

"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, Whiting Fish,
and Fried Rice.



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This Week at a Glance & Activities

Today, Feb 4

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

Monday, Feb 5

Academic Education Ministry-
Tutorial 7P; Alzheimer's Caregiver
Support SGM3 7P; Journey to Joy/
GriefShare 7P; Maturing In Christ
SGM (Four Seasons) 7P; Women's
Choir Praise Team 7P; Deaconess
Executive Team Meeting 7:30P

Tuesday, Feb 6

How to Study the Bible SGM 11A;
Noon Day Prayer 12P; Usher Minis-
try 7P; Deaf Ministry 7P; Women's
Choir 7P; Women's Choir Praise
Team 7P; Trustee Ministry 7:30P

Wednesday, Feb 7

Senior's Ministry 12P; Praise & Wor-
ship 7:30P; Bible Study8P

Thursday, Feb 8

Blessed and Highly Favored SGM
(Dumfries) 7P; Jewels Choir 7P;
Pastors Aide Ministry 7P; R&B
(Reading & Believing) Small Group
7P; The C.O.R.E Ministry Meeting
7P; Men's Ministry Monthly Meeting
7:30P; Trustee HR/ Admin Commit-
tee 7:30P

Friday, Feb 9

Circling God's Word SGM (Offsite)
7P

Saturday, Feb 10

Christian Fellowship Basketball
League 9A; GroupLinks Set-Up 9A;
Men's Ministry Fellowship 9A; Wom-
en's Ministry Fellowship 9A; Com-
mon Thread Sewing SGM 10A; Voic-
es of Zion 10A; Mary Elizabeth Min-
istry 11A

**ACADEMIC EDUCATION MINISTRY
(AEM)**

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

**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 16th 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 16th 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 7th, 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.

YOUNG ADULT MINISTRY

The C.O.R.E. presents The Ministry of Life-
A monthly spiritual growth service occurring
every second Thursday. This month we will
receive a message from Reverend Brian
Woolfolk on Relationships, Dating, Love,
and Marriage. Please Join us on Thursday,
February 8, 2018 at FMZBC from 7 to 9
PM. Childcare will be available. For more
information please contact Melanie Thomp-
son at TheCore@firstmountzionbc.org.

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 hard-
ship we may endure, (Matt: 5:13). Our focus is to
bring women together for prayer, relationship
building and support. The WM fellowship is Feb-
ruary 10, 2018, from 9:00am - 11:30am, at
FMZBC. Topic: How **BIG** is Your **GOD**? Ephe-
sians 3: 20-21. The guest speaker is FMZBC
Associate Minister, Rev. Helen Parker. POC:
Linda L. Young - [womensminis-
try@firstmountbc.org](mailto:womensministry@firstmountbc.org).

WOMEN'S MINISTRY BOOK CLUB

Discerning the Voice of God, by:

Pricilla Shrier

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 commu-
nal identity, and guides practical life application.
POC: Sister Robin Hawkins, [womensminis-
try@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

MARRIED COUPLES' MINISTRY

The FMZBC **Married Couples' Ministry** will host
our **2018 Kick-Off/Tailgate Fellowship** Today,
Super Bowl Sunday 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 [MarriedCou-
ples@FirstMountZionBC.org](mailto:MarriedCouples@FirstMountZionBC.org) or contact Les &
Karen Young at (703) 405-8361 or (425) 218-
2145.

REGISTER TODAY: The Married Couples' Minis-
try presents "INVESTING IN YOUR MARRIAGE"
Sweetheart Breakfast and Enrichment Seminar on
Feb 24, 2018 from 9:30am -12:30pm. Register
after service TODAY and next Sunday. You can
also register by email at [MarriedCou-
ples@FirstMountZionBC.org](mailto:MarriedCouples@FirstMountZionBC.org). There is no charge
for this event, but you must register.

MEN'S MINISTRY

ATTENTION ALL MEN! Come and fellowship this
Saturday, February 10th at 9 a.m., as we hear how
God can provide **ALL** that we can ask or
think. Our speaker is Brother Everett Griggs. I
pray you seize this opportunity to "Glorify God
thru Your Time & Service" by joining us and
allowing Him, through the speaker, to provide
you spiritual growth. Brotherly fun and a conti-
nental breakfast will be available. We look
forward to seeing you Mighty Men of God's
Abundance. Iron Sharpening Iron (Prov.
27:17). mensministry@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
Thurs 22; 7P

SMALL GROUPS MINISTRY

Come join us as BOD4GOD returns for our Spring Semester

FMZBC Weight Loss Competition 2018!!

Sign up: Today and Feb 11th 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) .

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 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.

GRIEF SHARE

FMZBC's Grief Support Ministry, Journey to Joy will host our second Grief-Share 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 participant 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 encouragement after the death of a loved one.

ZONE M2 MEMBERS

M2 Zone Members, please take a few minutes to stop by the table in narthex on February 11th after the 8 and 11am Service to meet and greet your M2 Zone Servant Leaders. We guarantee it won't take a lot of your time. We thank you in advance. Your M2 Zone Servant Leaders.

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.

SECURITY MINISTRY

Are you looking for a valiant, intrepid ministry to serve with at First Mount Zion?

Are you willing to join us in our efforts to keep our church services safe and secure?

Are you able to serve a minimum of one Sunday each month?

If so, we'd be honored to welcome you onto the FMZ Security Ministry. We're looking for devoted men AND women who are willing and able to step forward to become "protectors" of God's people and His house.

Stop by the Security Ministry desk in the narthex for a ministry Interest Form or contact Andie Jackson at Ajax6280@gmail.com

BIBLE STUDY

New Wednesday Night Bible Study Session "DRAW CIRCLE" Feb 14 – 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>. point of contact Rev. Sandra K. James, 703-670-0184 or sjames@firstmountzionbc.org.

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.

