

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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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Today, June 11

Music ~ Women's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Children's Church 11A;
Worship Service 11A; Associate Minis-
ters 1P; Diverse Disciples of Christ
Youth SGM 1P; God's Knowledge is
Powerful SGM 1:30P; Study to Show
Thyself Approved SGM (Stafford)
1:30P; Basic Christian Beliefs SGM
(Stafford) 3P

Monday, June 12

Proverbs Place-Summer Camp Meet-
ing 6P; Benevolence Committee 7P;
Connected to Connect 7P; Young Adult
Financial Planning SGM 7P

Tuesday, June 13

Election Day
Alzheimer's Caregiver Support SGM2
7P; Hands Only CPR 7P; Pi Lambda
Lambda OPPF 7P; Toastmasters 7P;
VBS Make Up Training Session 7P;
Men's Choir 7:30P

Wednesday, June 14

Alzheimer's Caregiver Support SGM1
11A; Praise & Worship 7:30P; Bible
Study 8P

Thursday, June 15

Jewel's Choir 7P; Motorcycle Ministry
7P; VBS Crafts Meeting 7P; Voices of
Zion 7P; Young Adult Professionals
SGM 7P; Deacon Ministry Meeting
7:30P; Trustee-Facility & Real Property
Committee 7:30P

Friday, June 16

No Scheduled Activities.

Saturday, June 17

1st Class Single Women for God SGM
(Offsite) 9A; Hands Only CPR 9A;
Volunteer Screening Ministry 9A; Jun-
ior 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

CHILDREN'S MINISTRY

Children's Church will be closed June
18, 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, she-monef@gmail.com, 571-237-5786.

**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 (*I
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 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 13th 7pm-8pm; Saturday
June 17th 9am-10am.**

POC: Tanya Harvin at
tharvin6@yahoo.com, 540-845-3935 or
Shelia Arrington at arringtgl@verizon.net.

ZONE G1 MEMBERS

TODAY IS THE LAST DAY to sign-up for
G1 Zone Fellowship on June 17, 2017 at
Veterans Park- Don't forget to SIGN-UP in
the Narthex after 8:00am and 11:00am
services.

ZONES K-1 THRU K-5 & ZONE N

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

Communications Committee POCs for this event
are Deacon Vannie J. Parker IV
(parkervj25@gmail.com) & Deaconess Carolyn
Woodson (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.

YOUTH MINISTRY

Youth Sunday Worship Participants Needed: All
FMZ Youth (6th - 12th Graders) have an opportuni-
ty and an occasion to serve. Please contact Rev.
McNeill by phone or email to sign up to serve
through leading the responsive reading, morning
prayer or the offertory prayer on 3rd Sundays for
the 8am and 11am services. High School Seniors
and matriculating juniors are encouraged and
invited to contact Rev. McNeill prior to Sept. 1.
POC: Rev. McNeill, (703) 670-0184 or
jmcneill@firstmountzionbc.org.

Youth Bible Study this Summer: "Living Out the
Teachings of Jesus" is the general theme for our
Wednesday night study which begins at
8pm. Come and learn how to do the right things
for the right reasons. Discover how to please
God.

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is conducting a work-
shop on Saturday, June 24th from 8:30 am -
12:30 pm. Registration for the workshop is
strongly encouraged to the following address:
SpiritualGifts@firstmountzionbc.org. Please note
that the final day to register for the workshop is
Thursday, June 22nd. We look forward to seeing
you.

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
JUNE
REHEARSALS**

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

Mass Choir
Thurs 22, 29; 7:30P

Voices of Zion/ Jewels
Thurs 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. Register 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 (griffing@rocketmain.com) and Sister Terri Edwards (Terresitae@yahoo.com).

BLOOD DRIVE

Save the date - July 23, 2017. The Single's and Health Ministries will be conducting FMZBC 15th Annual Blood Drive. Please sign up in the Narthex after worship service today and help save a life. POC: Al Shelton at (703) 969-5910.

ZONE E2 FELLOWSHIP

Connect with your zone brothers and sisters expressing God's love and also enjoy great food, fun and fellowship with each other. In Woodbridge, June 24, 2017 from 11:00-3:00pm. POC: Rodney & Tamitha Downey at chle-sha@aol.com.

2017 MID-YEAR ADJUSTMENTS

Please submit budget adjustment requests to the Financial Secretary no later than COB Thursday, July 6, 2017. In order for the request to be considered, it must be submitted on the Mid-Year Adjustment form with ministry chair or oversight ministry chair approval. The Mid-Year Adjustment form is available in the forms box in the Narthex near the Administrative Office. The Trustee Ministry will present the adjustments for Church approval at the August 5, 2017, Church Meeting. Contact Trustees William Bradley, Maxine DuFore, or Oscar Dailey, with any questions.

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

Today is the last day to register for June 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, June 20th, 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.