

"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]
Teresa Bridges [I]
Jessica Butler [B]
Terry Carey [F1]
Charlie Clark [K1]
Curley Creamier [C2]
Samuel Graham [L1]
Beulah (BJ) Harper [D1]
Cheryl Harris [D1]
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]
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

Today, Apr 9

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

Monday, Apr 10

POISED Class 9:30A; Benevolence Com-
mittee 7P; Bod-4-God SGM 7P; Com-
bined Choir (150th Anniversary & Easter)
7P; Connected to Connect 7P; Vacation
Bible School Meeting 7P; Voices of Zion
7P; Young Adult Financial Planning SGM
7P


Tuesday, Apr 11

Alzheimer's Caregiver Support SGM 2 7P;
Mary Elizabeth Ministry-Planning Meeting
7P; Pi Lambda Lambda OPPF 7P; Toast-
masters 7P; Men's Choir 7:30P

Wednesday, Apr 12


POISED Class 9:30A; Alzheimer's Care-
giver Support SGM 1 11A

Thursday, Apr 13



**Maundy Thursday Wor-
ship Service 7:30P**

Friday, Apr 14



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

Saturday, Apr 15

1st Class Single Women for God SGM
(Offsite) 9A; Pi Lambda Lambda OPPF
10A; Women's Ministry 10A; Junior Ush-
ers 11:30A; Joint Leadership Fellowship
(Offsite) 12P; 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 Graduating High School
Seniors who are members of FMZ and
Parents:** The Academic Education Ministry
(AEM) is announcing the availability of four
college scholarships from Alpha Phi Alpha
Fraternity, Incorporated; Omicron Alpha
Lambda Chapter in the names of:

- Martin Luther King, Jr. Scholarship
- Walter P. Richardson Scholarship
- Emory T. Turner Scholarship
- Phillip Y. Wyatt Scholarship

POC: Dr. James S. at
Copeland@opaol.com for more infor-
mation. **The deadline is April 15.**

COLLEGE VISIT

A College visit to Hampton University and
Old Dominion University has been sched-
uled 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

Today is the last day to register for April
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.

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 ecjcpt@aol.com.**

150th CHURCH ANNIVERSARY VOLUNTEERS

**Attention ALL 150th Church Anniversary Vol-
unteers!** You are requested to attend a meet-
ing 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,
Health Ministry, Parking, Security and Trans-
portation 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 encourag-
ing the congregation to participate in promot-
ing the church's anniversary celebration by participat-
ing 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 partici-
pating 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 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.

CHILDREN'S MINISTRY

Children's Church will be CLOSED on April 16
and April 30, 2017.

Children's Church Policy:

Nursery - 12 months - 3 years

Children's Church - 3 years (potty trained) and up.

If you have any questions, please contact Michelle
Wallace, mew1021@verizon.net, 240-602-5929 or
Shemone Fullilove, shemonef@gmail.com, 571-
237-5786.

NOMINATING COMMITTEE

Congregation Nominations for Leadership: The
First Mount Zion Baptist Church Constitution & By-
Laws gives members the opportunity to recom-
mend men and women of the church for leader-
ship 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. Nomi-
nations 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 10; 7P

Men's Choir
Tues 11; 18; 7P

Voices of Zion
Mon 10; 7P

**150th Anniversary/Easter
Choir**
Mon 10; 7P

150th Anniversary Choir
Mon 17; 7P
Tues 25; 7P
Thurs 20; 27; 7P

**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 (parkervj25@gmail.com) & Deaconess Carolyn Woodson (dstfall74@aol.com)

K-3 ZONE MEMBERS

K-3 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-3. Your Zone Leaders are Deacon Lloyd Cox & Deaconess Denise Bagwell.

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.

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.

SOCKS FOR THE HOMELESS

The Fearless Small Group is working to collect 150 Packs of athletic socks in honor of the 150th Church Anniversary.

The socks will be donated to Streetlight Ministries for the homeless men and women who live in the tent cities and on the streets of our community. Please help us to make a difference by bringing a PACK of new, unopened men or women's socks to church by April 16th. The socks may be given to Rev. Gary Thompson, Deacon Michell Clark, Deaconess Doris Sessoms or Sister Sue Clark. They may also be left in Room 313 BEFORE services only or at the Leadership Desk.

WOMEN' S MINISTRY

150th Anniversary Challenge: The Women's Ministry will be supporting the Women Empowerment Center in Triangle for our outreach in April. The WEC was formerly the East Safe House operated by ACTS, now converted to house its transitional housing program. We will be collecting administrative supplies for its workforce development classrooms currently under construction as part of its basement renovation, set to open in early May. Help us reach a goal of 150 donated items! Pick up a donation wish list and drop-off dates today at our table in the Narthex following the 8am and 11am service. POC: Sister Dora Muhammad, gracecreat-ed@gmail.com or Sister Linda Young, lindalyoung@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.

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.

**YOUNG ADULT MINISTRY COLLEGE
CARE PACKAGES**

Please take a moment to sign your college student up to receive a care package. Sign-up sheets are in the narthex after the 8am and 11am service or via email at YoungAdult@firstmountzionbc.org. The last day to sign up is April 16th. Please see Kemi Ojumu for any questions.