

"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]
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



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Ph. (703) 670-0184
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Website
www.fmzbc.com

This Week at a Glance & Activities

Today, Aug 13

Music ~ Women's Choir Ensemble
Sunday School 7:00A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A

Monday, Aug 14

Proverbs Place Summer Camp 8A; Benevolence Committee 7P; Voices Of Zion 7P; Deacon/Deaconess Retreat Planning Meeting 7:30P

Tuesday, Aug 15

Proverbs Place Summer Camp 8A; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir Ensemble 7:30P

Wednesday, Aug 16

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

Thursday, Aug 17

Proverbs Place Summer Camp 8A; Jewels Choir 7P; Voices Of Zion 7P; Deacon Ministry Meeting 7:30P

Friday, Aug 18

Proverbs Place Summer Camp 8A

Saturday, Aug 19

Bod4God Celebration Walk 8A; Zone M1, M2, M3 Zone Fellowship 9A

CHILDREN'S MINISTRY

Mercantile - Coming 3rd Sun, **August 20th**, during Salvation Station. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile. POC: Judy Best, Mercantile Coordinator, (703) 670-0746, genesis04@msn.com.

Graduation for **Children's Ministry Preteen Class** (entering 6th grade in September 2017) will be held on Sunday, **August 27th** during Salvation Station. All preteen class members planning to participate in this special recognition program must notify Ben Duckenfield, Salvation Station Director, 540-467-1380, benjaminduckenfield3.bd@gmail.com, or Judy Best, 703-670-0746, genesis04@msn.com, by August 20th.

Volunteers Needed. Children's Church provides children (pre K - 5th grade) an opportunity to worship and learn about Jesus Christ in a safe, age appropriate, and fun environment.

If you are interested in volunteering for Children's Church, which runs from September-June. We encourage you to join our team by sharing your giftedness.

POC: Michelle Wallace,
mew1021@verizon.net, 240-602-5929.



FMZBC WEBSITE UNDER CONSTRUCTION

The FMZBC website is under construction for the week of August 13th. Though we do not anticipate any significant downtime there may be intermittent disruptions in service. Additionally, during this time making updates to the website and completing Building Use Request Forms are not advised. Please do not submit any changes for the website and refrain from submitting BURF until the week of August 20th. **Accessing the VANCO website for online giving will not be impacted.**

POC: Renee Woolfolk at (703) 670-0184.

ATTENTION GOLFERS

The FMZBC 21st Annual Golf Classic will be held on Monday, September 18th at Old Hickory Golf Club in Woodbridge, Va. The cost per player is \$100.00. You can play, be a sponsor, or just buy a Golf shirt. Please sign up in the Narthex. Point of contact Al Shelton (703) 969-5910.

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 starts today. Space is limited to the first 50 couples.

SINGLE'S MINISTRY MEETING

Calling all Singles! What are your fellowship and spiritual growth needs? Come and be a part of the vision-casting meeting for this ministry, Tues., Sept. 19 at 7 pm. Share your ideas and be prepared to serve! All single persons are invited to attend. Please RSVP to Rev. Maxine Thompson, CED Coordinator, mthompson@firstmountzionbc.org

YOUNG ADULT MINISTRY MEETING AGES 18 - 25 yr OLD

What do you want to see in this Ministry? The CED is calling all adults ages 18-25 to meet and re-imagine what this Ministry needs to offer in service to you and to our Lord. Make your voices known and be prepared to serve in the process! The meeting is Tues., Sept. 12 at 7 pm. RSVP via email by Sept. 1 to Rev. Maxine Thompson, CED Coordinator, mthompson@firstmountzionbc.org.

ADULTS/YOUNG ADULTS AGES 26 - 40 yr OLD

How can we meet your needs? Join us for a meeting on Thurs., Sept. 14 at 7 pm to share your vision on how we can best serve you and glorify God. Please RSVP by Sept. 1 to Rev. Maxine Thompson, CED Coordinator, at mthompson@firstmountzionbc.org

SMALL GROUPS MINISTRY

Save The Date:

Small Group Leader Training
Who: All Small Group Leaders, Co-Leaders & Coaches
Tuesday, August 22nd or Thursday, September 7th at 7pm.
RSVP - Scraddock@firstmountzionbc.org or 703-670-0184

Would You Like To Start a New Interest Based Small Group?

I'd Like to hear from YOU!! BIG Things Happen in SMALL GROUPS. Training is available.
POC: Stephanie M. Craddock, Small Groups Director
Scraddock@firstmountzionbc.org or 703 - 670-0184

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
August
REHEARSALS**

Mass Choir
Thurs 24, 31; 7:30P

Women's Choir
Tues 29; 7P

Men's Choir Ensemble
Tues 15, 22; 7:30P

Voices of Zion/ Jewels
Thurs 17; 7P

PROVERBS PLACE

Proverbs Place Child Care and Learning Center seeks a highly qualified child care teacher assistant. Full time and part time positions available. Please email your resume to director@proverbsplace.net or call 703.565.5062 for more information.

ZONE H1 MEMBERS

Zone H1 members are encouraged to attend a Meet, Greet and Photo Session:

- When: Sunday, August 13, 2017
- Time: After 8:00am and 11:00am
Worship Services
- Where: Executive Conference Room

The Meet and Greet is not just for new members only. This will be a great opportunity for all Zone H1 members to connect and become better acquainted with each other. Photos will be taken and placed in our Zone album.

**ZONES K1 THRU 5 & ZONE N
BACK TO SCHOOL SUPPLY DRIVE**

Zones K-1 thru 5 & Zone N are currently conducting a back to school supplies drive to collect school items for local schools within the Stafford & Fredericksburg school districts. If you wish to participate in the back to school supplies drive, please place your donations in the boxes located in the Narthex titled "Fill the School Bus." The back to school supplies drive will run throughout the month of August 2017.

POCs for this event are Deacon Vannie J. Parker IV (parkervj25@gmail.com) & Deaconess Doreather Seth (AlmRa79@comcast.net)

M1, M2 and M3 ZONE FELLOWSHIP

The combined Zone Fellowship will take place on Saturday, 16 September. This fellowship is going to be such a blessing you will not have room enough to devour all of the food. And getting to know one another - Priceless! Stay tuned for sign-up opportunities.

ZONE E-2 FELLOWSHIP

DATE: August 19, 2017
Time: 1:00 to 3:00pm
Where: 15316 Auburn Hills Dr.
Woodbridge, VA 22193
Contact: Rodney & Tamitha Downey
(703) 590-2953
chlesha@aol.com

SHARE REGISTRATION

Today is the last day to register for August 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.

CAPAC

You are invited to join the Creative and Performing Arts Center (CAPAC) together with Mike Wiley Productions as we raise the curtains on the theatrical performance of "One Noble Journey: A Box Marked Freedom." This show will unfold on September 23, 2017, 3 pm and 7 pm at the Hylton Performing Arts Center located on George Mason University's Science and Technology Campus in Manassas, Virginia. For details visit our website at www.capacweb.org.

You will learn more about this true story of three slaves who overcome seemingly insurmountable odds to gain a life of freedom. Wiley becomes Henry "Box" Brown, a Black Virginian slave who sees no alternative but to mail himself to freedom in a small box. Brown's life unfolds like a Mark Twain adventure, perilous and somber at times while humorous and heroic throughout. Audience members join Wiley on stage, quickly becoming characters helping propel the historic action.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, August 15th, 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.

STAFFORD COUNTY NAACP

Stafford County NAACP 6th Annual Golf Tournament. Friday, August 18, 2017, Augustine Golf Club, 76 Monument Drive in Stafford, VA.

Registration: 8 a.m.; Shotgun: 9 a.m. Single Golfer: 84 first 40 golfers, after \$100; Foursome: \$400

Trophies to 1st, 2nd and 3rd Place Teams; Trophy for 1st Place Church.

For additional information contact Clarence Adams, 571-406-2299 or email at info@staffordnaacp.org.