

"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]
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 12

Music ~ Women's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Children's Church 11A;
Worship Service 11A; Associate Ministers
1P; Diverse Disciples of Christ
Youth SGM 1P; God's knowledge is
Powerful SGM 1P; Study to Show
Thyself Approved SGM 1:30P; Basic
Christian Beliefs SGM (Stafford) 3P

Monday, Mar 13

Proverbs Place Easter Play Rehearsal
9A; POISED Class 9:30A; 150th
Church Anniversary Choir 7P; Aca-
demic Education Ministry (Tutorial) 7P;
Benevolence Committee 7P; Bod4God
SGM 7P; Connected to Connect 7P;
Young Adult Financial Planning SGM
7P

Tuesday, Mar 14

Alzheimer's Caregiver Support SGM 2
7P; Combined Summer Zone Fellow-
ship K-N Planning Meeting 7P; Mary
Elizabeth Ministry Planning Meeting
7P; Pi Lambda Lambda OPPF 7P;
Toastmasters 7P; Women's Ministry
Leadership Meeting 7P; Men's Choir
7:30P

Wednesday, Mar 15

Proverbs Place Easter Play Rehearsal
9A; POISED Class 9:30A; Senior's
Ministry 12:30P; Martin/ O' Bryant
Wedding Rehearsal 6P; Praise & Wor-
ship 7:30P; Bible Study 8P

Thursday, Mar 16

POISED Class 9:30A; Martin/ O' Bry-
ant Wedding 4P; Jewels Choir 7P;
Motorcycle Ministry 7P; Voices of Zion
7P; Deacon Ministry Meeting 7:30P;
Trustee-Facility & Real Property Com-
mittee 7:30P

Friday, Mar 17

No Scheduled Meetings.

Saturday, Mar 18

1st Class Single Women for God SGM
9A; Christian Fellowship Basketball
League 9A; G1 Zone Planning Meeting
9A; Joint Leadership Training Session
9A; Volunteer Screening Ministry 9A;
Common Thread Sewing SGM 10A;
HR Meeting 10A; Pi Lambda Lambda
OPPF 10A; Young Adult Ministry 10A;
MEM New Beginnings Spring Session
11A; Junior Ushers 11:30A; Daughter's
of the King Book Club SGM
(Woodbridge) 3P; End Of Life Care
SGM (Woodbridge) 3P; Hampton
Warriors SGM (Stafford) 3P

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!
- 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.

Pick up your application today! All speci-
fications and contacts are listed on the indi-
vidual applications.

MUSIC & ARTS MINISTRY

COME JOIN THE JEWELS CHOIR!!!

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

COME JOIN The FMZ Men's Choir and
helps us with the 150th Anniversary Chal-
lenge. 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.

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.

150th Church Anniversary Volunteers Needed

The 150th Church Anniversary Committee is look-
ing for volunteers to help in The Grain of Heaven
and with clean up on April 30th for the recep-
tion. If you are interested in volunteering, please
sign up in the Narthex after 8am and 11am ser-
vice TODAY!

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
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abryant@firstmountzionbc.org

Sherise Campbell
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Stephanie M. Craddock
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Sherry Hilliard
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Rev. John C. McNeill, Jr.
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Laura Valkenburg
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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
March
REHEARSALS**

Voices of Zion
Thurs 16; 7P

Jewels Choir
Thurs 16; 7P

Men's Choir
Tues 14, 21; 7:30P

Mass Choir
Thurs 23; 7P

**150th Anniversary
Choir**
Mon 13, 20, 27; 7P

Women's Choir
Tues 28; 7P

YOUTH MINISTRY

Sign-Ups Begin Today

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. Sign up 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.

GO WITH THE FLOW

Be a part of the 150 women/organizations supporting Phase I of the Professional Women Small Group's initiative to give 150 menstruating homeless and under-sheltered women dignity by donating tampons, sanitary pads, bras and new underwear. We are also accepting toothpaste, lotion, soap, wet wipes, tinted lip gloss/balm, hand warmers/patches, and washcloths. Place your donations in the FLOW Boxes located in FMZBC Women's restrooms. Like us on Facebook <https://www.facebook.com/GoWithTheFlowPWSG>

INTEREST BASED SMALL GROUP

BOD4GOD Weight Loss Small Group is officially **CLOSED**. We are grateful and appreciative for your overwhelming response. We will have sign-ups again during our 1st Semester Fall Group-Link, in September. Stephanie M. Craddock, Small Groups Director at Scraddock@firstmountzionbc.org or (703) 670-0184

FMZ Basketball

Saturday March 18th at 12:50pm FMZ vs. Saint Francis in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

SHARE REGISTRATION

Today is the last day to register for March SHARE packages. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

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.

WOMEN'S MINISTRY

A Global Bible – Teaching Event

Priscilla Shirer
SIMULCAST

The Women's Ministry invites you to join women from around the world for this inspiring one-day event with Priscilla Shirer! She will be joined by her brother, worship leader Anthony Evans. You are invited to be part of this global, one-day **LIVE** Simulcast that focuses on the power of prayer and learning to study God's Word for yourself. This is a **FREE** event. You can register on Mar 19, 26 and Apr 2, 2017 after the 8am and 11am service or online at www.fmzbc.org. POC: Sister La Rue Lynah, llynah@acps.k12.va.us or Sister Linda L. Young, lindalyoung@hotmail.com.

**FMZBC WOMEN'S MINISTRY 2016 YEAR
IN REVIEW**

2016 Yearbook Orders: The Women's Ministry is pleased to release our 2016 Yearbook featuring 40 full-color pages cataloging the activities of last year in pictures. Take a preview at our table in the Narthex and then place your order today. Payments will be taken today and Sunday March, 19th after both services.

The study of Gideon - Your weakness, God's strength by Priscilla Shirer is fast approaching. The first study session begins March 18, 2017 at First Mount Zion at 10am. The study book "Gideon", can be purchased in the church bookstore. If you have any questions please contact Robin Hawkins at brasen_alter@yahoo.com or Linda Young at lindayoung@hotmail.com.

ARCHIVES AT FMZ

The Archives room is open today following the 8 and 11 a.m. services.