

"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**

Bacon, Turkey Sausage,  
Potatoes, Grits, Scrambled  
Eggs, and Biscuits.



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**This Week at a Glance & Activities**

**Today, May 7**

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

**Monday, May 8**

Benevolence Committee 7P; Bod-4-  
God SGM 7P; Connected to Con-  
nect 7P; Vacation Bible School  
Meeting 7P; Young Adult Financial  
Planning SGM 7P

**Tuesday, May 9**

Alzheimer's Caregiver Support SGM  
2 7P; Hands Only CPR 7P; Mary  
Elizabeth Ministry Planning Meeting  
7P; Pi Lambda Lambda OPPF 7P;  
Toastmasters 7P; Women's Choir  
7P

**Wednesday, May 10**

Alzheimer's Caregiver Support SGM  
1 11A; Praise & Worship 7:30P;  
Bible Study 8P

**Thursday, May 11**

Blessed and Highly Favored SGM  
(Dumfries) 7P; Deaconess Candi-  
date Training 7P; Issues of Life SGM  
(Triangle) 7P; Jewels Choir 7P; Joint  
Leadership Candidate Training 7P;  
Pastor's Aide Ministry 7P; Pastor's  
Sermons SGM 7P; Trustee Candi-  
date Training 7P; VBS Crafts Meet-  
ing 7P; Voices of Zion 7P; Men's  
Ministry Monthly Meeting 7:30P;  
Trustee HR/ Admin Committee  
7:30P

**Friday, May 12**

Christian Warriors SGM (Dumfries)  
6:30P; Circling God's Word SGM  
(Woodbridge) 7P

**Saturday, May 13**

Christian Fellowship Basketball  
League 9A; Men's Ministry Fellow-  
ship 9A; Women's Ministry Fellow-  
ship 9A; Common Thread Sewing  
SGM 10A

**SUNDAY SCHOOL MINISTRY**

Sunday School Servant training is sched-  
uled 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](http://www.signupgenius.com/go/30e0448a9ac2da2fb6-sunday2) or con-  
tact Rev. Ernest Jones at [ecjcpt@aol.com](mailto:ecjcpt@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 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-  
monenef@gmail.com](mailto:she-<br/>monenef@gmail.com), 571-237-5786.

**WOMEN'S MINISTRY**

Attention First Mount Zion Women and  
Guests! You are cordially invited to join the  
Women's Ministry Fellowship on May 13,  
2017, from 9:00am - 11:30am, at FMZBC.  
The topic is The Power of Prayer, based on  
Matthew 7:7 "Ask and it will be given to you,  
seek and you will find, knock and it will be  
open to you." Reverend Tarra Taylor is the  
guest speaker. POC: Sister Linda L.  
Young at [lindalyoung@hotmail.com](mailto:lindalyoung@hotmail.com).

**ZONE G1 MEMBERS**

Come out and meet your fellow Zone G1  
Members on June 17, 2017 at Veterans  
Park. **SIGN-UP TODAY in the Narthex.**

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

Members get involved in the summer fellow-  
ship 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](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 May 9<sup>th</sup>** 7pm-8pm, **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 [arringtgl@verizon.net](mailto:arringtgl@verizon.net) with any  
questions.

**MEN'S MINISTRY**

**ATTENTION ALL MEN!**...Come and fellowship  
on Saturday, May 13<sup>th</sup> at 9 a.m., as we hear what  
it means to be 'Chosen Men of God'. Our Guest  
Speaker is our very own, Rev. Cozy Bailey. I pray  
you seize this opportunity to "Glorify God thru  
Your Time & Service" by joining us and allowing  
Him, through the speaker, to provide you spiritual  
growth. A continental breakfast will be avail-  
able. We look forward to seeing you Mighty Men  
of Valor. Iron Sharpening Iron (Prov.  
27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

**VBS REGISTRATION BEGINS TODAY**

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: Carnia Salcedo, 703-307-6296,  
[vbsfmzbc@gmail.com](mailto:vbsfmzbc@gmail.com).

**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  
MAY  
REHEARSALS**

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

**Women's Choir Praise  
Team**  
Tues 9; 7P

**Mass Choir**  
Thurs 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.

**SHARE REGISTRATION**

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

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, May 16<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, you can participate on-line by using our GoToMeeting procedure. Go to our website at [pwnaacp.org](http://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.