

"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

Continental Breakfast



Dr. Luke E. Torian, Pastor  
16622 Dumfries Road  
Dumfries, VA 22025  
Ph. (703) 670-0184  
Fax (703) 670-0296

Website  
www.fmzbc.com

## This Week at a Glance & Activities

### Today, May 28

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

### Monday, May 29



Church Office Closed

### Tuesday, May 30

Pre-Kindergarten Graduation Re-  
hearsal 10A; Living 4 Christ Youth  
SGM 7P; Money Smart Planning  
Session 7P; VBS Crafts Meeting 7P;  
Women's Choir 7P

### Wednesday, May 31

Pre-Kindergarten Graduation Re-  
hearsal 10A; Praise & Worship  
7:30P; Worship Service 8P

### Thursday, June 1

Pre-Kindergarten Graduation Re-  
hearsal 10A; Deaconess Executive  
Team Meeting 10:30A; Deaconess  
Candidate Training 7P; Joint Leader-  
ship Candidate Training 7P; Profes-  
sional Women SGM (Four Seasons)  
7P; Trustee Candidate Training 7P;  
Young Adult Professionals SGM 7P;  
Mass Choir 7:30P

### Friday, June 2

Pre-Kindergarten Graduation Re-  
hearsal 10A; Carpenters for Christ  
7P; Professional Women SGM (Four  
Seasons) 7P; Youth First Friday 7P

### Saturday, June 3

1st Class Single Women for God  
SGM 9A; Annual Men/ Youth Cook  
Out 11A; Money Smart Workshop  
9A; Professional Women SGM 9A;  
VBS 2017-Teacher Training Session  
9A; Daughter's of the King Book  
Club SGM (Woodbridge) 3P; Hamp-  
ton Warriors SGM (Stafford) 3P

### 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 (May  
28, 2017) and resume on June 4, 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, [new1021@verizon.net](mailto:new1021@verizon.net),  
240-602-5929 or Shemone Fullilove, [she-  
monef@gmail.com](mailto:she-<br/>monef@gmail.com), 571-237-5786.

### SIGN UP FOR VACATION BIBLE SCHOOL

Register for Vacation Bible School in the  
narthex. Children, age 4-12<sup>th</sup> 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 (*I  
Peter 2:9*). VBS will be held June 26<sup>th</sup>-30<sup>th</sup>;  
8:00am-12:30pm. Forms can also be  
downloaded at [www.fmzbc.com](http://www.fmzbc.com) and  
dropped off in the church office. **Volunteers  
are still needed; screening required.** POC:  
Carmia Salcedo, 703-307-6296,  
[vsfmzbc@gmail.com](mailto:vsfmzbc@gmail.com).

### SUPPORT VBS SERVICE PROJECT

Please support the VBS 2017 Service Pro-  
ject, ***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 ta-  
ble.

### Youth Ministry First Friday (Let's Talk Wrap Session)

June 2nd at 7pm, all youth (6th thru 12th  
Graders) are invited to discuss how to keep  
your faith with the pressures of being a  
teenager and to plan next year's Youth  
Ministry Calendar. This First Friday will  
include food, conversations and laugh-  
ter. POC: Rev. McNeill, (703) 670-0184 or  
[jcmcneill@firstmountzionbc.org](mailto:jcmcneill@firstmountzionbc.org).

### 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 Pow-  
er of Attorney and Advance Medical Directive  
(Living Will). Sign up today in the Narthex. Con-  
tact [moneysmart@firstmountzionbc.org](mailto:moneysmart@firstmountzionbc.org) for addi-  
tional information. 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 man-  
agement techniques.

### ZONE G1 MEMBERS

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

### K-2 MEMBERS MEET YOUR ZONE LEADERS

K-2 Zone Members stop by the table in the Nar-  
thex 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-  
2. Your Zone Leaders are Deacon Marion Seth &  
Deaconess Doreather Seth.

### ZONES K-1 THRU K-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 fel-  
lowship. 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](mailto:parkervj25@gmail.com)) & Deaconess  
Carolyn Woodson ([dstfall74@aol.com](mailto: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.

**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 at  
[arringtgl@verizon.net](mailto:arringtgl@verizon.net).

### ZONE B MEMBERS

Zone B members, you are invited for meet and  
greet with your zone leaders at the table in the  
narthex after the 8:00 am and 11:00 am services  
today and next Sunday, June 4<sup>th</sup>.

**ADMINISTRATIVE OFFICE STAFF**

Ahmon Bryant  
Food Service Assistant  
[abravant@firstmountzionbc.org](mailto:abravant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Tiffany Howard  
Receptionist  
[thoward@firstmountzionbc.org](mailto:thoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Christopher Kennedy  
Music & Arts Ministry Intern  
[ckennedy@firstmountzionbc.org](mailto:ckennedy@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Maxine Thompson  
CED Coordinator  
[mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org)

Gregory Took  
Custodian  
[gtooks@firstmountzionbc.org](mailto:gtooks@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[woolfolk@firstmountzionbc.org](mailto:woolfolk@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/JUNE  
REHEARSALS**

**Women's Choir**  
Tues 30; 7P  
Tues 6; 7P

**Women's Choir Praise  
Team**  
Mon 5; 7P  
Tues 6; 7P

**Men's Choir**  
Tues 13, 20; 7:30

**Mass Choir**  
Thurs 1, 22, 29; 7:30P

**Voices of Zion/ Jewels**  
Thurs 8, 15; 7P

**FIT BY GOD**

**Open Volleyball:**

Thursdays 7-9 pm in gymnasium. All members are welcome to play! Come play, exercise and fellowship!

**FMZ CHURCH DRIVERS NEEDED**

**DRIVERS ARE NEEDED:** Are you trying to find a way to serve GOD's people? Do you have a good driver's record? Do you enjoy meeting new people? Consider joining our team of Church Drivers. As our fleet gets larger, the mission will increase. We are looking for dependable volunteer drivers who will be willing to assist with the pick-up and drop off of individuals who want to attend Sunday School and the 8:00 and/or 11:00 worship services. If you are interested or have any questions, please call the Admin Office at (703) 670-0184.

**ACADEMIC EDUCATION MINISTRY  
(AEM)**

**ATTENTION GRADUATES** from kindergarten, high school, college, and post-graduates: You are invited to participate in the Annual AEM Graduation Ceremony that will be held on June 18, 2017, during the Sunday School hour in the sanctuary. You may begin registering today in the Narthex. You will be given more information as to dress, time to appear, etc. when you register. Look for the AEM table!

*Note:* This Graduation Ceremony is separate from the graduation recognition of graduates as presented during the service. POC: Brother Gerry Griffin ([gripping@rocketmain.com](mailto:gripping@rocketmain.com)) and Sister Terri Edwards ([Terresitae@yahoo.com](mailto:Terresitae@yahoo.com)).

**MARRIED COUPLES MINISTRY**

The Married Couples Ministry will meet on Friday June 9, 2017 at 7:30pm. The fellowship will be held at 84 Coachman Cir, Stafford, VA 22554. This "Date Night" will be a night full of fun games and fellowship with other FMZBC Married Couples. We look forward to seeing you there!

POC: Les & Karen Young at (425) 218-2145 or (703) 405-8361.

**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.

**MEN'S MINISTRY**

**ATTENTION ALL MEN; Young & Mature!!!**...Come and fellowship on Saturday, June 3<sup>rd</sup> starting at 11 a.m., as we gather for Food, Fellowship, & FUN!!! The Men's Ministry Annual Cookout will be held here at FMZBC. This event is FREE! Bring a Lawn chair if you like. RSVP for headcount purposes in the Narthex TODAY!!!! I pray you seize this opportunity to invest in your spiritual growth and brotherhood. We look forward to seeing you Mighty Men of God. Iron Sharpening Iron (Prov. 27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

**ZONE N MEMBERS**

Zone N 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 N. Your Zone Leaders are Deacon Terry Payne, Deacon Michael Nelson, & Deaconess Mozelle Floyd.

**SHARE REGISTRATION**

The last day to register for June SHARE packages is Sunday, June 11th. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.