

"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.**



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**This Week at a Glance & Activities**

**Today, Mar 11**

Music ~ Women's Choir  
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Children's Church 11A; Associate Ministers 1P; Diverse Disciples of Christ Youth SGM 1P; God's Knowledge is Powerful SGM 1P

**Monday, Mar 12**

POISED Class 10A; Academic Education Ministry-Tutorial 7P; Bod 4 God SGM 7P; CED Ministry Meeting 7P; Celebrate Recovery SGM 7P; Christian Dating SGM 7P; Connected to Connect 7P; Easter Choir 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/GriefShare 7P; Retire Inspired SGM 7P

**Tuesday, Mar 13**

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM 2 7P; Deaf Ministry 7P; Mary Elizabeth Planning Meeting 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Men's Choir 7:30P

**Wednesday, Mar 14**

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

**Thursday, Mar 15**

Soup to Nuts Cooking & Baking SGM (Woodbridge) 6:30P; Jewels Choir 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Voices of Zion 7P; Deacon Ministry Meeting 7:30P; Trustee Facility and Real Property Committee 7:30P

**Friday, Mar 16**

POISED Class 10A; Youth Ministry (Middle School) Lock In 5P; Christian Warriors SGM (Offsite) 6:30P

**Saturday, Mar 17**

Youth Ministry (Middle School) Lock In Concludes 9:30A; Volunteer Screening 8:30A; Christian Fellowship Basketball League 9A; Flower Ministry 9A; FMZ School of Ushering 9A; Joint Leadership Training Session 9A; Common Thread Sewing SGM 10A; Daughters of the King SGM 10A; Pi Lambda Lambda OPPF 10A; Singles Ministry 10A; Transportation Ministry 10A; Women's Ministry Book Club 10A; Mary Elizabeth Ministry 11A; Junior Ushers 11:30A; End of Life Care SGM

**ACADEMIC EDUCATION MINISTRY (AEM)**

The following Scholarship applications are in the Narthex by the mailboxes. Pick up your application today! All specifications and contacts are listed on the individual applications.

- **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. Omicron Chi Omega Chapter**
- **PWC Alumnae Chapter of Delta Sigma Theta Sorority**
- **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.**
- **Franklin Dunlap Memorial Scholarship presented by Pi Lambda Lambda Chapter of the Omega Psi Phi Fraternity of PWC**
- **George M. Hampton Foundation Scholarship**
- **Alpha Phi Alpha Fraternity, Inc. Ira Dorsey Scholarship**
- **Zeta Phi Beta Sorority, Inc. Ira Dorsey Scholarship**
- **The Gospel Worship Experience Scholarship**
- **Omicron Zeta Sigma Chapter Scholarship**
- **Northern Virginia Baptist Association - Helen B. Webb Scholarship**

**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 by the mailboxes in the Narthex near the elevator.

Visits to Hampton and Christopher Newport Universities have been scheduled for Monday, March 26, 2018. Sign-ups will be held in the Narthex after 8 AM & 11 AM services Today & Sunday, March 18<sup>th</sup>. **FMZ High School Students are invited to attend.** For more information POC: Sonya Almond at [Christine251946@gmail.com](mailto:Christine251946@gmail.com) and Gerry Griffin at [griffing@rocketmail.com](mailto:griffing@rocketmail.com). Plan to attend!!

**YOUTH MINISTRY**

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

**Youth (High School) Sign-ups:** Today is the last day to sign up for the **2018 Youth (High School) Retreat**. This year's theme: "**Be Bold! (Acts 4:31)**." The Retreat begins Friday, April 6<sup>th</sup> (3pm) and concludes Saturday, April 7<sup>th</sup> (5pm). There will be fun, fellowship and exciting sessions that you have chosen. **There is no cost but all participants must register.**

**Youth Bible Study on Wednesdays:** On March 14<sup>th</sup>, we will discuss the changes in our relationships. We will take time to understand ourselves. 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.

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

**VBS VOLUNTEERS NEEDED**

*Special Agents* needed to be a part of the *God-Squad: Special Agents in Action*, 1 Peter 2:9. Join us June 25<sup>th</sup> - 29<sup>th</sup>, 8:00am-12:30pm to make Vacation Bible School 2018 a success. Sign up in the narthex or contact Carmia Salcedo at [vbs@firstmountzionbc.org](mailto:vbs@firstmountzionbc.org), 703-307-6296. Volunteer screening is mandatory. Student signup begins May 6<sup>th</sup>.

**SPIRITUAL GIFTS MINISTRY**

Did you know that God has uniquely created you and given you spiritual gifts? Do you know what they are and how to use them? Come out and identify how God has gifted you. The Spiritual Gifts Ministry is hosting the first workshop and assessment for 2018 on Saturday, March 24<sup>th</sup> from 8:30 am - 12 noon. Register today in the Narthex or at the following address, [Spiritual-Gifts@firstmountzionbc.org](mailto:Spiritual-Gifts@firstmountzionbc.org). Please note that the final day to register is Tuesday, March 20<sup>th</sup>.

**ADMINISTRATIVE OFFICE STAFF**

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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**

**Jewels/ Voices of Zion**  
Thurs 15; 7P

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

**Easter Choir**  
Mon 12, 19, 26; 7P  
Thurs 22; 7P

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

**GRIEFSHARE**

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 through 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 evening! **We know it hurts and we want to help and provide encouragement after the death of a loved one.**

**COMMUNICATIONS MINISTRY**

The FMZBC Communications Ministry is in need of volunteers. If you have skills in areas such as informational social media, active messaging, print and electronic media or public relations, this is a great Ministry opportunity for you. Please send your email of interest with your contact information to: [Trustee-chair@Firstmountzionbc.org](mailto:Trustee-chair@Firstmountzionbc.org).

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, March 17, 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.

**M2 ZONE MEMBERS**

Please take a few minutes to stop by the table in the narthex on March 18th after the 8 and 11am Service to meet, and or greet, your M2 Zone Servant Leaders. It will not take long at all.

**FMZ DANCE MINISTRY**

Dance rehearsal will be Thursday, March 15th 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).

**SPIRITUAL CANCER SUPPORT**

The next Spiritual Cancer Support Ministry meeting will be held on Saturday, March 24th from 10:00 AM to 1:00 PM. Dr. Wendell Scanterbury from Cancer Treatment Centers of America (CTCA) will be our guest speaker. Dr. Scanterbury's presentation will be on the services provided at CTCA and a short presentation on Forgiveness. CTCA is rated as one of the top treatment centers for treating cancer. The success rate of beating cancer at CTCA is much higher than other facilities. People from all over the world travel to CTCA to receive treatment. If you have been diagnosed with cancer or know someone who could use this information please share the information and attend the seminar. POC: Shelia Coverson, (703) 897-0460

**QUANTICO CHAPTER OF THE NATIONAL NAVAL OFFICERS ASSOCIATION (NNOA)**

The Quantico Chapter of the National Naval Officers Association (NNOA) announces our 2018 Ladies Brunch "The Empowerment Bridge: Our Unity is Our Strength" to benefit the 2018 Scholarship Program. The event will take place on Saturday March 31st, at 10AM at the Clubs at Quantico. The guest speaker will be Ms. Essye Miller, Acting Department of Defense Chief Information Officer. Tickets are \$40 for all attendees. This event is for ladies and girls of all ages. There will be gift bags and door prizes. Tickets may be purchased by visiting the website [www.Quantico-NNOA.org](http://www.Quantico-NNOA.org). Proceeds from the event benefit the Quantico NNOA Scholarship Fund.

**SHARE REGISTRATION**

Today is the last day to register for March 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.