

Journey to Joy



"Your Journey from Mourning to Joy."

Help & Encouragement - Weekly Seminars - Support Group

Session 3: "The Journey of Grief Pt. 1"

September 24, 2018 7:00 - 9:00 pm

Death hurts...We help.

The image shows the lower half of five young people standing against a light-colored brick wall. They are wearing various styles of jeans and sneakers. The text 'Real Talk for the Real World' is overlaid in a large, bold, yellow font with a black outline.

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.

Cardio & Tone



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





Walk & Tone:

Exercise Class for Seniors

See Announcements for Details



Tutorial Sign Ups—*Today* in the Narthex after both services!

The Academic Education Ministry (AEM) is signing up—

- * **Tutors** for all subject areas, and
- * **Students** who need that extra tutoring in certain subjects.

The AEM Tutoring Program is free to the students!



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 or (703) 670-0184

SINGLES MINISTRY

Singles Ministry monthly meeting

on Tues, September 25th 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

*Join a Group
At Our*
**FALL
INTEREST-BASED
SMALL GROUPS FAIR**

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

New Groups **ADDED!!**

NEW DATE - 5th 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 27th
7:00 PM @ FMZBC**



Interested in performing?

Contact Sade Akanni 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





REGISTER TODAY!

The FMZ MARRIED COUPLES' MINISTRY
Presents

REMEMBERING THE PROMISE
"DINNER DANCE"

An Evening of Love, Elegance and Sophistication

December 7, 2018

Carlyle Club, Alexandria, VA

\$125 per couple

LIMITED SEATS – Don't Delay

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!

