

Message from the Acting Pastor

What's INSIDE

COMMENCEMENT: NEW BEGINNINGS

Dear Beloved Church Family,

Grace and peace to each of you in the name of our Lord Jesus Christ!

In this joyous season of graduations, I want to extend my heartfelt congratulations to all our graduates—from our precious kindergartners taking their first steps into structured learning, to our high school and college students reaching monumental academic milestones, and to our doctoral candidates whose perseverance has borne the fruit of great accomplishment. We are so proud of each of you!

Graduation is often called "Commencement," a word that beautifully reminds us that this moment is not merely an ending, but the beginning of something new. It signals a stepping forward into a new chapter, a fresh path filled with opportunity and growth. In much the same way, our walk with Christ is a daily commencement—a beginning that invites us to experience His mercies anew every morning.

As Lamentations 3:22–23 proclaims, "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." What a profound encouragement! Just as you commence new journeys in academics, career, or personal calling, know that God grants fresh grace each day, empowering you to walk in His purpose and strength.

Graduates, whether you're stepping into a new classroom, a new city, or a new career, remember the wisdom of Proverbs 3:5–6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Let these verses be your compass as you navigate the known and the unknown.

To commence in Christ means to carry the assurance that He walks before you, stands beside you, and lives within you. In moments of triumph, give Him glory. In times of uncertainty, seek His face. And when the road seems unclear, take heart—He who has begun a good work in you will carry it on to completion (Philippians 1:6).

Whether your days ahead are marked by joy or challenge, may you always remember that each new day is a divine invitation to begin again with Christ—stronger, wiser, and anchored in His love.

Congratulations, graduates! We celebrate you, we are praying for you, and we look forward to seeing all the ways God will use you for His glory.

*With love and Blessings,
Rev. Dr. Sandra K. James, AP*



To the Graduates of the Class of 2025, we encourage you to remember three important things: (1) Keep GOD first in all that you do. He has promised to never leave you nor forsake you, as long as you stay faithful to Him. (2) Remember, you did not do this alone, but with the help of your loved ones, be grateful for their love and support. (3) Whatever area of life you choose to enter, be proud of your accomplishments and always strive for a spirit of excellence; that gives you a step ahead of the competition. Remember that time wasted is time lost; it can never be regained; so, make the most of the next few years of your life as they determine how high you fly or how low you fall.

Congratulations and best wishes to you all! We are so very proud of you!!

Your First Mount Zion Family

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*To all those celebrating in
June!*

Happy Birthday!



Youth Ministry on BLAST - In A Good Way!

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another especially now since the day of His returning is drawing near. Hebrews 10:24-25 NLT

We continue to rebuild and expand the FMZ Youth Ministry by providing an atmosphere that promotes fellowship, and acceptance of and respect for each other. We had activities that reached out to our senior members, children, and the community. Undergirding our efforts is the desire to help youth understand they are valuable to God and the Christian life is an "abundant life."

We did some new things this year. In September, we had an outdoor movie and "cook-out" night with heavenly food from the Grain of Heaven. Our December "First Friday" included a "people wrapping" contest. In December, we also attended the Hip Hop Nutcracker at National Theatre.

Youth handed out roses to our "senior" members on "Senior Appreciation Day" and gave them encouragement cards for Valentine's Day. They were the Tech experts for our senior members at our first "Youth Led Tech Session for Senior Members" in March. Once again, our youth hosted kids aged 4-10 for an indoor Easter Egg Hunt that included game and craft rooms and lunch.

Our youth also supported the community by assembling and delivering hygiene packs to the "unhoused" that sleep at the Manassas Baptist Church Hypothermia Shelter. They also joined Mt. Zion Baptist Church for their Youth Explosion and "Black Voices" Worship experience.

Our program year is ending on a strong note. June 13, 2025, youth who are FMZ members will spend the day at King's Dominion Theme Park. We are excited about our 2025 Youth Xplosion on June 21, 2025. Youth in grades 6-12 who are singers, dancers, steppers and flag bearers will be the featured performers. We have invited area churches and youth to participate. We need your support and attendance for this event! Finally, we will honor our graduating high school seniors and their families with brunch on Sunday, June 22, 2025.

We hope our youth have fond memories of this program year! We look forward to another exciting year in September. We welcome all youth in grades 6-12 to join us. Finally, congratulations to our graduating seniors! May God continue to guide your steps and bless your path.

*Submitted by
Reverend Beverly Jiggetts
Youth Minister*

JUNE 2025 YOUTH MINISTRY ON BLAST PICTURES



Everyone is all smiles after attending the Hip Hop Nutcracker in December



Layla and Lauren Pearson enjoy the "heavenly" food at the Youth Ministry Outdoor movie and Cookout in September.



Savannah's team decorates her for the "People -wrapping" contest at December "First Friday."



Kids in line to go to the next "egg hunt" Room at the Youth Ministry hosted Easter Egg Hunt in March



Youth use teamwork to "travel" at the C.O.R.E. hosted "First Friday" in April.



The cast of the Youth Xplosion "promo" get their stage directions

Youth



This month we present the dynamic duo of FMZ members and sisters, Lane and Parker Brooks, whose parents are FMZ members Edward and Ashia Brooks.

Lane is currently a 10th grader at Colgan High School. Her photograph entitled "Water" was selected to be exhibited at the 2025 All-County High School Fine Arts Festival for Prince William County Schools. The festival took place April 26, 2025, at the Edward L. Kelly Leadership Center. Student art from every high school in Prince William County was displayed and judged. Some of the finest visual artwork throughout the county was shown.

At Colgan, Lane is also Vice President of the Fashion Club and a member of the Photography and Baking Club.



Lane pictured with her photography teacher Bradley Nance who selected her photograph for the exhibit



Lane's photograph entitled "Water"



Lane Brooks March 2025 "Cougar of the Month"

Parker Brooks is a 6th grade student at Benton Middle School. She was one of the few students in 6th grade awarded "Student of the Month" at Benton in March 2025. Each month teachers look for students who demonstrate ROAR. Parker's name was submitted by her Extended Language Arts Teacher, Mrs. Laura Murray who recognized Parker for showing exemplary "Responsibility."

Mrs. Murray wrote, "Parker is a great student who takes her schoolwork seriously. Whenever she is absent, she does a good job of catching up on missing work and asking questions when she needs help."

At Benton, Parker is also a member of the Anime Club and plays soccer for the PWSI Courage. She has also played cello for two years and is an avid golfer.

Both Lane and Parker are actively involved in the youth ministry at First Mount Zion. FMZ family please congratulate Lane and Parker on their accomplishments and continue to encourage them in their endeavors.

Submitted by Mrs. Ashia Brooks

We Need You!!

for the
2025-26
FMZ Youth Council



Applications are available in the Youth Ministry Box or email Rev. Jiggetts bjiggetts@firstmountzionbc.org

Submit by Monday, June 2, 2025



King's Dominion Trip for FMZ Members
Currently in Grades **6-12**
Friday, June 13, 2025
Depart: FMZ at 9:30 am Return: 7:30 pm
Cost \$30.00

- Space is limited!
- Return permission slip and payment by Monday, June 9, 2025

POC: Rev. Beverly Jiggetts-bjiggetts@firstmountzionbc.org

Calling All **YOUTH** Singers, Dancers, Flag Bearers and Steppers



Saturday, June 21, 2025



Registration closes June 6, 2025

POC: ssledge@firstmountzionbc.org or bjiggetts@firstmountzionbc.org





A FATHER'S CALLING – A FATHER'S BLESSING!!

On this Father's Day, we give thanks for the men who walk in the sacred calling of fatherhood — a role shaped not just by responsibility, but by divine purpose.

To all such fathers: your presence mirrors the strength of our Heavenly Father, your guidance reflects His wisdom, and your love — quiet, enduring, and unconditional — is one of the purest expressions of God's grace on earth.

You are the prayer warriors, the protectors, the providers, and the spiritual leaders of your homes. Through your faith, your children learn what it means to trust; through your endurance, they learn what it means to persevere.

May God continue to bless your hands with strength, your heart with peace, and your spirit with the joy of knowing that your labor is not in vain. You are chosen for this work — and Heaven sees you. **Walk boldly in the grace of your calling!**

Happy Father's Day!

ACADEMIC EDUCATION MINISTRY

The FMZ 2025 Commencement Program will be held during Worship Service on June 22, 2025. This program is for students who are graduating from Kindergarten to first grade, high school, college/university and trade schools! Sign ups will be in the Narthex after morning service. Please send an e-mail to: aem@firstmountzion.org with the student's name, school name and graduation level, by June 15, 2025.



Clothing Giveaway

COMMUNITY SERVICE OPPORTUNITY:

The Deaconess Ministry is establishing a "Clothing Give Away" Store (all items are free) for children and adults in Room 156 next to the Barber Shop. Community Service hours can be earned for working in the store.

POC: Deaconess Ledora Akanni
Akanni_ledora@yahoo.com



**CHURCH OFFICE
WILL
BE CLOSED ON**

JUNETEENTH:

JUNE 19, 2025

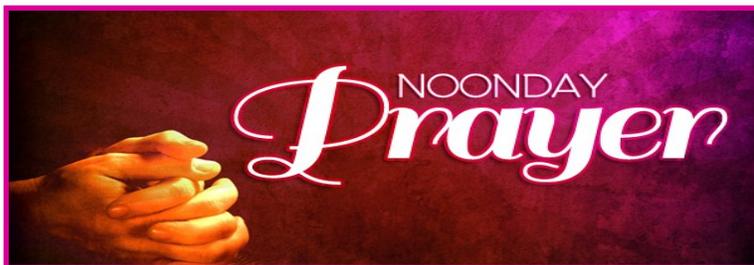
ARCHIVES COMMITTEE

The Archives is open each 5th Sunday. Join us on June 29th immediately following the 11am worship service. Archives is located on the ground floor. For more information email, archives@firstmountzionbc.org

Just a reminder that during the months of July and August, Ministries will be taking a break!!



DEAF MINISTRY—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 on June 9, 2025. Have questions? POC: Deaconess Pam Ford; email fmzdeafministry@firstmountzionbc.org



SOAR LIKE THE EAGLE

I pray that this finds everyone doing well and staying safe. Continue to pray wherever you are during the noon hour, or join the Growing Together Midday Prayer Call.

Prayer:

Lord, sometimes the challenges and issues of life can be overwhelming to the point that we feel that we can't go on. That's when we need your strength to be made perfect in our weakness. Help us to learn to wait on you. Help us to wait patiently and quietly.

You promised to strengthen our hearts and renew our strength so that we can run and not grow weary, and walk and not faint. While we wait, may we continue to do what you have called us to do and also focus on the needs of others rather than our own needs.

You told us not to grow weary in doing well because in your timing (due time), we will reap if we don't faint or give up. May we stand still and see the salvation of the Lord. Help us to DO OUR PART and allow you to do WHAT WE CANNOT DO.

When we suffer for your sake, we can rejoice that we are counted worthy to suffer that your glory may be revealed and others may be drawn to you.

You alone are worthy of ALL the glory, honor and praise! In Jesus name we pray and give thanks, Amen!"

Please continue to pray for our nation, FMZ (our church) and the world, as we go through transitions in our nation and church.

Scripture:

Isaiah 40:31 NKJV

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 AMPC

But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

Isaiah 40:27 MSG

But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.

Praise and Worship Song:

"Wait On The Lord" - https://youtu.be/a8j1B58E_Ew

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

Submitted by Noon Prayer Team

Sister Carol-Ann Benjamin

Deaconess Pamela Ford

Reverend Maxine Thompson

Deaconess Ministry



FATHER'S DAY FEELINGS

Many television shows and movies depict fathers 'in their feelings' about the differences between how Mother's Day is celebrated in comparison to Father's Day. Mothers get roses, jewelry, and candy, while fathers get ugly ties. Song writers express loving feelings about their mothers. For instance, Boyz II Men said, "Mama, you know I love you" and 2Pac told his mother, "You are appreciated"; but when it comes to fathers, the Temptations version of fatherhood often springs to mind, "Papa was rolling stone..."

This year, let's drown out the noise of the world about fathers and tune into what the word says. Our Father is a provider, a protector, a refuge, and a teacher—and most importantly, a source of unending love. And it's those characteristics that we want to celebrate in our earthly fathers as they do their best to emulate the example of God's love.

"The Lord your God is with you, the mighty warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." - Zephaniah 3:17

"For God so loved the world, that he gave his only begotten Son" - John 3:16

"I have loved thee with an everlasting love: therefore I have drawn thee unto me" - Jeremiah 31:3

"We love him, because he first loved us" - 1 John 4:19

On this Father's Day, strive to remember the example God gives us and through His eyes look at our fathers and the father figures around us with love. Perhaps you can even play a few songs dedicated to fathers: Luther Vandross' "Dance With My Father" or maybe James Brown's "Papa don't take no mess" or amp up the praise and put on CeCe Winans' song of thanks to our Heavenly Father, "Goodness of God."

As we near Father's Day and we honor the important work and love they give to us, embrace the fathers in your life with the love of God our Heavenly Father.

Happy Father's Day!

*Humbly submitted by
Deaconess Kishema Tapp*

FITNESS-IN-PLACE

STRENGTH TRAINING, IS IT FOR YOU?

The [Physical Activity Guidelines](#) recommend that adults perform muscle strengthening activities that involve all major muscle groups on two or more days per week.

Whether you perform body weight exercises, use gym equipment or resistance bands, strength training provides important benefits to your health and overall well-being. Those benefits include increasing physical capacity, metabolic rate, bone density and improving body composition, while potentially reducing pain and depression.

So, what is the best way to get started? Identify your goals and experience level. Think about where you will be strength training, at home, in a gym and what equipment you will have available, if any? Choose exercises that match your experience, which will help you meet your goals and that target all your major muscle groups.

- Resources:**
1. Visit the [ACE Exercise Library](#), where you'll find exercises listed by body part, experience level and equipment.
 2. Visit the Fit by God Fitness Complex which is a free privilege for members of FMZBC. Receive assistance from an ACE-certified personal trainer. Call Lori for questions and assistance at 703-670-0225 or email at LValkenburg@FirstMountZionBC.org

Final Thoughts: No matter where and how you decide to include resistance training into your routine, it's important to recognize that it is a vital component of a healthy lifestyle. Resistance training will improve your fitness, help you stay healthy and help you maintain function as you age. The benefits of this type of exercise are too important to ignore, so visit the Fit by God Fitness Complex today.

*Sister Lori Valkenburg
Fitness Director*



VBS IS BACK FOR 2025!

Calling all volunteers interested in serving in our program, to please sign up 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.

Associate Ministers ENCOURAGEMENT AND ASSURANCE FOR THE SOUL

CREATED FOR GOOD WORKS



*"⁸For by **grace** you have been **saved** through **faith**, and that **not** of yourselves; it is the gift of God, ⁹not of works, lest anyone should boast. ¹⁰For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:8-10 NKJV*

You are God's workmanship, one of a kind, an original, His masterpiece, created in Christ Jesus for good works. Every individual is uniquely equipped with talents and spiritual gifts from God, which are to be used to empower us to perform His good works. God has a unique purpose or calling for every individual and every generation. Everything you do has significance, **if it is in God's will.** God works through your hands, speaks through your voice and loves through your heart. God will bless you and make you a blessing to others as you seek to glorify Him in all you are and all you do.

Just think,
you're here not by chance,
but by God's choosing.
His hand formed you
and made you the person you are.
He compares you to no one else.
You are one of a kind.
You lack nothing
that His grace can't give you.
He has allowed you to be here
at this time in history
to fulfill His special purpose
for this generation. (*Lessin*)

Lessin, R. (n.d.). Just Think. DaySpring.

Use your gifts for God's good works, to serve God's people and to glorify God. Are you willing and open to the ways God has planned to use **YOU**, as God intended, at this place, at this time, and at this moment.

"You are a chosen people, a royal priesthood, God's special possession for the purpose of declaring the praises of the one and only true God who called each of us out of darkness." Live and walk in your gifts, your good works for every good deed we perform becomes a testament to His divine purpose at work in us.

*Submitted by
Reverend Cheryl Manning*



The Seniors' Ministry met on May 21, 2025. Our theme was **Honoring All Mothers: Past...Present...And Future!** (Titus 2). Our purpose was to make sure that all Mothers present felt special!

Upon arrival, the Women Seniors were greeted with a beautiful pink carnation and a chocolate bar bearing the Seniors' Ministry logo and Happy Mother's Day in celebration of the event. There were awesome display tables adorned with an array of memorabilia from Senior members who brought pictures of their mothers and other maternal figures who played a role in their upbringing. A table was also set up displaying memorabilia from Veterans' families in recognition of Memorial Day. It was awesome to view so many family members on display.

The Fellowship opened with prayer by Deacon Keith Holmes followed by Scripture reading by Sis. Mary Crist. Sis. Maria Fitzgerald gave a hearty welcome and Bro. Bassie McCain read a rather poignant clarification detailing and defining the difference between Memorial Day and Veterans' Day, which was most informative for those of us who were not members of the military and saw both holidays as much of the same. Sis. Pauline Hunter then read a tribute entitled "A Godly Mother," recognizing the contributions mothers have made, and continue to make, in raising their children, grandchildren, and even great grandchildren, and thanked them for all the roles they have played, whether birth moms, step-moms, aunties, or even friends who stepped in to help raise any kid who needed it. Sis. Hope Singleton led the May birthdays and anniversary celebrations, and Deacon Sessoms blessed the food. We delved into a delicious lunch of salmon, mashed potatoes, broccoli, rolls, and succulent carrot cake, prepared by the Grain of Heaven.

Sis. Oonagh Bell then delivered a monologue on the **Proverbs 31 Woman** and introduced three seniors who shared memories of their mothers, Sis. Sylvia Moore (hers read by Sis. Loretta Archie, in her absence), Sis. Dorothy Boddy and Deaconess Debbie Tribble. The memories shared resounded with most, if not all of us, because we all remembered our mothers/mother figures sharing the same words of wisdom, perhaps differently, but the meaning was the same.

Bro. Ken and Sis. Malinda Spencer, engaged us with a multiple-choice game titled "Mothers Through the Bible." Fun was had by all as we collaborated to test our knowledge of the subject.

A tribute to Mothers was then shared by Sis. Loretta Archie, who read a poem "The Negro Mother," by Langston Hughes; and Bro. Neal Patterson presented gifts to our eldest Mother present, Mother Maria Oguntokun, who is 99 years young, and to Rev. Dr Sandra K. James.



Our Acting Pastor, Dr. Sandra K. James, shared words of encouragement with the Seniors but not before sharing some of her own memories of her dear mother, which were well-received. We had one first-time visitor, Rev. Annie Robinson. We appreciate that she chose to spend some time with us, and look forward to seeing her again. Deacon Andre Robinson opened the floor for invitation to discipleship and closed us out in prayer.

As always, we are extremely grateful to the Facilities Department, the AV Department, and the Grain of Heaven, for all that they do to help the Seniors' Ministry experience the best possible outcome during their Fellowships. Thanks to our set-up team, Sis. Hope and her band of volunteers, who work tirelessly behind the scenes making sure that the space is nicely set up for us. Last, but not least, Dr. Tracey Dawkins Holley, in her absence, but who makes sure that whatever supplies we request for our fellowships are delivered, and we just want her to know that her labor is not in vain in the Lord. We are grateful for her continued support and the love she shows for this Ministry. It is our prayer that Almighty God will bless all of you who have played a part, big or small, and that He will enlarge your territory. Thanks again!

Nobody does it like the Seniors. Our final event, before we take our summer hiatus, will be held on June 18, 2025, from noon until 4pm. Emails will be forthcoming so please respond in a timely manner. Lots of exciting things will be happening!

We would like to wish all of you a wonderful and exciting summer and encourage you all to return to us, God willing, in good spirits on September 17, 2025. Stay safe...stay prayed up...stay vigilant and, most importantly, be aware of your surroundings.

*Submitted by
Sister Oonagh Bell
Director, Seniors' Ministry*



Three oldest "Queens" at our Seniors' Mother's Day Fellowship



HONORING ALL
FATHERS —
PAST, PRESENT, AND
FUTURE
Psalm 103:13

IN CELEBRATION OF FATHER'S DAY AND JUNETEENTH. . .

COME JOIN THE SENIORS FOR THEIR END OF YEAR BASH . . . AN AFTERNOON OF FUN, DANCING, FELLOWSHIP, AND FOOD!!!

WHEN: JUNE 18, 2025
WHERE: FMZBC GYM
TIME: 12:00 PM – 4:00 PM

RSVP Sis Maria Fitzgerald at
seniorsministry@firstmountzionbc.org

(540) 538-0702
no later than **June 8, 2025**



DJ STANDING READY



BUILDING USE REQUEST

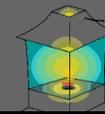


All meetings and events begin with a Building Use Request Form. Use the following link to schedule your next FMZBC ministry or committee meeting.

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

**IT IS NOT NECESSARY TO BLOW OUT
OTHER PEOPLE'S LANTERN TO LET
YOURS SHINE.**

African Proverb



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

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

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**

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NEEDED**

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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!!!**



WOMEN'S MINISTRY MAY RETREAT

Grace and Peace!

The Women's Ministry had a great time at its 2025 Retreat, held at the Roslyn Conference and Retreat Center in Richmond, VA from May 8-10. The theme was "LIVE, BREATHE & FIGHT" through the challenges of life!

The Retreat opened on Thursday night with an awesome worship service, where Rev. Dr. Carla Lightfoot, Pastor of Angel Visit Baptist Church in Dunnsville, VA, preached a powerful WORD and Rev. Dr. Sandra K. James served as worship leader! We were blessed musically by the anointed voices of our guest artists, Ms. Terri-Lee Taylor and the amazing Mr. Jerel Crockett, a local minister of music and an "on-the-rise" R&B Artist. Enlightening presentations were done throughout the weekend by Rev. Dr. Janel Pleasant; Rev. Dr. Carolyn Boyd; Rev. Dr. Tracey Dawkins Holley; Apostle Ezreaonne Jackson; and Rev. Maxine Thompson.

We closed with a Spirit-filled moment as Apostle Ezreaonne Jackson anointed each lady with oil and spoke a prophetic word over our lives. We were graced with instrumental music during this oil anointing service by another gifted musician and local minister of music, Mr. Chan Hall.

A special "thank you" to our vendors, Mere Xpressions and PGLam Creations, LLC. We truly "shopped until we dropped."

Also, I would like to extend a special "thank you" to Sister Siara Corprew who mastered our technical support and to the Women's Ministry Committee Members who assisted with greeting, registration, hospitality and making everyone feel welcomed and loved! If you missed it, then you missed a blessing. Hope to see you next time!

Mark your calendars to join us for our next monthly fellowship on Saturday, June 14, 2025, from 9-10:30am via Zoom. More information to come. Don't miss what the Lord has for you in June.

Remember to "LIVE, BREATHE & FIGHT"!

Humbly,
Gwen L. Holland
Women's Ministry Director



NEW MEMBERS ORIENTATION CLASS

Sundays at 9:45 AM

Join Zoom Meeting: https://us02web.zoom.us/j/857_28435637?pwd=YBQab4mLvHpKzwmwajcOseAuAGMzGve.1

- June 1 – Salvation – Reverend Helen Parker
- June 8 – Baptism – Reverend Josephine Cherry
- June 15 – No class - please attend Regular Sunday School
- Happy Father's Day and Juneteenth**
- June 22 – NMOC Graduation (In person graduates please arrive by 9:30 a.m.)
- June 29 – The Bible and How to Study the Bible – Sister Holley
- July 6 – No class (please attend Regular Sunday School)
- Happy Independence Day**
- July 13 – Stewardship – Trustee Oscar Dailey
- July 20 - Church Leadership – Reverend Cozy Bailey
- July 27 - Zone Ministry – Zone Administrators - Deacon Lloyd Cox and Deaconess Tina Coates



A Life of Service:

Very few medical professionals possess the unique breadth of experience that defines Dr. Keith Boykin's extraordinary career. Serving for over 30 years as both a pediatrician and an internist, he held the rare distinction of caring for individuals from the first fragile cries of a newborn to the complex needs of adulthood. He was more than just a physician—he was a

lifeline, a listener, and a quiet hero in the heart of the community he so faithfully served. With a stethoscope around his neck and compassion in his every step, he walked hospital corridors offering not just medical care, but hope, dignity, and unwavering presence. Now retired, his legacy endures in the thousands of lives he touched—not just through healing hands, but through the humanity he brought to the practice of medicine. His retirement marks not just the end of a remarkable career, but a profound shift for the countless individuals and families whose lives he touched with unwavering care and expertise. This dual expertise allowed him to witness, understand, and profoundly influence the health of an entire community, leaving an indelible legacy of comprehensive and compassionate care.

Personal Tidbits

Dr. Keith was born and raised in a rural setting in Suffolk, Virginia. At the age of five years, his family relocated to the city where he attended public schools and became the first one in his family to go to college and medical school. His determination to be a physician stemmed from watching his mother, who was initially a stay-at-home mom, but desired to be much more, enroll in nursing school to pursue a career in nursing. Dr. Boykin, who has been a member of First Mount Zion for the past 22 years, is married to Jacqueline and has two sons, Taylor and Ian, a daughter, Allison, and a granddaughter, Ava who, if you know Dr. B (as he is affectionately called), she is the light of his life.

Ministry and Mentorship

When asked what inspired him to get involved in his current ministry or role, Dr. B responded that he only started participating in ministries after his retirement in 2019. He shared that he initially started as a speaker on medical issues for the Seniors' Ministry and was encouraged to join. Ultimately, he was asked to be on the Leadership Team, and he acknowledged that he liked all the activities and people, and it just blossomed from there. He presently serves as the Co-Chair of the Seniors' Ministry and the Health Ministry here at First Mount Zion Baptist Church. Getting involved in a ministry that you align with is the best way to improve and strengthen your faith, because He will guide you.

Extracurricular Activities:

Dr. Boykin is an active member of the Omega Psi Phi Fraternity, Inc. Lambda Gamma Gamma Chapter where he serves as the chair of the Health Initiatives Committee.

Faith and Spiritual Journey

Dr. Boykin is a six-year cancer survivor and recognizes that the many valleys he has gone through, his belief in God magnified, especially seeing the mercies and blessings he has received. His faith has been reinforced and made stronger through these experiences; and while he says he cannot think of a turning point or key moment where his faith played a significant role in his life, he offered that his parents always encouraged him to pray, and he can now see the value of prayer. And after years of struggles with various things, how God has brought him through them to this point. His favorite Bible verse is *Philippians 4:13 - I can do ALL things through Christ, who strengthens me.*

He was asked to share a challenge he has faced and how his faith helped him overcome it. He remarked that the biggest challenge has been dealing with all the health challenges in his later years. He went on to share that being on the other side of healthcare as a patient, having to deal with, and coming to terms with, chronic illness, is a real challenge for a retired physician; but through prayer, again, his faith was reinforced because it was faith that helped him to see things differently and knowing that whatever he faced, he had God on his side. But the most important life's lesson or piece of advice he has learned from this experience is to trust in the Lord and wait on Him. He will guide you and direct you. He shared that he always knew/felt that, but it has become a real experience!

Inspirations and Vision

Dr. Boykin says that his parents were his greatest inspiration. They encouraged him to give his life to Christ at a very early age. He reports that his father was a Trustee, his mother a member of the Pastor's Aide. But most importantly, his mother ALWAYS told him to "pray about it" and let God direct his path. This simple encouragement has always been his guide, he says. His mother also played a big role in his decision-making to become a physician. He shared again that she was a stay-at-home mom for years, then decided to go to nursing school when he was in the 6th grade. As a result of seeing her studying for her exams, and reading all those books, he, being a bookworm, inquisitively picked up her textbooks and began to read them. He was so intrigued by the contents, that he decided then that being a physician outweighed everything else.

When asked to share a professional achievement or milestone of which he is most proud, Dr. Boykin stated that during the COVID-19 Pandemic, he started as an advisory member of his fraternity

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chapter's COVID-19 Committee and eventually became one of four recognized professionals on COVID at the international level, being published in The Oracle, Omega's international magazine, and The Omegan, their local 2nd District Publication.

Encouragement

When asked how he sees his service impacting FMZBC and the community, Dr. Boykin responded that he believes he helps to promote the ideal, that age has no limitations, encouraging others to use their knowledge against oppression, as it is our greatest tool, and believes that people understand health situations better when you explain in plain English and not all the medical terminologies. He further stated, "I have always been an advocate for educating our community about health issues and, while I am somewhat shy, I love to speak on various topics to everyone, and especially our youth as a motivator and encourager, especially Believers". And, when asked what advice he would give to others looking to grow in their faith or get involved in ministry, he simply said: "Trust in the Lord, He will show you the way. His will is for your best interest. Not every answer is the one you may want to hear or get, but He knows what's best and continue to believe."

Excellence

This is what Dr. Boykin had to say when reflecting on what does "excellence" mean to him. His answer, rather poignant, should be the mantra for us all. He responded: "Being of greatness and good quality in what you do or show to others, but in a humble way."

Closing Thoughts

When questioned about whether there was anything else he would like to share with the FMZBC family, he humbly replied, "It has been my pleasure to be a member of this Church. I didn't expect to be known as I am today, but this Church, though large, does have a small Church feel. I hope to continue to work in my ministries and others. My goal is to continue to serve the Lord through faith and work".

A Legacy of Service

Retired physician Boykin's story is one of faith, courage, and dedication; a true testament to the idea that one's purpose in life is ever-evolving, and that the call to serve can take many forms—whether in the medical profession or in the ministry. The transition from one to the other reminds us that service to others doesn't end when you lay your stethoscope down. Whether in the hospital or in the church, his life's mission remains the same: helping others, giving good counsel, and encouraging others to trust God in and for all things because He is faithful.

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

– Harriet Tubman



**INVITATION TO FMZ'S
BUSINESS OWNERS:
SHARE YOUR BUSINESS
WITH OUR
CONGREGATION**

Dear First Mount Zion Baptist Church Family:

We are excited to extend an invitation to all business owners within our congregation to share their businesses with the FMZBC community. Our Church is blessed with a diverse and talented group of individuals, and we believe that by connecting and supporting each other, we can foster a stronger, more vibrant community.

To participate, please visit (<https://www.surveymonkey.com/r/FMZ-Biz-Directory>) and complete the form to have your business included in our FMZBC Business Directory. This directory will serve as a resource for our members, promoting the various goods and services provided by our talented congregation.

Please note the following important details:

- ◆ You must be an FMZBC member to be listed in the directory.
- ◆ Entries will be thoroughly vetted for proper business references to ensure the credibility of the listings.
- ◆ Approval in the directory does not convey endorsement by the Church.

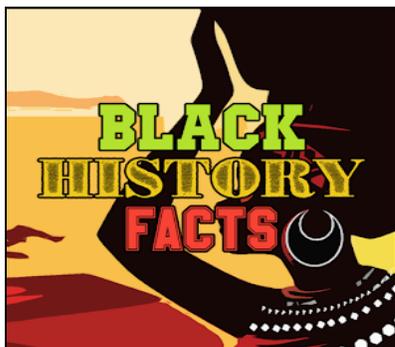
We look forward to showcasing the amazing businesses within our congregation and supporting each other in our professional endeavors. Let's come together to strengthen our community and celebrate the entrepreneurial spirit of FMZBC members.

*Blessings,
Communications and Publicity Ministry*

**PLEASE CONTINUE TO PRAY FOR
OUR MEMBERS WHO ARE**

Sick & Shut-in





Malcolm X (born Malcolm Little in Omaha, Nebraska, on May 19, 1925), was the fourth of seven children born to Earl Little and Louise Norton, both members of the Universal Negro Improvement Association (UNIA) established by Marcus Garvey which stressed Black pride, economic independence, and a celebration of African history and culture — principles that shaped Malcolm X early in childhood and later emboldened his messages of self-determination, personal pride, and social responsibility. His father served as the Omaha chapter president and his mother as the division secretary. Malcolm X expanded his knowledge and experiences from these initial principles to navigate challenges and triumphs throughout his life. Malcolm X shaped a legacy that continues to galvanize the next generation of changemakers.

Malcolm X was an African American revolutionary, Muslim minister and human rights activist who was a prominent figure during the civil rights movement until his assassination in 1965. A spokesman for the Nation of Islam (NOI) until 1964, after which he left the movement, he was a vocal advocate for Black empowerment and the promotion of Islam within the African American community. A controversial figure accused of preaching violence, Malcolm X is also a celebrated figure within African American and Muslim communities for his pursuit of racial justice.

Malcolm spent his adolescence living in a series of foster homes and with various relatives, after his father's death and his mother's hospitalization. He committed various crimes, being sentenced to eight to ten years in prison in 1946 for larceny and burglary. In prison, he joined the Nation of Islam, adopting the name Malcolm X to symbolize his unknown African ancestral surname while discarding "the white slavemaster name of 'Little'", and after his parole in 1952, he quickly became one of the organization's most influential leaders. He was the public face of the organization for 12 years, advocating Black empowerment and separation of Black and White Americans, as well as criticizing Martin Luther King Jr. and the mainstream civil rights movement for its emphasis on non-violence and racial integration. Malcolm X also expressed pride in some of the Nation's social welfare achievements, such as its free drug rehabilitation program. From the 1950s onward, Malcolm X was subjected to surveillance by the Federal Bureau of Investigation (FBI).

In the 1960s, Malcolm X began to grow disillusioned with the Nation of Islam, as well as with its leader, Elijah Muhammad. He subsequently embraced Sunni Islam and the civil rights movement after completing the Hajj to Mecca and became known as "el-Hajj Malik el-Shabazz", which roughly translates to "The Pilgrim Malcolm the Patriarch". After a brief period of travel across Africa, he publicly renounced the Nation of Islam and founded the Islamic Muslim Mosque, Inc. (IMM) and the Pan-African Organization of Afro-American Unity (OAAU).

Following Garvey's nationalist traditions, Malcolm X spoke to millions of African Americans who felt cast off by society with hopes of igniting in them a sense of self-worth and pride. He promoted self-sufficiency, clean living, and literacy as means of personal uplift. He was remembered on May 19, 2025 on his 100th birthday, acknowledging the magnitude of his presence and the transformative power of his messages. A complex and impactful figure in the United States and beyond, Malcolm X was a human rights activist, electrifying orator, prolific author, and a transformative leader who championed Black empowerment and equality in the United States and beyond.

Throughout 1964, his conflict with the Nation of Islam intensified, and he was repeatedly sent death threats. On February 21, 1965, he was assassinated in New York City. Three Nation members were charged with the murder and given indeterminate life sentences. In 2021, two of the convictions were vacated. Speculation about the assassination and whether it was conceived or aided by leading or additional members of the Nation, or with law enforcement agencies, has persisted for decades.

He is posthumously honored with Malcolm X Day, on which he is commemorated in various cities across the United States. Hundreds of streets and schools in the US have been renamed in his honor, while the Audubon Ballroom, the site of his assassination, was partly redeveloped in 2005 to accommodate the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center. A posthumous autobiography, on which he collaborated with Alex Haley, was published in 1965.

BLACK DOCTORS UNITE TO OPEN THE FIRST BLACK-OWNED URGENT CARE CENTER IN CHICAGO'S SOUTHSIDE

Last spring, a group of black doctors, Reuben C. Rutland, MD, Airron Richardson, MD, Michael A. McGee, MD, and former NFL player, Dr. Gregory Primus, teamed up to open the first black-owned urgent care center in Chicago's Southside Hyde Park neighborhood.



"We live in the neighborhood and recognize when our children were injured or sick there was no urgent care nearby," Dr. Airron Richardson, co-founder of the urgent care facility **told ABC7Chicago**. "You had to go to a completely different neighborhood several miles away."

Premier Health Urgent Care looks to reduce the lack of access to adequate health services. The center wants to provide the community proper access to basic services while also including other important services, mental health and wellness. Many times individuals go straight to the local hospitals for basic health services which often can be the most expensive and most inefficient way of delivering healthcare.

"So you have the choice of waiting eight hours in the emergency department for something minor, or coming to an urgent care and waiting 10 or 15 minutes and getting it done," Dr. Rutland explained to **ABC7Chicago**.

Premier Health wants to be an affordable healthcare source for the community treating everything from the common cold to bruises and sprains.

"We are happy to open an urgent care in Hyde Park because the community needs it. I see so many urban professionals who either delay or go without care because of time constraints. No one has 8 hours to wait in the emergency department for a minor illness or the flexibility to wait 3 weeks because their primary care doctor is booked solid. We are here to help fill that gap," says Dr. Rutland in **The Chicago Crusader**. "We are not in competition with the doctors' offices or the emergency department. We are a supplement to them both, to help relieve the stress on those two facilities."

THE FIRST STEP TO A CLEAR CONSCIENCE

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." Psalm 139:23-24 (NLT)

The first step on the path to a clear conscience is to take a personal spiritual assessment.

You need to sit down with God in a quiet space and say, "God, I'm going to do business with you. I'm going to make a list of anything wrong in my life that's getting between you and me. Help me to see the things I know are wrong and the things I don't know are wrong." Ask God to clear your mind and reveal your sins.

You can pray Psalm 139:23-24: *"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life"* (NLT). You're saying, "God, turn your spotlight on my inner self. Find the stuff in me that's entangled me and that's holding me back."

It's important to take your time. Don't rush it! Don't say, "God, I've got five minutes for you to reveal every sin I've ever done." Take your time. Write it all down.

Why is it important to write it down? Writing makes it specific. Thoughts disentangle themselves through the lips and the fingertips. You speak it, and you write it. If you haven't written it down, you haven't really thought about it.

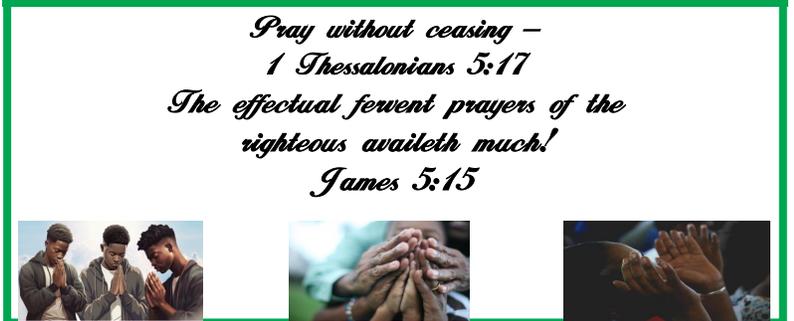
Let me ask you a very important question. How serious are you about wanting God's blessing on your life? Enough that you're willing to be gut-level honest? Are you willing to be honest with God? Are you willing to be honest with yourself?

Are you willing to be honest with other people? Or are you just going to live in denial? Denial and God's blessing do not go hand-in-hand.

If you're serious, then you're just a step away from liberation! You are one step away from a feeling of joy and purity that you've never experienced. You are so close to freedom from the habits and hurts and hang-ups that are messing up your life.

Don't procrastinate. Take time today, get alone by yourself, and do a personal spiritual assessment. It will change your life!

Pastor Rick Warren



*Pray without ceasing –
1 Thessalonians 5:17*

*The effectual fervent prayers of the
righteous availeth much!
James 5:15*



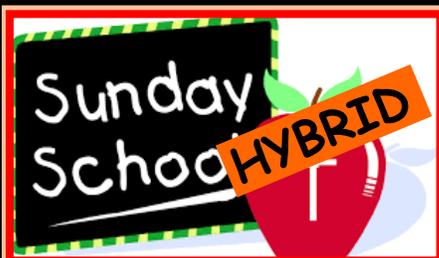
**“SISTERS, LET US TRUST GOD
AS WE FIND REST AND
RENEWAL IN A
WORLD GONE MAD!!**

SATURDAY, JUNE 14, 2025

9:00 AM – 10:30 AM

VIA ZOOM





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

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 Room 229/230. 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/>

Church Constitution and Bylaws



USE THIS LINK TO VIEW THE FMZBC CONSTITUTION AND BYLAWS.

[CONSTITUTION AND BYLAWS](#)

YOU MAY ALSO VIEW THE DOCUMENT ON THE FMZBC WEBSITE. NOTE, IT IS PASSWORD PROTECTED. TO ACCESS IT, CLICK ON THE CONSTITUTION AND BYLAWS SLIDE AND ENTER THE CODE: [FMZBCDOCS2024](#). COPIES ARE AVAILABLE BY CONTACTING THE FRONT OFFICE AT 703-670-0184.

The last day to register for the June SHARE package is June 8th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on June 21, 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

We look forward to your participation!! Thank you!

CPM Team

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

SUNDAY SERVICE SCHEDULE

Sunday School
9:45 AM

In-Person and via ZOOM

Worship Service – 11:00 AM 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/fmzbc dumfries>

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/fmzbc dumfries

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

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

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

Vimeo: [vimeo.com.25203195](https://vimeo.com/25203195)

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

YouVersion Bible, Devotions, and Prayers:

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



LifeStream.tv

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