

"I WAS SICK AND  
YE VISITED ME"

Our Known Sick and/  
or Shut-in Prayer List

Christopher Bates [B]  
Oonagh Bell [D1]  
Teresa Bridges [I]  
Jessica Butler [B]  
Terry Carey [F1]  
Charlie Clark [K1]  
Idell Collins [D3]  
Curley Creamier [C2]  
Samuel Graham [L1]  
Kenneth Irby [N]  
Kizzie Lane [G1]  
Jeannette Langford [D4]  
Gwynne McCathorine [N]  
Nellie McLeod [H1]  
William C. McLeod [H1]  
Maria McNair [C1]  
Ralph Minor [B]  
Suzette Montero [F2]  
Betty Palmer [D1]  
Bertha Pickering [K1]  
Essie Pullman [Z]  
William Terry [M1]  
Cynthia Thompson [M2]  
Cynthia Walker [Z]  
Clyde Wimbush [N]

GRAIN OF HEAVEN

Bacon, Turkey Sausage,  
Potatoes, Grits, Scrambled  
Eggs, Biscuits, and Apple  
Crepes.



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This Week at a Glance & Activities

ACADEMIC EDUCATION MINISTRY  
(AEM)

Attention 2017 High School Graduates who are members of FMZBC. The FMZBC AEM College Scholarship Applications are available in the Narthex by the mailboxes. Pick up the large white envelope containing your application along with other very important information. POC: Sister Glorine Gholson at [glodessa@aol.com](mailto:glodessa@aol.com).

The AEM is happy to announce that the following college scholarship applications are in the Narthex by the mailboxes:

- Pi Lambda Lambda Chapter of the Omega Psi Phi Fraternity, Incorporated, Prince William Chapter. All other pertinent information is on the application. Pick up your copy today!
- Prince William Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated, scholarship
- The Joyce and Thomas Moorhead Foundation (JTMF) scholarship
- Women In Community Action (WICA) scholarship
- RCM of Washington, D.C.--Community Empowered Opportunities Scholarship
- The Northern Virginia Urban League
- The George M. Hampton Foundation, Incorporated.
- The Gene K. Bryson Memorial Scholarship. Note that this scholarship is only for students graduating from Forest Park, Potomac, and Woodbridge High Schools.
- National Coalition of 100 Black Women--Prince William County Chapter (NCBW-PWCC) college scholarship. Applicants must be graduating from Prince William County, Manassas, Manassas Park, or Stafford County.
- OZS Chapter (Blue Wellness Foundation) of Phi Beta Sigma Fraternity, Inc.
- Alpha Kappa Alpha Sorority, Incorporated; Omicron Chi Omega Chapter--*male or female may apply; all other specifications are on the application.*
- Old Dominion (VA) Chapter, The Links, Incorporated. *Note that these applications are for 2017 high school graduates from Prince William County only.*

Pick up your application today! All specifications and contacts are listed on the individual applications.

WOMEN'S MINISTRY

**ATTENTION ALL WOMEN and GUEST...** On Mar 11, 2017 The Women's Ministry will sponsor a Girlfriend Day Fellowship to see the Stage Play "Jonah" at the Sight & Sound Theatres located in Strasburg PA. Registration is open in the Narthex, following the 8am & 11am service. POC: Sister Linda L. young, [lindalyoung@hotmail.com](mailto:lindalyoung@hotmail.com) or Sister Robin Hawkins, [brasen\\_alter@yahoo.com](mailto:brasen_alter@yahoo.com).

150<sup>TH</sup> CHURCH ANNIVERSARY

Attention FMZ Ministries:

Please share in celebrating FMZ's 150th Church Anniversary by having your ministry photo placed in the anniversary souvenir journal. Pictures will be taken in the chapel after the 8 a.m. and 11a.m. service, every Sunday, through February 26, 2017.

Sign up for the congratulatory and business ads after the 8:00 a.m. and 11 a.m. worship service. Information on ad submission will be provided at that time.

Congratulatory and business ad prices are below:  
Full Page (8 X 10.5) - \$125  
Half Page (8.5 X 5.5) - \$65  
Quarter Screen (4.25 X 5.5) - \$50  
Eighth Screen (Business Card) - \$35  
Patrons List - \$20

To schedule your ministry photo session or for additional information, please contact Trustee Carol Burns at [571-264-4140](tel:571-264-4140) or email: [mincarola-burns@yahoo.com](mailto:mincarola-burns@yahoo.com) or Deaconess Cynthia Brown at [703-342-7299](tel:703-342-7299) or email [cbrown0113@aol.com](mailto:cbrown0113@aol.com).

DRIVERS NEEDED TO SUPPORT FMZ

MINISTRIES

If you are looking for an opportunity to serve by supporting an FMZ Ministry and have an interest in getting members to and from ministry events please call the front office or email Renee Woolfolk at [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org). The need is great so the likelihood of matching you with an opportunity is great.

SUNDAY SCHOOL MINISTRY

Sunday School Servant training is scheduled for **Saturday, February 25th from 9:00-11:00 AM**. All Sunday School servants and those interested in serving in the Sunday School ministry are invited. Sign up at <http://www.signupgenius.com/go/30e0448a9ac2da2fb6-sunday1> or contact Rev. Jones at [ecjcpt@aol.com](mailto:ecjcpt@aol.com)

**ADMINISTRATIVE OFFICE STAFF**

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Fitness Center Director  
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Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto: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  
February  
REHEARSALS**

**Men's Choir**  
Tues 21; 7:30P

**Mass Choir**  
Thurs 23; 7:30P

**Women's Choir**  
Tues 28; 7P

**ATTENTION ALL MINISTRIES**

The Strategic Planning Committee is holding facilitated workshops to develop ministry objectives that align with the FMZBC Strategic Plan. Workshops are from 9 a.m. to 1 p.m. at FMZBC. Following is the schedule:

- February 25 – Church Administration, Small Groups, Deacon, Deaconess and Trustee Ministries.

For questions, please call Dr. Ricky Galloway at 703-869-7425.

**ZONE M2 MEMBERS**

Zone M2 Members are invited to stop by the table in the Narthex "TODAY" (after the 8am and 11am worship services) to say hello, or meet your Zone M2 Servant Leaders. It will only take a few minutes of your time for all of us to put faces to names. We look forward to seeing you -- Deacon Joe Boutte, Deaconess Claudia Woolfolk and Deacon James L. Hawkins.

**ONLINE GIVING**

Online giving is now available through the FMZBC website at [www.fmzbc.com](http://www.fmzbc.com). On the home-page you will find the Online Giving slider, click on the slider and you will be directed to the online giving site. As a first-time user, you will need to set up a profile and include your member number when completing your online giving form. If you require assistance with setting up your profile and/or remembering your member number, please call the front office. For non FMZ members a member number is not required.

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, February 25, 2017 beginning promptly at 9:00 AM. 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 at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

**FIT BY GOD**

**Walk and Tone:** Walking combined with muscle toning exercises and stretching. Great for seniors! On 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 9:30am to 10:30am in the fitness center starting Feb. 8th. Come exercise and fellowship!

**FMZ BASKETBALL**

Saturday February 25<sup>th</sup> at 9am FMZ vs. Dale City Christian Church in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

**MUSIC & ARTS MINISTRY**

COME JOIN THE JEWELS CHOIR!!!

The Jewels Choir is recruiting singers ages 5-12. The next rehearsals are scheduled for Thurs. March 9<sup>th</sup> and 16<sup>th</sup> at 7PM. POC: Brother Sylstea Sledge at [Ssledge@FirstMountZionBC.org](mailto:Ssledge@FirstMountZionBC.org) or 703-670-0184.

**SHARE DISTRIBUTION**

February SHARE packages will be distributed on Saturday, February 25th from 9 -10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**GOSPEL FEST**

Please join the Omicron Chi Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated® for its 23rd Annual Gospel Fest featuring award winning gospel artist Rev. Luther Barnes on Saturday, March 11th, at First Mount Zion Baptist Church beginning at 4 p.m. The event celebrates faith while honoring men in the local community. For ticket information visit <http://www.omicronchiomega-aka.org>/ or contact Beverly Howell at [gospelfest@omicronchiomega-aka.com](mailto:gospelfest@omicronchiomega-aka.com).

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, February 21<sup>st</sup>, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at [pwnaacp.org](http://pwnaacp.org) and access the calendar entry for this meeting.