

"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]  
Myrtle Stith [K4]  
Haywood Thomas [D4]  
Cynthia Thompson [M2]  
Cynthia Walker [Z]  
Clyde Wimbush [N]

**GRAIN OF HEAVEN**

**Bacon, Turkey Sausage,  
Potatoes, Grits, Scram-  
bled Eggs, Biscuits, and  
Fried Whiting.**



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, May 6**

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

**Monday, May 7**

POISED Class 10A; Soccer Shots  
3:30P; Academic Education Ministry  
Tutorial (Closing Ceremony) 7P;  
Alzheimer's Caregiver Support SGM  
3 7P; Bod 4 God SGM 7P; Journey  
to Joy/GriefShare 7P; Maturing In  
Christ SGM (Four Seasons) 7P;  
Retire Inspired SGM 7P; Women's  
Choir Praise Team 7P; Deacon Ex-  
ecutive Committee Meeting 7:30P;  
Deaconess Executive Team Meeting  
7:30P

**Tuesday, May 8**

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; Wom-  
en's Choir 7P; Vacation Bible School  
Meeting 7:30P

**Wednesday, May 9**

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

**Thursday, May 10**

A Page at a Time Scrap Booking  
SGM 7P; Blessed and Highly Fav-  
ored (Dumfries) 7P; Celebrate Re-  
covery SGM 7P; Jewels Choir 7P;  
Pastor's Aide Ministry 7P; The  
CORE Ministry Meeting 7P; Commit-  
tee for Excellence In Leadership  
7:30P; Men's Ministry Monthly Meet-  
ing 7:30P; Trustee HR/ Admin Com-  
mittee 7:30P

**Friday, May 11**

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

**Saturday, May 12**

Men's Ministry Fellowship (Offsite)  
9A; Common Thread Sewing SGM  
10A; Voices of Zion 10A

**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.

- **George M. Hampton Foundation  
Scholarship**
- **Alpha Phi Alpha Fraternity, Inc. Ira  
Dorsey Scholarship**
- **The Gospel Worship Experience  
Scholarship**
- **Omicron Zeta Sigma Chapter of Phi  
Beta Sigma Fraternity, Inc. Scholar-  
ship**
- **Manassas-Woodbridge, Virginia  
Chapter, Jack and Jill of America,  
Inc. Scholarship**
- **Jack and Jill of America, Inc. for  
African-American Male Potomac  
High School Seniors**

High School Seniors, if you haven't picked  
up your packet, they are available by the  
mailboxes in the Narthex near the elevator.

**CHILDREN'S MINISTRY**

Children's Church will be closed May 13  
and May 27, 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.

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](mailto:ChildrensMinistry@firstmountzionbc.org) or  
240-602-5929.

**WOMEN'S MINISTRY**

Women's Ministry (SALT)

**Sister's Abounding in Light and Truth "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."  
John 15:5**

In recognition and celebration of Mother's Day;  
the Women's Ministry Fellowship will **NOT**  
meet on May 12, 2018. Our next fellowship is sched-  
uled for June 9, 2018. Stay connected more infor-  
mation to follow... POC: Linda L. Young, [womens-  
ministry@firstmountzionbc.org](mailto:womens-ministry@firstmountzionbc.org).

**Sight & Sound Girlfriend Day II  
SOLD OUT!!!**

The Women's Ministry Registration Committee is  
located in the Narthex today, May 6th to serve  
those who have already registered and want to  
pay their final installment. Account must be paid  
in full NLT June 17. POC: Lisa Robinson or  
Linda L. Young, [womensminis-  
try@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

**YOUTH MINISTRY**

**Youth Bible Study on Wednesdays: May 9<sup>th</sup> at  
8pm, we will talk about setting a strong founda-  
tion.** 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. "The Christian Life" is the general  
theme for our Wednesday night study. See you  
there! Bring a friend. POC: Rev. McNeill, 703-670  
-0184 or [jmccneill@firstmountzionbc.org](mailto:jmccneill@firstmountzionbc.org).

**VACATION BIBLE SCHOOL**

**VBS REGISTRATION BEGINS TODAY**

Register for Vacation Bible School in the narthex.  
Children, age 4-12<sup>th</sup> grade, are invited to join the  
**God Squad: Special Agents in Action, I Peter  
2:9!** VBS will be held June 25<sup>th</sup>-29<sup>th</sup>; 8:00am-  
12:30pm. Forms can also be downloaded at  
[www.fmzbc.com](http://www.fmzbc.com) and emailed or dropped off in the  
church office. **Volunteers are still needed; screen-  
ing required.** POCs: Carmia Salcedo, 703-307-  
6296 and Kim Nelson, 202-520-8016,  
[vbs@firstmountzionbc.org](mailto:vbs@firstmountzionbc.org).

**VBS SERVICE PROJECT - PLEASE DONATE**

Please support this year's VBS service project,  
**Fun in the Sun! - Outdoor Toy Drive** for the  
Brisben Center which provides shelter to at-risk  
and homeless men, women, and children. Pick  
up a flyer with details at the VBS sign-up table in  
the narthex. Donations can be dropped off at the  
VBS sign-up table.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant  
Food Service Assistant  
[abrvant@firstmountzionbc.org](mailto:abrvant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Tiffany Howard  
Receptionist  
[thoward@firstmountzionbc.org](mailto:thoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Administrative Assistant  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

Rev. Maxine Thompson  
CED Coordinator  
[mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org)

Gregory Took  
Custodian  
[gtooks@firstmountzionbc.org](mailto:gtooks@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto: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  
May  
REHEARSALS**

**Women's Choir**  
Tues 8; 7P

**Women's Choir Praise  
Team**  
Mon 7; 7P

**Men's Choir**  
Tues 15, 22; 7:30P

**Jewels Choir**  
Thurs 17; 7P

**Voices of Zion**  
Sat 12; 10A  
Thurs 17; 7P

**Mass Choir**  
Thurs 24; 7P

**MEN'S MINISTRY**

**ATTENTION ALL MEN!**...Come and fellowship on Saturday, May 12th at 9 a.m., as we gather 'Outside The Walls'. We will have our breakfast fellowship at the Old Country Buffet (2942 Prince William Pkwy) for good food, GREAT Fellowship, and God's Word. The cost is ONLY \$9 per person (includes beverage, & gratuities). RSVP in the Narthex TODAY!!!! I pray you seize this opportunity to invest in your spiritual growth and brotherhood. We look forward to seeing you Mighty Men of God. Iron Sharpening Iron (Prov. 27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

**MENS RETREAT**

Come and claim your rightful place... 'Heirs To The Throne'. Our Men's Retreat will be held September 7-8, 2018 at the Pine Creek Retreat Center. Come hear God speak and have your life transformed with the hope of eternal life. Registration begins TODAY in the Narthex... We look forward to seeing you Mighty Men of Valor.

Iron Sharpening Iron (Prov.27:17) [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

**LEADERSHIP NOMINATIONS**

Congregation Nominations for Leadership: The First Mount Zion Baptist Church Constitution & By-Laws gives members the opportunity to recommend men and women of the church for leadership positions. A nomination information package may be picked up at the leadership desk in the Narthex. Deacon and Trustee nominations for 2019 will be accepted through May 31. Nominations received after that date will be considered in 2020. Leadership points of contact: Deacon Brodrick Wilcox and Trustee Karen Davis.

**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.**

**THE CORE MINISTRY**

Join The CORE on Thursday, May 10, 2018 at 7PM for The Ministry of Life- A monthly spiritual growth session for young adults. This month's topic: Feelings, Mental Health, and Spirituality presented by Reverend Juanita Stokes. Meet us at FMZBC! Childcare will be available. POC: [TheCore@firstmountzionbc.org](mailto:TheCore@firstmountzionbc.org)

**SMALL GROUPS MINISTRY**

**Save the Date**

Interest Based Small Groups Appreciation "Connected by Laughter"

With Guest Comedian, Marcus D. Wiley. Friday, June 15, 2018 - 7:00PM at First Mount Zion Baptist Church.

Free Event. Open to everyone for an evening of Laughter and Praise!

POC: Stephanie M. Craddock - [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or 703-670-0184

**SOCIAL COMMITTEE**

The FMZ Family Fun Day will be held on May 20th immediately after the 11am service. Volunteer Sign-ups will be held in the Narthex today and May 6th. If you have any questions, POC: Courtney Holeman at [cwholeman@gmail.com](mailto:cwholeman@gmail.com).

**ZONES K AND N FELLOWSHIP**

Zones K and N Summer Fellowship: Sign-up today....don't strike out. Come join your zone members for an afternoon of games, fun, and food. In addition to bowling, there will be activities for everyone. Date June 2; Place: Quantico Base Bowling Alley; Time: 1:00pm to 4:00pm. Contact zone leaders if you have questions.

**SHARE REGISTRATION**

Today is the last day to register for May 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.

**PROVERBS PLACE CHILD CARE**

**VACANCY ANNOUNCEMENT**

Proverbs Child Care and Learning Center is looking for reliable substitute teacher assistants, for all age groups, for the 2018-2019 school year. Professional development training will be provided. A background investigation is mandatory. Please contact Ms. Chudney at 703.565.5062, if you are interested.