



# Real Talk for the Real World

Youth Bible Study. **You're invited.** Bring a friend.

Every Wednesday @ 8pm

# AWESOME!

Contact Rev. J. McNeill, FMZBC's Youth Minister, at 703-670-0184 or [jmceill@firstmountzionbc.org](mailto:jmceill@firstmountzionbc.org).

# Cardio & Tone



**Thursdays 7:00 pm  
in the gym**





# **Walk & Tone:**

**Exercise Class for Seniors**

**See Announcements for Details**

# Journey to Joy



*"Your Journey from Mourning to Joy."*

*Help & Encouragement - Weekly Seminars - Support Group*

**Session 2: " Challenges of Grief "**

**September 17, 2018 7:00 - 9:00 pm**

*Death hurts...We help.*

# FMZBC Youth Ministry



**Wise Builders, the YM Spiritual Guides and Church Family are praying for you. Shhh...our Youth beat our Spiritual Guides in basketball.**



# Join us for our FALL Weight Loss Competition

**Cost: \$30 (One Time Fee: Includes Official BOD4GOD book, t-shirt, and magnet)**

**Sign -up at our Small Groups Fair on Sunday, September 30, 2018**

**POC: Stephanie M. Craddock (Small Groups Director)**

**[Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or (703) 670-0184**

Sign up for the FMZBC 22nd  
Annual Golf Classic in the  
Narthex

**Golf Classic being held at  
Old Hickory Golf Club  
Monday September 17, 2018**



# SENIORS MINISTRY

JOIN US

WED. SEPTEMBER 19, 2018

12:00-2:30PM

FOOD, FELLOWSHIP, FUN!

**ALL SENIORS AND GUEST 55+  
ARE WELCOME!**

TRUSTEE TITUS SIMMONS- GUEST SPEAKER

POC: Co-Directors, Mary Melton/Shirley Hardy

[seniorsministry@firstmountzionbc.org](mailto:seniorsministry@firstmountzionbc.org)



# **SINGLES MINISTRY**

**Singles Ministry monthly meeting**

**on Tues, September 25<sup>th</sup> at 7pm**

**Topic: Single Not Alone Part I**

**Rev. Michael Todd via Video**

**All singles are invited to join in the discussion**

**POC: [Singlesministry@firstmountzionbc.org](mailto:Singlesministry@firstmountzionbc.org)**

*Join a Group  
At Our*

**FALL**

**INTEREST-BASED**

**SMALL GROUPS FAIR**

We Have a Variety of Groups  
for **YOU!**

New Groups **ADDED!!**

**NEW DATE - 5<sup>th</sup> Sunday!!**

**September 30, 2018**

**Following the 10AM**

**Worship Service**

**FMZ GYMNASIUM**

*Food, Family, Fellowship!*

*We'd  to Get  
YOU*

*Connected*

# **Open Mic Night**

**Presented By**



**Free Food | Free Admission**

**Thursday  
September 27<sup>th</sup>  
7:00 PM @ FMZBC**



**Interested in performing?**

**Contact Sade Akanni [TheCore@firstmountzionbc.org](mailto:TheCore@firstmountzionbc.org)**

# DEACONESS MINISTRY 2018 ANNUAL COMMUNITY GIVEAWAY

EVENT DATE

Saturday, October 13, 2018

8:00 am - 12:00 pm

or

*“While Supplies Last”*



DONATION COLLECTION

September 17th - October 6, 2018





**FMZBC Youth Ministry**  
**Bring-a-Friend-to-Church Sunday**

**Sunday, October 21, 2018**  
**8am & 11am Services**  
POC: Rev. J. McNeill




# Living In His Abundance



God is able

to make all grace abound  
toward you, that you, always  
having all sufficiency in all things  
may have an abundance  
for every good work



2 CORINTHIANS 9.8 NKJV

*God's Abundance for my life!*

