



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



Message from the Acting Pastor

COME GROW WITH US!

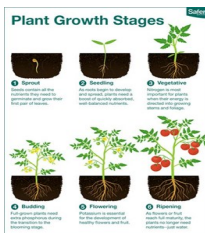
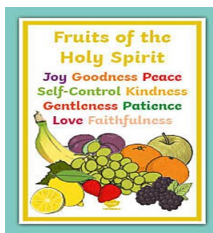


You already know that healthy things grow (and that includes your walk with God). So, how can you know if you are growing? And how can you encourage others to grow in their faith?

From love and peace to goodness and self-control, the Fruit of the Spirit represents the outward or visible growth believers experience in Christ through the Holy Spirit. Deepen your understanding of how the Holy Spirit transforms believers from the inside out through the Fruit of the Spirit

(Galatians 5: 22-23). The godly traits God cultivates in us as we follow Him. The saying goes, April showers bring May flowers and just as plants naturally go through various stages of growth throughout their life cycle, so do we. As Christians mature — and learn to love God and their neighbor as themselves — they grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

We grow by following our 4-step strategy: Worship, Study of the Word, Stewardship and Service, from our mission, "to connect people who have a desire to become fully devoted followers of Jesus Christ", to our vision "Sharing the Light: From the Promise, to Pentecost, to Points Around the World. Finally, just like plants need the sun to grow, we need the Son (Jesus) and the Living Water (Jesus) to grow as followers of Jesus Christ. So, what are you waiting for...invite others along with you to...Come grow with us!



Peace and Blessings,
Rev. Dr. Sandra K. James
Acting Pastor

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Easter Egg Participants after a successful hunt March 23, 2024!



Some of the Easter Egg Hunt youth volunteers and YM supporters



Youth Ministry on BLAST - In A Good Way!

Mark 1:32-35

That evening after sunset the people brought to Jesus all the sick and demon possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, . . . Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place where he prayed.

The word "retreat" is not in the Bible but at times Jesus "retreated" to a solitary place to pray. During His ministry, Jesus preached, taught, healed the sick, and expelled demons all while under the constant scrutiny of the religious establishment. I believe Jesus was able to accomplish what He did and deal with the challenges He faced because He knew the importance of "retreating" to spend focused time with God the Father.

Our youth have busy lives. In addition to school and home responsibilities, many are involved in extracurricular activities. They also participate in youth ministry. In March, they heard from Olympic Gold Medalist and CEO Benita Fitzgerald Mosely on the topic "Overcoming Hurdles to Accomplish Your Goals." Many of them volunteered at our youth hosted Easter Egg Hunt for children.

The high school retreat gave high school youth who are FMZ members the chance to be away for a focused time of reflection and discussion on how to handle various situations in a way that is helpful to them and pleasing to God.

Thank you to Dr. Holley and all who supported the retreat. Rev. Cheryl Manning, Alicia Bailey and Toshiro Stovall checked our youth in. Deacon Marion Seth, Sister Shirley Hardy, Rev. Gillis Taylor, Toshiro Stovall, and Rev. Marlene Johnson spent the weekend as chaperones and assisted with retreat activities. Benson Blake attended to document the Retreat events. Minister Ashley Cherry and Pastor Terrell Glenn were our guest Retreat facilitators.

Most importantly, we thank God for carrying us to and from safely, and blessing us during this time away.

*Submitted by
Reverend Beverly Jiggetts
Youth Minister*



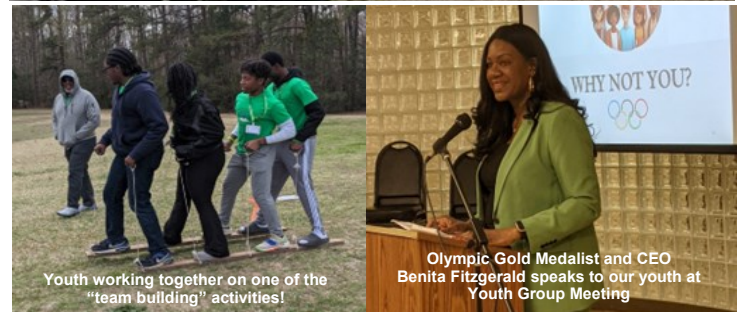
Group Photo after "team building" Activities!



Guys "Dating God's Way," Session facilitated by Pastor Terrell Glenn



Minister Cherry facilitating the "Parents Just Don't Understand" Session



Youth working together on one of the "team building" activities!

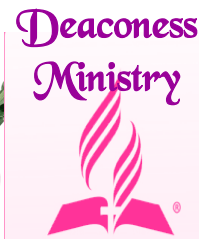
Olympic Gold Medalist and CEO Benita Fitzgerald speaks to our youth at Youth Group Meeting

CALLING ALL FMZ MIDDLE-SCHOOLERS

FMZ Middle School Lock-in May 17-18, 2024 for youth in grades 6-8 who are FMZ members. Topics chosen by the Youth Council are "Trusting God" and "Real Friends". There is no charge for this event. While the deadline for submission has passed, if you are interested, please contact Rev. Jiggetts - bjiggetts@firstmountzionbc.org to see if there are any remaining spots available. FMZ, let's remember to pray for our Youth who will be a part of this "Lock-in" that they will have a memorable experience.



Encouragement and Assurance for the Soul



NO GREATER LOVE

"No one has greater love than to give up one's life for one's friends." (John 15:13 CEB)

On Valentine's Day we celebrate romantic love. Comparatively speaking, it's rather superficial when matched against Memorial

Day. On Valentine's Day we celebrate with romantic cards, chocolates, flowers, dinners, and flowing champagne. The greatest sacrifice on Valentine's Day is time and money. On Memorial Day, we commemorate those who made the ultimate sacrifice. For many of us, especially Veterans and active-duty members of the armed forces, it is a solemn day, a day of reflection, a day of memories, some good, some traumatic, and some very funny.

Jesus said, "No one has greater love than to give up one's life for one's friends." Jesus demonstrated His commitment, during His tumultuous journey to Calvary for His crucifixion. There during His trial, humiliation, beating, maltreatment, curses, rejection, and hatred, we can perceive how great and powerful love can be as Jesus endured agony for humanity. Those who were there would witness what we could only read about or view as a scene depicted half-heartedly in cinema.

No matter how you slice it, or say it, "No one has greater love than to give up one's life for one's friends," it means the same! There is no demonstration of love greater than to sacrifice a life for someone else. We see it every day, partners do it for each other, parents do it for their children, and members of the armed forces do it for the nation. First Responders place their lives in jeopardy, every day. Most days they come home and some days, sadly, they don't. Jesus demonstrated the power of sacrificial love on Calvary. As we observe Memorial Day, let's remember Jesus' sacrificial love and the love of those who sacrificed their life for us to be able to worship freely.

One bit of advice, instead of saying, Happy Memorial Day say, have a peaceful Memorial Day.

Peace, Blessings, and Justice for All God's Children,

*Submitted by
Reverend Gillis M. Taylor
Associate Minister*



*Grace to you and peace from God our Father and the Lord Jesus Christ. I thank my God upon every remembrance of you.
Philippians 1:2-3*

Each year on Mother's Day we pause to joyfully celebrate women who are mothers. This year will likely be no different. It will be an occasion to celebrate and express respect, honor, and appreciation towards mothers and mother figures in our lives. There are many incredible women and mothers to celebrate in our FMZ family. No earthly relationship seems stronger or spark stronger emotions than a relationship between a mother and child.

Mother's Day can be a difficult day for some mothers or women who want to be mothers. In our church family many have experienced the loss of a mother, the loss of a child so soon, or the absence of a child so deeply desired.

In this day of posts, likes, and shares, some can make us happy and other posts can make us sad or even distort self-worth. Our post is to acknowledge and celebrate all mothers and all the women in our FMZ family who serve as mothers, and to rejoice over everything good that shines as a testimony to God's goodness and mercy.

Whether you are a mother with the unending love as described in Isaiah 66:13, or Jochebed's faith and courageous love (Exodus 2:1-4); or a mother who is a pillar of strength like the Proverbs 31 woman, clothed with strength and dignity, trusting God's providence; or a prayer warrior and Godly role model (1 Samuel 1:27); or a woman with unwavering faith and obedience like Mary, the mother of Jesus (Luke 1:38); or the mother who nurtures faith and guides children in their spiritual journey (2 Timothy 1:5) and embraces the Great Commission by sharing the Gospel with their children and others around her (Matthew 28:19), always being a beacon of hope (Hebrews 11:11); or a woman with all of these attributes wrapped up in one, we celebrate with you, we lament with you, and thank God for you. We pray that each woman and each mother in our FMZ family feels His nearness, His pleasure and His peace on Mother's Day and every day.

*Submitted by
Deaconess Cynthia R. Brown
Deaconess Ministry*

**There's No Greater Love
Than Jesus**



Happy Mother's Day !



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 third floor, from 7:40pm-8:30pm, or via ZOOM. For ZOOM, please register using the following link:

<https://us02web.zoom.us/meeting/register/tZAsceurrjkuH9Rm8sk243fTqpJjWk-btSxl>

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

YOUTH MINISTRY ON BLAST! 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

This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments, which can be in athletics, community service, scholastics, overcoming personal challenges, or simply a youth who needs encouragement.

IT (INFORMATION TECHNOLOGY):

Need an email or password reset including FMZ email address password resets? Have questions about ZOOM or OFFICE365? **IT4U - Help Desk Is Here for You!** Please email rwoolfolk@firstmountzionbc.org to request IT support.

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!!!

CAPTURING MINISTRY MOMENTS

AV is collecting photos and videos of Ministry activities to integrate with the weekly service countdown. Please send photos and videos to:

<https://fmzbc.wetransfer.com>

When doing so, also include the photo/video release form. Photos/videos including minors (under the age of 18) must have the consent of a parent or legal guardian. We recommend that all landscape-oriented pictures and videos have an image resolution of 1920x1080.



SMALL GROUPS MINISTRY

Would you like to start a small group or join one? Have any interest in doing so??? Reach out to Sis. Stephanie M. Craddock, Small Groups Director, scraddock@firstmountzionbc.org or call 703-670-0184. She would love to hear from YOU!!

Interest Based Small Groups meet for two semesters each year.

Fall Semester: October - January
Spring semester: February - June

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!

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

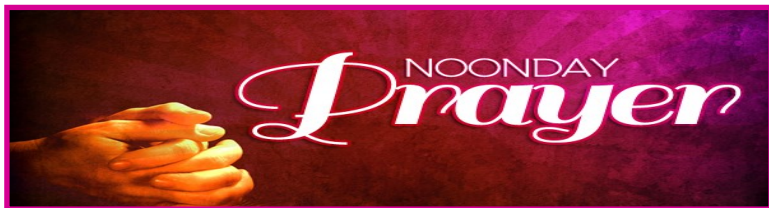
or, if you choose to share your **IT** expertise in support of ministry meetings using computers, projectors to display play YouTube videos, PowerPoint presentations, ZOOM, live stream. contact, Renee Woolfolk, Church Business Administrator at

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.

DEAF MINISTRY. Interested in ASL (American Sign Language) Training? Please contact Deaconess Pamela Ford for further information at:

pdford61@verizon.net



REST FOR SPIRIT, SOUL AND BODY

I pray that this message finds you 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 you are Jehovah Shalom, our peace. During these challenging times, more than ever, we need rest for spirit, soul and body. May we learn to take our burdens to you and cast our cares on you so that we can find rest for our souls. You promised that your yoke is easy and your burden is light.

We pray for caregivers and other servants who give so much of themselves in serving others that they may fail to take proper care of themselves. May we realize that we need our strength to care for others. May we realize that we cannot and DO NOT HAVE TO carry the burden alone. You are there to help and guide us and allow us to establish a strong support system. May we always remember to take our burdens to You and LEAVE them there. In Jesus Name we pray and give thanks, Amen!"

Matthew 11:28-30 NKJV

[28] Come to Me, all you who labor and are heavy laden, and I will give you rest.
[29] Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.
[30] For My yoke is easy and My burden is light."

Matthew 11:28-30 MSG

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me-watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Worship Song: Take Your Burdens to the Lord and Leave Them There - <https://youtu.be/PhPg2Saj61E>

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



Submitted by
Noon Prayer Team
Deaconess Pamela Ford
Sister Carol-Ann Benjamin
Rev. Maxine Thompson

VISIT US ONLINE at www.FMZBC.com

All About The Ladies



Each month, a group of Senior ladies and friends engage in activities. On April 11, 2024, All About the Ladies took a Girls' Day Out trip to Richmond, Va. After prayer for safe travel, the ladies participated in games on the bus ride to and from Richmond. While in Richmond, the ladies learned a wealth of information while visiting The Black History Museum and Cultural Center. This visit afforded us the opportunity to learn about the rich history of African American History in Virginia, and its rich magnificent contributions to America. After a guided tour, the ladies boarded the bus for lunch at the Croker Spot, a traditional dining spot in Richmond. We thank God for guiding our footsteps for a successful day.

Submitted by
Sis. Shirley Hardy





MEET THE SILVER STEPPERS

You've seen them present various performances, but who are FMZBC's Silver Steppers?

In January 2019, Sis. Shirley Hardy, Seniors' Ministry Leader, had a vision of a Seniors dance group, then COVID hit and it didn't come to fruition. By the next year, Sis. Hardy was able to get 18 ladies who were willing to give it a try. Enlisting the help of Sis. JoAnn Earle and her 15 year-old granddaughter, Destiny Jones, the Silver Steppers were ready to make their debut at the first Seniors' Ministry showcase for Black History Month in February 2020.

As a result of that performance, the Silver Steppers were invited to perform the next Sunday, during the Church's celebration of Black History Month.

The Silver Steppers continue to perform for the congregation, the Seniors' Ministry, and other places where Invited. The group's membership is fluid, with new people continuously joining. The Steppers believe "Our bodies are our temples and should be used to praise and worship the Lord. This is our reasonable service ... to glorify God." Psalms 149:3

These dedicated Senior ladies range in ages from 65-84. They will admit they are not as spry as they used to be, but thank God that they are still able to move.

The Silver Steppers will be the guest performers for Delta Sigma Theta's annual Senior luncheon on May 4, 2024. They pray that God continues to bless this group to continuously praise the Lord through dance.

For more information you may contact Shirley Hardy at 703-459-4321 or shirleybhardy@gmail.com.



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

You are invited to join the Seniors' Ministry. We meet monthly, 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. 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.



MONTHLY THEME DATES

MAY

- MENTAL HEALTH MONTH
- ASIAN PACIFIC ISLANDER MONTH
- HAITIAN HERITAGE
- NAT'L MILITARY APPRECIATION MONTH
- ASCENSION DAY – MAY 9
- PENTECOST – MAY 19
- MEMORIAL DAY (LAST MONDAY)

FITNESS-IN-PLACE



GLUTEAL AMNESIA?

You've heard of amnesia of the brain, but your butt? Yes, there's such a thing as gluteal amnesia, also known as butt amnesia or dead butt syndrome. It is exactly what it sounds like, your glute muscles forget their purpose (keeping us upright and propelling us forward). The glute muscles become neurologically inhibited and don't activate when they should. If your glutes don't activate or are weak, other parts of the body may take additional stress, which can potentially result in injury or pain. That could include low back pain, hip pain, knee pain, and even foot pain.

The main cause of gluteal amnesia is a sedentary lifestyle, we sit too much! The good news is that you can prevent and overcome this by waking up your glutes.



Activate your glutes with the [Glute Bridge Exercise](#).

Lay down on your back with your knees bent and your feet flat on the ground. Your feet should be hip width apart with your toes pointed straight ahead, and your heels should be right under your knees. Place your arms by your sides. Squeeze your glutes and your abs as you start to lift your hips toward the ceiling. Raise your hips as high as you can without arching your back. The goal is to raise your hips until your body is in a straight line from your knee to your hip and to your shoulder. Squeeze the glutes as tightly as you can in the top position while you hold for three seconds. Slowly lower the hips down to the floor, keeping tension in the glutes and abs as you lower down.

Challenge: Click on the link above to learn from the National Academy of Sports Medicine the proper way to perform the glute bridge exercise and start incorporating it into your routine to improve your posture, reduce pain and move better.

*Sister Lori Valkenburg,
Fitness Director*



SELF-AWARENESS AND NEGATIVE EMOTIONS



Self-awareness helps manage negative emotions such as extreme anger, jealousy, fear and hatred because if we know what triggers our emotions, we can learn to recognize and control them rather than be ruled by them. Studies have found that more self-aware individuals experience fewer negative emotional reactions and fewer emotional consequences than those who aren't as aware.

In his book, *The Emotionally Healthy Church*, Peter Scazzero contrasts King Saul's lack of self-awareness (emotional health) with King David's. King Saul was unaware of what was going on inside of him. His "doing" for God did not flow from his "being" with God. We see Saul repeatedly blind to his jealousy, fear, hatred, and anger. Unlike David, Saul was not cultivating his relationship with God. Eventually, Saul's life choices destroy him (see 1 Sam 17-31).

We see David passionately nurturing and developing his relationship with God through the Psalms (journaling to God). We see David in Psalms outraged, suicidal, depressed, overjoyed, dancing. We see King David engaging in the whole gamut of emotions. He is broken and vulnerable before God and others. Who else would commit adultery and murder and put it in a song to be sung in church—Psalm 51. After King David's greatest blunder, he asked God to create in him a pure heart and renew a spirit of integrity (Ps 51:10). However, Saul's self-ignorance did not allow him to recognize his need for change.

These journaling prompts along with prayer and the power of the Holy Spirit can help you reflect upon your behavior and allow God to reveal the heart and mind changes you need: What am I most fearful of? Why? Where do I feel the anxiety in my body? What do I need in this moment? What made me feel scared or anxious today? Where do I find myself most—past, future, present? What makes me angry? What makes me happy? What makes me sad? The goals are to become emotionally and spiritually mature by being aware of what's going on inside of you and nurturing and cultivating your relationship with God.

Sources

Global Association for Trauma Recovery (12/07/21) By Communicare <https://www.gatr.org/how-to-use-self-awareness-as-an-anger-management-tool>. Download 4/12/24
 Psalms of Lament - http://dailyqt.org/docs/Psalms_Lesson9.d. download 3/26/19
 Scazzero, P. (2006). *Emotionally Healthy Spirituality*. Thomas Nelson. Tennessee: Nashville
 Scazzero, P. (2010). *The Emotionally Healthy Church*. Zondervan, Michigan: Grand Rapids

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

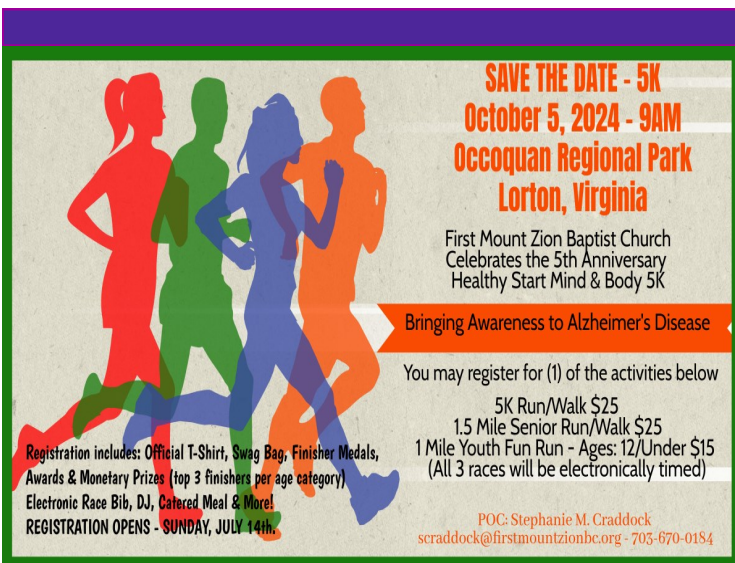
LEADERSHIP THE CHAPLAIN'S CORNER

NOTHING CAN SEPARATE US FROM GOD'S LOVE

Many factors can create distance between us and our loved ones—miles apart, busy schedules, disagreements, illness, unresolved conflicts, differing aspirations, or even the finality of death. However, our bond with God is profoundly different; it is unbreakable. No sin is too great, no disagreement too intense, and no distance too vast that can sever the connection forged by Christ's sacrifice.

Take comfort in the boundless scope of God's perfect love. In this divine relationship, you will find a constancy and depth unmatched, immune to any change. This steadfast love is affirmed in the scriptures: *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."* Romans 8:39, NKJV. In these words, find peace and reassurance in the everlasting embrace of His love.

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



SAVE THE DATE - 5K
October 5, 2024 - 9AM
Occoquan Regional Park
Lorton, Virginia

First Mount Zion Baptist Church
Celebrates the 5th Anniversary
Healthy Start Mind & Body 5K

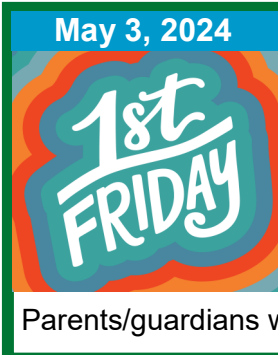
Bringing Awareness to Alzheimer's Disease

You may register for (1) of the activities below
5K Run/Walk \$25
1.5 Mile Senior Run/Walk \$25
1 Mile Youth Fun Run - Ages: 12/Under 15
(All 3 races will be electronically timed)

Registration includes: Official T-Shirt, Swag Bag, Finisher Medals,
Awards & Monetary Prizes (top 3 finishers per age category)
Electronic Race Bib, DJ, Catered Meal & More!
REGISTRATION OPENS - SUNDAY, JULY 14th

POC: Stephanie M. Craddock
scraddock@firstmountzionbc.org - 703-670-0184

May 3, 2024



"Kids Just Want to Have Fun" game night for youth in grades 6-12. FMZ members and guests in the same grades are welcome. Held in Grain of Heaven and Gym. Enter and exit through Door P (gym door).

Parents/guardians will need to sign youth in and out.

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE

Sick & Shut-in




VBS IS BACK FOR 2024!

Calling all volunteers interested in serving in our program, to please signup 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.



IT'S BACK!!!

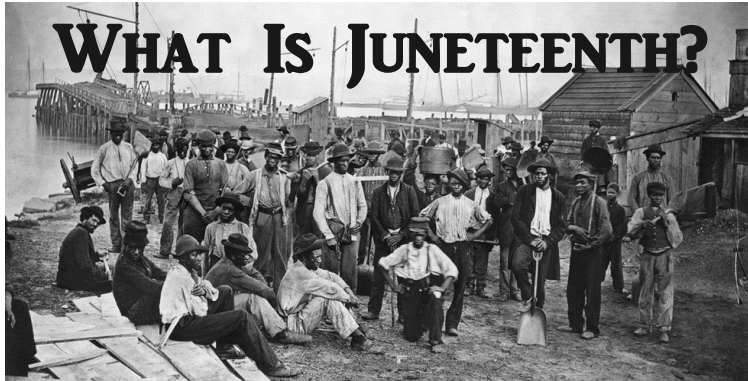
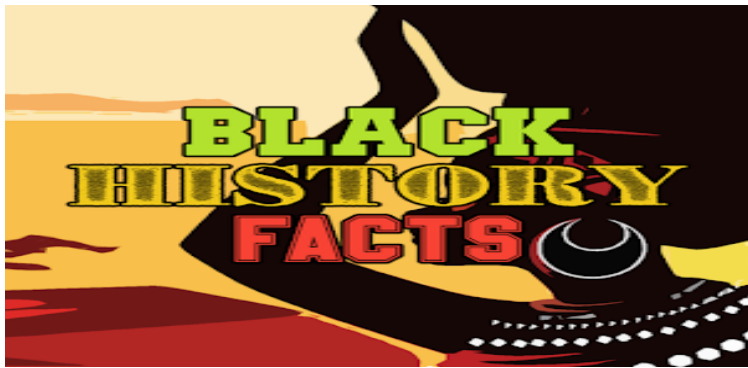


Children's Ministry/Kids' Kingdom worship for PreK to fifth grader is held on third Sundays, during the 11 am service.

Youth 16 and older who are interested in serving with Children's Church will need to complete Volunteer Screening. Please contact Dr. Holley for information at tholley@firstmountzionbc.org or Sis. Stephany Stewart at stephanystewart@yahoo.com

Cannot wait to see you!

SERVANTS NEEDED!
Please email Dr. Holley for the Zoom credentials. Thank you!



Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.

Juneteenth and Slavery in Texas

In Texas, slavery had continued as the state experienced no large-scale fighting or significant presence of Union troops. Many enslavers from outside the Lone Star State had moved there, as they viewed it as a safe haven for slavery.

After the war came to a close in the spring of 1865, General Granger’s arrival in Galveston that June signaled freedom for Texas’s 250,000 enslaved people. Although emancipation didn’t happen overnight for everyone—in some cases, enslavers withheld the information until after harvest season—celebrations broke out among newly freed Black people, and Juneteenth was born. That December, slavery in America was formally abolished with the adoption of the 13th Amendment.

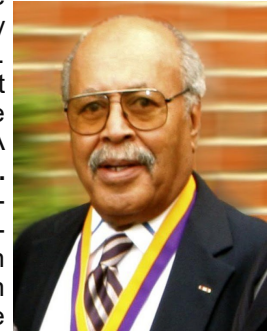
The year following 1865, freedmen in Texas organized the first of what became the annual celebration of “Jubilee Day” on June 19. In the ensuing decades, Juneteenth commemorations featured music, barbecues, prayer services and other activities, and as Black people migrated from Texas to other parts of the country the Juneteenth tradition spread.

In 1979, Texas became the first state to make Juneteenth an official holiday; several others followed suit over the years. In June 2021, Congress passed a resolution establishing Juneteenth as a federal holiday; President Biden signed it into law on June 17, 2021.

JUNETEENTH: A BEACON OF FREEDOM AND THE POWER OF INDIVIDUAL IMPACT

Juneteenth stands as a pivotal moment in American history, commemorating the end of slavery and celebrating the relentless struggle of Black Americans for freedom and equality. This day not only reflects on the progress made but also underscores the ongoing challenges in the fight for civil rights. Originating on June 19, 1865, when Union soldiers brought the news of freedom to Galveston, Texas—two years after President Lincoln’s Emancipation Proclamation—Juneteenth now serves as a national symbol of resilience and liberation.

The significance of Juneteenth extends beyond historical reflection, highlighting the importance of individual action and community advocacy in shaping our society. Members of First Mount Zion Baptist Church exemplify this spirit of active service and transformative impact. A notable example is **Dr. George M. Hampton**, whose dedication and leadership were instrumental in recognizing Juneteenth as an official holiday in Prince William County, Virginia, in 2016. His efforts not only honored the day at a local level but also paved the way for its eventual acknowledgment as a national holiday in 2021.



Dr. Hampton’s advocacy exemplifies how individuals can effect substantial change within their communities and beyond. His work reminds us that each person holds the potential to act as a catalyst for justice and equality. As we celebrate Juneteenth, let us draw inspiration from his legacy and the broader contributions of the First Mount Zion congregation. Their commitment to civic engagement and social justice challenges us to continue the work needed to achieve true equality and to ensure our society values diversity, equity, and inclusion.

As we honor this day, let us also commit to being active participants in our communities, advocating for necessary changes, and continuing the dialogue on civil rights. Juneteenth not only commemorates a critical juncture in our history but also calls us to be change agents in the ongoing journey toward a more inclusive and equitable society. Through education, support for voting rights, and fostering civil discourse, we honor the spirit of Juneteenth and move closer to realizing its promise for all. We are reminded of Colossians 3:23, “and whatsoever ye do, do it heartily, as to the Lord, and not unto men.” Brother Hampton and scores of others in our congregation, past and present, represent service to God and the principals of equality, liberty and freedom of the Gospel.

As we celebrate Juneteenth 2024 on June 23rd on our Church grounds, let us remember the liberating work of FMZ since 1867 and be inspired to find our work in glorifying God today.

Women's Ministry presents

A
GODLY
WOMAN
May 11, 2024
9:00 am - 10:30 am
Via Zoom



Rev. Dr. Beverly Jiggetts

"The Positive
Power Of A
Godly Woman
With Wisdom:



SHERO:
She is Faithful
She is Wise
She is Blessed"



Rev. Glenda Brown

**JUNETEENTH
CELEBRATION**
A CULTURAL FESTIVAL

Join us for games, food, vendors, and fun

**SUNDAY,
JUNE 23RD**

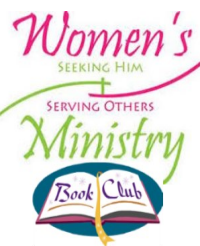
1:00PM -5:00PM
on Church Grounds

First Mount Zion
BAPTIST CHURCH
WORSHIP - STUDY OF THE WORD - STEWARDSHIP - SERVICE

JAMES 5:15 - THE EFFECTUAL FERVENT PRAYERS OF THE RIGHTEOUS AVAILETH MUCH!



PRAY WITHOUT CEASING - 1 THESSALONIANS 5:17



The Women's Ministry will be hosting a 6-week Book Club session via Zoom. We will be reading "**Breathe**" by Priscilla Shirer. Please join us and invite other ladies to share in this spiritual journey. Our sessions are scheduled for:

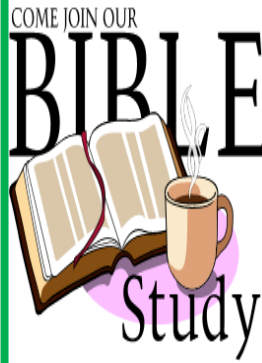
September	October
7	5
21	19
28	26

from 9:30am -11:00am

Register by emailing:

WomensMinistry@firstmountzionbc.org

Input "Book Club" in the subject line and provide your name, telephone number, and email address where you can be reached.



IN PERSON AND IN CHAPEL - EVERY WEDNESDAY AT 11:00 A.M. AND 7:30 P.M.

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/>



YOUTH MINISTRY BIBLE STUDY

Wednesdays from 7:40 p.m. - 8:30 p.m.

Youth Ministry Bible Study is held in the Executive Conference Room and can also be attended via Zoom. To attend via Zoom, register using the "Youth Ministry" tab on the FMZ website. In-person attendees should report to the Chapel first for praise and worship. Join us as we do "Bible Study for Life."

To all those celebrating in May!
Happy Birthday!



ATTENTION ALL MEN!!!...Join our "In Person" Fellowship on Saturday, May 11, 2024 at 8:00 AM. Our theme, "**The Power of Encouragement and Kingdom Building**" is based on I Thessalonians 5:11. We will fellowship through Food, Song, Praise, and Scripture. Our Guest Speaker, our very own **Rev. Robert Jones**, will bring a

DYNAMIC message that will fill our spirits and minds! We pray you seize this opportunity to Glorify GOD through this fellowship with your time and service. We look forward to seeing you Mighty Men of GOD.

We will be fellowshipping at the **Golden Corral Restaurant, 10320 Spotsylvania Avenue, Fredericksburg, VA 22408**. For more information and updates, please see link below. You can also RSVP through that link to let us know you plan to be in attendance:

SignUpGenius:

<https://www.signupgenius.com/go/10C0C45AFA729A3FDCE9-49319135-first>



THE OFFICE WILL BE CLOSED ON MEMORIAL DAY, MONDAY, MAY 27, 2024

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



JOB VACANCY

FMZBC is seeking to employ a
Church Management Software Administrator

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

Listing is 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-1 pm. Applications will also be accepted by mail.

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

NEW MEMBERS ORIENTATION CLASS (CED)

***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>

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, accessing the link through the FMZBC website: WWW.FMZBC.COM and click on **ONLINE GIVING (VANCO)** at any time. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address to the Church, please also log on to VANCO to update your address. If you are interested in learning more about VANCO or have any questions as a VANCO online giver, please contact:

Sis. Vicki Boror

vboror@firstmountzionbc.org

(703) 670-0184



ATTENTION ALL ZOOM USERS:

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post-meeting I.D. and passcodes to the Website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and if necessary, can use the list to verify people before they are allowed in the meeting. Here is a short video on how to enable the registration feature to Zoom meetings.

How to set up a Zoom registration link for better security: <https://youtu.be/VqomCzNnij4>

If you have any questions please give me a call or email IT4U@firstmountzionbc.org

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

ACADEMIC EDUCATION 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/>

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

BUILDING USE REQUEST

All meetings and events begin with a Building Use Request Form. Use the following link to schedule your next FMZBC ministry or committee meeting.

<https://form.jotform.com/12654041222>

PULPIT COMMITTEE'S PASTOR SEARCH JOURNEY



FMZBC PULPIT COMMITTEE

Dear Church Family,

Thank you for outpouring prayers, encouragement, and support as we implement the Pastor's Transition Plan per the Constitution and By-laws.

As many of you may recall, our path consists of eight distinct phases, each crucial in its own right:

Phase I: Church Governance and Selecting a Pulpit Committee - In this foundational phase, we laid the groundwork for our committee's formation, ensuring we can carry out our responsibilities effectively.

Phase II: Defining Pastor Search Requirements and Expectations - We are now delving into the heart of our mission, clearly outlining what we seek in our next pastor and setting high standards of expectation.

Phase III: Search and Recruitment - As we enter this phase, we seek out potential candidates who embody the qualities and vision we aspire to see in our church's leadership.

Phase IV: Evaluation and Shortlisting - With diligence and discernment, we will carefully evaluate candidates, narrowing our selection to those who most closely align with our values and mission.

Phase V: Interview and Assessment - This phase marks an essential step as we engage with candidates on a deeper level, assessing their qualifications, spiritual calling, and alignment with our church's vision.

Phase VI: Presenting Candidate to the Congregation - A pivotal moment where we present the most promising candidate to you, the congregation, for your consideration and input.

Phase VII: Decision Making - Together, we will prayerfully make the decision that will shape the future of our church, seeking wisdom and unity at every step.

Phase VIII: Transition and Installation - The culmination of our efforts as we transition to a new chapter under the guidance of our chosen pastor, celebrating their installation with joy and anticipation.

We are thrilled that we have completed Phase I and are embarking on Phase II. Your continued prayers are invaluable as we navigate this journey, seeking God's will and discerning the path He has set before us.

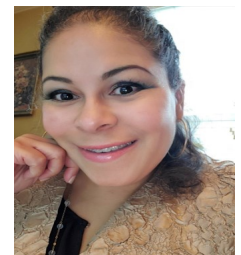
Blessings,
The Pulpit Committee



Deacon Lenny Manning
Voting Member
Baby Boomer



Deaconess Sannette Coles
Voting Member
Baby Boomer



Trustee Pamela Sessoms
Voting Member
Gen X



Sister Shirley Hardy
Voting Member
Baby Boomer



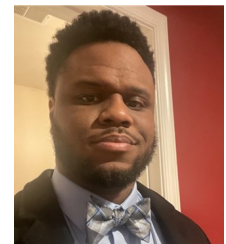
Brother Edward Jones
Voting Member
Gen X



Sister Kemi Ojumu
Voting Member
Millennial



Sister Jasmin Shelton
Voting Member
Gen Z



Deacon Donnell Wright
Non-Voting Member
Millennial



2024 Theme:

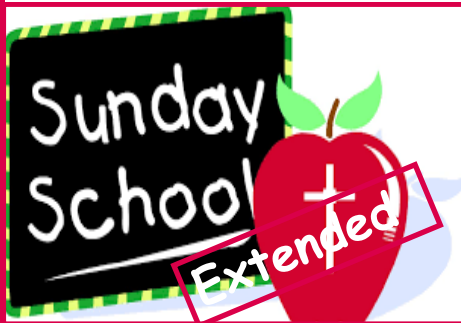
From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher

"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



May 5, 2024
Volume 20, Issue 5



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

Church Constitution and Bylaws



THE FMZBC CONSTITUTION AND BY LAWS DOCUMENT IS NOW AVAILABLE. FEEL FREE TO CONTACT THE OFFICE TO OBTAIN A COPY. YOU MAY ALSO VIEW THE DOCUMENT ON LINE. NOTE IT IS PASSWORD PROTECTED. TO ACCESS IT, CLICK ON THE CONSTITUTION AND BY LAWS SLIDE AND ENTER THE CODE: **FMZBCDOCS2024**



The last day to register for May SHARE packages is Sunday, May 12th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on May 25, 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, Acting 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/UCzFCO3nn-QRnObzNDEefeGQ>

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcumfries

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

Linked In: [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



LifeStream.tv

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