

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]
- Maria 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**

Continental
Breakfast

* Full Breakfast
will resume on
Sunday, Septem-
ber 20th*



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www.fmzbc.net
www.fmzbc.com

www.firstmountzionbc.org

Today, Sept 13

Small Groups- Grouplink
(following 8 & 11am ser-
vices); Juvenile Detention
10A; Children's Church 11A

Monday, Sept 14

FMZBC 19th Annual Golf
Classic (Woodbridge, VA)
8:30A; Benevolence Com-
mittee 7P; Connected to
Connect 7P; Line Dancing
7P; Zone C1/ C2 SGM
(Dumfries) 7P; Trustee Min-
istry- Finance Committee
7:30P

Tuesday, Sept 15

Academic Education Ministry
Monthly Meeting 7P; Deacon
Ministry- SRC 7P; Flower
Ministry 7P; Money Smart
Ministry- Planning Meeting
7P; YAM Spiritual Study 7P;
Deaconess Ministry Monthly
Meeting 7:30P; Men's Choir
7:30P; Women's Ministry
Intercessory Prayer Team
7:30P

Wednesday, Sept 16

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

Thursday, Sept 17

Drama Ministry 7P; Jewels
Choir 7P; Princeton Theolog-
ical Seminary & FMZ Satel-
lite Courses 7P; Voices of
Zion 7P; Trustee Real Prop-
erty & Facilities Committee
7:30P

Friday, Sept 18

Zone E3 SGM (Wegmans)
6:30P

Saturday, Sept 19

Health Ministry 8A; Spiritual
Gifts Ministry Workshop
8:30A; Money Smart Ministry
9A; Volunteer Screening
Committee 10A; Pi Lambda
Lambda OPPF 10A; Senior
& Junior Usher Ministry-
Training 10A;

SGM: Small Group Ministry

CHILDREN'S MINISTRY

VOLUNTEERS NEEDED! Adult and
teen volunteers are needed to help with
the 2015-2016 Children's Church pro-
gram, conducted in the Chapel during
the 11:00 am service. Sign up in the
narthex to help make a difference in the
spiritual growth of our children. Volunteer
screening is mandatory. Contact:
Michelle Wallace,
mew1021@verizon.net, 240-602-5929
OR Shemone Fullilove, she-
monef@gmail.com 571-237-5786.
CHILDREN'S CHURCH OPEN HOUSE:
Parents, grandparents, prospective vol-
unteers, and YOU are invited to join us
in the chapel for Children's Church on **Sun-
day, September 27th** during the
11:00am service. Come and see what
awesome works God is doing in the lives
of our children!

SUNDAY SCHOOL MINISTRY

**SUNDAY SCHOOL MINISTRY VOLUN-
TEERS:** Exciting volunteer servant
opportunities exist for the Sunday School
Ministry. To receive a copy of servant
descriptions or to learn more about the
Sunday School Ministry, contact Bro.
Ernest Jones at ecjcp@aol.com or Sis.
Dorothy Campbell at ssmfzbcad-
masst@aol.com

**SUNDAY SCHOOL MINISTRY TRAIN-
ING.**

Sunday School Servants Training
is scheduled Saturday, September 26,
2015, at 9:00 a.m. All Sunday School
Servants and ANYONE interested in
serving in this ministry are asked to at-
tend. Register via email by contacting
Dorothy Campbell at ssmfzbcad-
masst@aol.com by September 18, 2015.

**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
surrounding community. Our next meet-
ing is Saturday, September 19, 2015,
11:00AM-1:00PM at IHOP, 3914 Fettle
Park Drive, Dumfries, VA. This meeting
will focus as our fall kickoff to plan activi-
ties for the rest of the year. If you plan
to attend, please respond to this e-mail
address: rodnevjrjss@comcast.net by
Thursday, September 17th.

SMALL GROUPS MINISTRY

**Group Link-Small Groups Kick-off:
"Celebrate Jesus"** through Group-Link
TODAY following the 8:00am and the
11:00am worship service. Everyone is
invited to join us in the gymnasium on
the first floor for **FOOD, FUN and FEL-
LOWSHIP.**

YOUTH MINISTRY

**Youth First Friday (Game Night): Octo-
ber 2nd** at 7pm, all youth (6th thru 12th
Graders) are invited to have fun and fellow-
ship with their friends! This First Friday will
include games, food, conversation and
laughter. Contact Rev. McNeill for an-
nouncements and details at (703) 670-
0184 or jmcneill@firstmountzionbc.org.

**Youth Ministry Servant (Adults Only)
Training/Interest Meeting:** On Tuesday,
September 29th at 7pm, Rev. McNeill
would like to meet with current youth serv-
ants, as well as those interested in serving
the youth to collaborate on upcoming min-
istry opportunities. If you are currently
serving the youth ministry or would like to,
but cannot attend this meeting, please
contact Rev. McNeill at (703) 670- 0184 or
jmcneill@firstmountzionbc.org.

MEN'S MINISTRY

Men's Ministry: The National Coalition of
100 Black Women/Prince William County
Chapter, Inc., is partnering with FMZBC to
educate the men regarding prostate can-
cer. The goal is to increase men's attitudes,
beliefs, and intentions for prostate cancer
screening. Mark your calendars for Sep-
tember 26, 2015, 10am - 12 noon. More
information to follow.

SINGLE'S MINISTRY

ATTENTION GOLFERS: The FMZBC
19th Annual Golf Classic will be held on
Monday, September 14th at Old Hickory
Golf Club in Woodbridge, Va. The cost per
player is \$100.00. You can play, be a spon-
sor, or just buy a golf shirt. Please sign up
in the Narthex. Point of contact is Al Shel-
ton (703) 969-5910.

TRUSTEE MINISTRY

Ministry Budget Requests for 2016 are due
to the Trustee Ministry by September 26,
2015. Budget Request Forms for 2016 are
available in the publication area. Please
submit all completed requests to the Trust-
tee Secretary (email: fmzbctrusteesecretary@aol.com). If you have any questions
please contact Trustee Oscar Dailey, Trust-
tee Maxine Dufore, or Trustee Karen Da-
vis.

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is conducting a
workshop on Saturday, September 19th
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 [Spiritual-
GiftsWorkshop@gmail.com](mailto:Spiritual-GiftsWorkshop@gmail.com).

ADMIN OFFICE

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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
SEPTEMBER
REHEARSALS**

JEWELS CHOIR
Thurs. 17th; 7P

MASS CHOIR
Thurs. 24th; 7:30P

MENS CHOIR
Tues. 15th, 22nd; 7:30P

VOICES OF ZION
Thurs. 17th; 7P

FIT BY GOD FITNESS COMPLEX

"Get Moving" Exercise Class: Low Impact exercise class. Great for seniors and beginners. Every Wednesday from 9:30am to 10:30am in the Fitness Center. Come exercise and fellowship!

Walk and Tone: Walking combined with muscle toning and stretching. Thursday nights at 7 pm starting September 10th in the fitness center. Come exercise and fellowship!

Coed Youth Basketball Skills Clinic: Learn fundamental basketball skills. Six week program starting September 22nd. For youth both male and female ages 10 - 16 yrs old. Tuesday Nights 7:00 - 8:30 pm. Sign-up September 13th & 20th after both services.

NCBW/PWCC

September is **Prostate Cancer Month!** NCBW/PWCC will host a Prostate Cancer workshop on Saturday, September 26, from 10:00am to 12:00pm at First Mount Zion. Mark your calendar and plan to attend the free educational session on Prostate Cancer. This workshop will enhance your knowledge of early detection and prevention. Sign up in the Narthex each Wednesday night and the end of each Sunday service at 8am and 11am. Take charge of your health to beat Prostate Cancer, "**KNOWLEDGE IS POWERFUL**." Contact: Deborah Withers at dwithers1019@gmail.com, or 703-583-1951.

SHARE REGISTRATION

TODAY is the last day to register for the September SHARE packages SHARE packages are \$22 for food valued between \$35 and \$45. SHARE distribution dates for the remainder of the year are as follows: Sept 26th, Oct 24th, Nov 21st and Dec 19th. POC: Thomas Bates (703) 330-6371 or Cherry Anderson (540) 361-4319.

**VOLUNTEER SCREENING
COMMITTEE**

The Volunteer Screening Committee will conduct a training and interview session on Saturday, September 19, 2015 beginning promptly at 9:00am. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in Youth/children related ministries. It is not necessary to sign up. Contact Cynthia Zorn Pettigrew 703-730-5227 or Clarice Torian at 703-730-6353 if you have any questions.

**NATIONAL ALLIANCE ON
MENTAL HEALTH**

Caring for a loved one with mental illness? The National Alliance on Mental Illness (NAMI), Prince William, will begin its Family-to-Family education program in Dumfries in September. NAMI Family-to-Family is a free 12-session education program for family members of adults living with mental illness, including major depression, anxiety disorders, bipolar disorder, schizophrenia, PTSD, and borderline personality disorder. The class will meet on Tuesday evenings, September 15 - December 1 from 6:30 -9:00 p.m. at ACTS, 3900 Acts Lane, Dumfries. ADVANCE REGISTRATION REQUIRED. CALL Marty (571)275-4071 or Mercedes (703) 398-9186.

DEACONESS MINISTRY

2015 FMZBC Community GIVEAWAY: The Deaconess Ministry is sponsoring its Annual Community Giveaway on Saturday, October 17th from 8:00am - 12:00 noon or "While Supplies Last" in the FMZBC gymnasium. The Giveaway presents a wonderful opportunity for FMZ members to donate their time, clothing, and household items to bless those in need. All items will be free to the public! Point of Contact: Deaconess Cheryl Manning, Email: deaconessgiveaway@firstmountzionbc.org or (540) 286-0382.

PWC NAACP

On the 15th of September at Gar-Field High School, the PWC NAACP will host a series of debates for the candidates for the Commonwealth's Attorney, Clerk of the Circuit Court, PWC School Board, and the PWC Board of County Supervisors. The event will begin at 6:00PM with an opportunity to meet and greet the candidates and the debates will begin at 6:30PM. Please join us for this opportunity to engage those seeking to represent you. For more information and updates, please go to <http://www.pwnaACP.org> or see our Facebook PWC NAACP - PWC Debates.

FEED MY STARVING CHILDREN

FMSC - Get ready to feed not 100,000, but 200,000 meals to malnourished children around the world! The Feed My Starving Children MobilePack will take place on Friday, October 9 (set-up team) and Saturday, October 10 (packing teams). Registration opens on Tuesday, September 15, 2015. Please see the insert for additional information.

FMZ GRAIN OF HEAVEN

The Grain of Heaven will resume serving the full breakfast menu on Sunday, September 20, 2015! New pricing of \$5.00 per person for both adults and children.



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

September 2015

LAST DAY TO REGISTER
DISTRIBUTION: 9/26/15



VALUE PACKAGES NOW \$22



CONVENIENT PAYMENT OPTIONS:

Debit/Credit Cards, EBT, Cash/Money Order

FOR MORE INFORMATION? See Church announcement sheet



Walk & Tone:

Walking

combined with

Muscle Toning & Stretching



Thursdays 7:00 pm
in the Fitness Center

Celebrate Jesus

Through
GROUP LINK
TODAY!!

Get Connected with your FMZBC Small Group

Join us in the gymnasium for **FOOD, FUN** and **FELLOWSHIP** following the
8:00AM and the 11:00AM Worship Service



“Get Moving”

Exercise Class



Wednesdays
9:30am-10:30am

Low Impact
Great for Seniors!





A place where children matter
and learning the
WORD of God
is fun!

Volunteers needed!

Nursery

Teachers

Registration

Teen Helpers



Volunteer Contact:

Carmia Salcedo, ccfmzbc@gmail.com,
703-307-6296

Directors:

Michelle Wallace, mew1021@verizon.net,
240-602-5929

Shemone Fullilove, shemonef@gmail.com,
571-237-5786

FMZBC



Serving to Connect People

HEBREWS 10: 24-25

Monday, September 14, 2015

C1/C2SG

Dumfries

7:00PM

Friday, September 18th

E3SG

Wegmans

6:30PM

Elevate•Embrace•Equip•Express

Sign up for the FMZBC 19th
Annual Golf Classic in the
Narthex

**Golf Classic being held at
Old Hickory Golf Club
Monday September 14, 2015**



YAM Spiritual Study

Ages 18-35

KICK-OFF MEETING

SEPTEMBER 15, 2015

7:00 PM

LOCATION: FMZBC





YOUTH MINISTRY: "TEAM ELEVATE"



- THANK YOU!
- OUR INSPIRATION:
"SERVING TO GLORIFY GOD"
- OUR GOAL: FUND ~~THREE~~
EIGHT LIBERIAN
STUDENT'S EDUCATION AT
THE LOTT CAREY MISSION
SCHOOL IN LIBERIA
(AFRICA) FOR A YEAR.



CONTACT REV. MCNEILL FOR DETAILS AT *703-670-0184* or

Spiritual Gifts Workshop – Fall Session

*Saturday, September 19, 2015
8:30 a.m. until 1:00 p.m.*

Register at SpiritualGiftsWorkshops@gmail.com



FMZ ZONE "B"

COME JOIN US FOR SMALL GROUPS!

DATE: SUNDAY, SEPTEMBER 20, 2015

TIME: AFTER 11:00AM SERVICE

LOCATION: FMZ CHURCH

RSVP BY 9/16 TO: FBARNES723@GMAIL.COM

BRING THE CHILDREN!

*FOOD * FUN * FELLOWSHIP*

FMZBC



Serving to Connect People

HEBREWS 10: 24-25

Sunday, September 20th

G1BSG	First Mount Zion	1:00PM
BSG	First Mount Zion	1:00PM
L1/L3SG	Alexandria	2:00PM

Elevate▪Embrace▪Equip▪Express

Co-ed Youth Basketball Skills Clinic
Tuesday Nights 7:00 – 8:30 pm
Starting September 22nd
(10-16 yrs old)



Sign up Today!

Sunday School Ministry



Saturday, Sept. 26th 9:00-11:00

Sign Up Today Online at ssfmzbcadmasst@aol.com

OPEN
HOUSE

Children's
CHURCH **September 27th**
11:00am service



Youth Ministry Servant Training/Interest Meeting

September 29, 2015

7pm – 8:30pm

Experienced and interested Youth Ministry Servants (Adults) are invited to attend.

First Friday **Game Night**
(6th thru 12th graders)



Friday, October 2nd
7-9 pm
In the Grain of Heaven



MOBILEPACK

COMING OCTOBER 9 & 10, 2015!

FMZBC WILL

**Pack 200,000 Meals For
Starving Children**

Registration goes live on
Tuesday, September 15, 2015 by
visiting www.fmzbc.com

*“Blessed are those who are generous because they feed
the poor.”*



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