

"I WAS SICK AND  
YE VISITED ME"

Our Known Sick and/  
or Shut-in Prayer List

Teresa Bridges [D4]  
Terry Carey [F1]  
Charlie Clark [K1]  
Frances Reynolds-  
Collier [D2]  
Jamie Dickerson [D4]  
Retina Everett [D4]  
Samuel Graham [L1]  
Joanne Ferrell- Wilson  
[F2]  
Kenneth Irby [N]  
Kizzie Lane [G1]  
Lillie Maxie [G2]  
Gwynne McCatharine  
[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**

Turkey Sausage,  
Bacon, Scram-  
bled Eggs, Fried  
Potatoes, Grits,  
Biscuits and  
Waffles



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

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www.fmzbc.com

www.firstmountzionbc.org

**This Week at a Glance & Activities**

**Today, Jan 17**

Sunday School 9:45A; Juvenile  
Detention 10A; WICA Debu-  
tantes 1:30P; Zone M1 SGM  
(FMZBC) 1P; Zone D3 SGM  
(FMZBC) 1:30P; Zone L1/L3  
SGM (Alexandria) 2P; Zone F2  
SGM (Woodbridge) 3P; Zone K5  
SGM (Fredericksburg) 3P; Zone  
K1 SGM (Hampton Oaks) 4P

**Monday, Jan 18**



Martin Luther  
King Jr. Day

**CHURCH OFFICE CLOSED**

**Tuesday, Jan 19**

Academic Education Ministry-  
Monthly Meeting 7P; Deacon  
Ministry- SRC 7P; Money Smart  
Ministry- Planning Meeting 7P;  
Deacon Ministry- Committee  
Meeting 7:30P; Mass Choir  
Sectionals 7:30P; Men's Choir  
7:30P

**Wednesday, Jan 20**

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

**Thursday, Jan 21**

Combined Choir 7P; Princeton  
Theological Seminary & FMZ  
Satellite Courses 7P; Deacon  
Ministry 7:30P

**Friday, Jan 22**

Zone E3 SGM (Chick-Fil-A)  
6:30P; Zone G2 SGM  
(Wegmans) 7:30P

**Saturday, Jan 23**

Spiritual Gifts Ministry- Work-  
shop 8A; Christian Fellowship  
Basketball League 9A; Health  
Ministry 9A; Volunteer Screen-  
ing Committee 9A; Women's  
Ministry-Planning Meeting 9A;  
Zone K4 SGM (Stafford) 3P;  
Zone E2 SGM (Woodbridge)  
1:30P

**CHILDREN'S MINISTRY**

Children's Church will be closed for the  
month of January and reopen on February  
7, 2016. Contact Michelle Wallace,  
[mew1021@verizon.net](mailto:mew1021@verizon.net), 240-602-5929 or  
Shemone Fullilove, [she-  
monef@gmail.com](mailto:she-<br/>monef@gmail.com), 571-237-5786.

**YOUTH MINISTRY**

**Youth Ministry Missions Trip 2016( 9<sup>th</sup> -  
12<sup>th</sup> Grade Members Only) to Nassau,  
Bahamas:** On Saturday, July 9<sup>th</sup> to Fri-  
day, July 15<sup>th</sup>, the Youth Ministry members  
will "Serve to Glorify God" in the Bahamas.  
Pray for us.

**2016 Youth (6th thru 8th Graders) Lock  
-in:** Join us in a joyful experience through  
this year's theme: "Inside Out (Psalm  
19:14)" from Friday, February 19th (5pm)  
to Saturday, February 20th  
(9:30am). There will be fun, fellowship  
and exciting sessions. The cost is \$20  
and registration forms will be available in  
the Narthex and on-line later this month.  
Sign-ups begin **TODAY** after the 8am and  
11am services!

**First Friday:** Please join us on Febru-  
ary 5th at 7pm for Biblical story telling.  
Our guest Speaker will be Dr. Tracey  
Radosevic.

**ACADEMIC EDUCATION MINISTRY**

The applications for the **Gene K. Bryson  
Academic Scholarships** are now avail-  
able in the Narthex on the table by the mail-  
boxes. Graduating seniors from Forest  
Park, Potomac, and Woodbridge Senior  
High Schools qualify to apply. Applicants  
must have at least a 2.5 cumulative grade  
point average and must attend a school in  
Virginia. Other instructions are on the  
application. Pick up your application to-  
day!

**SPIRITUAL GIFTS MINISTRY**

Been thinking about where to serve in  
ministry at FMZ? The Spiritual Gifts Mini-  
stry can help guide you in the right direc-  
tion. Come to the first Spiritual Gifts work-  
shop of 2016 on Saturday, January 23rd  
from 8:30am - 1:00 pm and discover  
where and how God has gifted you. You  
can register for the workshop at [Spiritual-  
GiftsWorkshop@gmail.com](mailto:Spiritual-<br/>GiftsWorkshop@gmail.com) until Tues-  
day, January 19, 2016.

**FIT BY GOD FITNESS COMPLEX**

**FMZ Basketball:** Saturday Jan. 23<sup>rd</sup> at  
12:50pm FMZ 1 vs. Dale City Christian  
Church in the Gymnasium. Concessions  
available in Grain of Heaven. Come watch,  
fellowship and support our church team!

**SHARE DISTRIBUTION**

January SHARE packages will be distribut-  
ed on Saturday, January 23rd from 9 -  
10am in the gymnasium. POC Thomas  
Bates 703-330-6371.

**VOLUNTEER SCREENING COMMITTEE**

The Volunteer Screening Committee will  
conduct training and interviews on Satur-  
day, January 23, 2016 beginning promptly  
at 9:00am. Please plan to attend this ses-  
sion 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 Cyn-  
thia Zorn Pettigrew at 703-730-5227 or  
Clarice Torian at 703-730-6353 if you have  
questions.

**NATIONAL CERVICAL CANCER  
COALITION (NCCC)**

**JANUARY is Cervical Cancer Awareness  
Month!** The Price William County Chap-  
ter of the National Cervical Cancer Coali-  
tion (NCCC) is hosting a **Film Screening of  
"Someone You Love: The HPV Epidemic"**.  
On Tuesday, 19 January, 2016 at  
GMU Johnson Center Cinema, 4400 Uni-  
versity Drive Fairfax, VA 22030 from 7PM-  
9:30PM. The cost is FREE! Please con-  
tact  
Bobby & Alegra Woodard 571-406-3410,  
[awoodard@nccc-online.org](mailto:awoodard@nccc-online.org). Or Register at  
[https://www.eventbrite.com/e/film-  
screening-of-someone-you-love-the-hpv-  
epidemic-fairfax-va-tickets-19913818768](https://www.eventbrite.com/e/film-<br/>screening-of-someone-you-love-the-hpv-<br/>epidemic-fairfax-va-tickets-19913818768)

**ADMINISTRATIVE OFFICE STAFF**

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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  
JANUARY  
REHEARSALS**

**COMBINED CHOIR**  
Thurs. 21st, 25th; 7P

**MASS CHOIR**  
Mon. 25th; 7:30P

**MASS CHOIR  
SECTIONALS**  
Tues. 19th; 7:30P

**MENS CHOIR**  
Tues. 19th; 7:30P

**WOMEN'S CHOIR**  
Tues. 26th; 7P

**WOMEN'S CHOIR  
PRAISE TEAM**  
Mon. 25th; 7P  
Tues. 26th; 6:30P

**THE AWARE PROJECT**

Cervical cancer is the most preventable female cancer. The AWARE Project's *Let's Be Clear* campaign is working with *Every Woman's Life*, a program of the Virginia Department of Health, to promote cervical cancer prevention through advanced screenings. If you are a woman between the ages of 21 and 65 without insurance, take advantage of free PAP tests offered in your area. In Virginia, call (804) 864-8204, outside Virginia call toll free (866) 395-4968 to find your nearest screening location.

**VACANCY - PROVERBS PLACE  
DIRECTOR**

Connected to Connect, Inc. is seeking to fill its "Child Care and Learning Center Director Vacancy." The Director is responsible for a broad variety of functions necessary for the efficient administration and operation of the Child Care and Learning Center. The duties include, but are not limited to being responsible for: overseeing a program to care for young children; developing instructional program for preschool and grammar school age children; ensuring compliance with all federal, state and local licensing requirements; overseeing nutritious food service program; supervising day care staff and grammar school staff; human resources, policy and procedure management. Master's degree in Education required, preferably in Early Childhood. At least two years of administrative or managerial experience in running a day care and/or learning center. Submit resumes to: Connected to Connect, Inc., 16622 Dumfries Road, Dumfries, VA 22025 or online to [CTC2016@outlook.com](mailto:CTC2016@outlook.com); Salary \$40,000 - \$50,000. **Administration and Supervision PK-12 certification required. The deadline for applications is Wednesday, January 27, 2015.**

**OMEGA PSI PHI FRATERNITY, INC--  
PWC**

Pi Lambda Lambda Chapter, Third District, Omega Psi Phi Fraternity, Inc. Prince William County, Virginia is supporting St. Jude Children's Research Hospital Fundraiser Game Day. Give Back. St. Jude Children's Research Hospital is a 501 (c) 3 nonprofit organization and all donations are 100% tax deductible. There is an 80% childhood cure rate at St. Jude and 40% of the patients are African Americans. There is no charge to the family or kids for travel, food, lodging and medical treatment. Mr. and Mrs. Danny Thomas opened up St. Jude in 1962 in Memphis, Tennessee. Thank you! Chairman, Brother Conrado B. Morgan [cgbmpg82@aol.com](mailto:cgbmpg82@aol.com) or 910-824-1911

**UNITED STATES VIETNAM WAR COM-  
MEMORATION PROGRAM**

In commemoration of the 50<sup>th</sup> anniversary of the Vietnam War a proclamation was signed by the President Obama to recognize, thank and honor United States military veterans who served during the Vietnam War period. If you are a Veterans who served on active duty any location in the U.S Armed Forces from **November 1, 1955 to May 15, 1975** please sign-up in the Narthex after 8 and 11am worship services, call the admin office or Email information to: [veterans@firstmountzionbc.org](mailto:veterans@firstmountzionbc.org). Points of contact Rev. Sandra K. James (703) 670-0184 or Ms. Pauline Hunter (703)405-0442.

**FMZBC**



## Serving to Connect People

HEBREWS 10: 24-25

Today, Sunday, January 17<sup>th</sup>

M1SG	First Mount Zion	1:00 PM
D3SG	First Mount Zion	1:00 PM
BSG	Triangle	1:30 PM
L1/L3SG	Alexandria	2:00 PM
F2SG	Woodbridge	3:00 PM
K5SG	Fredericksburg	3:00 PM
K1SG	Hampton Oaks	4:00 PM

# YAM Spiritual Study

**Ages 18-35**

**CHAPTER 13**

**JANUARY 19, 2016**

**7:00 PM**

**LOCATION: WEGMANS**

**WOODBIDGE, VA**

JOHN ORTBERG

*Author of If You Want to Walk on Water You've Got to Get Out of the Boat*

WHEN THE GAME IS OVER

IT ALL GOES

BACK IN THE





# Serving to Connect People

HEBREWS 10: 24-25

## Friday, January 22th

E3SG	Chick-fil-A	6:30PM
G2SG	Wegmans	7:30PM

## Sunday, January 24<sup>th</sup>

K4SG	Stafford	3:00PM
K2SG	Stafford	3:00PM
E2SG	Woodbridge	1:30PM

**Elevate▪Embrace▪Equip▪Express**

# Share Your Faith Workshop

Get trained on how to share Jesus' saving story  
confidently and completely.

Be a soul winner for Christ.  
Be a fisher of men!

Zone K-1 Small Group

Hampton Oaks Community Center

4:00 p.m. - 6:00 p.m. Today



From Evangelism Explosion International

See you  
there!!!



# PROVERBS PLACE CHILD CARE AND LEARNING CENTER

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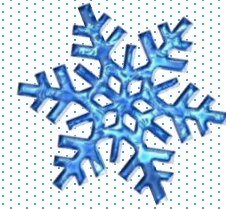
## DIRECTOR



See announcement sheet for details



HEALTHIER FAMILIES • STRONGER COMMUNITY



**VALUE MENU**

**\$22**



**JANUARY 2016**

**DISTRIBUTION**  
**1/23/16**



**FRESH, HEALTHY SEASONAL  
PRODUCE!**



**CONVENIENT PAYMENT OPTIONS:**

Debit/Credit Cards, EBT, Cash/Money Order

**FOR MORE INFORMATION?**

**See Church announcement sheet**





# FMZBC BASKETBALL

***Saturday, January 23rd***

***12:50 am: FMZ I vs. Dale City Christian  
Church***

**In Gymnasium**

**Concessions Available**

First Mount Zion Baptist Church  
**Youth Ministry Lock-in 2016**



Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD,  
my rock and my Redeemer. – Psalm 19:14

**See your announcement sheet for details or contact Rev. McNeill at (703)670-0184.**

THE UNITED STATES OF AMERICA VIETNAM WAR  
COMMEMORATION PROGRAM



**ELIGIBILITY**: Veterans who served on active duty from  
**November 1, 1955 to May 15, 1975.**

**Sign-up today in the Narthex after 8 and 11**

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*Point of contact: Rev. Sandra K. James or Mrs. Pauline Hunter*



# What are my Spiritual Gifts?



**COME DISCOVER OR REAFFIRM YOUR SPIRITUAL GIFTS**

## **Spiritual Gifts Workshop**

**Saturday, January 23, 2016**

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

Register at [SpiritualGiftsWorkshops@gmail.com](mailto:SpiritualGiftsWorkshops@gmail.com) by January 19, 2016



2016 THEME: “*SERVING* TO glorify God”  
1 PETER 4:11