

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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]
Samuel Graham [L1]
Edwin Green [M3]
Beulah (BJ) Harper [D1]
Celesta Hines [M1]
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]
Daniel Russell [M3]
Katherine Stevens [D1]
Haywood Thomas [D4]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

No Breakfast



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

Today, Sept 30

Music ~Unity Choir
Sunday School 8:30A; Unity Ser-
vice 10A; Juvenile Detention 10A;
Small Groups Fair 12P

Monday, Oct 1

Leadership Transition Committee
7P; Alzheimer's Caregiver SGM 3
7P; Christian Dating SGM 7P; Jour-
ney to Joy/GriefShare 7P; Maturing
In Christ SGM (Four Seasons) 7P;
Women's Choir Praise Team 7P;
Deacon Executive Committee
Meeting 7:30P; Deaconess Execu-
tive Team Meeting 7:30P

Tuesday, Oct 2

Noon Day Prayer 12P; Usher Minis-
try 7P; FREEDOM SGM 7P; How to
Study the Bible SGM 7P; Women's
Choir 7P; Women's Choir Praise
Team 7P; Trustee Ministry 7:30P

Wednesday, Oct 3

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

Thursday, Oct 4

Willing Workers Ministry 7P

Friday, Oct 5

Feed My Starving Children 5-7P

Saturday, Oct 6

Feed My Starving Children 8:30A

AEM EDUCATION MINISTRY

(AEM) Tutorial Program

Tutorial Sign-Ups for 2018-2019 Academic Year: Tutors are needed -- sign up to be an AEM tutor this year. Choose the subject that fits you best to help our students do better in their academic subjects. **Students:** If you are finding that you need more help in a particular subject area, sign up for free tutoring! All information that you need is available at the Tutorial table in the Narthex. Tutors and students: Don't miss out on this opportunity! POC: Brother Gerry 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 following requirements in order to qualify for the scholarship:

- Been a member of FMZ for at least one year prior to the scholarship deadline;
- Participate in at least one church ministry (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.

SENIORS MINISTRY

All senior members and guest 55 and up are invited to participate in the Seniors Ministry. The next meeting will be held on Wednesday, **October 3, 2018** from 12:30-2:30 p.m. Come out and meet other senior members for food, fun and fellowship. Pastor Torian will present our bible study. POC: Mary Melton, Shirley Hardy or seniorsministry@firstmountzionbaptistchurch.org.

YOUTH MINISTRY

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

"Bring-a-Friend-to-Church" Sunday: On October 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 Voices of Zion member who brings the most youth to sing that Sunday in the choir. Guest must attend rehearsals. POC's: Ms. Kristen Mitchell or Rev. John McNeill jmccneill@FirstMountZionBC.org

MARRIED COUPLES MINISTRY

"REGISTER TODAY"

The FMZBC Married Couples' Ministry Presents "Remembering the Promise Dinner and Dance" December 7, 2018 at the Carlyle Club, Alexandria, VA. Cost is \$125.00 per couple. Join us in an elegant evening of love and recommitment. Space is limited, Register **today**. POC's: Les and Karen Young at marriedcouples@firstmountzionbc.org.

WOMEN'S MINISTRY

Sisters Abounding in Light and Truth – SALT "I am the Vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: without me ye can do nothing" John15:5.

Greeting my sisters! The Women's Ministry first fall session will come together on October 13, 2018; from 9AM – 11AM. Theme: Women Unit-ing in Fellowship with Love, "Praise and Worship." Psalm 34: 1-3. POC: Linda L. Young – womensministry@firstmountbc.org.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abravant@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
October
REHEARSALS**

**Women's Choir Praise
Team**

Mon 1; 7P
Tues 2; 7P

Women's Choir
Tues 2,9; 7P

Voices of Zion/Jewels Choir
Thurs 11, 18; 7P

Men's Choir
Tues 16, 23; 7P

Mass Choir
Thurs 25; 7:30P



**MONEY SMART MINISTRY (MSM)
SAVE THE DATE**

The next workshop will be held on Saturday, November 17, 2018 from 9:00AM – 11:00AM featuring the topic, "The Tax Man Cometh -"How Do The New Tax Laws Affect You?" Learn about the slew of updates from the IRS and the major tax reform passed by Congress and how it could significantly alter your situation for the 2018 tax year as individual and small business filers. We will have one of our own dynamic speakers, Titus Simmons, who will give it to you straight on filing your taxes under the new tax laws. Our goal as a ministry is to empower all members to learn to be better Stewards of God's resources by sharing "Hands On" money management techniques through interactive classroom discussions and activities. Come out and learn what the Bible says about this topic. Mark your calendar. Sign-ups will be held after the 8:00AM and 11:00AM service starting November 4th in the Narthex or you can email the ministry at moneysmart@firstmountzionbc.org.

Please "**Like**" us on Facebook at <https://www.facebook.com/FMZBCMoneysmartMinistry/> where you will receive a wealth of information on this topic and others.

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 through 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.

**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 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.** POC's: Lynell Manning, lynellm11@comcast.net or Ivery Barnes, ivery.barnes@aol.com, or sign up at <https://www.signupgenius.com/go/10C0D4EAEA62EA7F49-2018>.

SHARE REGISTRATION

The last day to register for October SHARE packages is October 7th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.