

"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]  
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**

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



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**This Week at a Glance & Activities**

**Today, Jan 7**

Music ~ Mass Choir  
Worship Service 8A; Sunday School  
9:45A; Juvenile Detention 10A; Wor-  
ship Service 11A; College Student  
Panel Discussion 1P

**Monday, Jan 8**

Academic Education Ministry-  
Tutorial 7P; Benevolence Committee  
7P; Celebrate Recovery SGM 7P;  
Connected to Connect 7P; Financial  
Freedom for Millennials SGM 7P;  
Journey to Joy/ GriefShare 7P; Dea-  
coness Executive Team Meeting  
7:30P

**Tuesday, Jan 9**

Noon Day Prayer 12P; Mary Eliza-  
beth Planning Meeting 7P; Pi Lamb-  
da Lambda OPPF 7P; Retire In-  
spired SGM 7P; Small Groups Lead-  
er Planning Meeting 7P; Toastmas-  
ters 7P; Women's Choir 7P; Trustee  
Ministry Ministry 7:30P

**Wednesday, Jan 10**

Alzheimer's Caregiver Support SGM  
1 11A; Praise & Worship 7:30P;  
Bible Study 8P

**Thursday, Jan 11**

Blessed and Highly Favored SGM  
(Dumfries) 7P; Jewels Choir 7P;  
Pastor's Aide Ministry 7P; R&B  
(Reading & Believing) SGM 7P; The  
C.O.R.E Ministry Kick Off 7P; Voices  
of Zion 7P; Women's Ministry Plan-  
ning Meeting 7P; Men's Ministry  
Monthly Meeting 7P; Trustee HR/  
Admin Committee 7:30P

**Friday, Jan 12**

Circling God's Word SGM (Offsite)  
7P

**Saturday, Jan 13**

Church Closed

**CHILDREN'S MINISTRY**

Children's Church is closed the month of  
January.

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 Chil-  
dren'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.

**ACADEMIC EDUCATION MINISTRY  
(AEM)**

The AEM will host a College Student Panel  
Discussion Today immediately following the  
11:00 AM Worship Service in the Choir  
Room. FMZ College students will share  
their experiences and discuss the challeng-  
es of transitioning from high school to col-  
lege and campus life, being on their own for  
the first time and pitfalls to avoid during the  
transition process. They will answer ques-  
tions from students and parents. Parents/  
Guardians & high school students are re-  
quested to attend and participate in this  
valuable discussion. Parents/Guardians of  
middle school students are also encour-  
aged to attend. Don't miss this opportunity  
to hear what these outstanding FMZ college  
students have to offer as well as receive  
answers to your hard questions. No sign-  
up is required. Just come on in! Refresh-  
ments will be served. POC: Sis. Malinda,  
Bro. Ken Spencer, or Bro. Gerry Griffin at  
[aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org).

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will  
conduct training and interviews on Satur-  
day, January 20, 2018 beginning promptly  
at 9:00 AM. Please plan to attend this ses-  
sion 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 Cyn-  
thia Zorn Pettigrew at 703 -730-5227 or  
Clarice Torian at 703-730-6353 if you have  
questions.

**YOUTH MINISTRY**

**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  
[jmceill@firstmountzionbc.org](mailto:jmceill@firstmountzionbc.org) or 703-670-0184.

**Youth Canned Food Drive Results:** FMZBC  
Youth, Parents and Youth Servants, thank you for  
your contributions and support during our 2017  
Canned Food Drive. Together, we gave 355 lbs  
of canned food items to the ACTS Food  
Bank. Thank you God for blessing us to serve  
others! Sincerely Yours in Christ, Rev. McNeill

**PHOTOGRAPHY MINISTRY**

Do you enjoy taking photos just for fun? Do you  
photograph people or events in your spare time?  
Consider joining the FMZ Photography Ministry!  
For more info, call or text Benson Blake at 703-  
346-3433, or email [photog-  
raphy@firstmountzionbc.org](mailto:photography@firstmountzionbc.org).

**WOMEN'S MINISTRY**

**Continuing the Journey  
Sisters Abiding In Light and Truth (SALT)  
John 15:5**

**Attention First Mount Zion Sisters!** The **Janu-  
ary 13, 2018** Women's Ministry Fellowship  
Kickoff Session has been rescheduled for **January  
20, 2018, from 9:00am - 11:30am, at FMZBC.**  
We are excited about all the upcoming ministry  
possibilities, and thank God for another opportu-  
nity to serve and study His Word. So mark your  
calendar, we look forward to sharing ministry vi-  
sions, and celebrating the 2018 New Year Wom-  
en's Ministry Fellowship Kickoff! POC: Linda L.  
Young - [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

**YOUNG ADULT MINISTRY**

The C.O.R.E. will host its first ministry kick-off/  
general body meeting on Thursday, January 11,  
2018, 7pm at FMZBC. All young adults are invited  
to jumpstart this year with the C.O.R.E. and see  
the amazing things that God has planned for us!  
Questions? POC: Roconia Price at  
[TheCore@FirstMountZionBC.org](mailto:TheCore@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  
January  
REHEARSALS**

**Men's Choir**  
Tues 16, 23; 7:30P

**Women's Choir**  
Tues 9; 7P

**Voices of Zion/Jewels**  
Thurs 11,18; 7P

**Mass Choir**  
Thurs 25; 7:30P

**FMZBC FIT BY GOD**

**Aerobic Toning:** Low impact aerobic exercise combined with muscle toning and stretching. Thursday nights at 7 pm starting January 4<sup>th</sup>. On the gym stage, open to all members. Come exercise and fellowship.

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

The next workshop will be held on Saturday, January 20<sup>th</sup> from 9:00 -11:00 a.m. The workshop topic: **"Financial Goals for the New Year."** The great thing about having a financial goal(s) is that anyone can do it, regardless of income or wealth level. 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. Sign up January 7<sup>th</sup> and 14<sup>th</sup> after both services or email the ministry at [mon-eysmart@firstmountzionbc.org](mailto:mon-eysmart@firstmountzionbc.org)

**SMALL GROUP LEADERS PLANNING  
MEETING**

All Small Group Leaders, Co-leaders and Coaches. Please plan to attend as we close out our Fall Groups, Celebrate and Prepare for the Upcoming Spring, 2018 Small Groups Semester. **Tuesday, January 9<sup>th</sup> at 7:00PM.** Thank you for your heart to serve. **POC: Stephanie M. Craddock, Small Groups Director**  
RSVP at [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or (703) 670-0184. We look forward to seeing you there!!

**SHARE REGISTRATION**

Today is the last day to register for the January SHARE packages. SHARE packages are \$21 for food valued between \$35 and \$45. POC: Thomas Bates (703) 330-6371 or Cherry Anderson 540 361-4319.

**SUNDAY SCHOOL MINISTRY**

The first 2018 quarterly training for all Sunday School teachers will be held on Saturday, January 27<sup>th</sup> from 9-11am. If you have been reflecting on the call to serve in the Sunday School Ministry, this session is for you too! Come learn about this year's goals and participate in breakout focus groups to share your ideas. Sign up thru this Link: [www.SignUpGenius.com/go/60B0F4FA4AF29ABF58-winter](http://www.SignUpGenius.com/go/60B0F4FA4AF29ABF58-winter) Questions? Email: [sun-dayschool@firstmountzionbc.org](mailto:sun-dayschool@firstmountzionbc.org) POC: Superintendent Gillis Taylor

**MEN'S MINISTRY**

**ATTENTION ALL MEN; Young & Mature!!!**...Join us on Saturday, January 20<sup>th</sup> at 9 a.m. for our first monthly Men's Fellowship of 2018. You will receive a Blessing from God as our very own PASTOR LUKE E. TORIAN delivers our charge on "Being Mighty Men of Abundance", 2 Corinthians 9:8-11(NKJV). I pray you seize this opportunity by joining us and allowing Him, through the speaker, to provide you spiritual growth. A continental breakfast will be available. We look forward to seeing you Mighty Men of God. Iron sharpening Iron (Prov. 27:17). [menministry@firstmountzionbc.org](mailto:menministry@firstmountzionbc.org)

**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](mailto:MLKcommunitychoir2018@gmail.com) or LaToya Ransom, [Lransom@hotmail.com](mailto:Lransom@hotmail.com).

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, January 16<sup>th</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.