister, Reverend Cynthia M. Ball, opened our eyes to see our destiny and purpose as she shared from Job 42:2 (NKJV & MSG) and various other scriptures to include Ephesians 2:10. Rev. Ball's topic, "*Your Journey Towards God's Purpose,*" encouraged us to find our purpose in God. She blessed us with the following points:

1. Do not forget where your blessings come from. God may be testing you for His purpose.
2. Be careful who you allow to counsel you in your purpose – Speak to God.
3. Remember God created you for His purpose, not yours; He chose us – Do not get it twisted.
4. God has some questions - Dah - Can you do what I do?

She concluded by reminding us that God will never leave you nor forsake you – keep walking, keep stepping, keep moving with and in God's Grace – *Keep Stepping with Purpose!* What a tremendous blessing this sharing was to our hearts, souls, and minds.

Deaconess Debbie Tribble continued with sisterly encouragement by sharing reflections of God's love for us and by reminding us that God wants the best for us. She lifted the following points:

1. Your Destiny is who you become and or what you do with your life.
2. Destiny is your soul's call to greatness.
3. Our personalities and actions shape the outcome of our lives and therefore our Destiny.
4. During times of waiting, God prepares us for His promise. As we are waiting, God teaches us.
5. Biblical characters who fulfilled their destiny were Ruth, Esther, and Rahab (just to name a few).
6. Know who you are. If you don't know who you are, how can you ever know what you've been born to become?

These points were powerful nuggets to live by as we move toward our destiny.

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Vocalist, Sister Sharon King-Childs, blessed our hearts with her musical selection "His Worship is for Real." This selection had us clapping, praising, and swaying from side to side. To add to the blessings of the morning, two videos heightened our theme. The first video was a selection by the Foster Triplets entitled, "Bigger Than My Circumstance." The second video was of Priscilla Shirer, entitled "Supernaturally Equipped for Our Calling."

Our Fellowship was brought home with a Women's Ministry "Tribute to Women's Ministry History Month."

What an anointing fellowship we had! I pray that everyone was blessed beyond their imagination. A sincere thank you to all who participated, shared the Word, gave words of encouragement, rendered a song of praise, acknowledged 1st time visitors and birthdays, led the giveaways, read scripture, and prayed. Truly, the fellowship was a success because of your servant hearts. I would be remised if I did not acknowledge and say thank you to our technical support (Siara Corprew, Cynthia Wilson and Demetria Cobb and Admin Lead Michelle Barnes who covered me when my voice gave out.)

An additional heartfelt thank you to Reverend Cynthia M. Ball for also providing us with the Invitation to Christian Discipleship and Benediction.

To our January, February and March birthdays, Happy Birthday again, and may God bless you with many more.

To the ladies that were first time visitors, thank you for coming. We look forward to you joining us again on Saturday, April 13, 2024. Please invite someone. We invite every woman to attend our monthly fellowships and receive the blessings that God has for you!

Remember that every woman who chooses to follow Jesus is destined for greatness in His Kingdom and that "Your Purpose Produces Your Destiny!"

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



PRAYER REQUESTS

Women Uniting in Fellowship with Love, Praise, and Worship!

Greetings to all our sisters in Christ. God is so awesome! He has answered our prayers, and He wants to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit your prayer request. We desire to continually lift your prayer needs as they arise, so please use this email to submit your prayer request. Let the saints pray for you. Prayers of the righteous availeth much! Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your prayer requests as you send them in.



The Seniors' Ministry met on March 20, 2024, in the Gym. One hundred ten happy Seniors participated in the celebration of Women's History Month and the Resurrection of Jesus Christ. Seniors were greeted by Sis. Doris Johnson who also welcomed us to the occasion and acknowledged new members. Bro.

Ken and Sis. Malinda Spencer offered prayer and scripture as well as blessed the food. Sis. Hope Singleton acknowledged birthdays and anniversaries and we paid special recognition to our oldest Senior member, Sis. Francis Johnson, on her 97th birthday. There was a special Women's History Table depicting Black American pioneers, including Kamala Harris, Michelle Obama, Dr. Jane C. Wright, MD, who was a major trailblazer in cancer research. Each table also displayed historical and modern day women.

The Seniors were excited to welcome Sis. Lori Valkenburg, our Fitness Director, who led the Seniors through a series of chair aerobic exercises and stretches that they can do at home. Everyone enjoyed this session. After a wonderful Salmon and baked Chicken lunch prepared by the Grain of Heaven, the Seniors engaged in Bible Trivia with Bro. Ken and Sis. Malinda Spencer. The theme for the March Seniors' Ministry was, *God Will Fight Our Battles*, Psalms 144:1-2, Exodus 14:14, Deuteronomy 20:4. Sis. Shirley Hardy led a discussion on how we know God Fights Our Battles and then called on testimonies to share and strengthen others who may be struggling with Battles. The Ministry ended with remarks from our Christian Education Director, Rev. Dr. Tracey D. Holley, who encouraged the Seniors before she closed in prayer.

All Seniors 55 and older are invited to attend the Seniors' Ministry. The next meeting is April 17, 2024 at noon, following 11am Bible Study. To RSVP, please contact Sis. Hope Singleton at hopesing@verizon.net.

*Humbly submitted
Sister Shirley Hardy
Seniors' Ministry Lead*



cont'd on page 11 - -



WHY IS ANGER MANAGEMENT IMPORTANT?

Anger management is essential to maintain our mental and physical health and relationships. Anger is not always a bad thing.

When controlled, anger drives us to make changes in situations that are bad, it pushes us to stand up for our rights, and it protects us if our life is threatened. The problem is when anger is excessive, misplaced, or repressed it may tend to cause tension in life and impact your mental and physical health and relationships.

In his February 25th sermon Reverend Karl Brower preached about Sin, based on Genesis 4:1-12. His sermon title was "Deal with it". Take Aways: Anger and Envy can lead to more outward sins, even murder. You must deal with your jealousy, anger, and depressed mood. Cain is so angry at his brother that he wants to murder him. God warns him not to give in to the temptation, but he does any way. He murdered his brother Abel in the field.

The problem isn't having anger, it's having too much anger, and expressing it in an ineffective way. Anger management teaches us to deal with our anger in a healthy way, not distinguish it. Anger management begins with practicing self-awareness—learning to take a step back and see your anger before it takes over your mind. Once you've learned to identify your anger, you can learn techniques to control it.

This and future articles will discuss ways to identify your anger and manage it. In the sermon Reverend Brower talked about the parable of The Cherokee Two Wolves Story. You can use this story to help shape your mindset. As the grandfather explained to his young grandson, the "wolf you choose to feed will win". You can choose to surrender to/feed the evil wolf (your anger, sorrow, regret, greed, self-pity and false pride) or surrender to/feed the good wolf (your joy, peace, love, humility, kindness, and faith). As the parable suggests, the fight against good and evil is going on inside of every person on this earth. And the one you feed will win.

In Romans 7:15-20, Paul describes his internal conflict between good and evil and presents God's solution to humanity's enslavement to sin—the Holy Spirit, who empowers believers to overcome the limitations of the flesh and live in righteousness. Only the power of God's indwelling Spirit can free the believer from the law of sin and death. As you practice self-awareness you can deal with your sin through the power of the Holy Spirit.

Sources:

Anger Management Article <https://www.therapistaid.com/therapy-guide/anger-management>

BetterHelp Editorial Team (Why do I get mad so easily over nothing: Causes and Coping Mechanisms)

Faithlife Study Bible by John D. Barry; David Bomar; Derek R. Brown; Miles Custis; Michael R. Grigoni and 13 more. Publisher: Lexham Press, 2012.

The Cherokee Two Wolves Story and Power of Mindset - www.lonerwolf.com/two-wolves-story/

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

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PROFILES IN EXCELLENCE



On the gleaming horizon of achievements and milestones, ALD & Associates has reached a new pinnacle that fills us with immense pride and gratitude. We are tremendously honored to announce that our dedicated team has been recognized with the prestigious Prince William County Business Excellence Award for businesses with 1-10 employees.

This accolade stands as a testament to the hard work, expertise, dedication, and entrepreneurial spirit that courses through the very DNA of our firm. Receiving such recognition from our local business community renews our commitment to excellence and reinforces the values we uphold.

A Journey of Growth and Innovation

Each year, the Prince William County (VA) Chamber of Commerce Awards shines a spotlight on outstanding businesses that not only spur economic growth but also contribute significantly to the vivacity and resilience of the local economy. This award acknowledges those who display an exemplary ability to innovate, communicate, and thrive within their respective industries.

Over the past year, ALD & Associates has embarked on ambitious ventures that have greatly contributed to our eligibility for this award. Our expansion into Washington State marks a significant leap in extending our geographical reach and better serving our clients across diverse regions. This strategic move not only demonstrates our firm's robust capabilities but also showcases our dedication to being where our clients need us the most.

Furthermore, we are incredibly proud of obtaining women and minority-owned business certifications. These designations reflect our deep-rooted belief in diversity and inclusion, not only as societal values but as powerful pillars of business excellence. They symbolize our commitment to fostering a business culture that celebrates diverse perspectives and backgrounds.

Sincere Appreciations

We cannot accept this award without acknowledging the collective efforts and unwavering support of our incredible team, loyal clients, and the Prince William County business community. Our knowledgeable and passionate staff are the architects of

our firm's success, constantly elevating the quality of our services and ensuring client satisfaction. To our esteemed clients, your trust is the foundation upon which we build our dreams and aspirations.

We extend our sincerest thanks to the Prince William County Chamber of Commerce for this honor, which we humbly accept. Your recognition fuels our passion and reminds us of the impact we can make in our community and our industry.



ALD & Associates promises to continue pushing the boundaries, innovating at every turn, and upholding the standards that have earned us this commendable award. We move forward with renewed zeal, ready to write the next chapter of our growth story—one of sustained excellence and beneficial impact.

In Closing

To everyone who has played a part in our journey to this moment, thank you from the bottom of our hearts. This award belongs to each of you as much as it does to us. We look forward to building on this success and achieving even greater feats together in the years to come.

For anyone wishing to learn more about our services or join us in celebrating this wonderful achievement, we invite you to peruse our website and connect with us. Together, we create a brighter future for our business and our community.

Here's to continued excellence, innovation, and success.

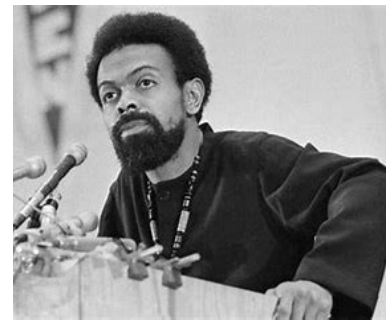
**Warmest regards,
The ALD & Associates
Executive Team**

CONGRATULATIONS TO OUR VERY OWN TRUSTEE AL DURR . . . MAY YOU CONTINUE TO LET YOUR LIGHT SHINE!!!

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



Aaron Douglas



Amiri Baraka

African American artists have made significant contributions to the world of art, using their creativity to preserve history, express community memory, and empower themselves and others. Throughout history, various artistic and cultural movements have been led by people of African descent, setting standards and influencing global trends. Here are some notable examples:

1. **The Harlem Renaissance:** This vibrant cultural movement during the early 20th century celebrated African American art, literature, music, and theater. It provided a platform for artists like Langston Hughes, Zora Neale Hurston, and Aaron Douglas to express their creativity and explore their cultural heritage.

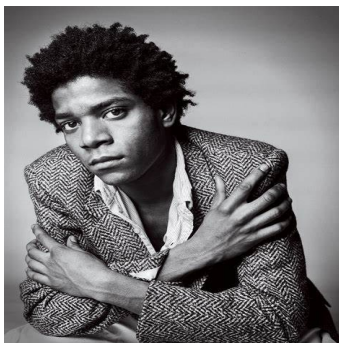


Nikki Giovanni



Faith Ringgold

2. **Black Arts Movement:** Emerging in the 1960s and 1970s, this movement emphasized the importance of black identity and self-expression. Artists like Amiri Baraka, Nikki Giovanni, and Faith Ringgold used their work to address social and political issues affecting the African American community.



Jean-Michel Basquiat



Kehinde Wiley

3. **Black Renaissance:** This term encompasses various periods of artistic flourishing within the African American community. From the Harlem Renaissance to the present day, black artists have continuously contributed to literature, visual arts, music, and performance.

4. **Hip-Hop:** Originating in the Bronx during the 1970s, hip-hop culture has had a profound impact on music, dance, fashion, and visual arts. Artists like Jean-Michel Basquiat and Kehinde Wiley have drawn inspiration from hip-hop culture.



Octavia Butler



Sun Ra

5. **Afrofuturism:** This genre combines elements of science fiction, fantasy, and African cultural heritage. Artists like Octavia Butler, Sun Ra, and Janelle Monáe explore futuristic narratives rooted in black experiences.

These movements and artists have shaped the artistic landscape, celebrating black culture, resilience, and creativity.



Langston Hughes



Zora Neale Hurston



Janelle Monáe

FIRSTS

BLACK HISTORY FACTS

THE FIRST PUBLISHED POET

Phillis Wheatley was the first African-American poet to publish a book. Born in 1753, she was brought to New England from West Africa as a slave when she was nearly 8 years old. The Wheatley family purchased and named the young girl, and after discovering her passion for writing (they caught her writing with chalk on a wall), tutored her in reading and writing. She studied English literature, Latin, Greek and The Bible. With the family's help, Phillis Wheatley traveled to London in 1773 and published her first poems. Soon after, when she returned to America, she was granted her freedom.



THE FIRST COLLEGE GRADUATE

Mary Jane Patterson was 16 years old when her family, among others, moved to Ohio in hopes of sending their children to college. The daughter of a master mason, Patterson became the first black woman to graduate from an established American college, Oberlin College. Three years after her completing her studies in 1862, Patterson was appointed a teacher assistant in the Female Department of the Institute of Colored Youth in Philadelphia, according to the African American Registry. She later taught at the Preparatory High School for Colored Youth, renamed Dunbar High School, serving as the school's first black principal from 1871 to 1874.

THE FIRST LICENSED NURSE

Mary Eliza Mahoney, born in 1845, had been a cook, a janitor and a washerwoman before she began working at the New England Hospital for Women and Children, according to Jacksonville University. When she was 33, she entered the hospital's 16-month nursing program and earned her certification. In a 40-year career, Mahoney directed the Howard Orphan Asylum in Long Island, New York, and was a founding member of the group that became the American Nurses Association. After retirement, Mahoney continued to fight for minority rights and in 1920 became one of the first women to register to vote in Boston.



THE FIRST TO REFUSE TO GIVE UP HER SEAT



Claudette Colvin broke ground nearly 10 months before Rosa Parks. In March 1955, Colvin, then just 15 years old, was arrested for violating an ordinance in Montgomery, Alabama, that required segregation on city buses, according to a Stanford University entry. Colvin went to jail without a chance to call her family, a University of Idaho researcher wrote. Colvin and other women challenged the law in court. But black civil rights leaders, pointing to circumstances in Colvin's personal life, thought Parks would make a better icon for the movement. "Being dragged off that bus was worth it just to see Barack Obama become president," Colvin said in the 2017 book "Still I Rise." "So many others gave their lives and didn't get to see it, and I thank God for letting me see it."

THE FIRST BANK PRESIDENT

Maggie Lena Mitchell, the daughter of a former slave, went to public schools in Richmond, Virginia, became a teacher and established a newspaper before founding the St. Luke Penny Savings bank in 1903, according to the National Park Service. She was the first African American woman to charter a bank and the first African American woman to serve as a bank president. In chartering the bank and serving as its first president, Mitchell broke gender and racial barriers. She later she served as board chairwoman when the bank merged with two other Richmond banks, the park service reports. The resulting entity until 2009 was recognized as the nation's oldest continually African-American-operated bank.



THE FIRST IN SPACE

Mae Carol Jemison is an American engineer, physician, and former NASA astronaut. She became the first African-American woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour in 1992. Jemison joined NASA's astronaut corps in 1987 and was selected to serve for the STS-47 mission, during which the Endeavour orbited the Earth for nearly eight days on September 12–20, 1992. Mae Jemison began studying at Stanford University when she was just 16 years old. She earned a degree in chemical engineering and in 1981 a doctorate in medicine from Cornell University. Afraid of heights, she nevertheless logged 190 hours, 30 minutes, 23 seconds in space, NASA said.

ELIZABETH FREEMAN,

the formerly enslaved woman who successfully sued for her freedom, used the newly passed Massachusetts Constitution to her advantage.

"Any time, any time while I was a slave, if one minute's freedom had been offered to me, and I had been told I must die at the end of that minute, I would have taken it—just to stand one minute on God's airth [sic] a free woman—I would." - Elizabeth Freeman

Freeman was illiterate and left no written records of her life. Her early history has been pieced together from the writings of contemporaries to whom she told her story or who heard it indirectly, as well as from historical records.

Freeman was born around 1744, enslaved by Pieter Hogeboom on his farm in Claverack, New York, where she was given the name Bet. When Hogeboom's daughter Hannah married John Ashley of Sheffield, Massachusetts, Hogeboom gave Bet, around seven years old, to Hannah and her husband. Freeman remained with them until 1781, when she had a child, Little Bet. She is said to have married, though no marriage record has been located. Her husband (name unknown) is said to have never returned from service in the American Revolutionary War.

Throughout her life, Bet exhibited a strong spirit and sense of self. She came into conflict with Hannah Ashley, who was raised in the strict Dutch culture of the New York colony. In 1780, Bet prevented Hannah from striking a servant girl with a heated shovel; Bet shielded the girl and received a deep wound in her arm. As the wound healed, Bet left it uncovered as evidence of her harsh treatment.^[1] Catharine Maria Sedgwick quotes Elizabeth: "Madam never again laid her hand on Lizzy. I had a bad arm all winter, but Madam had the worst of it. I never covered the wound, and when people said to me, before Madam,—'Why, Betty! what ails your arm?' I only answered—'ask missis!' Which was the slave and which was the real mistress?"

John Ashley was a Yale-educated lawyer, wealthy landowner, businessman, enslaver, and community leader. His house was the site of many political discussions and the probable location of the signing of the Sheffield Declaration, which predated the United States Declaration of Independence.

In 1780, Freeman either heard the newly ratified Massachusetts Constitution read at a public gathering in Sheffield or overheard her enslaver talking at events in the home. She heard what included the following:

All men are born free and equal, and have certain natural, essential, and unalienable rights; among which may be reckoned the right of enjoying and defending their lives and liberties; that of acquiring, possessing, and protecting property; in fine, that of seeking and obtaining their safety and happiness (*Massachusetts Constitution, Article 1*).

Inspired by these words, Bet sought the counsel of Theodore Sedgwick, a young abolition-minded lawyer, to help her sue for freedom in court. According to Catherine



Sedgwick's account, she told him: "I heard that paper read yesterday, that says, all men are created equal, and that every man has a right to freedom. I'm not a dumb *critter*; won't the law give me my freedom?"^[1] After much deliberation, Sedgwick accepted her case, as well as that of Brom, another person Ashley enslaved. Sedgwick enlisted the aid of Tapping Reeve, the founder of Litchfield Law School, one of America's earliest law schools, located in Litchfield, Connecticut. They were two of the top lawyers in Massachusetts, and Sedgwick later served as US Senator. Arthur Zilvermit suggests the attorneys may have selected these plaintiffs to test the status of slavery under the new state constitution.

The case of *Brom and Bett v. Ashley* was heard in August 1781 by the County Court of Common Pleas in Great Barrington. Sedgwick and Reeve asserted that the constitutional provision that "all men are born free and equal" effectively abolished slavery in the state. When the jury ruled in Bett's favor, she became the first African-American woman to be set free under the Massachusetts state constitution.

The jury found that "Brom & Bett are not, nor were they at the time of the purchase of the original writ the legal Negro of the said John Ashley." The court assessed damages of thirty shillings and awarded both plaintiffs compensation for their labor. Ashley initially appealed the decision but a month later dropped his appeal, apparently having decided the court's ruling on the constitutionality of slavery was "final and binding."

After the ruling, Bet took the name Elizabeth Freeman. Although Ashley asked her to return to his house and work for wages, she chose to work in attorney Sedgwick's household. She worked for his family until 1808 as a senior servant and governess to the Sedgwick children, who called her "Mumbet". The Sedgwick children included Catharine Sedgwick, who became a well-known author and wrote an account of her governess's life. Also working at the Sedgwick household during much of this time was Agrippa Hull, a free black man who had served with the Continental Army for years during the American Revolutionary War.

From the time Freeman gained her freedom, she became widely recognized and in demand for her skills as a healer, midwife, and nurse. After the Sedgwick children were grown, Freeman moved into her own house on Cherry Hill in Stockbridge, near her daughter, grandchildren, and great-grandchildren.

She died in December 1829 and was buried in the Sedgwick family plot in Stockbridge, Massachusetts. Freeman remains the only non-Sedgwick buried in the Sedgwick plot. They provided a tombstone inscribed as follows:

ELIZABETH FREEMAN, also known by the name of MUMBET died Dec. 28th, 1829. Her supposed age was 85 Years. She was born a slave and remained a slave for nearly thirty years; She could neither read nor write, yet in her own sphere she had no superior or equal. She neither wasted time nor property. She never violated a trust, nor failed to perform a duty. In every situation of domestic trial, she was the most efficient helper and the tenderest friend. Good mother, farewell.

Read more at https://en.wikipedia.org/wiki/Elizabeth_Freeman

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



JOB VACANCIES

We are currently recruiting for the positions of
Financial Manager (Accounts Receivables)
and
Church Management Software Administrator

Please express your interest in the position by emailing
employment@firstmountzionbc.org

Listings are posted on Indeed and the Church website, and
applications are available for download at
<https://firstmountzionbc.org/job-vacancy-announcement/>

Please return by email: employment@firstmountzionbc.org or
return to the office during office hours, Monday - Thursday 9
am-4 pm and Fridays 9 am-1pm. Applications will also be
accepted by mail.

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

CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER

PLEASE NOTE:

Remember to please check the Church website and
voicemail for closings and cancellations during times of
inclement weather. Notices are also posted to WTOP and
WJLA. You may also register to receive notifications from
www.cancellations.com

NEW MEMBERS ORIENTATION CLASS (CED)

Scheduled Zoom meetings every SUNDAY at 09:45 AM

April 7 - ABC's of Worship

April 14 - Orientation of NMOC & Church Tour
(hybrid class)

April 21 - Baptism

April 28 - TBD *

*May 5 - Overview of Christian Education Department

May 12 - No class, please attend regular Sunday School

May 19 - Holy Communion Review

Zoom Link: [https://us02web.zoom.us/j/86711906458?
pwd=YmM5b2F6VzBDWDRsdFRkVVNpdGdSZz09](https://us02web.zoom.us/j/86711906458?pwd=YmM5b2F6VzBDWDRsdFRkVVNpdGdSZz09)

Meeting ID: 867 1190 6458

Passcode: 978435

Dial by your location 309-205-3325 US

*Classes are those that give students
extra graduation credit.

ON-LINE GIVING



You may give online at any time
by accessing the ONLINE GIVING
(VANCO) link at www.fmzbc.com.
To avoid failed transaction fees,
please regularly review your
online giving account to ensure
contact and payment sources are up to date. When submit-
ting 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. Vickie Moror
vmoror@firstmountzionbc.org
(703) 670-0184

VOLUNTEER SCREENING

May 18

September 21

November 16

Training begins at 9:00 am
Visit FMZBC website, Resource tab for
application and authorization forms.
Bring completed forms to the Training

POC: Brenda Byrd, 571-237-0111

byrdbj@comcast.net

Cynthia Zorn Pettigrew, 703-730-5227

zornpettigrewcl@comcast.net

CHURCH BUSINESS MEETING

APRIL 6, 2024

10:00 A.M.

YOU ARE ENCOURAGED TO ATTEND!!!



Join the FMZBC Audio-Visual Ministry



Share **YOUR** Expertise !!

Audio, Microphones,
Camera Operator

Loudspeakers, Sound
Mixing, Streaming,
Networking,

Presentation Software,
Pre/Post Editing

WEDNESDAY BIBLE STUDY (11AM AND 7:30PM),
SUNDAY WORSHIP, HOME GOING SERVICES,
WEDDINGS, AND OTHER MINISTRY ACTIVITIES,
PLEASE CONTACT DIJAE NORTH
AUDIO VISUAL DIRECTOR, AT:
DNORTH@FIRSTMOUNTZIONBC.ORG



The Pastor's Search Process



FREQUENTLY ASKED QUESTIONS – SELECTING A NEW PASTOR

*Everything you want to know
but are afraid to ask!*

What process will be used to select the new Pastor?

FMZBC Constitution and Bylaws Article VI, Church Officers, Section 2 - Calling a Pastor:

2. Calling A Pastor

A Church-approved Pastor's Transition Plan (PTP) will be put into effect whenever it is necessary to call a Pastor. The Deacons shall nominate, and the Church, shall elect a representative Pulpit Committee consisting of seven (7) voting members and one (1) non-voting secretary. The voting members will be one (1) Deacon, one (1) Deaconess, one (1) Trustee, and four (4) members of the laity at large. The duties of the Pulpit Committee are outlined in Article XIII: Section 6.

How can I get a copy of the FMZBC Constitution and Bylaws?

Please contact the Church office.

How is the Pulpit Committee laity selected?

Must be an active member of FMZBC in good standing. A nomination process is implemented in which laity completes a pulpit committee nomination form via Survey Monkey. Questions are based on scripture and FMZBC's 4-step strategy - prayer, study of God's word, service and stewardship. Diversity of interests/spiritual gifts, and generational representation are also considered. Additionally, gender, education, and ministry involvement. An evaluation form consisting of 15 questions is utilized in the selection of the final nominees.

Once the Pulpit Committee has been approved, what next?

The Pulpit Committee will fully unite and continue the work of the Pastor's Transition Plan (PTP), which will also include publicizing the vacancy internally/externally, setting an application submission deadline, contacting, and screening applicants, and conducting the interview process.

Is there an anticipated time frame as to when a new Pastor will be selected?

The Pulpit Committee has set a time frame of up to 18 months. This is just an estimate as we pray and follow God's plan.

How will we receive updates on the progress of the PTP?

The membership will receive updates via FMZBC's website, newsletter, and/or connection points and as needed during Church meetings.

How will the congregation give input of what they would like to see in the next Pastor?

The Pulpit Committee will be sending out a survey and conducting focus groups across the Church membership to solicit input and feedback to ensure your voices are heard and represented.

Will we have an opportunity to meet or hear the pastoral candidate preach before we vote?

Yes. The top 3/4 candidates will be brought before the Church, one at a time, to conduct sermons, and for the Church membership to meet and/or ask questions of the candidates, and to provide feedback to the Pulpit Committee.

Who makes the final decision in selecting the new Pastor?

The Church membership will decide who will be the new Pastor via the voting process. This will require lots of prayer and discernment to ensure we are following God's plan for FMZBC.

Once the new Pastor is approved, what next?

A formal installation ceremony for the new Pastor will be conducted. The Pulpit Committee will also assist the new Pastor and family in getting settled in the community, if needed.

What can we do to help?

Please continue to pray and lift up your Pulpit Committee and support them as needed.



pulpitcommittee@firstmountzionbc.org

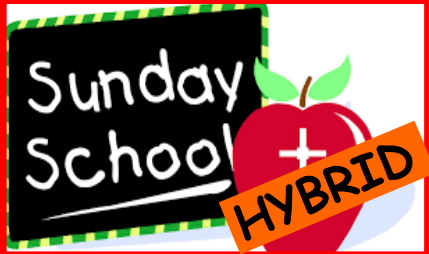


2024 Theme:

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

MIGHTY MEN OF GOD

For questions about the Men's Ministry, please contact Director, Edward Jones, at MensMinistry@firstmountzionbc.org. We would love to hear from you!

BELOVED WOMEN OF GOD

For questions about the Women's Ministry, please contact Director, Gwen L. Holland, at WomensMinistry@firstmountzionbc.org



The last day to register for April SHARE packages is Sunday, April 14th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on April 27, 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
Vietta Williams, Chair, Deaconess Ministry

16622 Dumfries Road
Dumfries, Virginia 22025-1920
Telephone: 703-670-0184
Email: fmzbc@firstmountzionbc.org
Website: www.fmzbc.com

SERVICE SCHEDULE

Worship Service – 11:00 AM (ONLY)
in Sanctuary or view us on line at

FMZ Life Stream:

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

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

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-dumfries-va/)

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

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

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



LifeStream.tv

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