

"I WAS SICK AND  
YE VISITED ME"

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 McCatharine [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

Bacon, Turkey Sausage,  
Eggs, Potatoes, Cinnamon  
Apples, Salmon Cakes,  
Biscuits, Waffles, and  
Fruit.



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## This Week at a Glance & Activities

Today, Apr 16

Music ~ Combined Choir  
Easter Sunday



Sunrise Service 7A; Sunday School  
9:45A; Juvenile Detention 10A; Worship  
Service 11A;

Monday, Apr 17

POISED Class 9:30A; 150th Anniversary  
Committee 7P; Alzheimer's Caregiver  
Support SGM 3 7P; Bod-4-God SGM 7P;  
Combined Choir (150th Anniversary) 7P;  
Retire Inspired SGM 7P; Deacon Ministry  
Interview Training 7:30P; Trustee Ministry  
Finance Committee 7:30P

Tuesday, Apr 18

How to Study the Bible SGM 11A; Aca-  
demic Education Ministry Monthly Meeting  
7P; Celebrate Recover Women's Group  
Leaders 7P; Living for Christ Youth SGM  
7P; Women's Ministry-IPT Committee 7P;  
Young Adult Ministry 7P; Deaconess  
Ministry Monthly Meeting 7:30P; Men's  
Choir 7:30P

Wednesday, Apr 19

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

Thursday, Apr 20

Poised Class 9:30A; Soup to Nuts Cook-  
ing and Baking SGM (Woodbridge) 6:30P;  
Combined Choir (150th Anniversary) 7P;  
God's Culinary Servants Cooking and  
Baking SGM (Woodbridge) 7P; Motorcy-  
cle Ministry 7P; Women's Ministry Book  
Club 7P; Young Adult Professionals SGM  
7P; Deacon Ministry Meeting 7:30P;  
Trustee Facility & Real Property Commit-  
tee 7:30P

Friday, Apr 21

Youth Retreat

Saturday, Apr 22

Youth Retreat; Health Ministry 9A; Joint  
Men and Women's Planning Meeting 9A;  
SHARE Distribution 9A; The Eagles  
Health & Nutrition SGM 9A; Volunteer  
Screening Ministry 9A; Common Thread  
Sewing SGM 10A; Par for the Course Golf  
SGM (Old Hickory-Woodbridge) 10A;  
Prince William County Senior Citizen  
Luncheon 10A; Hampton Warriors SGM  
(Fredericksburg) 3P

### 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](mailto:YoungAdult@firstmountzionbc.org) Today  
is the last day to sign up. Please see Kemi  
Ojumu for any 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](mailto:ecicpt@aol.com)**.

### MENS MINISTRY

**150th Anniversary Challenge:** The Men's  
Ministry is collecting gently used or new  
SUITS to benefit men re-entering the work-  
force. Donations are going to ACTS, the  
Hilda Barg Center, and O.A.R. of  
PWC. Help us collect 150 suits by next  
Sunday (April 23). Donations can be made  
at our table in the Narthex following Wor-  
ship Service TODAY & next Sunday. Iron  
Sharpening Iron (Prov.  
27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

### NOMINATING COMMITTEE

Congregation Nominations for Leadership:  
The First Mount Zion Baptist Church Con-  
stitution & By-Laws gives members the oppor-  
tunity to recommend men and women of the  
church for leadership positions (Deaconess,  
Deacon and Trustee). A nomination infor-  
mation package may be picked up at the  
leadership desk in the Narthex. The dead-  
line for 2017 consideration is May 31. Nomi-  
nations received after that date will be con-  
sidered in 2018. Leadership Con-  
tacts: Deacon. Brodrick Wilcox, Deaconess  
Sharron Johnson and Trustee Juan  
McPhail.

### CHILDREN'S MINISTRY

Children's Church will be CLOSED Today  
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](mailto:mew1021@verizon.net),  
240-602-5929 or Shemone Fullilove, [she-  
monef@gmail.com](mailto:she-<br/>monef@gmail.com), 571-237-5786.

### 150<sup>th</sup> 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.

### 150<sup>th</sup> 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 150<sup>th</sup> Anniversary Desk  
to sign up and obtain a commitment form. Special  
Recognition will be given to all who complete the  
challenge.

### ZONES K-1 THRU 5 & ZONE N

Members get involved in the summer picnic plan-  
ning 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. Commu-  
nications 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](mailto:parkervj25@gmail.com)) & Deaconess  
Carolyn Woodson ([dstfall74@aol.com](mailto:dstfall74@aol.com))

### SHARE DISTRIBUTION

April SHARE packages will be distributed on Sat-  
urday, April 22nd from 9 -10am in the gymnasium.  
POC Thomas Bates 703-330-6371 or Cherry  
Anderson 540-361-4319.

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**

**Men's Choir**  
Tues 18; 7P

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

**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.

**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.

**HANDS ONLY CPR CLASS**

Take on the challenge with the Health Ministry and learn Hands only CPR. One hour class. (Non-Certification Class) No need to register, just come.

**Tuesday April 11<sup>th</sup>** 6pm-7pm, 7pm-8pm;  
**Saturday April 15<sup>th</sup>** 8am-9am, 9am-10am, 10am-11am, **Saturday April 22<sup>nd</sup>** 8am-9am, 9am-10am,10am-11am; **Saturday May 6<sup>th</sup>** 8am-9am, 9am-10am; **Tuesday May 9<sup>th</sup>** 7pm-8pm; **Saturday June 17<sup>th</sup>** 9am-11am

POC: Tanya Harvin at [tharvin6@yahoo.com](mailto:tharvin6@yahoo.com) 540-845-3935  
or Shelia Arrington [arringtql@verizon.net](mailto:arringtql@verizon.net)  
with any questions.

**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](mailto:gracecreat-ed@gmail.com) or Sister Linda Young, [lindalyoung@hotmail.com](mailto:lindalyoung@hotmail.com).

Sisters, you are invited to attend the Women's Ministry Planning Committee meeting on April 22, from 9:00am – 11:30am at FMZBC. Our objective is to use our spiritual gifts to the glory of God and for the uplifting of the Kingdom. We look forward to seeing you! POC: Sister Linda Young, [lindalyoung@hotmail.com](mailto: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.

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, April 18<sup>th</sup>, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting in person, you can participate online by using our GoToMeeting procedure. Go to our website at [pwnaacp.org](http://pwnaacp.org) and access the calendar entry for this meeting.