

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

GRACE AND PEACE,

I pray that as summer continues you are taking time for you and practicing good self-care. Philippians 4:4-9 says:

⁴ Rejoice in the Lord always. Again, I will say, rejoice! ⁵ Let your gentleness be known to all men. The Lord is at hand. ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely,

whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. ⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Commit to taking 10 to 15 minutes today to do something for yourself. Here are some ideas to get started:

Get outside. Take a nature walk or city hike.

Be active. Take a dance break! ... (just get up and dance it out!)

Practice relaxation techniques. ... (deep breathing, meditation, prayer, yoga)

Embrace self-care. ... (do something just for you...spa day anyone?)

Check in with yourself. ... (how you doing?)

Practice gratitude. ... (journal...Today, I am thankful for...?)

Laugh! ...LOL for real! (Hint: YouTube babies laughing and laugh with them...it is contagious in a good way!) ☐

Consider a new hobby or craft. (I started a rock garden last year (thanks Ursela). I collected, painted beautiful rocks, and placed them in my flower bed, you can even paint encouraging words or short messages and leave it in a place to encourage someone, (Like your neighborhood, park, church parking lot, desk of a co-worker etc.)

I look forward to seeing you in Revival, Sunday August 4th at 11:00 and Tuesday - Thursday evenings at 7:30p. Invite someone to join you. Continue to stay safe, enjoy your summer and come back refreshed and ready for ministry in September.

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

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PRAY FOR THE PASTORAL SEARCH PROCESS/COMMITTEE

Pray for the Church to wholeheartedly trust the Lord while searching for a pastor. Pray for the Committee to trust the Holy Spirit's leadership. Pray for the Church/Committee to hear the Spirit clearly throughout the process. Pray for members of the Committee to have hearts that are pure as they work through the pastoral search process. Pray for our future pastor to maintain a life of purity before God.

GROWING TOGETHER MIDDAY PRAYER LINE

SEE PAGE 8 FOR MORE INFO!

305-224-1968
Meeting ID: 881 0429 9549
Passcode: 752600

MONDAY - FRIDAY
12 NOON - 12:15
*Line opens at 11:55

First Mount Zion BAPTIST CHURCH

WWW.FMZBC.COM



FIRST MOUNT ZION. . . .
. . . IT'S REVIVAL TIME. . .
. . . A TIME OF REFRESHING!!!



SUNDAY, AUGUST 4
11:00 A.M.

REVEREND ETORIA GOGGINS, PASTOR
FIRST AFRICAN METHODIST EPISCOPAL
CHURCH OF MANASSAS (FAME)
MANASSAS, VA



TUESDAY- THURSDAY
AUGUST 6-8
7:30 P.M.

REVEREND DERRICK HAMMOND, PASTOR
OAK VALLEY BAPTIST CHURCH
OAK RIDGE, TENNESSEE



Adult and Youth
will resume in September

**ALL MINISTRY LEADERS ARE
ASKED TO SUBMIT THEIR 2024
BUDGET REQUESTS NO LATER
THAN SEPTEMBER 4, 2024**

CHURCH MEETING



Saturday, August 3, 2024
10:00 a.m.
In person or live stream via
FMZBC.COM

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



We encourage all Kids to join
FMZBC Kids' Kingdom Worship for
Pre-K to fifth grade, each
3rd Sunday at 11 am

For additional information, please contact
Dr. Tracey Dawkins Holley via email at
tholley@firstmountzionbc.org

or
Sister Stephany Stewart at
stephanystewart@yahoo.com

*To all those celebrating
in AUGUST!*

Happy Anniversary

*May your Marriage be blessed with
Love, Joy and Happiness !!!*



**LET'S
KEEP
INTOUCH**

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! Email us at cpm1@firstmountzionbc.org**

Communications and Publicity Ministry

Youth Ministry



Summertime offers many of our youth and their parents/guardians a respite from the hustle and bustle of school-related activities. For students, this means homework-free days and the chance to sleep later. There is also the chance to relax, celebrate, and be grateful for the accomplishment of completing another school year. The slower pace also allows youth, and all of us, the opportunity for a time of reflection.

Our recent Vacation Bible School topic was the "Fruit of the Spirit." One of the "fruit" we studied was "faithfulness." Our lesson noted that "Faithful people follow up on what they say they are going to do. Faithful people show up on time. Faithful people are dependable." (Fruit of the Spirit lesson 8 UMI).

Think back over the last school year. Did you faithfully get your classroom assignments and homework done on time? When your parents or guardian assigned you a chore, did you complete it when you were asked and without complaint? Can people rely on you to do what you say you are going to do? Did you accomplish the goals you set for yourself?

If the answer to any of these questions is "no", all is not lost. 2 Thessalonians 3:3 says, "But the Lord is faithful, who will establish you and guard you from the evil one."

God is faithful and if we ask Him, through the Holy Spirit, He will help us be faithful in the goals we set for ourselves and help us choose the right goals. He will help us exemplify faithfulness in our relationships with others. When we demonstrate faithfulness in our lives, we reflect another aspect of God's character to others. In this way we glorify God. So, I encourage you this summer to consider embracing and cultivating the "fruit of faithfulness" in your life.

*Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister*

*Let's continue to
Pray for the safety
of our Youth!!!*



IT'S TIME TO GET EXCITED!

As is customary, the Pastor's Aide Ministry will host the 2024 Church Revival **PRAYER ROOM** in the Chapel.

Daily prayer strengthens us all through our relationship with God; however, there are times in life when we are to engage in that special prayer time, and **Revival** is one of those times. This year's theme is: *Growing Deeper and Reaching Higher in God!*

Please join us in the Prayer Room on August 6-8, 2024, from 9:00 am - 4:30 pm and 6:00 pm - 7:30 pm. **Note, the Prayer Room will be closed during Service.**

We encourage you to visit the Prayer Room, meditate on the goodness of God, pray, and thank God for His blessings. While there, add your prayer, praise, and thanksgiving messages to the Prayer Wall. If you are unable to join us in person, please feel free to submit any prayer requests you may have to cpm1@firstmountzionbc.org and we will certainly add them to our Prayer Wall. We thank you for your participation!

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!

GRACE IS LIKE THE LAPPING WATER OF A STREAM. IT MIGHT EBB AND FLOW, BUT IT NEVER STOPS SPREADING ITS MESSAGE OF KINDNESS.

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



MINDFULNESS - CHRIST-CENTERED

Mindfulness is a technique of deliberately focusing your attention on the present to become more self-aware. It is characterized by meditation and relaxation techniques. You pay attention to your thoughts, feelings, and sensations in that moment—without focusing on whether they're good or bad, and without becoming overwhelmed or overly reactive. You tune into what's real right now.



Many Christians have remained skeptical of mindfulness because of its Buddhist roots. The main difference between secular or Buddhist mindfulness practice and Christian mindfulness is that we know that we have a relationship with our Savior, who is active in our lives through the Scriptures. Jesus hears us when we call on him and the Holy Spirit provides us insight into God's heart and will for our lives.

Christian counselors, therapists, social workers, and psychologist use mindfulness in a Christ-integrated way as a therapy tool to help reduce Anxiety, Insomnia, PTSD, Depression, and ADD. Christ-centered mindful breathing is a basic yet powerful mindfulness meditation practice. Research has shown that mindfulness breathing can reduce stress, increase alertness, and boost your immune system. Other benefits of breath meditation include: lower blood pressure, and reduced caregiver burnout.

Authors Trammel & Trent point out in their book *A Counselor's Guide To Christian Mindfulness* that the best part about Christian mindfulness is that we get an opportunity to hear God's voice clearly. Sit at the feet of Jesus and open up space in your bodies, your minds, your spirits, "Christ will work," as King David promises in Psalm 139, "He searches us and knows us and will point out any wayward way within us." De-cluttering our thoughts makes room for God to speak.

You can use mindfulness to calm yourself when you feel stressed or anxious or to crowd out negative thoughts. You also can use it to give yourself a mental lift when you are feeling down or depressed. Or you can use it to direct your focus when your thoughts are racing. Mindfulness can also help you channel good-feeling emotions like joy, happiness, and inner peace. You can practice it to summon positive feelings when you need them. Mindfulness can help you feel better and develop the ability to care for both yourself and others.

Meditate on these scriptures about calming our minds and focusing on Christ: Philippians 2:1-5; 1 Thessalonians 5:17; Psalm 48:9; Psalm 63:6; Hebrews 12:2; Philippians 4:8; Matthew 6:25-34; 2 Corinthians 10:5; Romans 12:2; Philippians 4:9.

Sources:
 A Beginner's Guide to Mindfulness. Mindfulness/Mindfulness_ Meditation.pdf download 7/14/24
 Tobin, P. (2020). Practicing Mindfulness from a Christian Perspective. Download 7/13/24
 Trammel, R.C. & Trent, John (2021). *A Counselor's Guide to Christian Mindfulness*. Michigan: Zondervan:

Submitted by
Reverend Juanita Stokes
Licensed Professional Counselor
Associate Minister



FITNESS-IN-PLACE

THE POWER OF ROUTINE!

Establishing and maintaining a daily routine provides structure, promotes consistency and helps you to build healthy habits into your daily life which creates:

Less stress, more focus: A routine can cut down on the frenetic feeling of the day. Routines create space for added brainpower by taking the guesswork out of day. You can focus on what matters.

Improved mental and emotional well-being: Routines can reduce stress and anxiety by providing a sense of control and predictability in your day. Knowing what to expect can make daily life feel more manageable and less overwhelming.

Confidence: Sticking to a routine feels empowering and organizes your day. It allows you to consistently make healthy choices, which boosts your confidence and motivation.

Better sleep: Consistent sleep and wake times are key for better quality sleep and more energy throughout the day.

Sample Morning Routine: Sample Evening Routine:

Wake up & Hydrate
(6:00–6:10 a.m.)

Morning devotional
(6:10–6:25 a.m.)

Physical activity
(6:30–7:00 a.m.)

Healthy breakfast
(7:00–7:20 a.m.)

Prepare for the day
(7:20–8:00 a.m.)

Enjoy dinner
(6:00–6:45 p.m.)

Unwind
(6:45–8:45 p.m.)

Gentle stretching and relaxation exercises
(8:45–8:55 p.m.)

Evening devotional
(8:55–9:10 p.m.)

Sleep hygiene routine
(9:10–10:00 p.m.)

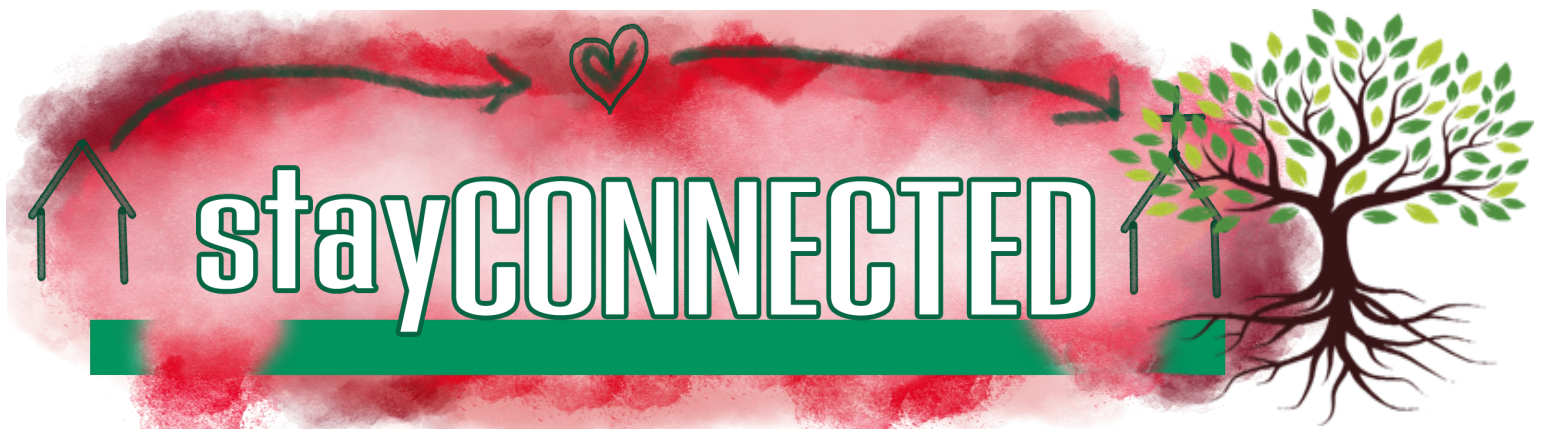
Daily routine: For every 20 minutes of sitting, stand for 8 minutes and move for 2 minutes.

Challenge: Find what works for you and personalize routines to fit your lifestyle and preferences. The key is to be consistent and find a rhythm that promotes healthy habits and makes you feel your best. So, ditch the daily scramble and embrace the power of routines.

Submitted by
Sister Lori Valkenburg
Fitness Director

The secret of your future is hidden in your daily routine.

-Mike Murdock



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/meeting/register/tZAseurjkuH9Rm8sk243fTqpJjWk-btSxl>

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

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

bjiggetts@firstmountzionbc.org

or

youthministry@firstmountzionbc.org

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

IT (INFORMATION TECHNOLOGY):

IT4U - Help Desk is 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=UHd2RWVuWjJrbmhNMnpPYUJkZjE4Zz09>

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.



VACATION – A TIME FOR NEW HABITS, REVIVAL, AND GROWTH

Daily life is a rhythm—working, cleaning, making dinner, cutting the grass, and buying groceries—and sometimes we're on autopilot. Our waking hours are consumed doing all the things. Changing or breaking that normal cadence can allow the space necessary to incorporate new beats into the

rhythm. Summers often offers a break, a vacation from the everyday grind, and can be the space we need to change our routine “syncopation”.

While on ministry break this month, let's challenge ourselves to use the time away from our routines to create new habits, revive our relationship with God, and pursue personal growth. In other words, let's use this month to find ways to move closer to God. James 4:8 says, “Come near to God and he will come near to you.” God clearly wants us to spend time with him! The more time we spend with God, the more we will come to know Him and know His will for us. This month try one of these ideas or a few of your own:



- ◆ Take some time to watch a sunrise or a sunset, pray and meditate on God's word.
You will seek me and find me when you seek me with all your heart. Jeremiah 29:13
- ◆ Start a new Bible study or extend your study time.
Your word is a lamp for my feet, a light on my path. Psalm 119:105
- ◆ Attend or stream our Revival in August.
For where two or three gather in my name, there am I with them. Matthew 18:20
- ◆ Dial into the noon day prayer time, Monday - Friday for 15 minutes (see the announcement in the Newsletter).
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6
- ◆ Spend some time in intentional praise and worship, praying, singing, dancing, lifting your hands, or bowing in prayer.
Worship the Lord in the splendor of His holiness. Psalm 29:2
- ◆ What other things come to mind? What is the Holy Spirit saying to your heart?

Sometimes, the only tweak we need to improve our life is more time with God.

*Grant it, Jesus, is my plea
Daily walking close to Thee
Let it be, dear Lord, let it be
Just a closer walk with Thee*

Let's use this time to get out of our normal and move into a mindset that draws us all closer to God. Change your rhythm.

*Humbly Submitted,
Deaconess Kishema Tapp*



GRAND OPENING FMZBC YOUTH GIFT CLOSET

- Clothing for FMZ's youth is now available to FMZ members.
- Clothing Items are free of charge and by appointment only during regular Church business hours.
- Items in the Gift Closet consist of new and gently used clothes for youth, including jeans, pants, tee-shirts, pajamas, shirts, dresses, skirts, formal dresses, jackets, sweaters and shoes.
- The point of contact for distribution of items and scheduling of an appointment is Deaconess Ledora Akanni via email at:

akanni_ledora@yahoo.com

Associate Ministers

ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

PERSPECTIVE

Picture this ... you are holding a bottle of water in your left hand and you are standing in front of someone else, face to face, so from their view the bottle is on the right. We could argue in this scenario that the person standing in front of us is wrong for thinking that the bottle is being held on the right when we know for a fact that we are holding it in our left hand OR we can agree that neither of us wrong; we simply have a different view or perspective of the item being held. I recently watched a video explaining this very thing and I began to reflect on how often we desire to be right or prove our point instead

of seeing things, people, and situations from a different perspective. This scenario also caused me to think about how God views our prayer requests. We often bow before Him with issues that we deem urgent and when God seems quiet, we wonder if He's heard our prayers and the answer is yes. We wonder what's taking so long for the answer to come and when God will send help or deliverance but what we, sometimes, forget is that God has a different perspective, a different viewpoint of our lives. He knows exactly what we are going to pray before we seek Him, He already has a plan to work it all out, and how He desires for us to grow through the process. Ephesians 3:20 reminds us that God will "do exceedingly and abundantly above all that we ask or think, according to the power that works in us." I encourage you to lean into this scripture when you're waiting for God to move in your life and find peace and joy in knowing that He has the absolute best perspective and best for us!



Submitted by
Reverend Kara Franklin-Taylor



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.

The Seniors' Ministry Leadership Team



FIRST MOUNT ZION BAPTIST CHURCH HEALTHY START MIND & BODY

OCCOQUAN REGIONAL PARK

SAVE THE DATE/TIME

OCTOBER 5, 2024

9:00 A.M.

REGISTRATION FEE — \$25.00

BRINGING AWARENESS TO ALZHEIMER'S DISEASE!!!!

THIS EVENT IS SPONSORED BY THE SMALL GROUPS MINISTRY IN PARTNERSHIP WITH THE C.O.R.E. & FIT BY GOD MINISTRIES





The Growing Together Midday Prayer Line is open Monday through Friday at 12 noon. Please send your prayer requests to cpm1@firstmountzionbc.org. The prayer line provides a daily opportunity to come together in prayer for comfort, life's issues, prayer topics, and spiritual growth. The line opens at 11:55am. The Prayer Leader will begin at 12 noon. Please mute your micro-

phones during prayer by pressing *6.

Dial-in information:

Dial-in Number: 305-224-1968

Meeting ID: 881 0429 9549 and **Passcode:** 752600

Save the following into the contacts list of your phone to dial-in without having to type in numbers, Cut and paste entire line into your contacts for Growing Together Midday Prayer Line:

+13052241968,,88104299549#,,,,*752600#

Examples:

For iPhone:

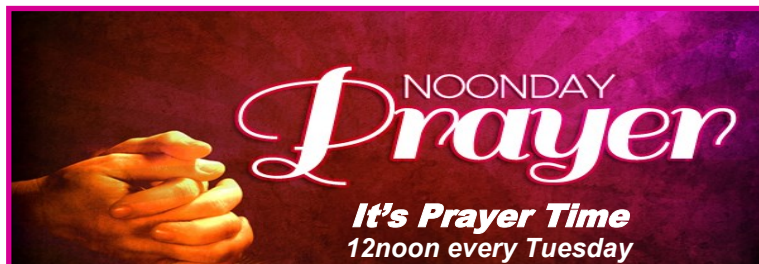
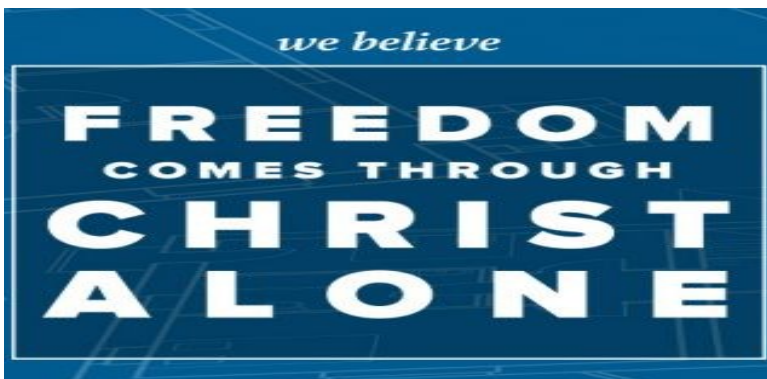
Open the Phone app and tap on "Contacts." Tap on the + to add a new contact and enter a name like "Zoom Meeting." In the phone number field, enter the Zoom dial-in number followed by a comma for each pause needed. After the pauses, enter the Meeting ID and then the hash symbol (#). For example: +13052241968,,88104299549#,,,,*752600# (here, +1 is the country code, 3052241968 is the Zoom dial-in number, ,, creates a pause to wait for the prompt, 88104299549 is your Meeting ID, and # to indicate the end of the ID. ,,,, *752600# is the passcode). **Save the contact.**

When you want to join the meeting, just find the contact in your address book and call it. Your phone will automatically dial the number, pause to wait for the right moment to enter the meeting ID and passcode (**which will be entered automatically**), you do not need to touch the phone...PERIOD!!!

For Android:

Open the Contacts app and tap on the + sign to add a new contact. Enter a name for the contact, like "Zoom Call." In the phone number field, format it similarly: +13052241968,,88104299549#,,,,*752600# (here, +1 is the country code, 3052241968 is the Zoom dial-in number, ,, creates a pause to wait for the prompt, 88104299549 is your Meeting ID, and # to indicate the end of the ID. ,,,, *752600# is the passcode). **Save the contact.**

Communications and Publicity Ministry



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:

Gracious God, our nation is in crisis and we pray for your love, peace and healing, and that as a nation we will turn back to you. Help us to be the salt and light that you have called us to be in our community and the world, so we can shine the light of your love, peace, joy and hope to a world that is filled with fear, anger, hatred and violence.

"Lord, you said that if your people would humble themselves and pray and seek your face and turn from their wicked ways, then you would hear from heaven, forgive sin and heal our land. So, we pray for your wisdom and clear direction for our national, state, local, military and church leaders. Help them to make good choices and do the right things. May they put aside their party and personal agendas and work together to generate laws and take actions that are best for the people in this nation as a whole.

We pray for our church, the leadership and congregation as we transition. We pray for the one God has to lead and guide us.

We also pray for your peace, strength and protection for Christians and oppressed people in this nation and around the world. You alone are worthy of all the glory, honor and praise. In the precious name of Jesus we pray and say thanks. Amen!

Scripture:

2 Chronicles 7:14 NKJV

If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Chronicles 7:12-14 MSG

If I ever shut off the supply of rain from the skies or order the locusts to eat the crops or send a plague on my people, and my people, my God-defined people, respond by humbling themselves, praying, seeking my presence, and turning their backs on their wicked lives, I'll be there ready for you: I'll listen from heaven, forgive their sins, and restore their land to health.

Praise and Worship Song: "Hallelujah Anyway" - https://youtu.be/ls58_3bX5B8

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

*Sister Carol-Ann Benjamin
Deaconess Pamela Ford
Reverend Maxine Thompson*

A TRIBUTE TO OUR DEAR SISTER, NOSTALGIA LITTLE KILLER WRIGHT



We, the members of **The Seniors' Ministry**, **The Silver Steppers**, and **All About the Ladies** are celebrating the life of our beloved sister, Nostalgia Little Killer Wright. On any occasion you could find Nostalgia, with a smile, laughter, a warm embrace, or praising the Lord. Nostalgia put her all in any ministry in which she participated. She was in charge of decorations for the Seniors' Ministry. She would get so excited about beautifying the gym each month, and took pride in the accolades she received from the members. Nostalgia also loved praising the Lord through the Silver Steppers, the Seniors' Dance group. After each performance she would get so excited and say, "I can't wait for the next one, I absolutely love this." She was also a dedicated member of **All About the Ladies**, until she fell ill. But Nostalgia wasn't content merely with music and dance, no, she extended her hands to others and gave a listening ear to anyone in need, and would always lend a hand to ensure that the monthly events were exciting for the ladies. She volunteered at shelters and taught music to children. Her legacy is etched in countless acts of compassion.

To the Family, we want you to know how much we loved Nostalgia. Please take comfort in knowing that she exemplified the word of God as recorded in Matthew 5:16 which says, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Yes, our sister is shining.

Though Nostalgia has danced into eternity, her song lingers. We carry her rhythm within us—the sway of her hips, the echo of her laughter. And, perhaps, when the stars align, we'll hear her sing in the rustle of leaves or the whisper of wind. Nostalgia, take your final bow. The stage is hushed, but our applause resounds. You danced, sang, and loved fiercely. Your encore awaits in the hearts you touched. Sleep sweetly, dear friend... until we meet again.

We look forward to that great getting up morning when Nostalgia will put on her dancing shoes and dance all over God's heaven. We pray we will be in that number with you. Rest well my sister. We will cherish your friendship, always.

FMZBC Seniors' Ministry
FMZBC Silver Steppers
All About the Ladies



PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE
Sick & Shut-in





... from the desk of the
Church Business Administrator

JOB VACANCY

FMZ is currently recruiting for the position of **Church Management Software Administrator**. Listings are posted on the Church website at the link below:

<https://firstmountzionbc.org/job-vacancy-announcement/>

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

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

HOLIDAY CLOSURES

Monday, September 5th, Labor Day
Friday, November 11th, Veterans Day
Thursday, November 24th, Thanksgiving
Monday, December 26th, Christmas Holiday

IT HELP DESK



Have questions about ZOOM or OFFICE365? Need an Email or password reset? Please email us for assistance at:

IT4U@firstmountzionbc.org
or
rwoolfolk@firstmountzionbc.org

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, 703-670-0184.



Online Giving

Convenient.
Simple.
Secure.

more about VANCO or have any questions as a VANCO online giver, please contact the front office, 703-670-0184.

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](#).

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



**ORIENTATION CLASS
(CED)**

SEPTEMBER 8TH

Join Zoom Meeting:

<https://us02web.zoom.us/j/81493910631pwd=OTI1RkdZRFOWnJyQncyVVNxNFUrUT09>
Meeting ID: 814 9391 0631
Passcode: 413438
Dial by your location:
1 301 715 8592 US (Washington DC)
Meeting ID: 814 9391 0631
Passcode: 413438



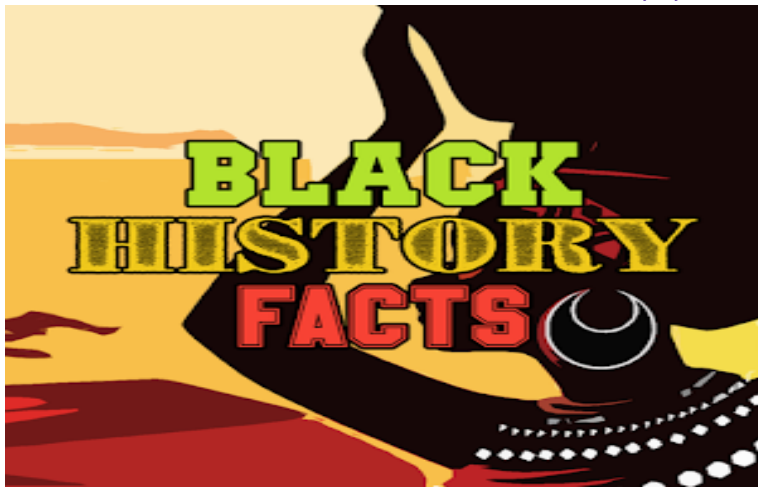
**GET READY . . . GET
READY . . . GET READY!!!**

JUST A REMINDER TO ALL!

SEPTEMBER IS AROUND THE CORNER AND, IN A FEW SHORT WEEKS, THE NEW YEAR STARTS! WE ENCOURAGE US ALL TO BE PREPARED TO TAKE OFF WITH A BANG AND SEE WHAT GREAT THINGS OUR GOD HAS IN STORE FOR US IN THE 2024-2025 SEASON!

HOPE YOUR SUMMER WAS AMAZING!

Communications and Publicity Committee



POSITIVES FROM THE BLACK HISTORY CORNER



RUBY BRIDGES is an American civil rights activist who became a symbol of the civil rights movement. Born on September 8, 1954 in Tylertown, Mississippi, Ruby's bravery helped pave the way for Civil Rights action. In November 1960, Ruby, then only six years old, made history by becoming the first African American student to attend an elementary school in the South. Bridges never skipped a day of school despite harassment and prejudice.

GHANAIAN BECOMES FIRST AFRICAN-AMERICAN WOMAN TO GRADUATE FROM JOHNS HOPKINS NEUROSURGERY PROGRAM



This Black doctor just made history at Johns Hopkins University! Johns Hopkins was voted the No. 2 Best Medical School: Research. She made headlines in 2017 when she became the first African-American female resident in the program's 30-year history. Only two to five residents are accepted into the esteemed program, which is ranked second in the nation. Neurosurgeon and author, Dr. Ben Carson, is one of its most renowned alumni.

In June 2024, Nancy Abu-Bonsrah achieved a historic feat, becoming the first Black woman to graduate from the seven-year neurosurgery program at Johns Hopkins University's neurosurgery program. She took to social media to announce the news, however, it was a close friend who noted that Dr. Abu-Bonsrah had quite literally also made history, **Because Of Them We Can** reports. One of her friends, Anna, penned these compliments: *"Congratulations to my dear friend, and the first Black woman to graduate from the neurosurgery program at Johns Hopkins, Dr. Nancy Abu-Bonsrah!"*

According to Dr. Abu-Bonsrah, becoming a neurosurgery doctor was a 12-year journey and upon completion of the program, she shared these words on X (formerly known as Twitter): **12 years @HopkinsMedicine came to an end last weekend, surrounded by family. Surreal that I'm done."**

According to U.S. News and World Report, Dr. Abu-Bonsrah will be continuing her medical duties as she heads to community practice located at UPMC Williamsport, an acute care hospital in Pennsylvania, starting in the fall.

Kudos to Dr. Nancy Abu-Bonsrah. We commend you highly and pray that you will be a blessing to all those with whom you come in contact!

Education is learning what you didn't even know you didn't know.
Daniel J. Boorstin

Bridges was born during the middle of the Civil Rights Movement. Brown v. Board of Education was decided three months and twenty-two days before her birth. The court ruling declared that the establishment of separate public schools for white children, which black children were barred from attending, was unconstitutional; accordingly, black students were permitted to attend such schools. Though the Brown v. Board of Education decision was finalized in 1954, southern states were extremely resistant to the decision that they must integrate within six years. Many white people did not want schools to be integrated and, though it was a federal ruling, state governments were not doing their part in enforcing the new laws. Bridges' father was initially reluctant, but her mother felt strongly that the move was needed not only to give her own daughter a better education, but to "take this step forward ... for all African-American children". Her mother finally convinced her father to let her go to the school.



In 1957, federal troops were ordered to Little Rock, Arkansas, to escort the Little Rock Nine students in combating violence that occurred as a result of the decision. Under significant pressure from the federal government, the Orleans Parish School Board administered an entrance exam to students at Bridges' school with the intention of keeping black children out of white schools. Bridges was one of six black children in New Orleans to pass the test that determined whether they could go to the all-white William Frantz Elementary School. Two of the six decided to stay at their old school, Bridges went to Frantz by herself, and three children (Gail Etienne, Leona Tate and Tessie Prevost) were transferred to the all-white McDonogh No. 19 Elementary School. As Bridges describes it, "Driving up I could see the crowd, but living in New Orleans, I actually thought it was Mardi Gras. There was a large crowd of people outside of the school. They were throwing things and shouting, and that sort of goes on in New Orleans at Mardi Gras." Former United States Deputy Marshal Charles Burks later recalled, "She showed a lot of courage. She never cried. She didn't whimper. She just marched along like a little soldier, and we're all very, very proud of her."

She is the recipient of the Carter G. Woodson Book Award and the author of two books on her experiences. A lifetime advocate for racial equality, she founded The Ruby Bridges Foundation in 1999 to encourage tolerance and effect change through education. She was appointed an honorary deputy marshal in a ceremony in Washington, DC, in 2000.

Read more about her amazing accomplishments at: https://en.wikipedia.org/wiki/Ruby_Bridges



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



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=UHd2RWVuWjJrbmhNMnpPYUJkZjE4Zz09>

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



The last day to register for August SHARE packages is Sunday, August 11th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on August 24, 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. Send submissions to:

cpm@firstmountzionbc.org
or through our web form at:
http://bit.ly/FMZBC_Articles

We look forward to your participation!! Thank you!

CPM Team

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

Rev. Dr. Sandra K. James, Acting Pastor
Sylvia Moore, Executive Assistant
Renee Woolfolk, Church Business Administrator
James Simpson, Chair, Trustee Ministry
Willie Brown, Chair, Deacon Ministry
Vieta 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

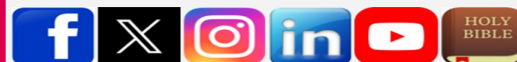
Instagram: [@the_core_fmzbc](https://www.instagram.com/the_core_fmzbc)

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>



LifeStream.tv

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

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.

DO WHAT IS RIGHT,
NOT WHAT IS EASY.

