

"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 Omelet
Station.**



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

Website
www.fmzbc.com

This Week at a Glance & Activities

Today, Feb 25

Music ~ Men's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service
11A; Children's Church 11A; Associ-
ate Ministers Meeting 1P

Monday, Feb 26

POISED Class 12:30P; Academic
Education Ministry-Tutorial 7P; Bod
4 God SGM 7P; Celebrate Recovery
SGM 7P; Christian Dating SGM 7P;
Journey to Joy/GriefShare 7P;
NCBW-PWCC 7P; Retire Inspired
SGM 7P

Tuesday, Feb 27

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM 2 7P; Asso-
ciate Ministers Meeting 7P; Singles
Ministry 7P; Small Groups Planning
Committee Meeting 7P; Toastmas-
ters 7P

Wednesday, Feb 28

POISED Class 10A; Alzheimer's
Caregiver SGM 1 11A; Praise &
Worship 7:30P; Bible Study 8P

Thursday, Mar 1

Soup to Nuts Cooking & Baking
SGM (Woodbridge) 6:30P; Our
Words have Power SGM 7P; Profes-
sional Women SGM (Four Seasons)
7:30P

Friday, Mar 2

POISED Class 10A; Carpenters for
Christ 7P; Where is God in the Mov-
ie SGM 7P; Youth First Friday 7P;
Professional Women SGM (Four
Seasons) 7:30P

Saturday, Mar 3

Christian Fellowship Basketball
League 9A; The Eagles Health &
Nutrition SGM 9A; Women's Ministry
Committee 9A; Daughters of the
King SGM 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**

**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 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.

YOUTH MINISTRY

Youth Bible Study (Wednesday): This week we
will discuss the changes in our relationships. How
should I select friends? Come and ask the ques-
tion(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.

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 exciting
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

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
March 10, 2018, from 9:00am - 11:30am, at
FMZBC. Topic: The Proverbial Woman, Prov-
erbs 31. The guest speaker is FMZBC Associate
Minister, Rev. Beverly Jiggetts POC: Linda L.
Young - womensministry@firstmountzionbc.org.

**Women's Ministry Book Club
Discerning the Voice of God,
by: Pricilla Shirer
SIGN-UP (Narthex) March 4th**

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: Robin Hawkins or Linda L. Young - womensministry@firstmountzionbc.org.

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
March
REHEARSALS**

Women's Choir
(FEB) Tues 27; 7P
Tues 6; 7P

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

Jewels/ Voices of Zion
Thurs 8, 15; 7P

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

Unity Choir
Mon 5, 12, 19, 26; 7P
Thurs 22; 7P

Dance Ministry
Sat 3; 9A

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

FMZ BASKETBALL

Saturday March 3rd at 10:20am FMZ vs. Dale City Christian Church (DCCC) in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

FMZ DANCE MINISTRY

FMZ Dance Ministry will be rehearsing on Saturday, March 3rd at 9AM. Please contact Sis. Johnda Scott Adams if you have any question and to confirm your attendance at 703-623-2554 or fmzbcdance@gmail.com

SHARE REGISTRATION

The last day to register for March SHARE packages is March 11th. 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.

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](https://studygateway.com/prayer). point of contact Rev. Sandra K. James, 703-670-0184 or sjames@firstmountzionbc.org.