

New Year's Message



WORDS OF ENCOURAGEMENT...

"PERCEIVE THE NEW THING GOD IS DOING"

Isaiah 43:18-19: "Do not remember the former things, Nor consider the things of old. 19Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert."

Grace and Peace to all, Happy New Year!

Happy 2025! Wow... where did the time go? 2024 seems like a blur yet here we are. Let's be honest, 2024 was not the easiest year, especially for our Church, but by God's grace and mercy we are still here. Our Church continues to grow as we seek to honor God. I hear the song "I'm expecting Great Things" because I serve a Great God. I want to be better in 2025, and I pray you do also.

2025 is a time to refocus and redirect our time and talents in promoting who we are and what we do. Another term for this is "branding." Building a church brand is not about following trends or portraying functions, features, or activities. It goes beyond your church logo design, graphics, name, tagline, beliefs, and brand identity. These signify who you are, what you represent, and whom you serve. Therefore, our focus is to promote our vision, mission and 4-step strategy and live them out as a witness for the world to see. So, just in case you have forgotten, this is who we say we are and how we will function as a Church.

Our Vision: Sharing the Light: From the Promise, to Pentecost, to Points Around the World.

Our Mission: To connect people who have a desire to become fully devoted followers of Jesus Christ.

4-Step Strategy: Worship - Study of the Word – Stewardship – Service (remember the chapel doors?)

We are a community of Believers, so let's walk this out together in unity and singleness of heart.

The above is not "new," but God can do a new thing in us concerning these things... we just need to perceive it, see it, believe it, and live it.

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



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**We are so thankful for
all our new
members and we
encourage you to find
your place in the
FMZ Family.**



Youth Ministry



**"SOMETHING'S HAPPENING. SOMETHING IN
THE AIR IS HAPPENING.
EVERYWHERE IS HAPPENING.
NEW LIFE IS HAPPENING."**

Alvin Love, III

For the past two years, as in many other churches, First Mount Zion Baptist Church's Youth Ministry has been rebuilding. We strive to foster a "safe" space for young people to feel accepted and comfortable being themselves as they grow in their faith. Except for the adults who chaperone and assist with youth ministry activities, youth ministry events are "youth only." Our First Friday, Third Sunday Youth Group Meetings and Youth Ministry Bible Study, and other activities are structured this way to allow youth to express themselves and their questions openly without undue scrutiny. Games and activities are also designed for our youth to work together, often with at least some youth they do not know well. We emphasize that "believers" should be respectful to peers and adults even when disagreeing with them. All these things are intended to instill in our youth a sense they are in a trusted faith "community" and to let them know that living a life of faith can be joyful. In Youth Ministry Bible Study, we try to make faith relevant to everyday life and not an abstract idea. We also encourage our youth to understand they are a loved and valuable part of God's kingdom. Being a "youth" does not preclude them from contributing "in God's name" to our church and community.

In 2025 we will continue to stress these ideals. We will also be focusing on demonstrating our love for God by serving others. We laid the foundation for this during our Youth Ministry Prayer Dinner in November. The goal of the dinner was to teach youth, all believers receive at least one Spiritual Gift after accepting Jesus Christ as savior and to help them understand what their Spiritual Gift is and how it can be used. Building on these ideas, we have several outreach projects planned. This month we will assemble and then deliver hygiene packs to a local hypothermia shelter for the "unhoused."

So, we invite you to grow in your faith with us in the First Mount Zion Baptist Church Youth Ministry where "something's happening. New life is happening."

*Submitted by
Reverend Beverly Jiggetts*



We are so excited to highlight the accomplishments of our youth. FMZ member Madison Dukes was inducted into Freedom High School's National Honor Society in November 2024. To be selected to the honor society, students must have a GPA of at least 3.5. Madison is an Academic All-Star from the Prince William County Public Schools. In her senior year, she also received the Freedom High School National Honor Society Certificate and Letter of Appreciation for a full academic year. In addition to her stellar career, Madison is a member of the Prince William County Human Rights Commission Student Leadership Council.



Since becoming a member of First Mount Zion in June 2024, Madison has been active in the Youth Ministry and was selected as a member of the First Mount Zion Baptist Church Youth Council in September. She is also a member of the Voices of Zion Choir. Please join her parents John and Cynthia Dukes in congratulating Madison on her achievements. Let us continue to encourage her as she "lets her light shine" in school, our church and the community.

*Submitted by
Sister Cynthia Dukes and
Reverend Beverly Jiggetts*



**JANUARY 10, 2025
7:00-9:00 P.M.**

Youth join us for "Pray, Pack, then Play" as we assemble hygiene packs for the Manassas Baptist Church Hypothermia Shelter. Then Saturday, January 11, 2025, at 7:00 p.m. to deliver the packs.

Community Service hours can be earned on Saturday, January 11, 2025, at 7:00 p.m. for delivering the packs. **RSVP needed for this event.** Community Service Hours can also be earned on Wednesday, January 15, 2025.

Join us at Mt. Zion Baptist Church in Triangle, Virginia, 7:00-8:30 p.m. for the "Black Voices" Worship Experience. We will not have Youth Ministry Bible Study at First Mount Zion that night. Link to Black Voices video <https://youtu.be/hgwytk55M4g>

MEMORIES FROM THE NOVEMBER FELLOWSHIP



Rev. Glenda Brown facilitates one of the November Youth Ministry Prayer Dinner Sessions on "Spiritual Gifts."



Seth McPhatter, Shelby McPhatter and Jade Gayle First, second and third place winners for most donated food at the November Youth Ministry Prayer Dinner Food Drive.



Maddie Dukes, decorated by the "I Heart Jesus" team that won first place in the "Decorate A Person" contest at December First Friday.



INSPIRATION

"Trust in the Lord
with all your heart,
And lean not on your
own understanding;
In all your ways acknowledge Him,
And He shall direct your paths."
Proverbs 3:5-6 (NKJV)



Savannah Gillens' team chose the "Chaos of Christmas" as their decorating theme.



Aidian, Courbin, Langston, Donald and Alex fuel up before game time at the December First Friday

Serving others prepares
you to lead others.

Jim George

New Year's Message from Leadership

HAPPY NEW YEAR FROM THE TRUSTEES

For many of us, 2025 may bring some uncertainties. None of us knows what the 365 days in 2025 will hold, but we know the Lord has a plan for each of us. We must not enter 2025 feeling broken or defeated – that is Satan's goal for us. We all must remember *Jeremiah 29:11* – “*For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and hope*”.

First Mount Zion, we must encourage each other and lift each other up in 2025 and beyond. All of us will see some dark days in 2025; but we must constantly live with *Isaiah 40:30-31* in our hearts “*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not faint*”.

In 2025, let's put our hope and trust in our Lord and become renewed.

Happy New Year, and may God continue to bless everyone at FMZ.

*Trustee James Simpson
Chair, Trustee Ministry*

HAPPY NEW YEAR FROM THE DEACONESS MINISTRY

“Behold, I am doing a new thing....”

2025 is here! A new year to start new goals or continue with the ones set last year. A new year to take the lessons learned from our experiences in 2024 and apply them to new discoveries. A new year to celebrate new opportunities to love Our Lord by serving others and sharing the bounty of love and grace bestowed upon us every day. No matter the turn of the year, each day that we are blessed to see gives us new chances to fulfill God's plan for our lives. Yes, perhaps a new job awaits or the next book is ready for drafting or, for many of us, that new gym around the corner is wooing us to join and get started with a plan to get in better shape. Whatever your goals will be for 2025, the first must be to put *Matthew 6:33* into action: “*Seek the Kingdom of God above all else, and live righteously, and He will give you everything that you need*.” Notice that the verse speaks of being given “*all that we need*” and not all that we want. While we clearly hope that the desires of our hearts are in alignment with what God's will is for our lives, we do know that His way is the better way because He has greater things in store for us. Greater things that we alone could never create on our own or even imagine. By being given what we need, we are guaranteed to face any new experience or challenge with divine confidence.

To receive the new blessings that God has for us, we must leave the past where it belongs – in the past. In *Isaiah 43:18-19*, God told the people to “*forget the former things and do not dwell on the past. For behold I am doing a new thing; now it springs forth, do you not perceive it?*” God instructed the people to not dwell on the past to the point where it would prevent them from seeing the new work that He is doing in them individually and collectively to create a new path forward, no matter the circumstances. Sometimes we don't realize how much we hold onto negative experiences and forfeit the new blessings that await because we didn't let things go. We should ask God to release us from the clutches of strongholds such as an offense or grudge caused by past hurts.

Let a new goal for the year be to be transformed by practicing forgiveness and grace with others so that we may be free. The world is waiting for us to show it a new way of life through a personal relationship with our Lord and Savior Jesus Christ. Being victorious as Christ's ambassadors requires us to be open to Him doing “a new thing” within our hearts and minds so that we can give authentic witness to who God is and love Him with all our heart, with all our soul, with all our mind and with all our strength (*Mark 12:30*). Finally, for God to do a new thing within us, we must put into practice *Romans 12:2* which says: “*do not conform to the patterns of this world but be transformed by the renewing of our minds so that then we will be able to test and approve what God's will is – His good, pleasing and perfect will*.” This in essence says, don't give into fleshy desires such as: rage, gluttony, vengeance, selfish ambition, gossip and resentment, to name a few, but be transformed by the Word of God, diligent and unceasing prayers, good stewardship and service. Instead of listening to others who feed what we humanly want to do, listen to God and trust that He knows a better way. Flex those spiritual muscles and reach for His best for your life. That is something to look forward to this year. We know that when we earnestly put God first, the Best is Yet to Come!

Happy New Year FMZ! Let's get to work because the world awaits and yearns to see great and new things ahead that only God can provide through us – His messengers of hope, peace and love.

*Deaconess Vietta Williams
Chair, Deaconess Ministry*



HAPPY NEW YEAR FROM THE DEACON MINISTRY

This is a new year given to us by our Heavenly Father. As we move out from the holiday season, I take this time to say to our FMZ Family, **Happy New Year from the Deacon Ministry!**

The 2025 Deacon Ministry's theme is **"Kingdom Men Serving, Building, and Growing in Unity and Peace,"** originating from Ephesians 4:3. As one of the Leadership Ministries of this branch of Zion, the Deacon Ministry will set the example to build, grow, and continue to unite with one another in Christ as we serve God's people.

Our Church family has gone through many obstacles during the past year and God has brought us through to a new year. Some have lost family and friends who were dear to us, and the holiday season didn't seem to be the same without our loved ones; but FMZ Family, please know and understand that the new year brings us love and hope from God as we continue to transition into our next chapter.

As we take on new challenges in 2025, each morning we must see the light of a new day as a gift from God to take off the old and put on the new. It is my prayer that we will continue to grow as a ministry, moving forward into 2025 with the foundational concept of our Christian faith as stated from instructions given by Jesus Christ to the disciples in the Great Commission: *"All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age"* (Matthew 28:18-20, NIV).

First Mount Zion, I pray we continue to embrace Jesus Christ as our Lord and Savior as we apply biblical principals to our lives and strive to forgive any hurtful issues from our past, surrendering them to the Lord. I pray we walk as godly people, moving forward as brothers and sisters in Christ. May we walk in victory throughout the year of 2025.

*Peace and blessings,
Deacon Kevin Johnson, Chair
Deacon Ministry*

New Year's Messages from . . . Interest Based Small Groups Ministry

Thank you to our dedicated Small Group Leaders, Committee Members, and our awesome Group Members for the continued growth experienced throughout the Interest Based Small Groups Ministry each year.

It's because of you and your ongoing dedication, that we will celebrate "10 years" as a ministry this year!

Many thanks and appreciation for allowing God to use you and the gifts He has imparted upon you throughout the various groups as we proclaim our mission statement "Make the Connection, Make Disciples, Make a Difference!"

As a Ministry, we will continue to pray as we seek ye first the Kingdom of God, and together we will watch Him add everything that we need.

As we step into the year 2025, let's embrace the opportunity to not only renew our commitment to God but also share within our Small Groups as we celebrate victories and navigate life challenges, as we grow closer to God through each individual groups and the power of our shared faith.

Let's also use this year to deepen our connections with individuals and organizations who share a goal of missions and outreach to those who are in need.

If you are not a member of a Small Group, please join us! Our Spring Semester Small Groups Fair will take place on Sunday, February 23rd, following the 11:00a.m. worship service. We have a variety of groups that encompass these areas: Discipleship, Shared Interest, Health, Support and Book Groups.

May the New Year bless you with unwavering faith that guides your steps, illuminates your path, and fills your heart with hope and strength throughout the year ahead.

Regards,

*Stephanie M. Craddock, M.S., CDP, ACE
Small Groups Ministry Director*


AV MINISTRY

As we kick off 2025, we just want to take a moment to say a huge **THANK YOU** to every AV Member who contributed this past year. Whether you were running sound, messing with camera settings, managing the livestream, or anything in between, your hard work made a big difference. We're so grateful for each of you and the heart you bring to serving. You help create an awesome worship experience every single week, and we could not do it without you.

This year, we're excited to keep growing and getting better together. Let's make 2025 a year of fresh ideas, new skills, and even more teamwork.

Here's to an amazing year ahead—full of blessings, growth, and plenty of fun along the way!

*Blessings,
The AV Ministry Team
Bro. Dijae North*



Whenever you serve
others in any way, you are
actually serving God.

Rick Warren

sustained

Church Business Administrator

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Eph 2:10 NIV)

I am in great anticipation of what God will do in and through each of us as we serve the body of Christ in 2025. Our mission and vision focus our efforts both within the walls of FMZBC and beyond. Having been a member for more than thirty years and an employee for more than sixteen years, I have had the privilege of being a servant volunteer, developing ministry leads, delivering ministry services, and operationally supporting ministry services.

Having this perspective, I've experienced the reality that teamwork makes a dream work. Though each capacity is different, the why of the work is the same. Ephesians 2:10 sums it up for me: *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

Wow! This not only excites me to begin the work, but it motivates me to continue in it. We are reminded who we are in Christ - His handiwork; what we are to do - good works and, how - with the conviction that He has prepared the work of our hands in advance.

With this assurance, I encourage you to think ahead to what God is calling you to. If He is calling you to serve as a volunteer or as an employee with the Church, call the office today and become a part of the team that makes the dream work, so that you may do the good work that God has created in you through Christ Jesus.

Happy New Year!!

Sisterly,
Sister Renee Woolfolk
Church Business Administrator

NEW MEMBERS' ORIENTATION CLASS (NMOC)

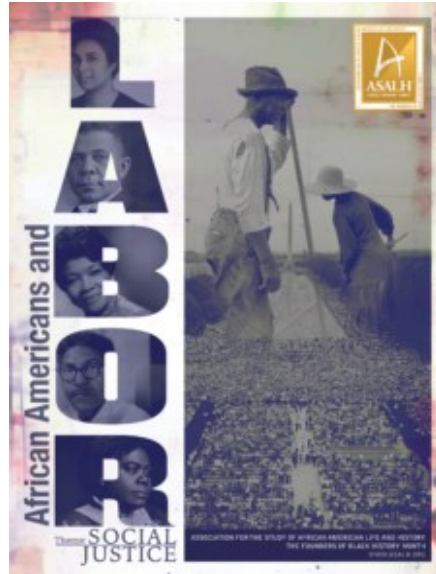
January 5	Holy Communion - Deacon Seth
January 12	Baptism - Rev. Cherry
January 19	No class - Attend Hybrid Sunday School
January 26	Stewardship - Trustee Dailey
February 2	Small Groups - Stephanie Craddock, Director
February 9	Church Leadership – Rev. Bailey
February 16	No class. Attend Hybrid Sunday School
February 23	Zone Ministry - Deacon Cox and Deaconess Coates

Join Zoom Meeting:

<https://us02web.zoom.us/j/84512175876?pwd=XI3lbMaiuAT9DcLrRnaUQaZsA0uTHP.1>

Meeting ID: 845 1217 5876
Passcode: 541102
301 715 8592 (Washington DC)

BLACK HISTORY 365: HONORING THE LEGACY, EMBRACING THE FUTURE



As we embark on a new year, First Mount Zion Baptist Church is proud to reaffirm our commitment to celebrating Black history every day. This year, the Association for the Study of African American Life and History (ASALH) has unveiled the 2025 Black History Month theme: "African Americans and Labor." This theme highlights the profound ways that work — free and unfree, skilled and unskilled, vocational and voluntary — has intersected with the collective experiences of Black people throughout history.

Work has always been central to Black history and culture. From the agricultural labor of enslaved Africans that sustained Low Country colonies to the entrepreneurship and self-help strategies within Black communities, the impact of Black labor has been transformational across the United States, Africa, and the Diaspora. The 2025 theme invites us to explore these contributions through the widest lens, encompassing compensated labor in industries, community building through social justice, and institution building in churches, civic organizations, and beyond.

At FMZBC, we recognize the importance of this theme as we reflect on the resilience and innovation of our ancestors and contemporaries. The legacy of labor includes the iconic work of African Americans in shaping the built landscape of the nation, their fight for equitable working conditions, and the pioneering leadership of individuals like A. Philip Randolph, founder of the Brotherhood of Sleeping Car Porters and Maids, the first Black union to receive a charter in the American Federation of Labor.

Throughout the year, FMZBC will host events, discussions, and educational programs to bring this theme to life. These will include:

- Black History Month: Special services in February to highlight history and recognize contributions of Black pioneers in labor, faith and society.
- Historical Articles: Engaging Messenger articles that delve into untold stories of resilience and achievement.
- Ministry and Service Projects: Opportunities to extend our heritage of faith and service by making a difference in our local community (SHARE, Small Groups, Outreach, etc.).

Let us honor the theme, "African Americans and Labor," and the commitment to Black History 365 as a call to action—to celebrate the contributions of those who came before us and to continue striving for justice, equity, and opportunity for all. Join us as we celebrate a legacy of labor, faith, and resilience.

Reference: [ASALH 2025 theme](#)

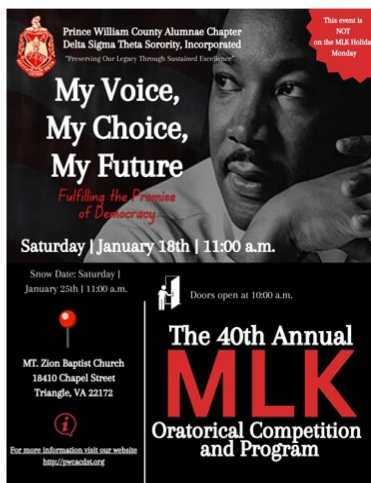
Communications and Publicity Ministry
Deacon Joseph P. Boutte, Chair

SAVE THE DATE

Please reserve this date on your calendar and plan to attend the 40th Annual MLK Program hosted by the Prince William Alumnae Chapter of Delta Sigma Theta.

Our student orators and other youth participants always appreciate the presence of our community leaders.

A letter of invitation and R.S.V.P. instructions will be sent in December.



AEM GAZETTE MINISTRY SCHOLARSHIP NEWSLETTER

Want to know what is happening with the FMZBC Scholarship, other available scholarships, and events? Just click the link below:

<https://firstmountzionbc.org/scholarships-2/>

Point of Contact:

Brother Gerry Griffin, AEM Chair, or
Sister Sandra Grimes, Scholarship Committee Chair
at aem@firstmountzionbc.org

More details can be found at:

<https://firstmountzionbc.org/scholarships-2/>

The MLK Youth Community Choir will be giving a special performance at the Prince William Alumnae Chapter Delta Sigma Theta (PWCAC- DST) 40th Annual Dr. King Youth Oratorical Competition and Program.

The program will be held on Saturday, January 18, 2025 from 11 a.m. to 1:30 p.m. at Mt Zion Baptist Church, 18410 Chapel Drive, Triangle, VA 22172. The theme for this year is "Fulfilling the Promise of Democracy: My Voice, My Choice, My Future".

God is able
to do far more than
we could ever ask for
or imagine

Ephesians 3:20

Pastor's Aide Ministry hosted Rev. Dr. Sandra K. James and Rev. Ralph James at PAM's Christmas Fellowship on December 12, 2024 at Madigan's Waterfront

Back Row: Sis. Cynthia Essix-Redmond, Deacon Michell Clark, Rev. Ralph James, Sister Michelle Washington-Barnes, Sister Susan Adams, Sis. Liz Powell, Rev. Robert Jones, Deacon Willie Camp, Deacon Vannie Parker, Sr., Sis. Sylvia Moore
Middle Row: Sis. Carol Ann Benjamin, Sis. Sheila Arrington, Sis. Winifred Harvey
Front Row: Dr. Sandra K. James, Sis. Brenda Carswell, Sis. Oonagh Bell, Sis. Lorette Archie, Sis. Cricket Miller-Roy



"P.U.S.H."
(Pray Until Something Supernatural Happens)

*The Men's & Women's Ministries
will be hosting their*

Joint Prayer Fellowship

*January 11, 2025
9:00 a.m. to 11:30 a.m.*

*Continental Breakfast
9:00 a.m. – 09:55 a.m.*

*Prayer Fellowship
10:00 a.m. – 11:30 a.m.*

*Fellowship will be In person and on FMZ virtual
platforms. More Information to Come*



*Reverend
Robert Jones*



*Reverend
Dr. Tracey
Dawkins Holley*



January 5, 2025

Dear First Mount Zion Baptist Church Family,

As we are continuing in “Phase IV” of the Pastoral Search for the next Under-Shepherd for First Mount Zion Baptist Church, we humbly ask for your dedicated prayers this week as we continue to move forward with the duties that each of you have entrusted to us.

In the book of James 5: 13-16, it says, “¹³ Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. ¹⁴ Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ¹⁵ And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. ¹⁶ Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

We are humbly asking for you to pray for the First Mount Zion Baptist Church’s Pulpit Committee this week.

When praying and meditating for the Pulpit Committee this week, please ask GOD daily for FMZBC and the Pulpit Committee to:

DAY 1 – SEEK GOD

Jeremiah 29:13, James 4:8 — Pray the pastoral search period will be a time the church learns to seek GOD Himself more than just a new pastor. “Lord, teach us to draw closer to Jesus and trust Him as the true head of the church and not in man.”

DAY 2 – SEEK CLEANSING AND RENEWAL

Psalms 139:23-24 — Pray for a powerful move of congregational cleansing and renewal. “Father, please cause this to be a time of deep cleansing and renewal in our church. May we always be the church You have called us to be. It is all about You and not us.”

DAY 3 – SEEK CONSISTENCY AND FOCUS

Revelation 2:1-4 — Pray for strong consistency and focus on the present ministry of the church. “Please grant great power to our leadership and to our staff. Protect us from any spirit of being lukewarm. Protect us from the evil one and remind us that we serve Jesus, not a pastor.”

DAY 4 – SEEK LOVE AND UNITY

John 13:34, John 17:21 — Pray for a miraculous sense of love and unity among all members of the church. “Help us surrender all bitterness, division, and anger within our church family. Lord, empower us to love one another with a patient, forgiving love.”

DAY 5 – SEEK UNITY

1 Corinthians 1:10 — Pray for great unity in calling our new pastor. “Lord, help us to receive the new pastor and the family with deep love and renewed commitment. Grant us a powerful sense of revival and spiritual awakening as we move into the future.” Pray for grace, guidance, and strength for the church from which our new pastor comes.

DAY 6 – SEEK CHANGE

Ephesians 4:1-6 — Pray that we be prepared to make the necessary changes to embrace a new day of ministry. “Lord, we understand that a new pastor always means changes. Help us to be prepared to change and grow with graciousness and unity so we can be the church You have called us to be.”

DAY 7 – SEEK GOD’S TIMING

Hebrews 6:12 — Pray that we will patiently await GOD’s timing and settle for nothing less than His perfect will. Ask GOD for His mercy in giving us a true person of GOD and a great leader.

Pray for Spiritual Strength

Pray for Spiritual Wisdom

Pray for Spiritual Protection

Pray for Patience and Pacing

Thank you for your continued support and commitment to prayer during this important season.

*With Humble Sincerity,
The First Mount Zion Baptist Church Pulpit Committee
Deacon Leonardo Manning, Chair*

Mission: To connect people who have a desire to become fully devoted followers of Jesus Christ.

The Pulpit Committee is committed to keeping the FMZBC family informed as we continue the important work of seeking our next Pastor. To provide greater transparency, we have made detailed information about our process and progress available, including answers to frequently asked questions (FAQs). You can access this information through <https://firstmountzionbc.org/pulpit-transition-process-plan/>

We encourage you to review these updates and continue to keep the Pulpit Committee in your prayers as we seek God's guidance in this journey. Thank you for your support and patience as we move forward together in faith.

As always, please email us at pulpitcommittee@firstmountzionbc.org for any questions you may have.



Transition Plan Phases

- ✓ Phase 1 – Church Governance & Selecting a Pulpit Committee
- ✓ Phase 2 – Defining Requirements and Expectations
- ✓ Phase 3 – Search and Recruitment

Phase 4 – Evaluating and Shortlisting

- Phase 5 – Interview and Further Assessment
- Phase 6 – Presentation to the Congregation
- Phase 7 – Decision Making
- Phase 8 – Transition and Installation

Join us for a Prayer Circle.

When: January 26th (4th Sunday)

Time: Immediately After Service

Location: Chapel

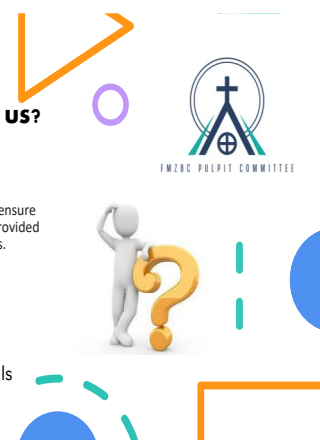
Note: This time is for Prayer ONLY



Do you have questions for us?

All questions must be submitted in writing to pulpitcommittee@firstmountzionbc.org in order to ensure appropriate and timely responses. A response will be provided within 24 hours, excluding weekends and holidays.

Note: Pulpit Committee's FAQ can be found on the Church Website. Credentials required.



CHILDREN'S CHURCH (CED)

Children's Church meets the 1st, 2nd, and 3rd Sundays of each month with the exception of holiday weekends. 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](https://form.jotformpro.com/form/12064713218)
(<https://form.jotformpro.com/form/12064713218>)

For additional information, please contact Dr. Holley via email at tholley@firstmountzionbc.org or Sister Stephany Stewart at stephanystewart@yahoo.com.

GROWING TOGETHER

Midday Prayer Call

MON - FRI
12-12:15

PRAYER TOPICS
Pastor Transition
Unity
Health/Healing
Wisdom
Peace

Send prayer requests and praise reports to CPM1@firstmountzionbc.org or text (703) 261-4902

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

LEADERSHIP

THE CHAPLAIN'S CORNER

DEACONS PRAYER FOR 2025

Greetings and Happy New Year, First Mount Zion Family

As we take this journey into 2025, some may reflect on challenges and others blessings, the highs and the lows of 2024. Some may press the proverbial reset button to restart or recommit to unfinished tasks, assignments or requirements. Others may have new expectations or embrace new opportunities during 2025. All of these can have a noble and Godly purpose. But, whatever it is that we do or face this year, let us seek to accomplish it, remembering God's love (*For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life....John 3:16; But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us...Romans 5:8*); The Lord's promises (*For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope...Jeremiah 29:11, The Beatitudes...Matt 5:3-12*) and God's provisions (*I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread...Psalms 37:25, But those who wait on the LORD shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31*).

In closing, here's a New Year prayer that was received. May it encourage and bless you throughout this year:

"May God in His unceasing love send many gifts your way. And May He fill your heart with peace and be forever near; Blessing you and guiding you throughout the year.

Happy New Year"....

Please continue to pray for, and with, the Deacon Ministry this year as we seek to serve our Lord, as we serve His people.

*Peace, Joy and Blessings,
Deacon Ministry
Deacon Keith H. Holmes, Chaplain*



Dear Church Family,

Thank you for your unwavering support and making our Newsletter possible. Your contributions help us share important news, events, and inspiring messages, and allow us to stay connected and build a stronger faith community. Please continue to share your feedback and suggestions for the Newsletter as we continue to glorify God through our work, while striving for a spirit of excellence!

*Blessings to you all,
Newsletter Team*

You Are Invited to Sunday School Teacher Training!



On January 11, 2025, at 10:00 AM
For an Empowering Sunday School Experience!

All are invited:

- Who are interested in teaching
- Who have a desire to teach
- Who were PRE-COVID teachers

RSVP:

sundayschool@firstmountzionbc.org

From Generation to Generation Teaching to Grow Deeper, Grow Stronger, and Reach Higher, Deuteronomy 32:7

Good to know!

Submission of weekly announcements and Purchase Requisitions (PRs) are due by noon each Tuesday. Thank you for your support! Announcements and PRs submitted after the deadline will be processed the following week.

The Fitness Center is open Monday through Saturday and here are the hours:

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.

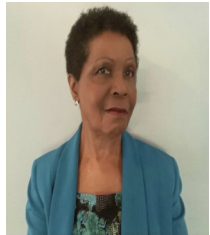
FMZBC Women's Ministry
invites you to Join and/or
Participate. For more
information, please email
womensministry@firstmountzionbc.org

**WE LOOK FORWARD
TO YOU JOINING!**



**FMZBC
Men's Ministry**

To Join / Participate Please Email:
mensministry@firstmountzionbc.org



POST-HOLIDAY BLUES/ DEPRESSION

It is now January 2025, post-holiday, which means some people may be experiencing Post-Holiday Blues or Depression. The holiday season—from Thanksgiving until New Year's Day—can be a joyful and relaxing time for many people, but once the festivities wind down, sadness and loneliness can creep in. It's an idea known as the Post-Holiday Blues/Depression. According to the National Alliance on Mental Illness (NAMI), 64% of people report being affected by holiday depression, and it's most often triggered by financial, emotional, and physical stress of the season.

According to the American Psychiatric Association, the most difficult months for people diagnosed with Seasonal Affective Disorder (SAD) are the months of January and February. SAD is a type of depression that happens during certain seasons of the year, most often fall or winter. It is thought that Post-Holiday Blues/Depression can compound the negative post-holiday feeling in the 5% of adults who experience SAD.

How to get over Post-Holiday Blues/Depression

Working yourself out of a Post-Holiday Depression requires putting some extra emphasis on the basics of physical and mental well-being and adjusting expectations. Quality sleep, regular exercise, a nutrient-dense diet, and reaching out and spending time with friends and family can provide a much-needed boost.

Journaling/writing to God, Deep-breathing along with Mindfulness-Meditation—turning your attention to God so that you can hear and abide in God's voice are effective spiritual coping tools. 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.

Post-holiday blues won't stick around forever. Cut yourself some slack! Don't beat yourself up for feeling the way you do and take the time you need to find your footing. How long Post-Holiday Depression lasts is going to be different for everyone. But, after a while you still aren't looking forward to upcoming events, or you continue to remember holidays with sadness rather than fondness, it's time to talk to a mental health professional.

Sources

Is It Depression or Sadness? Learn the Signs - <https://www.healthline.com/health/depression/depression-vs-sadness>.
Post-holiday depression. <https://www.healthcentral.com/condition/depression/post-holiday-depression>
Signs of Depression. <https://www.healthline.com/health/depression/recognizing-symptoms>

Rev. Juanita Stokes, MA, LPC, NCC, MARS
Associate Minister
Licensed Professional Counselor



ON YOUR FEET – APPLAUD GOD!

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:

"Thank you, Father for your incredible love for us and that you sent your Son to redeem us back to yourself. Thank you, Jesus for being obedient to the Father and loving us so much that you would lay down your life to free us from the bondage and penalty of our sins. And thank you for sending your precious Holy Spirit to lead us, guide us and empower us to do the work that you have called us to do."

Thank you for family and friends as we pray for your continued blessings on those you have placed in our lives. And thank you for saving us and our relationship with you and for choosing to use us in service to you and others.

Praying for safety for all who will be traveling over the holidays. Also praying for those who are struggling during the holidays due to loss of, or separation from loved ones, health issues or other challenges. We thank and praise you that you are still the Sovereign God.

May we keep an "Attitude of Gratitude" throughout the year and always. All the glory, honor and praise belong to you. In Jesus Name we pray and give thanks, Amen"

Scripture:

Psalm 100:1, 3-5 MSG

On your feet now-applaud GOD! Bring a gift of laughter, sing yourselves into his presence. Know this: GOD is God, and God, GOD. He made us; we didn't make him. We're his people, his well-tended sheep. Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank him. Worship him. For GOD is sheer beauty, all-generous in love, loyal always and ever.

Psalm 100:1-5 NKJV

Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; Come before His presence with singing. Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the LORD is good; His mercy is everlasting, and His truth endures to all generations.

Praise and Worship Song: "Every day is a Day of Thanksgiving" - <https://youtu.be/4o0K66xOpZg>

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

FITNESS-IN-PLACE

MEET YOUR GOALS!

This New Year, did you set and start some healthy fitness goals? Here are some **tips for sticking to it and meeting your goals:**

A) Create a Weekly Schedule and Include Your Exercise Time: Plan your workouts in advance and incorporate them into your weekly schedule to make them a consistent part of your routine. *Proverbs 21:5 "The plans of the diligent lead surely to abundance".*

B) Track and Acknowledge Small-Scale Progress: Yes, progress is progress, no matter how small. Any step forward, no matter how incremental, is still a step in the right direction. *Philippians 3:12 "Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me".*

C) Plan Your Recovery: Yes, recovery should be a part of your plan. Stay hydrated, get proper sleep, eat nutritious food, indulge in a sauna, or get a massage. *Exodus 23:12 "Six days you shall do your work, but on the seventh day you shall rest".*

D) Talk Kindly to Yourself: Talk to yourself the way you'd talk to your best friend. *Psalms 139:14 "For I am fearfully and wonderfully made".*

E) 10-Second Breather: If you come across a box of candy, take a deep 10-second breather, dial into what your body really needs. You may ease stress/anxiety and make a choice about what would really feel good for your body. *Hebrews 12:11 "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit".*

For assistance, please visit FMZBC's Fit by God Fitness Complex or call 703-670-0225. For information on hours or programs click the [Fitness Calendar](#).

Submitted by
Sister Lori Valkenburg
Fitness Director

WHAT'S YOUR SECRET?

Sign over a chaplain's door:
If you have worries, come in and let's talk them over.
If not, come in and tell us how you do it!

The Community
"Giveaway"
"Yard Sale with a TWIST...
Everything is Free!"

"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, it is more blessed to give than to receive"
(Acts 20:35)

VISIT US ONLINE at www.FMZBC.com

Happy Wedding Anniversary



To all those celebrating
in January!



COME JOIN OUR
BIBLE
Study

IN PERSON -
IN CHAPEL -

WEDNESDAYS

11:00AM & 7:30PM.

FMZ/Life Stream:

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

Facebook:

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

YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

Study handouts are available online:

<https://firstmountzionbc.org/bible-study-handouts/>

DO NOT WITHHOLD GOOD FROM THOSE TO WHOM IT IS DUE, WHEN IT IS IN YOUR POWER TO DO IT.

Proverbs 3:27, ESV

Happy
New Year



Celebrating the King of Kings

(Isaiah 9:7) was the Seniors' Ministry theme for their December 11, 2024, fellowship. The Seniors arrived in their festive holiday outfits and spent time greeting each other. The room was full of smiling faces, not to mention how beautifully it was decorated with Christmas ornaments by Sis. Hope Singleton and her trusted team. The display tables featured the "Manger scene" and other Christmas ornaments in celebration of our theme. Kudos to Sis. Pauline Hunter and Sis. Doris Johnson for putting the display tables together.

The Fellowship was opened in prayer by Deacon Marion Seth, followed by a Scripture reading by Deaconess Doreather Seth. Dr. Boykin welcomed the attendees and reminded them of how good God has been to all of us. He asked all first-time visitors to stand, welcoming three new visitors and encouraging them to become regular participants in the Seniors' Ministry.

The month of December seemed to have more birthdays and anniversaries than any other month. As usual, Sis. Hope Singleton led the celebration, as we all shared in the joy that was being experienced by those who were thanking God for another year around the sun, in both categories. Sis. Shirley Hardy shared the Occasion using the Scripture Isaiah 9:7 as her base, as she explained the significance of the gifts. Sister Connie led the group in a medley of festive Christmas songs while Brother Richard Glover, our special guest soloist, sang a very moving rendition of "O Holy Night" to the delight of all the attendees. Deacon Seth blessed the food, and we were served a delicious lunch prepared by the Grain of Heaven.

We are eternally grateful to Sis. Sherise Campbell and her team who diligently work preparing the meals for our Ministry fellowships, and to our Facilities team for working feverishly to set up the room to our specifications, without complaint. We thank you all!!!

After lunch, we got down to business, starting with a Bible Word Search facilitated by Brother Ken and Sister Malinda Spencer, which proved to be very competitive. Gifts were given to the six participants who had the correct answers. The Silver Steppers then took to the stage and mesmerized the attendees with their presentation of Emmanuel. Dr. Boykin then informed the gathering that the gifts that were adorning the tables were earmarked for those who were sitting in chairs that had been discreetly tagged. People were excited and were flipping chairs over, hoping that theirs had the identifying dot, much to the chagrin of many! There were 23 tables, which meant that 23 Seniors were blessed with gifts just for being in attendance. It was lots of fun!

The Acting Pastor, Dr. James, addressed the attendees, wishing everyone a happy holiday season, while expressing her gratefulness to be a part of such a vibrant Ministry. Sis. Bell then made some important announcements and thanked the Ministry for their support, as the new Director, and urged everyone to bring their thoughts and ideas to the table for consideration, since the Ministry is really theirs.

Our Director of Christian Education, Rev. Dr. Tracey Dawkins Holley, delivered an uplifting Christmas Message, "We've Come to Celebrate the King of Kings!" During her message, she reminded us that we were in the season of Advent, anxiously awaiting the arrival of Jesus, and that we've come to this fellowship to celebrate Jesus, the King of Kings. She reminded us of all the reasons we have to celebrate Jesus, like the fact that He

woke us up this morning; He put food on our tables; He brought us through many dangers, toils, and snares; and most importantly, He came to die for our sins so that we, through our acceptance of Him, might have eternal life. Dr. Holley encouraged us to continue to lift Him up and be a light for Christ.

In closing, Sister Loretta Archie, led by the unction of the Holy Spirit, sang a very lovely song entitled "I Give Myself to You", thanking God for giving His Son's life that we might have life. She then closed the festivities in prayer.

The Seniors' Ministry is eternally grateful to Dr. Holley for her consistent support and her willingness to allow us to thank and praise God in the manner we choose, as long as it aligns with the Ministry of First Mount Zion and the Word of God.

The next Seniors' Ministry meeting is scheduled for **January 15, 2025**, at noon. The theme is **"A New Beginning" (Ephesians 4:22-24)**. We hope that you plan to attend as you will be given the opportunity to be part of our "Testimony Fest" as we testify to the goodness of God. You do not want to miss this event! Seniors' Ministry follows Bible Study and you are welcome to attend; however, you must reserve your seat via email at seniorsministry@firstmountzionbc.org or call **Sister Maria Fitzgerald at (540) 538-0702**, and we will be sure to include you on the list.

We are looking forward to what God is going to do through this Ministry in 2025, and we hope that all Seniors will come out and join us!

Seniors' Ministry Leadership Team



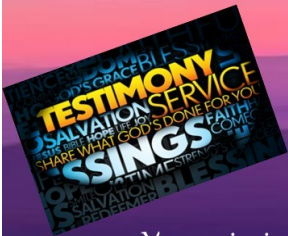


A NEW BEGINNING!

Ephesians 4:22-24

GET READY!!! GET READY!!! GET READY!!!

It's TESTIMONY TIME!!!!



You are invited to join the Seniors' Ministry at their upcoming Fellowship on January 15, 2025, at Noon, in the GYM. We look forward to seeing you there! Email us at: seniorsministry@firstmountzionbc.org or call Sister Maria Fitzgerald at (540) 538-0702 **no later than January 8, 2025.**



SERVICE OPPORTUNITIES



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

Ministry Event set-up and break-down:

Are YOU looking for a way to serve others? Are you in need of volunteer hours or do you simply want to support the Ministry activities of the Church? If so, please contact Ernest Robbins, Facilities Manager, at:

erobbins@firstmountzionbc.org

Grain of Heaven: Opportunities to serve in food service with are available.

Please contact Sherise Campbell, Food Service Director at:

scampbell@firstmountzionbc.org

IT (Information Technology) Support:

Interested in sharing your expertise in support of Ministry meetings using computers, projectors to display PowerPoint presentations, play YouTube videos, ZOOM, live stream? Contact Renee Woolfolk, Church Business Administrator at:

rwoolfolk@firstmountzionbc.org

2025 Volunteer Screening Training Session Dates

3rd Saturdays at 9:00am

January 18th

March 15th

May 17th

September 20th

November 15th

Visit FMZBC website
firstmountzionbc.org

Select 'Resource Tab',
Select 'Volunteer Screening Documents'
for application and authorization forms

Please bring completed forms to the training session.

* Please note the volunteer application must be notarized

To Sign-up, please contact:

VolunteerScreening@firstmountzionbc.org

Brenda Byrd (571) 237-0111

VaShawn Guice Veal (202) 257-8557



Glory to God in The Highest! The Men's & Women's Ministry came together for a joint fellowship on December 14th, under the theme, "Be Simply Still As We Behold and Adore the Attributes of God!" We were reminded during this Christmas season, to simply reflect on the wonders of God and the greatest gift ever given, His only begotten Son, Jesus Christ.

We started the Fellowship with a video praise song, "Kirk Franklin with The Family & God's Property - Silver and Gold."

Deacon Andre Robinson opened us in a fervent prayer, which was followed by a beautiful musical selection by Deacon Ron Cooper entitled, "Give Love on Christmas Day." What a way to start the program and open our hearts up to God's love.

Deaconess Kimberly Johnson continued with her powerful Word of Encouragement, in which she asked the question "What Does 'Being Still' Mean?" She challenged us to explore the art of being still and to reflect on our connection to God. She reminded us to be engaging with God and to try breathing deeply while focusing on God; then to pause and connect; and to finally give gratitude, acknowledging what a mighty God we serve!

A video was shown in acknowledgement of Jesus' birthday, called "Happy Birthday Jesus" by Brandon Camphor & One Way. I can still hear the song in my spirit and find myself humming it daily. After the song, we were blessed by Deacon Everett Griggs with Words of Inspiration, "Love Yourself As God Loves You." Deacon Griggs reminded us to allow God to work on us and thus gain renewed. He told us to stay focused on God's promises and he shared the following scripture references: Isaiah 40:31, Hebrews 13:9, and Philippians 4:13, which everyone should read and see how they speak to your hearts.

Our sermonic selection was offered by the Women's Christmas Ensemble, singing "Mary Did You Know." They sanggggg.... that song. It truly touched our hearts, preparing us to receive the Word by our speaker, Rev. Dr. Sandra K. James.

Dr. James closed us out by sharing Psalm 46:10-11 (NKJV & MSG translations). What a powerful Word from God that was placed in her as she spoke on our theme. She enlightened our souls by breaking down what it means to be still, to behold, to adore, and to acknowledge the attributes of God. Here are some of her points: Wait on God when there is chaos; quiet the distractions; beware of the presence of God; refrain from needless worry; expect God to save us; look at yourself through the eyes of God; let God fight your battles as we glorify Him. He will hold us together, God is able to Meet every need, God is our defender, protector, God says Peace Be Still, God is Loving, God is Holy and God is Glorious! I would keep going, but I pray that you all get the message that was intended for us. Be reminded that God is Omnipotent (all powerful), almighty, faithful, true & unchanging! Praise God from whom all blessings flow!!!

What a phenomenal, illuminating, inspiring, and anointing fellowship it was. I pray that everyone was blessed beyond more than they could imagine. A sincere thank you to all who participated by sharing or being in attendance. The Fellowship was

a success because of your continued servant hearts and support of the Women's Ministry. And I would be remised if I did not acknowledge and say thank you to my Technical Support (Siara Corprew, Cynthia Wilson, Michelle Washington-Barnes, and De-metria Cobb).

An additional heartfelt thank you to Rev. Sharon Wallace for providing us with the Closing Prayer and the Benediction.

Deacon Cooper ended our fellowship by blowing us away with "Have Yourself a Merry Little Christmas (which he had us sing along while he played the saxophone. .We were on mute though -- Smile.

To our December Birthdays, Happy Birthday again, and may God bless you with many more.

To the gentlemen and ladies that were first time visitors, thank you so very much, and please join us again. Our next fellowship is in-person on January 11th, at 9 am with continental breakfast in the Narthex, followed by our annual joint Men's & Women's prayer program, "P.U.S.H (Pray Until Something Supernatural Happens)!" We invite everyone to attend and receive the blessings that God has for you!

Humbly,
Gwen E. Holland, Director
Women's Ministry



Thank you!

Thank you!

Thank you, FMZ Family. . . individually and collectively, for all that you have done by sharing your time, your talent and your treasure so that we may minister to those who are less fortunate than we are. Because of you, this year we were able to support **975** families, which included **419** families from PWC and **122** from Northern Virginia (8 schools in Prince William County and 2 schools in Northern Virginia).

A very special **THANK YOU** to the SHARE Ministry's Willing Workers who are not only consistent with their service, but determined to make a difference in our communities. They make sure that when the families arrive, they can be served promptly, and they do it with a spirit of excellence and love as only First Mount Zion can. We say, To GOD be all the glory! This Ministry has indeed been a blessing, and we appreciate your dedication and commitment, and pray that God will multiply that which you have contributed, one-hundred fold, because of your faithfulness to Him and to the less fortunate. God is well-pleased with your service! We love and appreciate all of you!

TO GOD BE ALL THE GLORY!



GRIEF SHARE

HOSTED by FMZBC

A Journey from Mourning to Joy

GriefShare is a support program 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

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.

SHARE JANUARY MENU

January 2025 SHARE MENU

FMZBC Rear

Parking Lot

Order on January 06, 2025

Pick up January 18, 2025

Value Package \$26.00

5 lbs. Chicken Drums

1lb. Ground Beef

1lb. Whiting

Plus 10-12lbs of Fresh Produce Items

Superbowl Party Wings \$16.00

3 - (2.5 lb. Bags of Party Wings)

Smoothie Special (New Item)..... \$21.00

2 lbs. Frozen Strawberries

2 lbs. Frozen Blueberries

2 lbs. Frozen Pineapples

2 lbs. Frozen Spinach

Produce Box \$24.00

10 lbs. of Fresh Fruits and Vegetables



COMMIT YOUR WORKS TO THE LORD

I don't know about you, but 2024 seems like a flash before my eyes and we are here welcoming in Year 2025! It is said that the beginning of the year is the best time to focus on making positive changes in your life; that it is the best time to establish new goals and to plan for the months ahead. In doing so, you are focused and motivated to achieve your goals. I must admit that I

fashion myself somewhat as a planner as I embrace the beginning of a new year. I plan and set goals spiritually, emotionally, physically, and financially, committing every step, every effort, and every decision into God's hands for Solomon says, in Proverbs 16:3 NKJV, "*Commit your works to the Lord, and your thoughts will be established.*"

Beloved, it should be our goal as believers to commit our ways to the Lord and make every plan obedient to His will for our lives. The proverb illustrates the principle that when we dedicate our plans and actions to God, we allow Him to establish our thoughts and intentions. We rely on His divine guidance rather than our own understanding. The Hebrew word for commit is *gālal*, (pronounced *gaw-lal'*) which signifies rolling our burdens onto the Lord and leaving them in His capable hands. It is in His capable hands that we are assured that though we may plan our course, it is ultimately God who directs our steps.

Committing our works unto God demonstrates our trust and dependence on Him even when the path seems unclear, yet we trust Him that he will direct our paths for our good and His glory. Our efforts will bear fruit when they align with His will. Asking God to be involved in our plans can transform our approach to the challenges of life we face, leading to outcomes that reflect His purposes rather than our aspirations alone.

Beloved, as you begin 2025, take a moment and reflect on the following question: **Are your plans for this year in alignment with what God wants for you?**

Submitted by
Reverend Glenda Brown



POSITIVES FROM THE **BLACK** HISTORY CORNER

The 2025 Black History Month theme is "**African Americans and Labor**", touching on the invaluable contributions of African Americans in the workforce.

Brought to colonial America on slave ships in the 1600's, African American slaves became a keystone of labor in the newly-formed United States. Besides working as the bedrock of the agricultural south, African-American slaves (both men and women) were also responsible for building the entire southern rail system, a gift to the whole of the US economy.

African American labor following the Civil War

Later fighting for their freedom during the Civil War, African Americans went on to become farm laborers, landowners, salaried workers, and business owners. Having already built the railroads, many blacks also found work as the iconic Pullman railroad porter at the turn of the century -- job later credited with the development of the black middle class in America.

A prominent figure in the Pullman Porter story was labor organizer A. Philip Randolph, who formed a workers union aimed at improving the lives of black railroad porters and others employed by the Pullman railroad. It became the first movement for racial and economic justice, a solid foundation for the one that Martin Luther King Jr. later built his campaign upon in the 1960s. (2025 also marks the 100th anniversary of the Brotherhood of Sleeping Car Porters founded in 1925.)

Other unions formed at the time included coal miners, dock workers, and more notably Chicago meatpackers that helped further economic stability and workplace empowerment for black workers.

Although great strides had been made compared to slavery days, black Americans were still subject to age-old discrimination by whites when it came to economic advancement. This was especially evident when black business success overshadowed the surrounding population (also see: The Black Wall Street Massacre).

Up from the Depression

By the Great Depression, work was scarce for all Americans, as black unemployment rates in the South reached double or even triple that of whites. In response, the federal government created over 400,000 jobs for African-Americans as part of the WPA program (with projects such as the Hoover Dam, pictured above) designed to get all Americans back to work.

Southern blacks, meanwhile, -- as part of The Great Migration that began in the 1920s -- surged in numbers as they headed to the industrial north looking for work.

During the Second World War, "separate but equal" segregated black military units served with distinction with many more African Americans helping in the war effort as nurses, engineers and truck drivers. Although President Harry S. Truman finally ordered all US military to desegregate by 1948, the ongoing fight for equal rights in the workplace had only just begun.

Following the war, racism resumed in force when a powerful young preacher named Martin Luther King Jr. appeared on the scene. From his pulpit at Ebenezer Baptist Church in Atlanta, he began championing labor unions, strikes and boycotts in an effort to gain equal treatment in a country that had emerged as one of the richest and most powerful during the post-war years.

Proclaiming "civil rights are workers' rights", King was a national figure by 1964 when Congress passed The Civil Rights Act prohibiting discrimination nationwide on the basis of religion and race, especially when it came to job hiring, promoting, and firing.

Under the new law, segregation also ended in the nation's schools -- reflecting King's other key issue -- that education was a powerful tool for social change and economic justice.



Leader Martin Luther King, Jr., ensured that the historic March on Washington on August 28, 1963 was also a march for fair wages and economic justice.

Today, the march for equality goes on, with powerful forces acting to reverse the King legacy in state legislatures to corporate boardrooms.

The theme, "**African Americans and Labor**", is meant to put the spotlight back on the history of black labor struggles, and the continuing fight for a living wage and better job opportunities for all.

WOMEN IN LABOR HISTORY

The impact women have made in labor history is often missing from textbooks and the media despite the numerous roles women have played to organize, unionize, rally, document, and inspire workers to fight for justice. From championing better workplace conditions to cutting back the 12-hour day to demanding equal pay across racial lines, these are just a few of the women who have contributed to the labor movement. Also visit the **And Still I Rise** website that features Black women labor leaders.

The 6888th Central Postal Directory Battalion was a unique U.S. Army unit and it had the distinction of being the only all-African American, all-female unit sent overseas during World War II. The women kept mail flowing to nearly seven million soldiers in the European Theater of Operations (ETO).

Almost immediately after leaving the United States in early 1945, the women who would eventually make up the 6888th were introduced to the rigors of war. During the trip across the Atlantic Ocean German U-boats forced the convoy of troop ships to change course. The event had a chilling effect on the

continued on next page -

women. "Darn tootin' I got scared," recalled Mary Ragland. "Especially when you can't see land all around" she added. Once the women arrived in England on 14 February 1945, they had another scare. As they disembarked from their ship, a German V1 rocket, also known as a "Buzz Bomb" for the sound of its engine, dove into the area. As the noise of the engine filled the air, the women ran for cover. No one was killed, but the event served as a harsh reminder that even behind the lines, soldiers were at risk at all times.

The 6888th was organized on 4 March 1945 at Birmingham, England, and pitched mail at a facility there until after the end of the war in Europe in May. With approximately 850 officers and enlisted personnel, this Women's Army Corps (WAC) unit was organized into four postal directory companies—A, B, C, and D—and a Headquarters company, which handled all administrative and service support duties. Major Charity Adams commanded the battalion. She had joined the



Women's Army Auxiliary Corps (WAAC—the predecessor to the WAC) in 1942 and became the first African American woman to receive an Army commission. She ended the war as a lieutenant colonel and as the highest ranking black woman in the Army.

On 27 February 1946, the 6888th boarded the *Claymont Victory* for its return to the United States. The battalion was disbanded on 9 March 1946 at Camp Kilmer, New Jersey. For the women of the 6888th Central Postal Directory Battalion, World War II was truly a war of liberation. They served their country in trying conditions, accomplished their mission, and showed what African American women could do, if given the chance.

Read more about these incredible service women at [6888th Central Postal Directory Battalion - The Army Historical Foundation](#)

VICKI GARVIN

Victoria (Vicki) Garvin was an African-American trade union and political activist as well as a pan-Africanist and internationalist. From 1946-1950, Garvin served as a research director of the United Office and Professional Workers of America. In 1951, she took part in the formation of the National Negro Labor Council and became a national vice president and executive secretary of the New York City chapter. She taught English in Ghana between 1963-1964, and from 1964-1970, she taught English to advanced Chinese students at the Shanghai Foreign Languages Institute.



HATTIE CANTY

Legendary African-American unionist, Hattie Canty, was a labor activist in Las Vegas, Nevada. She migrated to Las Vegas from rural Alabama. In contrast to the AFL-CIO's George Meany, who bragged that he had never been on a picket line, Canty was one of the greatest strike leaders in U.S. history.

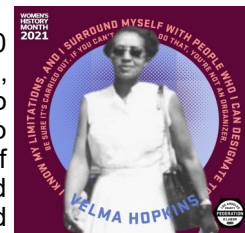
Her patient leadership helped knit together a labor union made up of members from 84 nations.

"Coming from Alabama," Canty observed, "this seemed like the civil rights struggle . . . the Labor Movement and the Civil Rights Movement, you cannot separate the two of them."

VELMA HOPKINS

"I know my limitations and I surround myself with people who I can designate to be sure it's carried out. If you can't do that, you're not an organizer."

Velma Hopkins helped mobilize 10,000 workers into the streets of Winston-Salem, North Carolina, as part of an attempt to bring unions to R. J. Reynolds Tobacco Company. The union, called Local 22 of the Food, Tobacco, Agricultural, and Allied Workers of America-CIO, was integrated and led primarily by African American women. They pushed the boundaries of economic, racial and gender equality.



In the 1940s, they organized a labor campaign and a strike for better working conditions, pay, and civil rights. It was the only time in the history of Reynolds Tobacco that it had a union.

McMAID WORKERS LOCAL 880

As Keith Kelleher begins the article *Organizing One of the Largest Black Led Unions in the United States*, *McMaid* workers, led by Irma Sherman, Doris Gould, Juanita Hill, and Mary Williamson, transformed labor organizing by successfully unionizing homecare workers in Chicago in 1984, setting the groundwork for



the largest union in the Midwest, and catalyzing the organizing of a field predominately staffed by working-class Black and brown women.

In 1983, when Sherman, Gould, Hill, Williamson, and other McMaid workers first unionized, there were seven members. By 2008, Local 880 had over 70,000 members. The organizing efforts of these women continue to have an impact on homecare workers around the country.

Before Local 22 faced set-backs from red-baiting and the power of Reynolds' anti-unionism, it gained national attention for its vision of an equal society. This vision garnered the scrutiny of powerful enemies such as Richard Nixon and captured the attention of allies such as actor Paul Robeson and songwriter Woody Guthrie. Although Local 22 ultimately failed to slay the giant, the union influenced a generation of civil rights activists.

SUE COWAN WILLIAMS

Sue Cowan Williams represented African-American teachers in the Little Rock School District as the plaintiff in the case challenging the rate of salaries allotted to teachers in the district based solely on skin color. The suit, *Morris v. Williams*, was filed on Feb. 28, 1942, and followed a March 1941 petition filed with the Little Rock School Board requesting equalization of salaries between Black and white teachers. While she initially lost the case, she won in a 1943 appeal.



"I am no longer accepting the things I cannot change. . .
I am changing the things I cannot accept." -- Angela Davis

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



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



Online Giving

Convenient.
Simple.
Secure.

You may give online, accessing the link through 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.



ASL (American Sign Language) interpreters are onsite each Sunday during the 11:00 a.m. worship service. You may observe in-person and online at www.fmzbc.com. The monthly Zoom meetings are also

held with an interpreter. The next Deaf Ministry meeting will be in January 13, 2025.

For the meeting link, please email:

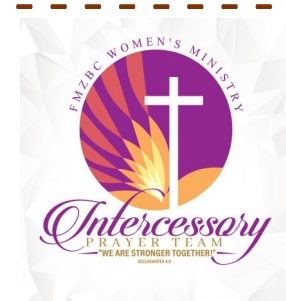
fmzdeafministry@firstmountzionbc.org

JOB VACANCIES

FMZBC is actively recruiting for the following vacancies:

Executive Assistant
Administrative Assistant
Youth/Young Adult Choir Director
Custodial Technician

Contact Renee Woolfolk, Church Business Administrator, at rwoolfolk@firstmountzionbc.org



Women's Ministry Intercessory Prayer line has been established to afford the women of FMZBC the opportunity to submit prayer requests. Our desire is to continually lift up your prayer needs as they arise, so please use the below address to submit your requests: Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over

your requests as you send them in. Remember, the prayers of the righteous availeth much. Let the saints pray for you!

Please submit your requests to:

Womensministry@firstmountzionbc.org



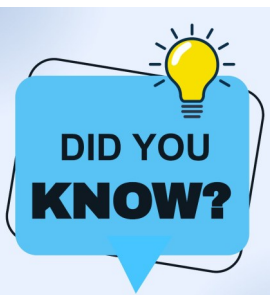
VOLUNTEER RECEPTIONIST

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

rwoolfolk@firstmountzionbc.org

"If you have no confidence in self, you are twice defeated in the race of life."

– Marcus Garvey



Important **PROCEDURES** You Need To Know - provided by the Church Business Administrator:

Question: How do I reserve a meeting or event space at FMZ?

Submit a Building Use Request Form For Meetings (BURF)

- Be Timely (14 days in advance)
- Be Thorough (note the start and end time; equipment needs & requested support on the BURF)

- Be Prompt (start and end on time)
- Be Prepared (bring pens, markers, etc.; arrive early)
- Be Polite (call to cancel; treat areas as your own)

January 5, 2025
Volume 21, Issue 1



MUSIC & ARTS MINISTRY

If you are Interested in joining the Music and Arts Ministry, please contact Minister Sylstea Sledge, Minister of Music at:

ssledge@firstmountzionbc.org

Please check the Church calendar for rehearsal dates and times.



Please email us if you would like to be a part of this vibrant Ministry.

singlesministry@firstmountzionbc.org

ATTENTION!!!

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



The last day to register for January SHARE packages is Sunday, January 12th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on January 18, 2025.

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 350 words and must be received no later than Noon on the 15th of each month to be considered for the upcoming Newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles

We look forward to your participation!!
Thank you!

CPM Team

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

"Ours is not the struggle of one day, one week, or one year. Ours is not the struggle of one judicial appointment or presidential term. Ours is the struggle of a lifetime, or maybe even many lifetimes, and each one of us, in every generation, must do our part."
— John Lewis

Rev. Dr. Sandra K. James, Acting Pastor
Renee Woolfolk, Church Business Administrator
James Simpson, Chair, Trustee Ministry
Kavin Johnson, Chair, Deacon Ministry
Vietta Williams, Chair, Deaconess Ministry

16622 Dumfries Road
Dumfries, Virginia 22025-1920
Telephone: 703-670-0184

Email: fmzbc@firstmountzionbc.org

Website: www.fmzbc.com

SERVICE SCHEDULE

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

FMZ Life Stream:

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

Facebook:

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

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/fmzbcdumfries

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

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

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

YouVersion: [https://bit.ly/FMZBC-YouVersion Bible](https://bit.ly/FMZBC-YouVersion_Bible)

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



LifeStream.tv

Love is patient, love is kind.
It does not envy, it does not boast,
it is not proud. It does not dishonor
others, it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
1 Corinthians 13:4-5