

"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]  
John Harper [D1]  
Cheryl Harris [D1]  
Reginald Hayes [N]  
Kenneth Irby [N]  
John W. Jones, Jr. [Z]  
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, Sept 9**

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

**Monday, Sept 10**

Benevolence Committee 7P; Christian Dating SGM 7P; Connected to Connect 7P; Journey to Joy/GriefShare 7P; Retire Inspired SGM 7P

**Tuesday, Sept 11**

Noon Day Prayer 12P; Deaf Ministry 7P; Mary Elizabeth Planning Meeting 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Men's Choir 7:30P

**Wednesday, Sept 12**

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

**Thursday, Sept 13**

Jewels Choir 7P; Pastor's Aide Ministry 7P; The CORE Ministry Meeting 7P; Voices of Zion 7P; Committee for Excellence In Leadership 7:30P Men's Ministry Monthly Meeting 7:30P; Trustee HR/ Admin Committee 7:30P

**Friday, Sept 14**

No Scheduled Activities.

**Saturday, Sept 15**

DST Photo 8A; Volunteer Screening 8:30A; Annual Deacon's Prayer Breakfast 9A; Flower Ministry 9A; Money Smart Ministry Workshop 9A; Pi Lambda Lambda OPPF 10A; Junior Ushers 11:30A

**CHILDREN'S MINISTRY**

Children's Church will be closed for the month of September 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.

**ACADEMIC EDUCATION MINISTRY (AEM)**

Monthly Meeting for the beginning of the Academic Education Year will be held on Tuesday, September 11, 2018 at 7pm. If you are interested in serving in the Academic Education Ministry, we would be happy to provide additional information. POC: Brother Gerry Griffin.

**THE C.O.R.E.**

Join The C.O.R.E. on **Thursday, September 13, 2018** at FMZBC, 7:00 PM, for The Ministry of Life, monthly Young Adult Spiritual Growth Session. The Ministry of Life (Held every 2nd Thursday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. Childcare and Personal Prayer are also provided! This month's topic: "Prayer and Open Dialogue" with Rev. John McNeill .

**SENIORS MINISTRY**

All senior members and guest 55 and up are invited to participate in Seniors Ministry. The next meeting will be held on Wednesday, **September 19, 2018** from 12:00-2:30 p.m. Come out and meet other senior members for food, fun and fellowship. Trustee Titus Simmons will be our guest speaker. POC: Mary Melton or Shirley Hardy or [seniorsministry@firstmountzionbaptistchurch.org](mailto:seniorsministry@firstmountzionbaptistchurch.org)

**SINGLES MINISTRY**

Singles Ministry will meet on Tuesday, September 25<sup>th</sup> at 7pm. Topic: Single Not Alone Part I, Rev. Michael Todd Video. All singles and interested persons are invited to attend. POC: [singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org) or Rev. Maxine Thompson.

**MONEY SMART MINISTRY (MSM)**

**Save the Date**

The next workshop will be held on Saturday, September 15, from 9:00 am – 11:00 am; "**Social Security - Get all the latest information and facts on the benefits of the program.** Learn when you should start receiving your social security benefits; how to get copies of your social security statement; and other pertinent information that will help you make your financial plan. Our goal is to empower all members to learn how to make realistic financial goals and plans. We share how to be better Stewards of God's resources by sharing in "Hands On" money management techniques through interactive classroom activities. Come out and learn what the Bible says about this topic. Mark your calendar. Sign up after the 8:00 am and 11:00 am services or email the ministry at [monneysmart@firstmountzionbc.org](mailto:monneysmart@firstmountzionbc.org). Please Like us on Facebook at <https://www.facebook.com/FMZBCMoneysmartministry/>.

**DEACONESS MINISTRY 2018 ANNUAL COMMUNITY GIVEAWAY**

**EVENT DATE: Saturday, October 13, 2018**  
**EVENT TIME: 8:00 – 12:00pm or while supplies last**

"Matthew 25:21 NIV His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.'" **Come and share your master's blessings! Bring in your gently used or new items and non-perishable food to be a blessing.**

**Donations will be accepted beginning Monday, September 17 until Saturday, October 6, 2018.**

Collection times will be Monday, Tuesday and Thursday 9:30am – 12:00pm, 1:00pm – 3:30pm and 7:00pm – 8:30pm; Wednesday and Fridays collection times will be 9:30am – 12:00pm, 1:00pm – 3:30pm; No Evening Collections. There will be one Saturday collection date: October 6, 2017. **No Sunday collections. Volunteers are needed.** POCs are Lynell Manning, [lynellm11@comcast.net](mailto:lynellm11@comcast.net) or Ivery Barnes, [ivery.barnes@aol.com](mailto:ivery.barnes@aol.com) or sign up at <https://www.signupgenius.com/go/10C0D4EAE62EA7F49-2018>.

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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  
September  
REHEARSALS**

**Men's Choir**  
Tues 11, 18; 7:30P

**Voices of Zion/Jewels Choir**  
Thurs 13; 7P

**Unity Choir**  
Tues 25; 7P  
Thurs 27; 7P

**FMZBC 22<sup>ND</sup> ANNUAL GOLF CLASSIC**  
**ATTENTION GOLFERS:** The FMZBC 22nd Annual Golf Classic will be held Monday, September 17th at Old Hickory Golf Club in Woodbridge, Va. The cost per player is \$100.00. You can play, be a sponsor, or just buy a Golf shirt. Please sign up in the Narthex. POC: Al Shelton (703) 969-5910.

**SMALL GROUPS MINISTRY**  
**Save the Date**  
Award Winning Stage Play  
"Forget Me Not"

SATURDAY, September 29, 2018 –  
12:00PM ~ **FREE EVENT**

**COME JOIN THE FMZ  
MUSIC & ARTS MINISTRY!**



The month of September is Open House Recruitment for the Music & Arts Ministry.

**ADULT CHOIRS**  
Mass, Men & Women's  
Choirs

**YOUNG ADULT**  
Young Adult Ensemble

**YOUTH**  
Voices of Zion Choir

**CHILDREN'S CHOIR**  
Jewels Choir

**DRAMA & DANCE**  
Jubilation

For additional information, contact Brother Sylstea Sledge, (703) 670-0184 or [sledge@firstmountzionbc.org](mailto:sledge@firstmountzionbc.org).

The FMZBC Small Groups Ministry (in collaboration with USAgainst Alzheimer's) will host the stage play "Forget Me Not" to bring awareness to our church and community regarding Alzheimer's Disease and other Dementias. The way GDavis Productions takes on a disease like Alzheimer's has been called "brilliant". **Forget Me Not** takes the audience into the life of a family facing this medical challenge and shows its impact on not just the immediate family but friends, marriage, and those in the community as well. During the event, there will be a Q&A session facilitated by a panel of experts so you will leave equipped with answers to important questions about medical and social services that are available in your communities and learn how researchers are working on prayerfully, one day finding a cure!! Even though the event is **Free**, please register at [www.forgetmenotplay.com](http://www.forgetmenotplay.com).

POC: Stephanie M. Craddock at [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or (703) 670-0184 or Deacon Michell Clark at [Michellc278@verizon.net](mailto:Michellc278@verizon.net) or (703) 969-9745.

**GRIEF SHARE**

FMZBC's Grief Support Ministry, Journey to Joy will host our third GriefShare 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 September 10 thru December 17, 2018 from 7:00 – 9:00 pm. 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.

**FMZBC MESSENGER NEWSLETTER**

The Communication and Publicity Ministry (CPM) will be publishing FMZBC Messenger newsletter on the first Sunday of each month. The Messenger provides a medium for all ministries and members to share good news, events, and the story of FMZBC. The Messenger will be available in hard copy and via the website. Since this is our newsletter, we invite all members and ministries to provide articles, photos, and events. Your inputs are due by the 15<sup>th</sup> of each month by emailing [cpm@firstmountzionbc.org](mailto:cpm@firstmountzionbc.org) or you may submit articles through a web form at [http://bit.ly/FMZBC\\_Articles](http://bit.ly/FMZBC_Articles)

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, September 15, 2018 beginning promptly at 9:00 AM. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. Contact Cynthia Zorn Pettigrew at 703-730-5227 or Clarice Torian at 703-730-6353 if you have questions.

**TOASTMASTERS**

Do you want to become a confident public speaker and strong leader? If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. Toastmasters meets here every 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 7:30pm. For more information please contact JC Saunders (571) 572-2814.

**FIT BY GOD**

**Cardio & Tone:** Includes low impact cardiovascular exercise combined with muscle toning exercises and stretching. Thursday nights at 7 pm. Open to all members. Come exercise and fellowship.

**Walk and Tone:** Walking combined with muscle toning exercises and stretching. Great for seniors! On 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 9:30am to 10:30am in the fitness center. Come exercise and fellowship!

**SHARE REGISTRATION**

Today is the last day to register for September 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.