

"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]
Beulah (BJ) Harper [D1]
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]
Tony Weaver [M2]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Continental Breakfast



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Website
www.fmzbc.com

This Week at a Glance & Activities

Today, Apr 2

Music ~ Mass Choir
Sunday School 7A; Worship Service 8A;
Associate Ministers Photos 9:30A; Sun-
day School 9:45A; Juvenile Detention
10A; Children's Church 11A; Worship
Service 11A; Associate Ministers 1P

Monday, Apr 3

POISED Class 9:30A; Academic Educa-
tion Ministry (Tutorial) 7P; Young Adult
Ensemble 7P; Women's Choir Praise
Team 7P; Bod4God SGM 7P; Maturing in
Christ SGM (Four Seasons) 7P; Retire
Inspired SGM 7P; Combined Choir (150th
Anniversary/Easter) 7P; Deacon Execu-
tive Meeting 7:30P

Tuesday, Apr 4

Proverbs Place Easter Play Rehearsal
9A; How to Study the Bible SGM 11A;
Celebrate Recover Women's Group Lead-
ers 7P; Deaf Ministry 7P; Living for Christ
Youth SGM 7P; Senior Usher Ministry 7P;
Women's Choir 7P; Women's Choir
Praise Team 7P; Trustee Ministry 7:30P

Wednesday, Apr 5

POISED Class 9:30A; Senior's Ministry
12:30P; Praise & Worship 7:30P; Bible
Study 8P

Thursday, Apr 6

POISED Class 9:30A; Deaconess Execu-
tive Team Meeting 10:30A; Soup to Nuts
Cooking and Baking SGM (Woodbridge)
6:30P; Deaconess Candidate Training 7P;
God's Culinary Servants Cooking and
Baking SGM (Woodbridge) 7P; Joint
Leadership Candidate Training 7P; Pro-
fessional Women's SGM (Four Seasons)
7P; Trustee Candidate Training 7P;
Young Adult Professionals SGM 7P;
Combined Choir (150th Anniver-
sary/Easter) 7P; Jewels Choir 7P

Friday, Apr 7

Carpenters for Christ SGM 7P; Profes-
sional Women SGM (Four Seasons) 7P;
Youth First Friday 7P; Married Couples
Ministry 7:30P

Saturday, Apr 8

Women's Conference 8:30A; Christian
Fellowship Basketball League 9A; Men's
Ministry Fellowship 9A; Common Thread
Sewing SGM 10A

ACADEMIC EDUCATION MINISTRY (AEM)

Attention 2017 Graduating High School Seniors who are members of FMZ and Parents: The April 17 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, 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:

- The Joyce and Thomas Moorhead Foundation (JTMF) scholarship
- The George M. Hampton Foundation, Incorporated.
- 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.queslqg.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.
- Scholarship applications for 2017 high school graduates who will be attending Virginia State University are available in the Narthex by the mailboxes. Applicants must be 2017 graduates from Arlington, Alexandria, Fairfax, Prince William, and Loudoun counties.

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

COLLEGE VISIT

A College visit to Hampton University and Old Dominion University has been scheduled for Monday, April 10, 2017 for First Mount Zion Baptist Church high school students. This will give the students an opportunity to tour a college campus, learn about college life, and receive information about two local universities. Departure time is 7:30am and return time is approximately 6:30pm. A snack will be provided, however students should bring money for lunch and souvenirs. Please sign up in the Narthex after 8 am and 11am service. POC: Sonya Almond at salmond1@gmu.edu or Gerry Griffin at griffing@rocketmail.com.

SHARE REGISTRATION

The last day to register for April SHARE packages is Sunday, April 9th. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

150th CHURCH ANNIVERSARY VOLUNTEERS

Attention ALL 150th Church Anniversary Volunteers! You are requested to attend a meeting with the Pastor and Anniversary Committee on **Monday, April 17 at 7:00 PM in the Chapel**. Details will be shared about the important roles that you will play in making this an event that will honor God and FMZBC's rich history.

- All members who volunteered to set up for the reception; serve at the reception and clean up after the reception, please attend this meeting!
- If you are volunteering for the Greeters, Parking, Security and Transportation Ministries on April 30, please attend this meeting!

The momentum and excitement are building but **WE NEED YOU** to make it happen! See you on April 17.

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.

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.

CHILDREN'S MINISTRY

Mercantile - Coming 4th Sun, **April 23rd**, during Children's Church. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile. POC: Judy Best, Mercantile Coordinator, (703) 670-0746, genes04@msn.com.

FMZ BASKETBALL

Playoffs begin Saturday April 8th at 9am in Gymnasium. Check with the fitness center for specific teams and times. Concessions available in 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.

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
APRIL
REHEARSALS**

Young Adult Ensemble
Mon 3, 10; 7P

Women's Choir Praise Team
Mon 3; 7P
Tues 4; 7P

Women's Choir
Tues 4; 7P

Men's Choir
Tues 11; 18; 7P

Jewels Choir
Thurs 6; 7P

Voices of Zion
Mon 10; 7P

**150th Anniversary/Easter
Choir**

Mon 3; 10; 7P
Thurs 6; 7P

150th Anniversary Choir

Mon 17; 7P
Tues 25; 7P
Thurs 20; 27; 7P

**K-4 MEMBERS MEET YOUR
ZONE LEADERS**

K-4 Zone Members stop by the table in the Narthex today after service and meet and greet your Zone Leaders. Ensure your contact information is up to date and find out what's going on in Zone K-4. Your Zone Leaders are Deacon Jeff Manning & Deaconess Cheryl Manning

ZONES K-1 THRU 5 & ZONE N

Members get involved in the summer picnic planning for our annual combined Summer Fellowship. The event will be held at Curtis Memorial Park in Stafford on Saturday, June 24, 2017. Contact your Zone Leader and attend our next planning session in Stafford, VA. Our annual gathering will be filled with fun, food and fellowship. Come out and assist with the planning as we Celebrate and Remember 150 Years Together. Communications Committee POC's for the upcoming Summer Fellowship Planning (Zones K-1, K-2, K-3, K-4, K-5, & N) are Deacon Vannie J. Parker IV (parkervi25@gmail.com) & Deaconess Carolyn Woodson (dstfall74@aol.com)

ZONE G1 FELLOWSHIP

Zone G1 Fellowship- June 17, 2017 at Veterans Park. SIGN-UP TODAY in the Narthex.

AFRICAN AMERICAN MUSEUM

Entry Policy Correction

The NMAAHC is honored to welcome veterans, active duty personnel and first responders, and one guest to the NMAAHC. Work ID, badge and or military ID is required for entry. Museum passes are not required for entry. The Office of Protection Services monitors the occupancy levels closely to determine if and when we can safely admit more people. Veterans, active duty personnel, and first responders may be admitted based on expected visitation and building occupancy. Please be advised that the following are high-visitation dates. Capacity may fill quickly, and entrance will be on a space available basis.

* Inauguration Day (every four years), Independence Day, The Friday after Thanksgiving, National Police Week - May14-May 17, 2017, Memorial Day Weekend/Rolling Thunder May 27-May 28, 2017.

MARRIED COUPLES MINISTRY

The Married Couples Ministry Fellowship will meet at FMZBC on "Date Night" Friday, April 7, 2017 at 7:30pm. Please come and join us in our 150th Year Marriage Challenge in honor of our Church Anniversary. We will continue our study in Chapter 6 of the book "7 Rings of Marriage". Feel free to come share the love and invite other couples! For more information please call Les or Karen Young at (425) 218-2145 or (703) 405-8361.

SMALL GROUPS MINISTRY

Looking for additional Men and Women Group Leaders to launch the following Small Group in September 2017.

Celebrate Recovery is a Christ-centered program that gives people the resources and relationships to help find a new way of living. This Small Group is for anyone struggling with past or current hurts, habits, or hang-ups, whether they are affecting their own life or the lives of those around them. The purpose of Celebrate Recovery is to find God's healing power in our lives through the Eight Recovery Principles found in the Beatitudes and the Christ-centered Twelve Steps. If you have experience professionally or personally, please consider leading to help someone Celebrate their Recovery. Training is underway.

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

WOMEN'S MINISTRY

150th Anniversary Challenge: The Women's Ministry is collecting administrative supplies for *The Women's Empowerment Center (ACTS)*, a multi-service center providing women with tools to achieve economic independence and self-sufficiency. Help us collect 150 items! Additional information available at our table in the Narthex following Worship. POC: Sister Dora Muhammad, gracecreated@gmail.com or Sister Linda Young, lindaloung@hotmail.com.

CHANGE IN APRIL VOLUNTEER

SCREENING DATE

Please note that as a result of the Easter Holiday weekend, the April Volunteer Screening session will be conducted on the **fourth Saturday in April (22)** instead of the third Saturday as previously announced. The Volunteer Screening Committee will conduct training and interviews on Saturday, April 22, 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.

SUNDAY SCHOOL MINISTRY

The Sunday School Ministry invites you to join us each week for **Sunday School at 7:00 and 9:45 AM**. In honor of the 150th anniversary celebration, we are going to **increase our attendance from 200 per week to 350 per week**. There are classes for all ages and we are encouraging adults to bring their children. There's a spot for you, so we look forward to seeing you in class next Sunday. POC: **Rev. Ernest Jones at ecicpt@aol.com**.

MEN'S MINISTRY

ATTENTION ALL MEN!...Come and fellowship on Saturday, April 8th at 9 a.m., as we gather 'Outside The Walls'. We will have our breakfast fellowship at the Old Country Buffet (2942 Prince William Pkwy) for good food, GREAT Fellowship, and God's Word. The cost is ONLY \$9 per person (includes beverage). RSVP in the Narthex TODAY!!!! I pray you seize this opportunity to invest in your spiritual growth and brotherhood. We look forward to seeing you Mighty Men of God. Iron Sharpening Iron (Prov. 27:17). mensministry@firstmountzionbc.org

ZONE J1 MEMBERS MEET AND GREET

Stop by Tacketts Dunkin' Donuts, 2201 Old Bridge Rd on Saturday, April 15 between 8:00am and 9:45am to fellowship with each other and your zone leaders. POC: Dea. Mike Boone (571) 422-6107.