



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



June 2, 2024
Volume 20 • Issue 6

Message from the Acting Pastor



DID YOU KNOW?

What are liturgical colors? Liturgical colors within Christian liturgy signify different seasons and times of year. Each season has its own mood, meaning and type of prayer. Each color has its own meaning and feeling and can be seen worn or

hung throughout the church during specific times of year. The primary colors in the liturgical calendar are red, white, gold, violet/blue, green, and black. The prominent color will always be center when displayed.

What do the colors signify? Each color in the Liturgical Calendar signifies a different mood and season.

Green: "Ordinary Time": Green is the color of "Ordinary Time." Ordinary Time is any time of year between Easter and Advent and between Christmas and Lent. Green symbolizes life, hope, and anticipation.

Red: Red is typically worn during Palm Sunday, and Pentecost. This color signifies the Holy Spirit, God's Love, blood, fire.

White/Gold: White and/or gold are worn during Christmas and Easter. These colors signify the birth and resurrection of Christ. White is worn during Holy Communion and baptism. White symbolizes purity, light, glory, and joy.

Violet/Purple/Blue: Purple/Blue is the color worn during Advent and Lent. It symbolizes penance, sacrifice, and preparation.

Pink/Rose: Pink or rose-pink symbolize the joy that Jesus brought to the world at Christmas. The color's brightness can also represent that Advent is halfway over and that celebrations are near. The Latin word Gaudete means "rejoice", and this Sunday marks a shift in the liturgical season from preparation and penance to joyful anticipation of Jesus' birth.

Black: Black is the standard color for the clergy's everyday clothing when in clergy attire but is also sometimes used at funerals and Good Friday. It symbolizes death and mourning.

Happy Father's Day and Happy Juneteenth!

*Peace and Blessings,
Rev. Dr. Sandra K. James
Acting Pastor ("AP")*

What's INSIDE

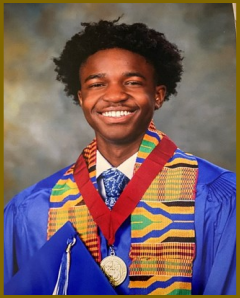
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*To all those celebrating in
June!*

Happy Birthday!



Youth



First Mount Zion Family, let us celebrate fellow FMZ member and high school senior **JENISSI E. AMONOO**. Jenissi's parents, Angelina and Zedekiah, are very proud of their amazing and respectful son.

Jenissi's high school education began during the Covid-19 pandemic. Despite the many challenges posed by the pandemic, Jenissi pulled through and excelled academically. While in high school, he worked part-time and volunteered at the Prince William Orthopedic Physical Therapy Department. He is also a passionate barber.

Above all, the Amonoos' are grateful that Jenissi loves the Lord and thanks God for his life. At First Mount Zion he is a member of the Voices of Zion Choir and is an usher. He also participates in the Youth Ministry.

Although Jenissi was admitted with scholarships at Virginia Commonwealth University and Shenandoah University, he chose to attend Old Dominion University in the Fall, where he also received a scholarship. When you see him, please congratulate this outstanding young man. We are excited about where God will lead him in the future.



We are blessed to have many talented youth at First Mount Zion. Please see this excerpt from the Creative and Performing Arts Facebook announcement about our very own FMZ member, **McKENZIE GRACE STEWART**.



"Meet McKenzie Grace Stewart, a vibrant part of our PRESHOW cast for CROWNS! Born in Fairfax and currently a 6th grader at Mary G. Porter Traditional School, McKenzie is not only a talented singer and musician, teaching herself to play the keyboard and guitar, but also a dedicated student on the AB honor roll.

With dreams of becoming a producer, director, singer, professional musician, and actress, McKenzie is paving her path towards a bright future. She plans to join the performing arts program and play basketball at Colgan High School, and she aspires to play college basketball at prestigious institutions like Notre Dame, South Carolina University, or Louisiana State University."

At First Mount Zion, McKenzie is active in the Youth Ministry and is also in the Voices of Zion Choir. Congratulations to McKenzie and her parents, FMZ Members, Michael and Stephany Stewart, for her accomplishments.


*Submitted by
Reverend Beverly Jiggetts
Youth Minister*



FINAL OUTING FOR YOUTH BEFORE SUMMER BREAK

On Thursday, June 20, 2024, First Mount Zion Members of the Youth Ministry will be having their final outing before the summer break. They will be taking a 2-hour lunch cruise on the "Spirit of Washington". **Parents please be sure that when you bring your son/daughter to the Church, you also bring their Permission slip(s).** They are available in the Youth Ministry Box in the Narthex or can be obtained electronically by contacting Reverend Beverly Jiggetts, Youth Minister, at bjiggetts@firstmountzionbc.org.

First Mount Zion, let's pray for the safety of our Youth and cheer them on as they begin the first leg of their summer vacay!!!



**CHURCH OFFICE
WILL
BE CLOSED ON
JUNETEENTH:
JUNE 19, 2024**



Youth Ministry



The FMZ Youth Ministry seeks to help our youth navigate life in the context of their Christian faith. One way this is done is through our "Bible Study for Life" held on Wednesday nights from 7:40 pm to 8:30pm.

Currently, we are focusing on the ministry of Jesus. One of most common ways Jesus communicated spiritual truths was through "parables." Parables are stories that use everyday people and situations to illustrate an idea about God or God's values. Some parables are challenging to understand but offer valuable life lessons. One parable we reviewed is found in Luke 11: 5-11 and is commonly known as the "Ask, Seek and Knock" parable. This parable teaches us sometimes we need to be "persistent" with our prayers. God will always answer our prayers. The caveat is the prayer may not answered the way we like or in the time frame we expect. God will answer in a way that lines up with his character and what is best for us.

Lessons in navigating life can also come through "play." Our "First Friday" May 3, 2024, focused on fun and teamwork. Youth team members had to guess certain biblical words based on clues given by one of their team members. Later they participated in "traveling ball" and traveling hoola hoop relay races. In each case team members had to work together to complete the tasks. Lots of laughter occurred. Congratulations to the "Brothers and Sisters" team who won the night with the most points.

Thank you to the dedicated Youth Ministry supporters who help make this and other Youth Ministry events possible. If you have a heart to work with our youth, please join us. Youth in grades 6-12 are invited to join us as we grow in our faith, grow together, and have fun!!



Anthony gives clues to his team for the "Biblical Word" game

*Submitted by
Reverend Beverly Jiggetts
Youth Minister*



To the Graduates of the Class of 2024, we encourage you to always remember three important things: (1) Keep GOD first in all that you do. He has promised to never leave you nor forsake you, as long as you stay faithful to Him. (2) Remember, you did not do this alone, but with the help of your loved ones, be grateful for their love and support. (3) Whatever area of life you choose to enter, be proud of your accomplishments and always strive for a spirit of excellence; that gives you a step ahead of the competition. Remember that time wasted is time lost; it can never be regained; so, make the most of the next few years of your life as they determine how high you fly or how low you fall.

Congratulations and best wishes to you all! We are so very proud of you!!

Your First Mount Zion Family



Final First Friday before summer ministry break!

JUNE 6, 2024

Food, Fun and Games!!!

Members in grades 6-12 and guests are welcome.
Come Join Us!!!

Words to live by . . .

"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."

-- Malcolm X

Malcolm X's words remind us that education isn't just about today; it's an investment in our future. Just like a traveling passport opens doors to new horizons, education equips you to navigate the unknown. It's a ticket to opportunities you can't even imagine yet. So, buckle up and study hard – your future self will thank you.

"FIRST FRIDAY" ACTIVITIES



Teammates applaud their "Biblical Word" win



Hoola Hoop Relay Race



Members of the "FMZ Warriors" Team gets ready for the "Traveling Ball" Relay



FIVE-STAR SPOTLIGHT: CADET MARK SHELTON II



Cadet Shelton stands behind a sword presented to first captain George C. Marshall upon graduation.

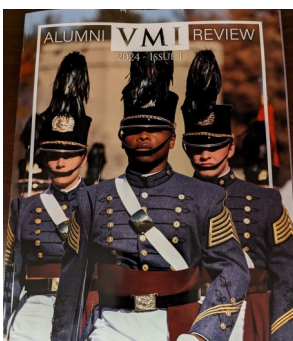
*Five-Star Spotlight is an ongoing interview series with the researchers, supporters, interns, volunteers, and leaders who make the George C. Marshall Foundation possible. In this installment, Director of Communications and Multimedia Glen J. Carpenter talks with **Cadet Mark Shelton II '24**, Regimental Commander of the Corps of Cadets at the Virginia Military Institute, about Marshall's relevance to young leaders today.*

Glen: Can you tell our readers a little bit about yourself?

Cadet Shelton: My name is Mark Shelton II. I am a computer science major with a minor in cyber security. I'm from Stafford, Virginia, and am a four-year athlete (football) here at the Virginia Military Institute. I'm also the cadet first captain or regimental commander of the corps of cadets this year. After graduation, I plan on commissioning into the US Army as a cyber officer.

Glen: For those who may not know, could you talk about what being regimental commander entails?

Cadet Shelton: First of all, it's a great honor and position to hold and something I don't take lightly. The regimental commander is the highest-ranking cadet in the corps of cadets here at VMI. He or she is responsible for everything the corps does and fails to do. They are the representative or the voice of the corps and ensures that the needs of the corps are met. The regimental commander reports directly to the commandant in all matters and works with his staff to ensure that the corps functions efficiently. The regimental commander leads the



corps in parades and other ceremonial events and sets the goals and objectives for the corps for that academic year. The regimental commander maintains and enforces standards, discipline and conduct for the corps, and oversees ratline activities as that occurs.

Glen: What does General George C. Marshall mean to a VMI cadet in 2024?

Cadet Shelton: I believe General Marshall was the ultimate citizen-soldier, and the mission of VMI is to produce citizen-soldiers. I believe that George C. Marshall represents the characteristics and qualities that each cadet at VMI strives to embody and apply in their own lives as cadet leaders as we grow and develop ourselves.

Glen: Have you drawn on any lessons from General Marshall's life or career in your time at VMI?

Cadet Shelton: Yes, I have. Throughout my cadetship, I've been eager to learn about George C. Marshall and I've stopped by the Foundation more than a couple of times. I've tried to learn the lessons that he learned here at VMI and throughout his career—lessons of honor, visionary leadership, selfless service, responsibility, and duty—and try to figure out how I can apply those in my own life.

Glen: What's one lesson that you would like other young leaders to take from Marshall's example?

Cadet Shelton: So, something that I think others, young leaders especially, should learn or at least understand is that no matter where you are in life, no matter your age, no matter your position, your rank, or your title, you are capable of having a positive impact on someone, your organization and even the world. Marshall did a really good job with that. It was through his selfless service and duty to the Army and to the country that he was able to leave a positive impact and change the course of history. That has transcended through generations and has impacted our world even today. You can make an impact no matter where you are, and you should make an impact.

Mark is only the third African American to hold this rank since African Americans were allowed to attend in 1968. He was also an outstanding student and a member of the VMI football team all four years. Mark graduated from VMI last week, will be starting a Masters Program at VA Tech this summer, and upon completion, enter the US Army as a Second Lieutenant.

Your First Mount Zion Family is extremely proud of you, and we give God all the glory for what HE has done in your life! Keep looking UP!!!



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/tZAsceurjkuH9Rm8sk243fTqpJWk-btSxI>

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. - 4:00 p.m.
Tuesday and Thursday: 6:30 p.m. - 8:30 p.m.
(No evening hours on the 3rd week of the month)
Friday and Saturday: 9:00 a.m. - 1:00 p.m.

Pickleball Courts are open during these hours

****Please check the [Fitness Calendar](#) for closures and updates**

ONLINE/IN-PERSON EVENTS



Worship for PreK to 5th graders on the first and 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

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.

Are you interested in ASL (American Sign Language) Training? If so, please contact Deaconess Pamela Ford at:

pdford61@verizon.net



Dr. Gigi Spearman, retired Army Lieutenant Colonel, has received the 2024 President's Lifetime Achievement Award for her exemplary military career, most notable, addressing the absence of African-American history from the Army's Command and General Staff College program, resulting in a letter from the Commandant for her courage and change for inclusion. She has over 4000 hours of volunteer service, and has trained over 400 students in leadership development as the Director of CES Leadership Foundation, 501c(3).

Dr. Spearman holds a Master of Science in Quality Systems Management and a Doctorate of Business Administration, Quality Systems Management.



She is currently the CEO of GS Real Estate Group, business development advisor, volunteer for families in transition, Prince William County Social Services Foster Care Christmas Wish List Program, Habitat for Humanity, Prince William County Healthy Community, Healthy Youth Council and the National Congress of Black Women's College for Kids program. She is a Justice Department of Atlanta certified mediator and a member of First Mount Zion Baptist Church (Zone D-1) in Dumfries, Virginia. For fun, Dr. Spearman operates her yacht as a US Coast Guard licensed Captain, plays piano and enjoys all formal styles of dance.

tives and foster a sense of community through shared spiritual goals.

With features that allow highlighting, note-taking, and sharing within the app, YouVersion encourages an interactive study experience. These tools are especially valuable in group settings or virtual Bible classes, enabling members to share insights and engage in discussions. This not only deepens individual understanding but also strengthens our communal bonds, helping us connect to each other to "become fully devoted followers of Jesus Christ."



YouVersion's versatility makes it an invaluable resource across all aspects of our church's strategy. Insights gained from the app can inspire actions and decisions in our service and stewardship efforts, rooting every activity in biblical principles.

Incorporating the YouVersion Bible app into our study practice, another tool in our faith toolbox, offers a modern approach to engaging with scripture, ensuring that First Mount Zion remains adaptive and vibrant in our faith journey. By leveraging this tool, we can enhance our scriptural engagement, fostering a deeper and more connected spiritual experience for each of us.

Add the app to your devices and make First Mount Zion your church on the app.. Follow us on YouVersion at https://bit.ly/FMZBC-YouVersion_Bible

Submitted by
Communications and Publicity Ministry

STAY IN THE WORD USING YOUVERSION

*"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."
2 Timothy 2:15*

First Mount Zion Baptist Church's commitment to spiritual growth is embodied in our 4-step strategy: study, service, stewardship, and worship. In this digital age, integrating technology can enhance our approach, particularly in the study of God's Word. The YouVersion Bible app, a comprehensive digital Bible tool, is excellently suited to this purpose, providing several benefits to enhance our congregational study habits.

In addition to the Bibles, expositors, and concordances that we have in our homes, YouVersion offers a vast array of Bible translations and languages at our fingertips, making the scriptures more accessible. Its mobile nature allows members to engage with the Bible at any time and place, promoting consistent interaction with scripture—a foundational aspect of our spiritual strategy.

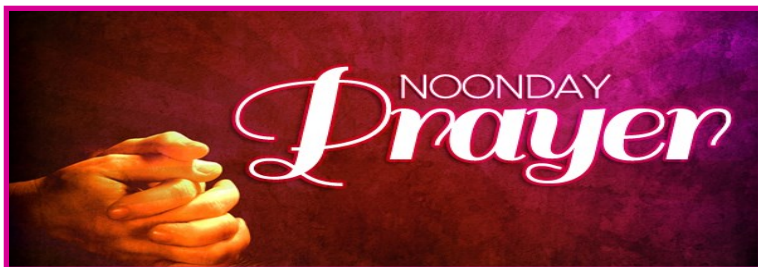
The app features a variety of reading plans that cover numerous biblical themes and topics. These plans provide daily readings and devotional content, helping believers explore the scriptures systematically. For our church, aligning these plans with congregational themes can support unified study objec-



COMMUNITY SERVICE OPPORTUNITY:

The Deaconess Ministry is establishing a "Clothing Give Away" Store (all items are free) for children and adults in Room 156 next to the Barber Shop. Community Service hours can be earned for working in the store.

POC: Deaconess Ledora Akanni
Akanni_ledora@yahoo.com



UNITY OF SPIRIT

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 pray for wisdom and clear vision and direction. Allow us to hear your voice clearly. May we keep our focus on you and not become distracted by what’s going on around us, or the challenges that we face.

We pray for a bond of peace, unity and love as you lead us every step of the way. We pray for your wisdom and direction and pray that you will receive glory and honor in everything that is done and spoken.

We pray for your perfect will individually and corporately for the FMZ family. May You receive the greatest glory from our individual and collective lives. May we continue to discover, develop and exercise the gifts and talents that you have placed in each of us so that we can be the salt and light that you have called us to be in these last days. Also, may we individually and corporately become more and more deeply rooted and grounded in your Word. Strengthen us as we grow in our faith and walk with you, so that we will stand strong in unity and not be moved. Thank you in advance for the victory. In the mighty and precious Name of Jesus we pray.

Scripture:

Psalm 133:1 NKJV

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Philippians 2:1-4 NKJV

[1] Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy,

[2] fulfill my joy by being like-minded, having the same love, being of one accord, of one mind.

[3] Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

[4] Let each of you look out not only for his own interests, but also for the interests of others.

Psalm 133:1 MSG

How wonderful, how beautiful, when brothers and sisters get along!

Philippians 2:1-4 MSG

If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if

you care - then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Worship Song: “We are One in the Spirit” - https://youtu.be/xGD_BFSf90c

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

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



OUR FATHER, WHO ART IN HEAVEN

Depending on your view of Fatherhood, these few words carry a wealth of feelings. Some have loving and present fathers who play a big part in their lives, some have estranged, absent, or even cruel fathers, whose presence brings pain, and sadly, some have lost their fathers and that conjures still other feelings.

No matter what type of father we may have or had, we should rejoice knowing we have a Heavenly Father who loves us. The New Testament shows us again and again that God our Father is loving and present and He calls us His children.

“Consider the kind of extravagant love the Father has lavished on us—He calls us children of God! It’s true; we are His beloved children.” 1 John 3:1

God our Father has gifted us with a perfect example of fatherly love. We only need to accept Him as our Savior and take our position as one of His children. Accepting the love of our heavenly Father frees us to really embrace Father’s Day and celebrate knowing we have a father who will never leave us.

This Father’s Day let’s celebrate all special fathers and father figures who’ve shared their love. Let’s enjoy memories, send cards, make phone calls, purchase gifts, and post on social media, but no matter what you do, do it with the love of our Father who art in Heaven.

*Submitted by
Deaconess Kishema Wright
Deaconess Ministry*

FITNESS-IN-PLACE



PICKLEBALL IS FOR ALL AGES!

If you think pickleball is only for senior citizens, think again. More than 3 million people play pickleball in the United States! Why is pickleball perfect for any age?

Mental Health Benefits: Pickleball provides exercise for the mind, body, and soul. The list of mental health benefits from playing pickleball includes:

- ◆ Anxiety/Tension relief
- ◆ Decreased symptoms of depression
- ◆ Better sleep and relaxation

It is a Social Sport: Unlike running and biking, pickleball is a social sport. It is a 2-4 player game on a small court which allows for conversation and fellowship. Meet up with friends to play!

Affordable: Many sports or hobbies are expensive. They require you to purchase equipment, workout clothes, or specialized gear. Playing pickleball at FMZBC is free and the equipment is provided.

Quick Play Time: Pickleball doesn't take up much time, a single pickleball match is typically 15 minutes long. Also, learning to play does not take much time either. With the instructions at FMZBC, you can learn to play in 30 minutes.

Challenge: Learn to play pickleball here at FMZBC. Pickleball is offered on Mondays, Tuesdays, Thursdays, and Saturdays. Check the [Fitness Calendar](#) for details.

*Sister Lori Valkenburg
Fitness Director*

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

BLESSED ARE YOU...

In His inaugural teaching in chapter five of the Gospel of Matthew, Jesus begins with the declaration, "Blessed are the..." He repeats this refrain eight times between verses 3 and 10, then



He alters it in verse 11 to "Blessed are you..." How do you hear these proclamations from Jesus? Are they a present reality or future promises? Are these declarations about you or somebody else? Are you counted among the "peacemakers", the "pure in heart", and the "meek"? When you read these verses, you might feel like this is the way it should be, but is it that

way for you now? You really do not want to hunger and thirst for righteousness. You are called to seek righteousness, both personal and communal. Jesus declares that in the Kingdom, when we hunger and thirst for righteousness, we will be satisfied. First, to hunger and thirst is to be beyond a point of simple desire. A little bite or a sip will not satisfy when I hunger and thirst. To be in a state of hunger and thirst is to be in need, even desperation. To be both hungry and thirsty means that I have been without sustenance for some time. No one hungers or thirsts when they have been able to eat and drink to their heart's content. People that have been denied are the ones that hunger and thirst for food, drink, or whatever else they need.

In this text, a better translation for righteousness is justice—a just social order. In the Kingdom, those that desperately need to experience justice, whose lives are in danger because of a lack of justice—are blessed because in the Kingdom they are and will be continually satisfied. In the Kingdom, when we need justice in order to live, we will find the justice we need. This reality is for disciples of Jesus to bring about. We declare that the Kingdom is at hand; therefore, we should participate in bringing about justice for all who need it.

*Submitted by
Reverend Karl F. Brower*



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.

[Building Use Request Form](#)



2024 VOLUNTEER SCREENING SESSION DATES

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!

To sign up, please contact:

Brenda Byrd
byrdbj@comcast.net
571-237-0111

or Cynthia Zorn-Pettigrew
pettigcx@icloud.com
703-730-5227

CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER

During times of inclement weather, please check the Church website for current information regarding closings and/or cancellations.



MESSAGE FROM PULPIT COMMITTEE

Members of FMZBC and Staff:

First, we want to give glory to God for all He has done and all He is doing. We want to remind you all that the Congregational Questionnaire is open until June 10th. This Questionnaire kicks off Phase II. The link can be found below. We ask that as you complete this questionnaire, you first pray, and truly think about the characteristics you would like for your next Under Shepherd. Please do not hesitate to reach out to us if you have any questions or need additional assistance.

Pulpit Committee Email:

Pulpitcommittee@firstmountzionbc.org

Link:

<https://www.surveymonkey.com/r/PastorSearchSurvey>



Congregational Questionnaire

Steps to complete Questionnaire:

- 1) Scan QR Code to receive access to the Questionnaire.
- 2) Answer questionnaire based on your truest desires.
- 3) Pray on your responses; involve God.
- 4) If you need help for any reason, email the Pulpit Committee.

This questionnaire will remain until June 10th!

Link: <https://www.surveymonkey.com/r/PastorSearchSurvey>

 pulpitcommittee@firstmountzionbc.org



SENIORS ENJOYING THEIR LATTER YEARS

"WE'VE COME THIS FAR BY FAITH"
MATTHEW 21:22, 2 CORINTHIANS 5:7, AND ROMANS 10:17

**COME JOIN US FOR AN AFTERNOON
OF FUN AND FROLIC!!!**

WHEN: JUNE 12, 2024

WHERE: FMZBC GYM

TIME: 12:00 PM

DON'T MISS THIS EVENT!!!



RSVP Sis Hope Singleton:

hopesing@verizon.net

no later than June 3, 2024

POC Sis. Shirley Hardy

703-459-4321

DJ STANDING READY

FIRST MOUNT ZION BAPTIST CHURCH

26TH ANNUAL GOLF CLASSIC

WHEN

Monday, June 24th, 2024
Tee off/Shotgun start 9:00 am

WHERE

Old Hickory Golf Course
11921 Chanceford Drive, Woodbridge, VA 22191



REGISTER ONLINE:
WWW.FMZBC.COM

VOLUNTEERS ARE NEEDED TO HELP AT THE REGISTRATION DESK. YOU ARE ASKED TO BE THERE BY 7:00 A.M. PLEASE SEE DEACONESS TINA COATES IF YOU WOULD LIKE TO VOLUNTEER!

THANK YOU!!!

ALL AGES EVENT

REGISTRATION FEE

\$125

Signup your foursome!

SPONSORS NEEDED

Hole Sponsor

Cart Sponsor

Driving Range Sponsor

Beverage Sponsor

Golf Shirt Sponsor

“Generations of Players on the Green!”

SPECIAL SPONSORS

TEE SIGN SPONSOR	\$ 150
CART SPONSOR	\$1,000
HOLE-IN-ONE SPONSOR	\$1,250
BEVERAGE SPONSOR	\$1,500
GOLF SHIRT SPONSOR	\$1,500
HAT SPONSOR	\$1,500



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 from **9:30am - 11:00am** on the following dates:

September	October
7	5
21	19
28	26

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.

POC, WM Book Club Lead, Sister Sharon Lawrence



WEDNESDAY NIGHT AT 7:30PM.

ZOOM Option will no longer be available for adults.

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/>



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!

TUESDAY, JUNE 25 – THURSDAY, JUNE 27
8:00 AM – 12:30 PM.

We need you! Sign up today. For more information, email VBS@firstmountzionbc.org or call Dr. Tracey Dawkins Holley at (703) 670-0184.



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



The Christian Education Department is in the process of determining a way ahead for Sunday School. Please see the QR code below or use the following link to complete a brief questionnaire:

[Sunday School Department Request For Information For Information Form](#)

Sunday School Department Request for Information

Determining the Way Ahead



PLEASE CONTINUE TO PRAY FOR OUR MEMBERS WHO ARE

Sick & Shut-in





What a Mighty God We Serve! The Women's Ministry April 13^h Fellowship, "ReSet & Release the Baggage," was flowing with God's anointing! We were reminded that holding on to baggage gets heavy and before we realize it, we become so overwhelmed and bogged down that we have no energy left for

anybody, including God. When this happens, we need to release the baggage and trust God to guide and provide. No excess baggage allowed! The powerful words shared by the preachers, and the glorious singing helped each person in attendance feel the presence of the Lord.

Our Fellowship started with the Praise & Worship video entitled "Shackles" (Praise You) by Mary Mary. The women magnified the Lord and praised Him for waking us up and holding us in His hands as He protected and guided us throughout the day.

Rev. Maxine Thompson, FMZ Associate Minister awakened us with her title, "*Lay Aside the Weight*." She ministered from Hebrews 12:1-2 (NIV) challenging us to take things off our list that is weighing us down. She said, "you must take it off so that you can focus on your destination." She reminded us that we should be looking to Jesus, who is the beginning and ending of our faith, the originator and perfecter of our faith. As we succeed, we are to reach back and help a sister succeed, then she reaches back to help another sister and another. She proclaimed that we are queens, regal and royal, lean and lovely, sassy and strong, brave and beautiful, and courageous. She closed by telling us that when we are on the Battlefield for the Lord, it is important to be a:

FBI – Faith Believing Individual

NCIS – Notorious Christian in Service for the Lord

VP – Victory Praiser

CEO – Christian Extraordinaire on a mission for God

CFO – Certified, Faithful and Outrageous for God

Let us do it like Mary, Mary – take the shackles off all of me so I can dance!

Deaconess Mary Lively encouraged everyone while speaking about how often we carry more than we need, and that this is a reminder to put it down and allow Jesus Christ to carry it all. She elaborated on Esther and how she perhaps carried around the baggage of despair, depression, anger, bitterness, doubt, low self-esteem, and insecurity, but she laid down her baggage to rescue an entire generation of people for God. No matter what baggage you are holding today "Let It Go and Let God Lighten Your Load". Also, she shared that there is a word in the Bible for every bag that we collect/carry:

Anxiety – Philippians 4:6

Worry – Isaiah 26:3

Fear – 2 Timothy 1:7

Insecurity – Philippians 4:13

Uncertainty of the future – Jeremiah 29:11

She closed by encouraging us to think positive thoughts and to let the rest go. Aren't you ready for the weight to be lifted so that you can run your race strong, free and full of joy and life? Let it God and Let God!

Songstress Sister Annette White blessed our hearts with her musical selection, "For Your Glory" (Tasha Cobbs Leonard) that had us praising, clapping, and bouncing.

Two videos that incorporated our theme were shared, "You Carried Me" by Jekalyn Carr w/Lyrics featuring Tasha Cobbs-Leonard and Blanca, and "Letting Go of Emotional Baggage".

Songstress Sister Sheron Powell blessed our hearts with her musical selection, "Open My Heart" (Yolanda Adams) that also had us clapping, praising, rocking, and even crying.

Rev. Sharon Wallace brought us home as she shared on Matthew 11:28-30 (NKJV) with the title, "There Is Rest in the Midst of Weariness." She said we are continually burdened by what we are attempting to carry in our own strength. God desires that we learn to live free and light. There is a real opportunity to find real rest in a real Jesus! This is an invitation by the one and only Jesus. She told us that the word "yoke" was used to connote slavery, servitude or influence in both familial and religious relationships. In other words, the meaning of "my yoke is easy" could be, "my service or burden is easy." Jesus says His yoke is easy because anyone can come to Him and learn from Him. He says His burden is light, because His strength helps lighten the burden and His burden is unlike that of the scribes or of the world. Don't carry around emotional baggage. It is too heavy and it's way too expensive to keep dragging along to all the places that life wants to take you. Also, keeping baggage from the past will leave no room for happiness in the future, and the only place in the world to put those burdens are at the cross of Jesus Christ and allow God to restart your life!

What a phenomenal, inspiring, and anointing fellowship it was. I pray that everyone was blessed. A sincere thank you to all who participated in whatever role they played. Truly, the Fellowship was a success because of your continued servant hearts and support of the Women's Ministry. And I would be remiss if I did not acknowledge and say thank you to my Technical Support (Siara Corprew, Cynthia Wilson & Demetria Cobb and Admin Lead, Michelle, who covered me when my voice gave out again).

Additional heartfelt thanks to Reverend Sharon Wallace for providing us with the Invitation to Christian Discipleship and Reverend Maxine Thompson for the Benediction.

To our April Birthdays, Happy Birthday again, and may God Bless you with many more.

To the ladies that were first time visitors, thank you. Please join us again on Saturday, May 11th, 2024, and invite someone.

We invite every woman to attend our Fellowships and receive the blessing that God has for you!

Remember that this is a new day—the perfect time to courageously start confronting the "junk" weighing down those suitcases and assessing whether it earns the right to remain a part of our lives. It is time to let go of all those bags and to open our hearts and mind to what life can be if we'd just move forward carrying a lighter load. Amen!

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

May was Mental Health Awareness month.

The Spiritual Cancer Support Ministry plans to have a virtual Zoom meeting on **Saturday, June 8, 2024, at 10:00 AM**. The Zoom link is included below.

Our guest speakers will be Ms. Elena Acosta and Ms. Demitra Chandler from Peace of Mind Mental Health Services.

Peace of Mind Mental Health Services is located in Fredericksburg, VA.

The purpose of this meeting is to provide us with resources to assist with daily stressful events that may come our way. Most of us have experienced some form of stressful event in our journey. It is nice to have a professional counselor to listen in a non-judgmental and respectful environment.

Also, we may have procrastinated on something we would like to accomplish in life and may need some help on how we can achieve that particular goal. Lastly, we all have areas in our lives that we may want to work on improving.

Stress can bring on all kinds of illnesses and we need to process stress in a healthy way.

Some of the topics that will be discussed are:

- ◆ What is a counselor, the role of a counselor and the different types of counseling services available.
- ◆ How can an individual benefit from working with a counselor?
- ◆ How a counselor provides a safe, non-judgmental and respectful environment.
- ◆ How a counselor can teach you how to manage your mood.
- ◆ How a counselor can help you regain wellbeing and balance in your life.

Peace of Mind Mental Health Services team includes eight licensed professional counselors and offers therapeutic services related to family therapy, couples therapy and individual therapy. Please click on the website link for additional information. www.PeaceofMindMHS.biz

Insurance Information

Peace of Mind Mental Health Services provides Telehealth Services, office visits and accepts all major insurances (including Medicaid) and offers a reduce rate for self-paying clients.

Zoom Meeting Invite Below:

Elena Acosta is inviting you to a scheduled Zoom meeting.
Topic: Peace of Mind Mental Health Services
Time: June 8, 2024 - 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting:

<https://zoom.us/j/99274616879?pwd=d0ZDQzVtS1BqSUEvbTh0RnhDZU9tdz09>

Meeting ID: 992 7461 6879

Passcode: Peace

*Thanks,
Sheila Coverson & Edna Banks*



INVITATION TO FMZ'S BUSINESS OWNERS: SHARE YOUR BUSINESS WITH OUR CONGREGATION

Dear First Mount Zion Baptist Church Family:

We are excited to extend an invitation to all business owners within our congregation to share their businesses with the FMZBC community. Our Church is blessed with a diverse and talented group of individuals, and we believe that by connecting and supporting each other, we can foster a stronger, more vibrant community.

To participate, please visit (<https://www.surveymonkey.com/r/FMZ-Biz-Directory>) and complete the form to have your business included in our FMZBC Business Directory. This directory will serve as a resource for our members, promoting the various goods and services provided by our talented congregation.

Please note the following important details:

- ◆ You must be an FMZBC member to be listed in the directory.
- ◆ Entries will be thoroughly vetted for proper business references to ensure the credibility of the listings.
- ◆ Approval in the directory does not convey endorsement by the Church.

We look forward to showcasing the amazing businesses within our congregation and supporting each other in our professional endeavors. Let's come together to strengthen our community and celebrate the entrepreneurial spirit of FMZBC members.

*Blessings,
Communications and Publicity Ministry*

Do You Own A Business?

FMZBC is Seeking Vendors for our Juneteenth Festival

On June 23, 2024 from 12pm to 4:30pm

Please email us your Business Name, Industry, Website, and Product Catalog to ktapp@firstmountzionbc.org by June 9, 2024

Vendor Table Applications will be approved at a limited quantity

First Mount Zion Baptist Church

JUNETEENTH CELEBRATION FESTIVAL

Sunday, June 23, 2024 | 12:30pm - 4:30pm

JOIN US FOR

Music, Food, Vendors, Games, Line-Dancing,
Moon bounce, Contests, and More



 **16622 Dumfries Rd, Dumfries, VA 22025**
www.fmzbc.org (703) 670-0184

You are invited to participate in our upcoming Church Summer Social event commemorating Juneteenth on Sunday June 23rd, from 1:00-5:00pm after Worship Service in the rear Parking lot area. The theme for the event is **“A Festive Fellowship Honoring our Freedom and Cultural Achievements.”** This is our first Church Summer Social event after about a four-year hiatus and all are invited to fellowship, have great food and a lot of fun.

- ◆ There will be activities for members of all ages to include line dancing, bingo, Double-Dutch contest, hula hoops, moon bounce and much more.
- ◆ There will also be special historic readings to learn about and understand the significance of the Juneteenth Holiday
- ◆ Make sure you bring your healthy appetite! A lot of food will be prepared by our very own Grain of Heaven team.
- ◆ We don't just need healthy appetites though – we need helping hands to serve as volunteers to support the event. The Social Committee is asking for about 35-40 volunteers to help support tasks such as set-up and breakdown, serving food, and overseeing the games and activities.
- ◆ Please stop by the Social Committee table after Worship service to learn more about the event and to sign up to help!
- ◆ Also, be on the lookout for communications from your Zone leaders in the coming week about the event and to solicit volunteers.
- ◆ Be sure to ask about how to order a Juneteenth T-shirt to commemorate the event. A sample t-shirt is on display in the Narthex.
- ◆ Finally, if you are a member and have your own business, talk with the Social Committee about the process to sign up to be a vendor at the event.

Looking forward to this great occasion!

Order Your Juneteenth T-Shirt



Join the FMZBC
family with our
coordinated festival
T-shirt

\$15 - \$24
Toddler - 3XL



Tee shirts are available for purchase at <https://www.sumi-enterprises.com/juneteenth/fmz-juneteenth-celebration-tee>

This tee is available for the entire family, from toddler through Adult size 3XL. If your size is not listed, email us or call us. The letters FMZBC will be printed on the back of your tee.

Deadline to place order is June 8th. Tees will be available for pickup at the Church on June 16th, or you may schedule pickup at the Studio.

All orders placed by June 8th will be available for pickup in the Narthex after service on June 14th



REVITALIZE YOUR FAITH: SUNDAY SCHOOL RE-IMAGINED!

Get ready for an exciting, re-imagined Sunday School this Fall! The Sunday School Ministry is thrilled to reintroduce in-person Sunday School with a fresh and engaging approach. Sunday School Re-imagined is designed to be even more rewarding than before. Stay tuned for more details. If you have not joined us yet, we warmly invite you to experience the joy and growth of Sunday School.

Sunday School is essential in our effort to live out our mission, "To Connect People Who Have the Desire to Become Fully Devoted Followers of Jesus Christ" and an element in our 4-Step Strategy: Study, Service, Stewardship, and Worship. Here are ten compelling reasons why you should attend Sunday School:

- o Spiritual Growth: First and foremost, Sunday School fosters our spiritual growth and maturity.
- o Nurturing Community: Sunday School offers a supportive and nurturing community.
- o Sense of Family: Sunday School classes become a second family, and these family members don't miss the opportunity to send birthday announcements to WHUR each week. Hearing these announcements fills our hearts with joy!
- o Conducive Learning Environment: Sunday School provides a relaxed environment that helps students feel comfortable and receptive to learning.
- o Encourages Questions: Sunday School allows us a "safe space" to ask Biblical questions, knowing that no question is too simple or too complex to ask among family.
- o Understanding Scripture: Sunday School helps us gain deeper insights and understanding of Scripture through class discussions. We wrestle with the text as we seek to hear God, understand God's Word, and apply it to our daily lives.
- o Sharing Experiences: Sunday School allows us extended fellowship time to strengthen our bonds by sharing and learning from each other's spiritual journeys.
- o Timeliness: Attending Sunday School in-person puts us in the building, ready and punctual for 11 am Worship Service.
- o Developing Christian Characteristics: Sunday School teaches us how to cultivate victorious Christian traits essential for overcoming life's challenges.
- o Big Rewards for Small Investments: A small investment of time in Sunday School yields immense spiritual rewards.

I invite you to take Sunday School for a test drive and build on your study of the Word. Explore different classes until you find the one that feels right for you. Get involved, meet new friends, and grow in the Lord! And finally, allow Sunday School to grow you from a participant to a teacher. There is a class waiting just for you! **Amen!**

Peace, blessings, and justice for all of God's children.
Reverend Gillis M. Taylor
Sunday School Superintendent



The Seniors' Ministry met on May 15, 2024. Our theme was **Trust in the Lord** (Psalms 145:13b). Our purpose was to celebrate Mother's and Father's Day in a unique manner.

Upon entrance, the Seniors were greeted with an awesome display table adorned with an array of memorabilia from times gone representative of our parents. Senior members also brought pictures of their mothers and fathers and other parent figures who played a role in their upbringing. These pictures were added to the display tables. It was a fun activity to view so many family members.

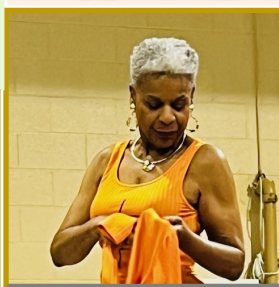
After greetings by Dr. Keith Boykin and prayer by Deaconess Norma Fields, Sis. Hope Singleton led the June birthdays and anniversary celebration. We enjoyed a delicious lunch served by the Grain of Heaven. Sis. Oonagh Bell introduced Sis. Joyce Peterson, the illustrious moderator of our **"Springing into Spring"** fashion show. Twenty-two Senior women and men took to the runway and strutted their stuff. A good time was had by all. There was lots of laughter and fun all over the gym.

Before the closing ceremony, Sis. Shirley Hardy and Sis. Pauline Hunter were honored by the members of the Seniors' Ministry for their dedication and commitment to the Ministry, showering both ladies with gifts, gift cards, and thank you cards for their six years of service. Each lady expressed their thanks and appreciation.

The meeting closed with prayer by Deacon Anthony Fields.

Nobody does it like the Seniors. Come join the fun in June at our end of the season **Social and Dance**. RSVP Sis. Hope Singleton at hopesing@verizon.net by June 3, 2024.

Submitted by
Sister Shirley Hardy
Director, Seniors' Ministry
Dr. Tracey Holley, CED Director



GETTING FULLY DRESSED EACH DAY WITH THE ARMOR OF GOD

Every morning, we face a decision that extends beyond the fabric and fashion: What will we wear today? In our spiritual walk, this question holds profound significance, as the Apostle Paul teaches us in Ephesians 6:10-18. Here, he doesn't speak of literal garments but urges us to don the full armor of God to stand firm against the trials and tribulations of life.

As we prepare each day, let us remember our Deacons Ministry lapel pin, which beautifully depicts the full armor of God. This emblem is not just a piece of jewelry but a symbol of our commitment to living a life protected by God's power and guided by His truth.



The Belt of Truth

Strapped around our waists, the belt of truth holds our spiritual armor in place. It symbolizes the truth of God's Word, which we must embrace wholeheartedly to discern and counter the deception that often surrounds us.

The Breastplate of Righteousness

This piece protects our hearts—the center of our will and emotions. Righteousness, given through faith in Jesus Christ, guards us against the temptations and accusations that threaten our spiritual vitality.

The Shoes of Peace

Fitted with the readiness that comes from the gospel of peace, our shoes enable us to tread confidently through life's turmoil, spreading the calming presence of the Lord wherever we go.

The Shield of Faith

Our faith acts as a shield, extinguishing the flaming arrows of the evil one. These arrows can be doubts, fears, or deceitful lies aimed at us. With faith, we can deflect them and advance in our spiritual journey.

The Helmet of Salvation

The helmet protects our minds, where battles are often won or lost. Salvation assures us of our identity and destiny in Christ, keeping our thoughts focused on what is true and eternal.

The Sword of the Spirit

The only offensive weapon in our armor, the sword of the Spirit, is the Word of God. It is mighty and precise, able to cut through falsehood and reveal the depths of the heart.

Each piece of this armor is crucial, not merely for individual protection but for our collective strength as a community. Our Deacons' lapel pin is a constant reminder that we are not battling alone but as a united body, equipped by God, supported by each other, and steadfast in our faith.

As we "get fully dressed" each day in this spiritual armor, let us walk confidently, knowing that we are prepared to face whatever the day may bring. Let us remember that each part of the armor is not just for our protection but is also a testament to our identity in Christ and our mission to live out His truth and peace in a world that desperately needs it.

May we wear our spiritual armor with pride and purpose, just as we wear our Deacons Ministry lapel pins, and may our lives bear witness to the strength and security that only God can provide. Fully Dressed in Christ's Love and Strength,

Submitted by
Deacon Joseph P. Boutte
Deacons Ministry

First Mount Zion Baptist Church
Men's Ministry Presents:



Yield Not To Temptation

Based on the Book of I Corinthians 10:12-13




Date: June 8, 2024
Time: 8:00 AM - 10:30 AM
Speaker: Rev. Chris Peterson
Breakfast Served at 8:00 AM/ Fellowship: 9:00 AM



*Pray without ceasing –
1 Thessalonians 5:17*

*The effectual fervent prayers of the
righteous availeth much!*

James 5:15



"THE BATTLE IS IN THE MIND; RENEW MY MIND AND DELIVER ME"



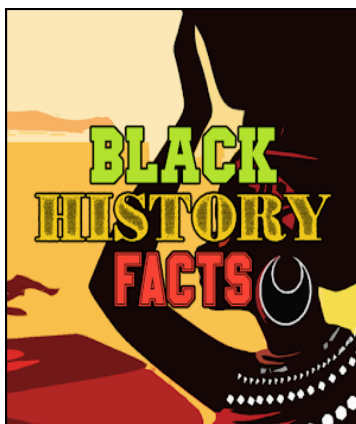
Reverend
Kathy Russell

Reverend
Helen Parker

PRESENTED BY THE
WOMEN'S MINISTRY

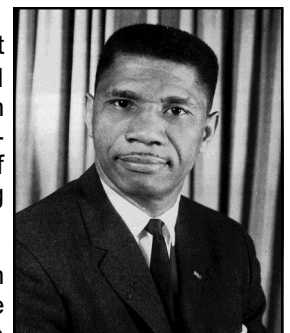
VIA ZOOM
SATURDAY

JUNE 8, 2024
9:00 AM – 11:00 AM



MEDGAR WILEY EVERS was an American civil rights activist and the NAACP's first field secretary in Mississippi. He was assassinated by Byron De La Beckwith. Evers, a decorated U.S. Army combat veteran who had served in World War II, was engaged in efforts to overturn segregation at the University of Mississippi, end the segregation of public facilities, and expand opportunities for African Americans, including the enforcement of voting rights.

A college graduate, Evers became active in the Civil Rights Movement in the 1950s. Following the 1954 ruling of the United States Supreme Court in *Brown v. Board of Education* that segregated public schools were unconstitutional, Evers challenged the segregation of the state-supported public University of Mississippi. He applied to law school there, as the state had no public law school for African Americans. He also worked for voting rights, economic opportunity, access to public facilities, and other changes in the segregated society. In 1963 Evers was awarded the NAACP Spingarn Medal.



Evers conducted actions to help integrate Jackson's privately owned buses and tried to integrate the public parks. Evers led voter registration drives and used boycotts to integrate Leake County schools and the Mississippi State Fair. Evers' civil rights leadership, along with his investigative work, made him a target of white supremacists. Following the *Brown v. Board of Education* decision, local whites founded the White Citizens' Council in Mississippi, and numerous local chapters were started, to resist the integration of schools and facilities. In the weeks before Evers was killed, he encountered new levels of hostility. Evers' public investigations into the 1955 lynching of Chicago teenager Emmett Till in Mississippi, and his vocal support of Clyde Kennard, had made Evers a prominent black leader. On May 28, 1963, a Molotov cocktail was thrown into the carport of his home. On June 7, 1963, Evers was nearly run down by a car after he came out of the NAACP office in Jackson, Mississippi.

Evers was murdered in 1963 at his home in Jackson, Mississippi, now the Medgar and Myrlie Evers Home National Monument, by Byron De La Beckwith, a member of the White Citizens' Council in Jackson. This group was formed in 1954 in Mississippi to resist the integration of schools and civil rights activism.

As a veteran, Evers was buried with full military honors at Arlington National Cemetery. His murder and the resulting trials inspired civil rights protests. His life and death have inspired numerous works of art, music, and film. Although all-white juries failed to reach verdicts in the first two trials of De La Beckwith in the 1960s, he was convicted in 1994 based on new evidence.

Evers' widow, Myrlie Evers, became a noted activist in her own right, and served as national chair of the NAACP. In 1969, after passage of civil rights legislation and the Voting Rights Act of 1965, Medgar's brother Charles Evers was elected as mayor of Fayette, Mississippi. He was the first African American to be elected mayor of a Mississippi city in the post-Reconstruction era.

Read more about this trailblazer here: https://en.wikipedia.org/wiki/Medgar_Evers



AMELIA BOYNTON ROBINSON



AMELIA BOYNTON ROBINSON helped organize the 1965 Selma March and became the first Black woman to run for Congress in Alabama. Although she didn't win, her campaign raised much-needed awareness about voter discrimination. After she died at 104, former President Barack Obama recognized her legacy in an official statement. "She was as strong, as hopeful, and as indomitable of spirit — as quintessentially American — as I'm sure she was that day 50 years ago," he said. "To honor the legacy of an American hero like Amelia Boynton requires only that we follow her example — that all of us fight to protect everyone's right to vote."



JANE BOLIN was a trailblazer for women of color who practice law — she was the first Black woman to graduate from Yale Law School and became the nation's first Black woman judge in 1939, according to the *New York Times*. Bolin ruled on important family court cases throughout her career and worked with former First Lady Eleanor Roosevelt to support a program that aimed to end crime among young boys. In addition, as

the *Times* pointed out, she ruled against the assignment of probation officers based on race.

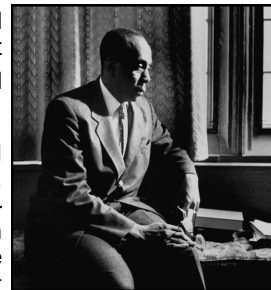
DR. ALEXA CANADY became the first Black woman neurosurgeon in the U.S. in 1981. She helped save thousands of lives — mostly children, according to the U.S. National Library of Medicine's "Changing the Face of Medicine" online exhibition — during her 20-year career. Her home state of Michigan recognized her milestones by inducting her into the Woman's Hall of Fame in 1989, and she was named Teacher of the Year by the Children's Hospital of Michigan.



The fact that **SHIRLEY CHISHOLM's** name is not more widely known is astonishing. Chisholm made waves in politics as the first Black woman elected to Congress in 1968. She served seven terms in the U.S. House of Representatives, where she was an outspoken advocate for women and minorities. In 1972, Chisholm became the first woman and first African American to ever run for a major party's presidential nomination, with the campaign slogan "Unbought and Unbossed" (also the title of her memoir).

THE SCHOLAR WHOSE WORDS INSPIRED MARTIN LUTHER KING JR.

He was a shy man who didn't lead marches or give dramatic speeches. But **HOWARD THURMAN** was a spiritual genius who transformed history.



Thurman was a pastor and professor and mystic whose groundbreaking book, "Jesus and the Disinherited," was a condemnation of a form of Christianity which Thurman said was far too often "on the side of the strong and the powerful against the weak and oppressed."

The book revolutionized the traditional portrait of Jesus and had a profound influence on the Rev. Martin Luther King Jr.'s faith and activism.

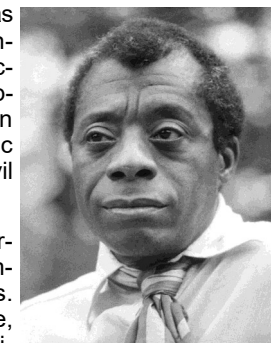
Born in Florida during the "nadir" of race relations in post-Civil War America, Thurman graduated from Morehouse College in Atlanta, where he was a classmate of "Daddy King," the father of the Rev. Martin Luther King Jr. His impact on the younger King would be profound.

Thurman was the first African American pastor to travel to India and meet Mohandas Gandhi. And he was one of the first pastors to inspire King to merge Gandhi's philosophy of nonviolent resistance with the civil rights movement. Thurman's concepts about nonviolence and Jesus are peppered through King's writings.

Thurman, though, didn't fit the image of a fiery, silver-tongued Black preacher. He punctuated his sermons with long silences and enigmatic phrases such as "the sound of the genuine." Before "interfaith dialogue" became common, Thurman also worshiped with people of other faiths and warned about the dangers of religious fundamentalism. Thurman's life was proof that all sorts of people could become influential leaders in the civil rights movement.

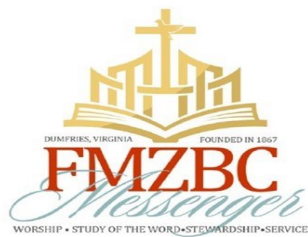
— John Blake, CNN | Photo: Mark Kauffman/The LIFE Picture Collection

JAMES ARTHUR BALDWIN, born August 2, 1924, was an American writer and civil rights activist who garnered acclaim for his essays, novels, plays, and poems. His 1953 novel *Go Tell It on the Mountain* has been ranked among the best English-language novels. His 1955 essay collection *Notes of a Native Son* helped establish his reputation as a voice for human equality. Baldwin was a well-known public figure and orator, especially during the civil rights movement in the United States.



Baldwin's fiction posed fundamental personal questions and dilemmas amid complex social and psychological pressures. Themes of masculinity, sexuality, race, and class intertwine to create intricate narratives that run parallel with some of the major political movements toward social change in mid-twentieth century America, such as the civil rights movement and the gay liberation movement. Baldwin's protagonists are typically, but not exclusively, African American, with gay and bi-sexual men featured prominently in his work. His characters often face internal and external obstacles in their search for self- and social acceptance: dynamics prominent in his 1956 novel *Giovanni's Room*. Baldwin's work continues to influence artists and writers. His unfinished manuscript *Remember This House* was expanded and adapted as the 2016 documentary film *I Am Not Your Negro*, winning the BAFTA Award for Best Documentary. His 1974 novel *If Beale Street Could Talk* was adapted into a 2018 film of the same name, which earned widespread praise.

Read more about this trailblazer here: https://en.wikipedia.org/wiki/James_Baldwin



2023 Theme:

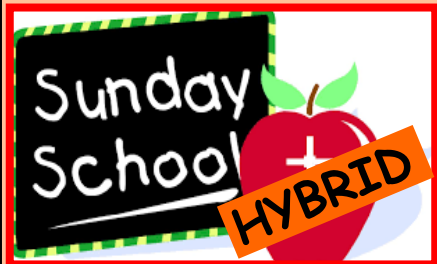
From Generation to Generation, Growing Deeper, Growing Stronger, Reaching Higher

"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



June 2, 2024
Volume 20, Issue 6



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 Room 229/230. 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



USE THIS LINK TO VIEW THE FMZBC CONSTITUTION AND BYLAWS.

[CONSTITUTION AND BYLAWS](#)

YOU MAY ALSO VIEW THE DOCUMENT ON THE FMZBC WEBSITE. NOTE, IT IS PASSWORD PROTECTED. TO ACCESS IT, CLICK ON THE CONSTITUTION AND BYLAWS SLIDE AND ENTER THE CODE: [FMZBCDOCS2024](#) COPIES ARE AVAILABLE BY CONTACTING THE FRONT OFFICE AT 703-670-0184.



The last day to register for the June SHARE package is June 9th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on June 22, 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

"Victory belongs to the most persevering."

- Napoleon Bonaparte

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

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

SUNDAY SERVICE SCHEDULE

Sunday School
9:45 AM

In-Person and via ZOOM

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

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

Vimeo: [vimeo.com.25203195](https://vimeo.com/25203195)

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

YouVersion Bible, Devotions, and Prayers:

https://bit.ly/FMZBC-YouVersion_Bible



LifeStream.tv

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