

"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**

Continental Breakfast



Dr. Luke E. Torian, Pastor  
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**This Week at a Glance & Activities**

**Today, May 13**

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

**Monday, May 14**

POISED Graduation Ceremony 9:30A; Soccer Shots 3:30P; Benevolence Committee 7P; Bod 4 God SGM 7P; Christian Dating SGM 7P; Connected to Connect 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/GriefShare 7P

**Tuesday, May 15**

How to Study the Bible SGM 11A; Noon Day Prayer 12P; Academic Education Ministry Monthly Meeting 7P; Security Ministry (ALL HANDS 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, May 16**

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

**Thursday, May 17**

Soup to Nuts Cooking & Baking SGM (Woodbridge) 6:30P; Jewels Choir 7P; Motorcycle Ministry 7P; our Words Have Power SGM 7P; Trustee Ministry Strategic Planning Committee 7P; VBS Crafts Committee 7P; Voices of Zion 7P; Women's Ministry Meeting 7P; Deacon Ministry Meeting 7:30P; Trustee Facility and Real Property Committee 7:30P

**Friday, May 18**

Christian Warriors SGM (Offsite) 6:30P

**Saturday, May 19**

Volunteer Screening 8:30A; FMZ School of Ushering 9A; Health Ministry 9A; Joint Leadership Training Session 9A; SHARE Distribution 9A; The CORE Ministry Meeting 9A; The Eagles Health & Nutrition SGM 9A; Common Thread Sewing SGM 10 A; Daughters of the King SGM 10A; Married Couples Ministry 10A; Pi Lambda Lambda OPPF 10A; Women's Ministry Book Club 10A; Junior Ushers 11:30A; End of Life Care SGM (Offsite) 1P

**ACADEMIC EDUCATION MINISTRY (AEM)**

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

- **The Gospel Worship Experience Scholarship**

**CHILDREN'S MINISTRY**

Children's Church will be closed today, May 13th 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 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.

**YOUTH MINISTRY**

**Youth Bible Study on Wednesdays:**

On May 16 at 8pm, 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.

**Youth Council Applications Coming Soon:**

The Youth Ministry will receive applications for the Youth Council soon. All FMZ Youth (6<sup>th</sup> thru 12<sup>th</sup> graders) who are interested in serving may apply. Recommendations for potential youth council members will be required.

**Youth First Friday (Game Night):** June 1st at 7pm, all youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include games, food, conversation and laughter.

Contact Rev. McNeill for details at [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org) or 703-670-0184.

**MEN'S MINISTRY MENS RETREAT**

Come and claim your rightful place... 'Heirs To The Throne'. Our Men's Retreat will be held September 7-8, 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)

**VACATION BIBLE SCHOOL VBS REGISTRATION**

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; screening 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.

**MARRIED COUPLES MINISTRY**

**SAVE THE DATE:** The Married Couples Ministry with host a **"Vision Board Session"** on Saturday, May 19 at 10 am – 12 pm at FMZBC. Each couple will work together to create a Vision Board depicting the plan for your marriage over the next 5 to 10 years. Please prepare as a couple by discussing your goals and aspirations prior to the session. Rev. Sandra K. James will be our presenter. Material to create the vision board will be provided, however you are welcome to bring material unique to your vision. For more information please email [MarriedCouples@FirstMountZionBC.org](mailto:MarriedCouples@FirstMountZionBC.org) or contact Les & Karen Young.

**SENIOR'S MINISTRY**

The Seniors Ministry invites you to join them for a Community Health Fair on Wednesday May16, from 11:45-2:30. Come out for fellowship, fun and informative information that you are sure to enjoy. A delicious lunch will be served. POC: Mary Melton/Shirley Hardy or [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  
May  
REHEARSALS**

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

**Jewels Choir**  
Thurs 17; 7P

**Voices of Zion**  
Thurs 17; 7P

**Mass Choir**  
Thurs 24; 7P

**2018 GRADUATES**

2018 graduates are encouraged to submit a photo so that we might recognize your accomplishments before the congregation. Please include your name, the school you graduated from and degree received, any honors received and plans for the Fall (name of school planning to attend). The deadline to submit photos is Thursday, May 31st. **No photos will be accepted after that date.** Send information to Sylvia Moore, [smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org). The slideshow of all graduates will run on Sunday, June 17th at both services.

**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.

**SMALL GROUPS MINISTRY**

**Celebrate Recovery** is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. You are not alone. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life. Gender-specific discussions. POC: Rev. Tarra Taylor, Bro. Stacy Funches and Sis. Sherry Johnson, Stephanie M. Craddock at [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or 703.670.0184

**SAVE THE DATE**

Where is God in the Movie? Come join us on Friday, June 1<sup>st</sup> at 7PM. FMZ Lecture Hall ~ 18 Yrs. & Over.

**MOVIE: BLACK PANTHER**

POC: Rev. Maxine Thompson at [Mthompson@firstmountzionbc.org](mailto:Mthompson@firstmountzionbc.org)  
Stephanie M. Craddock at [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or 703.670.0184

**SINGLE'S MINISTRY**

Singles Ministry will meet on Tuesday, May 22<sup>nd</sup> at 7pm. We will conclude our book discussion: Thrive, The single life as God intended. All Singles and other interested persons are invited to attend. POC: [Singlesministry@firstmountzionbc.org](mailto:Singlesministry@firstmountzionbc.org)

**YOUNG ADULT REUNION CHOIR**

**5<sup>th</sup> Sunday in July!!**

Calling for all former members of Jewels and Voices of Zion over the ages of 18 Send an email to Sis. Breh Stevens Mitchell - [BStevensMitchell@FirstMountZionBC.org](mailto:BStevensMitchell@FirstMountZionBC.org) More information will follow.

**OPEN VOLLEYBALL**

Thursdays 7-9 pm in gymnasium starting May 24<sup>th</sup>. Open to all ages, family friendly! Come play, exercise and fellowship! Sign-up today in the Narthex.

**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**

May SHARE packages will be distributed on Saturday, May 19th from 9 -10am in the gymnasium. 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.