

FIRST MOUNT ZION BAPTIST CHURCH



THE MESSENGER



FORGET THE PAST AND MOVE FORWARD!

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

Philippians 3:12-13

In Philippians 3:12-13 Paul encouraged Christians to “grow” in their relationship with Christ, having their lives mirror Christ’s. This “growth” means understanding we are loved by God and valuable to Him. Each of us has a purpose in life and those who accepted Christ are FORGIVEN! Paul is transparent when he admits he has not attained all he would like regarding his relationship with Christ or his “Christlike” behavior, but instead of dwelling on past behavior, he continued to move forward and grow.

A new school year has started. Maybe last year there were academic or extracurricular goals you did not accomplish. Maybe you had unhelpful habits that were hard to break or people in your life who were not a positive influence. On the other hand, your last school year may have been great in both the academic, extracurricular and personal realms.

This school year is an opportunity to move forward. Whether last school year was great or not so great; living/dwelling or staying fixed on past failures or accomplishments will not help us grow.

So, start fresh. Hopefully, we learn from our past (the good, the bad and the ugly) and then move forward. Ask God to help you move forward to give you the wisdom to accomplish your goals. God wants you

September 1, 2025
Volume 21, Issue 9

forward, so trust that He will give you what you need. God does not expect perfection (that’s why we all need Jesus), but He does want us to grow. Grow in using those gifts and talents He has given us for His glory. Grow in being the person He knows we can be in all areas of our lives. Grow in depending on Him. So, forget the past, allow God to help you move forward and your life will glorify Him.

Submitted by
Reverend Beverly Jiggetts



September First Friday

Cancelled, September 5th due to the
Back-to-School Block Party,
Saturday, September 6, 2025.
Join us on Saturday.

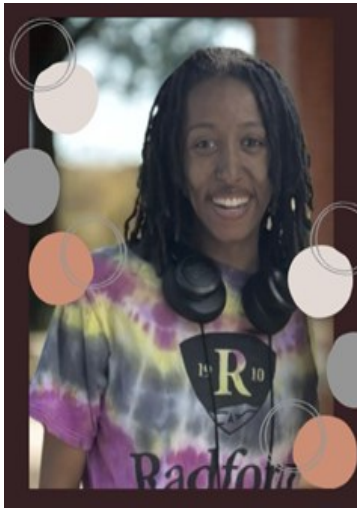
YOUTH MINISTRY ON BLAST!

Highlight the amazing youth at First Mount Zion and their notable accomplishments. To have a youth profiled in this section, please send their name, picture, contact information, and accomplishments to Rev. Beverly Jiggetts at bjiggetts@firstmountzionbc.org or youthministry@firstmountzionbc.org.

Accomplishments can be in athletics, community service, scholastics, overcoming personal challenges, or simply a youth who needs encouragement.

In the Spotlight

JORDYN FLOYD: "THIS IS ME!"



As she steps into her senior year at Colgan High School's Center for Fine and Performing Arts, **Jordyn Floyd** continues to shine as a bright and gifted young performer. This summer, Jordyn was one of a select group of students across the Commonwealth chosen for the **2025 Virginia Governor's School for the Arts**, an intensive three-week program hosted at Radford University in Radford, Virginia.

The Journey to Governor's School

Acceptance into the Governor's School is no small achievement. Students must compete regionally and statewide, demonstrating talent, creativity, and commitment. Jordyn prepared a two-minute audition video—a dramatic monologue—that helped secure her place among Virginia's most promising young theater artists. Her portfolio stood out not only for her performances at Colgan but also for a production in her community, reflecting her versatility and leadership in the arts.

For three weeks, Jordyn immersed herself in the world of theater alongside students from diverse schools and backgrounds. The Governor's School program, designed to stretch artistic boundaries, offered classes in **theater, voice, instrumental performance, and the humanities**. Students also engaged in **devising theater, improvisational skits, and collaborative workshops**, all guided by university professors and professional artists.

Though budget cuts shortened the program from its usual length, Jordyn still found the experience transformative. She describes it as **"refreshing and low pressure"**, a space where she could explore her craft without fear and where her professors offered constructive, encouraging feedback. The counselors planned meaningful workshops, and Jordyn says her favorite part was not an event or a performance, but **the people**—the friendships she built with students from across Virginia.

Lessons Learned and Confidence Gained

From the program, Jordyn took away life lessons that reach far beyond the stage: the importance of **flexibility**, the strength of **confidence**, and the power of embracing

and **manifesting her own individuality**. Asked to capture her experience in one phrase, Jordyn declared: **"This is me!"**

Her time at Radford reinforced what so many already see in Jordyn: a beautiful, blooming performing arts star who radiates confidence, positivity, and joy.

Looking Ahead: Senior Year and Beyond

Now back at Colgan, Jordyn is rehearsing for the fall production, *Zombie Prom*, and eagerly anticipating the opportunities her senior year holds. Beyond the stage, she faithfully serves in the **choirs, youth ministry, and audio/visual ministry** at church, where she also shares the role of announcer alongside her father, **Brother Mark Floyd**. Together, they uplift the congregation with warmth, enthusiasm, and professionalism.

Her journey through the Center for Fine and Performing Arts, her selection for Governor's School, and her growing leadership in ministry point to a future filled with purpose and possibility. Jordyn is an example of how talent, faith, and determination can open doors to new experiences and platforms to shine.

As we celebrate Jordyn's accomplishments, we also look forward with excitement to how God will continue to lead and guide her—not only in her senior year, but in the path He has prepared for her life.

Jordyn and her parents, Mark and Andrea Floyd, are members of Zone M2.



Submitted by
Deacon Joseph P. Boutte
Deaconess Sharron Johnson
Deaconess Jackie Boutte

Message from the Acting Pastor



FROM SUMMER SELAH TO SPIRITUAL RENEWAL

Beloved,

As the warmth of summer begins to fade and the rhythms of school, work, and ministry return, we pause to give thanks to God for covering us through our *selah* of pause, rest, and reflection. We now enter a season of renewal—renewed worship, renewed service, renewed study, and renewed stewardship.

We are reminded that God's presence is needed everywhere: in the classroom, in the cafeteria, at the bus stop, on the playground, in the office, and in our homes. On August 17, We prayed for teachers, students, parents, administrators, bus drivers, cafeteria workers, counselors, and every soul whose hands shape the education of our children. And we declared that this year will be one of good success—not just measured in grades and test scores, but in character, leadership, kindness, courage, and faith.

But this prayer is not just for our children. It is a call for all of us. Each of us is returning to a kind of "school"—the ongoing lessons of faith, discipleship, and service that God teaches us daily. Yes, we want you back in Sunday School!

So let us carry forward these commitments:

- **Worship with Joy:** Re-center your week around God's presence. Make worship your priority, not your afterthought.
- **Serve with Purpose:** Whether in church, community, or workplace, let your light shine in acts of kindness and in bold witness.
- **Study with Discipline:** Recommit to Bible study, Sunday School, and spiritual growth. Just as our children prepare for classes, we too prepare for life's tests by studying God's Word.
- **Steward with Faithfulness:** Give generously of your time, your talent, and your treasure. As God has blessed us, so we bless others.

As we cross into this new season, remember Joshua's charge: "*Be strong and courageous. The Lord your God is with you wherever you go.*" May this truth give peace to every anxious heart, strength to every weary soul, and joy to every willing servant.

Let us go forward together—worshipping, serving, studying, and stewarding—expecting a year of growth, victory, and testimony.

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

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 CONTACT DR. TRACEY DAWKINS HOLLEY AT:

THOLLEY@FIRSTMOUNTZIONBC.ORG

OR

SISTER STEPHANY STEWART AT
STEPHANYSTEWART@YAHOO.COM.

GRIEF SHARE

hosted by FMZBC

A Journey from Mourning to Joy

GriefShare is a support program for people who have lost loved ones -- a spouse, child, other family member, or friend through death. GriefShare considers the loss of a pet as the loss of a loved one. For additional information, contact Reverend Kathy Russell at:

journeytojoy@firstmountzionbc.org

Register here:

[First Mount Zion Baptist Church](#)
[GriefShare - GriefShare](#)



INVESTING IN OUR SPIRITUAL HOME: FIRST MOUNT ZION BAPTIST CHURCH

Grace and peace FMZ! In August, we, as brothers and sisters in the family of Christ, spent precious time drawing closer to God during Revival week and throughout the remainder of our summer Selah. Let's continue our Call to Action in September to further our spiritual renewal and nurturance of our hearts and minds as a unified Body of Believers.

Time is precious to all of us. Once it is spent, we cannot take or earn it back. The time that we invest building up one another and this Branch of Zion called First Mount Zion Baptist Church is not about just showing up on Sunday mornings either. Being present for Worship Service is vital to our individual and collective growth as followers of Jesus Christ but more is needed from each of us to plant ourselves in fertile ground of service and commitment to God and to one another. This fertile ground is essential to reap the harvest that God promised all of us to grow spiritually and flourish as a community of believers. FMZBC is not just a beautiful building. The life blood of our church rests within its congregants - like you and me. It's a place where those of us who are experiencing sickness - physically or spiritually can seek refuge and healing from fellow prayer warriors with words of encouragement and grace. It's a place where we are continually educated and groomed as disciples from the life teachings of the Word from weekly sermons, Sunday School, Bible Study and Small Groups. It's a place that is hopefully seen as a "beacon of hope" by our fellow members and those in the world who are curious about the Light that we emanate from within. It is a place for families to grow together as One in Christ to serve and love others. When time is invested in the growth of our Church, the people thrive in partnership with one another and in service to our Lord.

Think about it: at First Mount Zion there is a consistent, dedicated space for corporate worship, where voices rise together in song, and hearts are lifted by the power of the Holy Spirit. During our times together, scriptures are systematically broken down and taught, nourishing our souls. In our church you have a network of brothers and sisters, walking this faith journey alongside you, ready to celebrate your triumphs and hold you up in your trials. This church -- our church, is designed by God to be a place that builds us up and shares His love.

When you invest your time here - whether it's by serving on the Usher board, teaching Sunday school, volunteering for community outreach, joining a small group, or simply being present and engaged in the service - you are not just giving; you're receiving. You're deepening your faith, learning from the wisdom of others, and gaining strength from the collective spirit. Iron sharpens iron, and in the fellowship of the saints, our faith is refined, our understanding expands, and our character is molded into the likeness of Christ.

And oh, the impact on our community! This church isn't just for us; it's a lighthouse in a storm-tossed world. Every moment you dedicate, every hand you lend, every prayer you offer, strengthens our collective witness.

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YOUTH MINISTRY

BACK TO SCHOOL BLOCK PARTY FOR CHILDREN AND YOUTH THROUGH 12 GRADE. SATURDAY, SEPTEMBER 6, 2025, FROM 12 NOON TO 4 P.M.

MOON BOUNCE WITH SLIDE, GAMES, DOUBLE DUTCH, FACE PAINTING, DJ, FREE HAIRCUTS, 3 V 3 INTERGENERATIONAL BASKETBALL TOURNAMENT AND MORE!!! ATTENDEES MUST REGISTER ON EVENTBRITE FOR ACCURATE FOOD PREPARATION. CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN. INVITE A FRIEND.

DON'T MISS OUT, JOIN US!!!

ALL MUST REGISTER TO ATTEND USING THE FOLLOWING LINK:

[Children's, Youth and C.O.R.E. Ministries', "Back to School Block Party" Tickets, Sat, Sep 6, 2025 at 12:00 PM | Eventbrite](#)



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It empowers us to reach out further, to serve those in need, to be the hands and feet of Jesus in a world crying out for hope. Your presence matters. Your commitment matters. It builds up the body, it strengthens our outreach, and it allows us to be a true reflection of God's love to a hurting generation.

So, as we come back from our summer Selah, let us recommit ourselves to His house. Let us invest our time, our talents, and our presence right here at First Mount Zion. Come, let us grow together, serve together, and shine together for the glory of God. When the Lord, without the asking, continually pours out His love, energy, and presence for us to live bountifully and in response to His unbounding grace – we need to commit to doing the same. After all – the time we are given is precious and in His Hands. So, let's choose to use it wisely and faithfully toward building up His Kingdom and attracting more followers to believe and confess Jesus Christ as their personal Lord and Savior.

May God bless you and may He continue to bless this sacred space we call FMZBC.

*Submitted by
The Deaconess Ministry*



DEACONS

Following to Lead | Leading to Serve

Family,

Thank you for your patience, your prayers, and your steady faith during this season. God has guided us each step, and now we are near the finish. Please prepare your hearts and minds to complete the pastor selection process by participating in the pastoral vote on **Saturday, September 13**. Pray for wisdom and unity, review the information you've received, and make a plan to vote—whether electronically or in person. Let's show up together, with grace and love, trusting God to lead us to the shepherd He has chosen for First Mount Zion.

*With gratitude and hope,
Deacon Chair Kevin Johnson*

Congratulations

CELEBRATING FORMER PASTOR, DR. LUKE E. TORIAN & SISTER CLARICE TORIAN'S LASTING IMPACT ON DUMFRIES

The Town of Dumfries has chosen to honor our former pastor, Rev. Dr. Luke E. Torian, and his wife, Sister Clarice Torian, by naming its new overlook park in their honor. The park, being built atop the closed landfill next to The Rose gaming resort, will feature a ballfield, dog park, tot lot, playground, restroom, and picnic area, with an expected opening later this summer or early fall.

During his 16 years representing Dumfries in the Virginia House of Delegates, Dr. Torian played a key role in securing legislation to allow the town to retain more of its gaming tax revenue—bringing in an estimated \$1 million annually to strengthen the local economy. Sister Clarice Torian served the community for decades as an educator, counselor, and administrator in Prince William County Schools, championing youth wellness, school safety, and equity initiatives, while organizing school supply and winter coat drives.

Both have served faithfully through their ministry at First Mount Zion Baptist Church, shaping lives spiritually, economically, and socially. As Dumfries Town Council Chair Pro Tem Selonia Miles shared, "They have not only poured into us economically as a town, they've also taken their time to mentor us...to help lead us through the way."

We celebrate this well-deserved honor and give thanks for the continuing legacy of service, leadership, and love the Torians bring to our community.

https://www.princewilliamtimes.com/news/dumfries-names-new-park-after-del-luke-torian-wife-clarice/article_075382a8-caae-4076-93b0-5678f504654a.html

The Dumfries Town Council presented Clarice Torian with a



resolution to name the town's new park after her and her husband, Del. Luke Torian, D-24th.

Encouragement and Assurance for the Soul

A YEAR OF FAITH, STRENGTH, AND UNITY IN LEARNING



As the new school year begins, teachers and students embark on a journey filled with growth, challenges, and discoveries. Though lessons and exams may at times feel daunting, we can take comfort in the Scriptures. God promises to walk alongside us, illuminating each step of the path. This school year, let faith anchor your efforts and bring renewed purpose in every classroom and corridor.

Trusting God's guidance in scripture reminds us we do not journey alone. "Your word is a lamp to my feet and a light to my path." (Psalm 119:105). When planning lessons or studying each chapter, invite God's wisdom to direct every decision and deepen your understanding. Each day may present uncertainties such as solving complex problems or having to speak before classmates. "Fear not I am with you; do not be dismayed for I am your God." (Isaiah 41:10). Let this promise still your anxious heart and encourage your steps in every classroom discussion and group project.

In every graded essay, lesson plan, or laboratory experiment, pursuing excellence honors God. "Whatever you do, work heartily, as for the Lord and not for men." (Colossians 3:23). Let diligence guide your study habits and teaching methods, trusting that sincere effort brings lasting impact. Doing long days of lesson planning or late-night study sessions can leave you weary. Find strength in Christ, "I can do all things through Him who strengthens me." (Philippians 4:13). Draw on Christ's power when your energy wanes, knowing His strength sustains your every endeavor.

As you begin each day, trust that the Lord guards your comings and goings (Psalm 121:8). May He grant you wisdom in lesson planning, courage in every presentation, and peace that surpasses understanding. May this school year provide a safe environment, opportunities for academic development, and experiences that support learning and exploration.

Submitted by
Reverend Marlene Johnson

Strength
Faith
Courage
Unity

FITNESS-IN-PLACE

SEPTEMBER SIGNALS A RETURN TO ROUTINE!

To most, the start of September means the end of summer, the back-to-school rush, and longer, darker nights. However, September also signals the return of routine as vacations come to an end, workplaces get busier, ministry starts back up, children go back to school. This routine allows opportunity to schedule regular, achievable workouts, which is a good reason to think that September is an ideal time to get fit and healthy.

Make the most out of the season by taking a class, setting up a workout routine or getting involved with a new activity. Here at the FMZ Fit by God Fitness Center we offer classes such as Line Dancing & Walk and Tone. We have an exercise room with cardio and weight training equipment. And if you prefer sports, we offer pickleball and basketball.

If you're looking for a hands-on introduction to the gym, we offer free consultation with an ACE certified personal trainer. It's an opportunity for members to learn how to use the gym equipment safely and effectively. Guided by a personal trainer, you will learn about different machines and get answers to your fitness questions.

The best time to start is today! Set yourself up for success this September. With the back-to-routine mindset and the opportunity to establish consistent habits before winter, there's no better time to begin. To get started visit or call the FMZ Fit by God fitness center today at 703-670-0225.

Sister Lori Valkenburg
Fitness Director



Clothing Giveaway

COMMUNITY SERVICE OPPORTUNITY:

THE DEACONESS MINISTRY HAS ESTABLISHED 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

REVIVAL WEEK SUMMARY REFLECTION – THEME: “STAY CONNECTED TO GOD”

This year's Revival was a transformative and Spirit-filled journey under the leadership of Acting Pastor, Rev. Dr. Sandra K. James. Each night was marked by powerful preaching, heartfelt worship, and a deep calling for spiritual renewal, connection, and restoration. Below is a summary reflection of each night's message and movement:

Revival began on Sunday with the Sermon titled: *“The Connection That Makes You Fruitful”* using John 15:1–8 as its base. Rev. Shomari Hughes was our speaker. His message was vibrant and powerful on the importance of remaining in Christ to bear fruit. He reminded the congregation that true fruitfulness is not based on works alone, but on a spiritual connection to the Vine, Jesus Christ, adding that “Fruitfulness is a byproduct of closeness to Christ.” He challenged believers to examine whether they were producing leaves or bearing lasting fruit for the Kingdom. His message was a clarion call to remain rooted, pruned, and purposeful.

On Tuesday night, Rev. Dr. Danielle Bridgeforth challenged us to *“Stay Close to God”*, using Psalm 73:28 as her text. Dr. Bridgeforth reminded us that proximity to God is our place of power, peace, and preservation. In a world filled with distractions and detours, she taught that closeness to God is not just comfort but survival and that “You can't hear God from a distance. Stay close, stay covered, stay committed.” Her message stirred hearts to draw near, emphasizing personal devotion, consistent prayer, and discerning God's direction in every area of life.

Rev. Dr. Alfred Jones, Jr. encouraged us on Wednesday Night to *“Stay Connected to the Vine”* as recorded in John 15:5. Dr. Jones preached a soul-stirring message on spiritual dependence and divine connection. He boldly declared that disconnection leads to dryness, and that apart from the Vine, we can do nothing. He declared boldly that disconnection leads to dryness and that the fruit you bear proves who you're connected to.” He encouraged the Church to evaluate what's feeding their spirit, challenging us to cling to Christ even in seasons of pruning. The service ended with a heartfelt invitation for renewed faith and a deeper relationship.

On Thursday Night, Rev. Dr. Vernon Walton closed out our Revival with the sermon titled: “Surviving the Silence of God”. His text was taken from Matthew 15:21–23. His delivery was powerful as he shared an emotionally resonant word about remaining faithful even when heaven seems quiet. Using the story of the Canaanite woman, Dr. Walton urged us to:

Remain Faithful – Trust God even in silence.

Remain Focused – Worship even through rejection.

Remain Full – Stay filled with Spirit and hope.

“God's silence is not God's absence. Sometimes silence is a strategy.”

His message deeply resonated with the enduring seasons of waiting in the hearts of every believer present. The Revival served as a sacred reminder that to truly flourish in faith, we must stay connected to the Source. It reminded us that revival is not a moment, but a movement birthed in persistent faith.

Final Reflection: A Church Revived

Throughout the week, the messages were not only biblically sound but spiritually surgical, cutting deep into the hearts of every believer present. The Revival served as a sacred reminder that to truly flourish in faith, we must stay connected to the Source through prayer, worship, obedience, and trust. Our hearts are full, our spirits are renewed, and our Church is revived.

To God be the Glory for the great things He has done.

*Submitted by,
Deacon Dr. Sam Bagwell*



SERVING GOD BY SERVING GOD'S PEOPLE

GEARING UP FOR THE FALL

Oh, how quickly time passes! The summer break (Selah) is over, and the Christian Education Department is gearing up for an impactful Fall with several ministry activities on the horizon. If you are not engaged in one of the CED ministries, then now is your time! Keep your eyes and ears open for announcements on Sundays, weekly Connections Point, FMZ website, monthly Messenger Newsletter, narthex posters and tables; or simply reach out to us personally on the emails listed below.

The Christian Education Department (CED) functions as the department oversight for twelve FMZ ministries. While you may not frequently hear the

cont'd on next page—

words CED, what you will hear and see are the activities, programs, fellowships, cookouts, retreats, outings, trainings, sessions, service projects, and much more hosted by CED ministries.

The goal of the CED is to always uphold the mission of First Mount Zion, which is *“To connect people who have a desire to become fully devoted followers of Jesus Christ,”* and to uphold it in a way that is fun, exciting, and engaging.

The vision of the Christian Education Department is *“to be a community of servant-believers, grounded in the Word of God, trained and equipped to witness to the world, committed to one another in service, and bonded together by our love for Jesus Christ.”* Each CED Ministry strives toward this vision by teaching God’s Word through different pedagogical settings and methods, training and equipping through various sessions and fellowships, and connecting with the community through outreach and service projects.

The CED seeks to provide faith formation opportunities for all ages that lead to spiritual growth and maturity and that teaches the importance of service. If you are interested in learning more about a particular CED Ministry and want to know where your gifts are best needed, feel free to contact Reverend Dr. Tracey Dawkins Holley, Minister of Christian Education at tholley@firstmountzionbc.org, or reach out to the ministries via the emails below.

The CED Ministries and contact emails are:

Academic Education Ministry, AEM@FirstMountZionBCc.org
Children’s Ministry, ChildrensMinistry@FirstMountZionBC.org
CORE Ministry, TheCore@FirstMountZionBC.org
Married Couples’ Ministry, tholley@FirstMountZionBC.org
Men’s Ministry, MensMinistry@FirstMountZionBC.org
Seniors’ Ministry, SeniorsMinistry@FirstMountZionBC.org
Singles’ Ministry, tholley@FirstMounZionBC.org
Spiritual Gifts Ministry, SpiritualGifts@FirstMountZionBC.org
Sunday School Ministry, SundaySchool@FirstMountZionBC.org (which includes New Member Orientation Class (NMOC); fmzbc.nmoc@firstmountzionbc.org)
Vacation Bible School, VBS@FirstMountZionBC.org
Women’s Ministry, WomensMinistry@FirstMountZionBC.org
Youth Ministry, bjiggetts@FirstMountZionBC.org

We look forward to serving with you this Fall!

Submitted by
Dr. Tracey Dawkins Holley
Director, Christian Education Department



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



SPIRITUALLY TRANSFORMED AND RENEWED

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

Prayer:

Lord, we pray for the world, this nation and our leaders. We pray that you will help us, the people of God, to be the salt and light and shine the light of your love, hope and peace to those who are broken and without hope. Our hope is in you. May we become more deeply rooted and grounded in your Word and strengthened in our faith, so that no matter what is going on around us, we will NOT be shaken and will not conform to the world.

We come praying that you will heal our land and that hearts will turn back to you. We pray for our international, national, state, local, military, and church leaders. May we work together to make laws and decisions that are best for the citizens of this nation as a whole.

May your love, peace, and hope replace division in this nation and world. We pray for the healing of individuals, children, young adults, marriages, families, churches, communities, states, nations and countries. We know that even in the midst of all that is going on, you are still sovereign. Show yourself strong and mighty, so that others will see and give their lives and hearts to you. In the name of Jesus, we pray. Amen.

Scripture:

1 Peter 1:3-4 NKJV

[3] Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead,

[4] to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you,

1 Peter 1:3-4 AMP

[4] Blessed [gratefully praised and adored] be the God and Father of our Lord Jesus Christ, who according to His abundant and boundless mercy has caused us to be born again [that is, to be reborn from above—spiritually transformed, renewed, and set apart for His purpose] to an ever-living hope and confident assurance through the resurrection of Jesus Christ from the dead,

[4] [born anew] into an inheritance which is imperishable [beyond the reach of change] and undefiled and unfading, reserved in heaven for you,

1 Peter 1:3-5 MSG

What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and have everything to live for, including a future in heaven—and the future starts now!

Praise and Worship Song: "My Hope is Built on Nothing Less"

- <https://youtu.be/rkMapZB8qMk>

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

Middle Schoolers, we need you on the 2025-26 Youth Council! Please consider applying for the Council.

Applications are now available!

For more information Please contact Reverend Beverly Jiggetts,

Youth Minister, at

(703) 670-0184 or email

bjiggetts@firstmountzionbc.org

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!



2025 VOLUNTEER SCREENING SESSION DATES

SEPTEMBER 21

NOVEMBER 16

TRAINING BEGINS AT 9:00 AM

VISIT FMZBC WEBSITE,

RESOURCE TAB FOR APPLICATION AND
AUTHORIZATION FORMS.

BRING COMPLETED FORMS

TO THE TRAINING!

TO SIGN UP, PLEASE CONTACT:

BRENDA BYRD

BYRDBJ@COMCAST.NET

571-237-0111



SPIRITUAL LIFE MAP



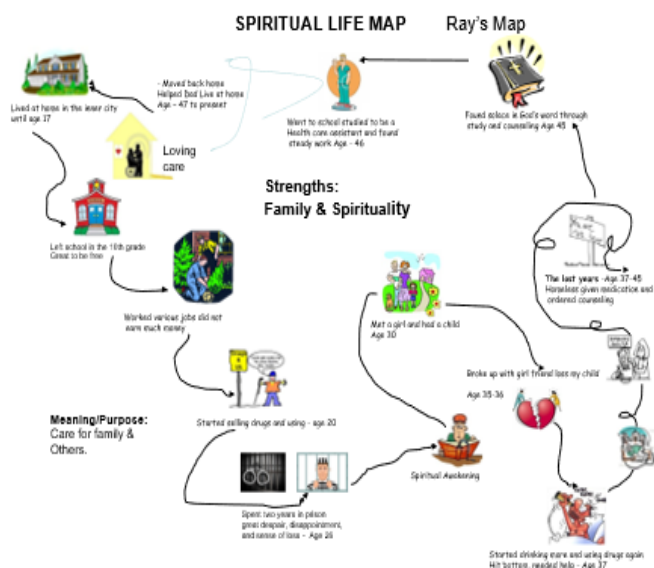
A spiritual life map is a visual representation of your spiritual journey. It includes key life events, experiences, and people that influenced your spiritual growth and development. It's a life story of your past, your present, and your future. It can lead to discovering your strengths and purpose for the present and future. Self-awareness is one of

the most powerful skills to acquire in life. Life mapping is a great self-awareness tool.

A life map can be presented in various forms, such as a timeline, a collage, or pictures using clip-art. Start by meditating or journaling about significant life events and the lessons they've taught you. Recognize patterns that have shaped your beliefs and consider how you can align your daily practices with your spiritual goals.

Ray, a male in his late forties, used clip-art to present his life map. His reflection and introspection started at the age of 17 years old when he left home and separated himself from his family. He reflects on his ups and downs. He left school in the 10th grade, worked various menial jobs until he began selling and using drugs. He endured a two-year prison sentence at age 26. His spiritual awakening through studying God's Word led to a significant life-change. He began a relationship with a woman; they had a son. Things went well until they broke up and he lost his son. Ray hit bottom when he started drinking more and using drugs. He documented his years from the age of 37 years old to the age of 45 years old as the lost years—he was homeless. He was court-ordered to go to therapy. He found solace in studying God's Word and through therapy.

Ray returned to school, studied to be a health care assistant and found steady work at the age of 46. He moved back home. He bonded with his family of origin just at the time when his father had a stroke and needed nursing care. Ray recognized his strengths were his love for God and his love for family. He recognized and believed his meaning and purpose in life were to care for his family and for others through the helping profession of nursing. Ray became a registered nurse. He continues to help his family and others through his profession as a registered nurse.



Source

Gupta, S. (July 2024). Life Map: Benefits, Techniques, and How to Make One. Download 8/14/25

Spiritual Ask-Spiritual Life. (May 2024). How To Create A Spiritual Life Map? Identify And Document! Download 8/14/25

Submitted by
Juanita Stokes, MA, LPC, NCC, MARS
 Associate Minister
 Licensed Professional Counselor
 Better Help Online Therapist
<https://www.betterhelp.com/juanita-stokes/>

ATTENTION E-GIVERS – FIRST THINGS FIRST!

IF YOU ARE CURRENTLY ENROLLED WITH VANCO, PLEASE CANCEL YOUR RECURRING CONTRIBUTIONS BEFORE MAKING THE SWITCH TO PUSHPAY! TO GIVE THROUGH PUSHPAY, SIMPLY:

- SCAN THE QR CODE BELOW, OR
- TEXT FMZBC TO (833) 735-8175

**THANK YOU FOR TAKING THIS IMPORTANT
STEP TO ENSURE A SMOOTH TRANSITION.**

FMZ's 6TH ANNUAL 5K RUN/WALK

First Mount Zion
6th Annual



October 18, 2025

Race begins at 9:00 a.m.
Occoquan Regional Park
Lorton, VA

**Detailed brochure
at leadership desk**

Online Registration is Open!
Through September 14th (Only)

Please Open the Link or
Scan the QR Code to Register - \$25

[https://runsignup.com/Race/VA/
Dumfries/HealthyStartMindandBody5K](https://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K)



POC: Sis. Stephanie M. Craddock

Scraddock@firstmountzionbc.org or 703-670-0184

Bro. Gerry Griffin - Ggriffin@firstmountzionbc.org

We welcome and encourage our First Mount Zion members, ministries, friends, family, and community to come out to the beautiful **Occoquan Regional Park (Pavillion) in Lorton, Virginia** on **Saturday, October 18th at 9 a.m.** and enjoy our **FMZ 6th Annual 5K Run/Walk** to **JUMP START** the **Fall Season off to a Healthy Start**. This paved course winds its way along the delightful Occoquan River, extending you splendid, scenic views throughout the park's natural terrain.

If you are unable to Run or Walk, please consider registering to volunteer and/or cheer for our runners and walkers as you enjoy everything we have planned for this special event.

Reminder: Registration ends on Sunday, September 14th (We cannot extend the registration dates).

Please Scan the QR Code or open the link provided on the flyer above to register for **\$25**. You will also have the opportunity to donate to our special cause if you desire. A detailed 6th Annual 5K Run/Walk brochure can be found at the FMZ leadership desk.

We thank you in advance for your support of our **First Mount Zion 6th Annual Healthy Start 5K Run/Walk**. If you are interested in volunteering, please contact either committee member below:

Sis. Stephanie Craddock at
Scraddock@firstmountzionbc.org
or (703) 670-0184 OR
Bro. Gerry Griffin at
Ggriffin@firstmountzionbc.org



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



SMALL GROUPS MINISTRY SERVE PROJECT

It was an honor for **Carpenters for Christ DIY – Small Group** to complete our Small Groups SERVE Spring Project by supporting the Creative and Performing Arts Center (CAPC).

With short notice, we accepted the call by CAPAC to build a screen play set for their play entitled “Space School.” It was exciting to take a drawing of a bedroom

where young people dream; and turn it into a real bedroom with moving walls and open windows to see the stars.

Since it was such a fast-paced project, we could not get the whole team together, but those named below collectively put what they have learned over the years within the Small Group meetings and by doing DIY projects, and the screen play set came into fruition.

Thank you to the following volunteers: Bro. James Mitchell, Sis. Allison Smith, and Deacon Randy Hardy.

*Submitted by
Deacon Everett Griggs, Sr.
Carpenters for Christ DIY - Small Group Leader*



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

GROWSOME-GIVESOME SMALL GROUP MINISTRY



Are you looking for fresh produce or other products created or produced by local black farmers, bakers, and artisans? Then look no further. The GrowSome-GiveSome Small Groups Ministry Black Farmers' List is set forth below. You can also pick up a copy in the Narthex. The list also includes Farmers' Markets that spotlight black farmers. You can get fresh produce and products while supporting our local black farmers. Thank you in advance.

POC: Rev. Dr. Beverly Jiggetts

GROWSOME-GIVESOME SMALL GROUP BLACK FARMER'S LIST



Hidden Gems Farms

6745 Bull Run Post Office Rd, Centreville, VA 20120

HiddenGemsFarmsVA@gmail.com

(Black Family Owned)

Products include goat's milk ice cream, soaps, lotions and candles.

Grass feed and grass finished meat. All organic

Shop online or at the Farm store (open 24 hours-honor system)

The Watermelon Man

Located at the parking lot of the former Globe and Laural Restaurant

3987 Richmond Highway, Stafford, VA 22554

Friday-Sunday 10:00 a.m.-6 p.m. through August.

Products include various varieties of watermelon, yellow and pink pineapple, other fruits and veggies

Humble Pie Bean Pies-Mike Omar

Dale City Farmers' Market, 14090 Gemini Way, Woodbridge, VA

22193, Every Sunday-December -March 10:00 a.m. to 1:00 p.m.

April-November 8:0 a.m.-1:00p.m. sales a variety of bean pies

Black and Forth Farmer's Market

2201 Channing Street, NE

Washington, DC 20018

The second and fourth Sunday of each month from April through October. 10:00 a.m.-2:00 p.m. Hosts all black farmers and food artisans.

RVA Black Farmer's Market

1311 Westwood Ave. Richmond, VA 23227. The second and fourth Sunday of each month 11:00a.m.-3:00 p.m.

Features fresh produce and crafts from black farmers and artisans

Full Life Journey Farm-Reggie Lipscomb

4299 West Hoover Road

Reva, Virginia 22735

fulllifejourney@gmail.com

(301) 537 8824

Custom processing of chicken, goat and beef. Fresh eggs

Agrotourism and retreat site. RV and tent camping site with volleyball, horseshoe, fire pit and pond for swimming.

Farmhouse for rental that sleeps 8 guests.

(EXPERIENCE FRESH PRODUCE AND PRODUCTS WHILE SUPPORTING LOCAL BLACK FARMERS)

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



Group members in front of the Area2farms “research” area. Plants and other microgreens are grown in green “totes” containers



On August 10, 2025, some members from both the GrowSome-GiveSome and Eagles Health and Nutrition Small Groups, completed their SERVE Small Groups Spring Project by having a private tour of “Area2farms” in Arlington, VA. The “farm” is entirely indoors and grows microgreens and lettuces organically in a small warehouse-like structure.

Emerging research shows that microgreens are more nutritionally dense than their full-grown counterparts. Unlike “sprouts” microgreens are grown in soil and are at least 14 days old before they are harvested. The goal of Area2Farms is to make fresh produce accessible to all communities and have an “Area2Farm” within a 10-mile radius of most communities.

Our tour included viewing their research garden and their main growing areas. The plants are grown in containers called “totes” housed on a conveyer system that simulates the 24-hour day cycle and strictly controls plant watering.

Our tour ended with tasting various microgreen plants including green pea microgreens that despite not having a visible green pea on them tasted like peas. We also tasted a “shamrock” plant that reminded you of eating a lemon.

It was fascinating to visit a “farm of the future,” that is not subject to the weather conditions of traditional farms and can grow and harvest crops weekly in a significantly smaller space than traditional commercial farms. For more information on Area2Farms visit their website at <https://www.Area2Farms.com>.

Rev. Beverly Jiggetts
GrowSome-GiveSome Small Group Leader

THE FEARLESS SMALL GROUP MINISTRY SERVE SPRING COMMUNITY SERVICE PROJECT

The Fearless Small Group Ministry SERVE Spring Community Service Project was a SUCCESS and the George Hampton Middle School was the blessed recipient to receive numerous back-to-school supplies. Two SUVs full of school supplies, including backpacks, were delivered on time for the school’s recent open house. Within two hours, nearly all the supplies were distributed!

Ms. Courtney Johnson-Minor (Director of School Counseling), Joe Torian and Nicole Sanchez (shown in the picture from left to right), are extremely appreciative of the support displayed by the members of First Mount Zion Baptist Church.

Many thanks to every group member and leadership support of the Fearless Small Group for your dedication in ensuring the fulfillment of the SERVE project was achieved.

Thank you FMZ! To God Be the Glory!

The Fearless Small Group Ministry
Sis. Shirley Watson, Group Leader



MESSAGE FROM THE PULPIT COMMITTEE

Hello, Church Family.

As we prepare for our Pastoral Election on **Saturday, September 13**, we sent **test emails on August 28** to all active members who registered for electronic ballots by August 19.

Those emails came from pulpitcommittee@firstmountzionbc.org with a subject like “**FMZBC Pastor Election - Electronic Ballot Acknowledgement.**”

We thank those of you who have registered by August 19 to receive an electronic ballot for acknowledging receipt of our email.

If you are an active member who registered to receive an electronic ballot by August 19 and have not had the opportunity to do so, please check your **Inbox**—and if you don't see it, check **Spam/Junk** and **Promotions**. If you **did not receive** the test email, write to pulpitcommittee@firstmountzionbc.org with your **full name** and the **email address you plan to use for voting** so we can assist you.

For voting:

- **Electronic voters** may vote **from home** or **on-site** using our secure **Simply Voting** system. *Paper ballots will not be issued to electronic voters.*
- **All other active members** will receive a **paper ballot on-site** at the church.

One-Day voting (as approved August 2):

As briefed and **voted on at the August 2 church meeting**, all voting will take place **on one day**. Election Day is **Saturday, September 13**.

Purpose of Rounds & How They Work:

Rounds of voting may take place on Saturday, September 13 to ensure we can reach the required **75% affirmative** to select our next Pastor.

Each round begins with a new check-in to receive an updated ballot and a **quorum check**—we must reach and **maintain a 12% quorum** (in-person and virtual combined) through the **entire** voting period.

If no candidate reaches **75%** in a round, we will **proceed to the next round later the same day, once we determine who advances to the new round and can prepare accordingly**.

Please **stay available** and help us maintain quorum so the process can continue without delay.

In-person check-in begins at 7:00 AM on September 13. We invite you to spend time in our Election Day Prayer Room

Election Day Round Times:

- **Round 1:** Quorum Confirmation at **9:00 AM**; Voting begins at **10:00 AM**.
- **Round 2:** Quorum Confirmation at **1:00 PM**; Voting begins at **1:15 PM**.
- **Round 3:** Quorum Confirmation at **3:55 PM**; Voting begins at **4:05 PM**.
- **Round 4:** Quorum Confirmation at **6:55 PM**; Voting begins at **7:05 PM**.

Your **presence, participation, and prayers** are essential. Please plan to be **in place by 9:00 AM** on Saturday, September 13, so we can establish a quorum and proceed with the day without delay. Falling below quorum at any point during the voting period will **delay** the overall pastor selection process.

Thank you for your prayerful support as we seek God's guidance for our next Under shepherd - our Pastor, together.

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

BLACK HISTORY

LIVE IT

LEARN IT

MAKE IT

365 DAYS A YEAR

BIOGRAPHY OF WILLIAM STILL, FATHER OF THE UNDERGROUND RAILROAD

William Still (1821–1902) was a leading abolitionist and civil rights activist, often called the “Father of the Underground Railroad.” He coined the term and, as a chief conductor in Pennsylvania, helped thousands of enslaved people escape and resettle in freedom. His landmark book, *The Underground Rail Road* (1872), documented more than 1,000 freedom seekers and became one of the most important works of African American abolitionist literature.

Early Life

Born free in New Jersey to Levin and Sidney (Charity) Still, who had both escaped slavery, William was the youngest of 18 children. With little formal education, he taught himself to read and write, skills that later fueled his activism. In 1844, he moved to Philadelphia, working with the Pennsylvania Anti-Slavery Society, where he quickly rose to leadership.

The Underground Railroad

Between 1844 and 1865, Still aided at least 60 people directly and recorded the stories of hundreds more. In one interview, he discovered he was helping his own brother, Peter, who had been sold years earlier. Still safeguarded his records until slavery was abolished in 1865. With the passage of the Fugitive Slave Act, he became chairman of Philadelphia’s Vigilance Committee, coordinating resistance efforts.

Civic Leadership

After the Civil War, Still pushed for broader civil rights. He fought to desegregate Philadelphia’s streetcars, publishing a pamphlet in 1867 that contributed to legislative victory. He also organized a YMCA for Black youth, supported Freedmen’s Aid, co-founded Berean Presbyterian Church, and opened schools in Philadelphia.

Family

In 1847 he married Letitia George. They had four children, including Caroline Still, one of the first African American women doctors, and William Wilberforce Still, a lawyer.

Later Years

Still’s 800-page *The Underground Rail Road* went through three editions and became the most circulated text on the subject. He showcased it at the 1876 Philadelphia Centennial Exposition, selling thousands of copies. He also prospered as a businessman, investing in real estate, coal, and retail, while funding book distribution through a network of agents.

Death and Legacy

William Still died in 1902. *The New York Times* called him “one of the best-educated members of his race.” His life remains a testament to perseverance, uplift, and the power of documenting truth for future generations.

Congratulations
Interest Based
Small Groups Ministry!

Join Our
10 Year Anniversary
&
Fall Small Groups Fair

Sunday, September 28th

Following the 11:00AM

Worship Service

FMZ - GYMNASIUM



GODLY WISDOM: LEAVING A LEGACY



Percy Julian
(1899–1975)
Researcher | Chemist



Marjorie Joyner
(1896–1994)
Businesswoman | Humanitarian | Educator | Activist



Paul Lawrence Dunbar
(1872–1906)
Poet | Novelist

Black History Profiles



The Black History Portraits Series. Published quarterly by UMI, 300 North Zeeb Road, Ann Arbor, MI 48106-1500. Copyright © 2004 by UMI. All rights reserved. Printed in the U.S.A.

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PERCY JULIAN (1899-1975) **Researcher | Chemist**

Just as George Washington Carver demonstrated what could be done with the ordinary peanut, Dr. Percy Julian took the soybean, which was until his time just another bean, and extracted from it an ingredient to relieve inflammatory arthritis. Until the late thirties, Europe had a monopoly on the production of sterols, the basis of Dr. Julian's research. These sterols were extracted from the bile of animals at a cost of several hundred dollars per gram. Substituting sterols for the oil of the soybean, Dr. Julian reduced the cost of sterols to less than twenty cents per gram, thus making cortisone, a sterol derivative, available to people in need at a reasonable cost.

Born in Montgomery, Alabama, in 1898, the millionaire scientist graduated from DePauw University (Indiana) in 1920 as valedictorian of his class and Phi Beta Kappa orator. While at DePauw, he slept in the attic of a fraternity house, where he worked as a waiter to earn his room and board. Dr. Julian's gifted mind earned him scholarships to Harvard and the University of Vienna, where, with a grant from the General Education Board and the help of a wealthy college classmate, he completed his professional training and received his Ph.D. in 1931. The son of a railway clerk, Dr. Julian taught at Fisk, West Virginia State, Howard, and DePaul Universities.

After leaving the academic world, Dr. Julian became director of research for the Glidden Corporation in Chicago. He later established his own Julian Laboratories, where he developed soybean products, hormone preparations, and other pharmaceuticals.

In 1961, Dr. Julian merged his company with Smith, Kline, and French Pharmaceutical Company in an arrangement that paid him several million dollars. Dr. Julian was a resident of the Chicago suburb of Oak Park.

PAUL LAWRENCE DUNBAR (1872-1906) **Poet | Novelist**

In his brief 33-year life, Paul Laurence Dunbar wrote six volumes of poetry, four novels, and several volumes of short stories. Most of the critics of his day attributed the excellence of Dunbar's writing to the mix of European blood in his veins. As a result, Dunbar took advantage of every opportunity to emphasize his "unmixed" or "pure" African ancestry. Dunbar's work was cited as conclusive proof that literary excellence was not limited to those of European ancestry.

cont'd on page 19 --

Despite Dunbar's superlative reputation, the author was discouraged by how his work was popularly received. Although two-thirds of Dunbar's poems were written in standard English that displays skillful manipulation of imagery, masterful rhyme and meter, and expert handling of serious philosophical thought, these are not the works that made him famous. Dunbar's public recognition came primarily from the rhythmic narrative and pleasing description of Black life that characterizes much of his dialect poetry. The white public praised the dialect poems, largely ignoring his more serious works, while he rejected them, and many Black critics were harsh in their judgment of Dunbar because of them.

Dunbar's parents, both formerly enslaved people, were the primary influences in his literary life. His father, Joshua Dunbar, was a skilled plasterer who earned his master additional income. His master taught Joshua reading and arithmetic to prevent those who purchased his services from cheating him.

Joshua escaped slavery and made his way to Canada. His reading skills allowed him to follow the course of the anti-slavery movement in the United States through Canadian newspapers. When he learned of the imminent Civil War, Joshua returned stateside to fight in the Union Army. After the war, he settled in Dayton, Ohio. In 1871, he married Matilda J. Burton Murphy, a widow 30 years his junior, with two boys. Paul was their only child.

Matilda had been a house slave for a white family in Kentucky. After the war, she moved to Dayton to be near her mother, who had been freed before the war. Joshua and Matilda were divorced five years after they married, and Joshua died six years later when Paul was 12 years old. Dunbar gives this account of his parents in a newspaper article published in March 1902. "My mother, who had no education except what she picked up herself, and who is generally conceded to be a very unusual woman, taught me to read when I was four years old. Both my father and herself were fond of books and used to read to me around the fire at night."

In 1892, at age 20, Dunbar's first collection of poetry, *Oak and Ivy*, was published. In 1895, he wrote and published another collection, *Majors and Minors*. William Dean Howell, a critic for *Harper's Weekly*, read and favorably reviewed the books and brought instant fame to Dunbar. Howell arranged for the publication of Dunbar's third volume, *Lyrics of a Lowly Life*, in 1896 and wrote the book's introduction. In the introduction, Howell described Dunbar as "the only man of pure African blood and of American civilization to feel the Negro life aesthetically and express it lyrically." At first, Dunbar felt honored by Howell's words, but later, he regarded them as a mixed blessing. He wrote to a friend, "Mr. Howell has done me irrevocable harm in the dictum he laid down regarding my dialect verse."

After *Lyrics of Life*, Dunbar published *Lyrics of the Hearthside* in 1899, followed by *Lyrics of Love and Laughter* in 1903 and *Lyrics of Sunshine and Shadow* in 1905. Paul Laurence Dunbar died of an incurable disease in 1906. Seven years later, all his poems were assembled into one volume, *The Complete Works of Paul Laurence Dunbar*. Dunbar's love of poetry is probably summed up in his poem entitled "A Choice:"

*They please me not-these solemn songs
That hint of sermons covered up.
Tis true the world should heed its wrongs,
But in a poem let me sup,
Not simples brewed to cure or ease
Humanity's confessed disease,
But the spirit-wine on a singing line,
Or a dew-drop in a honey cup!*
(Complete Poems, p. 209)

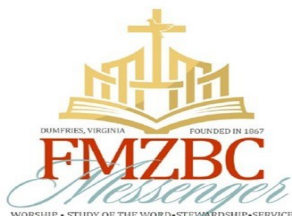
MARJORIE S. JOYNER

(1896-1994)

Businesswoman | Humanitarian | Educator | Activist

Marjorie S. Joyner dedicated her life of 98 years to establishing pride and confidence in the Black community. On October 24, 1896, Joyner was born in Virginia. At a young age, she traveled to Chicago, where she committed to cosmetology, gaining the attention of Black beauty extraordinaire, Madam C.J. Walker. In 1916 she became the first Black graduate from A.B. Molar Beauty School in Chicago. The same year, she married Dr. Robert E. Joyner and opened her own salon. She made it her obligation to restore the unrealized potential that God has placed in all individuals. Joyner was unsatisfied with the length of time her hairstyles would last, which led her to develop the permanent wave machine. In 1982, she was the first Black woman to receive a patent for the wave machine. The device curled a person's hair and lasted for several days. It was a popular item and crossed cultural borders. Joyner signed the rights to her invention to Walker and became the Director of Walker's chain of 200 beauty schools and shops across the country. In 1945, she joined Mary Bethune McLeod, a legendary Black educator, to form the United Beauty School Owners and Teachers Association. The same year, to ensure the integrity and quality in future beauticians, she started the Alpha Chi Pi Omega Sorority and Fraternity. In 1973, at the age of 77, she was awarded a bachelor's degree in psychology from Bethune Cookman College in Daytona, Florida. Joyner extended her commitment beyond cosmetology during the Depression and worked on housing and employment programs. She continued work as a humanitarian and developed Black college funds. Joyner also chaired the Bud Billiken Parade, the largest African American parade in the country, and is the president of the Chicago Defender Charities Inc., a non-profit organization that raises scholarships. With the respect of many, she began traveling for speaking engagements. While traveling to an engagement, she was forced to ride in the baggage carriage because of her race. Joyner never allowed discrimination to slow her down and credited all her determination to God. Joyner later founded the Cosmopolitan Community Church in her basement, which grew beyond her expectations. In 1993, the Carter G. Woodson Library in Chicago paid tribute to her accomplishments. She has also been recognized by political figures such as President John F. Kennedy and Jimmy Carter. On December 27, 1994, Marjorie Stewart Joyner passed away. Thank God that her organization will continue to inspire generations for years to come.





September 1, 2025
Volume 21, Issue 9



The last day to register for the September SHARE package is September 14th. Share packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates, 703-772-8837. Distribution will be on September 27, 2025.



LINE DANCING
will resume on
Thursday evenings this fall.

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

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
Vieta Williams, Chair, Deaconess Ministry

FIRST MOUNT ZION BAPTIST CHURCH

16622 Dumfries Road
Dumfries, Virginia 22025-1920
Telephone: 703-670-0184
Email: fmzbc@firstmountzionbc.org
Website: www.fmzbc.com

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-QRnObzNDEefeGQ>

SOCIAL MEDIA CONNECTIONS

Connect with us on:

Lifestream:

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

Facebook: www.facebook.com/fmzbcdumfries

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

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

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

Vimeo: vimeo.com/25203195

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

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



LifeStream.tv



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