FIRST MOUNT ZION BAPTIST CHURCH

ANNOUNCEMENTS MARCH 22, 2015

"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 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

Pork Cops, Grits, Bacon, Turkey Sausage, Scrambled Eggs, Fried Potatoes, Omelet Station Open!



Dr. Luke E. Torian 16622 Dumfries Road Dumfries, VA 22025 (703) 670-0184 Fax (703) 670-0296 Web Addresses:

www.fmzbc.net www.fmzbc.com www.firstmountzionbc.org

This Week at a Glance & Activities

Today, Mar 22

Sunday School 7A & 9:45A; New Member Orientation Class Graduation 9:30A; Juvenile Detention 10A; Children's Church 11A; Married Couples Ministry 1:30P; Zone B SGM (Dumfries) 1:30P; Zone K2 SGM (Hampton Oaks) 3P; Zone K4 SGM (Stafford) 3P

Monday, Mar 23

Academic Education Ministry (tutorial) 7P; Combined Choir 7P; Mime Ministry 7P; Money Smart Ministry— Planning Meeting 7P; Women's Ministry— Hospitality Committee 7P

Tuesday, Mar 24

Mime Ministry 7P; Toastmasters 7P; Zone J2 SGM (Chinn Library) 7P

Wednesday, Mar 25

Praise & Worship 7:30P; Bible Study 8P

Thursday, Mar 26

Proverbs Place 6P; Combined Choir 7P; Deaf Ministry 7P; Drama Ministry 7P; Mime Ministry 7P; Joint Candidate Training Committee 7P; Strategic Planning Committee 7P; Princeton Theological Seminary & FMZ Satellite Courses 7P

Friday, Mar 27

Zone E3 SGM (Noodle & Co.) 7P; Zone G2 SGM (Dale City) 7:30P

Saturday, Mar 28

Fit By God- Christian Fellowship Basketball League 9A; Health Ministry 9A; Money Smart Ministry 9A; SHARE Distribution 9A; Women's Ministry-Planning Meeting 9A; Spiritual Cancer Support Ministry 10A

SGM: Small Group Ministry

CHRISTIAN EDUCATION DEPARTMENT

YOUTH MINISTRY

First Friday (April) Cancelled: Join us for our next First Friday on May 1, 2015 at 7pm.

Youth Ministry Servants Needed: Adult volunteers for the Youth (High School) Retreat. Note: All volunteers are required to complete Volunteer Screening.

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: Christian Living in a Digital World" seeks to edify, engage and encourage young believers in Christ. Register soon; space is limited. Sign-ups end TODAY and the retreat's cost is \$50.

Team Elevate Update: Contributions to support a student's education at the Lott Carey Missions School in Monrovia, Liberia will be received next month. In the meantime, see Rev. McNeill to make arrangements to contribute prior to the assigned dates.

For more information regarding the above youth announcements contact Rev. John McNeill at 703-670-0184 or jmcneill@firstmountzionbc.org.

MARRIED COUPLES MINISTRY

The Married Couples Ministry (MCM) will meet **TODAY** 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.

VACATION BIBLE SCHOOL (VBS)

VBS VOLUNTEERS NEEDED: Volunteers 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 mandatory. Student registration begins April 19th. POCs: Carmia Salcedo, 540-288-8972, wbsfmzbc@gmail.com or LaTanya Sauls 703-967-7089, lsauls1213@aol.com.

ACADEMIC EDUCATION MINISTRY

(AEM)

Attention All 2015 Male Graduating High School Seniors. Scholarship applications are available in the Narthex from the Xi Alpha Lambda Chapter, Alpha Phi Alpha Fraternity, Incorporated. Applicants should apply who have at least a 2.5 GPA. All other pertinent information is available on the application including the Point of Contact. Get your application today!

The National Montford Point Marines Association, Incorporated, Quantico Chapter, is offering a college scholarship to 2015 high school grads as well as some who are already in college. There are no applications in the Narthex from this organization. Applicants are to visit the website for applications and for more information: www.mpmaQuantico32.org.

Attention all 2015 Graduating High School Seniors from Prince William County. Applications for the college scholarship from Old Dominion Chapter, The Links, Incorporated, are in the Narthex. Applicants must have at least a 3.0 grade point average. Other qualifications are listed on the application. These scholarships range from \$1,250 to \$2,500. The deadline is April 10, 2015. The Point of Contact as well as other pertinent information are listed on the application.

College Tours: Attention FMZBC High School Students. You are invited to participate in the College Tours as sponsored by the AEM to visit and receive information about the schools listed below. The schedule is as follows: Thursday, April 2, 2015--Norfolk State University and Regent University--Departure time from the church-7:30 a.m; Return time: Approximately 7:30 p.m. Friday, April 3, 2015 --Hampton University for their "High School Day"--Departure time from the church-7 a.m.; Return time: Approximately 7 p.m. Snacks will be provided for the road trip, however, students should bring at least \$20 for lunch and dinner. Please sign-up in the Narthex after 8 a.m. and 11 a.m. services on Sunday, March 22 and March 29. For more information, please contact Sonya Almond or Gerry Griffin at griffing@rocketmail.com.

FIT BY GOD FITNESS COMPLEX

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

ADMIN OFFICE

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Laura Valkenburg
Fitness Center Director
|valkenburg@firstmountzionbc.org

Renee Woolfolk Church Business Administrator rwoolfolk@firstmountzionbc.org 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

COMBINED CHOIR

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

WOMEN'S CHOIR Tues. 31st; 7P

DRAMA MINISTRY

Thurs.26th: 7P

MIME MINISTRY

Mon. 23rd; 7P

Tues. 24th, 31st; 7P

Thurs.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.,

<u>deacons@firstmountzionbc.org</u>, Deaconess Verna Croom, Trustee Jesse Citizen

PWC-NAACP

Your local chapters of the NAACP will be conducting a membership drive at First Mount Zion on Sunday, March 29th. The purpose of the drive is to inform you of what the local units of the NAACP are doing and to provide an opportunity for you to show your support by joining them. Basic Adult and Youth Memberships are \$30 and \$15 per year respectively. Lifetime Adult and Youth memberships begin at \$75 and \$25 per year respectively. If you are a current member this is an opportunity to renew your membership. Checks should be made out to the Stafford-NAACP or PWC-NAACP. We cannot accept credit card payments at this

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.

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 PASTOR'S ANNIVERSARY CHANGE –

Please note the Pastor's Anniversary date has changed and will be celebrated May 31, 2015, (5th Sunday) at the 10:00 am service.

ZONE K1

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 Northampton Blvd Stafford, VA; Saturday, May 2, 2015 from 6 pm - 8 pm. Please sign up in the Narthex beginning Sunday, April 12, 2015. Point of Contact: Brother Ernest Lane II Famuman2001@aol.com, 757-561-8260).

SHARE DISTRIBUTION

March SHARE packages will be distributed on Saturday, March 28th from 9-10am in Room 156. POC Thomas Bates 703-330-6371.



Serving to Connect People

Hebrews 10: 24-25 Today, Sunday, March 22, 2015

K2SG Hampton Oaks 3:00 PM

Stafford K4SG 3:00 PM

1:30 PM **BSG Dumfries**

Thursday, March 26th

J2SG Chinn Library 7:00 PM

Elevate Embrace Equip Express



Gentle Yoga

For all Fitness Levels

Mondays 9:30 am



In the Fitness Center







Serving to Connect People

Hebrews 10: 24-25

Friday, March 27th

G2SG Dale City 7:30 PM

E3SG Noodle & Co. 6:30 PM

Elevate Embrace Equip Express

First Mount Zion Baptist Church Entrance Q Room 156

DISTRIBUTION:



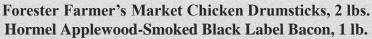
HEALTHIER FAMILIES • STRONGER COMMUNITY

MARCH

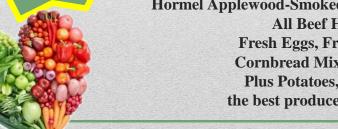
VALUE **PACKAGE STILL \$21**

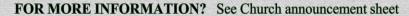


Stretching your monthly food budget!



All Beef Hot Dogs Fresh Eggs, Frozen Peaches Cornbread Mix and Waffles! Plus Potatoes, Onions and the best produce on the market







MARRIED COUPLES' MINISTRY

Join our MARRIAGE ROCKS fellowship:

TODAY!!

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





Now Accepting children | 2 months to Kindergarten

Contact <u>bstephens@proverbsplace.net</u> 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



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

YOUTH (HIGH SCHOOL) RETREAT

APRIL 10-11, 2015

Christian Living in a Digital World

Where: 4 H
Center (Chevy
Chase, MD)
Cost: \$50

POC: Rev.

McNeill, 703-

670-0184



VS.



I speak in regard to need, for I have learned in whatever state I am, to be content...

- Philippians 4:

11-13

TODAY IS THE LAST DAY TO SIGN UP IN THE NARTHEX!

ATTENTION: FMZBC SENIORS DEADLINE FOR FMZBC SCHOLARSHIP APPLICATIONS:

APRIL 15, 2015



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

PLEASE TAKE NOTE



- ✓ PASTOR'S ANNIVERSARY
- ✓ DATE CHANGE
- √ May 31st, 2015
- √ 10:00 am



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