

"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 Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

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



Dr. Luke E. Torian, Pastor
16622 Dumfries Road
Dumfries, VA 22025
Ph. (703) 670-0184
Fax (703) 670-0296

Website
www.fmzbc.com
Email:

fmzbc@firstmountzionbc.org

This Week at a Glance & Activities

Today, Sept 23

Music ~Men's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service
11A; Associate Ministers 1P

Monday, Sept 24

Christian Education Ministry Leaders
Meeting 7P; Communications and
Publicity Committee 7P; Journey to
Joy/GriefShare 7P; Trustee Ministry
Finance Committee 7:30P

Tuesday, Sept 25

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM 2 7P;
NCBW PWCC-Mental Health 7P;
Photography Ministry 7P; Singles
Ministry 7P; Small Groups Planning
Committee Meeting 7P; Toastmas-
ters 7P; Trustee Executive Board
Meeting 7P; Unity Choir 7P

Wednesday, Sept 26

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

Thursday, Sept 27

Dance Ministry 7P; The C.O.R.E.
Ministry Meeting 7P; Trustee Strat-
egic Planning Committee 7P; Unity
Choir 7P

Friday, Sept 28

No Scheduled Activities.

Saturday, Sept 29

Alzheimer's Stage Play-Forget Me
Not 12P

AEM EDUCATION MINISTRY

The FMZ Tutorial Program begins next
month! Sign-ups for students and tutors will
be held in the Narthex after both services
today.

(AEM) Tutorial Program

Tutorial Sign-Ups for 2018-2019 Academic
Year: Tutors are needed--Yes, we need
you to sign up to be an AEM tutor this
year. Choose the subject that fits you best
to help our students do better in their ac-
ademic subjects. **Students:** If you are find-
ing that you need more help in a particular
subject area, then sign up for free tutor-
ing! All information that you need is avail-
able at the Tutorial table today after both
services! Tutors and students: Don't miss
out on this opportunity! POC: Brother Ger-
ry Griffin (griffing@rocketmail.com)

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 15th 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.

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.

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 or Ivery Barnes,
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

**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 Voic-
es 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

MARRIED COUPLES MINISTRY

"REGISTER TODAY"

The FMZBC Married Couples' Minis-
try Presents "Remembering the Promise Dinner
and Dance" Dec 7, 2018 at the Carlyle Club, Alex-
andria, VA. Cost is \$125.00 per couple. Join us in
an elegant evening of love and recommitment.
Space is limited, Register **today** after the 8 and
11 am services. POC: Les & Karen Young at [mar-
riedcouples@firstmountzionbc.org](mailto:marriedcouples@firstmountzionbc.org).

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abrvant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Beverly Grant
Information Technology Assistant
bgrant@firstmountzionbc.org

Sherry Hilliard
Financial Secretary
shilliard@firstmountzionbc.org

Rev. Tracey D. Holley
Minister of Christian Education
tholley@firstmountzionbc.org

Ernest Holmes
Custodian
eholmes@firstmountzionbc.org

Walter Holmes
Assistant Facility Manager
wholmes@firstmountzionbc.org

Antonio Howard
Custodian
ahoward@firstmountzionbc.org

Tiffany Howard
Receptionist
thoward@firstmountzionbc.org

Rev. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Tommy Johnson
Audio Visual Director
tjohnson@firstmountzionbc.org

Rev. John C. McNeill, Jr.
Youth Minister
jmcneill@firstmountzionbc.org

Sylvia Moore
Executive Assistant to Pastor
smoore@firstmountzionbc.org

Pat Paige
Administrative Assistant
ppaige@firstmountzionbc.org

Deloris Quarterman
Food Service Assistant
dquarterman@firstmountzionbc.org

Ernest Robbins
Facility Manager
erobbins@firstmountzionbc.org

Sylstea C. Sledge
Minister of Music
ssledge@firstmountzionbc.org

Bréh Stevens-Mitchell
Music Ministry Administrative Assistant
BStevensMitchell@firstmountzionbc.org

Rev. Maxine Thompson
CED Coordinator
mthompson@firstmountzionbc.org

Gregory Took
Custodian
gtooks@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
rwoolfolk@firstmountzionbc.org

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**

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.

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.

POC: Stephanie M. Craddock at Scraddock@firstmountzionbc.org or (703) 670-0184 or Deacon Michell Clark at 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.

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

SINGLES MINISTRY

Singles Ministry will meet on Tuesday, September 25th 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 or Rev. Maxine Thompson.

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 2nd and 4th Wednesdays 9:30am to 10:30am in the fitness center. Come exercise and fellowship!

VOLUNTEERS NEEDED

The Grain of Heaven is looking for volunteers. If interested please contact Sherise Campbell at scampbell@firstmountzionbc.org.