

# FIRST MOUNT ZION BAPTIST CHURCH

# ANNOUNCEMENTS MARCH 22, 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

**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

### 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 Meet-  
ing 7P; Women's Ministry-- Hospi-  
tality Committee 7P

### Tuesday, Mar 24

Mime Ministry 7P; Toastmas-  
ters 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 Minis-  
try 7P; Joint Candidate Training  
Committee 7P; Strategic Plan-  
ning 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 Minis-  
try 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 Screen-  
ing.

**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 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, con-  
tact David and Angela Grantham at 703-  
582-0379 or email to ange-  
la.grantham01@gmail.com.

#### 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 22<sup>nd</sup> - 26<sup>th</sup>,  
8:30am-12:30pm. **Volunteer screening is  
mandatory.** Student registration be-  
gins April 19<sup>th</sup>. POCs: Carmia Salcedo,  
540-288-8972, [vbsfmzbc@gmail.com](mailto:vbsfmzbc@gmail.com) or  
LaTanya Sauls 703-967-7089,  
[lsauls1213@aol.com](mailto: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. Appli-  
cants 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 As-  
sociation, 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 appli-  
cations in the Narthex from this organiza-  
tion. Applicants are to visit the website for  
applications and for more information:  
[www.mpmaQuantico32.org](http://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 Nar-  
thex. Applicants must have at least a 3.0  
grade point average. Other qualifications  
are listed on the application. These schol-  
arships range from \$1,250 to \$2,500. The  
deadline is April 10, 2015. The Point of  
Contact as well as other pertinent infor-  
mation are listed on the application.

**College Tours:** Attention FMZBC High  
School Students. You are invited to par-  
ticipate in the College Tours as sponsored  
by the AEM to visit and receive infor-  
mation 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: Ap-  
proximately 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: Approxi-  
mately 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](mailto:griffing@rocketmail.com).

### FIT BY GOD FITNESS COMPLEX

**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.

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**

**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., [deacons@firstmountzionbc.org](mailto:deacons@firstmountzionbc.org), 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 time.

**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](http://www.proverbsplace.net) or Idell Collins [icolins@proverbsplace.net](mailto:icolins@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](mailto: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, (5<sup>th</sup> 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](http://Saturday, May 2, 2015) from [6 pm - 8 pm](http://6 pm - 8 pm). Please sign up in the Narthex beginning [Sunday, April 12, 2015](http://Sunday, April 12, 2015). Point of Contact: Brother Ernest Lane II [Famuman2001@aol.com](mailto:Famuman2001@aol.com), [757-561-8260](http://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
K4SG	Stafford	3:00 PM
BSG	Dumfries	1:30 PM

**Thursday, March 26<sup>th</sup>**

J2SG	Chinn Library	7:00 PM
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**Elevate▪Embrace▪Equip▪Express**



# Gentle Yoga

For all Fitness Levels

**Mondays 9:30 am**



In the Fitness Center



**FMZBC**



## **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:  
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



# 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





# 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](mailto: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 circuit traces or a network diagram, 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**

# 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 31<sup>st</sup>, 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