

"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

Omelet Station, Fried Fish,
Bacon, Turkey Sausage,
Potatoes, Grits, Scrambled
Eggs, and Biscuits



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This Week at a Glance & Activities

Today, Oct 22

Music ~ Men's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service
11A; Children's Church 11A

Monday, Oct 23

Academic Education Ministry Tutori-
al 7P; Bod 4 God SGM 7P; Cele-
brate Recovery SGM 7P; Financial
Freedom for Millennials SGM 7P;
Journey to Joy/GriefShare 7P

Tuesday, Oct 24

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM2 7P; Sin-
gles Ministry 7P; Small Groups Plan-
ning Committee Meeting 7P; Toast-
masters 7P

Wednesday, Oct 25

Alzheimer's Caregiver Support
SGM1 11AM; Praise & Worship
7:30P; Bible Study 8P

Thursday, Oct 26

A Page at a Time Scrap Booking
SGM 7P; Blessed and Highly Fa-
vored SGM (Dumfries) 7P; R&B
(Reading & Believing) SGM 7P;
Strategic Planning Committee 7P;
Young Adult & Adult Ministry Meet-
ing 7P; Mass Choir 7:30P

Friday, Oct 27

Christian Warriors SGM (Dumfries)
6:30P; Warriors of Love SGM
(Woodbridge) 7:30P

Saturday, Oct 28

Motorcycle Ministry Training 8A;
FMZ School of Ushering 9A; Health
Ministry 9A; Joint Leadership Train-
ing Session 9A; The Eagles Health &
Nutrition SGM 9A; Common Thread
Sewing SGM 10A; Mary Elizabeth
Ministry 11A; Spiritual Cancer Sup-
port Ministry 11A

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 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.

**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

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.

MONEY SMART MINISTRY (MSM)

SAVE THE DATE!!!!!!

The next upcoming workshop will be held
on Saturday, November 4th from 9:00 a.m. -
11:00 a.m. The workshop topic: **"NOW IS
THE TIME! GET READY FOR THE NEXT
TAX SEASON!"** 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

ACADEMIC EDUCATION MINISTRY (AEM)

A College visit to Virginia Commonwealth Univer-
sity and Virginia Union University has been sched-
uled for Friday, November 10, 2017 for First
Mount Zion Baptist Church high school students.
This will give the students an opportunity to tour a
college campus, learn about college life, ask rele-
vant questions and receive information about two
local universities. Departure time is 9:00am and
return time is approximately 6:30pm. A snack will
be provided, however students should bring mon-
ey for lunch and souvenirs. Please sign-up in the
Narthex after 8 am and 11am service. For more
information, please contact Sonya Almond at
Christine251946@gmail.com or Gery Griffin at
griffing@rocketmail.com.

Scholarship Opportunity

**Coca-Cola Scholars Program--Coca-Cola Schol-
ars 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. Per-
manent Residents; Refugees; Asylees; Cuban-
Haitian Entrants; or Humanitarian Parolees; anti-
cipating 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 schol-
arship: \$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 Needed. Any questions please
contact Brenda Reid at barrx4xxs@msn.com or
Courtney Holeman at cwholeman@gmail.com

MARRIED COUPLES MINISTRY

The Married Couples Ministry will host our **"Date
Night"** Fellowship on Friday, Nov 3, 2017 at
7:00 p.m. at FMZBC. Please come and **"Bring A
Couple"** with you as we continue our discus-
sion of the 7 Rings of Marriage. For more infor-
mation please email [MarriedCou-
ples@FirstMountZionBC.org](mailto:MarriedCouples@FirstMountZionBC.org)

MEN AND WOMEN'S CONFERENCE

**ATTENTION ALL Brothers & Sisters...SAVE
THE DATE;** Men/Women's Conference, Novem-
ber 17th & 18th...A Tug-of-War: The Battle be-
tween 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) .

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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
Mon 23; 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

SINGLES MINISTRY

All Singles are invited to join in the planning for ministry events on Tuesday, Oct. 24th at 7pm. Exciting new ideas are welcomed. Look forward to seeing you on Tuesday. POC: Rev. Maxine Thompson at mthompson@firstmountzionbc.org

YOUNG ADULT/ADULT MINISTRY

Young Adults and Adults ages 18-40 are invited to join in the continued planning for ministry events on Thursday, Oct 26th at 7pm. Look forward to seeing you on Thursday. POC: Rev. Maxine Thompson at mthompson@firstmountzionbc.org

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 were 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.