

"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]
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, Biscuits, and
Waffles.



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This Week at a Glance & Activities

ACADEMIC EDUCATION MINISTRY (AEM)

Attention 2017 Graduating High School Seniors who are members of FMZ and Parents: The April 16 deadline is fast approaching for the submission of the FMZ College Scholarship applications. Remember: All applications must be turned in on time and must be complete. Don't miss out on this money for college. Submit your application before the deadline!! POC: Sister Glorine W. Gholson at 703-221-1524 or 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!
- 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 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.
- The Lambda Gamma Gamma Chapter (LGG) of Omega Psi Phi Fraternity, Incorporated. Please visit <http://www.queslgg.org> for the applications and directions. Deadline: April 5, 2017. If you have questions, contact lggoppsscholarshipcommittee@gmail.com.
- The Northern Virginia Baptist Association, Incorporated, Helen B. Webb Scholarship. Graduating seniors should check out this application as soon as possible.

Pick up your application today! All specifications and contacts are listed on the individual 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: Anniversary2017@FirstMountZionBC.Org. If you have already purchased your Ads please submit them to the aforementioned email address. The Committee 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.

150th ANNIVERSARY CHALLENGE

The 150th Anniversary committee is encouraging the congregation to participate in promoting the church's anniversary celebration by participating in "The 150th Anniversary Challenge."

Ministries and members of the congregation are encouraged to participate in this challenge by using the number "150" as a goal when participating 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 accepted 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 interested, 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.

BENEVOLENCE POLICY UPDATE

FMZBC is updating its benevolence policy. Members may review the policy in the Church Office or in the Narthex, March 19-28, after both services. Comments on the policy may be forwarded to Benevolence@firstmountzionbc.org. Please submit your comments or questions no later than March 28. The updated policy will be voted on at the April 1st church meeting.

Today, Mar 19

Music ~ Voices of Zion/ Jewels
Sunday School 7A; Worship Service 8A;
Sunday School 9:45A; Juvenile Detention
10A; Children's Church 11A; Worship
Service 11A; Military Service Member
Outreach SGM (Alexandria) 2P; 60th
Ushers Anniversary 2:30P; Hungry For
The Word SGM (Stafford) 3P; Inspiration-
al Journey Book Club SGM (Stafford) 3P

Monday, Mar 20

Proverbs Place Easter Play Rehearsal
9A; POISED Class 9:30A; 150th Church
Anniversary Choir 7P; Academic Educa-
tion Ministry (Tutorial) 7P; 150th Church
Anniversary Committee 7P; Alzheimer's
Caregiver Support SGM 3 7P; Bod4God
SGM 7P; Journey to Joy 7P; Money
Smart Planning Session 7P; Retire In-
spired SGM 7P; Deacon Ministry-
Interview Training 7:30P; Leadership
Training Class 7:30P; Trustee Ministry
Finance Committee 7:30P; Trustee Minis-
try Future Development Committee 7:30P

Tuesday, Mar 21

How to Study the Bible SGM 11A; Cele-
brate Recovery Women's Group Leaders
7P; Flower Ministry 7P; Living for Christ
Youth SGM 7P; Women's Ministry-IPT
Committee 7P; Deaconess Ministry
Monthly Meeting 7:30P; Men's Choir
7:30P

Wednesday, Mar 22

Proverbs Place Easter Play Rehearsal
9A; POISED Class 9:30A; Alzheimer's
Caregiver Support SGM1 11A; Praise &
Worship 7:30P; Bible Study 8P

Thursday, Mar 23

POISED Class 9:30A; Soup to Nuts Cook-
ing 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;
Joint Leadership Candidate Training 7P;
Pastor's Sermons SGM 7P; Strategic
Planning Committee 7P; Trustee Can-
didate Training 7P; Mass Choir

Friday, Mar 24

Proverbs Place Easter Play Rehearsal
9A; Warriors of Love SGM (Woodbridge)
7P

Saturday, Mar 25

Christian Fellowship Basketball League
9A; Health Ministry 9A; Money Smart
Workshop 9A; SHARE Distribution 9A;
The Eagles Health & Nutrition Small
Group 9A; Common Thread Sewing Small
Group 10A; Spiritual Cancer Support
Ministry 10A; 2017 MEM Graduation 11A;
Women's Ministry 12P

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
March
REHEARSALS**

Men's Choir
Tues 21; 7:30P

Mass Choir
Thurs 23; 7P

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

Women's Choir
Tues 28; 7P

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/GoWithTheFlowPWGS>

SHARE DISTRIBUTION

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

YOUTH MINISTRY

Youth (High School) Retreat: The 2017 Youth (9th thru 12th Graders) Retreat will be held 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 cost of the retreat cost is \$50. POC: Rev. John McNeill at 703-670-0184 or jmcneill@firstmountzionbc.org.

VBS VOLUNTEERS NEEDED

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

MUSIC & ARTS MINISTRY

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

**COME JOIN THE JEWELS CHOIR
AND VOICES OF ZION CHOIR!!!**

The Jewels Choir is recruiting singers ages 5-12. The Voices of Zion Choir is recruiting singers ages 13-22.

POC: Bro. Sylstea Sledge, (703) 670-0184, ssledge@FirstMountZionBC.org.

FMZ BASKETBALL

Saturday March 25th at 9am FMZ vs. 1st Baptist of Manassas in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

NOMINATING COMMITTEE

Congregation Nominations for Leadership: The First Mount Zion Baptist Church Constitution & By-Laws gives members the opportunity to recommend men and women of the church for leadership positions (Deaconess, Deacon and Trustee). A nomination information package may be picked up at the leadership desk in the Narthex. The deadline for 2017 consideration is May 31. Nominations received after that date will be considered in 2018. Leadership Contacts: Deacon. Brodrick Wilcox, Deaconess Sharron Johnson and Trustee Juan McPhail.

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! Sign up today in the Narthex, and like us on Facebook! For more information and if you are interested in being on the panel, please contact mon-eysmart@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. Be a 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 March 19, 26 and April 2, 2017 after the 8am and 11am service or online at www.fmzbc.com. 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 on Sundays, March 19th and 26th after both services.

Brookdale Seniors Home Visit: Join us on Saturday, March 25th in bringing smiles to the seniors living at Brookdale in Fredericksburg (located approximately 20-25 minutes south from Rt. 234). Our morning will begin at 10am, reading to residents in the Memory Care unit, followed by assisting in the recreational hour at 11am with residents in the Home Care unit, where the mothers of two FMZ members currently reside. POC: Dora Muhammad (571) 384-8611 or Linda Young, lindalyoung@hotmail.com.