

"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]  
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**

**Turkey Sausage, Grits,  
Eggs, Biscuits, Bacon,  
and Potatoes**



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**This Week at a Glance & Activities**

**Today, Nov 12**

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; Young Adult & Adult Ministry Meeting 1P

**Monday, Nov 13**

Academic Education Ministry Tutorial 7P; Benevolence Committee 7P; Bod 4 God SGM 7P; Connected to Connect 7P; Money Smart Planning Session 7P; Retire Inspired SGM 7P; Security Ministry 7P; WPE Rehearsal 7:30P

**Tuesday, Nov 14**

Noon Day Prayer 12P; Alzheimer's Caregiver's Support SGM 2 7P; Mary Elizabeth Ministry Planning Meeting 7P; Pi Lambda Lambda OPPF 7P; Singles Ministry 7P; Toastmasters 7P; Men's Choir 7:30P

**Wednesday, Nov 15**

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

**Thursday, Nov 16**

Soup to Nuts Cooking and Baking SGM (Woodbridge) 6:30P; 1st Class Single Women for God SGM 7P; Jewels Choir 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Voices of Zion 7P; Deacon Ministry Meeting 7:30P

**Friday, Nov 17**

Joint Men and Women's Conference 6P

**Saturday, Nov 18**

Joint Men and Women's Conference 8A; Share Distribution 9A; Money Smart Workshop 9A; Volunteer Screening Ministry 9A; Common Thread Sewing SGM 10A; Mary Elizabeth Ministry 11A; Junior Ushers 11:30A; Security Ministry 12P; End of Life Care SGM 1P

**CHILDREN'S MINISTRY**

Children's Church will be closed on today and November 26, 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.

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.

Please contact Michelle Wallace at [ChildrensMinistry@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

**YOUTH MINISTRY**

**First Friday in December:** The Youth Prayer Dinner will be held on Friday, December 1st from 7-9 pm in the Grain of Heaven for 6th thru 12th graders. Sign-ups begin Today after the 8am and 11am services. Dressy attire is required for this event. Jeans and tennis shoes are not allowed. Also, youth are asked to participate in the **Youth Canned Food Drive Contest** to fight hunger in the community. The top 6 winners will receive a prize. Canned goods should be brought to the prayer dinner. POC: Rev. John McNeill (703) 670-0184 or [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org) or [imcneill@firstmountzionbc.org](mailto:imcneill@firstmountzionbc.org).

**YM Spiritual Journey (Pilgrimage)**

**2017:** On Saturday, Dec. 9<sup>th</sup> (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 Today 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.

**ANGEL TREE PRISON FELLOWSHIP**

Please sign up in the Narthex after service today to participate in the Angel Tree prison fellowship. If you want to make a difference in a child's life please volunteer to purchase gifts, wrap gifts, and/or deliver gifts. If you have questions, call Al Shelton at (703) 969-5910.

**ACADEMIC EDUCATION MINISTRY (AEM)**

Attention All FMZBC 2018 High School Graduates. You are invited to attend the FMZBC Scholarship Workshop on Sunday, November 19, at the end of the 11am service in the Choir Room. Come out and get your application and scholarship information from the AEM. Parents are welcome also. See you there! Point of Information: Sister Glorine W. Gholson--(703) 221-1524 or [glodessa@aol.com](mailto:glodessa@aol.com)

Attention Community Service Organizations. Community service groups are again welcome to advertise their academic scholarships in the church bulletin through the AEM. Simply email your application with all the necessary information to FMZ/AEM Scholarship Chairman, Sister Glorine W. Gholson, at [glodessa@aol.com](mailto:glodessa@aol.com) and your scholarship application will be advertised in a timely manner in the church bulletin for any applicants. The AEM thanks you for supporting our youth as they pursue higher education.

**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](mailto: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!

**FLOWER MINISTRY**

The Flower Ministry is in need of volunteers to help with decorating the sanctuary and narthex for Christmas! Come "Join Us" on November 28th from 10:00am - 1:00pm to decorate the church for Christmas! No special talents required--just a desire to help add holiday joy and beauty to FMZ for the Christmas holidays. Anyone interested and available should contact Vera Brackett [vbrack17@verizon.net](mailto:vbrack17@verizon.net) or (703) 494-4529.

**FMZBC ZONE CHRISTMAS FELLOWSHIP**

The FMZBC Christmas Zone Fellowship will be held in the gymnasium after the 11 AM Service on December 3, 2017 for Zones I thru N and December 10, 2017 for Zones B thru H2. This event will include food, entertainment and fellowship.

**ADMINISTRATIVE OFFICE STAFF**

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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  
November  
REHEARSALS**

**Mass Choir**  
Thurs 30; 7:30P

**Women's Choir**  
Tues 28; 7P

**Voices of Zion/Jewels**  
Thurs 16; 7P

**Worship Praise Ensemble**  
Mon 13; 7:30P

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

**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](http://www.fmzbc.com) and in the Narthex, immediately following service. Attire: after 5 or Sunday best! POC: Linda L. Young ([womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)) or Mark Jessup ([mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)).

**FOSTER PARENTING**

"Have you been thinking about becoming a foster parent? Become a Foster Parent with Braley & Thompson. We are seeking dedicated foster families; couples and single parents are welcomed. Come join me at one of our information sessions where you can ask questions about the process." You can rsvp for any of our upcoming sessions at: <https://www.meetup.com/Northern-Virginia-Foster-Parents/>. We offer free training and sign-on bonus! For additional info please contact Natasha Cupido, 703-878-8216 [natasha.cupido@rescare.com](mailto:natasha.cupido@rescare.com)

**NATIONAL ADOPTION AWARENESS**

November is National Adoption Awareness Month. Today, more than 800 children in the Virginia foster care system are waiting to be adopted. Most of the children have experienced the trauma of abuse, neglect, or abandonment. They need the support of a loving family to help them heal. They deserve the love and stability that a permanent family provides. Can you be that family? Call Virginia One Church, One Child today and learn how you can adopt (804) 329-3420 or (800) 440-5090.

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, November 21<sup>st</sup>, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at [pwnaacp.org](http://pwnaacp.org) and access the calendar entry for this meeting.

**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](mailto:Scraddock@firstmountzionbc.org) or (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.

**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, please stop by the Nominating Committee table in the Narthex, complete a ballot and place it in the nomination box. A brief description of the responsibilities for each position is located on the back of the ballot. 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.

**SHARE DISTRIBUTION**

November SHARE packages will be distributed on Saturday, November 18th from 9 - 10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.