

"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.



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, June 4**

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

**Monday, June 5**

Pre-Kindergarten Graduation Rehearsal  
10A; Alzheimer's Caregiver Support  
SGM3 7P; Maturing In Christ SGM  
(Four Seasons) 7P; Retired Inspired  
SGM 7P; VBS Volunteer Training Ses-  
sion 7P; Women's Choir Praise Team  
7P; Deacon Executive Meeting 7:30P

**Tuesday, June 6**

Pre-Kindergarten Graduation Rehearsal  
10A; How to Study the Bible SGM  
11A; Celebrate 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; Trus-  
tee Ministry 7:30P

**Wednesday, June 7**

Pre-Kindergarten Graduation Rehearsal  
10A; Senior's Ministry 12:30P;  
Praise & Worship 7:30P; Worship Ser-  
vice 8P

**Thursday, June 8**

Pre-Kindergarten Graduation Rehearsal  
10A; Pre-Kindergarten Graduation  
4P; Soup to Nuts Cooking and Baking  
SGM (Woodbridge) 6:30P; Blessed  
and Highly Favored SGM (Dumfries)  
7P; Deaconess Candidate Training 7P;  
God's Culinary Servants Cooking and  
Baking SGM (Woodbridge) 7P; Issues  
of Life SGM (Triangle) 7P; Jewels  
Choir 7P; Joint Leadership Candidate  
Training 7P; NCBW 7P; Pastor's Aide  
Ministry 7P; Pastor's Sermons SGM  
7P; VBS Crafts Meeting 7P; Voices of  
Zion 7P; Men's Ministry Monthly Meet-  
ing 7P; Trustee HR/ Admin Committee  
7:30P

**Friday, June 9**

Circling God's Word SGM  
(Woodbridge) 7P

**Saturday, June 10**

Journey To Joy 9A; Men's Ministry  
Fellowship 9A; Women's Ministry Fel-  
lowship 9A; Common Thread Sewing  
SGM 10A; Hands Only CPR 11A

**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-  
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 (*1  
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.

**HANDS ONLY CPR CLASS**

Take on the challenge with the Health Min-  
istry 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).

**MARRIED COUPLES MINISTRY**

The Married Couples Ministry will meet on  
Friday June 9, 2017 at 7:30pm. The fellow-  
ship will be held at 84 Coachman Cir, Staf-  
ford, 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.

**2017 GRADUATES**

2017 graduates are encouraged to submit a photo  
so that we might recognize your accomplishments  
before the congregation. Please include your  
name, the school you graduated from and degree  
received, any honors received and plans for the  
Fall (name of school planning to attend). The  
deadline to submit photos is Wednesday, June  
7th. **No photos will be accepted after that date.**  
Send information to Sylvia Moore,  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org). The slideshow of  
all graduates will run on Sunday, June 19th at  
both services.

**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?

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

Zones K-1 thru 5 & Zone N Members, sign up for  
the upcoming annual combined Summer Fel-  
lowship in the Narthex after morning worship ser-  
vice. The combined zone Summer Fellowship will  
take place at Curtis Memorial Park in Stafford, VA,  
between noon and 4:00 pm, Saturday 24 June  
2017. Our annual gathering will be filled with fun,  
food and fellowship. Additional information will  
be provided at the sign up desk or you can contact  
your Zone Leader for additional information.

Communications Committee POCs for this event  
are Deacon Vannie J. Parker IV  
([parkervj25@gmail.com](mailto:parkervj25@gmail.com)) & Deaconess Carolyn  
Woodson ([dstfall74@aol.com](mailto:dstfall74@aol.com))

**K-1 MEMBERS MEET OUR ZONE LEADERS**

K-1 Zone Members stop by and meet your Zone  
Leaders after service today. There will be a table  
set up in the Narthex where you can meet and  
greet your Zone Leaders, as well as, ensure your  
contact information is up to date. Stop by and find  
out what's going on in Zone K-1. Your Zone Lead-  
ers are Deacon Vannie J. Parker IV & Deaconess  
Carolyn Woodson.

**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.

**ADMINISTRATIVE OFFICE STAFF**

Ahmon Bryant  
Food Service Assistant  
[abrvant@firstmountzionbc.org](mailto:abrvant@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 Tookes  
Custodian  
[gtookes@firstmountzionbc.org](mailto:gtookes@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  
JUNE  
REHEARSALS**

**Women's Choir**  
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 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)).

**WOMEN'S MINISTRY (WM)**

**"We will praise Him for we are fearfully and wonderfully made." Psalm 139:14**  
Greeting Sisters! Please join us on June 10<sup>th</sup> for the WM Fellowship. Theme: Mental Illness and Spiritual Wellness, presented by Dr. Carol Ray from the National Alliance on Mental Illness (NAMI) Program and Assistant Pastor Rev. Sandra K. James respectively. CPR, non-certified training and blood pressure readings will be administered by the FMZBC Health Ministry. Our next fellowship is scheduled for September, following the July and August ministry sabbatical. POC: Sister Linda L. Young – [lindalyoung@hotmail.com](mailto:lindalyoung@hotmail.com).

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, **June 17, 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.

**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.