



Message from the Acting Pastor



"I CHOOSE JOY"

The following is an excerpt from one of my devotional readings, 7 Beautiful Ways the Bible Encourages Us to "Choose Joy" Sophia Bricker

The Christian life is often reduced to "do's and don'ts." In our pursuit to be seen as righteous followers of God, we talk about all the things we should not do as believers. Don't listen to that music, watch that movie, pay that much attention to nature, or wear certain clothes.

Acting with discernment is wise, but when we reduce Christianity to a matter of rule-keeping, we forget about the great joy that is found in knowing the Lord. It is not something we manufacture by adhering to manmade categories. Rather, it is a gift that we receive from the One who is the most joyful of all.

Our Lord takes delight in the work He does, in what He created, and in His children. If happiness is something that God expresses, then it is something He intends for us as well.

Scripture provides us with ways that we can choose joy each day.

By Spending Time with God

In Psalm 16:11, we read "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." David recognized that knowing the Lord is the supreme goodness in life. Even when he was in danger, he took pleasure in the Lord who was his refuge and portion (Psalm 16:1, 5). By being in the presence of God, David found joy despite difficulties and fear.

Our Lord has promised to be with us always (Matthew 8:20; Hebrews 13:5). We do not have to seek out His company since He is always present. However, intentionally spending time with Him is a way we can choose joy in our daily lives, to choose to be with the One who is our ultimate joy and good.

Throughout Psalms we see how David and the other psalmists took delight in the Lord. We can do the same as we invest time in our relationship with God. The more we make our communion with Him a priority, the more we will find it is a pleasure to grow in our knowledge and love for Him. We become transformed, as does our outlook. Like David, we discover that knowing God brings peace amidst difficulty, and the fullness of joy.

I choose joy and I pray you do too! HAPPY MOTHER'S DAY!

Peace and Blessings,
Reverend Dr. Sandra K. James
Acting Pastor

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MESSAGE FROM THE ARCHIVES COMMITTEE

The Archives is open each 5th Sunday immediately following the 11am worship service on the ground floor. For more information email us at:

archives@firstmountzionbc.org

MONTHLY THEME DATES - MAY

ASIAN PACIFIC ISLANDER MONTH
HAITIAN HERITAGE MONTH
MENTAL HEALTH AWARENESS MONTH
NATIONAL FOSTER CARE MONTH
NAT'L MILITARY APPRECIATION MONTH
MEMORIAL DAY - MAY 26
ASCENSION DAY - MAY 29

Youth Ministry

on
BLAST - - In A Good Way!



INFLUENCE YOUR GENERATION

"Here's another way to put it. You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop on a light stand-shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven." Matt: 5:14-16 (Message Bible)

Friday, April 4th through Sunday, April 6, 2025, 14 youth attended our high school retreat. It was a "mountaintop" experience physically and spiritually. From the retreat center campus located in the Shenandoah Valley, we had a beautiful view of the Shenandoah Mountains. This setting enhanced the sense of being away from the "hustle and bustle" of daily life and allowed everyone to view and be awed by God's creation.

The retreat theme chosen by the FMZ Youth Council was "Influence YOUR Generation." On Saturday our retreat day started with a silent outdoor devotional walk designed to remind us of the purpose of the retreat and allow us to appreciate the setting God provided for us. Our youth were then blessed by three sessions with topics chosen by the youth council and led by facilitators Minister Ashley Cherry and Minister Shomari Hargrove. Our theme scripture was Matthew 5:14-16. It was gratifying to hear comments made by our youth during the "Rap/Reflection" session held after our 3 main sessions that demonstrated our youth heard and were impacted by what was discussed during the sessions.

In addition to the sessions, youth engaged in team games and team building activities and had the option to challenge themselves by climbing an indoor rock wall.

The retreat ended with a worship service led by Minister Hargrove who preached a sermon entitled "All I Do is Win." Our youth were also asked to individually decide how they would now "Influence [Their] Generation."

Thank you to our FMZ congregation for providing resources that enable us to hold retreats, and the youth ministry supports that aided in the execution of the retreat.

Submitted by
Reverend Beverly Jiggetts
Youth Minister



CALLING ALL FMZ MIDDLE-SCHOOLERS

FMZ Middle School Lock-in Friday, May 16, 2025 from 5:30 p.m. through 11:30 a.m., Saturday, May 17, 2025 for youth in grades 6-8 who are FMZ members. Topics chosen by the Youth Council are "Be Bold, Be You" (*Psalms 134:14 - I am fearfully and wonderfully made.*). There is no charge for this event. While the deadline for submission has passed, if you would like to participate, please reach out to Rev. Beverly Jiggetts (bjiggetts@firstmountzionbc.org) to see if any spots are still available. Join the Youth as they explore "How to Handle Social Media as a Christian" and "How to take Off the Masks We Wear, Do Not let the World Mold Us but instead Be True to Ourselves and God". There is also Fellowship, Food and Fun planned just for YOU!

FMZ, let's remember to pray for our Youth during this "Lock-in," that they will have a memorable experience.



Encouragement and Assurance for the Soul



DOING YOUR PART

John 14: 1-6 indicates that Jesus understood the disciple's dilemma. They were concerned about His future. The environment was toxic. The religious leaders had run him out of the temple. His life was in danger. Jesus had managed to agitate all the current religious leadership. After all the good Jesus had done, he was still a marked man. Can you imagine, healing the sick, giving the blind sight, causing the lame to walk, the deaf to hear, even raising the dead and yet they still hated Him. In addition to the above, there may have been a need for sustenance such as food and shelter. What we see is the social issue of the shifting paradigm of authority, the opposition was taking notice and not liking it.

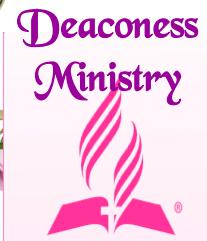
I believe Jesus sensed their concern and wanted to ease the disciples' troubling minds. Let not your heart be troubled. Those that follow a movement must have clarity, certainty, and vigilance. So, when things are trying, you have something to stand on. Several things arise from these scriptures: Don't worry, let not your heart be troubled, and my destiny is set.

Your heart should not be troubled by this issue. You have seen the things I can do. They can only be done by God that sent me. Your part is to believe. Think about it, 'the simplicity of believing, the simplicity of having faith, the simplicity of trusting in the living God. That's your part.'

We must realize that the part that Jesus will play is far greater than what confronts us. In addition, what Jesus must do will determine our destiny. Brothers and Sisters, your heart should not be troubled by this. I am going to prepare a place for you. This may be difficult for you to understand or accept.

Many things I have shown you, in fact, I have established a track record of power, love and peace in your lives. This may not seem sufficient to you, but it is what it is. You have seen, now believe. Now go tell them that I am the way, truth, and the life. Instead of your heart being troubled, tell others about Jesus so that they may also know the way to salvation and eternal life. I am going to do my part. Will you?

Submitted by
Reverend Chris Peterson
Associate Minister



A CELEBRATION OF MOTHERS

"Her children rise up and call her blessed; her husband also, and he praises her."

This oft-quoted verse from Proverbs 31:28–29 stands as a refrain in celebration of mothers, especially on Mother's Day.

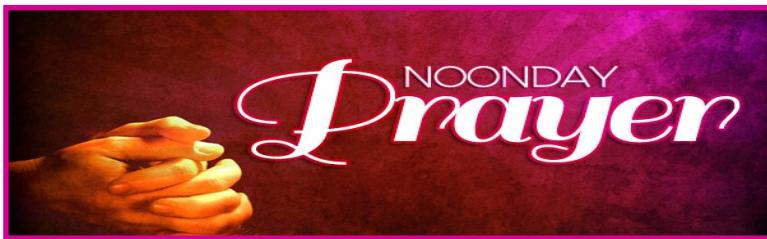
When I was a child, my home church celebrated Mother's Day with lots of excitement. As beautifully dressed mothers arrived to enjoy the privilege of being honored, ushers would pass out carnations as symbols — red if your mother was living or white if your mother had passed on. Those carnations and corsages immediately spoke volumes without saying a word. A white flower said, "I loved and will never forget my mother." No explanations were needed if you were a little blue on Mother's Day; your choice of flower telegraphed a story. If you donned a red flower, one might ask, "Are you going to visit your mother today?" No matter the color, the flowers conveyed a legacy of love and somehow were a unifying force tying the whole congregation together with memories of their mothers. The flowers were reminders of love and sacrifice dedicated to each wearer's mother or mother figure. Those simple flowers said, "I love my mother, and I am thankful we can celebrate today!" That tradition was a simple but meaningful way to honor mothers.

In the present, Mother's Day is still a time to celebrate and honor mothers, nurturers, and caregivers in our lives. Many churches celebrate with special programs, songs of worship, and words of praise during services honoring church Matriarchs and the important work they do. God's word clearly points us to a mother's love as an analogy of God's love and care for us. "As a mother comforts her child, so will I comfort you; and you will be comforted" (Isaiah 66:13). And through the words of Deuteronomy 6:6–7, "And these words that I command you today shall be on your heart. You shall teach them diligently to your children and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise", the Bible speaks of the calling on the lives of mothers to share God's love and His teachings that the lives of children might be blessed.

As we near Mother's Day and beyond, revive some old traditions or start new ones for the mothers in your life. "Honor her for all that her hands have done, and let her works bring her praise at the city gate."

On this Mother's Day, let's embrace the words of Proverbs 31:31, and honor mothers for all they have done. Celebrate mothers, they reflect God's love and care for us.

Humbly submitted,
Deaconess Kishema Tapp
Deaconess Ministry



PRAY FIRST

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:

Our nation is in crisis and we pray for the healing of our nation and that we will turn back to You. We are salt and light and we shine the light of Your love, peace, joy, and hope to a nation and world that is filled with fear, anger, hatred and violence. "Lord, You said that if Your people would humble themselves and pray, seek Your face and turn from their wicked ways, then You would hear from heaven, forgive sin and heal our land." We pray for Your wisdom and clear direction for our national, state, local, military and church leaders. Help leaders to make good choices and do what is right. May they put aside their party and personal agendas and work together to generate laws and take actions that are best for the people in this nation as a whole. Give clear direction on how to deal with the continuing economic issues and putting an end to the oppression in this nation. May You raise up a Joshua generation in these last and evil days. In the precious name of Jesus, we pray and give thanks. Amen!"

Scripture:

1 Timothy 2:1-2 NKJV

[1] Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men (& women),

[2] for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

1 Timothy 2:1-2 AMP

[7] First of all, then, I admonish and urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men (& women),

[2] For kings and all who are in positions of authority or high responsibility, that [outwardly] we may pass a quiet and undisturbed life [and inwardly] a peaceable one in all godliness and reverence and seriousness in every way.

1 Timothy 2:1-3 MSG

The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live.

Praise and Worship Song: "If My People" <https://youtu.be/Ug6fv8KRuCM>



WOMEN'S MINISTRY APRIL FELLOWSHIP

Grace & Peace! On April 12th, the Women's Ministry hosted its monthly fellowship under the theme, "Arise My Sisters and Know Your Worth/Designed for Purpose!" God's loving presence was revealed through the anointed powerful words spoken by each guest speaker and the beautiful songs of praise.

We opened the fellowship with a Praise & Worship song "No Weapon" by Nick Cannon featuring Kierra Sheard, followed by our first speaker, Rev. Annie Robinson (FMZ Associate Minister).

Rev. Robinson started our Fellowship reciting Luke 1:45 (NIV) and Isaiah 62:3 (NKJV). She reminded us that Women are portrayed as essential to God's purposes, serving in various capacities that reflect their unique contributions to His divine plan. We may sometimes question the plans that God has for us as women but understand if God calls, God will equip. The most important and divine role in Women's History was given to a young teenage girl named Mary, who would give birth to a son who will be called the Son of the Highest. Mary's response was, "I am the Lord's servant, may it be to me as you have said." She reminded us that "women will wear a crown of glory in the hand of the LORD," which signifies the honor and beauty bestowed upon God's people, symbolizing their exalted status. As Women of God, while we do have earthly crowns, we must remember that God has a heavenly crown waiting for each of us and that crown will last for eternity. What a powerful word Rev. Robinson delivered. It touched the ladies in a mighty way. God was indeed glorified!

After Rev. Robinson finished sharing, we were blessed by Ms. Bréh Stevens-Mitchell, singing "Just A Prayer Away." This song provided a sense of tranquility during the fellowship and reminded us to pray and believe because Prayer changes things.

Deaconess Debbie Singleton then encouraged us by sharing what it means to be Women of Destiny. She reminded us that we were designed for purpose and God has each of us right where we need to be. She told us to meditate on the fact that God breathed His life into us and has already equipped and empowered us to fulfill our divine destiny. Sometimes it is hard to believe that you will ever fulfill your destiny when you're up to your eyeballs in the daily demands of living. However, it is during these times that you must activate God's power in your life by stepping out on faith and obeying the command of God. No matter where you've been or what you've done, your divine destiny supersedes your mistakes. When God designed the plan for your life, it wasn't dependent on your being perfect. He has arranged a

continued on page 5 —

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comeback for every setback! Remember that nothing is impossible with God. Learn to rest in who God has designed you to be. You were designed with purpose! Arise and BE BOLD, BE FEARLESS, BE PURPOSEFUL, BE FAITHFUL, BE CONFIDENT as you fulfill your divine destiny! This was an anointed word that blessed our souls.

Associate Minister Rev. Sharon Wallace closed us out with her topic: **“Every Women Has Intrinsic Value and A Unique Purpose Designed by God”** from Psalm 139:13-14 NKJV. She shared powerful words reminding us that each of us are “crafted” by God in His image but also specially designed to be who we are, to fulfill the purpose God has planned for us. Rev. Wallace broke the Psalm down by first listing the implications which were Self-worth, Gratitude and Intimacy with God. She told us that we matter in the eyes of God and that we need to know and understand our self-worth. Additionally, Rev Wallace spoke on “Recognize Your Divine Identity.” She reminded us that we are fearfully and wonderfully made and that as women of God we must embrace our individuality. We are loved by the one and only True God. She shared the importance of being empowered through community (Proverbs 27:17). She reminded us that Jesus’ life and teachings demonstrate that our worth is not based on our achievements or circumstances, but on our inherent value as God’s creation and that we can overcome insecurities by embracing our identity. God wants to be a part of your daily life, your prayers, your daily works, your joys, and your sufferings. Keep your mind stayed on the One who was beaten and wounded for our transgressions, bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed. We thank God for this insightful and blessed message. The women were praising God!

Two videos (“Who You Are” by Jon Jorgenson and “The Woman of Easter”), along with a Spoken Word by Rebecca Pearl, added to our theme focus.

What an amazing fellowship it was. A sincere thank you to ALL who participated and our “behind the scenes support from our impressive AV support team (Siara Corpew, Cynthia Wilson and Admin Lead, Michelle Barnes).

To our April Birthdays, Happy Birthday again, and may God bless you with many more! And a special “Thank You” to our first time visitors.

Finally, we look forward to our time together at the Roslyn Conference and Retreat Center in Richmond, VA on May 8-10, for our 2025 Women’s Ministry Retreat, “LIVE, BREATHE, and FIGHT, through the challenges of life.” The last day to sign up is Sunday, May 4. The cost is \$150 for double occupancy room and all meals; \$175 includes a conference T-shirt. Spots are limited. God bless you and hope to see you in Richmond.



Humbly Submitted,
Gwen L. Holland
Women’s Ministry Director

SECURE IN SHIFTING SAND

“For I am God, and there is no other; I am God, and there is none like Me, Declaring the end from the beginning, And from ancient times things that are not yet done.” – Isaiah 46:9-10 (NKJV)

Anyone else feel like the only thing certain in this world is the uncertainty of change? Every time you think your feet are firmly planted with expectations and plans solidified; you suddenly find yourself in shifting sand. It can be frustrating and downright exhausting to lose what appeared to be firm footing and, once again, trudge through the unknown. Especially in today’s unpredictable and constantly evolving world, we wonder... is there no solid assurance we can cling to? Where is the predictability? Where is the security?

I don’t know about you, but I long for predictability and security – like, all the time. If I could have it my way, very little would change. It’s not that I am completely opposed to the new and the next, progress has brought much good in my own life and in our world. The issue is... change equals the unknown. And there is no guarantee of “safety” in the unknown. Perhaps change and uncertainty are challenging for you as well. Even if you are more naturally adventurous, navigating a shift can still be difficult, especially if it feels like you are walking onward without a roadmap.

So much of what we hear or read today challenges our ability to believe wholeheartedly in the concept of absolute truth. Ideas and doctrines swirl around inciting doubt and mistrust of the One constant that remains immutable in the midst of all of the temporal. At times we can feel like we are stumbling through the darkness with arms outstretched grasping for light and direction. On what can we truly depend?

While the winds of change may blow, we can remain tethered to our unchanging, eternal God. He is “the Alpha and the Omega (the beginning and the end)... who is, and who was, and who is to come, the Almighty,” (Rev. 1:8, NIV). He “is the same yesterday and today and forever,” (Heb. 13:8, NIV). No matter what goes on in our lives or in this world, he does not change. Period. He is not a man that he should lie. He does not change his mind (Num. 23:19). He, and he alone, is God. Though confusion in our world threatens to tear down any sense of certainty, we can trust that truth will prevail; truth that is outlined for us in the Word of God. Through this text, we believe not only in words written on a page, but in he who penned them.

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.” John 1:1-5, NIV.

There is nothing in all of creation that was made without him. He is our beacon of light that shines through the shadows. He has been here since the beginning and he will be here through the end. From ancient times to things yet to come, he will forever remain our unchanging God. With this assurance, I pray you can know that while uncertainty and change will remain this side of heaven, there is One who will never change. He is our firm foundation. He sees you. He cares for you. You can be secure in shifting sand.

Megan Conner
Crosswalk Devotional

A Mother's Love

To all the moms, both far and near,
A shining light, a guiding star.
Through laughter shared and tears that fall,
You give your best, you give your all.

From first small steps to grown-up days,
You've guided us in countless ways.
With patient hands and hearts so wide,
You stand with love and hope beside.

Not just in birth, but love you give—
You show us how to truly live.
Whether by blood or bond made true,
A mother's heart beats strong in you.

With gentle hands and hearts so kind,
A nurturing spirit, hard to find.
You teach and guide, you watch us grow,
A love that deepens, starts to flow.

Her hands bring comfort, her words inspire,
Her heart is filled with endless fire.
A quiet strength, a boundless grace,
A love no time can e'er erase.

She nurtures dreams, she wipes the tears,
She stands beside us through the years.
No gift on Earth, no words can say,
The love she gives in every way.

For sacrifices big and small,
For being there to catch our fall.
For endless patience, strong and true,
Our heartfelt thanks we send to you.

Dear mothers all, in every place,
On this **YOUR** day, we celebrate,
With love that words can barely say—
The love you give, we elevate.
We thank you, cherish, honor, too,
The world is better because of **YOU!**

Author Unknown



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

GROWING TOGETHER MIDDAY PRAYER CALL: UNITED IN PRAYER, ANCHORED IN FAITH

Since April 2024, members of First Mount Zion Baptist Church have come together each weekday at noon for the *Growing Together Midday Prayer Call*—a dedicated time to lift our hearts in prayer for the pulpit selection process, one another, and the many needs within our church family. What began as a call for discernment and guidance has become a daily spiritual anchor, lasting just 10–15 minutes but filled with purpose and power.

We pray over the selection process, but just as importantly, we lift up one another—our callers, their personal requests, praise reports, and the collective concerns of our congregation. As we now enter the final phases of the pulpit selection, we remain steadfast, continuing this prayer call until our next pastor is chosen.

We invite you to pause at noon each weekday and join us in prayer. Together, we intercede for those on our sick and shut-in list, follow the pulpit committee's weekly prayer themes, and lift the burdens affecting the health, healing, and well-being of our members.

Come be encouraged! Come grow together!! Come pray with us!!!

FMZBC Prayer Warriors

FIRST MOUNT ZION BAPTIST CHURCH

27TH ANNUAL GOLF CLASSIC

WHEN:

MONDAY, JUNE 23, 2025

TEE OFF/SHOTGUN START: 9AM

WHERE:

OLD HICKORY GOLF COURSE

11921 CHANCEFORD DRIVE, WOODBRIDGE, VA 22191



REGISTER ONLINE:

WWW.FMZBC.COM

ALL AGES EVENT

REGISTRATION
FEE - \$125

SIGNUP YOUR FOURLSOME!!!

SPONSORS NEEDED

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TOURNAMENT SPONSORS
BEVERAGE SPONSORS
GOLF SHIRT SPONSORS
HAT SPONSOR

“GENERATIONS OF
PLAYERS ON THE
GREEN!!”

EVEN IF YOU ARE
NOT A GOLFER,
YOU ARE STILL
INVITED TO JOIN
US FOR FUN AND
FELLOWSHIP. WE
LOOK FORWARD
TO SEEING YOU!!!

CORRECT WAY TO COMPLETE TITHE ENVELOPE

Help Us, Help You!

To complete a contribution envelope, all the pertinent information must be written legibly to properly credit a member's donation to the Church for continuation of God's spiritual work at FMZBC. When a contribution envelope has missing and/or illegible information, this creates an enormous effort for FMZBC's staff to research, translate, credit and properly reflect the donation in the system.

We work hard to ensure a member's giving record is accurate at all times. Most importantly, a member has an accurate annual giving record for filing taxes with the Internal Revenue Service (IRS). We appeal to you to take a few minutes to review the instructions below and consider this guidance when filling out your contribution envelope.

*Each of you should give what you have decided in
your heart to give, not reluctantly or under compulsion,
for God loves a cheerful giver.
2 Corinthians 9:7*

Fearless Small Group Service Project

Thank You FMZ Family
for your generous dental donations to the
Streetlight Ministry to help those in need!

“God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.”
Hebrews 6:10 NIV





MENTAL HEALTH – WHAT IS PSYCHOTHERAPY?

According to the American Psychological Association, psychotherapy refers to any psychological service provided by a trained professional who helps individuals or groups address mental health concerns, emotional distress, and behavioral issues. They primarily use forms of communication and interaction to assess, diagnose, and treat dysfunction emotional reactions, ways of thinking, and behavior patterns. Psychotherapy may be provided to individuals, couples, families, or members of a group.

The label "mental health counselor" is usually applied to a person who has received a master's degree from an approved university and is licensed to provide psychotherapy. Titles vary by region, but they are usually denoted by acronyms such as LMHC or LPC. Psychologist typically refers to a person who has a doctoral degree in the field of psychology--licensed as a psychotherapist and often performing additional services such as psychological testing. Psychiatrists are medical doctors who can prescribe medication for the treatment of mental illness. Social workers (LCSW) have additional training in areas such as case management. After receiving a degree, therapists must practice for several years under the guidance of a supervisor before becoming licensed.

Therapists act as a neutral party who can listen and try to understand without judgement. Therapists help you learn about yourself by pointing out patterns and giving honest feedback. Therapists teach specific techniques and strategies to deal with problems. Therapists can refer you to additional resources in the community that might be helpful. Therapists provide a safe place to learn and practice social skills.

There are many approaches to psychotherapy. The Person-Centered Therapy is the modality which tends to be open-ended and exploratory, relying on the client's inner wisdom. I liken the Person-Centered Therapy to the Prophet Nathan's Parabolic Method he used when the LORD sent him to King David to help David become self-aware, to recognize, and to deal with his transgressions. Prophet (therapist) Nathan used the Parabolic (Person-Centered) modality to help King David become aware of his transgressions. (Read 2 Samuel 12:1-14.) After King David's session with the Prophet Nathan, he confesses his transgressions. (Read Psalm 51.) After this David tells us about the joy and blessedness of forgiveness in Psalm 32. Based on this we know how David was suffering spiritually, emotionally, and physically as long as he was silent and had not confessed. (Read Psalm 32:3-5.) This is evidence that burying our trauma, transgressions, unforgiveness, anger, and other negative behavior, can affect our spiritual, emotional, and physical health.

If you are suffering from anxiety, depression, or experiencing emotional, spiritual, or physical symptoms that make it difficult for you to do your work, take care of things at home, or get along with other people, it may be time for you to seek help. Contact your primary care doctor, your employer if they have an Employee Assistance Program (EAP) that may provide professional help, or seek a professional mental health specialist.

sources

What is Psychotherapy? Therapist Aid LLC (2015). Provided by TherapistAid.com.

American Psychological Association (Stay informed about APA/APASI's response to recent federal policy changes affecting psychology – Response Center.

Submitted by

Juanita Stokes, MA, LPC, NCC, MARS

Licensed Professional Counselor

BetterHelp Online Therapist

<https://www.betterhelp.com/juanita-stokes/>

FITNESS-IN-PLACE

SIT MUCH? COUNTERACT THE EFFECTS!

Sitting for long periods of time is common today! Whether it's in church, at a computer, in front of a TV, at a desk or during long commutes. Also, the increase and convenience of virtual environments in our lives like telehealth, food delivery, online banking and shopping has us sitting more and more. The bottom line is that most people lead a much more sedentary lifestyle than ever before. Unfortunately, prolonged sitting can lead to a range of health issues, including posture and mobility issues, muscle stiffness, low back pain, knee pain, reduced circulation, and obesity.

To counteract some of the negative effects and to promote wellness try the [Cat Cow Yoga Pose](#):



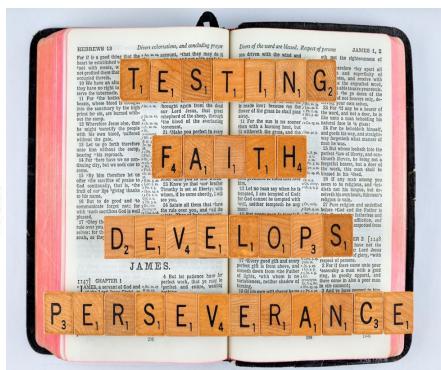
Start on your hands and knees with a neutral spine. The hands are under your shoulders, and the knees are under your hips. Exhale as you round your back, tucking your chin and tailbone and pressing into the palms (cat pose). Inhale as you arch your back, lifting your head and tailbone and focusing on opening through the collar bones (cow pose). Repeat this fluid motion to increase mobility in the spine and improve flexibility.

Click on the link [Cat Cow Yoga Pose](#) to learn from the American Council on Exercise the proper way to perform this pose and start incorporating it into your routine to improve your posture, reduce pain and move better.

*Sister Lori Valkenburg,
Fitness Director*



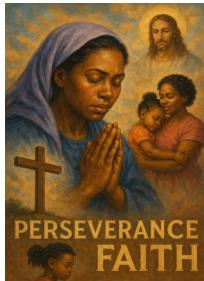
**Deacons
Called
To Serve**



PERSEVERANCE, FAITH, AND A TRIBUTE TO OUR MOTHERS

As we journey together through the pulpit selection process, we are reminded of the importance of perseverance and faith. These are not just words, but the very foundation of our walk with Christ. In times of uncertainty, we cling to the promises of God, trusting that He will lead us to the shepherd He has already prepared for our congregation. Let us remain unified, prayerful, and grounded in His Word, knowing that *"the steps of a good man are ordered by the Lord"* (Psalm 37:23).

This week, we also pause to celebrate and honor the incredible mothers of First Mount Zion—those who birthed us, raised us, mentored us, and stood in the gap with unconditional love. To every mother and mother figure, we say *"Thank You"*. Thank you for your sacrifices, your wisdom, and your steadfast faith that has helped shape our families and our Church. You embody Proverbs 31:26, speaking with wisdom and faithful instruction.



As we face the challenges of our times—whether in the church, our communities, or the world—let us not grow weary. Stay steadfast, stay prayed up, and stay encouraged. God is still on the throne. He is not only aware of what we face—He is in control of it. And, in due time, He will reveal all things according to His perfect will.

Happy Mother's Day, and may God bless each of you richly.

In faith and service,

The Deacon Ministry

"The influence of a mother in the lives of her children is beyond calculation."

-- James E. Faust

PLEASE CONTINUE TO PRAY
FOR OUR MEMBERS WHO ARE

Sick & Shut-in



VBS IS BACK FOR 2025!



Calling all volunteers interested in serving in our program, to please signup in the Narthex. Come help us as we have fun teaching our children the importance of **Back to the Basics—BIBLE!** VBS will run, **Monday, June 23 – Friday, June 27 from 8:00 am – 12:30 pm**. We need you! Please sign up.

For more information, email VBS@firstmountzionbc.org or call Dr. Holley at (703) 670-0184.



IT'S
BACK!!!



Children's Ministry/Kids' Kingdom worship for PreK to fifth grader is held on third Sundays, during the 11 am service.

Youth 16 and older who are interested in serving with Childrens' Church will need to complete Volunteer Screening. Please contact Dr. Holley for information at tholley@firstmountzionbc.org or Sis. Stephany Stewart at stephanystewart@yahoo.com

Cannot wait to see you!

SERVANTS NEEDED!
Please email Dr. Holley
for the Zoom credentials. Thank you!



The Seniors' Ministry Fellowship held on April 16, 2025, was opened with a stirring Prayer by Deacon Furnace Barnes and Scripture reading by Sister Pauline Hunter. Our theme focused on Embracing and Celebrating Earth Stewardship. Sis. Doris Johnson shared a warm welcome and then, as usual, our Sis. Hope Singleton did her birthday and anniversary recognitions as we all joined in singing the traditional songs. The food was blessed, and before lunch was served, we had two impromptu selections, one from Sister Sharon Childs and another was a medley led by Brother Neal Patterson, both of which were a delight to those in attendance. Thereafter, lunch was served, and softly purring in the background was "America the Beautiful" sung by the only one who can do it justice, Sir Ray Charles.

We reconvened with an informative presentation from Ms. Roberta McEachern, Executive Director of Independence Empowerment Center, who shared pertinent information regarding resources that are still available for Seniors considering recent program cuts by the current administration. She engaged in a Q&A Session and was gracious enough to work with Seniors outside of the Church to help them maneuver some of the difficulties they face while trying to secure aid. She encouraged Seniors to call her if it becomes necessary so she could point them in the right direction.

We were also enlightened by a presentation on Earth Preservation from Mr. Rico Fleshman, Executive Director of Keep Prince William Beautiful. He shared important and insightful information on what we should be doing to keep our surroundings free and clear of trash and how and where to dispose of various items. Given changing laws in the counties, he stressed how improper disposal of items and use of plastic can create serious health issues for all of us. Both presenters shared handouts and encouraged attendees to reach out if they required further information. We were grateful to both of them and showed our appreciation.

Sis. Bell then asked if there were any new visitors and three visitors were acknowledged. We had them share their names and welcomed them to our Fellowship, encouraging them to come again. After the announcements, Rev. Dr. Tracey Dawkins Holley rendered closing remarks, offered the call for salvation, and closed us out in prayer.

We are extremely grateful to God for all that HE has done for this Ministry and to Dr. Holley, as always, for her consistent support. We also thank the Grain of Heaven, the Facilities Department, the administrative staff, and last, but not least, Bro. Dijae North and the AV Department for their support. They are always gracious and never disappoint.

We look forward to seeing you all at our Mother's Day Fellowship on May 21, 2025.

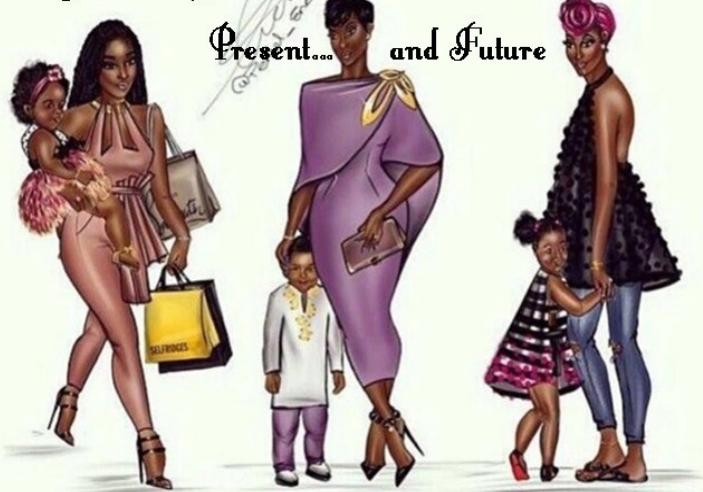
Seniors' Ministry Leadership Team



HAPPY MOTHERS DAY

Honoring All Mothers ... Past...

Present... and Future



TO ALL MY QUEENS



**MAY
8 – 10,
2025**

REGISTER
THROUGH
EVENT BRITE
from March 31st
until capacity

Join the Seniors' Ministry

AT THEIR MOTHERS' DAY FELLOWSHIP

WEDNESDAY, MAY 21, 2025

NOON—2:30 P.M.

IN THE GYM

FEEL FREE TO BRING PHOTOS OF YOUR
MOTHERS OR OF THOSE WOMEN WHO
HAVE MADE A LASTING IMPACT IN
YOUR LIVES, SO THAT WE CAN
DISPLAY THEM ON OUR EXHIBIT
TABLES FOR ALL TO SEE!!!

WE HAVE AN AWESOME PROGRAM
PLANNED FOR YOU AND THE FELLOWSHIP
IS GOING TO BE AMAZING.

COME AND SEE FOR YOURSELVES!!!

DRESS TO IMPRESS!!!

PLEASE SIGN UP AT SENIORSMINISTRY@FIRSTMOUNTZIONBC.ORG
OR CALL (540) 538-0702

FMZBC WOMEN'S MINISTRY PRESENTS . . .

Live, Breathe and Fight!!!

WOMEN'S Retreat

ROSLYN CONFERENCE AND RETREAT CENTER
8727 RIVER ROAD
RICHMOND, VA 23229

"A Time of Peace & Restoration"

LIMITED RESERVATIONS - FIRST COME -
FIRST-SERVED!!!



HOSTED BY
DIRECTOR,
SISTER GWEN L. HOLLAND

COME FELLOWSHIP WITH US!!

THE EFFECTUAL FERVENT PRAYERS OF THE
RIGHTEOUS AVAILETH MUCH! JAMES 5:16



PRAY WITHOUT CEASING — 1 THESSALONIANS 5:17



CHILDREN'S MINISTRY/
KIDS' KINGDOM
WORSHIP FOR PREK
TO FIFTH GRADER



Please contact

Dr. Tracey Dawkins Holley at
tholley@firstmountzionbc.org

Sister Stephany Stewart at
stephanystewart@yahoo.com



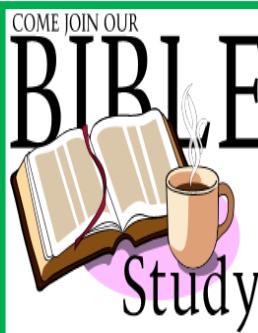
ALL SENIORS!!!!!!
(55 AND OVER)



You are invited to join the
Seniors' Ministry.

We meet monthly, on the third
WEDNESDAY at NOON in the Gym
(following 11:00 am Bible Study)

We would love to have you and encourage you to bring
a friend. You do not want to miss these fellowships.
You are guaranteed a great time. Please call Sis. Maria
Fitzgerald at (540) 538-0702 or email her at
seniorsministry@firstmountzionbc.org
and you will be notified of the upcoming events.



IN PERSON AND IN CHAPEL -
EVERY
WEDNESDAY
AT 11:00 A.M. AND 7:30 P.M.

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/>



YOUTH MINISTRY BIBLE STUDY

Wednesdays from 7:40 p.m. - 8:30 p.m.

Youth Ministry Bible Study is held in the Executive Conference Room and can also be attended via Zoom. To attend via Zoom, register using the "Youth Ministry" tab on the FMZ website. In-person attendees should report to the Chapel first for praise and worship. Join us as we do "Bible Study for Life."

To all those celebrating

in May!

Happy Birthday!



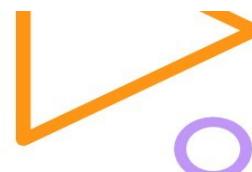
THE OFFICE WILL
BE CLOSED ON
MEMORIAL DAY,
MONDAY,
MAY 26, 2025



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: May 25th (4th Sunday)
Time: Immediately After Service
Location: Chapel



Note: This time is for Prayer ONLY



Next time: June 22nd



Do you have questions for us?

FMZBC PULPIT COMMITTEE

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.





COME MEET THE PASTORAL CANDIDATES

God is doing something **NEW** in our church—and **YOU** are a part of it. We're inviting **YOU** to be present, prayerful, and positive in this season of transition.

💡 **Come meet the pastoral candidates one by one—**
each called, prepared, and ready to share their heart, their vision, and their message just for us.

This isn't a spectator moment. It's a front-row seat to what God is unfolding for our future!

💬 **Ask questions. Hear their story. Feel their passion. Experience their preaching.**

Then, help discern who God is calling to shepherd us forward in purpose, power, and unity.

👉 **Let's show up with expectation, excitement, and spiritual alignment.**

Together, we will pray. Together, we will listen.
Together, we will help shape the next chapter of our church family's legacy.

📅 **Don't miss it. Come ready. God is moving. Be a part of it.**

EVENT	CANDIDATE 1	CANDIDATE 2	CANDIDATE 3	CANDIDATE 4
Bible Study 10:15 - 11:15 AM	April 26	May 3	May 17	May 31
Meet and Greet 11:30 - 12:30 AM	April 26	May 3	May 17	May 31
Sunday School 9:30 - 10:30 AM	April 27	May 4	May 18	June 1
Worship Service 11:00 AM	April 27	May 4	May 18	June 1

We look forward to seeing you at these events!

THE PULPIT COMMITTEE

PULPITCOMMITTEE@FIRSTMOUNTZIONBC.ORG

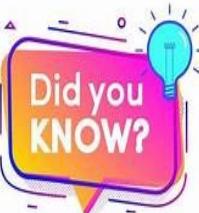


FIRST MOUNT ZION BAPTIST CHURCH

BLACK HISTORY

LIVE IT
LEARN IT
MAKE IT

365 DAYS A YEAR



Dr. Wilbert Brown, Jr. was born and raised in Nacogdoches, Texas. He is a graduate of Huston-Tillotson College with a degree in Economics and ultimately a Doctorate in Adult Education Programs. In 1972, he relocated his family to Woodbridge for a job with the DC

Department of Corrections. They joined First Mount Zion when membership was about 125 people and one paid staff (the Pastor). He became a trustee, deacon, Sunday school teacher, and member of the Budget Committee.

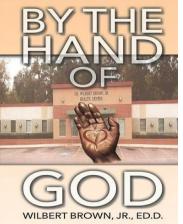


As Chair of the Trustee Board, he led the strategic plan for a new sanctuary (the 1981 Church). At that time, the Pastor had a vision that the area across the road (now Four Seasons) was going to grow. Because the area was only trees, he did not initially share the vision but went along with it. A presentation was made to the Church at a special call meeting where the Church approved the plans. Construction began in the fall of 1980 and they moved into the sanctuary in the summer of 1981.

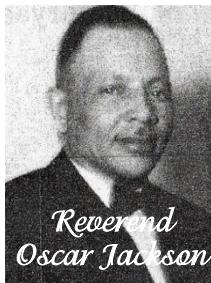
Fourteen years later, in the summer of 1995, Wilbert and his family moved back to Nacogdoches, Texas. He applied for, and received, the position as Executive Director for the East Texas AIDS project (later named Health Horizons of East Texas), providing the opportunity to decrease AIDS stigma and to expand HIV health services to HIV patients in the immediate area. This was a significant milestone in the treatment and prevention of HIV-AIDS in East Texas. Under his leadership, they went on to become a Federal Qualified Health Center, providing primary health care to both HIV/AIDS and non-HIV/AIDS patients. In 2012, the Health Horizons building was renamed



the Dr. Wilbert Brown, Jr. Health Center and, more recently, The Brown Family Health Center, Inc. Over the ensuing years the medical services offered grew exponentially, prompting Dr. Brown to say "Words cannot express to you my emotions at this time concerning what God has done for the HIV/AIDS clients who are under our care". He details his journey from his early childhood to seeing his dream of having a facility that shows compassion for fellow man come to fruition in his book, "By The Hand of God" published in 2019. From all reviews, it is worth the read!

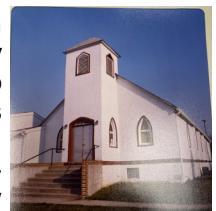


PRESENTING FMZ's 8TH PASTOR



*Reverend
Oscar Jackson*

Marine Base Quantico assumed ownership of the second First Mount Zion Church property in 1942. In 1947, under the leadership of the deacons and other members of the Church, First Mount Zion was re-established. Reverend Oscar Jackson accepted the call to pastor First Mount Zion Baptist Church. It was under his untiring leadership and building ability (carpenter) that the Church began construction in 1947 of "the little white Church by the side of the road", located on Route 234 in Dumfries, VA. No outside contractors were used to construct the Church. During the two-year building period, the Star of Bethlehem Baptist Church in Triangle, graciously opened its doors for FMZ members to hold their religious services. Two years later, the construction had progressed enough for members to dedicate the edifice and begin worshipping in their new facility. Reverend Jackson served well and faithfully until God called him from labor to his reward on August 23, 1956.



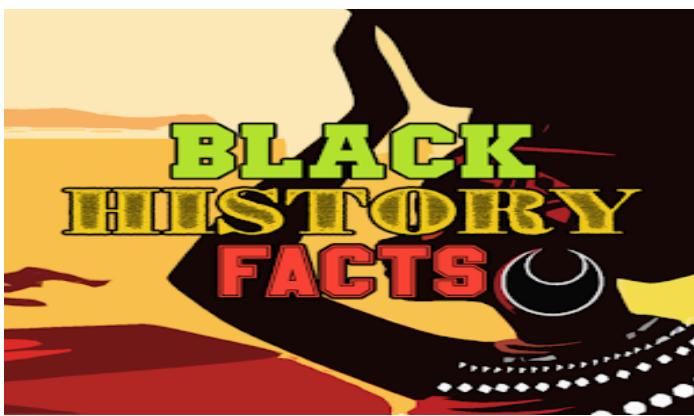
*Submitted by
Sister Gwen Hopson
Archives Committee*



Mother's Day, celebrated on the second Sunday of May, is a heartfelt tribute to the love, sacrifices, and influence of mothers and maternal figures. The modern holiday traces its roots to Anna Jarvis, who campaigned for a national day to honor mothers, leading to its official recognition in 1914 by President Woodrow Wilson.

Though its origins stem from personal reflection and appreciation, Mother's Day has evolved into a global celebration, with traditions varying across cultures—from gifting carnations in Japan to Mothering Sunday in the UK. Despite its commercialization, the day remains a powerful reminder of the unwavering strength and devotion of mothers everywhere.

How do you usually celebrate?



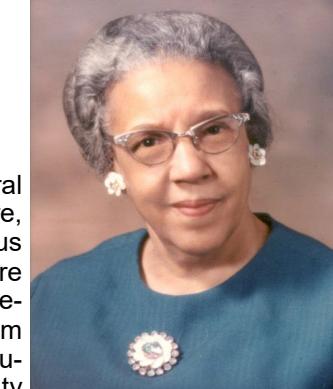
DR. RUTH ELLA MOORE (1903–1994)

The first Black Ph.D. in natural sciences, Dr. Ruth Ella Moore, helped comprehend infectious illnesses. Her parents were renowned artists, entrepreneurs, and seamstresses from Columbus, Ohio. Moore graduated from Ohio State University with a Bachelor of Science in 1926 and a Master's in 1927 with her mother's assistance. She received the first Black American Ph.D. in Bacteriology in 1933 after returning to her old university.

Her dissertation study examined TB, the second greatest cause of mortality in the US. Her work was crucial to finding a cure a decade later.

Dr. Hildrus Poindexter, another Black scholar, and scientist, recruited her after graduation to assist and rebuild Howard University's clinical section. She headed the Bacteriology Department until 1960 and was the first woman to lead that department. Dr. Moore's work and lectures helped reduce infectious illnesses and encouraged other Black scientists.

Dr. Moore was a famous academic and a talented seamstress. Her outfits are in US garment museums.



DR. SOLOMON CARTER FULLER (1872–1953)



Dr. Solomon Carter Fuller, the first Black American psychiatrist, trained directly under Alois Alzheimer and pioneered Alzheimer's research and therapy.

Liberian-born Solomon Carter Fuller moved to the US aged 17. Solomon C. and Anna Ursilla Fuller, Liberian-Americans, were his parents. His grandfather, a former

slave, acquired his and his wife's freedom and helped establish a Liberian community of Black Americans.

Carter loved medicine. He discovered pathologies while doing an autopsy other doctors didn't want to do. He attended Livingstone College in North Carolina, Long Island College Medical School, and Boston University School of Medicine. Like other Black doctors, Carter was discriminated against, underpaid, and overworked.

He studied post-graduation at Munich University to enhance his profession. Alois Alzheimer chose him to investigate pathology and neuropathology at the Royal Psychiatric Hospital at the University of Munich. He became a specialist in syphilis diagnosis and treatment and taught physicians. He advocated for Black war veterans he treated.

DR. WILLIAM G. COLEMAN JR. (1942–2014)



Dr. William G. Coleman Jr. was the first permanent Black scientific head of the NIH Intramural Research Program (IRP). He led transdisciplinary research on biological and non-biological health inequalities and their effects on cancer, cardiovascular disease, diabetes, and other chronic illnesses. He led NIH's National Institute on Minority Health and Health Disparities.

Before joining the NIH, Dr. Coleman was instrumental in helping others understand *Helicobacter pylori*'s pathogenic processes and drug resistance. These bacteria may cause gastritis, ulcers, and cancer.

Dr. Yvonne Maddox, former NIH acting director, remarked, "Dr. Coleman's contributions to research are far-reaching. Bill Coleman's efforts will assist many who have never met him, especially with infectious illnesses, which are difficult."

After his death, the National Institute on Minority Health and Health Disparities (NIMHD) established the William G. Coleman Jr., Ph.D. Minority Health and Health Disparities Research Innovation Award to fund high-impact one-year research projects.

"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

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



ON-LINE GIVING

You may give online, accessing the link through the FMZBC website: WWW.FMZBC.COM and click on **ONLINE GIVING (VANCO)** at any time. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address to the Church, please also log on to VANCO to update your address. If you are interested in learning more about VANCO or have any questions as a VANCO online giver, please contact:

Ms. Marie Malando
mmalando@firstmountzionbc.org
(703) 670-0184

VOLUNTEER SCREENING

May 17

Training begins at 9:00 am
Visit FMZBC website, Resource tab for application and authorization forms.
Bring completed forms to the Training
POC: Brenda Byrd, 571-237-0111
byrdbj@comcast.net

BUILDING USE REQUEST

All meetings and events begin with a Building Use Request Form. Use the following link to schedule your next FMZBC ministry or committee meeting.

<https://form.jotform.com/12654041222>

Candidate Evaluation Survey

Rev. Dr. Steven G. Blunt



<https://www.surveymonkey.com/r/FirstMountZion2>
Survey Closes: Wednesday May 7, 2025

pulpitcommittee@firstmountzionbc.org

NEW MEMBERS ORIENTATION CLASS

May 4, 2025 - 9:45am (Spiritual Warfare)
Rev. Dr. Sandra K. James, Acting Pastor

May 11, 2025 - 9:45AM
Happy Mother's Day
No class (please attend regular Sunday School)

May 18, 2025 - 9:45AM
*Overview of Christian Education
Rev. Dr. Tracy Dawkins Holley

May 25, 2025 - 9:45AM
Memorial Day
No class (please attend regular Sunday School)

Join Zoom Meeting: <https://us02web.zoom.us/j/81999209171?pwd=c1mjlbLx6JHHF4IQ8zyaHabfXiDby.1>

Meeting ID: 819 9920 9171
Passcode: 270850
(305) 224-1968

ATTENTION ALL ZOOM USERS:



zoom

To protect our ministries from potential "Zoom bombing" by miscreants and hackers, it is no longer recommended to post-meeting I.D. and passcodes to the Website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and if necessary, can use the list to verify people before they are allowed in the meeting. Here is a short video on how to enable the registration feature to Zoom meetings.

How to set up a Zoom registration link for better security: <https://youtu.be/VqomCzNnii4>

If you have any questions please give me a call or email IT4U@firstmountzionbc.org

ACADEMIC
EDUCATION
MINISTRY



Scholarship Newsletter. Want to know what is happening with the FMZ Scholarship, other available scholarships, and events? Just click the link below!!

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

Additional information and Scholarship Opportunities. First Mount Zion High School Seniors, Juniors, and Parents/Guardians. Are you interested in receiving educational information and available scholarship opportunities?!?! Forward your email address to aem@firstmountzionbc.org and



SS-HYBRID IS HERE!!

Back Together Again!
(Ecclesiastes 4:9, GMT version)

"Behold, the former things are come to pass, and new things do I declare; before they spring forth I tell you of them." (Isaiah 42:9)

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

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

We look forward to seeing you there!!

Sunday School Extended Lesson Guides Handouts are available for download from the FMZ website using the following link:

<https://firstmountzionbc.org/weekly-sunday-school-lessons/>

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



The last day to register for May SHARE packages is Sunday, May 11th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on May 24, 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 300-350 words and must be received no later than 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary. Submissions should be sent to:

cpm@firstmountzionbc.org

or through our web form at:

http://bit.ly/FMZBC_Articles



THE FMZBC CONSTITUTION AND BY LAWS DOCUMENT IS NOW AVAILABLE. FEEL FREE TO CONTACT THE OFFICE TO OBTAIN A COPY. YOU MAY ALSO VIEW THE DOCUMENT ON LINE. NOTE IT IS PASSWORD PROTECTED. TO ACCESS IT, CLICK ON THE CONSTITUTION AND BY LAWS SLIDE AND ENTER THE CODE: **FMZBCDOCS2024**

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

Rev. Dr. Sandra K. James, Acting Pastor
Renee Woolfolk, Church Business Administrator
James Simpson, Chair, Trustee Ministry
Kavin D. 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_fmqbc)

Linked In: [First Mount Zion Baptist Church, Dumfries VA. | Groups | LinkedIn](https://www.linkedin.com/company/first-mount-zion-baptist-church-dumfries-va/)

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

YouVersion: https://bit.ly/FMZBC-YouVersion_Bible

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



Life Stream.tv

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