

"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]
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]
Frances Reynolds-Collier [N]
Katherine Stevens [D1]
Haywood Thomas [D4]
Cynthia Thompson [M2]
Myrtle Stith [K4]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Bacon, Turkey Sausage,
Potatoes, Grits, Scrambled
Eggs, and Biscuits



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This Week at a Glance & Activities

Today, Oct 1

Music ~ Mass Choir
Sunday School 7:00A; Worship Ser-
vice 8A; Sunday School 9:45A;
Juvenile Detention 10A; Children's
Church 11A; Worship Service 11A;
Sunday School Teacher Apprecia-
tion Program 1PM

Monday, Oct 2

Alzheimer's Caregiver Support SGM
3 7P; AV Team Meeting 7P;
Bod4God SGM 7P; Financial Free-
dom for Millennials SGM 7P; Matur-
ing In Christ SGM (Four Seasons)
7P; Retire Inspired SGM 7P; Wom-
en's Choir Praise Team 7P; Deacon
Executive Meeting 7:30P; Finance
Meeting 7:45P

Tuesday, Oct 3

How to Study the Bible SGM 11A;
Deaf Ministry 7P; Senior Usher Min-
istry 7P; Women's Choir 7P; Wom-
en's Choir Praise Team 7P; Trustee
Ministry 7:30P

Wednesday, Oct 4

Senior's Ministry 12:30P; Praise &
Worship 7:30P; Bible Study 8P

Thursday, Oct 5

Deaconess Executive Team Meeting
10:30A; Soup to Nuts Cooking and
Baking SGM (Woodbridge) 6:30P;
Men and Women's Ministry Planning
Meeting 7P; Our Words Have Power
SGM 7P; Young Adult & Adult Minis-
try ages 18-25 and 26-40 yr olds 7P;
Professional Women SGM (Four
Seasons) 7:30P

Friday, Oct 6

Collins/Hunter Wedding Rehearsal
3P; Carpenters for Christ 7P; Where
is God in the Movie SGM 7P; Youth
First Friday 7P; Professional Women
SGM (Four Seasons) 7:30P

Saturday, Oct 7

Mary Elizabeth Ministry 11A; Col-
lins/Hunter Wedding 5P

CHILDREN'S MINISTRY

Children's Church will be closed on the
October 8, 2017 and October 29, 2017.

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.

During Children's Church service, the
nursery will be located in Room 202-A on
Sundays.

Children's Church Guidelines:

Nursery - 12 months - 3 years

Children's Church - 3 years (potty trained)
and up.

If you are interested in serving with Chil-
dren's Church, which runs from September-
June, we encourage you to be part of our
ministry by sharing your giftedness.

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

MEN'S MINISTRY

ATTENTION ALL MEN!...Come and fel-
lowship on Saturday, October 14th at 9 a.m.,
as we hear the true meaning behind Mighty
Men of V.A.L.O.R. Our Guest Speaker is
our very own, Rev. Ernest Jones. I pray
you seize this opportunity to "Glorify God
thru Your Time & Service" by joining us and
allowing Him, through the speaker, to pro-
vide you spiritual growth. A continental
breakfast will be available. We look for-
ward to seeing you Mighty Men of Val-
or. Iron Sharpening Iron (Prov. 27:17).

mensministry@firstmountzionbc.org

WOMEN'S MINISTRY

ATTENTION ALL WOMEN: Come and
fellowship on Saturday, October 14th, from
9am-11am. Theme: Building a Relation-
ship with God - Where are you now?
Prov.1:7 and Prov.9:10 teach us that rever-
ence for the Lord is the prerequisite for
spiritual understanding, and that the fear of
the Lord is the beginning of wisdom. I
pray you will grasp this opportunity to fur-
ther enhance your spiritual growth. We look
forward to seeing you. POC: Linda Young

womensministry@firstmountzionbc.org.

MEN AND WOMEN'S CONFERENCE

**ATTENTION ALL Brothers & Sis-
ters...SAVE THE DATE;** Men/Women's
Conference, November 17th & 18th... 'A Tug-
-of-War: The Battle between the Spirit and
the Flesh' (Galatians 5:17). For more infor-
mation contact Sis. Linda Young
womensministry@firstmountzionbc.org or
Bro. Mark Jessup
mensministry@firstmountzionbc.org .

**ACADEMIC EDUCATION MINISTRY (AEM)
TUTORIAL PROGRAM**

Mark your Calendar!!! October 16 is a very
important date for support and service to our
youth and those who have volunteered to be tu-
tors this year in the tutorial program at FMZ!! The
Opening ceremony for our tutorial program and
the AEM schedule for the year will begin at 7 p.m.
on October 16 in the Chapel. Come out and sup-
port our youth and to say 'thank you' to those
tutors who will be working directly with their as-
signed students. Refreshments will be served in
the Grain at the end of the program.

Attention students on all levels: If you are having
trouble in a particular subject at school and would
like some additional help, then sign up for a tutor
today in the Narthex after both services. Tutors
are available to help you--free of charge! Par-
ents: This is free tutoring for your children so
encourage them to sign up today and watch the
progress that they will make. Help is available
POC: Brother Gerry Griffin
aem@firstmountzionbc.org

**DEACONESS MINISTRY 2017 ANNUAL
COMMUNITY GIVEAWAY**

EVENT DATE: Saturday, October 21, 2017

EVENT TIME: 8:00am - 12:00pm

"Matthew 25:21 NIV His master replied, 'Well
done, good and faithful servant! You have been
faithful with a few things; I will put you in charge of
many things.'" **Come and share your master's
blessings! Bring in your gently used or new
items and non-perishable foods to be a bless-
ing to someone.**

**Donations will be accepted until Tuesday,
October 17, 2017.**

Collection times will be Monday, Tuesday and
Thursday 9:30am - 12:00pm, 1:00pm - 3:30pm
and 7:00pm - 8:30pm; Wednesday and Fridays
collection times will be 9:30am - 12:00pm,
1:00pm - 3:30pm; and No Evening Collections.
There will be one Saturday collection date: Octo-
ber 14, 2017. **No Sunday collections. Volunteers
are needed.** POC: Mozelle Floyd (703) 439-9021

Copy the link below to your browser.

[Http://www.signupgenius.com/
go/10c0d4eaea62ea7f49-2017](http://www.signupgenius.com/go/10c0d4eaea62ea7f49-2017)

*click on the area (e.g. sorting) and time slot of
interest

*click submit and Sign up Now!

*provide your name and email address

*you may decline the request to create an ac-
count.

*sign up for day and time you want to serve.

*There is an option to add the service date to your
personal calendar

*You will be notified via email of any service date
changes

Questions???? POC is Deaconess Lynell Man-
ning at (540) 220-3934 or [DeaconessGivea-
way@FirstMountZionBC.org](mailto:DeaconessGiveaway@FirstMountZionBC.org)

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
OCTOBER
REHEARSALS**

Mass Choir
Thurs 19; 7:30P
Mon 23; 7:30P

Women's Choir
Tues 3; 7P

**Women's Choir Praise
Team**
Mon 2; 7P
Tues 3: 7P

**Voices of Zion/Jewel's
Choir**
Thurs 12, 19; 7P

Men's Choir
Tues 10, 17; 7:30P

Combined Choir
Tues 24; 7:30P
Thurs 26; 7:30P

YOUTH MINISTRY

First Friday (October 6th): All 6th -12th Graders are invited to participate in the **2017 Fall Youth Ministry Kick-off!** This year's theme is **Be Bold (Acts 4:31)!** Join your friends for the first FMZ Youth vs. FMZ Spiritual Guides basketball game, prizes, food and fun. All FMZ Youth (girls and boys) may participate on the basketball team by contacting Rev. McNeill at jmcneill@firstmountzionbc.org or (703) 670-0184.

**MONEY SMART MINISTRY (MSM)
SAVE THE DATE!!!!!!**

The next workshop will be held on Saturday, November 11th from 9:00 a.m. – 11:00 a.m. The workshop topic: **‘Where Does Your Loose Change Go? Ways to Increase Your Savings.’** Our goal is to empower all members to be better Stewards of God's money by sharing in "Hands On" money management techniques through interactive classroom activities. Come out and learn what the Bible says about these topics. Mark your calendar. Sign up will be held after each service starting in October or email the ministry at moneysmart@firstmountzionbc.org

**MUSIC AND ARTS MINISTRY
COME JOIN THE JEWELS CHOIR
AND VOICES OF ZION CHOIR!!!** The Jewels Choir is recruiting singers ages 5 -12. The Voices of Zion Choir is recruiting singers ages 13-22. For more information email the Music Ministry: Ssledge@FirstMountZionBC.org
Rehearsals: Thurs. Oct. 5th and 12th 7:00PM.

**YOUNG ADULTS/ADULTS 18 – 40
Ministry Meeting**

Great inaugural meeting. Please join us as we continue to plan for your needs. Next meeting on Thurs, Oct 5th at 7pm.

SINGLES MINISTRY

If you are single by chance, by choice, or by change, we want to fellowship with you. Please join us for our next meeting on Tues, Oct 10th at 7pm.

**WOMEN IN COMMUNITY ACTION
(WICA)**

Women In Community Action (WICA) is planning its 25th Debutante Ball. All young ladies who are high school juniors and seniors are invited to the Kick-Off meeting which will be held on October 8, 2017, at Hylton Senior High School. WICA's debutante ball program consists of fun and educational activities leading up to the Ball. The beautiful debutantes will make their debut on March 24, 2018, at the formal Debutante Ball. Parents are welcome so come on out and learn about our Debutante Ball Program. For more information, please contact our Debutante Ball Chairman at 571-345-5515 or Sister Glorine Gholson at (703) 221-1524 or any WICA member.

GRIEF SHARE

FMZBC's Grief Support Ministry, Journey to Joy, introduces and presents GriefShare, a weekly seminar and support group designed to help you rebuild your life after the death of a loved one. Facilitators will lead each session's special topic through a participant workbook, DVDs featuring grief experts and group discussions. **Join us Monday evening, October 2, 7:00-9:00pm, for session 4: "The Journey of Grief, Part 2."**

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, October 21, 2017 beginning promptly at 9:00 AM. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. Contact Cynthia Zorn Pettigrew at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

SHARE REGISTRATION

The last day to register for October SHARE packages is October 8th. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.