

"I WAS SICK AND  
YE VISITED ME"

Our Known Sick and/  
or Shut-in Prayer List

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 Omelets.**



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**This Week at a Glance & Activities**

**Today, Feb 11**

Music ~ Women's Choir  
Sunday School 7A; Worship Service 8A; GroupLinks 9:30A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; GroupLinks 12:30P; Associate Ministers 1P; WICA Debutantes 1:30P

**Monday, Feb 12**

Academic Education Ministry-Tutorial 7P; Benevolence Committee 7P; Celebrate Recovery SGM (Conversation Series) 7P; Connected to Connect 7P; Journey to Joy/GriefShare 7P; Deacon's Interview Training 7:30

**Tuesday, Feb 13**

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM2 7P; Mary Elizabeth Planning Meeting 7P; Toastmasters 7P; Men's Choir 7:30P; VBS Planning Meeting 7:30P

**Wednesday, Feb 14**

Alzheimer's Caregiver SGM1 11A; Praise & Worship 7:30P; Bible Study 8P

**Thursday, Feb 15**

Jewels Choir 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Trustee Ministry-Strategic Planning Committee 7P; Voices of Zion 7P; Deacon Ministry Meeting 7:30P Trustee Facility and Real Property Committee 7:30P

**Friday, Feb 16**

No Scheduled Activities

**Saturday, Feb 17**

Church Closed

**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)**

**The Gene K. Bryson Memorial Scholarship will be awarding three scholarships for 2018. Scholarships will be awarded to graduating seniors from Forest Park, Freedom, Potomac or Woodbridge high school.**

Pick up your application today! All specifications and contacts are listed on the individual applications.

**Reminder!!** The FMZ Scholarship application 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 packet, they are available near the mailboxes in the Narthex near the elevator.

**CHILDREN'S MINISTRY**

Children's Church will be closed on February 18, 2018.

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 Children'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.

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

**SIGN-UP (Narthex) Feb 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).

**YOUNG ADULT MINISTRY**

Join The C.O.R.E on Thursday, February 22, 2018 for #RelationshipGoals- an open forum and review of Pastor Michael Todd's Relationship Goals series on love, dating, marriage and courtship. Meet us at FMZBC at 7pm to participate! Questions? Please contact [TheCORE@firstmountzionbc.org](mailto:TheCORE@firstmountzionbc.org)

**YOUTH MINISTRY**

**Save the Date Youth (Middle School) Lock-in 2018:** Friday, March 16<sup>th</sup> (5pm) – Saturday, March 17<sup>th</sup> (9am). Sign-ups will begin on February 18. There's no cost but registration is required.

**Youth Bible Study on Wednesdays:** February, 14th, we will discuss how to handle the pressure of friendships. How should I select friends? Should I only speak to Christians? 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.

First Friday is March 2<sup>nd</sup> from 7pm to 9pm: Let's talk about Music. You're invited. Bring a Friend.

**MARY ELIZABETH MINISTRY**

The Mary-Elizabeth Ministry has kicked off the spring session of our New Beginnings Program, offering prenatal and parenting education and mentoring to expecting teen mothers and fathers. Interested in becoming a mentor? We would love to serve with you! Our next planning meeting will be held on Tuesday, February 13th at 7pm. We are in need of Spanish-speaking mentors. Want to support in another way? We are accepting donations of baby clothing and items for this session. Questions? Send us an email at: [maryelizabeth@firstmountzionbc.org](mailto:maryelizabeth@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**

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

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

**Jewels**  
Thurs 15; 7P

**Mass Choir**  
Thurs 22; 7P

**Women's Choir**  
Tues 27; 7P

**SMALL GROUPS MINISTRY**

Come join us as BOD4GOD returns for our Spring Semester

FMZBC Weight Loss Competition 2018!!

Sign up: Today 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) .

**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 through 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.

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, February 24, 2018 beginning promptly at 9:00 AM. Please plan to attend this session 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 Cynthia Zorn Pettigrew at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

**ZONE M2 MEMBERS**

M2 Zone meet and greet is postponed; rescheduling will be announced later.

**SHARE REGISTRATION**

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

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

**FMZBC DRAW CIRCLE**

Take the **40 day** prayer challenge during Lent starting **(Wednesday, February 14 ending on Thursday, March 29)**. Lent for Christians represents the 40 days Jesus spent fasting in the wilderness.

As a part of our Draw Circle bible study to begin on February 14<sup>th</sup> stop what you are doing wherever you are and join us at 7:00am each morning for a unifying time of corporate prayer (Feb 14-Mar 29<sup>th</sup>) followed by your personal draw circle prayers. The prayer we will be praying together each morning was given out with your announcement sheet. If you do not have a copy ask an usher or call the church office for a copy. Point of contact Rev. Sandra K. James

