

"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

French Toast, Bacon,
Turkey Sausage, Potatoes,
Grits, 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, Oct 15

Music ~ Jewels/ Voices of Zion
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Children's Church 11A; Associate Ministers 1P; 1st Class Single Women for God SGM 1P; Study to Show Thyself Approved SGM (Offsite) 1:30P; Military Service Member Outreach SGM (Alexandria) 2P; Fearless Study Group SGM (Dumfries) 3P; Hungry for the Word SGM (Stafford) 3P; Inspirational Journey Study Group SGM (Offsite) 3P

Monday, Oct 16

Academic Education Ministry Tutorial Opening Ceremony Program 7P; Alzheimer's Caregiver Support SGM 7P; Bod 4 God SGM 7P; Celebrate Recovery SGM 7P; Connected to Connect 7P; Journey to Joy/Griefshare 7P; Retire Inspired SGM 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

Tuesday, Oct 17

How to Study the Bible SGM 11A; Noon Day Prayer 12P; Academic Education Ministry Monthly Meeting 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

Wednesday, Oct 18

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

Thursday, Oct 19

Alzheimer's Stage Play Visit Site 5:30P; Soup to Nuts Cooking and Baking SGM (Woodbridge) 6:30P; Men and Women's Ministry Planning Meeting 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; R&B (Reading & Believing) SGM 7P; Young Adult & Adult Ministry Meeting 7P; Deacon Ministry Meeting 7:30P

Friday, Oct 20

No Scheduled Activities

Saturday, Oct 21

Eagles Health and Nutrition SGM 9A; Flower Ministry 9A; FMZ School of Ushering 9A; SHARE Distribution 9A; Volunteer Screening Ministry 9A; Pi Lambda Lambda OPPF 10A; Mary Elizabeth Ministry 11A; Junior Ushers 11:30A; End of Life Care SGM 1P

CHILDREN'S MINISTRY

REMINDER - Children's Church will be closed 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. 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.

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 ChildrensMinistry@firstmountzionbc.org or 240-602-5929.

PASTOR & CLERGY APPRECIATION MONTH

Join us in taking time to say thank you to Pastor Torian, Assistant Pastor James, and our Associate Ministers during this Clergy Appreciation Month. "How beautiful are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" - Isaiah 52:7 - The Pastor's Aide Ministry

NOON DAY PRAYER

Noon day prayer will begin on Tuesday, October 17th in the Chapel. You are invited to join in every Tuesday as we present our petitions on behalf of our nation, our community, our families and take all other matters to the Lord in prayer. Look forward to seeing you at noon on Tuesdays.

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

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 tutors 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. in the Chapel. Come out and support our youth and to say 'thank you' to those tutors who will be working directly with their assigned students. Refreshments will be served in the Grain at the end of the program.

Scholarship Opportunity

Coca-Cola Scholars Program--Coca-Cola Scholars Foundation. Applicants must be current high school (or home-schooled) seniors attending school in the United States (or select DoD schools); U.S. Citizens; U.S. Nationals; U.S. Permanent Residents; Refugees; Asylees; Cuban-Haitian Entrants; or Humanitarian Parolees; anticipating completion of high school diploma at the time of application; planning to pursue a degree at an accredited U.S. post-secondary institution; and, carrying a minimum 3.00 GPA at the end of their junior year of high school. Amount of scholarship: \$20,000. Email scholars@coca-cola.com; Mailing address: Post Office Box 442; Atlanta, GA 30301; telephone (404) 733-5420; toll free 800-306-2653. Apply today if you qualify!

YOUTH MINISTRY

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.

FMZ CARNIVAL

The FMZ Carnival will be held on October 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 barrx4xxs@msn.com or Courtney Holeman at cwholeman@gmail.com

SHARE DISTRIBUTION

October SHARE packages will be distributed on Saturday, October 21st from 9 -10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

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

Rev. John C. McNeill, Jr.
Youth Minister
jmcneill@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

Bréh Stevens-Mitchell
Music Ministry Intern
BStevensMitchell@firstmountzionbc.org

Maxine Thompson
CED Coordinator
mthompson@firstmountzionbc.org

Gregory Took
Custodian
gtooks@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
woolfolk@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
OCTOBER
REHEARSALS**

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

Men's Choir
Tues 17; 7:30P

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

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 Connect is seeking board members. To learn more about Connected To Connect and about opportunities to serve, please contact Laurie Wilson, (703) 615-2891.

**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. These are the specific items that we are purchasing for the relief effort:

Health Kit

- Hand towel
- Comb
- Washcloth
- Toothbrush/Toothpaste (4-7 oz)
- Nail file
- New bath-size bar soap
- Band-Aids (6)
- After-shave lotion
- Deodorant
- Shampoo
- Razors
- Facial tissues
- Gospel or New Testament
- Place in large ziplock bag (Recommend ministry purchase/provide)

Clean-up Kit

- A 5 gallon size bucket (Ministry purchase) (with lid) filled with:
- Sponges
- Wire brush
- Plastic trash bags
- Scrub brush
- Rubber gloves
- Lysol-type disinfectant 32 oz.
- Plastic bottle

Food Staples Kit

- Box iodized salt
- Cooking oil 32 oz. plastic bottle
- Canned or corned beef 12 oz.
- Canned tuna or chicken 12 oz.
- Granulated sugar 1 lb. box
- Powdered milk 4 lb. box
- Pepper 8 oz. can
- Instant coffee 8 oz.
- Tea bags box of 25
- Dry beans 4 lb. bag

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) or Bro. Mark Jessup (mensministry@firstmountzionbc.org).

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.

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.pwnaaccp.org. Choose the membership level you desire and pay annual dues online. Thank you for supporting PWNAACP.

**ANNUAL SALUTE TO AMERICAN
VETERANS**

The third annual Salute to American Veterans Ball will be held on November 11, 2017 at the Expo and Conference Center in Fredericksburg, VA from 6 p.m. - 12 a.m.. The first two veterans ball was so successful, we're moving the venue to the large expo center to accommodate the increase in attendance. The cost is \$75 per person and includes a great program recognizing our veterans, active duty, family and supporters, a full course meal, entertainment, and lots of fun. There will also be auctions, raffles and give aways. Proceeds to benefit H.O.M.E sponsored youth events, initiatives, selected Veterans outreach programs and future leaders of America. For more information or ticket purchase, please contact Deacon Andrew Walker at andrew.walker55@verizon.net or call 540-226-3967. Tickets can be purchased on line or from me. For detailed information about the veterans ball and to purchase tickets on line, please visit: www.americanveteransball.org.