



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



# A Ministry Exhibiting a Spirit of Excellence!

## Message from Acting Pastor

### GIVE THANKS TO THE LORD!

**Psalm 136:1-4** <sup>1</sup> Give thanks to the LORD, for He is good. His love endures forever.

<sup>2</sup> Give thanks to the God of gods. His love endures forever. <sup>3</sup> Give thanks to the Lord of lords: His love endures forever. <sup>4</sup> to him who alone does great wonders, His love endures forever...

Grace and Peace Beloved of God, it is a joy to share with you as we enter this season of thanksgiving, although everyday is a day of thanksgiving. Psalm 136 is a call and response to a constant reminder to us to be thankful and give thanks to the Lord everyday for the Lord's goodness and mercy toward us. Verses 1-4 is a repeating reminder, a crescendo of applause for God's enduring mercy and love for us. The Psalm continues with a list

of things to give thanks to God for, including God's action in history and God's creative power. The psalmist reminds us to be thankful to God for:

- Creating the heavens
- Stretching out the earth
- Making the sun and stars
- The many blessings to Israel
- Remembering people in their low condition
- Redeeming people from their enemies
- Giving food to all flesh

Now, I encourage you to rewrite this psalm in your own words, make it personal, count your blessings and give thanks to the Lord for the love of the Lord endures forever toward you. Have a happy, safe and Thankful Thanksgiving.

To our Veterans, Happy Veterans Day, and thank you for your honorable service to our nation.

*Your Servant in Christ,  
 Dr. Sandra K. James (AP)*

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The Women's Ministry Intercessory Prayer Team (IPT) would like to encourage everyone to submit their prayer requests to:

[WomensMinistryPrayers@firstmountzionbc.org](mailto:WomensMinistryPrayers@firstmountzionbc.org)

We desire to continually lift your prayer needs as they arise, because the Bible declares that the "prayers of the righteous availeth much", so let us pray for you, as you pray for us. We will intercede and faithfully pray over your requests when you send them in!

**WM Prayer Team**

# Youth Ministry



"I've got so much to thank God for  
So many wonderful blessings  
And so many open doors  
A brand new mercy  
Along with each new day  
That's why I praise You  
And for this I give You praise." Kurt Carr

The Erica Campbell radio morning show has a theme for each day of the week. Thursday's theme, "Thankful Thursday," reminds us to be grateful for how God has blessed us. It is an "unfortunate truth" that sometimes we need to be reminded to be "thankful." We are so accustomed to some of our blessings, we forget that we are not owed them. Also, our current circumstances may leave us feeling unthankful.

I am humbled when I think about why God is God, and I am not. I am sure if I were God, I would forget something crucial for human existence. When I wake in the morning, I don't have to remember to breathe. I just do. I don't think about the myriad of processes occurring in my body that make my body work. I just go about my day. I take a shower in clean, warm water that is piped into my house. I go into the kitchen for breakfast and eat. I don't go hungry. Your "automatic" blessings may not be the same as mine, but we all have them. We often don't think about them, just accept them as "a given."

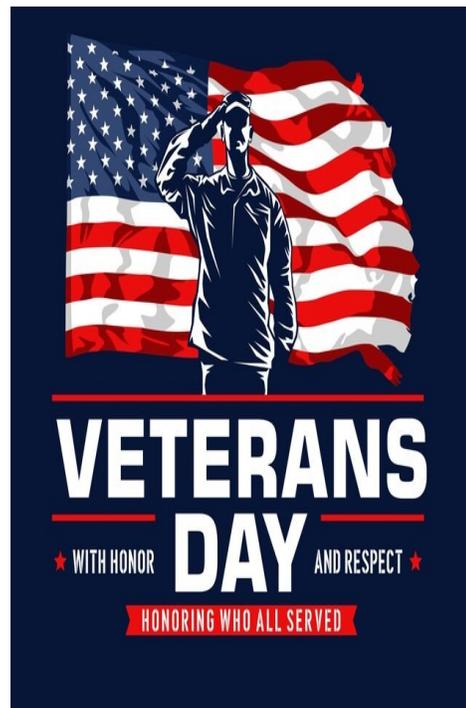
Our current circumstances may lead us to be dissatisfied with life and God. God did not promise us a life without difficulty. In fact, in John 16:33 Jesus advises the disciples "In the world you will have tribulation but take heart; I have overcome the world." We are never alone in our difficulties. God is with us. Kurt Carr also understands this as he says, "For every mountain **You** brought me over, for every trial **You've** seen me through, for every blessing; Hallelujah, for this I give **You** praise.

So young and young at heart, this month rather than only thanking God on "Thanksgiving," consider practicing "Thankful Thursdays" and eventually "Thankful All Days." Take a few minutes to ponder those blessings we take for granted and remember all the times God "made a way" for you. As Kurt Carr writes, when we do this, we will find, "[We've] got so much to thank God for."

Submitted by  
Reverend Dr. Beverly Jiggetts  
Youth Minister



To all those celebrating in November!



**NO FIRST FRIDAY OR YOUTH GROUP MEETINGS WILL BE HELD IN NOVEMBER**

## YOUTH MINISTRY PRAYER DINNER (6th-12th graders)

"Spiritual Gifts Feast"

(Celebrate and Understand Your Spiritual Gifts)

Friday, November 22, 2024

6:30-9:00 p.m.—Grain of Heaven

This is also a canned food drive. First, second, and third place prizes will be given to youth who donate the most canned or nonperishable foods. Nonmember guests are welcome. **RSVP by Friday, November 15, 2024 to [bjiggetts@firstmountzionbc.org](mailto:bjiggetts@firstmountzionbc.org).** Space is limited.



FMZ family, please join grandparents David Delacy and Yolanda Green, and mother, Brandii Green, in celebrating Donald KING, III. Donald moved here as a seventh grader and is now in his Senior year at Forest Park High School. He has maintained a 3.7 GPA while taking classes such as Algebra III/Trigonometry, Advanced Cybersecurity Systems Technology, and +Precalculus w/Trigonometry for AB. For the past two school years Donald has also taken Concert Choir and this year is taking Advanced Choir. He was selected to perform with the All-County Choir.



Donald made the Football team at Forest Park in his Freshman year and was selected as the 1<sup>st</sup> Team Punt Returner for the Cardinal District of Prince William County. He is now a starting Cornerback and Kick/Punt returner. He has played every defensive down this season. His leadership skills were recognized and led him to be selected as a team defensive captain. He has achieved the highest level of the team's Tee Up Program, a Black Tee Shirt, which recognizes achievement and participation in the off-season training program. This program builds individual strength and more importantly reinforces the team concept and team centered culture.

For the past two summers, Donald has attended the College Orientation Workshop (C.O.W.) held at Virginia Military Institute. This grueling and challenging 4-week educational enrichment program prepares minority male high schoolers to achieve success throughout their lives. He finished this year as a Distinguished C.O.W. Graduate. As a result, he has learned the importance of time management, improved his self-discipline, and greatly improved his leadership skills.

After returning from C.O.W., Donald traveled to Belize, where he participated in a school missionary education trip. This experience enlightened him to how people in other parts of the world live and gave him insight into just how large our world is.

Donald is appreciative and thankful for the support he receives from FMZBC, particularly the role models, support and encouragement of the Men of FMZ, whose names are too numerous to mention. FMZ family, please continue to encourage Donald King, III as he lets the light of Christ shine with excellence in all he does.

*Submitted by  
Brother David Delacy*

### LOVE DONATIONS TO FMZ STUDENTS ATTENDING INSTITUTIONS OF HIGHER LEARNING

The AEM will provide Love Donations to FMZ students who are attending institutions of higher learning. The Love Donations consist of an encouragement card and a monetary donation. Institutions of higher learning may be a college, university, community college, technical school or other schools offering a degree or certification. We want the students to stay encouraged and know that we are praying for their success. We request parents/guardians provide the student's name, name of the institution, mailing address (home and school) and student's FMZ member number to Bro. Gerry Griffin, Chair, Academic Education Ministry, [aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org). and Sis. Malinda and Bro. Ken Spencer, Co-chairs Love Donations, [skenneths@comcast.net](mailto:skenneths@comcast.net) by November 28, 2024.

## FROM THE DESK OF THE ACADEMIC EDUCATION MINISTRY

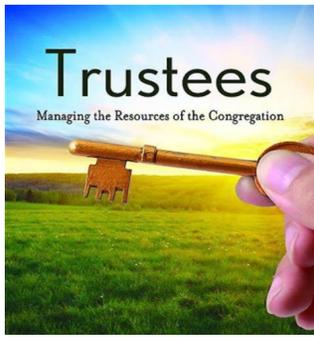


The AEM will host a First Mount Zion Baptist Church (FMZBC) Scholarship Workshop on November 17, 2024, at 1:00 pm. A live demonstration of the online application will be presented. The student must meet the following requirements to qualify for the FMZBC scholarship; a member of FMZBC for at least one year prior to the deadline of April 01, 2025; accepted at an institution of higher learning; and served in Ministry for at least six months prior to the application deadline. Point of Contact: Gerry Griffin, AEM Chair or Sandra Grimes, Scholarship Committee Chair at [AEM@firstmountzionbc.org](mailto:AEM@firstmountzionbc.org).

The First Mount Zion Baptist Church (FMZBC) and Hinkitch Bell Memorial Scholarships applications are going paperless for the 2025 academic year. All 2025 graduating high school seniors who plan to attend an institution of higher learning will be able to apply for the scholarships exclusively online, beginning in the fall. Starting fall 2025, students will be required to participate in an

FMZBC ministry for at least six months prior to the application due date to qualify. Students can apply online at the Church's website at Scholarships. Once on the website, navigate to the Resources Tab, Scholarships – New, and select 2025 FMZBC and Bell Scholarship Program. The deadline for submitting the scholarship applications with attachments is 4:30 p.m., April 01, 2025.

Point of Contact: Brother Gerry Griffin, AEM Chair or Sister Sandra Grimes, Scholarship Committee Chair at [aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org) or <https://firstmountzionbc.org/scholarships-2/> for details. AEM Gazette Ministry Scholarship Newsletter.



Greetings, First Mount Zion Family,

As Trustee Chair, I want to take a moment to express our profound gratitude for the unwavering faith and commitment shown by our Church leaders and every member of this body of Zion. Your dedication to serving this congregation, especially during this pastoral transition, has not gone unnoticed.

Thanks to your faithful giving and tireless efforts, we have been able to sustain our mission and uphold the needs of this grand edifice. Your contributions have enabled us to repair the roof, HVAC, and ongoing facilities projects. Together, we have ensured that First Mount Zion remains a beacon of hope and service for our members and the surrounding community.

As we continue to navigate both the projected and unprojected repairs and projects ahead, we remain confident in the Lord's provision, knowing that your generosity and steadfast faith will carry us through. Your giving is not just financial; it is an act of worship and trust in God's plan for this house of prayer.

Thank you for your continued support. On behalf of the Trustees and the leadership of First Mount Zion Baptist Church, may we all remain rooted in faith as we move forward together.

*Your Humble Servant,  
Trustee James Simpson, Chair  
Trustee Ministry*



## THANKFUL TO GRATEFUL

What is the difference between thankful and grateful? If we look up both words in the dictionary, their definitions are similar. The two words are even considered synonyms with each other. However, if we take a moment to dig a little deeper, there are some important differences.

Grateful and thankful are both expressions of appreciation, but they differ in their depth, and context. Thankful is an immediate expression of appreciation. Thankfulness can be described as conscious of a benefit received. For example, Christians are thankful for the blessing of each new day. Grateful is a more profound and lasting emotion that comes from reflecting on the many things you are thankful for. It's a mindset that's rooted in awareness, intentionality, and reflection. Gratitude can be felt in both happy and difficult times. Gratitude takes in to account a life full of blessings and our relationship with the giver. If we use these definitions, thankful is the right now and grateful is a way of life.

Many things happen in everyday life, conflicts, financial concerns, and health problems. If we think about all we can praise God for—friends and family, clothes on our backs, food on our tables—those blessings put the challenges into perspective. How do we adopt a mindset of being perpetually grateful? One of the best ways to seek inspiration for gratitude is time spent in the presence of God, through prayer, worship, and reading His Word.

*"I am grateful for the things that you have done  
Yes, I'm grateful for the victories we've won"!!*

Let's allow gratefulness to flow from our hearts. Set aside a time for reflection to open your heart and examine how you can move from the immediacy of thankfulness into an eternal and lasting posture of gratefulness.

*Humbly Submitted,  
Deaconess Kishema Tapp*



On October 5<sup>th</sup>, **Rev. Dr. Sandra K. James** and **Ms. Sherry Stone** were awarded the **2024 President's Lifetime Achievement Award**, because of their work and community service. This is a civil award bestowed by the President of the United States. It was established by Executive Order by George W. Bush and the Points of Light Foundation.



The U.S. President's Call to Service Lifetime Achievement Award is the most prestigious, and it has been awarded to a select few of American notable honorees, including the former US Surgeon General, David Satcher, Mrs. Billye Aaron (wife of Hank Aaron), Judge Brenda Hill Cole, Melba Moore, Colonel James E. Paige, former Atlanta Mayor Shirley Franklin, Congresswoman Eleanor Holmes Norton, The Honorable Julian Bond (Posthumously), DC Mayor Muriel Bowser, just to name a few. Our honorees are humbled to be named among these worthy recipients.

First Mount Zion is proud of you both and, again, we extend to you our congratulations.

**Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: the potential for greatness lives within each of us.**

*— Wilma Rudolph*



# Appreciating our clergy

## COPING WITH STRESS

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

**Stress can cause the following:** Feelings of fear, anger, sadness, worry, numbness, or frustration. Changes in appetite, energy, desires, and interests. Trouble concentrating and making decisions. Nightmares or problems sleeping. Physical reactions, such as headaches, body pains, stomach problems, or skin rashes. Worsening of chronic health problems and mental health conditions. Increased use of alcohol, illegal drugs (like heroin, cocaine, or methamphetamine), and misuse of prescription drugs (like opioids).

**Some healthy ways you can improve stress, anxiety, grief, or worry.**

- 1. Take breaks from news stories,** including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- 2. Take care of your body.** Staying physically healthy can improve your emotional well-being: Eat healthy; Get enough sleep; move more and sit less. Every bit of physical activity helps. Limit alcohol intake. Avoid using illegal drugs or prescriptions drugs in ways other than prescribed. Avoid smoking, vaping and the use of other tobacco products. Continue with regular health appointments, tests, screenings, and vaccinations. Make time to unwind.
- 3. Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- 4. Practice Christian Mindfulness.** Set aside time each day to practice Christian Mindfulness, reflecting and meditation on God's Word. Turn your whole attention to God so that you can hear and abide in God's voice above the chatter and stress of your lives. For example, you might meditate and reflect on Lamentations 3:22-23 in the morning and Psalm 121 at night. Let the truths about God's presence, mercy, and loving protection fill your minds and influence your thoughts through the day and the night.

**If you or someone you know is struggling or in Crisis, help is available.** CALL or TEXT 988 or CHAT 988lifeline.org. Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

Sources:  
 CDC Mental Health - Coping with Stress (cdc.gov). Download 10/15/2024.  
 F. Rivers, K.S. Buursma. Earth Psalms: reflections on how God speaks through nature. Chicago: Tyndale House Publishers, Inc.

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

The Pastor's Aide Ministry hosted a Clergy Appreciation Breakfast on October 27th in the Grain of Heaven to acknowledge and show appreciation and love for our Clergy. The theme was "A Time for Renewal and Reflection" (Romans 12:2).

The service included Brother Jonathan Randal singing a song he wrote entitled "Be Alright," reminding us that everything is going to be alright because we have God on our side. Sister Bréh Stevens-Mitchell serenaded the attendees with a song medley of encouragement, singing, "Change Me" interlinked with "What Can Wash Away My Sins." This created a definite shift in the atmosphere. Thank you both. And, to Brother Dijae North of the AV Ministry, thank you for assisting with the music sound tracks and the slide show presentation.

Sister Cynthia Essic-Redmond presented a Certificate of Appreciation to the Grain of Heaven who prepared a delicious breakfast consisting of the best omelets (thanks to Deacon Michael Nelson and Brother Byron Cherry, our "Omelet Chefs Extraordinaire"), grits, bacon, turkey sausage, biscuits, potatoes, and fruit; and to the Facilities Department, both for their loyalty, dedication, and commitment to serve. We are especially grateful to them both for their roles in supporting this endeavor. Because of you, everything was excellent, and the atmosphere was uplifting.

Deacon Michell Clark shared insightful thoughts on the vital connection between the Pastor's Aide and the Clergy, and the role performed by all.

And to our honorees - Sister Oonagh Bell paid tribute to the Clergy, encouraging them to continue to stand on the wall for Christ, because they are making an incredible difference in people's lives. This is an excerpt from said tribute:

"Your role as Clergy is vital to the spiritual growth and well-being of our congregation. Each of you brings unique gifts and perspectives that enrich our Ministry and help us reach new heights. Your efforts in preaching, teaching, counseling, and leading various ministries do not go unnoticed. They are a testament to your love for God and His people.

So, in these times of both challenge and opportunity, we encourage you to remain steadfast in your faith and diligent in your service. Remember the words of Galatians 6:9: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Your labor in the Lord is not in vain, and the seeds you plant today will bear fruit in due season.

We will continue to support you, pray for you, and work together in unity so that our collective efforts will bring about a greater impact and help fulfill the mission God has entrusted to us. May we always seek His guidance and rely on His strength as we navigate the path ahead. Keep pressing toward the mark which God has set before you. Thank you for your unwavering dedication and for being a source of inspiration to our congregation. Together, let us strive to be vessels of God's love, grace, and truth."

In closing, each member of the Clergy was gifted a small token of appreciation, a gentle reminder that they are the crème de la crème to the body of Christ here at FMZ.

FMZ Clergy, know that we love you, and we pray that in this **Season of Renewal and Reflection**, you receive showers of blessings and your cup forever overflow!

*God's Grace and Peace,*  
**Sister Loretta Archie**  
 Pastor's Aide Ministry



### ONLINE/IN-PERSON EVENTS

**BIBLE STUDY:** Adults please join us on Wednesdays at 11:00 a.m. and 7:30 p.m., in person, on our website - [www.fmzbc.com](http://www.fmzbc.com), or online via YouTube and Facebook.

Youth attend in person or via ZOOM. For ZOOM, please register using the following link: <https://us02web.zoom.us/j/89276582298?pwd=RzhmbEtlQUlmRlJSaEFmM3VtczhMQT09>

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

### NEW MEMBERS' ORIENTATION CLASS

Nov 3, 2024, 9:45 a.m.	No class. Attend Regular Sunday School
Nov 10, 2024, 9:45 a.m.	Overview of Christian Education with Rev. Dr. Tracey D. Holley
Nov 17, 2024, 9:30 a.m.	Graduation Ceremony – In person
Nov 24, 2024, 9:45 a.m.	No class. Attend Regular Sunday School

Join Zoom Meeting:

<https://us02web.zoom.us/j/89276582298?pwd=RzhmbEtlQUlmRlJSaEFmM3VtczhMQT09>

Dial by your location  
1 646 558 8656 US (New York)  
1 301 715 8592 US (Washington DC)

Meeting ID: 875 5836 7852  
Passcode: 950409



### ONLINE/IN-PERSON EVENTS

#### WOMEN'S CONCERT & CONFERENCE WEEKEND:

**"From Hurt to Healing"**

Friday/Saturday, November 15/16, 2024

In-House and Virtually

Stay tuned . . . More information to come!!!

#### MEN'S MINISTRY:

For information, please email [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

Leadership Team:

Bro. Edward Jones, 703-623-0917 (Director)

Bro. James Gaskins (Co-Director)

Bro. Xavier Bridges

Deacon Donnell Wright

Worship for PreK to 5th graders on 1st, 2nd and 3rd Sundays (November 3, 10, 17), during the 11 am service.

For additional information, please contact Dr. Holley at [tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org) or Sister Stephany Stewart at [stephanystewart@yahoo.com](mailto: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. The next session is November 19, 2024. Contact Sister Cynthia Zorn Pettigrew at [zornpettigrew@comcast.net](mailto:zornpettigrew@comcast.net) or (703-730-5227) to register, and for additional information.

#### FITNESS CENTER: Hours are as follows:

Monday-Thursday, 9:00 a.m. to 4:00 p.m.

Tuesday and Thursday, 6:30 to 8:30 p.m.

Friday-Saturday, 9:00 a.m. to 1:00 p.m.

Please check the website for schedule changes in support of ministry activities.

**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](mailto:wholmes@firstmountzionbc.org).

### SUBMISSION OF WEEKLY ANNOUNCEMENTS AND PRS

Announcements and weekly PRs are due by the close of business each Tuesday. Any submissions after the deadline will be processed the following week.

### VOLUNTEERS NEEDED

Are **YOU** looking for a way to serve others? Are you in need of volunteer hours or simply want to support the Ministry activities of the Church helping with event set-ups and break-downs? Please contact Ernest Robbins, Facilities Manager, at [erobbins@firstmountzionbc.org](mailto: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](mailto:scampbell@firstmountzionbc.org); and, if you choose to volunteer in the Audio Visual Ministry, which includes Wednesday night Bible Study, Sunday Worship, Homegoing Services, Weddings, and other Ministry Activities, please contact Renee Woolfolk at:

[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)

### YOUTH MINISTRY

**Servants Wanted!!** If you have a heart for working with our Youth Ministry, please contact Reverend Beverly Jiggetts at:

[bjiggetts@firstmountzionbc.org](mailto:bjiggetts@firstmountzionbc.org)

**Youth Bible Study** is held in the Executive Conference Room on the first floor. from 7:40-8:30 p.m. It can also be accessed via Zoom. To attend via Zoom, please register online. Join us as we do "Bible Study for life."

## TESTING COMES BEFORE BLESSING

*"I will refine them like silver and purify them like gold. They will call on my name, and I will answer them."* Zechariah 13:9 (NLT)

Some prayers are answered immediately, but others take weeks, months, or even years. You probably know this all too well! But there's good news: While you're praying for God's answer, you'll learn some things that you can't learn any other way.

In the waiting, there is blessing. One of the blessings is that you learn more about yourself when you don't instantly get everything you want.

For two of the most important prayers I've ever prayed, God took 13 years to answer one of them and 25 years for the other. But he answered! They were the most important prayers in my life at that time. Why did it take so long? Because while I was working on the prayer, God was working on me.

When you're going through fire, do you ever wonder why you have to go through it? It's for testing and purification.

As you pray about something over and over again, you face tests that reveal more about you. God says in Zechariah 13:9, *"I will refine them like silver and purify them like gold"* (NLT).

You test gold by putting it in a big vat and heating it until it gets so hot that all the impurities are burned off. How do metalsmiths know when gold and silver are pure? When they can see their reflection in them.

God can see his reflection in you when the impurities have burned out of your life—after you've been through the fire. He says that, after he's done the testing and purification, *"They will call on my name, and I will answer them"* (Zechariah 13:9 NLT).

Answered prayer comes *after* the test. Before every blessing, there is a testing. God tests you with stress before he trusts you with success. These are the principles of persistent prayer.

God is going to test you before he blesses you. And in that test, you're going to learn a lot about yourself. If you give up praying, you're never going to learn the lessons that help you become more like Jesus.

Keep praying with persistence each day. And remember that after the testing, the blessing will come.

- - Pastor Rick Warren



## USHERING IN THE HOLIDAY SEASON WITH THANKSGIVING GRACE...



One of the most widely celebrated days in November is Thanksgiving or Friendsgiving (Thanksgiving celebrated among friends only). Thanksgiving has become known as a day when family and or close friends come together to share their love, to give thanks "for", and to usher in the holiday season.

Prior to eating her delicious Thanksgiving meal, my mother would ensure that each family member quoted a scripture and shared at least one thing we were thankful "for". This tradition was followed or preceded by "saying grace" (the blessing of the food). "Lord, we thank you for the food that we are about to receive for the nourishment of our bodies and for the hands that prepared it...for Christ's sake we pray. Amen"

The Latin word for grace is gratia "thank ". In its various forms as a verb or noun, it means to thank or to be thankful or grateful. Grace also defines God's benevolent kindness toward each of us in offering the gift of salvation through His son, Jesus.

The scripture, 1 Thessalonians 5:18 exhorts us to give thanks in everything, reflecting the will of God. "In everything give thanks; for this is the will of God in Christ Jesus for you."

This verse references the giving of thanks "customary at the beginning of a feast, or in general before eating".<sup>1</sup>

We are exhorted to "give thanks" in everything because it is the will of God in Christ Jesus.

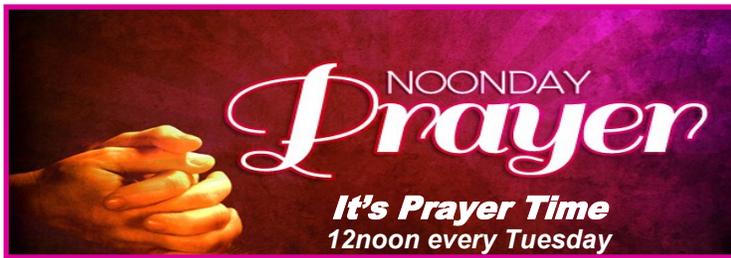
Is it easy to do when we are heartbroken and not able to focus? Maybe not. Is it achievable? Yes! And when we are not thankful "in" our seasons of deep pain and grief, our Faithful and Grace-giving Father grants us new mercies each day, sustains us, and loves us deeply.

This frees us to receive and to extend grace, especially to ourselves. I pray your holiday season is full of grace and Grace-giving.

<sup>1</sup> THAYER'S GREEK LEXICON, Electronic Database. Copyright © 2002, 2003, 2006, 2011 by BibleSoft, Inc. All rights reserved. Used by permission. BibleSoft.com



Submitted by Reverend Helen Parker



## JOIN US FOR THE GROWING TOGETHER MIDDAY PRAYER CALL!

In the midst of life's challenges, there's no better way to find strength, peace, and community than through prayer. Our *Midday*

*Prayer Call* is a powerful opportunity to come together as a Church family to pray for one another, our pastoral transition, and the needs of our congregation and community. Whether you need prayer, want to lift up others, or simply seek a moment of spiritual refreshment in your day, we invite you to join us. There's power in united prayer, and **your presence matters.**

### GOODNESS AND MERCY SHALL FOLLOW ME

Continue to pray wherever you are during the noon hour, or whenever you can get a break to pray.

**Prayer:**

*"Thank You Lord that we are fearfully and wonderfully made and you have a special plan and purpose for each of us. Thank you for your sacrificial and unconditional love for us and that you know each of us by name. We are a "Designer's Original".*

*Help us to remind our children, youth and young adults that they are a precious gift from you. May we help them to discover, develop and exercise the gifts and talents that you have placed in each of them so that they will become the men and women that you have called them to be. Please watch over, protect, strengthen and encourage them so that their faith and foundation will hold. May we allow their voices to be heard and help us to discern when they are in trouble or going astray.*

*We pray for your healing touch for those who may be dealing with health issues or struggling with addictions or strongholds. Also praying for healing and strengthening of marriages and families, widows and widowers, single individuals, single moms and single dads. As individuals are healed, then our communities, nation and world will also experience healing and restoration. Thank you in advance! All the glory, honor and praise belong to you alone! In Jesus name we pray and give thanks. Amen!"*

**Scripture:**

*Psalm 23:6 NKJV  
Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the LORD Forever.*

*Psalm 23:6 AMPC  
Surely or only goodness, mercy, and unfailing love shall follow me all the days of my life, and through the length of my days the house of the Lord [and His presence] shall be my dwelling place.*

*Psalm 23:6 MSG  
Your beauty and love chase after me every day of my life. I'm back home in the house of GOD for the rest of my life.*

**Praise and Worship Song:** "CeCe Winans - Goodness of God" <https://youtu.be/9sE5kEnitqE>

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

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

**Details:**

- **Time:** Every weekday at **12:00 PM**
- **Dial-in Number:** 305-224-1968
- **Meeting ID:** 881 0429 9549
- **Passcode:** 752600

Save this to your phone for easy access without needing to type in the numbers:

**Dial directly:** +13052241968,,88104299549#,,,,\*752600#

Come experience the joy and strength of shared prayer. Bring your faith, your heart, and your voice—because together, we are stronger!

**Let's grow together in faith.** Will you join us?

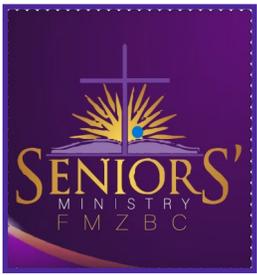
**WE HONOR ALL FIRST MOUNT ZION MEMBERS WHO ARE VETERANS, AND WE THANK YOU FOR YOUR SERVICE. MAY ALMIGHTY GOD BLESS YOU BEYOND MEASURE FOR YOUR SERVICE TO THIS COUNTRY AND, BY DEFAULT, YOUR SERVICE TO THE WORLD! YOU ARE RESPECTED, LOVED, ADMIRER, AND HELD IN THE HIGHEST ESTEEM!**



**VETERANS DAY**



## SENIORS' APPRECIATION LUNCHEON



The Seniors' Ministry Fellowship Luncheon was held on October 16, 2024, in the Gymnasium. We enjoyed having 109 members present. The program opened with Deacon Robert Creekmur leading us in prayer and blessing the meal. Sister Pauline Hunter gave the Scripture reading. Dr. Keith Boykin gave the Welcome and, in honor of Breast Cancer Awareness Month, he asked all survivors or those currently dealing with breast cancer to stand for recognition. The Seniors gave these ladies a warm round of applause. He also reminded us that it was Domestic Violence Awareness month as well. Sister Oonagh Bell gave an uplifting message about the Occasion, based on our theme for the month, "Seniors Celebrate Living in God's Overflow." Sister Hope Singleton did her usual job of recognizing birthdays and anniversaries, but not before she led us in a rousing rendition of "Glad to be in the Number One More Time." Brother Neal Patterson directed a Seniors' Chorale Sing-Along of some good old-fashioned hymns: "Just A Closer Walk With Thee," "Give Me that Old Time Religion," and "The Lord is Blessing Me Right Now." Everyone thoroughly enjoyed the singing of these favorites. The Seniors then enjoyed a wonderful lunch prepared by the Grain of Heaven.

After lunch, Brother Ken Spencer led the Seniors in a Bible Trivia Session where we answered multiple choice questions based on text that he had prepared. This was followed by a Pop-Up Question: What does Living in God's Overflow mean to you? This question was answered by Deaconess Doris Sessoms, Brother Cardell and Sister Pauline Hunter, and Brother Doug and Sister Joanne Earle. While each of these gave a wonderful testimonial answer, Brother Cardell Hunter gave a stirring delivery of his first assignment as an Infantryman and related how, because of the prayers of his mother and the counsel that she had given him to always repeat the 23<sup>rd</sup> Psalms, he believed that God spared his life so that he would be able to share his testimony with us, as a reminder of God's faithfulness and His provision for overflow. Following this, Reverend Kathy Russell blessed us with a beautiful rendition of "The Blood Will Never Lose Its Power." Brother Ken Spencer facilitated the Prayer Requests and Praise Reports segment, along with the announcements.

The Leadership Team then recognized Dr. Holley for Clergy Appreciation Month and gave her a small token to show our appreciation. We thank God for Dr. Holley and all that she means to the Seniors' Ministry, and we pray God's immense blessings upon her. The program closed with Reverend Dr. Holley giving remarks, followed by a powerful closing prayer.

The Seniors' Ministry will meet again on November 20<sup>th</sup> where we will be honoring those who served in our military in honor of Veterans Day. Won't you join us? We promise that there is a blessing waiting just for you!

*Submitted by  
The Leadership Team  
Dr. Keith Boykin, Co-Director*



*Answering  
the Call to*

*Our GOD . . .  
SERVE. . . Our Country . . .*

*Matthew 25:40*

*Our Community!!!*



**THE SENIORS' MINISTRY  
INVITES YOU TO JOIN US  
IN THE GYM**

**WEDNESDAY, NOVEMBER 20, 2024  
AT NOON  
AS WE HONOR THOSE WHO SERVED!**





## FMZBC CELEBRATES SYLSTEA SLEDGE'S 35TH YEAR AS MINISTER OF MUSIC

On Sunday, October 6, 2024, Minister Sylstea Sledge was honored by the congregation during the 11am worship service in recognition of "35" years of dedicated service as Minister of Music at FMZBC. To commemorate this historic occasion, Acting Pastor Reverend Dr. Sandra K. James, and the Music and Fine Arts Ministry presented Minister Sledge with a plaque, monetary gift, and a heartfelt round of applause from a grateful congregation. The celebration continued after worship with a reception in the Grain of Heaven.

The plaque was read during the presentation by Brother Douglas Earle, who was a member of the Hiring Committee in 1989, and continues to be an active member of the Music Ministry. The plaque reads, **"Thank you for providing 35 years of music excellence as Minister of Music and Fine Arts. We appreciate your beautiful musical ability and your willingness to share your gift with us."** (First Mount Zion Baptist Church, Dumfries, Virginia).

### THE EARLY YEARS

The following history and reflections on the early years after Minister Sledge became the Minister of Music were **written by Brother Douglas Earle**.

In 1989 the Music Department, under the direction of former First Lady Evelyn Gaskins, consisted of the following: The Courtesy Chorus who sang on first Sundays, The Choraliers sang on second Sundays, The Voices of Zion and The Jewels sang on third Sundays, and the Men's Choir sang on fourth and fifth Sundays. Mrs. Gaskins played piano and conducted the Courtesy Chorus.

About the middle of 1989, Mrs. Gaskins advised the Church Leadership that it was time for her to step down as Director. Gospel music was changing and FMZ needed someone younger and more in-step with the times. A search committee was formed to recruit and hire a new part-time Minister of Music (MM). Two members of that Committee (Deacon Camillus Sessoms and Brother Douglas Earle) are still active members of FMZ.



*Evelyn Gaskins*

Mrs. Gaskins insisted that FMZ should have only the best, so the new MM must be a skilled pianist and organist, be able to read and play complex music, have a Bachelor's degree or better in Music, and experience as a choir director. All candidates would be required to play a music score she had selected which would demonstrate their ability.

Initially, several candidates applied (Brother Sledge did not apply) and all but one were eliminated because they could not play the required music. One young man did play the music, met the other requirements and was offered the position. On the day he was due to start work, he failed to show up. He never showed up and, after several days, the Committee attempted to contact him, to no avail. Inquiries were made to

former employer, the police and the local hospitals. No one contacted knew his whereabouts. God was telling us we had the wrong person.

The Committee went back to the drawing board and re-advertised the position. This time, Brother Sylstea Sledge applied. The Committee members did not know how to pronounce his first name. The evening of Sledge's interview, Deacon Emeritus Sessoms met him at the front door and escorted him to the piano. Sledge played the selected music flawlessly. His credentials included a Bachelor of Science degree in Music from Hampton University and a Master's degree from the University of Arkansas. He had directed choirs at his home church in Washington, DC and at Hampton. Brother Sledge had also written a handbook on Choir Decorum. The Committee knew that Brother Sledge was someone special and unanimously voted to offer him the position. Brother Sledge accepted and immediately took over as Director of the Courtesy Chorus.

On the first Sunday in November, 1989, with Brother Sledge as the new Director, the impact on the congregation was nothing less than spectacular. The songs were exciting and uplifting. No one had heard or imagined the Courtesy Chorus could sound like that. After that debut, many members joined the Courtesy Chorus to be part of this new era of music that was just beginning.

Soon after Brother Sledge's arrival, he noted that there were not many men singing in the choirs. He got the approval from then Pastor Gaskins to have a "Men In The Ministry of Music" Workshop. The purpose was to educate the men of the church of their importance and how male singers led their congregations even in the beginning churches. The Workshop was well received and men from not only FMZ attended, but men from other local churches and as far away as Washington, DC and Maryland.

The men learned of the history of men in the church as told in the Bible, vocal techniques, music sight reading, and new songs. The workshop ended the week with a concert. From that workshop, the Men's Choir began its growth to what it is today. Following the success of the Workshop, several women asked Brother Sledge to have a similar workshop for the women of the church. Brother Sledge agreed, and the "Women of Gospel Music" Workshop debuted circa 1993. The Workshop was so successful that the "Women of Gospel Music Workshop Choir" stayed intact and sang on various Sundays. Subsequently, the women requested more singing time and formally became the Women's Choir circa 1995 and began singing on the second Sundays after the Choraliers disbanded.

Since Brother Sledge's arrival, the Music Department has been on a non-stop progression. Other workshops were conducted including a "Youth Explosion" to attract the Church youth. Concerts were held which featured well-known gospel recording artists. Under Brother Sledge's direction, the Mass Choir was formed to bring together voices from all the choirs and replaced the Courtesy Chorus. The choirs recorded two albums/CD's, sang at various churches in the DC/MD/VA areas, the Kennedy Center, Los Angeles, CA and overseas (Women's Choir in Italy).

Mrs. Gaskins' dream of "only the best for FMZ" is a reality and that it was nothing but God that brought Brother Sylstea Sledge to FMZ. TO GOD BE THE GLORY!

*Sylstea Sledge & Douglas Earle*



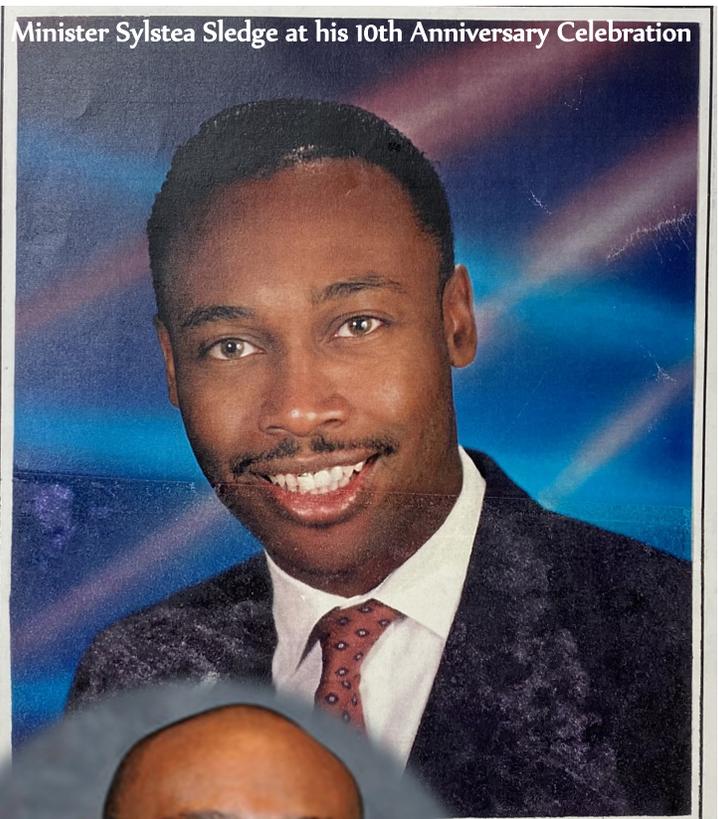
*Submitted by  
Brother Douglas Earle*



Minister Sledge and Women's Choir Director, Michelle Fowlin, 2017 @150<sup>th</sup> Anniversary



Minister Sledge with Former Pastor Torian, 2000



Minister Sylstea Sledge at his 10th Anniversary Celebration



Sylstea Sledge leading the American University Gospel Choir during

I Can Depend on God



**Leading the Mass Choir (circa 2009)**

The First Mount Zion Baptist Church Mass Choir was formed in November of 1989 to bring unity among the choirs of the church. This Choir is primarily made up of members of all church choral auxiliaries. The Mass Choir sings at worship services the first Sunday of each month, and performs only at the Pastor's request or upon the recommendation of the Minister of Music.

Some highlights in the Choir's background include the making of its first recording entitled "We Sing Praises" in 1992, the Choir traveled to Pensacola, Florida, to be in concert at the Greater Little Rock Baptist Church. In 1995, the Choir accepted an invitation to sing at the 32<sup>nd</sup> Church Anniversary of New Rising Star missionary Baptist Church in Birmingham, Alabama. In 1996, the choir also traveled to First Baptist Church, Washington Park, Richmond, Virginia. In 1997, the choir traveled to New York to take part in Youth Day services at Berean Missionary Baptist Church. Locally, First Mount Zion's Mass Choir is also popular, and has accepted invitations to sing at various community functions including the "Annual Black History Program" in 2001 sponsored by the Prince William Symphony Orchestra. In 1996, 1998 and 2000, the choir participated in the "Taste of Heaven" programs at Hylton Memorial Chapel along with other area churches.

In October 2009, the Music & Arts Ministry celebrated the 20<sup>th</sup> Anniversary of Sylstea C. Sledge as Minister of Music with a gala program.

The Mass Choir was the featured choir at the National Gallery of Art's "Christmas Celebration" in Washington, D.C. "Caroling in the Rotunda" was held December 16, 2000. The Choir performed excerpts from Glenn E. Burleigh's Christmas Cantata, and lead a selected holiday music sing-a-long.



**First Mount Zion Baptist Church Recording Choir, 2012**



Minister Sledge with the Jewels choir, 2013

**RECOGNITION OF  
MINISTER  
SYLSTEA SLEDGE**

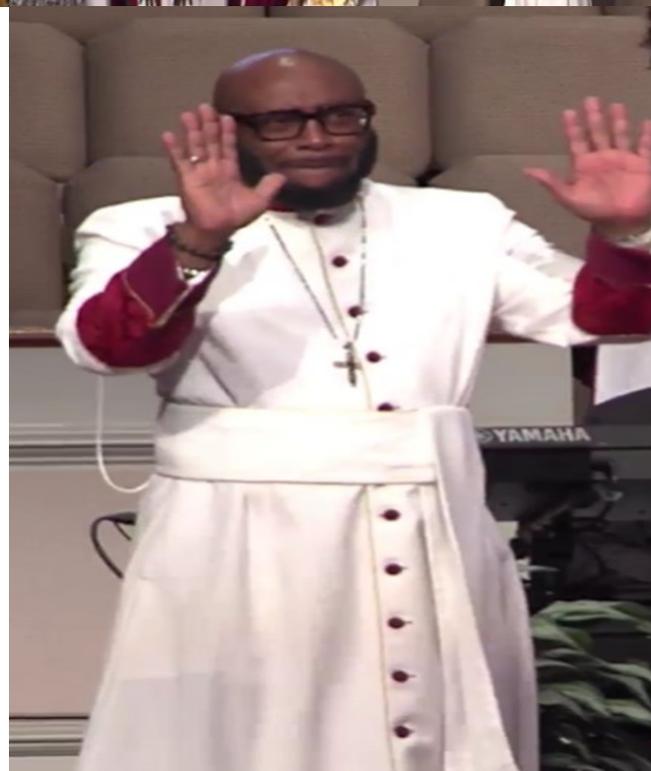


**SUNDAY,  
OCTOBER 6,  
2024**



Minister Sledge with Rev. Dr Sandra K. James, AP





**Minister Sledge penned these words in acknowledgement of the appreciation he received:**

“WITH A SPECIAL THANKS! I am truly humbled by the love shown on last Sunday [October 6, 2024] celebrating my 35<sup>th</sup> year as Minister of Music at First Mount Zion Baptist Church. I would like to say thank you to the entire Music and Arts Ministry, and a special thanks to Reverend Dr. Sandra K. James. It has been an honor serving this congregation for over three decades. I remember when I drove up on the graveled parking lot back in 1989 at the old white church building. Then the Lord blessed us with a brand new building in 2001, and we were able to have major concerts, music conferences, services and praise God even more. God bless you all, and I pray that the music each Sunday will continue to bless your lives in Jesus Christ.”



*Congratulations, Minister Sylstea Sledge, 35 looks good on you. May Almighty God continue to bless your service and increase your gift. You are truly a blessing to the Body of Christ here at FMZ.*





Great Is Thy Faithfulness! The Women's Ministry October 12<sup>th</sup> Fellowship, **"The Power of a Praying Woman,"** reminded women not to underestimate the power of prayer if we want to win our spiritual battles. God delights in answering the prayers of the righteous and as a praying woman, we have access to our Maker's immeasurable riches!

We started the Fellowship with praises of thanksgiving to the video song, "Church Door" by Yolanda Adams. FMZ Associate Minister, Reverend Carolyn Taylor, opened with a phenomenal sharing based on Jeremiah 33:3 (NKJV & MSG translations) and various other scriptures. Her title, **"The Power of a Praying Woman,"** reminded women of how we need to posture our hearts in prayer to God. Using women in the Bible, such as both Marys, Sarah, Deborah, and Esther, Rev. Taylor reiterated the power of prayer and how we can move mountains when we pray. She presented the women with a powerful listing of what happens when a woman prays. We activate a response from God when we pray. Things change when women pray! A praying woman knows the importance of calling on the name of Jesus in every situation.

Deaconess Demetria Cobb followed with her powerful *Word of Encouragement (WOE)* titled **"Courage."** She started by asking if there have been times when we needed to show courage? She provided some examples and shared that exhibiting courage is not always easy. She spoke of the courage that Rahab, Queen Esther, Ruth and Naomi exhibited in their situations. She closed by saying that "your courage thermometer may have been running cold or lukewarm for too long, but I say to you that it is not too late to raise it to hot." She reminded us to encourage ourselves by leaning on scriptures, such as Matthew 28:20; Romans 8:37; Psalm 31:24; and Romans 15:13.

A video was shared in acknowledgement of Breast Cancer Awareness and Domestic Violence Month, and Sister Stacey Griggs blessed our souls with her anointed, musical selection of "Better Days."

Reverend Kara Franklin-Taylor closed us out as she shared from I Thessalonians 5:16-18 (NKJV & MSG translations). It, too, was a powerful Word spoken by God through her. She reminded us that we should always be connected to God through prayer. She shared how God can use human weakness to bring Glory to Him as reflected in the story of Hannah, who called out to God for a son and God blessed her with Samuel. Even when we are not sure how God is going to do it, we must maintain our prayer life during tough times. Reverend Franklin-Taylor told us to trust in God's promises and, when life be "lifying", remind ourselves that the Lord is indeed our strength and He is still in control.

What an inspiring fellowship it was! I pray everyone was blessed. I extend my sincerest thank you to all who were present and all who participated in the program. As always, a special thank you to the technical team (Cynthia Wilson, Michelle Washington-Barnes, Oonagh Bell & Demetria Cobb) which makes it all happen. In addition, a heartfelt thank you to Reverend Carolyn Taylor for providing us with the Invitation to Christian Discipleship and Reverend Kara Franklin-Taylor for the Benediction.

To our October Birthdays, Happy Birthday again, and may God bless you with many more. To the ladies that were first-time visitors, thank you so very much, and please join us again.

As women, never forget **"The Power of a Praying Woman"!**

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



**To my incredible husband,  
my partner, my Boo,  
Sam Bagwell...**

Today, we celebrate not just a degree but a lifetime of perseverance, excellence, and dedication. From your Bachelor of Business and Master of Public Administration from National University, to your Master of Arts in Education from Central Michigan University, to your Master of Human Relations from the University of Oklahoma, and now, your crowning achievement—a Doctor of Education in Organizational Leadership from the City University of Seattle. You have accomplished so much and blessed our family and community with your gifts. You are truly a leader, shaped by over 22 years as a Marine and 21 years of service in the federal government as a Branch Manager and Education Service Officer. I am beyond proud of you and love you with all my heart, body, and soul.

Congratulations, Dr. Bagwell!

**\*\*"But as for you, be strong and do not give up, for your work will be rewarded." \* – 2 Chronicles 15:7**

*Blessings,  
Deaconess Denise Bagwell*

Deacon Doctor Sam Bagwell,



**to YOU!!!**

Congratulations on achieving this incredible milestone! Your successful dissertation defense and new title of Doctor are well-deserved accolades, marking the culmination of years of dedication, perseverance, and faith.

Your journey has been a testament to the power of persistence and the strength of character. Even through illness and challenges that would have deterred many, you stood firm—your faith unwavering, your heart open, and your spirit unbreakable. Through it all, you never stopped serving others; you showed us the meaning of resilience, with a smile on your face, a prayer in your heart, and the joyful rhythm of praise in every step. You danced like David!

We rejoice with you today, Brother. Your story is an inspiration to all of us in the Deacons' Ministry, and we are immensely proud of you. May God continue to bless you abundantly as you step into this new chapter with all the knowledge, grace, and humility that have brought you here.

*Your Deacon Brothers  
Deacon Ministry*

# FITNESS-IN-PLACE

## STAND UP STRAIGHT!

Desk jobs, driving, using your cell phone and carrying boxes all have one thing in common, they use the arms and chest to perform the task. A large percentage of what we do in life is in front of us, making it common for the muscles in the front of our body to become tight which limits chest, shoulder and arm flexibility.

Tight chest, shoulder and arm muscles contribute to a postural deviation known as forward-rounded shoulders and limit range of motion in the shoulder joint. Opening up the front of the body through chest stretches can increase flexibility of the chest muscles and allow for greater range of motion in the shoulders to improve upper-body posture

Consider this above-the-head chest stretch:

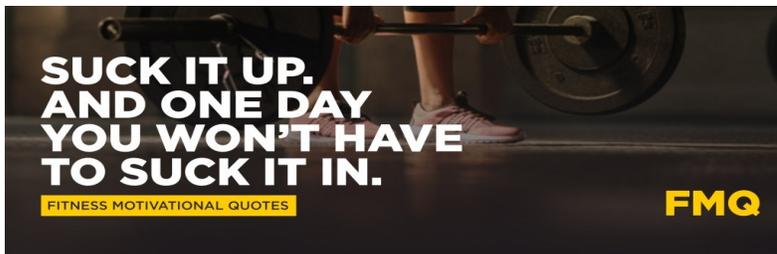


- Standing or seated, raise your arms above your head.
- Gently squeeze your shoulder blades and open your chest by moving your elbows and arms backward.
- Move your hands to various positions—behind the head, top of the head, above the head and down.
- Hold each stretch for 15 to 30 seconds and perform two to four sets regularly.

**Challenge:** Squeeze this exercise into your day!

**Announcement:** The Fit by God Fitness Complex is open Monday thru Thursday 9am to 4pm, Tuesday and Thursday 6:30 pm-8:30 pm, Fridays and Saturdays 9am to 1pm. For assistance, call 703-670-0225.

*Sister Lori Valkenburg  
Fitness Director*



## FIRST MOUNT ZION 5TH ANNUAL RUN/WALK

On behalf of the First Mount Zion 5K Committee,

We would like to say “Thank You” to everyone who participated or volunteered in the 2024 5<sup>th</sup> Annual, First Mount Zion Healthy Start Mind & Body 5K & 1.5 Run/Walk and Youth Fun Run!

The race was held at the beautiful Occoquan Regional Park in Lorton, Virginia. We started with a welcome from Sis. Craddock and Bro. Gerry Griffin along with a warm-up session and prayer by Rev. Brian Woolfolk.

The morning was filled with a dream running forecast, lots of excitement, laughter, music from our DJ, Lil John (Johnathan), and laughter from two hundred of our faithful First Mount Zion members and community members. The paved course winds its way along the delightful Occoquan River, extending you splendid, scenic views throughout the park’s natural terrain.

We were all adorned with our **Special Edition 5<sup>th</sup> Anniversary** Run/Walk T-shirts and Rally Towels. It was a beautiful site of unity as we kicked off the Fall season in Ministry with health as our focus, so we can serve God and His people without any hindrances.

We also had an awareness presentation on Alzheimer’s Disease by our own Small Groups Director Stephanie Craddock, who is a Gerontologist, Certified Dementia Practitioner, and an Alzheimer’s Community Educator.

When the race concluded, we had an awards ceremony to congratulate those 1.5 Mile-Run/Walk and the 1-Mile Youth Fun Run participants winning 1st, 2nd and 3rd place and the 5K winners awarded in the age categories below:

13-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over!

Following the ceremony, we had a spirit-filled fellowship with an appropriate catered buffet meal to help re-fuel the runners and walkers. During the entire festivities, we were blessed with the continuous great sounds coming from the turntable of DJ Lil John. It was amazing how the music had us on our feet as we praised the Lord together with gladness!

We concluded with a big cheer to our faithful volunteers!! They helped greet participants, passed out water, directed the racecourse and cheered on runners and walkers as they began and finished the race. They also helped with countless other tasks that contributed to the success of this race.

We hope to see you next year at the same place for our 6<sup>th</sup> Annual 5K with some new and exciting additions!

God bless you,

The 2024 FMZBC Healthy Start Mind & Body 5K Run/Walk Committee,

*Sister Stephanie M. Craddock  
Brother Gerry Griffin  
Reverend Brian Woolfolk*



## CONSTITUTION AND BY-LAWS - (C&B) COMMITTEE

### ARTICLE XIII - COMMITTEES:

Section 8 – Constitution and By-Laws Committee, states the C&B Committee is to study the C&B and make recommendations that will keep it adaptable to the growth and progress of the Church. The C&B Committee has completed its study and has been assigned specific articles to follow up with stakeholders (ministry/committee leads). Committee members will be contacting ministry/committee leads in the near future, as appropriate, to verify if their duties, responsibilities, etc. in the C&B are accurate. Contacts may be made by email, telephone or in person.

For planning purposes, the C&B Committee has been assigned the following articles:

Linda Woolfolk – ARTICLES I – V

Ken Spencer – ARTICLES VI – X

Karl Brower ARTICLES XI – XIII

ALL - ARTICLE 14

Pam Sessoms - ARTICLES XV – XVIII

Karl Brower - ARTICLE XIX

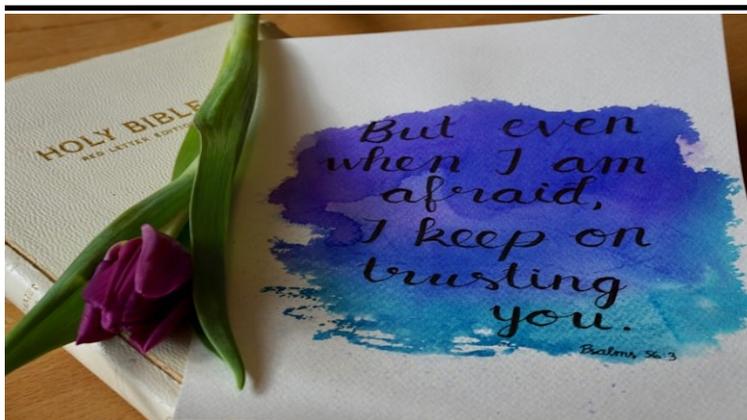
ALL – ADDENDUM ONE

Karl Brower – ADDENDUM TWO

Ken Spencer – ADDENDUM THREE

Rickie Childs – Music and Arts Ministries

Request support from the stakeholders when contacted by the C&B Committee so we can start our initial draft of proposed changes. In addition, members who are not stakeholders may propose changes to the C&B. Members do not need to resend proposed changes that they sent previously. The C&B is located on the Church's website and by selecting the following link [Constitution and Bylaws](#) using the following password to access the C&B, **fmzbcdocs2024**. View the document to see the titles for the ARTICLES and ADDENDA listed above or call the Church Office to get a printed copy (703-670-0184). Point of Contact is Ken Spencer, Chair, C&B Committee, at [cbl@firstmountzionbc.org](mailto:cbl@firstmountzionbc.org).



*A Journey from Mourning to Joy*

GriefShare is a support program hosted by FMZBC JOURNEY TO JOY MINISTRY, for people who have lost loved ones -- a spouse, child, other family member, or friend through death. GriefShare considers the loss of a pet as the loss of a loved one. Many grieving people feel like they are

unprepared for the intensity of their emotions and the duration of their grief.

The first five sessions of GriefShare comfort participants by helping them realize that their experiences of grief are normal. These sessions also describe what participants should expect to experience emotionally, relationally, physically, and spiritually as they move along the journey of grief. This information stabilizes them, helps them realize they are OK, and prepares them for what lies ahead.

Register to find out how else GriefShare and this group can support those who are grieving.

13-weeks Small Group - Fall 2024

**When:** Mondays thru December 9, 2024 from 7:00 - 9:00 p.m.

**Location:** Via Zoom

**Register:** Find a GriefShare group and register at Grief Share Groups (First Mount Zion Baptist Church Dumfries, VA 22025) To receive the maximum benefit, you should register and attend all 13 weeks. However, you may register at any time during the 13 weeks. Feel free to register for the spring 2025 session to make up for missed fall 2024 sessions or if you need additional support.

For additional information, contact Reverend Kathy Russell, [journeytojoy@firstmountzionbc.org](mailto:journeytojoy@firstmountzionbc.org).

## CALLING ALL VETERANS

On behalf of the First Mount Zion - Civilian & Military Outreach Small Group, please consider becoming a Buddy during BUDDY CHECK WEEK.

Take the pledge and connect or re-connect with other veterans. It can make a BIG DIFFERENCE in their lives.

Also, if you desire to join the Civilian and Military Small Group please register at the link below. We'd love to have you join us.

[Civilian & Military Outreach Small Group - FMZBC \(firstmountzionbc.org\)](http://firstmountzionbc.org)



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



## SCREENING

November 16th

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

TO SIGN UP,  
contact Brenda Byrd  
571-237-0111  
[byrdbj@comcast.net](mailto:byrdbj@comcast.net)

Cynthia Zorn-Pettigrew  
703-730-5227  
[zornpettigrewcl@comcast.net](mailto:zornpettigrewcl@comcast.net)

### VOLUNTEERS NEEDED — RECEPTIONIST

A volunteer receptionist is needed to answer the phones while the staff receptionist attends staff meetings or trainings or is on leave. If you are interested and able to volunteer between 8:30 a.m. and 4:30 p.m., Monday through Thursday and until 1:30 p.m. on Fridays, please call Renee Woolfolk, Church Business Administrator, at 703-670-0184 or email her at [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org).

### OUR CHILDREN NEED YOU!

Children's Church needs servants in several areas to support our children. If you want to make a difference in the life of a child, please register today by clicking the link below. Please note that volunteer screening is required of all servants that work with children. Contact information for the screening is on the form. Thank you in advance for registering!

[FMZ Children's Church Servant Registration](#)

For additional information, please contact Dr. Holley via email at [tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org) or Sister Stephany Stewart at [stephanystewart@yahoo.com](mailto:stephanystewart@yahoo.com).

You may give online, accessing the link through [www.fmzbc.com](http://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:



Convenient.  
Simple.  
Secure.

Sis. Vicky Borrer  
[vborrer@firstmountzionbc.org](mailto:vborrer@firstmountzionbc.org)  
(703) 670-0184

### HOLIDAY CLOSURES

Monday, November 11th, Veterans Day  
Thursday, November 28th, Thanksgiving  
Thursday/Friday, December 26th/27th, Christmas Holidays

### IT HELP DESK

Join us for IT4U on Tuesdays at 11:00 a.m. Please RSVP by emailing your IT needs to:

[IT4U@firstmountzionbc.org](mailto:IT4U@firstmountzionbc.org) or  
[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)



### MUSIC AND ARTS MINISTRY

Please check the Church calendar for rehearsal dates and times. Interested in joining the Music and Arts Ministry? Contact Minister Sylstea Sledge at [ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)



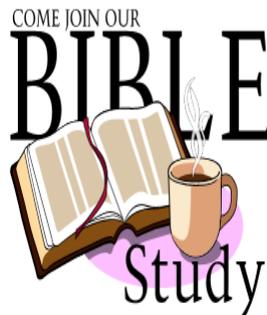
### DEAF MINISTRY

ASL (American Sign Language) Interpreter onsite each Sunday during the 11am Worship Service You may observe in-person and online at [www.fmzbc.com](http://www.fmzbc.com). The monthly Zoom meetings are also held with an interpreter.

The next Deaf Ministry meeting will be Monday, November 11, 2024, at 7:00 p.m. For the meeting link, please email

[fmzdeafministry@firstmountzionbc.org](mailto:fmzdeafministry@firstmountzionbc.org)

POC is Deaconess Pamela Ford  
[pdford61@verizon.net](mailto:pdford61@verizon.net)



**SENIORS —  
WEDNESDAYS AT 11 A.M.  
IN THE CHAPEL**

**WEDNESDAYS AT 7:30 P.M. IN  
THE CHAPEL**

**YOUTH —  
WEDNESDAYS AT 7:30 P.M.  
EXECUTIVE CONFERENCE ROOM  
OR VIA ZOOM.**

**REGISTER USING THE YOUTH  
MINISTRY TAB ON FMZ WEBSITE.**



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



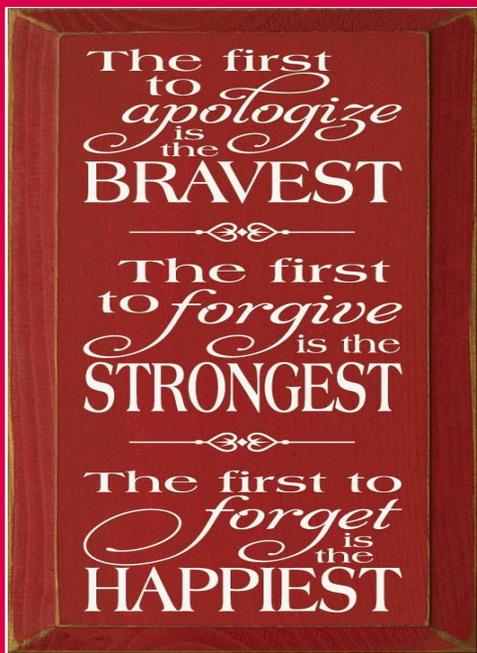
Sundays at 9:45 a.m. on ZOOM

Register in advance at <https://bit.ly/FMZBC-SSE>

After registering, you will receive a confirmation email and information about joining, including the meeting link and dial-in phone number.

ATTENTION!!!

PLEASE CHECK THE FMZ WEBSITE FOR A COMPLETE LISTING OF MINISTRY ACTIVITIES, INCLUDING ANY CANCELLATIONS OR RESCHEDULING.



The last day to register for November SHARE packages is Sunday, November 10th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on November 23, 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](mailto:cpm@firstmountzionbc.org)  
or through our web form at:  
[http://bit.ly/FMZBC\\_Articles](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
- Sister Kim Boggan
- Deaconess Janice Cooper
- Trustee Alfranda Durr
- Dr. Sandra Flowers
- Brother James Gaskins
- Sister Sylvia Moore
- Sister Roslyn Parker
- Reverend Kathy Russell
- Deaconess Claudia Woolfolk

Rev. Dr. Sandra K. James, Acting Pastor  
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](mailto:fmzbc@firstmountzionbc.org)  
Website: [www.fmzbc.com](http://www.fmzbc.com)

SERVICE SCHEDULE

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

FMZ Life Stream:

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

Facebook:

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

YouTube:

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

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: [www.facebook.com/fmzbcumfries](http://www.facebook.com/fmzbcumfries)

Instagram: [@the\\_core\\_fmzbc](https://www.instagram.com/the_core_fmzbc)

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

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

YouVersion: <https://bit.ly/FMZBC-YouVersion Bible>

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



LifeStream.tv

"Your faith can move mountains and your doubt can create them."

Anonymous