



This Week at a Glance & Activities

"I WAS SICK AND YE VISITED ME"

Our Known Sick and/or Shut-in Prayer List

- Kim Boothe [K4]
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]
Marie McNair [C1]
Suzette Montero [F2]
Essie Pullman [Z]
Terri Royal [N]
Gene Simpson [C2]
William Terry [M1]
Cynthia Thompson [M2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Bacon, Turkey Sausage, Grits, Waffles, Scrambled Eggs, Fried Potatoes, Biscuits and Seasonal Fresh Fruit



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Today, June 21

Juvenile Detention 10A; Academic Education Ministry- Graduation Program 9:15A; Children's Church 11A; Young Adult Ministry 1P; Vacation Bible School Set-up 2P

Monday, June 22

Vacation Bible School 8:30A; Men & Women's Ministry Planning Meeting 7P; Princeton Theological Seminary & FMZ Satellite Course 7P; Young Adult Ensemble 7P

Tuesday, June 23

Vacation Bible School 8:30A; Deacon Ministry- Special Requirements Committee Meeting 7P; FMZ Ordinatees/ Associate Ministers 7P; Mime Ministry 7P; Toastmasters 7P; Men's Choir 7:30P

Wednesday, June 24

Vacation Bible School 8:30A; Praise & Worship 7:30P; Bible Study 8P

Thursday, June 25

Vacation Bible School 8:30A; Young Adult Ensemble 6:30P; Deaconess Candidate Training 7P; Drama Ministry 7P; Joint Candidate Training Committee 7P; Mime Ministry 7P; Strategic Planning Committee 7P; Zone D1 SGM (Cheesecake Factory) 7P; Zone H2 SGM (Lake Ridge) 7P; Mass Choir 7:30P

Friday, June 26

Vacation Bible School 8:30A; 2015 Youth Xplosion Fun Night 7P; Zone G2 SGM (Dale City) 7:30P

Saturday, June 27

Spiritual Gifts Workshop 8:30A; Health Ministry 9A; MEM- Distribution 9A; Money Smart Ministry 9A; SHARE Distribution 9A; Women's Ministry- Planning Meeting 9A; Spiritual Cancer Support Ministry 10A; 2015 Youth Xplosion 5P

SGM: Small Group Ministry

CHRISTIAN EDUCATION DEPARTMENT

YOUTH MINISTRY

Zone Challenge for Youth Xplosion: Zone members are invited to purchase sponsorship tickets for the concert that will be given to organizations outside of FMZ such as mentoring programs, homeless shelters and at-risk youth groups. The Zone Challenge ends Today. When you purchase the ticket, indicate "sponsorship ticket" and your zone name. The leading zones are: (M2, D2, E2, K1, D1, D3 & B).

Week (Intergenerational Bible Study/ Fellowship and Fun Night):

We have several exciting activities during this time to include an interactive and intergenerational conversation regarding life inside the world of today's teenagers for Bible Study Wednesday night (June 24) at 7:30pm. Yes, parents are invited. Then on Friday night (June 26) at 7:00pm, we will have a time of worship, fellowship, food and fun as we give away great prizes.

As a reminder the 2015 Youth Xplosion will be held, Saturday, June 27th at 5pm. Tickets are \$20 in advance and \$25 at the door.

CHILDREN'S MINISTRY

God's Grace & Love - Inviting adult and teen servants to join us 1 or 2 Sundays in July or August to assist with children's worship service at 11:00 am in the chapel. You'll be blessed as we enjoy animated episodes of Michael Joens' THEO teaching children God's Word and discovering what an awesome God we serve! Contact Benjamin Duckenfield, Benjamin. Duckenfield3.bd@gmail.com 540-467-1380 or Judy Best 703-670-0746, genesis04@msn.com to sign up to "Make a Difference" in children's lives by serving in Salvation Station 2015.

SINGLE'S AND HEALTH MINISTRY

BLOOD DRIVE: Save the date - July 26, 2015. The Singles and Health Ministries will be conducting FMZBC 13th Annual Blood Drive. Please sign up in the Narthex after worship service today and help Save a Life. Point of contact Al Shelton at 703-969-5910.

ATTENTION GOLFERS: SAVE THE DATE - FMZBC 19th Annual Golf Classic will be held on Monday, September 14th at Old Hickory Golf Club. We will see you there!

2015 BUDGET ADJUSTMENTS

The Trustee Ministry will present any budget adjustment requests to the church for approval at the August 1, 2015 Church Meeting. Please submit all requests with a detailed explanation to the financial secretary no later than COB July 6, 2015. Submit all requests on the Mid-year adjustment form available in the forms box in the Narthex near the admin office or from the Financial Secretary. If you have any questions please contact Trustee Oscar Dailey, Trustee Maxine Dufore, or Trustee Karen Davis.

TOASTMASTERS

Communicate with Confidence- Join the Build a Bridge Toastmasters every second and fourth Tuesday of the month at 7:30PM. POC. Deaconess Martha Stanley Martha.stanley08@comcast.net

ZONES K & N FELLOWSHIP

Zones K & N Summer Fellowship Cookout will be held on Saturday, August 15th from 12 - 4 p.m. at Curtis Memorial Park in Stafford, VA. Please save the date. Volunteers can sign up to assist with various activities, food, etc., on Sunday July 26, Aug 2 and Aug 9 in the Narthex following both services or contact your respective zone leader. There will be lots of food, fun and adults/children activities. More information to follow.

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is conducting a workshop on Saturday, June 27th from 8:30 am - 1:00 pm. Come and discover how and where God is calling you to serve in ministry. A light breakfast will be served. For additional questions, contact the Spiritual Gifts Ministry team at teach4God2003@yahoo.com.

SHARE DISTRIBUTION

June SHARE packages will be distributed on Saturday, June 27th from 9 - 10am in Room 156. POC Thomas Bates 703-330-6371.

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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.

FMZBC FACILITIES TEAM

FMZBC Recycles: The Facilities Department reminds church members, staff and guests they can be good stewards of our natural resources by recycling at home, school, work and church. There are numerous recycling bins throughout the church and in most cases recycling bins are co-located with trash receptacles. Recycling bins can be found in the narthex, in the office area, and the Grain of Heaven. At First Mount Zion we practice single stream recycling, which means all recyclable items can go into same recycling bin. Make sure you put all paper, cardboard and paperboard packaging and emptied plastic soda and water bottles and plastic juice containers, soda cans and tin cans in the recycling bins. These items can all be recycled and used to make new items, saving energy and natural resources and it helps preserve the earth that God has given us dominion over. Your cooperation is appreciated.

**MUSIC & ARTS
MINISTRY
JUNE
REHEARSALS**

MASS CHOIR
Thurs. 25th; 7:30P

MEN'S CHOIR
Tues. 23rd; 7:30P

**YOUNG ADULT
ENSEMBLE**
Mon. 22; 7P
Thurs. 25th; 7P

DRAMA MINISTRY
Thurs. 25th; 7P

MIME MINISTRY
Mon. 22nd; 7P
Tues. 23rd; 7P
Thurs. 25th; 7P

PARKING MINISTRY

The parking ministry needs your help to prevent your car from being damaged. The parking lot on the cemetery side is set up for compact cars only. We ask that all large vehicles, SUV's and trucks park in front or rear parking lots. The parking ministry will be sending you to these lots. Thank you for working with us.



FMZBC



Serving to Connect People

HEBREWS 10: 24-25

Thursday, June 25th

D1SG	Cheesecake Factory	7:00PM
H2SG	Lake Ridge	7:00PM

Friday, June 26th

G2SG	Dale City	7:30 PM
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Sunday, June 28th

K5SG	Stafford	3:00PM
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Elevate▪Embrace▪Equip▪Express

YOUTH XPLOSION WEEK 2015

“Fun & Fellowship” **Night**



Friday, June 26th

7-9 pm

In the FMZ GYM

Got Gifts...How Do You Know?

COME DISCOVER YOUR SPIRITUAL GIFTS

Spiritual Gifts Workshop

Saturday , June 27, 2015

8:30 a.m. - 1:00 p.m.

YOUTH XPLOSION 2015

**TOP
5**

REASONS TO ATTEND:

**#2 – Support Our
Youth**

**(You have to attend
to discover #1.)**

YOUTH XPLOSION 2015

Wednesday, June 24, 2015 at 7:30pm

**PARENTS
PLEASE
ATTEND**

Parents just don't
understand!

Baby, I'm worried
about you.

Let's Talk: Bible Study

Zone Ministry Challenge

(Youth Xplosion 2015)

What: Buy a ticket; Sponsor a youth

When: Today until June 21

Where: Youth Xplosion Table in Narthex

Leading Zones: M2, D2, E2, K1, D1, D3 & B

Ready. Set. Bless



MARRIED COUPLES' MINISTRY

Join our **MARRIAGE ROCKS** fellowship:

Sunday, June 28, 2015

1:30 - 3:30 pm @ FMZ

Topic: *“Make Your Marriage Your Ministry” ...from the book, MARRIAGE ROCKS!!*

Facilitators: *David & Angela Grantham*

“Married Couples Growing, One in Christ”

DON'T MISS IT!



SAVE A LIFE!

**HELP FMZBC
EXCEED THE BLOOD
DONATION GOAL
FROM LAST YEAR!**

FMZBC 13th ANNUAL BLOOD DRIVE

DATE: SUNDAY, JULY 26, 2015 (4th SUNDAY)

**SPONSORED BY: HEALTH MINISTRY AND
SINGLES MINISTRY**

**SIGN-UP: IN THE NARTHEX AFTER 8AM & 11AM
SERVICE**

YOU CAN DONATE IF YOU:

- HAVE HIGH BLOOD PRESSURE**
- HAVE DIABETES**



2015 THEME: “*SERVING* TO glorify God”
1 PETER 4:11