

"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



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, Aug 20

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

Monday, Aug 21

Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

Tuesday, Aug 22

Small Groups Leader Training 7P; Toastmasters 7P; Men's Choir Ensemble 7:30P

Wednesday, Aug 23

Praise & Worship 7:30P; Bible Study 8P

Thursday, Aug 24

Mass Choir 7:30P

Friday, Aug 25

No Scheduled Activities

Saturday, Aug 26

SHARE Distribution 9A

CHILDREN'S MINISTRY

Mercantile - Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile today during salvation station. 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, Today.

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.

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." Register in the Narthex.

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

Ahmon Bryant
Food Service Assistant
abrvant@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
jmccneill@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 Tookes
Custodian
gtookes@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
August
REHEARSALS**

Mass Choir
Thurs 24, 31; 7:30P

Women's Choir
Tues 29; 7P

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

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.

**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

Stop by the table in the narthex today and get more information about the combined Zone fellowship, and while you are there, sign-up. We look forward to seeing you at the table.

SHARE DISTRIBUTION

August SHARE packages will be distributed on Saturday, August 26th from 9 -10am in the gymnasium. 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.