



"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 Wimbrush [N]

**GRAIN OF HEAVEN**

**Turkey Sausage, Grits,  
Eggs, Biscuits, Bacon,  
Potatoes, Omelet Station  
and Smothered Pork  
Chops.**



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**This Week at a Glance & Activities**

**Today, Jan 28**

Music ~ Men's Choir  
Worship Service 8A; Sunday School  
9:45A; Juvenile Detention 10A; Wor-  
ship Service 11A

**Monday, Jan 29**

CED Leaders/Directors Meeting 7P;  
Mass Choir 7P

**Tuesday, Jan 30**

Noon Day Prayer 12P; Women's  
Ministry Leadership Meeting 7P;  
Trustee Ministry Meeting 7:30P

**Wednesday, Jan 31**

Senior's Ministry 12P; Worship Ser-  
vice 7:30P

**Thursday, Feb 1**

A Page At A Time Scrap Booking  
SGM 7P; Mass Choir 7P; Our Words  
Have Power SGM 7P; Professional  
Women SGM (Four Seasons) 7:30P

**Friday, Feb 2**

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

**Saturday, Feb 3**

Church Meeting 10A; Mary Elizabeth  
Ministry 11A; WICA Debutantes  
Etiquette Workshop 11A

**ACADEMIC EDUCATION MINISTRY  
(AEM)**

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

Northern Virginia Delta Education and Com-  
munity 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.

**Reminder!!** The FMZ Scholarship applica-  
tion due date is drawing near. April 16<sup>th</sup>  
is just around the corner and you don't want to  
miss this great opportunity!! High School  
Seniors, if you haven't picked up your pack-  
et, they are available near the mailboxes in  
the Narthex near the elevator.

The 16<sup>th</sup> Annual Alfred Street Baptist  
Church HBCU College Festival will be held  
Saturday, February 10, 2018. Loca-  
tion: Gaylord National Convention Center,  
201 Waterfront St, Oxon Hill,  
MD 20745. Doors open at 8:00 AM. For  
more information: [http://  
www.alfredstreet.org/ministries/outreach-  
and-missions/hbcu-festival/colleges-and-  
universities/](http://www.alfredstreet.org/ministries/outreach-and-missions/hbcu-festival/colleges-and-universities/)

**YOUTH MINISTRY**

**Youth Bible Study on Wednesdays**

February 7<sup>th</sup>, we will discuss how to handle  
the pressure of gossip. Should you spread  
the rumors or fight back? 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. See you  
there! Bring a friend.

**CHURCH MEETING**

Church Meeting is scheduled for Saturday, Febru-  
ary 3rd at 10am. All members are encouraged to  
attend. Agenda items for consideration should be  
submitted to the church office no later than noon,  
Thursday, February 1st.

**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](mailto:ssledge@firstmountzionbc.org).

**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](mailto:bgrant@firstmountzionbc.org). 703-670-0184.

**GRIEF SHARE**

FMZBC's Grief Support Ministry, **Journey to Joy**  
will host our second **GriefShare** session, a special  
weekly seminar and support group designed to  
help you rebuild your life after the death of a loved  
one. This 13 week program runs February 5, –  
May 14, 2018. GriefShare is a **free** facilitator  
designed program with special topics, a partici-  
pant handbook, DVDs featuring grief experts and  
group discussions. Registration starts today in  
the Narthex immediately after worship. **We know  
it hurts and we want to help and provide en-  
couragement after the death of a loved one.**

**BIBLE STUDY**

**New Wednesday Night Bible Study Session  
"DRAW CIRCLE" Feb14 – Mar 14:** Have your  
prayers become stagnant? Do you long to see  
God move in fresh ways? Are you ready to move  
to new places in your walk with God? If so, it's  
time to take the 40-day prayer challenge and  
press into God like never before. In this five-  
session video Bible study, bestselling author Mark  
Batterson shows how taking up this challenge will  
not only change the way you pray today but also  
dramatically impact the rest of your life. While this  
challenge won't be easy, and you will experience  
setbacks along the way, as you pray through you  
can be assured that God will come through in new  
and exciting ways. Register at [https://  
studygateway.com/prayer](https://studygateway.com/prayer) point of contact Rev.  
Sandra K. James, 703-670-0184 or  
[sjames@firstmountzionbc.org](mailto:sjames@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  
February  
REHEARSALS**

**Women's Choir**  
Tues 6; 7P

**Women's Choir Praise  
Team**  
Mon 5; 7P  
Tues 6; 7P

**Men's Choir**  
Tues 13, 20; 7:30P

**Voices of Zion**  
Sat 10; 10A  
Thurs 15; 7P

**Jewels**  
Thurs 8, 15; 7P

**Mass Choir  
(Jan) Mon 29; 7P  
Thurs 1, 22; 7P**

**WOMEN'S MINISTRY - WM  
Sisters Abounding In Light and Truth  
(SALT)**

The Lord called us women the **SALT** of the earth to preserve, to add flavor and disinfect any hardship we may endure, (Matt: 5:13). Our focus is to bring women together for prayer, relationship building and support. The WM fellowship is February 10, 2018, from 9:00am - 11:30am, at FMZBC. Topic: How **BIG** is Your **GOD**? Ephesians 3: 20-21. The guest speaker is FMZBC Associate Minister, Rev. Helen Parker. POC: Linda L. Young - [womensministry@firstmountbc.org](mailto:womensministry@firstmountbc.org).

**WOMEN'S MINISTRY BOOK CLUB  
Discerning the Voice of God, by:  
Pricilla Shier**

**SIGN-UP (Narthex) Feb 11th and 18th**  
Love to read; longing to discuss the interesting aspects of the books you read? As a Christian, you're thinking you'd like to confidentially engage like-minded people. The Women's Ministry Book Club facilitates meaning and purpose, evokes a deeper connection with the divine, foster communal identity, and guides practical life application. POC: Sister Robin Hawkins, [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

**MARRIED COUPLE'S MINISTRY**

The FMZBC **Married Couples' Ministry** will host our **2018 Kick-Off/Tailgate Fellowship** on Super Bowl Sunday, Feb 4, 2018 at 5:30 p.m. We are excited to begin another year with fellowships that enrich and uplift marriages. For more information and to RSVP, please email [MarriedCouples@FirstMountZionBC.org](mailto:MarriedCouples@FirstMountZionBC.org) or contact Les & Karen Young at (703) 405-8361 or (425) 218-2145.

**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. Toastmasters meets here every 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 7:30pm. For more information please contact Reggie Williams 703/586-7928.

**FMZ DANCE MINISTRY**

Calling all members with a desire to participate in the FMZ Dance Ministry. We are preparing for an awesome 2018 and welcome all individuals (male and female) ages 6 and up to join us. ALL ages and levels are welcome. Our first meeting/rehearsal for 2018 will be on Saturday, February 10, 2018 from 9:00 a.m. to 10:30 a.m. Please contact Johnda Scott-Adams with any questions or concerns at (703) 623-2554 or email: [fmzbcdance@gmail.com](mailto:fmzbcdance@gmail.com).

**FMZ BASKETBALL**

Saturday February 3<sup>rd</sup> at 2:10pm FMZ vs. St. Francis in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

**SMALL GROUPS MINISTRY**

Come join us as BOD4GOD returns for our Spring Semester  
FMZBC Weight Loss Competition 2018!!  
Sign up: February 4<sup>th</sup> and 11<sup>th</sup> following both worship services  
Cost: \$30-New members (Includes Official BOD4GOD book, t-shirt, and magnet)  
Which Team Will Be The Biggest Loser?  
POC: Stephanie M. Craddock (Small Groups Director)  
[Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or (703) 670-0184

**CELEBRATE RECOVERY**

The Money Smart Ministry and Celebrate Recovery Small Group will host an open discussion **'Speak Patience - Navigating Your Roadmap To Financial Healing'** on Monday, February 12th from 7-9pm to share keys to overcoming the challenging intersection of divorce and financial recovery. **RSVP is required.** Sign up in the Narthex after service today or email [MoneySmart@firstmountzionbc.org](mailto:MoneySmart@firstmountzionbc.org) by Monday, February 5th. This discussion kicks off a series of life healing conversations facilitated by the Celebrate Recovery small group with partnering ministries to foster deeper sharing while offering practical and spiritual resources for the journey.

**SHARE REGISTRATION**

The last day to register for February SHARE packages is February 11th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

