

"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**

No Breakfast



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**This Week at a Glance & Activities**

**Today, May 20**

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; Family Fun Day 12:30P

**Monday, May 21**

Alzheimer's Caregiver Support SGM 3 7P; Bod 4 God SGM 7P; Celebrate Recovery SGM 7P; Christian Dating SGM 7P; NCBW-PWCC 7P; Retire Inspired SGM 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

**Tuesday, May 22**

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM 7P; Joint Leadership Retreat Meeting 7P; Photography Ministry 7P; Singles Ministry 7P; Small Groups Planning Committee Meeting 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Men's Choir 7:30P

**Wednesday, May 23**

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

**Thursday, May 24**

A Page at a Time Scrap Booking SGM 7P; Celebrate Recovery SGM 7P; R&B (Reading & Believing) SGM 7P; Trustee Strategic Planning Committee 7P; Mass Choir 7:30P

**Friday, May 25**

Warriors of Love SGM (Woodbridge) 7P

**Saturday, May 26**

Church Closed

**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 May 27th.

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.

**SALVATION STATION**

We have 1 month remaining in our Children's Church schedule, which runs from September-June. Salvation Station will be held in July & August. Volunteers will still be needed over the summer, so if you're in town, please consider helping out for either July or August summer session of Salvation Station 2018. You may also volunteer at the **Family Fun Day today and at the table stationed in the Narthex. More details are coming soon!**

**YOUTH MINISTRY**

**Youth Bible Study on Wednesdays:** On May 23 at 8pm, come and ask the question (s) that you've always had about the Bible. How do you make decisions? Learn how to do the right things for the right reasons. Discover how to please God.

**Youth Council Applications (Due: Sunday, June 17):** The Youth Council applications are now available. All FMZ Youth (6<sup>th</sup> thru 12<sup>th</sup> graders) Youth who are interested in serving a may apply. Let your voice be heard. 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**

ALL MEN - YOUNG & OLDER!!!!...Join us on Saturday, June 9th from 11am until 3pm for our Annual Men's Ministry Cook-Out!!! This will be a day of FUN, Food, & Fellowship...Please bring a brother (young or Older) with you. Sign-up for headcount purposes will take place in the Narthex immediately after service. For additional information contact us at [MensMinistry@FirstMountZionBC.Org](mailto:MensMinistry@FirstMountZionBC.Org). We look forward to seeing YOU. Iron sharpening Iron (Prov. 27:17).

**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)

**WOMEN'S MINISTRY (SALT)**

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

**YOU'RE INVITED!!!!**

Looking forward to seeing you on June 9, from 9:00AM – 1:30PM. The hours have been modified to accommodate an exciting Women's Ministry 1<sup>st</sup> Spring Fellowship; starting with Praise and Worship and Words of Encouragement; a session on "Fragments of a Woman's Life: A Memoir", by our own, Sister Sandra Manigault; ending with a Good Old Fashion FMZ Cookout (bring a lawn chair)! Mark your calendar; you won't want to miss this day of praise! Sign-up for the cookout following both services, Today and May 27th POC: Linda Young or Lisa Robinson, [womensministry@firstmountzionbc.org](mailto:womensministry@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.

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  
May  
REHEARSALS**

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

**Mass Choir**  
Thurs 24; 7P

**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.

**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.

**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

**PROFESSIONAL WOMEN SMALL  
GROUP**

**GO WITH THE FLOW**

Support the Professional Women Small Group's initiative to give homeless and under-sheltered women dignity by donating sanitary products. Place your donations in the FLOW boxes located in the FMZBC Women's restroom where you will find a list of needed products. Like us on Facebook <https://www.facebook.com/GoWithTheFlowPWSSG>

**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)

**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.

**REVIVED COMMUNICATIONS &  
PUBLICITY MINISTRY**

First Mount Zion and the Trustee Ministry announce the revival of the Communications and Publicity Ministry (CPM). The CPM is responsible for the Messenger, our monthly church newsletter. The new, enhanced Messenger is a monthly newsletter to tell the wonderful stories of worship, service, study, and stewardship from across our congregation and community. The newly revived and enhanced Messenger will begin in September. The Messenger represents our growth as a congregation and will be available in both print and electronic formats. The articles will reflect our history, stories of our ministries, our fellowship, and faithful servants. We encourage all members to share their stories, praise reports, photos/captions and news. Our goal is to amplify our church mission, vision, and the Word of God throughout the congregation and our communities. Our rich history of over 150 years and our ongoing service should be treasured, shared, and publicized to connect people who have a desire to become fully devoted followers of Jesus Christ. Help us tell the story by being part of the story through your service and participation in ministry. Please celebrate and share God's abundance! For more information or questions contact your Communications and Publicity Ministry: [cpm@firstmountzionbc.org](mailto:cpm@firstmountzionbc.org).