



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

WORDS OF ENCOURAGEMENT ...

"God Has a Plan for You!"

Grace and Peace to all,

As we find ourselves in the throes of full summer break, I pray that you take time to relax, refresh, and refocus. Revisit your favorite Bible studies, journal, walk, breathe, meditate, continue your Bible in a year reading, pray and have some fun. But, full disclosure, I want you to be prayerful about where and how you will serve when we begin ministry again in September.



Where does God want to use you right now? What is His will for your life? You may feel that God is not speaking "loud" enough and is not answering your prayers fast enough for you to find out.

Keep yourself from "quick fixes" or "obvious answers" to your own prayers if you are not certain they are in God's perfect plan. Persevere daily in listening to and learning from God.

"This is what the Lord says: ¹¹ For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call upon me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart. ¹⁴ I will be found by you," declares the Lord, . . ." (Jeremiah 29:11-14a)

Prayer: Lord, help me (us) to do great things as though they were little, since I (we) do them with your power, and little things as though they were great, since I (we) do them in your name. Amen (Blaise Pascal)

Never forget...God has a plan for you!

Happy Independence Day and have a safe and fun summer!

A Time for Reflection:
 What is God's will for my life?

Where does God want to use me right now? Where am I needed most? I will start serving.

How can I become more involved in "my" (suggesting ownership) church?



*Your Servant in Christ,
 Dr. Sandra K. James
 Acting Pastor "AP"*

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PRAY FOR THE PASTORAL SEARCH COMMITTEE

Pray that the power of Christ would be known in and through the Church and that all glory would be given to Him through the pastor search process. Pray for the Church to reflect elements of a healthy church (worship, discipleship, ministry, fellowship, evangelism, prayer) both in the interim period and when the new pastor is called.



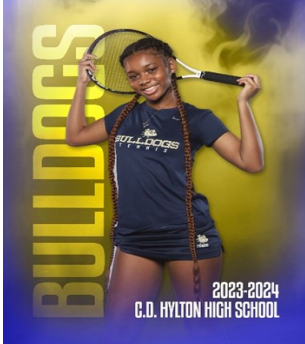
Youth

on



MIKAYLA STEWART

Congratulations to FMZ member, **Mikayla**, who finished her tennis season undefeated with a 10-0 record! This made her first in her district. She also made it to the semi-finals in the regional tennis competition. Her parents Stephany and Deacon Michael Stewart are understandably proud of her.



In addition to being a tennis "phenom," Mikayla, who attends Hylton High School has a 3.6 Grade Point Average. At First Mount Zion, Mikayla is an active participant in the Youth Ministry and is also an usher. Family, please congratulate Mikayla when you see her and continue to encourage her in all her endeavors.

Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister

DESTINY JONES

Congratulations to **Ms. Destiny Jones**, a 2024 graduate of Osbourn Park High School. Despite having a rigorous high school year, she excelled at the top of her class graduating summa cum laude with a 4.33 GPA. Destiny was a recipient of the AED Scholars' Award and a recent recipient of the Hinkitch Irvin Bell Scholarship along with numerous other college and community scholarships. Destiny has used her time well at FMZBC by participating in many ministries. As she readies herself for college, she will miss working with the Silver Steppers and the AV Ministry, which developed her love and knowledge of all phases of AV and is now leading her to a future pursuing a degree in engineering. May God continue to bless and guide her, and may she always trust the Lord in all that she does.



Submitted by
Sister Shirley Hardy



Youth

Ministry

on



During our 2023-24 Youth Ministry program year, we hope we have provided our youth with many fond memories and impactful moments. The Ministry's goal is to help our youth feel they are in a welcoming and safe place to explore their faith and have fun while connecting with other Christian youth. We also encourage our youth to have their faith be an integral part of their everyday lives and guide their decisions. The activities we had this year were designed with those ideas in mind. It is exciting to see our youth grow individually, and the Ministry grow in numbers.

We will be on summer break when the July Messenger is published. However, we will continue to connect with our youth through weekly emails. Our program year restarts in September and we plan to continue to have events that are exciting and enhance spiritual growth. We also want to encourage our youth to share their faith through service. In that regard, one of the goals of the upcoming program year is to do more community service as a Ministry. If you know of an organization that might benefit from the services of our youth as a group, please let me know.

In September, we will also elect our 2024-25 Youth Ministry Council. The Council is open to middle and high school youth. If you want to play an integral role in planning Youth Ministry events and have ideas to help enhance the Youth Ministry, we welcome you to apply. Details to follow.

Thank you, Youth Ministry supporters who continue to show up to make Youth Ministry events successful. Thank you also Dr. Tracey Dawkins Holley and Acting Pastor, Dr. Sandra K. James, for your unwavering support. Finally, thank you parents and guardians for entrusting your youth to me and the Youth Ministry.

Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister



**PLEASE PRAY
FOR THE
SAFETY OF
OUR KIDS!!!**



Deacon Ernest Hughes facilitating the “Real Friends/Guys” Session at the Middle School Lock-in

Y



Minister Asheley facilitating the “Real Friends/Girls” Session at the Middle School Lock-in

O



Free Time during the Middle School Lock-in

U



Middle School Lock-in participants, youth ministry supporters and facilitators—Minister Ashley Cherry and Deacon Ernest Hughes

T

H



A SPECIAL FAMILY REUNION

Have you ever attended a family reunion? According to surveys, 34% of adults in the United States have traveled to at least one family reunion in the past three years. Here's a Fun Fact: July is the most popular month in America for family reunions.

During the summer months, families gather from faraway places to reconnect. There are many ways for families to gather and celebrate with each other, barbecues at a relative's home or in the park, charter bus trips and even cruises to exotic destinations! A reunion isn't a reunion without a family-oriented theme emblazoned on a color-coordinated t-shirt. There are as many different types of reunions as there are families, and as much as they differ, they all have the same goal... spending time together to share experiences.

Jesus, the son of God and Our Lord and Savior, grew up in a family like so many of us. He had a mother (Mary), foster father (Joseph), half-brothers and sisters, an uncle, aunt and cousins. Even Jesus had that one cousin who lived out in the wilderness, clothed in camel's hair. His name was John the Baptist. Even our Savior had that one eccentric relative, with a unique wardrobe, that always brought life to the festivities!

While Jesus belonged to an earthly family; through his ministry, a **new** family was born out of all who believe in Him and serve Him as Lord and Savior. In Matthew 12:50, Jesus says: "*For whoever does the will of my Father in heaven is my brother and sister and mother.*"

Because of Our Lord and Savior's self-sacrifice on our behalf and His Heavenly resurrection (Romans 10:9-10), every day that we are alive on this side of Glory is a day of thanksgiving, praise, and celebration with our brothers and sisters in His Name. In fact, there will come a day when all who are gathered in His Name will attend a **heavenly** reunion that will include all of God's children. In Revelation 7:9 it states that: "*a great multitude which no one could number, of all nations, tribes, peoples, and tongues, standing before the throne and before the Lamb, clothed with white robes, with palm branches in their hands.*"

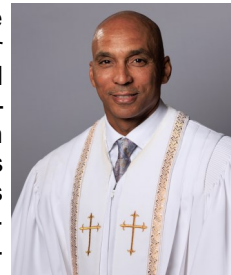
As we enter the month of July and reunion season, remember that you are a part of God's family, and we are already invited to a Heavenly "all white" reunion that will go on for eternity. Until that time, enjoy your family today and celebrate Him always. Can't wait to see you in the number!

*Humbly Submitted by
Deaconess Kishema Tapp*



KEEP INVESTING

One of the best things about living in the mid-Atlantic region is experiencing all four seasons (winter, spring, summer, and fall). Having lived my entire life in this region, spring has become my favorite, with fall being a close second. Spring thaws us out from the long cold winter days. It brings new life and fills the past gray days with vibrant colors. But it also ushers in the graduation season.



The graduation season is so exciting. It is filled with tears of joys, laughter, and big sighs of relief and shouts of, "I made it". To all our members who graduated this year, we celebrate you, and encourage you to keep up the good work.

Some things that always come out during this season are stories of triumph. How some of our youths have beaten the odds. How they have overcome and reached such a significant milestone. Elijah Hogan is one, who has overcome and made it. Elijah graduated from Walter L. Cohen High School in New Orleans with a GPA of 3.93 and did it while experiencing homelessness. When Elijah was interviewed by a local news station he said the following, "I have many people to thank for getting me where I am today." Elijah's story and comments remind me why we can't stop investing in our youth. It is these investments that will help us to empower our young people and hear more stories like Elijah's and less stories of the premature deaths of our youth at the hand of gun violence, and other delinquencies.

"For where your treasure is, there your heart will be also" (Matthew 6:21). May our treasure always be with our young people. Keep investing, and if you haven't already--start, so that stories of our young people overcoming, beating the odds, reaching new heights, and doing that which is good, will fill and saturate our news cycles!

*Submitted by
Reverend Brian Woolfolk*

A hundred years from now...
it will not matter what kind of car
I drove, what kind of house I lived in,
nor how much money I had in my
bank account, but the world may
be better because I was important
in the life of a child.

EMOTIONAL HEALTH AND THE PSALMS

When we're mentally distressed, going through sorrow, grief, consumed by anguish and years of groaning,

the Psalms of Lament teach us how to pray through our emotions before God. Poet Ann Weems, the author of a Book entitled *Psalms of Lament*, wrote her own personal psalms of lament to give voice to the grief and anguish she suffered after the death of her son.



Ann Weems included, in her book, fifty lament psalms she wrote over a period of time after the death of her son. She said about the pattern of the Psalms of Lament: "When the need, hurt, the demand, and venom are fully voiced, something unexpected happens." She said, "the mood and tone change." The Psalmist's/Israel's anger and protest appear to be spent and moves to a positive resolution. The Psalmist is confident of being heard and dealt with bountifully, and the Psalm ends in rejoicing and praise. It may be that the long protest is cathartic. Or it may be, as many scholarly readers think, that there was in the middle of the utterance a communal, liturgical or divine intervention of assurance that permitted a new posture of confidence, well-being, faith, hope and assurance of God's love.

Psalm 13 is a great model and example for expressing your emotions before God.

I. David's Complaint (13:1-2): Four times David asks the Lord, "How Long Lord?":

- A. "How long will you forget me?" (13:1)
- B. "How long will you hide your face from me?" (13:1)
- C. "How long will I wrestle with my thoughts and have anguish in my soul?" (13:2)
- D. "How long will my enemy triumph over me?" (13:2)

II. David's Petition (13:3-4): David makes two requests of the Lord:

- A. Restore me – "Give light to my eyes" (13:3).
- B. Do not let my enemies gloat over me (13:4).

III. Assurance/Praise (13:5-6): David trusts in the Lord's unfailing love and rejoices because the LORD is good to him.

When we avoid our emotions and don't reveal them, we're actually making them stronger. This can create many maladies in the body and in the mind, causing a myriad of health issues. God can heal what you reveal. Praying through Anxiety/Fear (Psalm 3); Praying through pain (Psalm 22); Praying through doubt (Psalm 73); Praying through Deep Distress (Psalm 31); and Praying through feeling Abandoned by God (Psalm 22).

SOURCES

H. L. Willmington, *The Outline Bible* (Wheaton, IL: Tyndale House Publishers, 1999), Ps 13.
 Praying Through Our Fears - PSALMS: The Language of Prayer - Tim Mackie (The Bible Project).
 Weems, Ann. (2010) *Psalms of Lament* Louisville, KY: Westminster John Knox Press.

Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister

Psalm 99:9

August 4, 2024—11AM



Reverend Etoria Goggins, Pastor
 First African Methodist Episcopal Church of Manassas (FAME)
 Manassas, VA

August 6-8, 2024—7:30 PM



Reverend Derrick Hammond, Pastor
 Oak Valley Baptist Church
 Oak Ridge, Tennessee

Tithes & Offerings

GIVING BACK TO GOD

Give & IT WILL BE Given

TO YOU

LUKE 6:38

We encourage you to continue giving and practicing good stewardship by going to www.fmzbc.com and click on ONLINE GIVING, at any time, or access it using this link:

<http://bit.ly/FMZ-Online-Giving>

or by mail to:

First Mount Zion Baptist Church
 16622 Dumfries Road
 Dumfries, VA 22025

You can also schedule a time with your Zone Leader for pickup from your home.

“HOLDING ON TO ANGER IS LIKE GRASPING A HOT COAL WITH THE INTENT OF THROWING IT AT SOMEONE ELSE; YOU ARE THE ONE WHO GETS BURNED.”

-- BUDDHA



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/j/89762921587?pwd=UHD2RWVuWjJrbmhNMnpYUjJkZjE4Zz09>

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

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

bjiggetts@firstmountzionbc.org

or

youthministry@firstmountzionbc.org

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

IT (INFORMATION TECHNOLOGY):

IT4U - Help Desk is taking a summer break and will return in September! If you need immediate assistance, please contact the Church Business Administrator, Renee Woolfolk, rwoolfolk@firstmountzionbc.org or (703) 670-0184.

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 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.



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 information, play YouTube videos, PowerPoint presentations, ZOOM, live stream, contact Dijae North at:

dnorth@firstmountzionbc.org

DEAF MINISTRY. Are you interested in ASL (American Sign Language) Training? If so, please contact Deaconess Pamela Ford at: pdford61@verizon.net

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.



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

<https://us02web.zoom.us/j/89762921587?pwd=UHD2RWVuWjJrbmhNMnpYUjJkZjE4Zz09>

We look forward to seeing you there.

Handouts are available for download from the FMZ website using the following link:

<https://firstmountzionbc.org/weekly-sunday-schoollessons/>

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



The Women's Ministry May fellowship was another blessed event and an opportunity to recognize mothers in honor of Mother's Day! The fellowship started with a Praise & Worship musical video, "May the Work I've Done Speak for Me." This video set the atmosphere and prepared our hearts to receive what God had in store for our time together.

The fellowship's thematic focus was, "The Positive Power of a Godly Woman with Wisdom." Women were encouraged to never underestimate the power and authority we have through the Holy Spirit and how valued we are to God.

Sister Jasmin Shelton blessed us with her anointed vocal gift by singing "Fill Me Up," while Reverend Dr. Beverly Waddell-Jiggetts spoke on the topic, "I Want What She Has," based on Proverbs 31:25-26 and Luke 1:45. Dr. Jiggetts reminded us that our strength and dignity are linked together. She told us that we should understand who God is in our lives and that we should believe what He says! We were also reminded to be thankful for the encouragement we've received through the SHEROS in our lives, such as our mothers, grandmothers, sisters, aunts, cousins, BFFs, and Church sisters.

A Mother's Day tribute video was presented in recognition of Mother's Day, which was followed by beautiful Words of Encouragement by Deaconess Cynthia Brown. She reminded us to trust God and to allow the Lord to work for us and through us. She suggested that we connect with God first thing in the morning and watch how the Lord will bring us through the day and the challenges of life. She shared that wise Godly women help those in need by sharing knowledge and exhibiting the characteristics of a Godly woman.

A second video was presented entitled, "Powerful Wisdom Women of The Bible," which revealed numerous women in the Bible who made great impacts and paved the way for others.

Songstress, Sister Stacy Griggs, blessed our hearts with "Alabaster Box," as Reverend Glenda Brown shared on the topic, "What A Godly Woman of Wisdom Looks Like." Reverend Brown referenced Proverbs 3:14-18, sharing that being wise is the ability to cope with life in a Godly way. She reminded us to know our worth and to see ourselves the way God sees us. We are confident daughters of the King and should express our gratitude daily for our blessings. We are holy, adopted, redeemed, forgiven, and lavished in grace, wisdom and understanding. She, too, reminded us to thank God for the wisdom our mothers and grandmothers gave to us. They are our SHEROs. She ended by sharing that we should be women of prayer and women of worship who are devoted to the will of God. Additionally, we were encouraged to practice self-care, both emotionally and physically.

What an amazing fellowship it was! I pray that everyone was blessed beyond measure. A sincere thank you to all who participated, shared the Word, gave the Word of Encouragement, sang a song of praise, acknowledged 1st time visitors, birthday, and giveaways; read scripture, and prayed. Truly, the fellowship was a success because of your servant hearts. I would be remiss if I did not acknowledge and say thank you to my Technical, Publicity, and Admin support who helped with this Fellowship.

"Life doesn't come with a manual. It comes with a mother."
— unknown

A heartfelt thank you to Reverend Dr. Tracey Dawkins Holley for your continued support of the Women's Ministry.

Humbly submitted,

Gwen D. Holland
Women's Ministry Director

SAVE THE DATE!!!

WOMEN'S MINISTRY

Welcome Back Tea -

You are A Daughter of the King:

Claim Your Tiara!

Saturday, September 21, 2024

(Join us and wear your Tiara!)

Onsite & Virtually

More information to come!

Let us

WORSHIP

Together

SAVE THE DATE!!!

First Mount Zion Baptist Church
WOMEN'S & MEN'S MINISTRIES' PRESENT... . .

CONCERT & CONFERENCE WEEKEND:

"From Hurt to Healing"

FRIDAY, NOVEMBER 15, 2024
(CONCERT)

SATURDAY, NOVEMBER 16, 2024
(CONFERENCE)

MORE INFORMATION FORTHCOMING!!!

IN-HOUSE AND VIRTUALLY

SAVE THE DATE!!!



GREATER IS GOD WHO IS IN US

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, thank you that “No weapon formed against us will prosper,” because “Greater is He who is in us than he who is in the world” and “We are more than conquerors through Him who loved us”. Jesus, you said that in this world we will have tribulation, but we don’t have to worry because you have overcome the world and we can also overcome. And thank you that the weapons of our warfare are not carnal, but mighty in God for pulling down strongholds.

As this congregation transitions, we bind every distraction and attack of the enemy that would turn our focus away from seeking your wisdom and direction and hearing your voice clearly. We also pray for a bond of unity and love within Leadership, the Pulpit committee, and the congregation as we work together in harmony to accomplish Your perfect Will because You are a God of peace and we invite you in the midst and grant us your wisdom and clear direction.

Thank you in advance for the victory! In Jesus’ name we pray and give thanks. Amen!

Scripture:

1 John 4:4 NKJV

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

1 John 4:4 AMPC

Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the anti-christ], because He Who lives in you is greater (mightier) than he who is in the world.

1 John 5:4 NKJV

For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

1 John 5:4 AMPC

For whatever is born of God is victorious over the world; and this is the victory that conquers the world, even our faith.

1 John 5:4 MSG

Every God-begotten person conquers the world’s ways. The conquering power that brings the world to its knees is our faith.

Worship Song: “Overcomer” - <https://youtu.be/4GcUY8UKxqg>

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

Have a blessed and safe day and week!



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

FITNESS-IN-PLACE

HIP HINGE AND IMPROVE YOUR OVERALL STRENGTH!

When you use your hips as a hinge, you employ the large muscles of the glutes, hamstrings, and the upper and lower back.

Hip mobility and strength are essential for many daily activities, like bending down to pick up an object, walking upstairs or simply getting up from a seated position. The hip hinge is a simple and effective foundational exercise that helps you perform these essential tasks and helps you strengthen your core which may lead to reduced back pain, improved balance and flexibility.

Click to learn how to [Hip Hinge](#) properly!

Challenge: When working at a desk, set an alarm every 2 hours and do 10 good hip hinges. Only takes one minute!



Submitted by
Sister Lori Valkenburg
Fitness Director



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



FMZBC
Academic Education
WORSHIP • STUDY OF THE WORD • STEWARDSHIP • SERVICE

**SCHOLARSHIP
COMMITTEE**

- Gerry J. Griffin*
- Sandra Grimes*
- Malinda Spencer*
- Kenneth Spencer*
- Cheryl Minor*
- Joyce Thompson*
- Cynthia Essic-Redmond*



**GRADUATES EXITING
THE SANCTUARY**



**CONGRATULATIONS TO THE BELL SCHOLARSHIP AWARD
WINNERS: DESTINY LANAE JONES, MADISON BROWN-
BLACKSHEAR AND JENISSI AMONOO**



The “Encourager” (Reverend Kara Franklin-Taylor) being used by God to deliver a powerful, yet timely, word to the Graduates, as she shared with them (and us) about “Going to the Next Level”. Awesome...awesome...awesome. To GOD be all the glory!!!



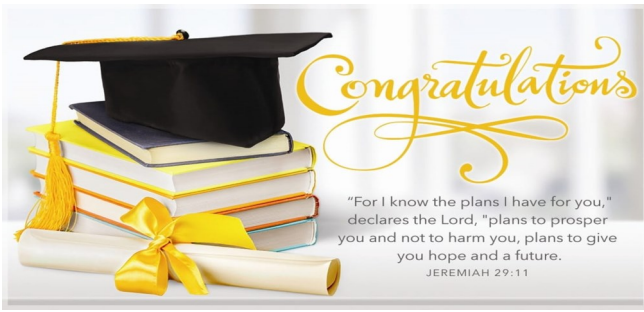
The Women’s Choir under the direction of Sister Ronnette Rollins, singing to the glory of God and looking lovely in blue!!!



Some of our 2024 FMZ High School Graduates at the Youth Ministry High School Graduation Brunch



Madison Blackshear-Brown gives remarks at the High School Graduation Brunch



GRADUATING CLASS OF 2024

PRE-K AND KINDERGARTEN



Harlem Grace Gillens



Kaden Blackshear



Allison Kennedy Ragin



Raymond Amari Johnson

ELEMENTARY SCHOOL



Peyton Elan Hall



Cayley J. Edwards



Parker Brooks



Savannah Monroe Gillens



Elias Gray



Braelyn K. James



Janelle-Mikaela Toshum



Ce'Brieah Mitchell



MIDDLE SCHOOL



Pierce Augustine Hall



Alexander Shoulders, Jr.



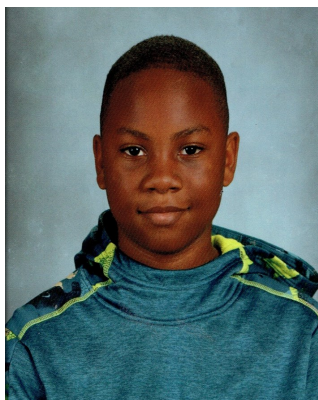
Makayla Barnett



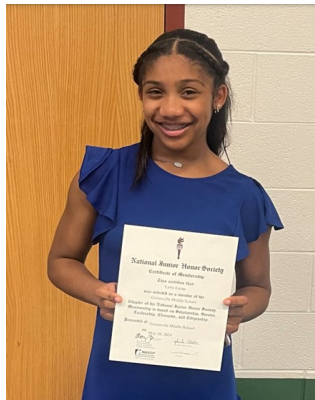
Anaya Derrick



Aniyah Green



Courbin Jiggetts



Lyric Lucas



Noella Lufufuabu



Anthony Pompey Ragin



Layla Pearson



Lauryn Pete



Kourtney Howard-Perez



Kelcia Howard-Perez



Jaylen E. James



HIGH SCHOOL



Donovan Alexander Bailey



Terrance Bethea II



*Madison Janiya
Brown-Blackshear*



Alaina Clarke



Jamaiya Lee Gholson



Dexter A. Jackson



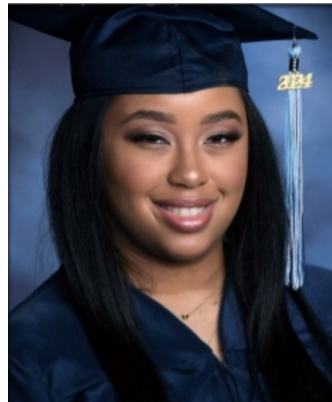
Destiny Lanae Jones



Vanessa Lufuluabu



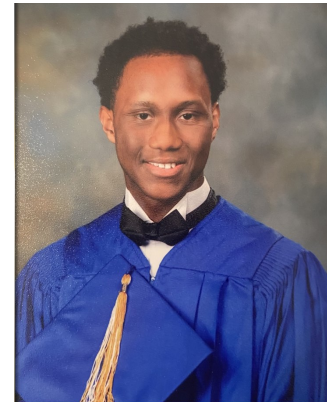
Skyler Moore



Sadeja A. Morgan



Jenissi Ekow Amonoo



Isaac Hardy



Skylar Sneed



COLLEGES & UNIVERSITIES



Leah Taylor Boone

University of Virginia
BS Nursing 3.78 GPA
Graduating with Highest
Distinction & Distinguished Major
Program



Courtney D. Dickerson

Graduating from Virginia Tech University
B.S in Biological Sciences: Biomedical
Concentration
Minor: Public Health
Future: Pursue Masters of Public Health



Courtney Diggs

Graduating from North Carolina
Central University
Bachelor's in Criminal Justice
Magna Cum Laude and
Honor Roll
Fall: Obtain Masters in
Criminal Justice



Sadara T. Funches

Graduate of University of New Haven
B.A. in Communication
Cum Laude
Fall: M.A. in Media Management at Nor-
folk State University



Fredricka Jackson

Graduate of University of Phoenix
BS – Business with Human



Owen James

Graduate of Hampton University
Magna Cum Laude
BS in Entrepreneurship with a
Minor in Economics
Inducted member of 3 Honor
Societies: Entrepreneurship,
Economics, Student Athletes



Jocelyn Carter

Graduating from James
Madison University
Fall 2024: Continue working for
Erickson Immigration Group as a
Legal Assistant
Interning for Supervisor Andrea
Bailey's 7th district campaign



Mark A. Jessup, Jr.

Graduate of Christopher
Newport University
B.S. - Kinesiology
Minor - Leadership Studies
Fall: Chiropractic Doctoral
School - LIFE University



Gabrielle Alexis Cornelius

VCU Graduate
Bachelors in Computer Science



MASTERS' PROGRAM



Lauren E. Wheeler

Oklahoma City University
Masters of Fine Arts in Screen Acting
Goldsmiths University of London
Masters of Fine Arts in



Tony Ford

Graduate of UMGC
MS Bioinformatics
Apply this additional knowledge
in my current employment in
Molecular Infectious Diseases
Conduct Personal Analysis on
various Cancer Genes



Jasmin Shelton

Graduated with a 3.81 GPA
from American University
Masters in Business
Administration with a focus in
Legal Studies
Finished in under two years
Third degree!
Studying for the LSAT this



Jeremiah Jones

Graduate of University of
Charleston, West Virginia
Master of Science in
Strategic Leadership
Future Plans: Human
Resources in
Federal Government



Albert Gayle

Graduate of University
of Maryland
Master of Science in
Management



Mark Shelton II

Virginia Military Institute, Major in
Computer Science & Minor in
Cybersecurity
First Captain and Regimental
Commander of the VMI Corps of
Cadets ROTC, Second
Lieutenant US Army Distinguished
Military Graduate
Fall: Virginia Tech Master of
Engineering in
Computer Science & Applications

CLASS OF 2024 — DOCTORAL PROGRAM



Zavia Hammond

Graduate of Howard University
College of Medicine
Doctor of Medicine (MD)
Next Level: Pediatric Residency at Children's
National Medical Center



**Rev. Dr. Karl
Frederick Brower**

Graduate of Pittsburgh
Theological Seminary
Doctor of Ministry

**"THE FIREWORKS BEGIN TODAY. EACH DIPLOMA IS A
LIGHTED MATCH. EACH ONE OF YOU IS A FUSE."**





FMZBC PULPIT COMMITTEE

MESSAGE FROM PULPIT COMMITTEE:

Members of FMZBC and Staff –

First giving honor to GOD. We want to give glory to GOD for all He has done and all He is doing. As you are aware, we are currently in "Phase II" of the Pastoral Search for the next Under-Shepherd for First Mount Zion Baptist Church. As we continue, in earnestness and humility, to delve deeper into the heart of the search, we are asking for each of your continued prayers and patience as we continue to define the pastoral search requirements and expectations.

When Christ was ministering to the crowds, His response was compassion and teaching. He did not tell the disciples to pray for those people. Instead, He said to pray for laborers (Matthew 9:38). We should never forget that looking for a pastor is, first of all, a spiritual exercise. Everyone in our congregation has a part in this process. The most significant way for our Church family to participate is to commit to prayer. We would like to suggest three areas that you might put at the top of your prayer list regarding our pastoral search.

Pray for First Mount Zion Baptist Church.

It is one thing to seek a person who will be the pastor; it is another thing to be the right church.

1. Pray that First Mount Zion Baptist Church (FMZBC) will continue to **Seek the Lord** in every aspect of our ministry. Please pray that we will give attention to the most important responsibilities of the ministry. Continue to pray that worship will be vibrant, our witness will be visible, and our fellowship will be genuine.
2. Pray for **Perseverance**. The search process can take time, but patience is a great teacher because it can produce growth and maturity (James 1:4).
3. Pray for **Unity**. As we seek to find our next pastor, please pray that, as a congregation, would put the most important things first.

Pray for the next Under-Shepherd of GOD's choosing.

The Lord already knows who that person is, and we need to pray for this person and their family as we go through this process.

1. Pray that this person will be open to the work the Lord is doing at First Mount Zion Baptist Church and that this person will be excited about the opportunities here.
2. Pray that this opportunity will be a spiritual journey that will mark this person in their trust in the Lord and provide an example to those at FMZBC of the importance of following the Lord.
3. Pray that the Lord will continue to use this person where they are, as they honor the Lord by proclaiming GOD's Word and faithfully serving in their present ministry.
4. Pray that this would be an adventure of faith for this person's whole family, as they seek together to serve the Lord in another place or capacity.

5. Pray that the Lord will prepare this person's heart for what is a mystery to them, but not to the Lord.

Pray for Church Leadership and the Pulpit Committee.

Those serving in the search for our next Pastor need GOD's guidance.

1. There are so many aspects involved in the Pulpit Committee's work in just preparing for the search. Pray that our commitment to the task will stay strong and that we will be timely in the way that we accomplish each of our responsibilities.
2. Pray that we will put first things first. Finding our next Pastor is not just an organizational responsibility; it is a spiritual duty. Pray that we will continue to seek GOD in every aspect and that each member of the Pulpit Committee will continue to seek the Lord's help.
3. Pray for strong unity in the process. Pray that the Pulpit Committee will work together in a way that demonstrates love and honors all members' input.
4. Pray that our choices will reflect Godly wisdom, that the Pulpit Committee will be sensitive to the direction of the Lord as we look at potential candidates and make a recommendation(s) to the congregation.



Reminder: FOCUS GROUPS Are Coming

Scan the QR Code to bring up the Eventbrite Registration.

Sign-up using your first/last name, member number and email address.

You will receive an email reminder from the Pulpit Committee the week leading up to your selected date/time.

The FIRST focus group is June 27th.

✉ pulpitcommittee@firstmountzionbc.org

Types of Focus Groups

- 1 Thursdays are **Virtual**.
- 2 1st/3rd/5th Saturdays are **In-Person**.
- 3 2nd/4th Saturdays are **Virtual**.
- 4 Sundays are **In-Person**.

FMZBC PULPIT COMMITTEE

... from the desk of the

Church Business Administrator
Sister Renee Woolfolk



ONLINE 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 the Front Office at (703) 670-0184.

VOLUNTEER SCREENING

September 21
November 16

Training begins at 9:00 a.m. Visit our website's **Resource** tab for application and authorization forms. Bring completed forms to the training session.

TO SIGN UP, contact
Brenda Byrd
byrdbj@comcast.net
571-237-0111

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

JOB VACANCY

We are currently recruiting for the position of Financial Analyst. To express your interest in this position, please email Employment@firstmountzionbc.org. Listings are posted on the Church website at [Job Vacancies](#).

DEAF MINISTRY

DEAF MINISTRY ASL (American Sign Language) interpreters are onsite each Sunday during the 11 a.m. worship service. You may observe in-person and online at www.fmzbc.com. The monthly ZOOM meetings are also held with an interpreter. For additional information, please email Deaconess Pam Ford at DeafMinistry@firstmountzionbc.org. Thank you for your support and assistance.

HOLIDAY CLOSURES

Thursday, July 4th, Independence Day
Monday, September 2nd, Labor Day
Monday, October 14th, Columbus Day
Tuesday, November 5th, Election Day (General)
Monday, November 11th, Veterans Day (observed)
Thursday, November 28th, Thanksgiving
Wednesday, December 25th, Christmas Day
Thursday, December 26th, Christmas Holiday

Sunday School Department Request for Information



The Christian Education Department (CED) is in the process of determining a way ahead for Sunday School. Please see the QR code above or use the following link to complete a brief questionnaire. [Sunday School Department Request for Information Form](#)

Welcome
New Members

ORIENTATION CLASS (CED)

July 7, 2024 - NO CLASS (Happy 4th of July)
July 14, 2024 @ 9:45 AM - STEWARDSHIP
July 21, 2024 @ 9:45 AM - PRAYER
July 28, 2024 - NO CLASS until September 8th

Join Zoom Meeting

<https://us02web.zoom.us/j/81493910631pwd=OT11RkdZR2FOWnJyQncyVVNxFNFUrUT09>

Meeting ID: 814 9391 0631
Passcode: 413438

Dial by your location
1 301 715 8592 US (Washington DC)

ZONE MINISTRY

As a member you are assigned to a ZONE based on geographical location. Each Zone has a team of Zone leaders consisting of at least a Deacon, Deaconess and Associate Minister. If you do not know how to contact your Zone Leader, please contact the Church and someone will provide you with their contact information. If you have not been in touch because you need to update your contact information, please use the following link: <https://form.jotform.com/12155242234>

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](#)

PLEASE CHECK OUR WEBSITE FOR CLOSINGS AND CANCELLATIONS DUE TO INCLEMENT WEATHER



NEVER GIVE UP ON YOUR DREAMS!!!

She became a mom at 15 but didn't give up on her dreams. Today, she's a doctor!!!

A Howard University graduate achieved her dream of becoming a doctor after becoming a mom at just 15.

"Growing up, I didn't see Black doctors," Dr. Kathryn Kelly said. "I really got into this to take care of my community and to take care of patients, and I feel like I'm able to do that."

Kelly traveled a long way to get to this point in her medical career. Along the way, her dream of becoming a doctor never wavered, even after she discovered motherhood would begin for her much earlier than most.

"Even as being a teen parent — like, people in school knew, everybody knew," Kelly said, "but I also was still the person who was doing what I needed to do, and also being encouraging to others." The motivation of providing for her daughter kept her laser-focused on her dreams. "I was still trying to go to school and still trying to get good grades and that kind of thing," she said.

Kelly credits her own mom for encouraging her to work toward her goals and go to Howard University. Kelly did just that, double-majoring in anthropology and biology, all while juggling motherhood. Her determination paid off in 2001, when she graduated from Howard University with not one, but two degrees. She later also graduated from Howard's College of Medicine.



"Having gone through what I've gone through, it allows me to be humble when I'm talking with/to my patients, and allows me to be a better doctor, a better wife, a better human being," Kelly said. One of her patients, Bernice Bass-Abner, said she appreciates Kelly's life story and her attention to patients' needs. "She feels like a friend taking care of a friend," Bass-Abner said. "I always feel like she's got my very best interest at heart."

Common courtesy and kindness are two major components of Kelly's private practice, Kelly Collaborative Medicine, in Silver Spring, Maryland. "Most of my patients, I think they come in just to hear my stories and to have some fun and talk, in addition to healing," Kelly said, "because healing is more than the medicine you give. Healing is about how you make people feel in your space and the energy that you give out."

FIRST AFRICAN AMERICAN TO RECEIVE A PH.D. FROM HARVARD UNIVERSITY

In 1895, history was made when a man named William Edward Burghardt Du Bois became the first African American man to receive a Ph.D. from Harvard University. This amazing accomplishment went on to open the door for hundreds of future Black American students and even led to a series of lectures, aptly named *The W. E. B. Du Bois Lectures* which, as *Harvard University Press*. Stated, was proudly given in recognition to "persons of outstanding achievement who have contributed to our better understanding of African American life, history, and culture."



Not only was Du Bois the first to achieve this step, but he's also recognized as the first to receive an A.M degree, according to the Harvard Library. Du Bois is recognized for being an American historian, sociologist, and civil rights activist. According to the Harvard Library, "after receiving a bachelor's degree from Fisk University in 1888, Du Bois entered Harvard College as a junior and received his second bachelor's degree in 1890."

Born three years after the end of the Civil War, Du Bois grew up in predominately white Great Barrington, Massachusetts, a small, rural town with an even smaller Black population. His childhood in Great Barrington was a central influence in his life, as was his mother, Mary, who cultivated a young Du Bois's understanding of what it meant to be Black in America.

W. E. B. Du Bois was a scholar, public intellectual, author, orator, and activist who used his powerful voice and influence to illuminate issues of race, racism, and Black consciousness. He is also one of Harvard's best-known graduates. Co-founder of the National Association for the Advancement of Colored People and editor of its magazine, the *Crisis*, Du Bois authored dozens of books examining the Black experience in the United States, including his seminal collection of sociological essays, *Souls of Black Folk*.

Du Bois taught at Atlanta University (now Clark Atlanta University), was active in the Pan-Africanism movement, and used various platforms to challenge Jim Crow segregation and racial oppression. He also engaged in fierce debates with prominent contemporaries like Frederick Douglass and Booker T. Washington on the best way to achieve racial equity and empowerment.

In 1885, Du Bois left home for Fisk University in Nashville, Tennessee where, for the first time in his life, he felt the embrace of a large Black community. He also witnessed firsthand a level of overt racism he had not encountered before. "It was to me an extraordinary experience. I was thrilled to be for the first time among so many people of my own color or rather of such various and such extraordinary colors, which I had not seen before, but who seemed close bound to me by new and exciting ties," he recalled decades later in a convocation address at Atlanta University. "The three years here were years of growth, strength and expanding ambition. I learned new things about the world. I came in contact for the first time with a sort of violence that I had never realized in New England."

Upon graduation from Fisk and with financial assistance from his family and supporters as well as Harvard, Du Bois headed to Cambridge in 1888 with the goal of earning a PhD in philosophy.

"To make my own attitude toward the Harvard of that day clear, it must be remembered that I went to Harvard as a Negro, not simply by birth, but recognizing myself as a member of a segregated caste whose situation I accepted. But I was determined to work from within that caste to find my way out." He famously reflected that he was "in Harvard but not of it." He was deliberate in his choice not to pursue close relationships with many of his white fellow students, whom Du Bois believed had little desire to befriend him. It was in Berlin, Du Bois wrote, "where I first met white folk who treated me as a human being."



FIRST AFRICAN AMERICAN WOMAN TO RECEIVE A PH.D. FROM HARVARD UNIVERSITY

In 1926, Otelia Cromwell became the first black woman to receive a degree [Ph.D.] from Yale University. She had previously been the first black graduate of Smith College. She was the eldest child of Lucy McGuinn and Republican John Wesley Cromwell, a lawyer, educator, and journalist, who was active in the reconstruction of Virginia. Otelia was born in Washington, D.C. in 1874, and her mother died when she was 12, leaving her responsible for her five younger siblings. After graduating from high school, Otelia taught in the D.C. public schools while taking college courses at Howard University. In 1897 she transferred to Smith College, graduating with a BA in 1900, becoming the College's first African-American graduate.

Cromwell returned to teaching in D.C.'s segregated public schools where she taught English, German, and Latin at the M Street High School and the Armstrong Manual Training School. While remaining in her teaching positions, she continued to pursue her own educational advancement. After attending summer sessions at Columbia University, she received her MA in 1910. She then took summer courses at the University of Chicago in 1915 and continued taking courses at Columbia University until 1920. Competent in French, German, and Latin, Cromwell sought out courses such as "Goethe's Faust," "The Medieval Drama," and "Cicero." With far more credits in her pocket than the average applicant, in 1922 Cromwell entered Yale's PhD program in English at age 48. Yale was pleased to offer Cromwell an academic scholarship, and she reportedly "made a very favorable impression" while at Yale.

In 1926, Cromwell earned her Doctorate in English from Yale. Yale University Press published her dissertation, *Thomas Heywood, Dramatist, A Study in the Elizabethan Drama of Everyday Life*, in 1928. She went on to become a professor of English Language and Literature at Miner Teachers College in Washington, D.C., where she remained until 1944 when she retired.

Throughout her academic career, Cromwell worked to advance the cause of civil rights and racial and gender equality. In 1931 she was an editor of the pioneering text *Readings From Negro Authors for Schools and Colleges*, and in 1932 served on the board of directors of *The Encyclopedia of the Negro* as the only woman alongside W.E.B. DuBois. Her most significant scholarly work was a biography of the suffragist and abolitionist Lucretia Mott, titled *The Life of Lucretia Mott* (Harvard University Press, 1958).

Her niece Adelaide Cromwell recalls that although Otelia Cromwell was "soft-spoken," she "was headstrong and abided by a strict code of ethics and principles." She was a lifelong member of the NAACP, refused to patronize stores that treated black customers poorly, and did not use public transportation because of segregated employment practices.

She received an honorary degree from Smith College in 1950. Cromwell passed away in her family home in 1972 at the age of 98.



ATTENTION ALL MINISTRIES!!!!

PLEASE SHARE WITH US HOW YOUR MINISTRY IS STAYING IN TOUCH OVER THE SUMMER. WE WOULD LOVE TO KNOW AND WOULD BE GLAD TO SHARE ANY PHOTOS/ INFORMATION PROVIDED WITH OTHERS!



The Deaconess Ministry has established a "Clothing Give Away" Store (all items are free) for children and adults in Room 156 next to the Barber Shop? Check it out!!! **Community Service hours can be earned by working in the store.**

Deaconess Ledora Akanni is the point of contact. Akanni_ledora@yahoo.com



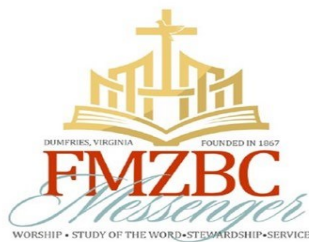
Adult and Youth will resume in September



WANT TO BE PART OF A GROWING MINISTRY???

If you are 55 and over, you qualify! Please email us at:

seniorsministry@firstmountzionbc.org and we will be in touch with you. We thank you in advance for your support and participation.



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



Church

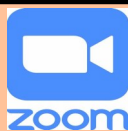
Constitution and Bylaws



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.



ATTENTION ZOOM MEETING HOSTS

To protect our ministries from potential “Zoom bombing” by miscreants and hackers, it is no longer recommended to post meeting ID 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.

For those who schedule ZOOM meetings, to follow 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/VqomCzNnii>



The last day to register for the July SHARE package is July 14th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on July 27, 2024.

SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions **should not exceed 300-350 words** and must be received no later than **12 noon on the 15th of each month** to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary. Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!! Thank you!

CPM Team

- Deacon Joseph Boutte, Chair
- Sister Oonagh Bell
- Brother Benson Blake
- Trustee Alfranda Durr
- Dr. Sandra Flowers
- Brother James Gaskins
- Deaconess Mary Lively
- Sister Sylvia Moore
- Sister Roslyn Parker
- Reverend Kathy Russell
- Deaconess Claudia Woolfolk

“Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.”

-- Rev. Dr. Billy Graham

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

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](https://www.indeed.com/cmp/First-Mount-Zion-Baptist-Church)