

"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 [M3]
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]
Clyde Wimbush [N]

GRAIN OF HEAVEN



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This Week at a Glance & Activities

Today, Apr 30

Music ~ Combined Choir
150th Church Anniversary Celebration
Unity Service 10A

Monday, May 1

POISED Class 9:30A; Academic Educa-
tion Ministry (Closing Program) 7P; Bod-
4-God SGM 7P; Alzheimer's Caregiver
Support SGM 3 7P; Maturing in Christ
SGM (Four Seasons) 7P; Retire Inspired
SGM 7P; Women's Choir Praise Team
7P; Deacon Ministry 7:30P; Mass Choir
7:30P

Tuesday, May 2

How to Study the Bible SGM 11A; Cele-
brate Recovery Women's Group Leaders
7P; Deaf Ministry 7P; Living for Christ
Youth SGM 7P; Senior Usher Ministry 7P;
Women's Choir 7P; Women's Choir
Praise Team 7P; Women's Ministry Book
Club 7P; Trustee Ministry 7:30P

Wednesday, May 3

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

Thursday, May 4

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 SGM (Four Seasons)
7P; Trustee Candidate Training 7P;
Young Adult Professionals SGM 7P; Mass
Choir 7:30P

Friday, May 5

Carpenters for Christ 7P; Professional
Women SGM (Four Seasons) 7P; Youth
First Friday 7P

Saturday, May 6

Hands Only CPR 8A; 1st Class Single
Women for God SGM 9A; Christian Fel-
lowship Basketball League 9A; Mary
Elizabeth Ministry 9A; Common Thread
Sewing SGM 10A; Women's Ministry
Book Club 10A; Daughter's of the King
Book Club SGM (Woodbridge) 3P; Hamp-
ton Warriors SGM (Stafford) 3P

SUNDAY SCHOOL MINISTRY

The Sunday School Ministry invites you to
join us each week for **Sunday School at
7:00 and 9:45 AM**. 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**.

NOMINATING COMMITTEE

Congregation Nominations for Leadership:
The First Mount Zion Baptist Church Con-
stitution & By-Laws gives members the op-
portunity 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.

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, [she-
monef@gmail.com](mailto:she-
monef@gmail.com), 571-237-5786.

YOUTH MINISTRY

First Friday in May (5th from 7pm to 9pm):
This month, we will assemble "Care Bags".
for Homeless Youth and Seniors. There will
be food, fellowship and fun. Bring a friend.
Contact Rev. McNeill for more details at
jmcneill@firstmountzionbc.org
or
703.670.0184.

ZONES K-1 THRU 5 & ZONE N

Members get involved in the summer fellowship
planning for our annual combined Summer Fel-
lowship. 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 fellow-
ship. Come out and assist with the planning as
we Celebrate and Remember 150 Years Togeth-
er. 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)

UPCOMING ROAD MAINTENANCE

Drivers are urged to avoid southbound I-95 in
Dale City for two weekends-- April 29-May 1 (*150th
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 6th 8am-9am, 9am-10am; **Tues-
day May 9th** **Saturday May 20th** 8am-9am, 9am-
10am; **Tuesday June 13th** 7pm-8pm; **Saturday
June 17th** 9am-10am.

POC: Tanya Harvin at tharvin6@yahoo.com 540-
845-3935

or Shelia Arrington 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.
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Renee Woolfolk
Church Business Administrator
rwoolfolk@firstmountzionbc.org

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
MAY
REHEARSALS**

Women's Choir
Tues 2, 9, 30; 7P

Women's Choir Praise Team
Mon 1; 7P
Tues 2, 9; 7P

Mass Choir
Mon 1; 7:30P
Thurs 4, 23; 7:30P

Voices of Zion/Jewels Choir
Thurs 11, 18; 7P

Men's Choir
Tues 16, 23; 7:30P

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.