March 1, 2020

2020 Theme: "Year of the Stretch Continues"
"Stretch out your hand" Mark 3:5

Church Vision: The vision of GLZBC is to reach the unsaved with the saving message of Jesus Christ. Matthew 28:19-20

Church Mission: The mission of GLZBC is to lead everyone to a full life of development in Christ. Luke 4:18-19

Rev. Dr. James T. Murphy, Jr., Pastor
E-mail: James.T.Murphy@glzbc.org
Worship on the Lord’s Day
9:45 a.m. Service

Music Leaders

Musician ................................................................. Min. Keith Exum
Minister of Music ............................... Bro. Robert Fairchild

Praise and Worship .............................................................

Call to Worship .............................................................

Congregational Hymn #374 ......................... Blesses Quietness
Worshippers may enter

Invocation†† .............................................................

Musical Selection ................................. Zion Inspirational Choir

Welcoming of Visitors ................................. Greeters’ Ministry

Announcements ......................... Rev. Dr. James T. Murphy, Jr.

Worship of Giving/Prayer ......................... Board of Directors/Deacons

Congregational Prayer Time †† ..............................

Musical Selection ................................. Zion Inspirational Choir

The Spoken Word/Sermon ................. Rev. Dr. James T. Murphy, Jr.

Sermon Title: “So Glad I’m Saved” Ephesians 1:1-6

Connection Moment

Benediction ................................. Rev. Dr. James T. Murphy, Jr.

†† Please do not enter or leave the Sanctuary during this time. ††

Sermon Outline
So Glad I’m Saved
Ephesians 1:1-6

1. Because of my Salvation ..............................................................

2. Because of my Sanctification ..........................................................

3. Because of my Security ..............................................................

This is my Bible. I am what It says I am. I have what It says I have. I can do what It says I can do. Today I will be taught the Word of God. I boldly confess that my mind is alert, my heart is receptive and I will never be the same. In Jesus’ name. Amen
History of Black Women - Wearing Hats at Church
By Nicole Kidder

A deeply rooted tradition in the African American community, wearing flamboyant hats to church has both spiritual and cultural significance. The centuries-old custom continues to flourish throughout the Southern U.S. and in strong black Northern communities, including Philadelphia, Chicago, Detroit and Harlem. The dress hats, which are beautifully fabricated and extravagantly decorated, have evolved into an art form and an

important cultural symbol.

Countless black women would rather attend church naked than hatless. For these women, a church hat, flamboyant as it may be, is no mere fashion accessory; it's a cherished African American custom, one observed with boundless passion by black women of various religious denominations. A woman's hat speaks long before its wearer utters a word. It's what Deirdre Guion calls "hattitude...there's a little more strut in your carriage when you wear a nice hat. There's something special about you." If a hat says a lot about a person, it says even more about a people-the customs they observe, the symbols they prize, and the fashions they fancy. (Crowns: Portraits of Black Women in Church Hats Hardcover – October 31, 2000)

Catching God's Eye
Prior to the 20th century, most American Christian women commonly followed Corinthians 1:11 and covered their heads in worship. For early African Americans, God's house was not only a sanctuary of hope and salvation in a brutal world, but it was also one of the few places where they were allowed to hold important positions of leadership. Sunday was thus a day of worship and celebration. African American women traded in their drab aprons and knotted head wraps for brightly colored dresses and straw hats gaily decorated with fresh flowers, ribbons and feathers. These heaven-reaching hats were designed to "catch God's eye" in hopes He would hear their prayers.

The African American Crown
Elaborately adorned headdresses hold enormous significance in African rituals. American slaves continued the custom of weaving geometric designs, attaching feathers and adding beaded jewelry to straw and fiber hats before attending church. In addition to instilling pride and confidence, the hats remind the wearers to carry themselves like queens. Culturally, church hats became a strong symbol of the ability to triumph over hardships. Worn with the head held high, African American women strut with "hattitude" while sporting these crowns.

A Symbol of Success
As African Americans gained greater freedoms, the crown evolved into an important status symbol. During the Harlem Renaissance in the 1920s, the growing middle class celebrated their economic successes by purchasing flashy hats and wearing them everywhere, from the office to the speakeasy. Black women appeared in church flaunting colorful, wide-brimmed hats lined in silk, sparkling with rhinestones and trimmed with flower garlands, sassy feathers and delicate lace.

Fluctuating Popularity
Young girls who dreamed of wearing beautiful hats like their mothers and grandmothers rebelliously rejected the crown as a symbol of oppression and the black bourgeoisie in the 1960s. Still, ridiculed elders kept the tradition alive. In the 1990s, these young women vigorously reembraced the custom as they became the church elders. Although most prominent milliners are now well past retirement age, custom-made designs fetch between $100 to $1,000. While many church-going African American women own at least one formal hat, it is not uncommon for devout crown wearers to have one that flawlessly matches each carefully tailored church dress. Shopping for the perfect hat to wear on Easter, Mother's Day and Christmas can take hours.

Hattiquette
In writing and photographing their book, "Crowns," Michael Cunningham and Craig Marberry discovered that numerous unwritten rules for wearing church hats have developed in the African American community. This hat etiquette includes not wearing anything that is wider than the shoulders or darker than the color of the shoes and never borrowing or touching someone else's hat, although treasured pieces are often passed on to daughters and granddaughters. While the hat should be the focal point, it must not compete with the matching outfit, jewelry or accessories, such as pocketbooks and gloves.

http://www.ehow.com/about_5374431_history-women-wearing-hats-church.html
Mourning the loss of a loved one...
Sis. Ashley & Bro. Nick Anderson – Strength (Death of their 3 month old daughter Ava – Sis. Judy Skipwith’s friends)
Bro. Alvin ‘Cool’ Coates (death of his father Bro. Harry C. Coates)
Brothers Michael, Jr., Dajawn & Keith Williams (Death of their father, Michael A. Williams, Sr.)

Justice And The Prophets
UNIT 1: God Requires Justice

Daily Bible Readings for this week: March 2, 2020
Monday  Zephaniah 1:14-18
Tuesday  Amos 5:1-3, 16-17
Wednesday  Amos 5:4-5, 14-15
Thursday  Amos 5:6-7, 10-13
Friday  Genesis 1:4-9; Amos 5:8-9
Saturday  Hosea 2:14-23
Sunday  Amos 5:18-24
Sunday
8:30 a.m. Sunday School - POC: Bro. Alvin Hayes, Superintendent. March – May 2020, Theme: “A First-Century Text for a Twenty-First-Century Church”
8:30 a.m. Sunday School 5th Sunday - Pastor Murphy is the Adult Class facilitator
8:45 – 9:15 a.m. Morning Prayer period – Main Sanctuary POC: Prayer Ministry
9:45 a.m. Worship Service - Each one bring one
9:45 a.m. Children’s Church 1st and 3rd Sunday (OS)
1:00 p.m. Pastor’s Aide Ministry Meeting 1st Sunday (FH)
1:00 p.m. Family Ministry – Family Prayer Day, 3rd Sunday upstairs in the prayer room. March 2020 Family Ministry Prayer Focus ~ "Keep Seeking GOD’S Presence"
Scripture: Psalms 107: 1, 8 & 9, Romans 8:18 Oh, give thanks to the LORD, for HE is good! Oh, that men would give thanks to the LORD for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul and fills the hungry soul with goodness. For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.
Focused Family Prayer:
As we go into this month where the weather will begin to change in anticipation of spring, let us not give in to the world’s pressures and give in to all the trials that we may experience. Seeking GOD’s presence in every situation is a daily endeavor that can only be achieved by our determination to experience and walk into GOD’S presence. For He wants us to seek Him, not because we need His hand, but desire His presence in every situation. Seek Him, as He continually waits to build relationships in our families. SEEK HIM TODAY IN ALL THINGS! POCs: Deacons Anthony & Terri Bazemore
1:00 p.m. Game of Chess, Food, Fun and Fellowship, immediately after the 10:00 a.m. service, 2nd Sundays (also please see website calendar for other dates) in the Fellowship Hall. POC: Bro. Al Hayes and Sis. LaKita Jones
1:30 p.m. Christian Education Ministry Meeting 1st Sunday – POC: Sis. La Kita Jones
1:30 p.m. Cancer Support Team Meeting (CR) 2nd Sunday – POC: Sis. Denise Snowden
1:30 p.m. Deacons Meeting 3rd Sunday (CR) POC: Deacon Anthony Bazemore
1:30 p.m. Women’s Ministry Meeting 4th Sunday (FH) – POC: Sis. Mary Grate-Pyos
1:00 p.m. GLZBC Nurses’ Ministry 5th Sunday - blood pressure screening – POCs: Bro. Jinnie Barber and Deacon Terri Bazemore
Monday
7:00 p.m. Church Choir Rehearsal (MS) POC: Sis. Karen Talley
7:30 p.m. Women of Zion Choir Rehearsal the Monday before the 5th Sunday POC: Sis. Beverly Wrighten
Tuesday
6:30 p.m. Academic Enrichment (Tutoring) POC: Deacon Dr. Al Moseley
7:00 p.m. Zion Inspirational Choir Rehearsal (the Tuesday 2 weeks before the 1st Sunday) (MS) POC: Sis. Terri Williams-Henderson
Weekly Schedule
7:00 p.m. Board of Directors’ Meeting 2nd Tuesday (CR) – POC: Sis. Dolores Claytor
7:30 p.m. Hospitality Ministry Meeting 4th Tuesday (CR) – POC: Sis. Carmen Holt
Wednesday
6:30 p.m. Prayer Meeting - A one-hour group session led by the Deacons’ Ministry. Come and pray with us. Location: Main Sanctuary, All are welcome
7:30-8:30 p.m. Bible Study (Fellowship Hall) All are welcome
Thursday
6:00–8:00 p.m. GLZ Praise Dancers Ministry Rehearsal (OS) POC: BOD Dolores Claytor
7:00 p.m. Men’s Bible Study 1st Thursday of the month (FH) POC: Bro. Jimmy Jones
7:00 p.m. Church Choir Rehearsal Thursday before the 3rd Sunday (MS) POC: Sis. Karen Talley
7:30 p.m. Youthful Praise of Zion Choir Rehearsal (MS) the 2 Thursdays prior to the 2nd Sunday POC: Sis. Christian Davis
7:30 p.m. Youth Bible Study 3rd Thursday of each month (CR) POC: Sis. Terra Bazemore
8:30 p.m. Voices of Zion Praise Team Rehearsal (MS) the 2 Thursdays prior to the 2nd Sunday POC: Sis. Kiara Mack
Friday
7:00 p.m. Baptism Orientation 1st Friday (CR) – POC: Rev. Estelle Chandler
7:00 p.m. Zion Inspirational Choir Rehearsal Friday before the 1st Sunday (MS) POC: Sis. Terri Williams-Henderson
Saturday
8:00 a.m. Male Chorus Rehearsal (MS) POC: Bro. Walter Claytor
9:30–11:00 a.m. Women’s Bible Study 2nd and 4th Saturdays (FH)
10:00 a.m. Beautification Ministry Meeting 3rd Saturdays (CR) – POC: Sis. Annie McLaurin
10:00 – 11:00 a.m. Ushers’ Ministry Adults Meeting 4th Saturday (OS) – POC: Sis. Gloria Lofton
10:00 a.m. New Member Orientation Saturday before the 2nd Sunday
11:00 a.m. Women of Zion Choir Rehearsal the Saturday before the 5th Sunday (MS) POC: Sis. Beverly Wrighten
1:00 pm Seasoned Saints Meeting at David R. Pinn Center 3rd Saturday – POC: Sis. Betty Meares
Please see web-site calendar (www.glzbc.org) for more scheduled events.
**CSTM Presents Healthy Habits For March**

Cook it Up! During this month, try to prepare at least three meals a week more than you already do. You'll likely need to be cooking (and freezing) more lunches and breakfasts to get this done.

Cut out added sugar! Fruit is good. Candy… not so much. And some foods that seem healthy have a surprising amount of added sugar such as flavored water, cereal, and ketchup. High consumption of sugar is linked to weight gain, and can increase risk of heart disease, so when you crave something sweet, reach for fruit (cranberries, raspberries, kiwi, avocados, olives) instead.

**With Special Thanks**

This extra-special thank-you note sent to you today holds more appreciation than any words can say. For you're among the nicest people I have ever known, and you'll never be forgotten for the thoughtfulness you've shown. Thanks for everything

Sincerely,
Bro. Alvin and Sis. Gloria Coates

**Thank You!**

Thank you Pastor Murphy, Mrs. Murphy, and Greater Little Zion Baptist Church Family for your prayers, telephone calls, greeting cards, soup, and encouragement during my husband's recent illness. Joseph has recovered. We are appreciative and humbled by God’s Grace, plus your collective kindnesses and support.

Sis. Patricia Edwards

**Appreciation of your Prayers Thoughtfulness**

I am gratefully able to report that my daughter, Jessica, and granddaughter, Demi, have recovered from the carjacking incident, and save for some ongoing PT and treatment, Jessica is doing well. I appreciate and thank GLZB and especially The Seasoned Saints for the prayers, cards, and support on behalf of my daughter and grandchild. My daughter suffered no broken bones or internal injuries and has begun her new job. Thankfully, the Good Samaritan who chased the car jacker and rescued my granddaughter and telephoned the Police has been identified and appropriately thanked, honored and rewarded.

Bro. Roosevelt Milton

**Security Snippet of the Month**

“Be Alert!!! Expect the Unexpected.”

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**Announcements**

**Contribution Statements**

The 2019 Contribution Statements are available for pick up. Please check the mailboxes located in the vestibule.

POC: Admin Staff

**Leadership Class Wednesdays**

Book: *Be A People Person* by John C Maxwell

Teacher: Deacon Joanne Johnson-O’Neal

Location: GLZBC Fellowship Hall

Times: 7:30 - 8:30 p.m.

**Open Chess Night (Tuesdays)**

The Chess Club would like to begin a trial Open Chess Night once a month at night (March 3rd, April 7th, May 12th, and June 2nd - 7:00 to 8 p.m.)

The GLZBC Chess Team

**Upcoming Couples Session 1 (Marriage from A to Z: The A and B Principles)**

March 13, 2020 at 6:30 PM

Deacons Terri & Anthony Bazemore’s Home

RSVP AS SOON AS POSSIBLE FOR PLANNING PURPOSES.

(Textbook and Study Guide Book Required)

**Announcements**

**Male Chorus Singing Engagement**
Friday, March 13, 2020 at 7:00 p.m.
Annual Men’s Day Concert
Fort Foote Baptist Church
8310 Fort Foote Road, Fort Washington, MD 20744

**Pastor’s 21st Anniversary**
Theme: “A Servant of God Who Keeps on Stepping”
"Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9
Guest Preacher: Rev. Tyrone Brown, Pastor of Morning Star Baptist Church
3509 Midlothian Turnpike, Richmond, VA 23224
Date: March 29, 2020
Time: 9:45 a.m.
Colors: Pastel

**The 2020 Oratorical Event**
Fairfax Central Baptist Sunday School Union - Oratorical Ministry
Saturday - March 28, 2020 – 10:00 a.m.
Host Church:
Greater Little Zion Baptist Church
10185 Zion Drive
Fairfax, VA 22032

Sign-up forms and other information have been placed on the table in the vestibule.
POC: Sis. Doris Dunkley: DDunk4GLZBC@gmail.com, or (703) 451-0510

**2020 Topics**

6-9 year olds: Is Jesus pleased with how, when and why children use phones or tablets?
Suggested Focus Scriptures: 1 Corinthians 10:23 and Romans 12:2

10-17 year olds: What can be done about gun violence as it relates to school shootings or within communities?
Suggested Focus Scriptures: Exodus 20:13 and Matthew 26:52

18 and above: How can the church begin to dismantle the schoolhouse-to-jailhouse pipeline?
Suggested Focus Scriptures: II Corinthians 5:17-21 and Numbers 11:22

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**Lent 2020 - 40 Days of Fasting and Prayer**

Wednesday, February 26, 2020 - Thursday, April 9, 2020

Zion family, let’s connect through fasting and prayer for Lent 2020.

Lent is the period of 40 days which comes before Easter and begins on Ash Wednesday, February 26, 2020 and ends on Thursday, April 9, 2020. Beginning on Ash Wednesday, it is a season of reflection and preparation before the celebration of Easter. By observing the 40 days of Lent, believers replicate Jesus Christ’s sacrifice and withdrawal into the desert for 40 days.

During Lent, you are encouraged to find your own method of confronting your sinfulness, remembering your mortality, and giving thanks for the gift of salvation you receive through the life, death, and resurrection of our Lord and Savior Jesus Christ.

During this time, you are encouraged to reflect, continue in faith and consistent prayer, and practice the act of giving up “something.” That “something” depends on you with the main guideline being that it has to be something that is challenging to give up during this 40 day period (excluding Sundays).

Zion Family, I am asking that you would pray and fast from a food or drink (your choice), and complete a daily read of 40 Days with Jesus-Celebrating His Presence by Sarah Young. I have copies of the book for purchase for $3.00.

Some options to fast: pasta, meats, sweets, coffee or caffeinated drinks, bread, or any sugary drinks. Lastly, remember to pray for God’s blessing over your financial life, personally, and for our Zion Family members.

Blessings,

Mary Grate-Pye, MBA
Chair, GLZBC Financial Ministry
You Are Invited!

Join GLZBC Women’s Ministry

Hattitude Sunday & Luncheon

Today, March 1st, 2020
Immediately after the 9:45 a.m. Service

Wear your favorite hat or a flower/bow in your hair during the service. After the service, join us for a hearty Luncheon in the Fellowship Hall, followed by a bit of history of African-American women and the crowns that adorn their head. The grande finale is the Parade of Fashionable Crowns from the days of slavery to the current “Church Lady” head fashions!

This event is open to all.

GLZBC Women’s Ministry

Upcoming Events

Sunday, March 1st
Hattitude Sunday and Luncheon
Fellowship Hall & Main Sanctuary

Sunday, March 22nd
Women’s Ministry Meeting
Fellowship Hall

Wednesday & Thursday
April 22nd & 23rd
Women’s Day Revival
Main Sanctuary, Fellowship Hall and Old Sanctuary

Sunday, April 26th
Women’s Day

Please note that the Prayer Breakfast planned for April 4th has been postponed until a later date.
GAME ON
GLZBC YOUTH MINISTRY INVITES YOU TO A
LASER TAG MATCH
MARCH 8 • DIRECTLY AFTER 9:45 AM SERVICE
$10 Per Person
Dinner will be provided
Please sign up in the vestibule
Location: Thrill Zone - Interactive Fun
13905 Metrotech Dr
Chantilly, VA 20151

Christian D. Davis &
JUST SAY YES
Single Release & Debut Concert
APRIL 4th, 2020
6 PM
Doors open at 5:30 pm
**Tickets will be $10 at door
MC: Phillip Carter
Featuring:
Divine Destiny Chorale
Jimmy Russell and Because of Christ
The Seek and Find Project
Minister Mike Paige and Living Waters

Greater Little Zion Baptist Church
10185 Zion Drive, Fairfax, VA 22032
**Community Invitations to GLZBC**

**Warner Baptist Church Annual Deaconness Day**  
Sunday, March 2, 2020 at 3:00 p.m.  
Speaker: Rev. Dr. Paul A. Sheppard  
3613 Lacy Boulevard ~ Bailey's Crossroads, VA 22041

**Fairfax County Women’s History Month 2020**  
Celebrating “Valiant Women of the Vote”  
In Recognition of Women’s History Month 2020, the Fairfax County Commission for Women cordially invites you to attend a reception from 8:30-9:30 AM, on Tuesday, March 10, 2020, in the Forum of the Fairfax County Government Center. We hope you will be able to stay for the official Women’s History Month 2020 Proclamation presentation and photo during the Board of Supervisors meeting immediately following this reception at 9:30 AM in the Board Auditorium.  
Please Register for this FREE event by 4:00 PM, Thursday, March 5, 2020!  
https://www.eventbrite.com/o/fairfax-county-commission-for-women-29699031081

**Gospel Singing Concert**  
On behalf of Pastor Harold & 1st Lady Lajuana Howard, you are cordially invited to come out and fellowship with Community Baptist Church on March 8th at 3:30 p.m. for one of many of our 2020 Building Fund Services which will be held at 10112 Community Lane, Fairfax Station, VA 22030.

**Faithful Connection 11th Anniversary Concert**  
Saturday, March 14, 2020 ~ 5 PM  
Rappahannock Church of Christ ~ 4324 Richmond Rd ~ Warsaw, VA  
Guest: Pastor John P. Kee & New Life ~ iRemember Youth Choir  
Catina Macklin & Nu Vision ~ John Thorpe & Truth  
Host: Dr. Cavell Phillips of 106.5 The Beat UpBeat Gospel  
Ticket cost: $20 in advance ~ $25 at the door ~ $10 students K-12 Door Only  
For more information, call (540) 220-6671 or (804) 347-9921.

**Ag Discovery Program**  
Sharing is caring! Please inform your relatives, congregation and youth mentoring group the U.S. Department of Agriculture (USDA) is offering amazing opportunities for middle and high school students (grades 7th - 11th) looking for a unique summer internship with an opportunity to live and study on a college campus. Online applications must be submitted before midnight ET on March 20, 2020. Mailed Applications must be postmarked by March 20, 2020.  
AgDiscovery is a unique opportunity designed for students to gain first-hand knowledge at the many career paths open to them in the agricultural sciences. For those interested in an agricultural career, AgDiscovery is a great way to get started. There is no cost to attend program because tuition, room and board, lab supplies, meals, and activity fees will be covered by APHIS. Students selected for the program are only responsible for costs that may be associated with traveling to the university campus on opening day and returning home at the conclusion of the program on closing day.  
To learn more about this year’s program, including dates, locations, cost information, eligibility, and how to apply, please go to https://agnr.umd.edu/admissions/ag-discovery-program. Applicants will be notified the week of April 20, 2020 if they have been selected for this summer’s program, and non-selected applicants will receive a letter in the mail at the end of May.  
Who Should Apply  
- High school students looking to improve their resume for college  
- Teachers looking for opportunities to expand their students’ view of agriculture  
- Parents looking for learning opportunities for their teenager

**2020 Spiritual Renewal Women’s Conference**  
*A Call to Holy Living ~ Sponsored by: Grace Evangelistic Ministries*  
Saturday, March 21, 2020 ~ 8:30 a.m. to 3:00 p.m.  
Waterford Springfield ~ 6715 Commerce St., Springfield, VA 22150  
Early registration ~ $65 Now – Jan 31st ~ Groups (10 or more) $65 Now – Mar 6th  
Regular registration $80 Feb 1st – Mar 6th ~ Register online at: www.geministries.com.  
All day meal service and conference materials included

**Star of Bethlehem Missionary Baptist Church Presents**  
Lancaster Show Trip & the Dutch Country  
Two day one night trip will include:  
August 5th departing from Star Bethlehem @ 8 AM and Suitland, MD @ 9 AM  
Visit to the Kitchen Kettle Village  
Ticket to See “Queen Esther” at Sight and Sound Theatre  
1 night hotel accommodation  
August 6th visit to the Amish Country Homestead and free time at Park City Center  
Cost of Trip - $259 per person (double occupancy/children & adult)  
POC: Sis. Phyllis Carrington (703) 897-5428 or church office (703) 221-3888

*For more information go to www.glzbc.org and click on the Community Page tab.*