

"I WAS SICK AND  
YE VISITED ME"

Our Known Sick and/  
or Shut-in Prayer List

Teresa Bridges [I]  
Jessica Butler [B]  
Gerald Byrd [E2]  
Terry Carey [F1]  
Yvonne Carter [C1]  
Charlie Clark [K1]  
Curley Creamier [C2]  
Ora Darby [C1]  
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



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## This Week at a Glance & Activities

### Today, July 22

Music ~ Men's Choir  
Sunday School 7A; FMZBC 16th  
Annual Blood Drive 7A; Worship  
Service 8A; Sunday School 9:45A;  
Juvenile Detention 10A; Worship  
Service 11A;

### Monday, July 23

Communications and Publicity Com-  
mittee/Ministry 7P; Unity Choir 7P

### Tuesday, July 24

Noon Day Prayer 12P; Alzheimer's  
Caregiver Support SGM 2 (Offsite)  
7P; Trustee Executive Board Meet-  
ing 7P; Young Adult Reunion Choir  
7P

### Wednesday, July 25

Alzheimer's Caregiver Support SGM  
1 (Offsite) 11A; Praise & Worship  
7:30P; Worship Service 8P

### Thursday, July 26

Trustee Ministry Strategic Planning  
Committee 7P; Young Adult Reunion  
Choir 7P; Unity Choir 7:30P

### Friday, July 27

No Scheduled Activities

### Saturday, July 28

No Scheduled Activities

### 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

Salvation Station, the children's summer  
worship program, will be closed this sum-  
mer for July and August. Children's Church  
will resume in September.

### MARRIED COUPLES MINISTRY "SAVE THE DATE"

FMZBC Married Couples' Ministry Presents  
"Remembering the Promise Dinner and  
Dance" Dec 7, 2018 at the Carlyle Club,  
Alexandria, VA. Cost: \$125.00 per couple.  
Join us in an elegant evening of love and  
re-committal to one another. **\*Registration  
Starts in September 2018!\***

### FMZBC 22<sup>ND</sup> ANNUAL GOLF CLASSIC

**ATTENTION GOLFERS - SAVE THE  
DATE:** FMZBC 22nd Annual Golf Classic  
will be held on Monday September 17th at  
Old Hickory Golf Club. We will see you  
there.

### PARKING MINISTRY

Are you looking for a great ministry to join?  
The Parking Ministry is seeking new mem-  
bers. You will enjoy the great outdoors,  
flexible hours, and interaction with very nice  
customers. POC: Rickey Grayson, (703)  
407-1295 or Ron Norman (703) 586-0820.

### SMALL GROUPS MINISTRY

WOULD YOU LIKE TO START A NEW  
INTEREST BASED SMALL GROUP? I'd  
like to hear from YOU!! POC: **Stephanie  
Craddock, Small Groups Director**  
[Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or  
(703) 670-0184

### MEN'S MINISTRY

**ATTENTION ALL MEN!...GET READY, GET  
READY, GET READY....**The time to register for  
the Men's Retreat is **NOW!!!** Our retreat to Pine  
Creek Retreat Center in Gore, VA on September  
7-8, 2018 is fast approaching. Register **TODAY**  
in the Narthex. The cost is only \$125 for the all-  
inclusive event (transportation, 3 meals, accom-  
modations, and activities). You can reserve your  
space with a deposit or pay in full today. I pray  
you seize this opportunity to invest in your spiritual  
growth and brotherhood. We look forward to see-  
ing you Mighty Men of God. Iron Sharpening Iron  
(Prov. 7:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

### WOMEN'S MINISTRY (SALT)

**Sisters Abounding in Light and Truth  
- John 15:5**

### Fall Book Club Session

The Women's Ministry will sponsor a Fall Book  
Club session, starting September 8, 2018. Based  
on popular requests, we will re-visit, "The Armor of  
God" by: Pricilla Shirer. Please contact Sister  
Robin Hawkins at, [womenministry@firstmountzionbc.org](mailto:womenministry@firstmountzionbc.org). Additional information  
and updates will be provided in subsequent an-  
nouncements.

### Women's Ministry Blouse

If you purchased a blouse in 2018 and have not  
yet received it please contact Sister Linda L.  
Young at, [womenministry@firstmountzionbc.org](mailto:womenministry@firstmountzionbc.org).

### YOUTH MINISTRY

**Youth Worship Service Participants:** All youth  
(6<sup>th</sup> to 12<sup>th</sup> Grade) are given the opportunity to  
participate in the Sunday worship services by  
leading the responsive reading, morning prayer or  
offertory prayer. Note: 12th graders should reach  
out before Sunday, August 19<sup>th</sup>. If you are inter-  
ested, please contact Rev. John McNeill at 703-  
670-0184.

### MUSIC & ARTS MINISTRY

Calling all Former Voices of Zion and Jewels  
Members!!!! We will be having a reunion celebra-  
tion on the 5<sup>th</sup> Sunday in July and would love for  
you to attend! Rehearsal dates are as follows: ,  
Tuesday 24<sup>th</sup> and Thursday July, 26<sup>th</sup>. To confirm  
your attendance or submit any questions concern-  
ing this event, please contact Bréh Stevens-  
Mitchell at [bstevensmitchell@firstmountzionbc.org](mailto:bstevensmitchell@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  
July  
REHEARSALS**

**Unity Choir**  
Thurs 26; 7:30P

**Young Adult Reunion  
Choir**  
Tues 24; 7P  
Thurs 26; 7P

**PROFESSIONAL WOMEN SMALL  
GROUP**

**HELP US MEET OUR GOAL  
GO WITH THE FLOW**

Support the Professional Women Small Group as we give homeless and under-sheltered women dignity by donating sanitary products. Place your donations in the FLOW boxes located in the Women's restroom where you will find a list of needed products. Learn more at <https://www.youtube.com/watch?v=c5-UW1ESqWc&t=4ske>

**ZONE K2 FELLOWSHIP POTLUCK  
BREAKFAST**

Join us on Saturday, August 11th at 9:30a.m. for a breakfast fellowship. The fellowship will be at the Hampton Oaks Community Center (80 Northampton Blvd). We also plan to collect school supplies for students in need. For menu and additional details contact Deacon and Deaconess Seth (540-720-6212)

**LOST AND FOUND**

The church has a lost and found section across from the VBS bulletin board. There are, lost Bibles, textbooks (mostly Algebra) along with journals, eye glasses etc. Check out the lost and found section to locate your lost items.

**RESOURCE ROOM**

Need to catch up on past emails? Have a resume to update? The Resource Room (347) is located on the north side of the building. The room is open during work hours from 9:00a.m. to 5:00p.m. Please stop by the front desk to sign in.

**2019 BUDGET SUBMISSIONS**

Ministry budget requests for 2019 are due to the Trustee Ministry by August 27, 2018. All submissions are required to be submitted on the 2019 FMZBC Ministry Budget Request form which is available in the forms box in the Narthex near the Administrative Office and on the Church's website. In order for the submissions to be considered, they must be submitted with the ministry chair signature (required) and approved by the FMZ leadership chair who has oversight of that ministry (signature). The reverse side of the Budget Request form identifies the leadership ministry that has oversight. Please submit original submissions to the Financial Secretary with all appropriate signatures. The Trustee Ministry will present the 2019 Budget for Church approval at the December 1, 2018, Church meeting. Contact Trustees Maxine DuFore, Oscar Dailey, William Bradley, Leslie Gerald or Bobby Long with any questions.