



"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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 Waffles.**



Dr. Luke E. Torian, Pastor
16622 Dumfries Road
Dumfries, VA 22025
Ph. (703) 670-0184
Fax (703) 670-0296

Website
www.fmzbc.com



Today, Jan 21

Music ~ Voices of Zion/ Jewels
Worship Service 8A; Sunday School
9:45A; Juvenile Detention 10A; Wor-
ship Service 11A; Associate Minis-
ters 1P; Youth Ministry Planning
Meeting 1P; Study to Show Thyself
Approved SGM (Offsite) 1:30P;
Civilian & Military Outreach SGM
(Alexandria) 2P; Hungry for the
Word SGM (Stafford) 3P; Inspirational
Journey Study Group (Offsite) 3P

Monday, Jan 22

Academic Education Ministry-
Tutorial 7P; Mass Choir 7P; NCBW-
PWCC 7P

Tuesday, Jan 23

Noon Day Prayer 12P; Singles Min-
istry 7P; Small Groups Planning
Committee Meeting 7P; Toastmas-
ters 7P

Wednesday, Jan 24

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

Thursday, Jan 25

Blessed and Highly Favored SGM
(Dumfries) 7P; Mass Choir 7P; Pho-
tography Ministry 7P; R&B (Reading
& Believing) SGM 7P; Strategic
Planning Committee 7P; The
C.O.R.E Ministry Meeting 7P

Friday, Jan 26

Warriors of Love SGM 7:30P

Saturday, Jan 27

Christian Fellowship Basketball
League 9A; FMZ School of Ushering
9A; Health Ministry 9A; Sunday
School Training Session 9A; The
Eagles Health & Nutrition SGM 9A;
Women's Ministry Planning Meeting
9A; Common Thread Sewing SGM
10A; Spiritual Cancer Support Minis-
try 10A

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 or
240-602-5929.

**ACADEMIC EDUCATION MINISTRY
(AEM)**

The following Scholarship applications are
in the Narthex by the mailboxes:

Northern Virginia Delta Education and
Community Service (NVDECS) Foundation
Scholarship and Fellowship is offering two
(2) unique scholarship/fellowship awards:

1. **The Mary L. Norman Memorial Schol-
arship** (\$2000)
2. **The Delta Decisions
IQA Fellowship** (\$2000)

**The Northern Virginia Urban League, Inc.
Board of Directors**

**The Psi Alpha Alpha Chapter of the
Omega Psi Phi Fraternity, Inc**

**Northern Virginia Electric Corporation
(NOVEC) Scholarship Program** (\$1500)

Pick up your application today! All specifica-
tions and contacts are listed on the individu-
al applications.

YOUTH MINISTRY

Youth Ministry (6th - 12th Graders) members, I
need your help and insight. Meet me in the Grain
of Heaven for lunch and a "Dream Session" to
primarily discern and to enhance the parts of our
Sunday Youth Worship Service (Third Sundays)
Today from 12:45pm to 2:45pm. All Youth (6th -
12th Graders) are invited to come and make a
contribution. I am truly interested in the concerns
of your heart. POC: Rev. J. McNeill, 703-670-
0184

PHOTOGRAPHY MINISTRY

Our next meeting will take place on Thursday,
January 25th at 7:00pm. Interested? Call or text
Benson Blake at 703-346-3433, or email [photo-
raphy@firstmountzionbc.org](mailto:photo-raphy@firstmountzionbc.org) for more information.

MUSIC MINISTRY

Happy New Year!!

Come and join us in 2018. Open season for join-
ing the Mass, Women, Men, Voices of Zion, Jew-
els Choirs, Drama Ministry, and Dance Ministries
of FMZ. Sign up today! POC: Brother Sledge -
ssledge@firstmountzionbc.org.

PRAYER



FMZBC Leadership is available every Sunday
after the 8 and 11 am Worship Services in the
Chapel for any member or guest who desires
prayer.

FMZBC NEWSLETTER

The FMZBC Newsletter is making a comeback!
Are you interested? Do you have the talent to
bring it together? If so we are looking for you.
POC: Beverly H Grant at
bgrant@firstmountzionbc.org. 703-670-0184.

FMZ BASKETBALL

Saturday January 27th at 9am FMZ vs. Ice Cold in
the Gymnasium. Concessions available in the
Grain of Heaven. Come watch, fellowship and
support our church team. Go FMZBC!



ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abrvant@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
January
REHEARSALS**

Men's Choir
Tues 23; 7:30P

Mass Choir
Tues 22; 7P
Thurs 25; 7:30P

TOASTMASTERS

Is Toastmasters Right for You?

Do you want to become a confident public speaker and strong leader? If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. For more information please contact Reggie Williams at 703-586-7928.

SUNDAY SCHOOL MINISTRY

The first 2018 quarterly training for all Sunday School teachers will be held on Saturday, January 27th 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 Questions? Email: sun-dayschool@firstmountzionbc.org POC: Superintendent Gillis Taylor.

PWC NAACP

The date for the PWC NAACP General Membership meeting has been changed for this month. It will be held on January 23rd from 7:30-9:00 PM at the First AME Church located at 10313 South Grant Avenue, Manassas, VA.

If you are unable to physically join us at the meeting, then please use our on-line GoToMeeting capability listed below. We will also record the meeting and post it on-line for your review. We are looking for new ways for members to Get Connected, Get Informed, and Get Involved.

---GoToMeeting procedure follows---

Please join my meeting from your computer, tablet or smartphone.

<https://www.gotomeeting.com/join/908249909> You can also dial in using your phone. United States: 1 (408) 650-3123. Access Code: 908-249-909

