

"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,  
French Toast, Potatoes,  
Scrambled Eggs, and  
Biscuits.



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, Sep 17**

Music ~ Voices of Zion/ Jewels  
Sunday School 7:00A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A; Associate Ministers 1P; Military Service Member Outreach SGM (Alexandria) 2P

**Monday, Sep 18**

FMZBC 21st Annual Golf Classic (offsite) 8:30A; Alzheimer's Caregiver Support SGM 3 7P; Celebrate Recovery SGM 7P; Journey to Joy/ GriefShare 7P; Music Ministry 7P; NCBW-PWCC 7P; Ordination/ Consecration Rehearsal 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

**Tuesday, Sep 19**

Academic Education Ministry Monthly Meeting 7P; Deaf Ministry 7P; Singles Ministry 7P; Strategic Planning Committee 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

**Wednesday, Sep 20**

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

**Thursday, Sep 21**

Jewel's Choir 7P; Motorcycle Ministry 7P; Voices of Zion 7P; Deacon Ministry Meeting 7:30P; Mass Choir 7:30P

**Friday, Sep 22**

Harris/Walker Wedding Rehearsal 5P

**Saturday, Sept 23**

Deacon's Ministry Prayer Breakfast 8:30A; Flower Ministry 9A; FMZ School of Ushering 9A; Health Ministry 9A; Money Smart Workshop 9A; SHARE Distribution 9A; Women's Ministry Meeting 9A; Harris/Walker Wedding 12P; Consecration/Ordination Reception Set Up 1P

**CHILDREN'S MINISTRY**

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 Children'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 [new1021@verizon.net](mailto:new1021@verizon.net).

**SINGLE'S MINISTRY MEETING**

**Calling all Singles!** If you are single by choice, by choice, or by change, you are invited to the Singles Vision Casting Meeting on Tuesday, September 19 at 7pm. All single persons are invited to join in a re-visioning or cast your vision for your ministry meeting. POC: Rev. Maxine Thompson, CED Coordinator,

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

**WOMEN'S MINISTRY**

Sisters, you are invited to participate in the Women's Ministry Planning Committee meeting on September 23rd from 9:00am - 11:00am, at FMZBC. The objective is to use our spiritual gifts in an effort to glorify God. Come join us as we plan for a proposed November 2017 Men's and Women's Joint Conference and 2018 ministry events. We look forward to serving with you! POC: Sister Linda Young, [lindaloung@hotmail.com](mailto:lindaloung@hotmail.com).

**CELEBRATE RECOVERY INFORMATIONAL MEETING**

Learn more about the **New Celebrate Recovery Small Group** at our informational meeting at FMZ on Monday, September 18th at 7pm. Celebrate Recovery is a Christ-centered recovery program based on the eight principles from the Beatitudes. Celebrate Recovery is a safe place that will lead us to freedom as we address our struggles with our hurts, addictive and compulsive behaviors, hang-ups and issues of life that hinder our walk with God. Confidentiality is key and group discussions are designed to be gender-specific. POC: Stephanie M. Craddock, Small Groups Director @Scraddock@firstmountzionbc.org or (703) 670-0184

**FMZBC 2018 CHURCH BUDGET**

The Trustee Ministry has commenced development of the 2018 church budget. Ministry Leads are requested to submit completed 2018 Budget Request Forms no later than September 24. Forms are available in the mailbox area. Submissions can be emailed to [FMZBCTrusteeSecretary@aol.com](mailto:FMZBCTrusteeSecretary@aol.com) or left in the Trustee mailbox. Please contact Trustee William Bradley, Trustee Karen M. Davis or Trustee Leslie Gerald with questions.

**GRIEFSHARE**

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 September 18<sup>th</sup>, 7:00-9:00pm, for session 2: "The Challenges of Grief."**

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

**Tutorial Sign-Ups for 2017-2018. Tutors are needed--Yes, we need you to sign up to be an AEM tutor this year.** Choose the subject that fits you best to help our students do better in their academic subjects. **Students:** If you are finding that you need more help in a particular subject area, then sign up for free tutoring! Sign up in the Narthex today! All information that you need is available at the Tutorial table today after both services! Tutors and students: Don't miss out on this opportunity! POC: Brother Gerry Griffin ([aem@firstmountzionbc.org](mailto: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 blessing 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: October 14, 2017. **No Sunday collections. Volunteers are needed.** POC: Mozelle Floyd (703) 439-9021

**ADMINISTRATIVE OFFICE STAFF**

Ahmon Bryant  
Food Service Assistant  
[abravant@firstmountzionbc.org](mailto:abravant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Tiffany Howard  
Receptionist  
[thoward@firstmountzionbc.org](mailto:thoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Intern  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

Maxine Thompson  
CED Coordinator  
[mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org)

Gregory Took  
Custodian  
[gtook@firstmountzionbc.org](mailto:gtook@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto: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  
September  
REHEARSALS**

**Mass Choir**  
Thurs 21, 28; 7:30P

**Men's Choir**  
Tues 19; 7:30P

**Women's Choir**  
Tues 26; 7P

**ZONE H2 MEMBERS**

Zone H-2 Meet and Greet with Love Gifts.

- **When:** Sundays, September 17 and 24
- **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.

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

**YOUTH MINISTRY**

**First Friday (October 6<sup>th</sup>):** All 6<sup>th</sup> -12<sup>th</sup> 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 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](mailto:jmcneill@firstmountzionbc.org) or (703) 670-0184.

**PWC NAACP**

The Prince William NAACP Youth Council will hold its first meeting of the 2017-2018 year on Today, 2:30 p.m. at Potomac Library. This meeting is open to all middle and high school students. Please contact Andrea Bryson at 703-494-2596 for further information.

The PWC NAACP will hold an Open House on September 19<sup>th</sup> in lieu of its General Membership meeting at the First AME Church located at 10313 South Grant Avenue, Manassas, Va., from 7:30 to 9:00 p.m. Please come join us and find out about the various activities in which our standing committees are engaged to address the needs of the Prince William Community.

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

The next workshop will be held. Saturday, November 18<sup>th</sup> 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 [monysmart@firstmountzionbc.org](mailto:monysmart@firstmountzionbc.org)

**MEN AND WOMEN'S CONFERENCE**  
**ATTENTION ALL Brothers & Sisters...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 information contact Sis. Linda Young [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org) or Bro. Mark Jessup [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org) .

**FIT BY GOD**

**Line Dancing-** Now on Thursday nights! 8 Week Program in the gymnasium. From 7pm to 7:45pm will be beginner level dancing and from 7:45pm to 8:30pm will be more advance level dancing. You choose which level (or both levels) you wish to participate in. Just come learn, dance and fellowship! For more information email Lori at [LValkenburg@FirstMountZionBC.org](mailto:LValkenburg@FirstMountZionBC.org) or call 703-670-0225.

**WOMEN IN COMMUNITY ACTION (WICA)**

Women In Community Action (WICA) is planning its 25<sup>th</sup> 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.

**MUSIC & ARTS MINISTRY**

Come share your gift of singing with the Music Ministry!

Mass Choir, Women's Choir, Men's Choir, Voices of Zion Choir,

Jewels Choir (ages 5-12). If interested, email Bro. Sledge – [ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

**MUSIC MINISTRY MEETING** – Monday. September 18<sup>th</sup> – 7PM.

For all Choir Members, Directors, Musicians, Arts Auxiliaries, and Music Ministry Leaders.

**SHARE DISTRIBUTION**

September SHARE packages will be distributed on Saturday, September 23rd from 9 -10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.