

"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

**Turkey Sausage, Grits,  
Eggs, Biscuits, Bacon,  
and Potatoes.**



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## This Week at a Glance & Activities

### Today, Sept 16

Music ~Voices of Zion/Jewels  
Sunday School 7A; Worship Service  
8A; Sunday School 9:45A; Juvenile  
Detention 10A; Worship Service 11A

### Monday, Sept 17

FMZ Annual Golf Tournament 8:30A;  
Journey to Joy/ GriefShare 7P;  
NCBW-PWCC 7P; Deacon Ministry  
Interview Training 7:30P; Trustee  
Ministry Finance Committee 7:30P

### Tuesday, Sept 18

Noon Day Prayer 12P; Academic  
Education Ministry Monthly Meeting  
7P; Social Committee Meeting (IPT)  
7P; Deaconess Ministry Monthly  
Meeting 7:30P; Men's Choir 7:30P

### Wednesday, Sept 19

Janitorial Training 10A; Senior's  
Ministry 12:30P; Praise & Worship  
7:30P; Bible Study 8P

### Thursday, Sept 20

Dance Ministry 7P; Motorcycle Min-  
istry 7P; Trustee Ministry Strategic  
Planning Committee 7P; Women's  
Ministry Planning Meeting 7P; Dea-  
con Ministry Meeting 7:30P; Trustee  
Facility and Real Property Commit-  
tee 7:30P

### Friday, Sept 21

No Scheduled Activities.

### Saturday, Sept 22

Health Ministry 9A; SHARE Distribu-  
tion 9A; Women's Ministry Planning  
Meeting 9A; Women's Ministry Book  
Club 10A

### 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 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 [ChildrensMinis-  
try@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-  
5929.

### AEM EDUCATION MINISTRY

The FMZ Scholarship – Each year FMZ  
awards scholarships to members who are  
graduating HS seniors and plan to further  
their education at institutions of higher  
learning. The student must meet the follow-  
ing requirements in order to qualify for the  
scholarship:

- Been a member of FMZ for at least  
one year prior to the scholarship dead-  
line;
- Participate in at least one church min-  
istry (Ministries are listed in the  
FMZBC Constitution and Bylaws) six  
months or more prior to the deadline; and
- Accepted to an institution of higher  
learning (vocational institutions as  
well).

Each scholarship application is rated on a  
point system. The deadline for submitting  
the scholarship packet is April 15<sup>th</sup> of each  
year. A Scholarship workshop is scheduled  
for Sunday, November 18, 2018. More  
details to follow. POC: Bro. Gerry Griffin at  
[AEM@firstmountzionbc.org](mailto:AEM@firstmountzionbc.org).

### SENIORS MINISTRY

All senior members and guest 55 and up  
are invited to participate in Seniors Minis-  
try. 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 fellow-  
ship. Trustee Titus Simmons will be our  
guest speaker. POC: Mary Melton or  
Shirley Hardy or [seniorsminis-  
try@firstmountzionbaptistchurch.org](mailto:seniorsministry@firstmountzionbaptistchurch.org)

### 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 bless-  
ing.**

**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/10C0D4EAEA6  
2EA7F49-2018](https://www.signupgenius.com/go/10C0D4EAEA62EA7F49-2018).

### YOUTH MINISTRY

**Youth Bible Study on Wednesdays:** On Sep-  
tember 19<sup>th</sup> at 8pm, we will explore what does it  
mean to be a Christian? Come and ask the ques-  
tion(s) that you've always had about the Bi-  
ble. 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.

**No First Friday in October: All youth are en-  
couraged to participate in the church-wide  
service effort through "Feed My Starving Chil-  
dren." See the FMZBC website for details and  
to register.**

**"Bring-a-Friend-to-Church" Sunday:** On Octo-  
ber 21, 2018, all youth are encouraged to invite  
their friends and neighbors. Rev. McNeill will  
meet all guests in the Grain of Heaven after the  
8am service. The Voices of Zion Members will  
experience Jesus Christ's love through worship  
and fellowship. There will be a prize for the Voi-  
ces of Zion member who brings the most youth to  
sing that Sunday in the choir. Guest must attend  
rehearsals. Contact Ms. Kristen Mitchell or Rev.  
McNeill for details at  
[jmccneill@FirstMountZionBC.org](mailto:jmccneill@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  
September  
REHEARSALS**

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

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

**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 C.O.R.E**

The C.O.R.E. Presents: An Open Mic Night! Calling all Young Adults to join us for our fall ministry kick-off event on Thursday, September 27th 7PM at FMZBC. Interested in performing? Contact Sade Akanni @ [TheCore@firstmountzionbc.org](mailto:TheCore@firstmountzionbc.org)

**SMALL GROUPS MINISTRY**

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

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

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.

**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.

**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!

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, September 18<sup>th</sup>, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at [pwnaacp.org](http://pwnaacp.org) and access the calendar entry for this meeting.

**SHARE DISTRIBUTION**

September SHARE packages will be distributed on Saturday, September 22nd from 9 - 10am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**VOLUNTEERS NEEDED**

The Grain of Heaven is looking for volunteers. If interested please contact Sherise Campbell at [scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org).