

"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 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

Continental Breakfast



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 29

Music ~ Combined Choir
Sunday School 8:30A; Unity Service
10A

Monday, Oct 30

Academic Education Ministry Tutorial
7P; Bod 4 God SGM 7P; Retire
Inspired SGM 7P; Women's Choir
7P; Journey to Joy/GriefShare 7P

Tuesday, Oct 31

Noon Day Prayer 12P; Fall Carnival
6P

Wednesday, Nov 1

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

Thursday, Nov 2

Deaconess Executive Team Meeting
10:30A; Soup to Nuts Cooking and
Baking SGM (Woodbridge) 6:30P;
Our Words Have Power SGM 7P;
Young Adult & Adult Ministry Meet-
ing 7P; Mass Choir 7:30P; Profes-
sional Women SGM (Four Seasons)
7:30P

Friday, Nov 3

Carpenters for Christ 7P; Married
Couples Ministry 7P; Where is God
in the Movie SGM 7P; Youth First
Friday 7P; Professional Women
SGM (Four Seasons) 7:30P

Saturday, Nov 4

Deaf Ministry (Awareness Day) 8A;
Security Ministry 8A; Deaconess
Outreach 9A; Eagles Health and
Nutrition SGM 9A; Mary Elizabeth
Ministry 11A

FMZBC NOMINATING COMMITTEE

The FMZBC Nominating Committee is seeking nominations for the following positions for 2018: Church Clerk (1); Assistant Church Clerks (2). If you would like to nominate a FMZ member to serve in either of these positions, ballots will be collected starting November 12th. The Nominating Committee will compile the list of all nominees to be voted on at the December 2nd church meeting. Nominating Committee members are Deaconess Betty Ross, Sister Clarice Torian and Brother Elijah Banks.

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 30th, 7:00-9:00pm, for session 7: "Guilt and Anger."**

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.

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

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 University and Virginia Union University has been scheduled 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 relevant 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 money 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 Gerry Griffin at griffing@rocketmail.com.

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!

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 discussion of the 7 Rings of Marriage. For more information please email MarriedCouples@FirstMountZionBC.org

MEN AND WOMEN'S CONFERENCE

Calling Every Man and Every Woman -- Don't miss the Men & Women's 2017 Dinner, Dance and Conference, being held on Friday, Nov. 17 & Saturday, Nov. 18, 2017. Enjoy a Friday evening of fine dining, dancing, and fellowship. Then, come for a short time on Saturday from 9:00 am - 1:30 pm and allow your souls to be blessed as anointed speakers pour into you and equip you with strategies for winning The Tug-of-War between the spirit and the flesh! Registration is on line @ www.fmzbc.com and in the Narthex, immediately following service. Attire: after 5PM or Sunday best! POC: Linda L. Young (womensministry@firstmountzionbc.org) or Mark Jessup (mensministry@firstmountzionbc.org).

FMZ ARCHIVES

The archives room on the first floor will be open today. If you have never visited the archives room, please take a minute to do so.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abr Bryant@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
November
REHEARSALS**

Mass Choir
Thurs 2, 30; 7:30P

**Women's Choir Praise
Team**
Mon 6; 7P
Tues 7; 7P

Women's Choir
Tues 7, 28; 7P

Voices of Zion/Jewels
Thurs 9, 16; 7P

Worship Praise Ensemble
Mon 13; 7:30P

Men's Choir
Tues 14, 21; 7:30

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.

**DEACONESS GIVEAWAY REDIRECT/
CHRISTIAN DISASTER RESPONSE**

Event date: November 4, 2017

Event Time: 12:30 pm

Come share your talents with the Deaconess Ministry for the Giveaway Redirect/Christian Disaster Response relief. Many have asked "how can we help?" You may still donate items and help assemble kits. The last day we will accept donations will be **Thursday, November 2, 2017**. Donation boxes are located in the Narthex. If you are interested in helping to assemble kits, please sign up at the following address: <http://www.signupgenius.com/go/10c0d4eaea62ea7f49-2017>. These are the specific items that we are purchasing for the relief effort.

POC: Deaconess Mozelle Floyd (703) 439-9021 and Deaconess Lynell Manning (540) 220-3934 or DeaconessGiveaway@FirstMontZionBC.org.

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
White rice 5 lb. bag

**CELEBRATE RECOVERY SMALL
GROUP**

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. You are not alone. For more information. POC: Stephanie M. Craddock, Small Groups Director - Scraddock@firstmountzionbc.org or (703) 670-0184

YOUTH MINISTRY

Youth First Friday (Movie Night on November 3 at 7pm): Let's continue a great Youth Ministry season with an engaging movie. All youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include a movie, food, conversations and laughter. If you have any questions, please call or contact Rev. John McNeill, Jr. at 703-670-0184 or jmcneill@firstmountzionbc.org. Bring a friend.

YM Spiritual Journey (Pilgrimage)

2017: On Saturday, Dec. 9th (7am -3pm), the Youth Ministry members will travel to the new Museum of the Bible (Washington, DC). The \$20 cost covers our 2 hour early entry, transportation, t-shirt and electronic guide for the museum. Sign-ups will begin Sunday, November 12th after the 8am and 11am services in the Narthex. The link for your perusal is <https://www.museumofthebible.org>. POC: Rev. McNeill at (703) 670-0184.

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, November 18, 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 November SHARE packages is November 5th. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.