

"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]  
Yvonne Carter [C1]  
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 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]  
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 8**

Music ~ Women's Choir  
Sunday School 7A; Worship Service  
8A; Sunday School 9:45A; Juvenile  
Detention 10A; Worship Service  
11A; Diverse Disciples of Christ  
Youth SGM 1P; God's Knowledge is  
Powerful SGM 1P

**Monday, Oct 9**



**Church Office Closed  
Columbus Day**

**Tuesday, Oct 10**

Alzheimer's Caregiver Support SGM  
2 7P; Deaf Ministry 7P; Mary Eliza-  
beth Ministry Planning Meeting 7P;  
Pi Lambda Lambda OPPF 7P; Sing-  
les Ministry 7P; Toastmasters 7P;  
Men's Choir 7:30P

**Wednesday, Oct 11**

Alzheimer's Caregiver Support SGM  
1 11A; Praise & Worship 7:30P;  
Bible Study 8P

**Thursday, Oct 12**

A Page at a Time Scrap Booking  
SGM 7P; Blessed and Highly Fa-  
vored SGM (Dumfries) 7P; Jewels  
Choir 7P; Pastor's Aide Ministry 7P;  
Voices of Zion 7P; Men's Ministry  
Monthly Meeting 7:30P; Trustee HR/  
Admin Committee 7:30P

**Friday, Oct 13**

Circling God's Word SGM (Offsite)  
7P

**Saturday, Oct 14**

Men's Ministry Fellowship 9A; Wom-  
en's Ministry Fellowship 9A; Com-  
mon Thread Sewing SGM 10A; Mary  
Elizabeth Ministry 11A; NCBW-  
PWCC 11A

**CHILDREN'S MINISTRY**

REMINDER - Children's Church will be  
closed today and October 29, 2017. Chil-  
dren's Church will resume on October 15,  
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. If you are  
interested in serving with Children's Church,  
which runs from September-June, we en-  
courage you to be part of our ministry by  
sharing your giftedness.

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 have any questions, please contact  
Michelle Wallace at [ChildrensMinis-  
try@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-  
5929.

**MEN'S MINISTRY**

**ATTENTION ALL MEN!**...Come and fel-  
lowship on Saturday, October 14<sup>th</sup> 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](mailto:mensministry@firstmountzionbc.org)

**WOMEN'S MINISTRY**

**ATTENTION ALL WOMEN:** Come and  
fellowship on Saturday, October 14<sup>th</sup>, 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](mailto: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](mailto:womensministry@firstmountzionbc.org)) or  
Bro. Mark Jessup  
([mensministry@firstmountzionbc.org](mailto: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](mailto:aem@firstmountzionbc.org))

**YOUTH MINISTRY**

**"Bring-a-Friend-to-Church" Sunday:** On Octo-  
ber 15, 2017, all youth are encouraged to invite  
their friends and neighbors. Rev. McNeill will  
meet all guests in the Grain of Heaven after the  
8am service. The Voices of Zion Members will  
experience Jesus Christ's love through worship  
and fellowship. There will be a prize for the Voi-  
ces of Zion member who brings the most youth to  
sing that Sunday in the choir. Guest must attend  
rehearsals. Contact Ms. Kristen Mitchell or Rev.  
McNeill for details at  
[jmneill@FirstMountZionBC.org](mailto:jmneill@FirstMountZionBC.org)

**Save the Date (Spiritual Journey 2017):** This  
year, we will travel to the new **Museum of the  
Bible** in Washington, DC on December 9 from  
7am to 3pm. Sign-ups will begin soon.

**COMMUNITY GIVEAWAY/DISASTER RELIEF**

In lieu of our annual Community Giveaway, the  
Deaconess ministry will redirect our efforts in  
support of the FMZ church-wide effort toward  
disaster relief. Therefore, we will no longer accept  
donations for the Annual Giveaway. We thank  
you for the items that have already been donat-  
ed. We will announce how we plan on using your  
generous donations as soon as possible.

**FMZ CARNIVAL**

The FMZ Carnival will be held on 10/31 from 6-  
9pm. Volunteers and Dessert sign ups will be  
held in the Narthex on October 8th and October  
22nd. Any questions please contact Brenda Reid  
at [barrx4xs@msn.com](mailto:barrx4xs@msn.com) or Courtney Holeman at  
[cwholeman@gmail.com](mailto:cwholeman@gmail.com)

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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

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

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

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

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

The next workshop will be held on Saturday, November 11<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 or email the ministry at [moneysmart@firstmountzionbc.org](mailto: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](mailto:Ssledge@FirstMountZionBC.org) Rehearsals: Thurs, Oct 12<sup>th</sup> at 7:00PM.

**CONNECTED TO CONNECT, INC.**

Connected To Connect, Inc. is a non-profit organization responsible for the oversight of Proverbs Place Childcare and Learning Center and the Divine Inspirations bookstore. Connected To Connected is seeking board members. To learn more about Connected To Connect and about opportunities to serve, please contact Laurie Wilson, (703) 615-2891.

**SHARE REGISTRATION**

Today is the last day to register for October 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.

**PWC NAACP**

The Prince William NAACP Membership Team is working very hard to increase our membership by an additional 70 people before October 29, 2017. Since January 2017, we have registered and renewed 130 members who will serve our community. Please join the PWNAACP using our website, [www.pwnaACP.org](http://www.pwnaACP.org). Choose the membership level you desire and pay annual dues online. Thank you for supporting PWNAACP.

**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 today, 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 16th, 7:00-9:00pm, for session 5: "Grief and Relationships."**

**SINGLES MINISTRY**

Single's Ministry will continue vision casting at next meeting on Tues, Oct. 10<sup>th</sup> at 7pm. Bring your ideas and your willingness to work and make things happen. Help make this the best Ministry for you.

**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.

**GOD'S KNOWLEDGE IS POWERFUL  
SGM**

God's Knowledge is Powerful (GKIP) Small Group meets today, immediately following 11:00am service. Room Location will be posted at the Information Desk in The Narthex.

**DIVERSE DISCIPLES OF CHRIST  
YOUTH SGM**

Diverse Disciples of Christ Youth Small Group meets today, immediately following 11:00am service. Room Location will be posted at the Information Desk in The Narthex.