

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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 McCatharine [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]
- Katherine Stevens [D1]
- William Terry [M1]
- Haywood Thomas [D4]
- Cynthia Thompson [M2]
- Cynthia Walker [Z]
- Clyde Wimbush [N]

GRAIN OF HEAVEN

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



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Today, Mar 5

Music ~ Mass Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Children's Church 11A;
Worship Service 11A

Monday, Mar 6

POISED Class 9:30A; 150th Church
Anniversary Committee 7P; Academic
Education Ministry (Tutorial) 7P; Al-
zheimer's Caregiver Support SGM 3 7P;
Bod4God SGM 7P; Maturing In Christ
SGM (Four Seasons) 7P; Music Minis-
try Rehearsal (150th Anniversary
Choir) 7P; Retire Inspired SGM 7P;
Women's Choir Praise Team 7P; Dea-
con Executive Meeting 7:30P

Tuesday, Mar 7

How to Study the Bible SGM 11A;
Deaf Ministry 7P; Living for Christ
Youth SGM 7P; Senior Usher Ministry
7P; Women's Choir Praise Team 7P;
Women's Choir 7P; Trustee Ministry
7:30P

Wednesday, Mar 8

POISED Class 9:30A; Alzheimer's
Caregiver Support SGM 1 11A; Praise
& Worship 7:30P; Bible Study 8P

Thursday, Mar 9

POISED Class 9:30A; Soup to Nuts
Cooking and Baking SGM
(Woodbridge) 6:30P; Blessed and
Highly Favored SGM (Dumfries) 7P;
Deaconess Candidate Training 7P;
God's Culinary Servants Cooking and
Baking SGM (Woodbridge) 7P; Issues
of Life SGM (Triangle) 7P; Jewels
Choir 7P; Joint Leadership Candidate
Training 7P; Pastor's Aide Ministry 7P;
Pastors Sermons SGM 7P; Voices of
Zion 7P; Men's Ministry Monthly Meet-
ing 7:30P; Trustee HR/ Admin Commit-
tee 7:30P

Friday, Mar 10

Christian Warriors SGM (Dumfries)
6:30P; Circling God's Word SGM
(Woodbridge) 7P

Saturday, Mar 11

Christian Fellowship Basketball
League 9A; Strategic Planning Com-
mittee 9A; MEM New Beginnings
Spring Session 11A; Common Thread
Sewing SGM 10A; Men's Ministry
Fellowship 9A; AKA Gospel Fest 4P

ACADEMIC EDUCATION MINISTRY
(AEM)

Attention 2017 High School Graduates who
are members of FMZBC. The FMZBC AEM
College Scholarship Applications are avail-
able 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.

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 per-
tinent information is on the applica-
tion. Pick up your copy today!
- Prince William Alumnae Chapter of
Delta Sigma Theta Sorority, Incorpo-
rated, scholarship
- The Joyce and Thomas Moorhead
Foundation (JTMF) scholarship
- Women In Community Action (WICA)
scholarship
- The George M. Hampton Foundation,
Incorporated.
- The Gene K. Bryson Memorial Schol-
arship. Note that this scholarship is
only for students graduating from For-
est Park, Potomac, and Woodbridge
High Schools.
- National Coalition of 100 Black Wom-
en--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 Founda-
tion) of Phi Beta Sigma Fraternity, Inc.
- Alpha Kappa Alpha Sorority, Incorpo-
rated; 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 speci-
fications and contacts are listed on the indi-
vidual applications.

150TH CHURCH ANNIVERSARY

FMZ Members & Friends

Sign up for Congratulatory and Business Ads in
the Narthex after 8 a.m. and 11 a.m. Worship
Service. Information on Ad submission will
be provided to you at that time or you may submit
your Ads to email address: [Anniver-
sary2017@FirstMountZionBC.Org](mailto:Anniversary2017@FirstMountZionBC.Org). If you have
already purchased your Ads please submit them
to the aforementioned email address. The Com-
mittee thanks you for your generous support.

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

POC: Deaconess Cynthia Brown at [703-342-7299](tel:703-342-7299)
or email cbrown0113@aol.com or Trustee Carol
Burns at [571-264-4140](tel:571-264-4140) or email: [mincarola-
burns@yahoo.com](mailto:mincarola-
burns@yahoo.com).

150th ANNIVERSARY CHALLENGE

**The 150th Anniversary committee is encourag-
ing the congregation to participate in promot-
ing the church's anniversary celebration by
participating in "The 150th Anniversary Chal-
lenge."**

Ministries and members of the congregation are
encouraged to participate in this challenge by
using the number "150" as a goal when partici-
pating in a ministry activity.

**For example: The Fit by God Fitness Center
has challenged 150 members to exercise
for 150 minutes in the Fitness Center for at
least one week during the months of March
and April. The Deacons Ministry has accepted
the challenge and will collect 150 non-
perishable food items to donate to the ACTS
Food Pantry. Our Minister of Music has ac-
cepted the challenge to have more than 150
choir members sing during the
150th Anniversary service.**

Participation is entirely optional and ministries
may create their own ideas and share your ideas
with the Anniversary Committee. If you are inter-
ested, please stop by the 150th Anniversary Desk
to sign up and obtain a commitment form. Special
Recognition will be given to all who complete the
challenge.

WOMEN'S MINISTRY

Fellowship Girlfriend Day Outing - Jonah:
Sight & Sound Theater

ATTENTION!!!! The Women's Ministry will
meet in the FMZBC main parking lot on March 11,
2017. Check-in is at 7:15AM and the bus will
depart PROMPTLY at 8:00AM. In the event of
inclement weather visit the church website--
fmzbc.com. POC: Sister Linda L. Young,
lindalyoung@hotmail.com or Sister LaRue Lynah,
llynah@acps.k12.va.us.

ADMINISTRATIVE OFFICE STAFF

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Renee Woolfolk
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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 12 NOON ON WEDNESDAY TO: ANNOUNCEMENTS@FIRSTMOUNTZIONBC.ORG. WE RESERVE THE RIGHT TO MAKE CHANGES AS NECESSARY.

**MUSIC & ARTS
MINISTRY
March
REHEARSALS**

**Women's Choir Praise
Team**

Mon 6; 7P
Tues 7; 7P

Women's Choir

Tues 7; 7P

Voices of Zion

Thurs 9, 16; 7P

Jewels Choir

Thurs 9,16; 7P

Men's Choir

Tues 14, 21; 7:30P

Mass Choir

Thurs 23; 7P

**150th Anniversary
Choir**

Mon 6, 13, 20, 27; 7P

**DRIVERS NEEDED TO
SUPPORT FMZ
MINISTRIES**

Are 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? If so, please contact Renee Woolfolk (703) 670-0184 or email rwoolfolk@firstmountzionbc.org. The need is great so the likelihood of matching you with an opportunity is great.

YOUTH MINISTRY

Save The Date:

Youth Retreat—April 21-22

Youth (High School) Retreat: The 2017 Youth (9th thru 12th Graders) Retreat has been scheduled for April 21-22 at the National 4H Center in Chevy Chase, MD. With its roots in the Bible, the retreat's focus on "Spiritual Leadership" seeks to edify, to engage and to encourage young believers in Christ. Registration will begin next month in the Narthex; space is limited. The retreat's cost is \$50. POC: Rev. McNeill for details at 703-670-0184 or jmcneill@firstmountzionbc.org.

VBS VOLUNTEERS NEEDED

Join us June 26th - 30th, 8:00am-12:30pm to make Vacation Bible School 2017 a success. Signup in the narthex or contact Carmia Salcedo at vbsfmzbc@gmail.com, 703-307-6296. **Volunteer screening is mandatory.** Student signup begins April 23rd.

MUSIC & ARTS MINISTRY

COME JOIN THE JEWELS CHOIR!!!

The Jewels Choir is recruiting singers ages 5-12. The next rehearsals are scheduled for Thursday, March 9th and 16th at 7pm.

COME JOIN The FMZ Men's Choir and helps us with the 150th Anniversary Challenge. The next rehearsals will be held on Tuesday, March. 14th and 21st at 7:30pm.

POC: Brother Sylstea Sledge, (703) 670-0184 or Ssledge@firstmountzionbc.org.

SMALL GROUPS MINISTRY

BOD4GOD Weight Loss Teams. Our journey begins as we "Lose to Live". Our special guest speaker for Monday, March 6th is the author of the book, BOD4GOD, Pastor Steve Reynolds, also known as the "Anti-Fat Pastor" who has lost over 100 pounds. We will begin promptly at 7:00PM. We look forward to seeing you!

POC: Stephanie M. Craddock, Small Groups Director
Scraddock@firstmountzionbc.org or (703) 670-0184

ONLINE GIVING

Online giving is now available through the FMZBC website at 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.

MONEY SMART MINISTRY

So you've started a small business! Now what? Come to the Business Basics Roundtable, Money Smart Ministry's first workshop of the year, on March 25. Learn and be prepared to share with fellow business owners tips and tricks of the trade from accounting and finance, to communications and marketing, networking, legal matters and more! Save the date and like us on Facebook! For more information and if you are interested in being on the panel, contact moneysmart@firstmountzionbc.org. The Money Smart Ministry's goal is to empower all members to be better stewards of the resources God has provided for us by sharing money management techniques.

FMZ BASKETBALL

Saturday March 11th at 9am FMZ vs. Hope Aglow in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

SHARE REGISTRATION

The last day to register for March SHARE packages is Sunday, March 12th. SHARE packages are \$22 for food valued between \$35 and \$45. 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 4pm. 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.