

"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

No Breakfast



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This Week at a Glance & Activities

Today, May 14

Music ~ Women's Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A

Monday, May 15

Alzheimer's Caregiver Support SGM 3 7P; Bod-4-God SGM 7P; NCBW 7P; Retire Inspired SGM 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P; Trustee Ministry Future Development Committee 7:30P

Tuesday, May 16

How to Study the Bible SGM 11A; Academic Education Ministry Monthly Meeting 7P; Celebrate Recovery Women's Group Leaders 7P; Living for Christ Youth SGM 7P; VBS Crafts Meeting 7P; Women's Ministry IPT Committee 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

Wednesday, May 17

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

Thursday, May 18

Soup to Nuts Cooking and Baking SGM (Woodbridge) 6:30P; 150th Anniversary Committee 7P; God's Culinary Servants Cooking and Baking SGM (Woodbridge) 7P; Jewels Choir 7P; Motorcycle Ministry 7P; Voices of Zion 7P; Willing Workers Ministry 7P; Young Adult Professionals SGM 7P; Deacon Ministry Meeting 7:30P; Trustee Facility & Real Property Committee 7:30P

Friday, May 19

No Scheduled Activities.

Saturday, May 20

1st Class Single Women for God SGM (Offsite) 9A; Christian Fellowship Basketball League 9A; Joint Leadership Training Session 9A; SHARE Distribution 9A; Sunday School Training Session 9A; Volunteer Screening Ministry 9A; Common Thread Sewing SGM 10A; Pi Lambda Lambda OPPF 10A; Mary Elizabeth Ministry 11A; Junior Ushers 11:30A; Daughter's of the King Book Club SGM (Woodbridge) 3P; End of Life Care SGM (Woodbridge) 3P; Hampton Warriors SGM (Stafford) 3P

SUNDAY SCHOOL MINISTRY

Sunday School Servant training is scheduled for **Saturday, May 20th from 9:00-11:00 AM**. All Sunday School servants and those interested in serving in the Sunday School ministry are invited. Sign up at

<http://www.signupgenius.com/go/30e0448a9ac2da2fb6-sunday2> or contact Rev. Ernest Jones at ecjcpt@aol.com.

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.

CHILDREN'S MINISTRY

Children's Church will be closed this Sunday and closed on May 28, 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.

ZONE G1 MEMBERS

G1 Zone Families: Ensure you are counted in the numbers! Sign up in the Narthex to join your fellow brothers and sisters in Christ for a fabulous fellowship at Veterans Park on June 17. I'm looking forward to great food, fun, and laughter - are you?

SHARE DISTRIBUTION

May SHARE packages will be distributed on Saturday, May 20th from 9 -10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

ZONES K-1 THRU 5 & ZONE N

Members get involved in the summer fellowship 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).

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 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 arringtgl@verizon.net with any questions.

VBS REGISTRATION BEGINS TODAY

Register for Vacation Bible School in the narthex. Children, age 4-12th grade, are invited to join us as we roll out FMZBC's new VBS program, **I Am Royalty!** This program, created by FMZBC, will remind children they are "a chosen generation," reinforcing how special they are to God (*1 Peter 2:9*). VBS will be held June 26th-30th; 8:00am-12:30pm. Forms can also be downloaded at www.fmzbc.com and dropped off in the church office. **Volunteers are still needed; screening required.** POC: Carmia Salcedo, 703-307-6296, vbsfmzbc@gmail.com.

MONEY SMART MINISTRY

Estate Planning and Living Wills is the topic of the next Money Smart Ministry workshop on June 3 from 9 to 11 a.m. A special guest speaker will guide an informative and important discussion on the Basics of Estate Planning, the need for a Power of Attorney and Advance Medical Directive (Living Will). Sign up today in the Narthex. For more information, please contact moneysmart@firstmountzionbc.org. And "like" us on Facebook! The Money Smart Ministry's goal is to empower all members to be better stewards of the resources God has provided for us by sharing money management techniques.

ADMINISTRATIVE OFFICE STAFF

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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
MAY
REHEARSALS**

Women's Choir
Tues 30; 7P

Mass Choir
Thurs 23; 7:30P

**Voices of Zion/Jewels
Choir**
Thurs 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.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, May 16th 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, you can participate on-line by using our GoToMeeting procedure. Go to our website at pwnaacp.org and access the calendar entry for this meeting.

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, May 20, 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.

**SIGN UP FOR VACATION BIBLE
SCHOOL**

Register for Vacation Bible School in the narthex. Children, age 4-12th grade, are invited to join us as we roll out FMZBC's new VBS program, *I Am Royalty!* This program, created by FMZBC, will remind children they are "a chosen generation," reinforcing how special they are to God (*Peter 2:9*). VBS will be held June 26th-30th; 8:00am-12:30pm. Forms can also be downloaded at www.fmzbc.com and dropped off in the church office. **Volunteers are still needed; screening required.** POC: Carmia Salcedo, 703-307-6296, vbsfmzbc@gmail.com.

SUPPORT VBS SERVICE PROJECT

Please support the VBS 2017 Service Project, *Blessings in A Bag*. Our goal is to donate *150 Blessing Bags For Kids*. Pick up a flyer with details at the VBS sign-up table in the narthex. Donations can be dropped in the box at the VBS sign-up table.