

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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 Pancakes
on a stick.



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Today, Feb 18

Music ~ Voices of Zion/Jewels
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service
11A; Civilian & Military Outreach
SGM (Woodbridge) 1:30P; Study to
Show Thyself Approved SGM
(Offsite) 1:30P; Fearless Study SGM
(Offsite) 3P; Inspirational Journey
Study Group (Offsite) 3P

Monday, Feb 19



President's Day
Church Office Closed

Tuesday, Feb 20

How to Study the Bible SGM 11A;
Noon Day Prayer 12P; Academic
Education Ministry Monthly Meeting
7P; Deaf Ministry 7P; DM Strategic
Planning Committee 7P; Social
Committee Meeting 7P; Women's
Ministry Planning Meeting (IPT) 7P;
Deaconess Ministry Monthly Meeting
7:30P; Men's Choir 7:30P

Wednesday, Feb 21

Senior's Ministry 12:30P; Praise &
Worship 7:30P; Bible Study 8P

Thursday, Feb 22

R&B (Reading & Believing) Small
Group 7P; Strategic Planning Com-
mittee 7P; The C.O.R.E Ministry
Meeting 7P; Mass Choir 7:30P

Friday, Feb 23

Warriors of Love SGM (Woodbridge)
7P

Saturday, Feb 24

Volunteer Screening 8:30A; Chris-
tian Fellowship Basketball League
9A; FMZ School of Ushering 9A;
Health Ministry 9A; SHARE Distribu-
tion 9A; The Eagles Health & Nutri-
tion SGM 9A; Women's Ministry
Planning Meeting 9A; Common
Thread Sewing SGM 10A; Married
Couples Ministry (Sweetheart Break-
fast) 10A; Mary Elizabeth Ministry
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

National Coalition of 100 Black Women,
Inc. PWC Chapter

Alpha Kappa Alpha Sorority, Inc. Omi-
cron Chi Omega Chapter

PWC Alumnae Chapter of Delta Sigma
Theta Sorority

The Gene K. Bryson Memorial Schol-
arship 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 specifica-
tions and contacts are listed on the individ-
ual 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.

CHILDREN'S MINISTRY

Children's Church is closed Today.

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.

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

SIGN-UP (Narthex) TODAY

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, 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 court-
ship. Meet us at FMZBC at 7pm to participate!
Questions? Please contact
TheCORE@firstmountzionbc.org

YOUTH MINISTRY

Youth Bible Study (Wednesday): This week we
will discuss "Real Talk for the Real World. Should
people who believe in Jesus Christ see the world
differently?" Friends & Peer Pressure is the gen-
eral theme for our Wednesday night study. See
you there! Bring a friend.

Youth (Middle School) Lock-in: Sign up today
after both services for the 2018 Youth (Middle
School) Lock-in. This year's theme: "Be Bold!
(Acts 4:31)." The Lock-in begins Friday, March
16th (5pm) and concludes Saturday, March 17th
(9:30am). There will be fun, fellowship and excit-
ing sessions that you have chosen. **There is no
cost but all participants must register.**

Youth (High School) Sign-ups: Sign up today
after both services for the 2018 Youth (High
School) Retreat. This year's theme: "Be Bold!
(Acts 4:31)." The Retreat begins Friday, April 6th
(3pm) and concludes Saturday, April 7th
(5pm). There will be fun, fellowship and excit-
ing sessions that you have chosen. **There is no cost
but all participants must register.**

First Friday (March 2nd, 7pm to 9pm): Next
month, I will lead a discussion, "Fresh Fruit, Fresh
Music: Picking the Good from the Bad (Mat.
7:15-20)." Let's discuss some of the images and
songs in our culture. Bring the lyrics to your favor-
ite songs. Bring a friend. Dinner will be served.

POC: Rev. J. McNeill, 703-670-0184 or
jmcneill@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 20; 7:30P

Mass Choir
Thurs 22; 7P

Women's Choir
Tues 27; 7P

SENIOR'S MINISTRY

Seniors will meet on Wed, Feb 21st from 12 to 2:30pm. This week's program will highlight African Americans in History. Seniors 55 yrs. and over are invited to join us on the 1st and 3rd Wednesdays of the month for Bible Study/Programs/Lunch and fellowship. POC: Co-Chairs Mary Melton and Shirley Hardy, senior-sministry@firstmountzionbc.org. Seniors Ministry will be in the Narthex after worship today, if you have questions.

SINGLES MINISTRY

Singles ministry will meet on Tuesday, Feb 27 at 7pm. Topic: Embracing your Singleness, a Roundtable Discussion.

Please join us every 4th Tuesday for great sessions and dialogue about singleness by chance, by choice or by change. Also, introducing our Saturday Café, March 17, 2018 at 10am – 12pm

POC: Rev. Maxine Thompson mthompson@firstmountzionbc.org

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.

FMZ BASKETBALL

Saturday February 24th at 10:20am FMZ vs. 1st Baptist of Manassas in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

SHARE DISTRIBUTION

February SHARE packages will be distributed on Saturday, February 24th from 9 -10am in the gymnasium. 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.

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.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, February 20th, 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 and access the calendar entry for this meeting.

