



"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]
Thomas Maxey [G2]
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]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

No 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, Dec 17

Music ~ Christmas Musical
Sunday School 7A; Christmas Musical 8A; Sunday School 9:45A; Juvenile Detention 10A; Christmas Musical 11A; Study to Show Thyself Approved (Offsite) 1:30P; Hungry for the Word SGM (Stafford) 3P; Inspirational Journey Study Group (Offsite) 3P

Monday, Dec 18

Proverbs Place Christmas Play Rehearsal 9A; Academic Education Ministry Scholarship Committee 7P; Academic Education Ministry Tutorial 7P; Alzheimer's Caregiver Support SGM 3 7P; Bod 4 God SGM 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/ Griefshare 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

Tuesday, Dec 19

Proverbs Place Christmas Play Rehearsal 9A; How to Study the Bible SGM 11A; Noon Day Prayer 12P; Academic Education Ministry Monthly Meeting 7P; Deaconess Ministry Holiday Meeting 7:30P; Men's Choir 7:30P

Wednesday, Dec 20

Proverbs Place Christmas Play Rehearsal 9A; Praise & Worship 7:30P; Bible Study 8P

Thursday, Dec 21

Proverbs Place Christmas Play Rehearsal 9A; Proverbs Place Christmas Play 4P; Jewels Choir 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Voices of Zion 7P; Deacon Ministry Meeting 7:30P

Friday, Dec 22

No Scheduled Activities

Saturday, Dec 23

No Scheduled Activities

SINGLES MINISTRY

Singles Ministry will host a Bowling Fun Party on Saturday, January 6th at 2pm at Bowl America, --- 13409 Occoquan Road, Woodbridge, VA. Anyone interested in Bowling may attend. You will have the opportunity to decide if you would like to be part of a FMZ Bowling League. Come out and have a great time! POC: Rev. Maxine Thompson mthompson@fmzbc.org or Re-naee.allen@hotmail.com

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, December 19th, 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 pwnaaccp.org and access the calendar entry for this meeting.

2018 MLK CHOIR REHEARSAL

Youth in grades K through 12 are invited to join the Martin Luther King Community Choir who will perform at the Annual Martin Luther King Day celebration on January 15, 2018 at the Hylton Chapel. Rehearsals have begun! It's not too late to join! The second rehearsal will be at Chinn Regional Library, at 1:30 p.m., on Saturday, January 6 which will also include a free performance for the public at 3pm. The final rehearsal will be at Hylton Memorial Chapel, on Friday, January 12, at 7:00 p.m. The choir needs your voice and talent as a part of this wonderful community-wide celebration; please join us! Any questions? Please contact MLKcommunitychoir2018@gmail.com or LaToya Ransom, Lransom@hotmail.com.

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

The next workshop will be held on Saturday, January 6th from 9:00 a.m. -11:00 a.m. The workshop topic: "Financial Goals for the New Year." Our goal is to empower all members to learn how to make realistic financial goals and how to stick with them. We will share how 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. You can sign up after each service or email the ministry at mon-eysmart@firstmountzionbc.org

YOUTH MINISTRY

Youth First Friday (Game Night): January 6th at 7pm. All youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include games, food, conversation and laughter. POC: Rev. McNeill for details at jmcneill@firstmountzionbc.org or 703-670-0184.

Youth Bible Study on Wednesdays: Come and ask the question(s) that you've always had about the Bible. Learn how to do the right things for the right reasons. Discover how to please God. "Friends & Peer Pressure" is the general theme for our Wednesday night study which begins at 8pm. POC: Rev. McNeill for details at jmcneill@firstmountzionbc.org or 703-670-0184.



ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abryant@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

Rev. 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
rwoolfolk@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
December
REHEARSALS**

Mass Choir
Thurs 28; 7:30P

Men's Choir
Tues 19; 7P

Voices of Zion/ Jewels
Thurs 21; 7P