

"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



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## This Week at a Glance & Activities

### Today, Aug 27

Music ~ Men'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 28

No Scheduled Activities

### Tuesday, Aug 29

Strategic Planning Committee 7P;  
Women's Choir 7P

### Wednesday, Aug 30

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

### Thursday, Aug 31

Mass Choir 7:30P

### Friday, Sept 1

No Scheduled Activities

### Saturday, Sept 2

No Scheduled Activities

### 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, [genes04@msn.com](mailto:genes04@msn.com).

Volunteers Needed. Children's Church provides children (pre K - 5<sup>th</sup> 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](mailto: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.

### SMALL GROUPS MINISTRY

#### Save The Date:

Small Group Leader Training  
Who: All Small Group Leaders, Co-Leaders & Coaches  
Thursday, September 7<sup>th</sup> at 7pm.  
RSVP - [Scraddock@firstmountzionbc.org](mailto: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](mailto:Scraddock@firstmountzionbc.org) or 703 - 670-0184

### 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](mailto: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](mailto: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](mailto:mthompson@firstmountzionbc.org)

### GRIEFSHARE

FMZBC's Grief Support Ministry, Journey to Joy introduces and presents GriefShare, a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This 13 week program runs September 11th - December 11th, 2017. Facilitators will lead each session's special topic through a participant handbook, DVDs featuring grief experts and group discussions. Registration starts today in the Narthex and is free of charge. We know it hurts and we want to help and provide encouragement after the death of a loved one.

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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

**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](mailto:parkervj25@gmail.com)) & Deaconess Doreather Seth ([AlmRa79@comcast.net](mailto: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.

**ZONE H2 MEMBERS**

Zone H-2 Meet and Greet with Love Gifts.

- When: Sundays, September 3, 10, 17 and 24<sup>th</sup>
- Time: After 8:00am and 11:00am Worship Services
- Where: Executive Conference Room

This special Meet and Greet will give members the chance to connect, take a togetherness

Photo, and receive your Love gift.

H-2 Leadership Team: Deaconesses Jan Jacobs, Mary Lively, Deacon Jake Jacobs and Rev. Karl Brower

**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](http://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.