

"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 McCathorine [N]
Nellie McLeod [H1]
William C. McLeod [H1]
Maria McNair [C1]
Ralph Minor [B]
Suzette Montero [F2]
Kathy Payne [M3]
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



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, July 2

Music ~ Mass Choir
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service 11A

Monday, July 3

Proverbs Place Summer Camp 8A;
Women's Choir Praise Team 7P; Dea-
con Executive Meeting 7:30P

Tuesday, July 4



Independence Day

Church Office Closed

Wednesday, July 5

Proverbs Place Summer Camp 8A;
Praise & Worship 7:30P; Bible Study
8P

Thursday, July 6

Proverbs Place Summer Camp 8A

Friday, July 7

Proverbs Place Summer Camp 8A;
Youth First Friday 7P

Saturday, July 8

No Scheduled Activities.

CHILDREN'S MINISTRY

Children's Church Policy:

Nursery - 12 months - 3 years
Children's Church - 3 years (potty trained)
and up. POC: Michelle Wallace,
mew1021@verizon.net, 240-602-5929.

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.

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.

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 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.

FMZ HAIR STUDIO

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

MARRIED COUPLES MINISTRY

The FMZBC Married Couples' Ministry presents An Overnight Retreat: "Remembering the Promise" at the Embassy Suites, Springfield, VA, December 8-9, 2017. Friday Night -- Semi-formal Gala; Saturday Morning-- Mini Conference. Guest Presenters: Jackie & Stephana Bledsoe, Authors of the "7 Rings of Marriage." Registration begins August 6, 2017. Space is limited to the first 50 couples.

M1, M2 & M3 ZONE FELLOWSHIP

Mark your calendars! On August 19th we will be coming together to enjoy one another's company, chow down on some good food, and laugh a lot as we cheer for each other while playing games. Look for more information and sign-up opportunities in mid-July.

FIT BY GOD

Line Dancing- 8 Week Program on Monday Nights 7 to 8:30 pm starting July 10th in the gymnasium. Come learn, dance and fellowship!

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abryant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Beverly Grant
Information Technology Assistant
bgrant@firstmountzionbc.org

Sherry Hilliard
Financial Secretary
shilliard@firstmountzionbc.org

Rev. Tracey D. Holley
Minister of Christian Education
tholley@firstmountzionbc.org

Ernest Holmes
Custodian
eholmes@firstmountzionbc.org

Walter Holmes
Assistant Facility Manager
wholmes@firstmountzionbc.org

Antonio Howard
Custodian
ahoward@firstmountzionbc.org

Tiffany Howard
Receptionist
thoward@firstmountzionbc.org

Rev. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Tommy Johnson
Audio Visual Director
tjohnson@firstmountzionbc.org

Christopher Kennedy
Music & Arts Ministry Intern
ckennedy@firstmountzionbc.org

Rev. John C. McNeill, Jr.
Youth Minister
jmcneill@firstmountzionbc.org

Sylvia Moore
Executive Assistant to Pastor
smoore@firstmountzionbc.org

Pat Paige
Administrative Assistant
ppaige@firstmountzionbc.org

Deloris Quarterman
Food Service Assistant
dquarterman@firstmountzionbc.org

Ernest Robbins
Facility Manager
erobbins@firstmountzionbc.org

Sylstea C. Sledge
Minister of Music
ssledge@firstmountzionbc.org

Maxine Thompson
CED Coordinator
mthompson@firstmountzionbc.org

Gregory Took
Custodian
gtooks@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
rwoolfolk@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**

Mass Choir
Thurs 27; 7:30P

**Women's Choir Praise
Team**
Mon 3; 7P

Men's Choir
Tues 11, 18; 7:30P

Voices of Zion/ Jewel's
Thurs 13, 20; 7P