

FIRST MOUNT ZION BAPTIST CHURCH

August 3, 2025
Volume 21, Issue 8



THE Youth

Praise the LORD. Praise him in his sanctuary; praise him in his mighty heavens. Praise him for his acts for power; praise him for his surpassing greatness. (Ps 150) [Praise him with instruments. Praise him with song, with dance and with stepping. Praise him with your life, praise him for your accomplishments. With your whole being, Praise the LORD!] (Rev. Jiggetts)

In June, two very important events occurred involving our youth that recognized them and glorified God. The first "FMZ Youth Xplosion" in almost a decade was held on June 21, 2025. Thirty youth, including youth from 4 area churches performed beautifully to the glory of God.

As attendees entered the sanctuary, they were greeted with a gospel music mix provided by D.J. Lil John. MC Jabari Derrick welcomed everyone while MC Madison Dukes with the "Call to Worship" reminded those viewing the Youth Xplosion that it was not a concert but a worship experience. Our youth then honored God through song, a beautiful dance routine, and an intricate step routine that reminded us that God is a loving and forgiving God.

The Youth Xplosion also included guest artists. The youth joined Brother Lavell Lucus in the opening "Dance Flow" number. We were also blessed by Christian Rapper 3 Jay and singer Bryan Cherry.

Our youth were committed to presenting a program that displayed their love for God and encouraged and uplifted all who witnessed the Youth Xplosion. They spent many hours rehearsing in person and individually. It was gratifying to see them display their love for God through such an awesome program.

The following day, after the worship service that honored all our graduates, the Youth Ministry hosted a brunch for our graduating high school seniors and their guests. Many of our seniors acknowledged the support of their family members as well as their church family and God.



2025 Youth Xplosion Opening Number with Brother Lavell Lucus



Owen leads the Youth Xplosion Choir in the "GoGo" version of the song "Lord of All."



2025 Youth Xplosion Steppers in the finale of their fantastic routine.



Youth Xplosion dancers, enthusiastically dance to the glory of God



Youth Xplosion final group photo with Dr. James

We are blessed to have these young people at First Mount Zion. We are also blessed to have adults willing to sacrifice their time to support them. Both the Youth Xplosion and the Senior High School Brunch required volunteers willing to assist in making both events happen. To them I say thank you.

To all our youth and particularly our graduating seniors; thank you for demonstrating your love of God by sharing your time, gifts and talents to honor Him. I pray you will continue to praise Him in your own unique ways. That you will praise Him for your accomplishments. That with your whole being you will, Praise the LORD!

*Submitted by
Reverend Dr. Beverly Jiggetts
Youth Minister*



2025 Graduating High School Seniors

INSIDE THIS ISSUE

Youth Ministry on Blast	1-2
Message from the Acting Pastor	3
C.O.R.E. Engagement	4-5
Revival	4
Encouragement for the Soul	5
Fitness-in-Place	6
Message from the Deacons	7
Message from the Deaconess	8
Message from the Pulpit Committee	8-9
Mental Health: Spiritual Genogram	10
Noteworthy	11
Noonday Prayer	12
New Members' Welcome	13
Black History 365	14
Pride Destroys; Humility Builds	15
SHARE Registration	16

YOUTH MINISTRY BIBLE STUDY

**YOUTH MINISTRY BIBLE
STUDY WILL NOT BE HELD
DURING JULY AND AUGUST
DUE TO OUR SUMMER
"SELAH." WE WILL RESUME IN
SEPTEMBER 2025.**



**MIDDLE SCHOOLERS, WE NEED
YOU ON THE 2025-26 YOUTH
COUNCIL! DURING OUR
SUMMER "SELAH", PLEASE
CONSIDER APPLYING FOR THE
COUNCIL. APPLICATIONS
WILL BE AVAILABLE IN
IN SEPTEMBER.
DETAILS TO FOLLOW.**

Message from the Acting Pastor

LEAN ON THE WORD, ENJOY THE SUMMER SELAH, AND PREPARE FOR RENEWED MINISTRY



Beloved Family of Faith,

"Selah", a word seen often in the Psalms and Habakkuk, is a Hebrew word that means "to pause or rest." As we embrace our Ministry Selah and the warmth and beauty of summer, I want to encourage you to rest in the promises of God's Word. In Psalm 119:105 we are reminded, "Your word is a lamp to my feet and a light to my path." Even during these more relaxed months, when schedules shift and vacations call us away, the Word remains our steady guide.

This season is a gift—a time to pause, reflect, rest and rejoice in God's goodness. Enjoy your summer moments with family and friends. Breathe deeply, laugh often, and allow your soul to be refreshed. Just as the earth yields new growth in its season, so does God nurture our spirits through rest and renewal.

But let us also look ahead with anticipation. September is approaching—a season when we will return to the rhythms of ministry with renewed strength. The Lord is calling us to deeper fellowship, greater service, and stronger commitment as a church family. Let's prepare our hearts now for what He will do in the months ahead.

I encourage you to:

Stay rooted in prayer and scripture, even while traveling or taking time away.

Worship with us when you're in town, and stay connected through online opportunities when you're away.

Begin praying about how you will serve this fall, whether through Bible study, ministry outreach, or simply being present to uplift others.

As we lean on God's Word, He will guide us into a fruitful new season. Together, we will return in September ready to do the work of ministry with joy and purpose.

May the Lord bless you and keep you safe during this summer season. I look forward to seeing your smiling faces, hearing your testimonies of how God has kept you, and celebrating all that He will do in and through us.

*With love and grace,
Reverend Dr. Sandra K. James
Acting Pastor*

SPIRITUAL GIFTS



The Spiritual Gifts Ministry was established to support the mission and vision of FMZBC by assisting members in discovering and developing Spiritual Gifts; providing resources to nurture spiritual giftedness through Christian education; and identifying FMZBC Ministries that provide opportunities for continued spiritual growth and Christian service.

We are currently seeking members who desire to be part of a dynamic Ministry with the goal of helping individuals discover their giftedness within the Body of Christ. If you are interested in exercising **your** gift(s) as a part of this Ministry, please contact us at:

spiritualgifts@firstmountzionbc.org
or
teach4God2003@yahoo.com.

CHILDREN'S CHURCH (CED)

OUR CHILDREN NEED YOU! CHILDREN'S CHURCH NEEDS SERVANTS IN SEVERAL AREAS TO SUPPORT OUR CHILDREN. IF YOU WANT TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD, PLEASE REGISTER TODAY BY CLICKING THE LINK BELOW:

[FMZ CHILDREN'S CHURCH SERVANT REGISTRATION](#)

PLEASE NOTE THAT VOLUNTEER SCREENING IS REQUIRED OF ALL SERVANTS WHO WORK WITH CHILDREN. CONTACT INFORMATION FOR THE SCREENING IS ON THE FORM. THANK YOU IN ADVANCE FOR REGISTERING!

FOR ADDITIONAL INFORMATION, PLEASE CONTACT DR. TRACEY DAWKINS HOLLEY AT THOLLEY@FIRSTMOUNTZIONBC.ORG OR SISTER STEPHANY STEWART AT STEPHANYSTEWART@YAHOO.COM.

C.O.R.E. ENGAGEMENT



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World

C.O.R.E. ENGAGEMENT



Revive Us, O Lord!!!



August 3rd Sunday at 11:00
Minister Shomari L.

Hargrove
First Baptist Church of
Merrifield, VA



August 6th Wednesday at 7:30pm
Rev. Dr. Alfred Jones, Jr. Pastor
Mt Zion Baptist Church, Triangle VA

REVIVAL 2025

Theme: "Stay Connected!"
7:30pm (Tuesday-Thursday)

John 15:5 (NIV) 5 "I am the vine; you are the branches.
If you remain in me and I in you,
you will bear much fruit; apart from me you can do nothing."



August 5th Tuesday at 7:30pm
Rev. Dr. Danielle L. Bridgeforth,
Pastor
Church at Clarendon, Arlington VA



August 7th Thursday at
7:30pm
Rev. Dr. Vernon Walton,
Pastor
First Baptist Church of Vienna

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

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World

Encouragement and Assurance for the Soul



"THERE'S STILL TIME"

Beloved, the second half of the year is upon us and we are in the midst of summertime...one of my favorite seasons. As I take a moment to pause and reflect, I can't help but to think about the abundance of life and the feeling that this summer season brings. The sunshine, the warmth, and the gift of enjoying daylight just a little bit

longer, gives me the energy to make the most out of every single day!

As I look ahead to the last quarter of the year and sit with how God is leading me, I want to remind you of three things: God has more in store for you, greater is still coming, and God can turn "it" around! No matter what January, February, March, April, May, June, and July have looked like for you, God still has time to bless you exceedingly and abundantly above all you've asked in 2025. Whether it's a desire for more (or different) spiritually or in the natural, healing in your body, healing for this country, or a prayer you are quietly whispering for a close friend or loved one, remember that we are blessed. Despite our circumstances, we don't have to fear or worry about tomorrow because our hope is in the One who holds tomorrow in His hands. Psalm 34 says, "I sought the Lord, and He answered me and delivered me from all my fears. Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in Him!" I encourage you to continue to seek the Lord, knowing that He'll hear and He'll answer in due time simply because He loves you more than you could ever imagine!

I pray that God continues to bless you and keep you in the days, weeks, and months to come as you find peace and relief in Him. God bless you!

Submitted by
Reverend Kara Franklin-Taylor



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FITNESS-IN-PLACE

AUGUST IS NATIONAL WELLNESS MONTH . . .

Which means making time to care for your health. This includes your physical fitness, emotional wellness, spiritual health and social connections. Incorporating healthy habits into your daily routine is a great way to improve your health and make you feel better! Try adding some of these healthy habits into your routine!

Make Exercise a Part of Your Routine: Whether you are starting to exercise for the first time or adding it back into your routine, create a plan to follow and stick with it. Don't know where to start? Call the Fit by God Fitness Complex (703-670-0225) and schedule a fitness orientation with an ACE certified Trainer.

Add Vegetables: Adding veggies to your meals will likely reduce calories and increase nutritional intake. If you love mac and cheese, think about adding steamed broccoli. If you love pizza, order thin crust and add lots of veggies. Eat a salad as your side dish with your meals. [If You Don't Like Veggies](#) click for suggestions.

10-Second Breather: If you come up on a box of donuts, take a deep 10-second breather, dial into what your body really needs, and either enjoy your treat mindfully or move on depending on what you choose. By allowing yourself those 10 seconds, you get to dial in, ease stress and anxiety, and make a choice about what would really feel good for your body.

Talk Kindly to Yourself: Talk to yourself the way you'd talk to your best friend. If you really want to change you need to start talking to yourself like you *deserve* change. And you DO deserve it! God Loves You! Remember **Psalm 139:14 "for I am fearfully and wonderfully made"**. Remember, habits take time to build. Take it slow, give yourself grace, and be consistent!

Connect with Others: Connecting with others is good for your brain health. Call a friend and go for a walk to catch up. Or learn to play pickleball. Pickleball can provide opportunities to make new friends. Meeting new people and developing friendships has been shown to enrich our lives and improve our health. Pickleball now being offered at the Fit by God Fitness Complex, call for details (703) 670-0225.

Sister Lori Valkenburg
Fitness Director

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. Romans 12:3



DEACONS

Following to lead | Leading to Serve

STAY ENGAGED, ENCOURAGED, AND EMPOWERED BY THE HOLY SPIRIT

Beloved Family in Christ,

We, the Deacons Ministry of First Mount Zion Baptist Church, greet you in the mighty name of our Lord and Savior Jesus Christ! We want to take this moment to express our heartfelt gratitude to each of you for your unwavering faith, patience, and perseverance through both the joyous and challenging seasons of ministry. Truly, as the Apostle Paul reminds us, “Let us not grow weary in well doing: for in due season we shall reap, if we faint not” (Galatians 6:9).

Through good times and not-so-good times, you have shown your love for God by your continued presence, your willing service, and your steadfast support of the work of the Kingdom. Whether it has been through prayer, acts of kindness, financial stewardship, or simply showing up to worship, your faithfulness has made a difference. We thank God for each of you!

Now more than ever, we are called to stay engaged, encouraged, and empowered by the power of the Holy Spirit. The Spirit of God is our strength, our comforter, and our guide. He enables us to remain united in love and committed to the mission God has entrusted to this church. As Acts 1:8 declares, “But you shall receive power after the Holy Spirit has come upon you; and you shall be witnesses to Me...” Let us walk in that power!

As we look ahead, we invite you to continue investing in your spiritual growth and in the life of our church. We are preparing our hearts and our community for the upcoming Revival, a sacred time of renewal, refreshing, and recommitment. But revival begins in us—through personal prayer, intentional study of God’s Word, and faithful worship.

We encourage you to:

- Stay connected through Bible Study and Sunday School, where we grow deeper in the Word.
- Remain faithful in Sunday Worship, where we encounter God’s presence together.
- Be a good steward of your time, talent, and treasure, so that the work of the ministry can continue to bless others.

Invite others to join us, so that more lives can be transformed by the Gospel.

Family, the journey is not over. There is still work to do, and God is still moving in mighty ways! Let us walk together in unity, seeking revival not just for our church, but for our own hearts.

Thank you for being the hands and feet of Christ. Thank you for standing firm. Thank you for pressing on in faith. May the Holy Spirit continue to empower you, encourage you, and equip you for every good work.

“Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us...” (Ephesians 3:20)

With love and gratitude,

The Deacons Ministry



FIRST MOUNT ZION

Ministry Summer

SELAH

A pause to reflect, a moment to breathe, a time to prepare

This summer, many FMZ ministries will pause from weekly meetings to rest and reset. We'll return in September with fresh vision and renewed strength!

JULY 17

Ministry Summer Selah: July–August

SEPTEMBER

Ministries Resume: September

STAY CONNECTED THROUGH WORSHIP, PRAYER, AND SPECIAL SUMMER EVENTS!

WWW.FMZBC.COM

“He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.” — Psalm 23:2-3

FMZBC JOB VACANCIES

Full Time Custodial Technician

Contact Renee Woolfolk to learn more at

(703) 670-0184 or

rwoolfolk@firstmountzionbc.org

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World



ENTERING THE SANCTUARY: A TIME FOR REVIVAL

In moments when life feels chaotic, when problems loom large and solutions seem just out of reach, our natural inclination is to search for answers, to strategize, to "fix" what feels broken. We exhaust ourselves striving for a path amidst the overwhelming complexities that surround us.

The biblical psalmist Asaph profoundly observed, "*When I tried to understand all this, it troubled me deeply till I entered the sanctuary of God; then I understood...*" (Psalms 73:16-17, NIV). This powerful revelation suggests that perhaps what we truly need is not a meticulously crafted plan of action, but rather a profound encounter with the Divine. Asaph's questions and worries brought him to God for answers and guidance. He felt confusion and heartache until a pivotal shift occurred. It was in the act of entering the sanctuary that his perspective transformed and clarity dawned. His understanding was born out of sacred communion. What he truly yearned for, and ultimately found, was dedicated time in the Lord's presence—time to simply be and to revel in the joy of that sacred space.

So, where is your sanctuary? Where is that hallowed ground? Can you touch it with your hands or feel it in your spirit, your place where you experience God's presence? For some, it might be the quiet solitude of a church pew on a Sunday morning, or a quiet prayer closet. Perhaps it is dedicated time set aside for diligent Bible study and meditation. For others, it's found in the majesty of nature, in a moment of quiet reflection, or even in transforming the everyday routines of life into intentional moments of divine awareness. The essence of a "sanctuary" lies not in a place or within a rigid schedule, but it is based upon our willingness to open ourselves up to the loving embrace of our Heavenly Father. Our compassionate God does not confine Himself to specific meeting points. He graciously meets us wherever and whenever we sincerely seek Him.

Time spent within this Sanctuary offers profound benefits. It sharpens our spiritual vision, allowing us to perceive God and ourselves with greater clarity and unclouded by worldly anxieties. Devoting time to be deliberately present with the Lord leads to a renewed mindset where the relentless grip of worry is gently replaced by the profound peace that only He can provide. Engaging in heartfelt worship within this sacred space can rejuvenate weary hearts and cultivate spiritual growth, fostering an inner joy and tranquility no matter what storms may rage around us.

Drawing closer to our Father in sanctuary aligns our hearts with His as we are shaped more fully into His divine image. This consecrated time also serves as a powerful means of protection being nestled under His wings in His Sanctuary. We are nurtured and sustained, much like fledgling birds cared for by our Divine Father. From this shelter, we emerge refreshed and strengthened with a clearer vision of His will for our lives. This newfound perspective might indeed unveil a solution to a long-standing problem, or it might simply re-energize us to persevere in the struggle. Sometimes the path itself, with its lessons and transformations, is as vital as the destination.

Now, as we enter August, let us truly make it a season of Revival! Make it a point to schedule time to attend FMZBC's Revival 2025. Also let's take this time to seek the Lord within our personal sanctuaries – the sacred space where we can pour out our hearts to God Our Father, and allow His peace to wash over our souls. Let August be a month where we intentionally draw closer to Him, for in His presence, there is fullness of joy, peace and understanding, for every step of our journeys.

*Humbly submitted by
Deaconess Kishema Tapp*

*To all those celebrating
in August!*

Happy Birthday!



MESSAGE FROM THE PULPIT COMMITTEE

Pastor Candidate Finalist



A Season of Discernment: Reflecting on Our Pastoral Candidates

As we conclude the candidate visit process, we invite you to enter a time of intentional prayer, reflection, and spiritual listening. Below, you'll find information to help you recall each candidate's visit and message by scanning the corresponding QR Code or logging onto First Mount Zion Baptist Church's YouTube Channel.

This is not about comparison—it's about seeking God's will together as a church family.



**SANDRA K.
JAMES**

Bible Study
April 26, 2025
[Bible Study Link](#)



Sermon - They Not Like Us
April 27, 2025

[Sermon Link](#)



**STEVEN G.
BLUNT**

Bible Study
May 3, 2025
[Bible Study Link](#)



Sermon - Your Faith Has
to Do It
May 4, 2025

[Sermon Link](#)



**DREW K.
ROSS**

Bible Study
May 17, 2025
[Bible Study Link](#)



Sermon - Learning to Handle
Snakes
May 18, 2025

[Sermon Link](#)



**LAURENT S.
GROSVENOR**

Bible Study
May 31, 2025
[Bible Study Link](#)

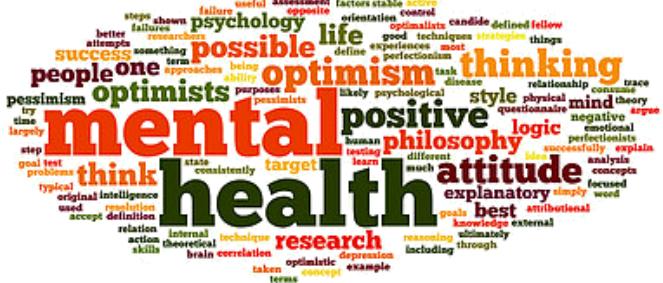


Sermon - Jesus Is On My Side
June 1, 2025

[Sermon Link](#)



VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World



SPIRITUAL GENOGRAM



A genogram is a depiction of family relationships over two or three generations (grandparents, parents, aunts, uncles, sibling husband/wives, your children). The spiritual genogram is a depiction of family members and influences that significantly contributed to and impacted your spiritual development and

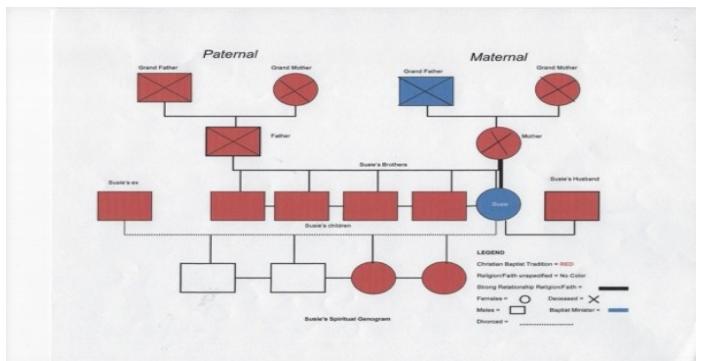
journey. The aim of the spiritual genogram is to reveal the spiritual dynamics in family members to raise your awareness.

Problem description: The spiritual genogram is the result of the spiritual intake for a 50-year-old female, I'm calling Susie. She spent many years running from her call to ministry. When she finally accepted her call, she was unhappy and depressed. She said she did not enjoy her duties and responsibilities as a preacher in the Baptist Church. Susie revealed that she was a teen bride, divorced due to domestic violence. Susie reported that she and her mother had a strong faith relationship. She knew she was called to preach at an early age. She said men in her family were disrespectful to women preachers (laughed and quoted scripture they interpreted as a put-down for women). She said she "hated" preachers. Susie said her grandfather always told her she could do and be whatever she chose to do and he was the only preacher she loved and respected.

Goals

- 1. To help client recognize her historically rooted religious/spiritual patterns through time:** Client recognized that her strong spiritual connection and her call to preach was related to her mother's strong faith and that her mother was very close to client's paternal grandfather who was a Baptist preacher.

2. Explore possible barriers that might hinder service: Client recently moved over 80 miles from her church and she does not like to drive. Client reported when her husband cannot come to church, it is a struggle for her to come alone.



- 3. Help client explore and understand the change or break in her religious or spiritual tradition:** Client is okay with her sons not following the Baptist faith tradition and she believes they know God and accept Jesus even though they do not attend church and talk about their faith.
- 4. Explore other areas of ministry to resolve possible barriers:** Client reported she dreamed of preaching at a church with "all women" when she was 25-years-old.
- 5. The professional counselor comments:** Believes that client may not recognize that she may be called to a non-traditional gospel ministry and perhaps she might explore areas of ministry to women. Her motive for moving so far from her church could be that she is not comfortable with being a traditional Baptist preacher; she may have moved further away from her church to justify her limited participation in church.

Susie recognized her call was to minister to women, especially those abused. She recognized God's hand in helping her go through spiritual renewal after the spiritual genogram assessment. Her new goal was to be certified in violence against women so she could minister to, preach to, and teach women.

Source

Stokes, J.P Spiritual Genogram Assessment for Susie (2011).
CE544-Pastoral Integration.

Juanita Stokes, M.A. CPC NCC M.A.B.S.

Associate Minister

Licensed Professional Counselor

BetterHelp Online Therapist

www.betterhelp.com/juanita-stokes/

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



Mental health ... is not a destination but a process. It's about how you drive, not where you're going.

— Noam Shpancer

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World



DILLARD UNIVERSITY ALUM ROD HALL '98 APPOINTED TO BOARD OF TRUSTEES

First Mount Zion is proud to celebrate Rod Hall, a dedicated member of Zone M2 and active participant in several ministries, on his recent appointment to the Dillard University Board of Trustees.

A 1998 graduate of Dillard, Rod brings over 20 years of leadership experience in government and the private sector, focusing on transportation and infrastructure policy. His distinguished career includes serving as Assistant Administrator for Government Affairs at the Federal Aviation Administration, a presidential appointment by President Barack Obama, and senior staff service to Congresswoman Eddie Bernice Johnson (D-TX).

Rod has continued to give back to his alma mater, helping Dillard secure a \$20M Community Change grant from the EPA and offering invaluable policy guidance. Now, as a Trustee, he will help shape the future of this historic HBCU.

Please join us in congratulating Rod, his wife, and their family as they continue to exemplify service, excellence, and faith both at First Mount Zion Baptist Church and beyond.



REQUESTING IT ASSISTANCE

A NEW WAY TO REQUEST IT SUPPORT
FOR @FIRSTMOUNTZIONBC.ORG USERS

IF YOU HAVE AN EMAIL THAT ENDS WITH @FIRSTMOUNTZIONBC.ORG, THEN THIS IS FOR YOU! AS AN EXTENSION OF IT4U, PRONTO TECH-HELP DESK, MS365 USER SUPPORT IS AVAILABLE TWENTY-FOUR HOURS A DAY, SEVEN DAYS A WEEK-24/7 AND HERE IS HOW YOU CAN ACCESS THEM:

BY PHONE: (571) 657-0105

BY CHAT: [CHAT WITH US!](#)

BY EMAIL: HELPDESK@PRONTO-TECH.COM

YOU WILL BE ASKED TO PROVIDE YOUR NAME AND THE BEST NUMBER TO REACH YOU. ADDITIONALLY, YOU WILL PROVIDE THE ORGANIZATION'S NAME (WHICH IS FIRST MOUNT ZION BAPTIST CHURCH) AND FMZBC EMAIL ADDRESS. PLEASE NOTE THAT THE EMAIL ADDRESS MUST BE A @FIRSTMOUNTZIONBC.ORG EMAIL ADDRESS.



ROOTED IN GRACE: LIVES THAT STILL BEAR FRUIT!

PSALM 92:14

You are invited to join the Seniors' Ministry at their upcoming Fellowship on September 17, 2025, at Noon, in the GYM. We look forward to seeing you there! Email us at: seniorsministry@firstmountzionbc.org or call Sister Maria Fitzgerald at (540) 538-0702 no later than September 8, 2025.

**GET READY!!! GET READY!!! GET READY!!!
IT'S TESTIMONY TIME – PART 2 !!!!**

HEALING

RESTORATION

DELIVERANCE

PROVISION

FAITHFULNESS

PROTECTION

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World



FREEDOM IN CHRIST

I pray that this finds everyone doing well and staying safe. Continue to pray wherever you are during the noon hour.

Prayer:

"As we celebrated the independence of this nation and the liberties that we enjoy, we remember and are truly grateful for our liberation from the bondage and penalty of sin through the sacrifice made on the cross. As believers, may we stand fast in that liberty and never become entangled again with the yoke of bondage to sin. Christ has set us free and we are free indeed!"

Even though we enjoy many liberties in this nation, many of those liberties are being threatened or taken away. We pray for healing for this nation and the body of Christ. May we continue to become more deeply rooted and grounded in your Word and strengthened in our faith, so that no matter what is going on around us, our focus and faith remain grounded in you. We trust you and know that you are still sovereign and your Will and plan will prevail and ultimately, things will work out for your glory and our good.

You are an awesome God and all the glory, honor and praise belong to you alone! In Jesus name we pray and give thanks, Amen!"

Please continue to pray for our families, our church, our nation, and the world.

Scripture:

John 8:36 NKJV

Therefore, if the Son makes you free, you shall be free indeed.

John 8:36 AMPC

So if the Son liberates you [makes you free men], then you are really and unquestionably free.

John 8:36 MSG

So if the Son sets you free, you are free through and through.

Galatians 5:1 NKJV

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

Galatians 5:1 AMPC

In [this] freedom Christ has made us free [and completely liberated us]; stand fast then, and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off].

Galatians 5:1 MSG

Christ has set us free to live a free life. So, take your stand! Never again let anyone put a harness of slavery on you.

Praise and Worship Song: "Sacrificed His Life for My Liberty" <https://youtu.be/96Wgc6xviGQ>

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

PASTOR, STAFF, AND LEADERSHIP

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

First Mount Zion Baptist Church

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Email: fmzbc@firstmountzionbc.org

Website: www.fmzbc.com

SUNDAY SCHOOL

Each Sunday at 9:45 a.m. Check the monitors in the Narthex for classroom locations or via Zoom (registration required).

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

For those attending the class via Zoom, please [Register Here](#). We look forward to seeing you there.

[Sunday School Extended Lesson Handouts](#) class via ZOOM, please [use this link](#) to access materials!

SUMMER BIBLE STUDY SERIES

Join us in person in the Chapel or stream live on the Church's website

www.fmzbc.com

each Wednesday
at 11:00am!

Note: The Chosen series
is readily available on YouTube.
[Click Here for the Lesson Handout](#)

"The soul that is within me no man can degrade."

— Frederick Douglass



FMZBC's New Members Class held their Spring graduation ceremony on June 22 during the Sunday School Hour. Here is a photo of the graduating class. There is only one problem: we are missing YOU. If you are a member of FMZBC and have never taken the opportunity to attend the NMOC classes, please consider this your direct invitation.

The New Members Orientation Class (NMOC) is comprised of 11 classes of instruction designed to equip new adult members of First Mount Zion Baptist Church with the knowledge, skills, and abilities necessary for effective ministry. The class aims to lay a spiritual foundation that focuses on the walk and work of the whole person in Christ and to ensure that all members understand the FMZBC implementation of God's word. This is particularly important for subjects that often hold controversial methodology in other houses of Zion, such as Baptism and Holy Communion.

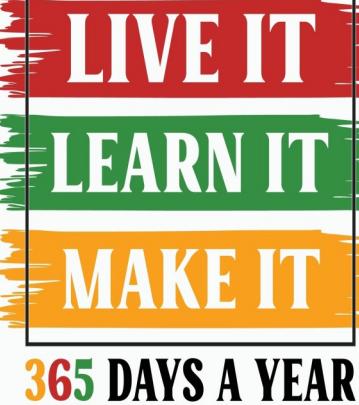
Additional graduation requirements include a Spiritual Gifts class led by Reverend Glenda Brown, which is the only class held on a Saturday. This course reviews the various spiritual gifts, the scriptures regarding gifts, and assists you in identifying yours! You will also be connected with ministries where your unique giftedness would be a blessing.

There are two additional classes which can bump up the graduate to the level of Honor Graduate and/or Distinguished Honor Graduate – Overview of Christian Education and Spiritual Warfare. All classes are provided on a cyclic rotation, so no matter when you join, you are assured of getting an opportunity to experience the excellent instruction of our team of Associate Ministers, Deacons, Deaconesses, and the NMOC team.

Classes are scheduled in a hybrid format using ZOOM and in-person opportunities during the Sunday School hour. Classes will resume on September 14th. The next graduation ceremony is scheduled for November, and we are hoping that you will be included in that class photo. Feel free to contact our team at fmzbc.nmoc@firstmountzionbc.org for additional information.

Sister Deborah Holley

BLACK HISTORY



FIRST MOUNT ZION BAPTIST CHURCH

DUMFRIES, VA 22025

FMZ Archives Committee: May 2007- February 2013

Major Accomplishments: Approval of Current location for Archives Library/Room; Decided on furniture & placement; made the congregation aware of the Archival effort to retrieve, organize, and display of donated artifacts; regular invitations to all of planned activities, visual displays in the Narthex, chairing the 145th Church Anniversary hosting about 2,000+ worshippers; naming the Archives Room and wording on the entrance; the theme, and others.

In the early spring of 2007, the names of the Archives Committee were selected and each accepted this commitment. These names were brought before the church and were approved as Sisters Carol Burns (later Trustee), Fannie W. Fitzgerald, Glorine W. Gholson, and Joyce S. Thompson. Sister Gholson was named and accepted as the chair of this committee. According to the organizational structure of the church ministries, this committee comes under the authority of the Trustee Ministry. Therefore, Trustee Maxine DuFore served very briefly as the first Advisor from the Trustee Ministry, and later Trustee Andrew Thompson served as the Trustee Archives Advisor through the years. Trustee Thompson attended many of the weekly committee meetings and was a strong advocate during the Trustee meetings on our behalf.

The first official meeting was with Pastor Torian and Trustee DuFore on May 22, 2007. At that time, Pastor Torian explained the Mission as follows:

- To ensure appropriate proper display of church history
- To store in a specific location historical documents and artifacts
- To display different aspects of history of the church throughout the building including the etageres in the Narthex
- To be responsible for arranging for pictures of major events at the church Pastor Torian suggested that the following order take place by the committee:
 - o Decide on a theme
 - o Survey what documents we have from all sources (Check with Leon Anderson, one of the previous committee chairs to see what he has.)
 - o Start putting everything in order by decades
 - o Decide where and what needs to be displayed around the building
 - o Properly identify (with small plates) the donors, dates, and sources of all pictures, pews, etc. throughout the building
 - o Be prepared to announce to the congregation requests for historical submissions
 - o Retrieve documents which are stored around the building and from the off-site storage
 - o Use Room 313 to begin temporarily storing and organizing documents (This room is to be used only for Archives until such time the committee is ready to move into its permanent room.)

(The committee was praying for a separate, permanent, designated room that would be used for Archives only. This room would consist of historical wall displays, file cabinets with organized pictures and documents, a computer with proper software, related/appropriate decorations, a large table with chairs, and a comfortable seating area where space is available, perhaps a love sofa.)

Later the room on the first floor that was designated for the Credit Union Office was approved for the Archives Library.

The first budget was \$1,500. A detailed budget request was prepared for the new fiscal year.

The committee planned interviews and tapes of some of the older members of the church such as Brother Fred and Sister Agnes Fortune, Sister Katie Johnson*, Trustee Andy Thompson, Deaconess Annie Smith*, Deaconess Bernice Bryant*, Brother Ken Sessoms*, Trustee Murray Parker, Trustee Oscar Dailey, etc. (*Completed)

A survey of at least three churches in our local area as well as the District of Columbia to see what, if anything, they had done to preserve their history. Our findings resulted in none of those surveyed had an Archives Library. Some said that materials were strewn around the church; others reported that certain members had materials in their homes, etc.

A brief bullet list of what this committee accomplished is as follows (not necessarily in the order of happenings): • Organized/tagged/cleaned up (with cleaning rags and cleaning fluids) all the historical documents that were brought from the old churches as well as from the off-site storage unit on Route 1, and donations from the membership. There were boxes and boxes of pictures, trophies, paperwork, displays, etc. • The committee met once a week, usually on Tuesday mornings. • Had identification plates put on all the pews in the Narthex and the one on Level I. • Had uniform frames done for the former three pastors of FMZ. • Cleaned up the etageres in the Narthex and redecorated them. • Presented an oral and written tri-fold request before the Trustee Ministry for a space for artifacts/documents, etc.—an informational tri-folds were given to each member. Q/A period was provided by the Trustee chair. All committee members were present at this presentation and felt that positive things would come out of this meeting. • Ongoing announcements/requests for anything from anybody that related to the history of FMZBC were put in the church bulletin on a monthly or bi-monthly basis. As these items were received, they were prepared for presentations, catalogued, organized, and displayed in the FMZ Library.

cont'd on next page --

VISION: Sharing the Light: From the Promise, to Pentecost, to Points Around the World

- Wrote the history and layout for the church Bell plaque that is displayed in the Narthex above the Bell that rang for the old church.
- The current location of the Library on Level I was approved (the designated Credit Union Room). "Oh Happy Day" for all.
- Visited Systems Furniture Gallery in Chantilly for furniture selection about three times. In addition, a representative was the Gallery visited us for verification of sizes, etc.
- Budgeted amount updated to about \$20,000
- Anxiously awaited the arrival/direction of the furniture as we offered a prayer of thanksgiving—another happy day! Bookcases, table, sofa, chairs, open display bookcases, etc. All delivered!!
- The Chronicles of FMZ was recommended and accepted as the name of the Archives Library.
- Committee recommended the biblical scripture which is imprinted on the door: Thus all the work that Solomon made for the house of the LORD was finished and Solomon brought in all the things that David his father had dedicated; and the silver, and the gold, and all the instruments, put he among the treasures of the house of God.--KJV
- The theme: "Preserving our Past and Future as we celebrate our future of FMZ"
- Prepared and hosted the prayerful Dedication of the Library where friends and FMZ members were officially invited to the program and a repast in 'The Grain'.
- Prepared the Litany of Dedication which was led by Pastor Torian before the congregation on the day of the dedication.
- Partnered with the Botts Museum in Dumfries for their FMZ community history day which lasted for three weeks. Certain FMZ documents/historical objects were moved to that location for the entire community to view.
- Hosted a gathering for original members of FMZ since 1947.
- Hosted monthly Open House guided tours on every third Sunday after both services and fifth Sundays after service.
- Chaired the 145th Church Anniversary, April 2012—named a subcommittee made up of church leadership. Met with Pastor Torian every Wednesday after the Monday night meetings to apprise him of our proposed actions.
- Telephone was placed in the Library as requested.
- Email address was assigned to the Library as requested.
- Visited art galleries for suggested art, and one artwork of the Lord's Supper was donated to the church through our initiatives and is hung in the Narthex.

If this committee serves as an example to the new committee, we would just advise that they enjoy this journey of service. We worked hard to accomplish all the above, but we took time to go out to have lunch meetings both on-site and off-site. We took lunch (including Carol's homemade cakes) to the homes of the elders for our interviews and just enjoyed the conversations of their versions of historical events.

We could not pass on this service to the church without thanking those who were so instrumental in accomplishing our goals. To Trustee Maxine DuFore—we say thanks for getting us started. To Trustee Andrew Thompson—we say that we owe you a great debt of gratitude for all that you have done to move us to this point. Your historical knowledge of the church and your support made most of this possible.

And last, but not least, we thank Pastor Torian for his direction, guidance, and support through the years. Whatever we asked, you were always there to meet with us and to listen to our requests—whether the answer was yes or no.

So, this committee passed the torch of dedication to Sister Gwen Hopson as Archives Chair and her committee. May God continue to bless all your efforts in this regard!

Sadly, as this report is written, we've lost three of those committee members mentioned:

Trustee Andrew Thompson, Advisor
Sister Fannie Fitzgerald
Trustee Carol Burns

*Respectfully submitted,
Sister Glorine W. Gholson
Chair Archives Committee - 2007 - 2013*

PRIDE DESTROYS, HUMILITY BUILDS

"Be humble and give more honor to others than to yourselves." Philippians 2:3 (NCV)

The Bible draws a clear distinction between pride and humility. While pride will tear down your relationships, humility builds them up and strengthens them.

But pride is self-deceiving. It can be hard for you to recognize it in yourself. Instead, try looking for the symptoms of pride, like criticism, competition, stubbornness, and superficiality. If you see some of those characteristics in yourself, you might have a problem with pride.

Proverbs 16:18 says, *"Pride leads to destruction; a proud attitude brings ruin"* (NCV). I like how the Message paraphrases this verse: *"First pride, then the crash—the bigger the ego, the harder the fall."*

Pride destroys relationships, but humility is the antidote to pride. Humility builds relationships. The Bible says in 1 Peter 3:8, *"Live in harmony, be sympathetic, love each other, have compassion, and be humble"* (GW). And Philippians 2:3 instructs, *"Be humble and give more honor to others than to yourselves"* (NCV).

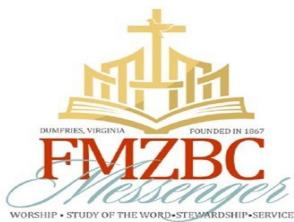
How can you grow in humility? By continually and consistently submitting your thoughts, heart, attitude, and choices to Jesus. You need to give him permission to make changes in your life. Ephesians 4:23-24 says, *"Let the Spirit change your way of thinking and make you into a new person"* (CEV).

How do you become a new person? How do you start to think in a different way? The basic law of relationships is this: You tend to become like the people you spend time with. If you spend time with grumpy people, you get grumpier. If you spend time with happy people, you get happier. So if you want to have more humility, spend time with Jesus Christ. Take time with him in prayer and reading his Word. He is humble, and as you get to know him, you'll become more like him.

The Bible teaches, *"You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. . . . When he appeared in human form, he humbled himself in obedience to God"* (Philippians 2:5-8 NLT).

No one has lived with more humility than Jesus. He came to earth from heaven to become a man, live for us, give his life for us, and be resurrected for us. When you spend time with him, you become more humble, which in turn builds up your relationships for the better.

Rick Warren



August 3, 2025
Volume 21, Issue 8



The last day to register for the August SHARE package is August 10th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on August 23, 2025.

LINE DANCING will resume this fall on Thursday evenings. For more information, email Lori at

lvalkenburg@firstmountzionbc.org

or call 703-670-0225

WOMEN'S MINISTRY PRAYER LINE

WM offers a dedicated email address for the women of FMZBC to submit prayer requests. Our desire is to continually lift up your prayer needs as they arise, so please use this address to submit your requests. Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your requests as you send them in. Remember, the prayers of the righteous availeth much. Let the saints pray for you!

For more information, please contact Director, Gwen L. Holland at

womensministry@firstmountzionbc.org

CONSTITUTION AND BYLAWS

To review the Constitution and Bylaws, go to the Church's Website at www.fmzbc.com, or use the QR code below, and enter the passcode: CBLDOCS2025

Point of Contact is Ken Spencer, Chair, C&B Committee, at
cbl@firstmountzionbc.org

Copies are available by contacting the front office at 703-670-0184.

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

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
Brother Lavell Lucas
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/fmzbcdumfries>
YouTube:
<https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:
<https://live.lifestream.tv/first-mount-zion-baptist-church>
Facebook: www.facebook.com/fmzbcdumfries
Instagram: [@thecore_fmzbc](https://www.instagram.com/thecore_fmzbc)
Linked In: <https://www.linkedin.com/groups/1890924/>
Twitter: [@fmzbc](https://twitter.com/fmzbc)

Vimeo: vimeo.com/25203195
YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

YouVersion Bible, Devotions, and Prayers: <https://bit.ly/FMZ->



Life Stream.tv

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

YouVersion Bible