

"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 Fried  
Whiting.



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## This Week at a Glance & Activities

### Today, Mar 4

Music ~ Mass Choir  
Sunday School 7A; Worship Service  
8A; Sunday School 9:45A; Juvenile  
Detention 10A; Worship Service  
11A; Children's Church 11A

### Monday, Mar 5

POISED Class 10A; Academic Edu-  
cation Ministry-Tutorial 7P; Alzhei-  
mer's Caregiver Support SGM 3 7P;  
Bod 4 God SGM 7P; Christian Dating  
SGM 7P; Financial Freedom for  
Millennials SGM 7P; Journey to Joy/  
GriefShare 7P; Maturing In Christ  
SGM (Four Seasons) 7P; Unity  
Choir 7P; Women's Choir Praise  
Team 7P; Deaconess Executive  
Team Meeting 7:30P

### Tuesday, Mar 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, Mar 7

POISED Class 10A; Senior's Minis-  
try 12:30P; Praise & Worship 7:30P;  
Bible Study 8P

### Thursday, Mar 8

A Page at a Time Scrap Booking  
SGM 7P; Blessed and Highly Fa-  
vored (Dumfries) 7P; Jewels Choir  
7P; Pastor's Aide Ministry 7P; R&B  
(Reading & Believing) SGM 7P; The  
C.O.R.E Ministry Meeting 7P; Voices  
of Zion 7P; Men's Ministry Monthly  
Meeting 7:30P; Trustee HR/ Admin  
Committee 7:30P

### Friday, Mar 9

POISED Class 10A; Circling God's  
Word SGM (Offsite) 7P

### Saturday, Mar 10

Christian Fellowship Basketball  
League 9A; Men's Ministry Fellow-  
ship 9A; Women's Ministry Fellow-  
ship 9A; Common Thread Sewing  
SGM 10A; Security Ministry 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.**

**Franklin Dunlap Memorial Scholarship  
presented by Pi Lambda Lambda Chap-  
ter of the Omega Psi Phi Fraternity of  
PWC**

**George M. Hampton Foundation Schol-  
arship**

**Alpha Phi Alpha Fraternity, Inc. Ira  
Dorsey Scholarship**

**Zeta Phi Beta Sorority, Inc. Ira Dorsey  
Scholarship**

**The Gospel Worship Experience Schol-  
arship**

Pick up your application today! All specifi-  
cations 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.

Visits to Hampton and Christopher Newport  
Universities have been scheduled for Mon-  
day, March 26, 2018. Sign-ups will be held  
in the Narthex after 8 AM & 11 AM services  
3/11 & 3/18. HS Juniors and Seniors are  
invited to attend. Plan to attend!!

### YOUTH MINISTRY

**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.**

POC: Rev. J. McNeill, 703-670-0184 or  
[jmcneill@firstmountzionbc.org](mailto: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](mailto:womensministry@firstmountzionbc.org).

**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-  
nity identity, and guides practical life application.  
POC: Robin Hawkins or Linda L. Young - [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

### SENIOR'S MINISTRY

Seniors will meet on Wed, March 7th from 12n to  
2:30pm. Bible Study by Rev. Josephine Cherry.  
This week's program will highlight Women's His-  
tory Month. Seniors 55 yrs. and over are invited to  
join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the  
month for Bible Study/Programs/Lunch and fellow-  
ship. POC: Co-Chairs Mary Melton and Shirley  
Hardy, [seniorsministry@firstmountzionbc.org](mailto:seniorsministry@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  
March  
REHEARSALS**

**Women's Choir**  
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

**FMZ Dance**  
Thurs 8, 15; 7P  
Sat 17; 9A

**C.O.R.E MINISTRY**

Please join The C.O.R.E. for The Ministry of Life - A Spiritual Session for Young Adults. Thursday March 8, 7:00 PM at FMZBC. This month's topic - A Call to Serve: Preparations for missions. Questions? Please contact The CORE via email at [TheCore@FirstMountZionBC.org](mailto:TheCore@FirstMountZionBC.org)

**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. Join us on Monday! **We know it hurts and we want to help and provide encouragement after the death of a loved one.**

**FMZ DANCE MINISTRY**

Dance rehearsal will be Thursday, March 8<sup>th</sup> & 15<sup>th</sup> at 7pm and Saturday March 17<sup>th</sup> at 9am.

We are still accepting new members. If you have any questions, please email us at [fmzbcdance@gmail.com](mailto:fmzbcdance@gmail.com).

**FMZ BASKETBALL**

Saturday March 10<sup>th</sup> at 9am FMZ vs. Soul Runners from Dale City Christian Church in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

**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.

**BIBLE STUDY**

**Join us for Draw Circle Bible Study:** There will be a study handout for each week. March 7<sup>th</sup>- Session 4 "Think Long"; March 14<sup>th</sup> - Session 5: The Ripple Effect and March 21: Summary, Pray Circle testimonies and celebration.

Join us wherever you are at **7:00am** each morning for the draw circle corporate prayer time.

**A PRAYER OF FAITH & POWER:**

DEAR GOD, I BELIEVE WITH ALL MY HEART THAT **YOU** HAVE AN **EXCITING** PURPOSE AND PLAN FOR ME. I WANT TO LIVE ACCORDING TO **YOUR** WILL, SO I CAN EXPERIENCE **YOUR** POWER TO OVERCOME LIFE'S OBSTACLES AND EXPERIENCE **YOUR** PEACE EVEN IN THE MIDDLE OF TOUGH CIRCUMSTANCES. HELP ME TO LIVE WITH AN ATTITUDE OF FAITH **EXPECTANCY TODAY**, KNOWING THAT **YOU** WANT TO DO GREAT THINGS IN MY LIFE AND **USE** ME TO BLESS OTHERS. GIVE ME A TEACHABLE SPIRIT AND THE ABILITY TO STAND STRONG IN ADVERSITY. AND GIVE ME A SERVANT'S HEART THAT LOOKS FOR WAYS TO MEET OTHER PEOPLE'S NEEDS. THANK **YOU** FOR WHAT **YOU** ARE DOING TO PREPARE ME FOR A LIFE OF VICTORY, ABUNDANCE AND BLESSING BEYOND ANYTHING I COULD ASK OR IMAGINE. I PRAY ALL OF THIS IN THE NAME OF JESUS CHRIST. AMEN.