

"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]  
Edwin Green [H2]  
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**

Continental Breakfast



Dr. Luke E. Torian, Pastor  
16622 Dumfries Road  
Dumfries, VA 22025  
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Website  
www.fmzbc.com

**This Week at a Glance & Activities**

**Today, Apr 23**

Music ~ Men's Choir  
Sunday School 7A; Worship Service 8A;  
New Members Ministry 8:10A; Sunday  
School 9:45A; Juvenile Detention 10A;  
Children's Church 11A; Worship Service  
11A; Basic Christian Beliefs SGM  
(Stafford) 3P; Hungry For The Word SGM  
(Stafford) 3P

**Monday, Apr 24**

POISED Class 9:30A; Academic Educa-  
tion Ministry (tutorial) 7P; Bod-4-God  
SGM 7P; Journey to Joy 7P; Young Adult  
Financial Planning SGM 7P; Women's  
Ministry Outreach Committee 7:30P

**Tuesday, Apr 25**

Alzheimer's Caregiver Support SGM 2 7P;  
Combined Choir (150th Anniversary) 7P;  
Small Groups Planning Committee Meet-  
ing 7P; Toastmasters 7P

**Wednesday, Apr 26**

POISED Class 9:30A; Alzheimer's Care-  
giver Support SGM 1 11A; Praise & Wor-  
ship 7:30P; Bible Study 8P

**Thursday, Apr 27**

Poised Class 9:30A; Blessed and Highly  
Favored SGM (Dumfries) 7P; Combined  
Choir (150th Anniversary) 7P; Deaconess  
Candidate Training 7P; Issues of Life  
SGM (Triangle) 7P; Joint Leadership  
Candidate Training 7P; Pastor's Sermons  
SGM 7P; Strategic Planning Committee  
7P

**Friday, Apr 28**

Warriors of Love SGM (Woodbridge) 7P

**Saturday, Apr 29**

No Scheduled Activities

**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 [ecjcp@aol.com](mailto:ecjcp@aol.com)**.

**NOMINATING COMMITTEE**

Congregation Nominations for Leadership:  
The First Mount Zion Baptist Church Consti-  
tution & 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 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, [shemonef@gmail.com](mailto:shemonef@gmail.com),  
571-237-5786.

**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 renova-  
tion, 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, [gracecreated@gmail.com](mailto:gracecreated@gmail.com) or  
Sister Linda Young,  
[lindaloung@hotmail.com](mailto:lindaloung@hotmail.com).

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

Members get involved in the summer picn-  
ic 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. 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))

**UPCOMING ROAD MAINTENANCE**

Drivers are urged to avoid southbound I-95 in  
Dale City for two weekends-- April 29-May 1 (*150<sup>th</sup>  
anniversary weekend*) and May 5-8, as lanes will  
be closed for bridge deck repair. Southbound I-95  
will be reduced from three to two lanes over Ne-  
absco Creek (mile marker 156) from 9 p.m. Satur-  
day, April 29 to 6 a.m. Monday, May 1, and again  
from 10 p.m. Friday, May 5 to 6 a.m. Monday,  
May 8. Ramps from eastbound and westbound  
Dale Boulevard to southbound I-95 will also be  
closed to all except emergency vehicles. Alternate  
routes can be found at <http://bit.ly/neabscobridge>  
and [http://www.virginiadot.org/newsroom/  
northern\\_virginia/2017/avoid\\_i-  
95\\_south\\_during113261.asp](http://www.virginiadot.org/newsroom/northern_virginia/2017/avoid_i-95_south_during113261.asp).

**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.

**Saturday May 6<sup>th</sup>** 8am-9am, 9am-10am; **Tues-  
day May 9<sup>th</sup>** Saturday May 20<sup>th</sup> 8am-9am, 9am-  
10am; **Tuesday June 13<sup>th</sup>** 7pm-8pm; **Saturday  
June 17<sup>th</sup>** 9am-10am.

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.

**SHARE REGISTRATION**

The last day to register for May SHARE packages  
is Sunday, May 7th. SHARE packages are \$22  
for food valued between \$35 and \$45. POC:  
Thomas Bates 703-330-6371 or Cherry Anderson  
540-361-4319.

**ADMINISTRATIVE OFFICE STAFF**

Ahmon Bryant  
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Rev. John C. McNeill, Jr.  
Youth Minister  
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Deloris Quarterman  
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Pastor Luke E. Torian  
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Renee Woolfolk  
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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**

**150th Anniversary Choir**  
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.

**K-5 MEMBERS MEET YOUR ZONE LEADERS**

K-5 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-5. Your Zone Leaders are Deacon Andrew Walker, Deacon Leonardo Manning & Deaconess Lynell Manning.

**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.