

FIRST MOUNT ZION BAPTIST CHURCH

ANNOUNCEMENTS MARCH 15, 2015

This Week at a Glance & Activities

"I WAS SICK AND
YE VISITED ME"

Our Known Sick and/
or Shut-in Prayer List

Ruby Bendolph [C2]
Vera Brackett [I]
Teresa Bridges [D4]
Terry Carey [F1]
Charlie Clark [K1]
Frances Reynolds--
Collier [D2]
Jamie Dickerson [D4]
Marva Elzy [I]
Retina Everett [D4]
Samuel Graham [L1]
Joanne Ferrell-- Wilson
[F2]
Kenneth Irby [N]
Kizzie Lane [G1]
Gwynne McCatherine
[C1]
Ann McCowen [F2]
Nellie McLeod [H1]
William C. McLeod [H1]
Suzette Montero [F2]
Essie Pullman [Z]
Terri Royal [N]
William Terry [M1]
Cynthia Thompson [M2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

**Waffles w/ Straw-
berries & Whipped
Cream, Grits,
Bacon, Turkey
Sausage, Scram-
bled Eggs, Fried
Potatoes, Omelet
Station Open!**



Dr. Luke E. Torian
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Web Addresses:

www.fmzbc.net
www.fmzbc.com

www.firstmountzionbc.org

Today, Mar 15

Sunday School 7A & 9:45A;
Juvenile Detention 10A; Chil-
dren's Church 11A; Young Adult
Ministry 1P; Zone L1/ L3 SGM
(Alexandria) 2P; Zone K5 SGM
(England Run) 3P; 58th Annual
Usher Day Program 4P

Monday, Mar 16

Academic Education Ministry
(tutorial) 7P; Academic Educa-
tion Ministry-- Scholarship Com-
mittee 7P; Mime Ministry 7P;
Line Dancing Class 7P; NCBW-
PWCC 7P

Tuesday, Mar 17

Mime Ministry 7P; Academic
Education Ministry-- Monthly
Meeting 7P; Deaf Ministry 7P;
Flower Ministry 7P; Women's
Ministry-- Intercessory Prayer
Team 7P; Deaconess Ministry
Monthly Meeting 7:30P; Men's
Choir 7:30P

Wednesday, Mar 18

Senior's Ministry 12:30P; Praise
& Worship 7:30P; Bible Study
8P

Thursday, Mar 19

FMZ Facilities Staff Meeting
9:30A; Deaf Ministry 7P; Drama
Ministry 7P; Mime Ministry 7P;
Princeton Theological Seminary
& FMZ Satellite Courses 7P;
Voices of Zion 7P; Jewels Choir
7P; Deacon Ministry Monthly
Meeting 7:30P; Mass Choir
7:30P; Trustee Real Property &
Facility Committee 7:30P

Friday, Mar 20

Saturday, Mar 21

New Members Orientation Class
Set-- up 8:30A; Spiritual Gifts
Ministry-- Workshop 8:30A; Fit
By God-- Christian Fellowship
Basketball League 9A; Journey
to Joy Grief & Support Ministry
9A; Volunteer Screening Com-
mittee 9A; Pi Lambda Lambda
OPPF 10A; Zone J1 SGM
(FMZBC) 10A; MEM-- Gradua-
tion/ Baby Shower 11A; Junior
Ushers 11:30A; Zone H1 SGM
(Dale City) 3P

CHRISTIAN EDUCATION DEPARTMENT

YOUTH MINISTRY

Youth (High School) Retreat: The 2015
Youth (9th thru 12th Graders) Retreat
has been scheduled for April 10-11 at the
4H Center in Chevy Chase, MD. With its
roots in Philippians 4:11-13, the retreat's
focus, "Tweet If You Love Jesus: Chris-
tian Living in a Digital World" seeks to
edify, engage and encourage young
believers in Christ. **Register
soon; space is limited. Sign-ups have
been extended to March 22nd** and the
retreat's cost is \$50.

Join "Team Elevate": Help the Youth
Ministry (6th-- 12th Graders) reach its
goal of sponsoring three students to
attend the Lott Carey Mission School in
Monrovia, Liberia for a year. Place your
extra bills and coins in a yellow barrel
towards our individual goal of \$27. The
total cost to sponsor one child a year is
\$365, a dollar a day. Our primary col-
lection dates are every First Friday until
May 1, 2015. Pick up a yellow barrel
and receive more details in the Narthex
at the Youth Ministry table. For more
information regarding the youth ministry
announcements, contact Rev. McNeill at
703-670-0184

jmccneill@firstmountzionbc.org.

MARRIED COUPLES MINISTRY

The Married Couples Ministry (MCM)
will meet Sunday, March 22, 2015 at
1:30pm-3:30pm at FMZ. Please join us
as we continue our discussion of how
MARRIAGE ROCKS! "Married Couples
Growing...One in Christ" For additional
information, contact David and Angela
Grantham at 703-582-0379 or email to
angela.grantham01@gmail.com.

ACADEMIC EDUCATION MINISTRY (AEM)

Attention 2015 Graduating High School
Seniors who are members of FMZ: Just
a reminder that your FMZ AEM Scholar-
ship applications are due on or before
April 15! All applications must be turned
in on time and must be complete. Mem-
bers of the FMZ AEM Scholarship Com-
mittee will be in the Narthex on Sunday,
March 15, to answer any questions about
completing your applications. Blank
applications are still in the Narthex by the
mailboxes in the large white envelopes.
Be sure that you are getting your refer-
ences, transcripts, signatures of leaders
in your respective church ministries, and
everything else that's required. Mean-
while, if you need help, feel free to con-
tact Mrs. G. W. Gholson, AEM Scholar-
ship Chairman, at glodessa@aol.com
Be on time and be complete!

FIT BY GOD FITNESS COMPLEX

FMZ Basketball: Saturday March 21st at
11:35am FMZ 2 vs. Mount Zion Baptist
Church in the Gymnasium. Concessions
available in Grain of Heaven. Come
watch, fellowship and support our church
team!

Gentle Yoga- Monday mornings from
9:30 am to 10:30 am in the Fitness Cen-
ter. A gentle and slow pace yoga class for
all ages and fitness levels. Increase flexi-
bility, develop proper body alignment,
improve muscle tone, support mental
focus and encourage a sense of calm and
peace.

SHARE REGISTRATION

TODAY is the last day to register for
SHARE. SHARE packages are \$21 for
food valued between \$35 and \$45. POC:
Thomas Bates (703) 330-6371 or Cherry
Anderson 540 361-4319.

JOURNEY TO JOY GRIEF & SUPPORT MINISTRY

The mission of the Journey to Joy Grief
and Support Ministry is to provide grief
and support services for members of First
Mount Zion Baptist Church and the sur-
rounding community. Our next luncheon
meeting is Saturday, March 21, 2015,
10:00AM-1:00PM. Three workshops will
be presented: "Journey to Joy" open to all
adults by Rev. Sandra James; "Real Men
Grieve, Too" for men only by Mr. Thomas
Smith; and "Youth: It's Okay to Grieve" for
youth ages 6-16 by Ms. Annetta Benja-
min. **TODAY** is the last day to sign up for
each workshop after 8:00AM and
11:00AM services.

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is conducting
its first workshop for 2015 on Saturday,
March 21st from 8:30 am - 1:00 pm.
Come out and discover your gifts and to
where God is calling you to serve in minis-
try. Registration for the workshop is re-
quired. You may register via email to the
Spiritual Gifts Ministry at [SpiritualGifts-
Workshops@gmail.com](mailto:SpiritualGifts-Workshops@gmail.com). The last day to
register is Tuesday, March 17th.

VACATION BIBLE SCHOOL (VBS)

VBS VOLUNTEERS NEEDED: Volun-
teers are needed to make Vacation Bible
School 2015 a success. Sign up in the
narthex to join us June 22nd - 26th, 8:30am
-12:30pm. **Volunteer screening is manda-
tory.** Student registration begins April
19th. POCs: Carmia Salcedo, 540-288-
8972, bsfmzbc@gmail.com or LaTanya
Sauls 703-967-7089,
lsauls1213@aol.com.

ADMIN OFFICE

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THE COST FOR ANNOUNCEMENTS FOR RECOGNITION OF INDIVIDUALS IS \$20.00 PER REQUEST. PAYMENT SHOULD ACCOMPANY YOUR REQUEST. PLEASE LIMIT YOUR WORDING TO TWO LINES. THE REQUEST SHOULD BE SENT TO THE CHURCH OFFICE NLT 12 NOON ON WEDNESDAY TO: ANNOUNCEMENTS@FIRSTMOUNTZIONBC.ORG. WE RESERVE THE RIGHT TO MAKE CHANGES AS NECESSARY.

**MUSIC & ARTS
MINISTRY
MARCH
REHEARSALS**

JEWELS CHOIR
Thurs. 19th; 7P

COMBINED CHOIR
Mon. 23rd, 30th; 7:30P
Thurs. 26th; 7:30P

MASS CHOIR
Thurs. 19th; 7:30P

MEN'S CHOIR
Tues. 17th, 7:30P

WOMEN'S CHOIR
Tues. 31st; 7P

VOICES OF ZION
Thurs. 19th; 7P

DRAMA MINISTRY
Thurs. 19th, 26th; 7P

MIME MINISTRY
Mon. 16th, 23rd, 30th;
7P
Tues. 17th, 24th, 31st;
7P
Thurs. 19th, 26th; 7P

FMZBC NOMINATING COMMITTEE

Congregation Nominations for Leadership: The First Mount Zion Baptist Church Constitution & By-Laws gives members the opportunity to recommend men and women of the church for leadership positions (Deaconess, Deacon, and Trustee). A nomination information package may be picked up at the leadership desk in the Narthex. The deadline for 2016 consideration is May 31, 2015. Nominations received after that date will be considered in 2016. Contacts: Deacon Gresham Harkless, Sr., deacons@firstmountzionbc.org, Deaconess Verna Croom, Trustee Jesse Citizen

PWC- NAACP

The Prince William County Branch of the NAACP cordially invites you to our next general body meeting scheduled for Tuesday, March 17th from 7:30-9:00PM at First AME of Manassas 10313 Grant Ave, Manassas, VA. We are seeking Economic Sustainability- A chance to live the American dream for all. #ChangingOurEconomy. Have you joined the PWC NAACP? JOIN TODAY!! Visit www.pwnaaccp.org for more info.

CHOIR RECRUITMENT 2015 !!!

You are invited to come and sing with the Choirs of the First Mount Zion Baptist Church. If interested please email the POC(s) below:

Mass Choir – Sylstea Sledge
ssledge@firstmountzionbc.org

Women's Choir – Pamela Payne
cookiez1974@yahoo.com

Voices of Zion (13-25) - Kristen Mitchell
kristen.mf.mitchell@gmail.com

Jewels Choir (ages 5-12) - Toni Whitted
twhitted@pwcgov.org

Men's Choir – John Williams
jwilliams@wpccinc.com

**PROVERBS PLACE CHILDCARE &
LEARNING ACADEMY**

Proverbs Place Childcare and Learning Academy has a few spaces available for children 12 months to Pre-Kindergarten. Applications are also being accepted for Kindergarten for the 2015-2016 school-year and for "Camp Adventure" this summer. You and your child will love the safe and fun Christian learning environment for children. For more information visit the website www.proverbsplace.net or Idell Collins @icollins@proverbsplace.net.

**INCLEMENT WEATHER
NOTIFICATION**

Please go to www.fmzbc.net (Announcements) for FMZ cancellation or delay notifications. You may also go to News Channel 7 & 8; WTOP 103.5, 103.9, 107.7; www.wtop.com or receive notifications via email by logging onto www.cancellations.com and joining for free. Make sure you register to receive notices for zip code 22025 and First Mount Zion Baptist Church.

MONEY SMART MINISTRY

The Money Smart Ministry (MSM) presents: Real Estate Boot Camp: This month's workshop will focus on Real Estate. We will have a guest speaker that will discuss what is happening in the current market, how to take advantage of the market, tips for negotiating the best deal, and should I sell or rent my home! Our goal is to empower all members to be better stewards of God's money, by sharing in "Hands-On" money management techniques through interactive classroom activities. Come out and learn what the Bible says about these topics. Mark your calendars for Saturday, March 28th from 9-11am. Please sign up in the narthex after service. If you have any questions please contact moneysmart@firstmountzionbc.org.

PASTORS AIDE MINISTRY

SAVE THE DATE: Guess what we are celebrating June 14th? Pastor Torian's 20th Anniversary. More information to follow.

ZONE K1 SMALL GROUPS MINISTRY

ZONE K-1 MOTHER'S DAY DINNER: The men of Zone K-1 will host a Mother's Day Dinner for Zone K-1 women at the Hampton Oaks Community Center, 80 Northhampton Blvd Stafford, VA; [Saturday, May 2, 2015](http://www.firstmountzionbc.org) from [6 pm - 8 pm](http://www.firstmountzionbc.org). Please sign up in the Narthex beginning [Sunday, April 12, 2015](http://www.firstmountzionbc.org). Point of Contact: Brother Ernest Lane II famuman2001@aol.com, OR [757-561-8260](tel:757-561-8260).

FMZBC Women's Ministry

Celebrates

Women's
History Month

*Weaving the
Stories of
Women's Lives*





Gentle Yoga

For all Fitness Levels

Mondays 9:30 am



In the Fitness Center



Young Adult Ministry Kick-off Meeting (18 to 35 year olds)



Sunday, March 15, 2015
After the 11 am Worship Service

Sign-up in the Narthex today!

First Mount Zion Baptist Church
Entrance Q
Room 156



**ORDERS DUE:
TODAY!
DISTRIBUTION:
03/28/2015**

HEALTHIER FAMILIES • STRONGER COMMUNITY

MARCH

2015

**VALUE
PACKAGE STILL \$21**

**Stretching your
monthly food
budget!**

Forester Farmer's Market Chicken Drumsticks, 2 lbs.
Hormel Applewood-Smoked Black Label Bacon, 1 lb.

All Beef Hot Dogs

Fresh Eggs, Frozen Peaches
Cornbread Mix and Waffles!

Plus Potatoes, Onions and
the best produce on the market



FOR MORE INFORMATION? See Church announcement sheet



SENIORS

Ministry

**Seniors age 55 and over
Join the Senior's Ministry for our
Fellowship**

Wednesday, March 18, 2015

in the Grain of Heaven

FMZBC



Serving to Connect People

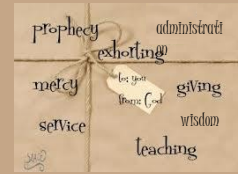
HEBREWS 10: 24-25

Today, Sunday, March 15, 2015

K5SG	England Run	3:00 PM
L1/L3SG	Alexandria	2:00 PM

Elevate▪Embrace▪Equip▪Express

Spiritual Gifts Ministry Presents



Unwrap Your Gifts



Come **DISCOVER** or **Reaffirm** your Spiritual Gifts
Spiritual Gifts Workshop
Saturday, March 21, 2015
8:30 a.m. until 1:00 p.m.

Register at SpiritualGiftsWorkshops@gmail.com by March 17, 2015



FMZBC



Serving to Connect People

HEBREWS 10: 24-25

Saturday, March 21st

H1SG	Dale City	3:00 PM
J1SG	FMZBC	10:00 AM

Sunday, March 22nd

BSG	Dumfries	1:30 PM
K2	Stafford	3:00 PM
K4	Stafford	3:00 PM

Elevate▪Embrace▪Equip▪Express

Journey To Joy Grief and Support Ministry

Presents: Wellness Workshops on Grief and Bereavement

- The Journey to Joy – Rev. Sandra K. James
- Real Men Grieve Too - Mr. Thomas Smith
- Youth: It's Okay to Grieve (ages 6 and up) – Ms. Annetta Benjamin

Point of contact:

Date: March 21, 2015

Time: 10:00a-1:00p





FMZBC BASKETBALL

Saturday, March 21st

***11:35 am: FMZ 2 vs. Mount Zion Baptist
Church***

In Gymnasium

Concessions Available



MARRIED COUPLES' MINISTRY

Join our **MARRIAGE ROCKS** fellowship:

Sunday, March 22, 2015

1:30 - 3:30 pm @ FMZ

Topic: *“Check the Boundaries of Your Marriage”
...from the book, MARRIAGE ROCKS!!*

Facilitators: *Keith & Cheri Holmes*

“Married Couples Growing, One in Christ”

DON'T MISS IT!

“Are You and Your Child Ready for Kindergarten Symposium”

Guest Speakers

Debbie Ransom, Supervisor of Elementary Counselors,
PWC Public Schools

Susan Havasy, Proverbs Place Kindergarten Teacher

March 26, 2015

6:00-7:30pm



Proverbs Place Academy and Learning Center

A safe and fun Christian learning environment for children.



Now Accepting children 12 months to Kindergarten

Contact bstephens@proverbsplace.net or call (703) 565-5062 to register.

Money Smart Ministry (MSM) Presents...



Real Estate Boot Camp

~A guide to Keeping Calm When Investing in Real Estate

- ❖ What's happening in the CURRENT market
- ❖ How to take advantage of the market
- ❖ Tips for negotiating the best deal
- ❖ Should I sell or rent my home

Saturday March 28, 2015

9:00 a.m. until 11:00 a.m.

Sign up in the narthex today



The background is a gradient of blue. In the corners, there are decorative white lines resembling a circuit board or neural network, with small circles at the end of the lines.

YOUNG ADULT MINISTRY COLLEGE CARE PACKAGES

**SIGN-UP YOUR SON OR DAUGHTER TO RECEIVE A
CARE PACKAGE IN THE NARTHEX AFTER SERVICE
TODAY!**

LAST DAY TO SIGN-UP IS MARCH 29

FOR MORE INFORMATION PLEASE SEE KEMI OJUMO

Moving From **Fear** to Freedom

“God has not given us a spirit of fear but of power, love and self-discipline.”

2 Timothy 1:7



Wyndham
Virginia Crossings
Glen Allen, VA

**FMZBC
Women's Ministry
Retreat**

**Registration
begins
TODAY!**

May 28-30 2015

VACATION BIBLE SCHOOL

VOLUNTEERS NEEDED

Sign up in the Narthex

June 22 – 26, 2015

8:30 am – 12:30 pm



2015 THEME: “*SERVING* TO glorify God”

1 PETER 4:11