

"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]
Myrtle Stith [K4]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Continental Breakfast



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Website
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This Week at a Glance & Activities

Today, June 18

Music ~ Voices of Zion/ Jewels



Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A

Monday, June 19

Proverbs Place Summer Camp 8A; Alzheimer's Caregiver Support SGM 7P; NCBW 7P; Deacon Ministry- Interview Training 7:30P; Trustee Ministry-Finance Committee 7:30; Trustee Ministry-Future Development Committee 7:30P

Tuesday, June 20

Proverbs Place Summer Camp 8A; Common Threads Sewing SGM 10A; How To Study The Bible SGM 11A; Celebrate Recovery Women's Group Leaders 7P; Flower Ministry 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, June 21

Proverbs Place Summer Camp 8A; Senior's Ministry 12:30P; Praise & Worship 7:30P; Bible Study 8P

Thursday, June 22

Proverbs Place Summer Camp 8A; 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; Joint Leadership Candidate Training 7P; Journey To Joy 7P; Married Couples Ministry 7P; Pastor's Sermons SGM 7P; Strategic Planning Committee 7P; Trustee Candidate Training 7P; Mass Choir 7:30P

Friday, June 23

Proverbs Place Summer Camp 8A; Warriors of Love SGM 7P

Saturday, June 24

Spiritual Gifts Ministry 8A; Health Ministry 9A; SHARE Distribution 9A; The Eagles Health & Nutrition SGM 9A; Common Thread Sewing SGM 10A; Pi Lambda Lambda OPPF 10A; Spiritual Cancer Support Ministry 10A

CHILDREN'S MINISTRY

Children's Church will be closed today and resume on June 25, 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.

LAST DAY TO REGISTER FOR VBS

VBS SIGN-UP ENDS 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. 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 (**needs list updated**) at the VBS sign-up table in the narthex. Donations can be dropped in the box at the VBS sign-up table.

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.

ZONES K-1 THRU K-5 & ZONE N

Zones K-1 thru 5 & Zone N Members, sign up for the upcoming annual combined Summer Fellowship 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 fellowship. Additional information will be provided at the sign up desk or you can contact your Zone Leaders 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 YOUR 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 Leaders are Deacon Vannie J. Parker IV & Deaconess Carolyn Woodson.

YOUTH MINISTRY

Youth Sunday Worship Participants Needed: All FMZ Youth (6th - 12th Graders) have an opportunity 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. at (703) 670-0184 or jmccneill@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 workshop 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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Church Business Administrator
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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 20; 7:30

Mass Choir
Thurs 22, 29; 7:30P

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.

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 11:00am-3:00pm. POC: Rodney & Tamitha Downey at chle-sha@aol.com.

SHARE DISTRIBUTION

June SHARE packages will be distributed on Saturday, June 24th from 9 -10am in the gymnasium. 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.

FMZ HAIR STUDIO

FMZ Hair Studio Summer Hours
Thursday and Friday 10:00am-7:00pm
Saturday 8:00am-2:00pm

MARRIED COUPLES MINISTRY

SAVE THE DATE December 8-9, 2017. The FMZBC Married Couples' Ministry presents "Remembering the Promise Gala" at the Embassy Suites, Springfield, VA. Guest Presenters: Jackie & Stephana Bledsoe, Author of the "7 Rings of Marriage." Registration begins at FMZBC on August 6, 2017 after the 8 & 11 am services.