

"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

#### Continental Breakfast



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## This Week at a Glance & Activities

### Today, Mar 18

Music ~ Voices of Zion/Jewels  
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Children's Church 11A; Study to Show Thyself Approved SGM 1P; Civilian & Military Outreach SGM (Woodbridge) 1:30P; Annual Usher Day 2:30P; Fearless Study SGM (Offsite) 3P; Hungry for the Word SGM (Stafford) 3P; Inspirational Journey Study Group (Offsite) 3P

### Monday, Mar 19

POISED Class 10A; Academic Education Ministry-Tutorial 7P; Bod 4 God SGM 7P; Alzheimer's Caregiver Support SGM3 7P; Christian Dating SGM 7P; Easter Choir 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/GriefShare 7P; NCBW-PWCC 7P; Trustee Ministry Finance Committee 7:30P

### Tuesday, Mar 20

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

### Wednesday, Mar 21

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

### Thursday, Mar 22

A Page at a Time Scrap Booking SGM 7P; Photography Ministry 7P; R&B (Reading & Believing) SGM 7P; Strategic Planning Committee 7P; Trustee Ministry Strategic Planning committee 7P; Easter Choir 7P

### Friday, Mar 23

POISED Class 10A; Warriors of Love SGM (Woodbridge) 7P

### Saturday, Mar 24

Spiritual Gifts 8:30A; Christian Fellowship Basketball League 9A; FMZ School of Ushering 9A; Health Ministry 9A; SHARE Distribution 9A; The Eagles Health & Nutrition SGM 9A; Common Thread Sewing SGM 10A; Spiritual Cancer Support Ministry 10A; Mary Elizabeth Ministry Graduation 11A; Women's Ministry Book Club 11A

### 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**
- **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**
- **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!!

### CHILDREN'S MINISTRY

Children's Church will be closed on April 1, 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

**Sisters Abounding in Light and Truth (SALT) WM Resolution - "I will live as women answerable to God, faithfully committed to His Word."** The women of FMZ will fellowship with thousands of other sisters at the **FREE Joyce Myers Conference**, on April 21, 2018, from 9:00am - 4:00pm, held at the Eagles Arena, George Mason University, Fairfax VA. Register for the conference and bus after services on Mar 25<sup>th</sup>, Apr 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>. **LIMITED SEATING!!!** POC: Lisa Robinson or Linda L. Young - [womensministry@firstmountbc.org](mailto:womensministry@firstmountbc.org)

### SALT Girlfriend DAY II (Sept 1, 2018) Sight & Sound Production "JESUS"

"I am the Vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: without me ye can do nothing" John15:5. The first sign up date for the Girlfriend Day Bus Trip is Mar 25, 2018. Detailed information will be provided at the WM registration table, located in the Narthex. **LIMITED SEATING!!!** POC: Lisa Robinson or Linda L. Young - [womensministry@firstmountbc.org](mailto:womensministry@firstmountbc.org).

### YOUNG ADULT MINISTRY

Join the CORE in service at ACTS Emergency Assistance and Food Pantry on Saturday, March 24, 2018 at 9:30 AM. Please contact [Roslyn.Parker23@gmail.com](mailto:Roslyn.Parker23@gmail.com) to sign up.

Take a trip to the Museum of the Bible with the CORE on Saturday, March 31, 2018 12:00PM. Interested? Contact [Sade.Akanni@gmail.com](mailto:Sade.Akanni@gmail.com) to sign up.

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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**

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

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

**THE CORE**

Missions Trip: **The CORE** (*First Mount Zion's Young Adult Ministry*) has 10 slots left for its July 14 – 20, 2018 missions trip. If you are between the age of 18 and 40 and would like to join us for this life-changing, global service to the Dominican Republic, then apply TODAY! Applications are in the Christian Education mailbox in the hallway by the North side elevator. Return completed applications (to the same box) in the envelopes provided by Sunday, March 25. A special plea is being made for those who are bi-lingual in English & Spanish. Email additional questions to [thecore@firstmountzionbc.org](mailto:thecore@firstmountzionbc.org).

**VBS VOLUNTEERS NEEDED**

*Special Agents* needed to be a part of the *GodSquad: 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 sign-up 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 24th 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 20th.

**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 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.**

**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

**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).

**FMZBC 61<sup>st</sup> ANNUAL USHER DAY**

**CELEBRATION**

Come out and join FMZ Ushers to celebrate their 61<sup>st</sup> Annual Usher Day, Sunday Today 2:30PM-3:30PM. This year's theme: "Pressing Forward and Moving Higher" from Philippians 3: 14. FMZ Mass Choir, Youth Dance Team and ushers representing area churches will take part in our celebration. Come join us and stay for light refreshments following the service.

**FMZ BASKETBALL**

Saturday March 24<sup>th</sup> at 10:20am FMZ vs. St. Francis in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church team. Go FMZBC!

**SHARE DISTRIBUTION**

March SHARE packages will be distributed on Saturday, March 24th from 9 -10am in the gymnasium. POC Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.