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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.

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 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.

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, **October 20th** beginning promptly at 9:00 AM. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. Contact Cynthia Zorn Pettigrew at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

MENTAL HEALTH EDUCATION & AWARENESS WORKSHOP

FMZBC will host a mental health education and awareness workshop on October 20, 2018, from 9:00 a.m. until noon. The workshop is sponsored by the NCBW-PWCC and will focus on mental health, wellness and stress management.

Members are encouraged to sign-up to attend after the 8:00AM and 11:00AM worship service today and October 14. POC: Rev. Sandra K. James at (703) 670-0184 or Dr. Alice H. Howard (703) 680-6337 for additional information.

WEST POINT/UNITED STATES MILITARY ACADEMY

Are you interested in learning more about West Point and the opportunity to attend the United States Military Academy? If so, then please attend an information session on **October 11, 2018** by signing up through the following link. <https://einvitations.afit.edu/inv/anim.cfm?i=416676&k=0660440F7C51>

SHARE REGISTRATION

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

**MUSIC & ARTS MINISTRY
October REHEARSALS**

Women's Choir
Tues 9; 7P

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

Men's Choir
Tues 16, 23; 7P

Mass Choir
Thurs 25; 7:30P



"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 [L-1]
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

Bacon, Turkey Sausage,
Potatoes, Grits, Scrambled
Eggs, Biscuits, and
Waffles.



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Website
www.fmzbc.com
Email:
fmzbc@firstmountzionbc.org

Today, Oct 7

Music ~Mass Choir
Sunday School 7A; Worship Ser-
vice 8A; Sunday School 9:45A;
Juvenile Detention 10A; Worship
Service 11A; The Smart Step Fam-
ily SGM (Offsite) 1:30P

Monday, Oct 8



Columbus Day
Church Office Closed

Tuesday, Oct 9

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM2 7P; Deaf
Ministry 7P; Mary Elizabeth Plan-
ning Meeting 7P; Pi Lambda Lambda
OPPF 7P; Social Committee
Meeting 7P; Toastmasters 7P;
Women's Choir 7P; Women's Min-
istry Book Club 7P; Men's Choir
7:30P

Wednesday, Oct 10

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

Thursday, Oct 11

40th Women's Ministry Anniversary
Committee Meeting 7P; A.S.K.
SGM 7P; Celebrate Recovery SGM
7P; Jewels Choir 7P; Married Cou-
ples Ministry 7P; Pastor's Aide
Ministry 7P; The C.O.R.E Ministry
Meeting 7P; Voices of Zion 7P;
Men's Ministry Monthly Meeting
7:30P; Trustee HR/ Admin Commit-
tee 7:30P

Friday, Oct 12

Circling God's Word SGM (Offsite)
7P

Saturday, Oct 13

Deaconess Ministry Community
Giveaway 6A; Men's Ministry Fel-
lowship 9A; Pastor's Aide Ministry
Setup 9A; Women's Ministry Monthly
Fellowship 9A; Trustee Ministry
10A; Common Threads Sewing
SGM 10A; Mary Elizabeth Ministry
11A

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 the information you need is
available at the Tutorial table in the Nar-
thex. 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 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.

THE C.O.R.E MINISTRY

Join The C.O.R.E. **Thursday, October 11,
2018** at FMZBC, 7:00PM, for The Ministry
of Life, a monthly Young Adult Spiritual
Growth Session. The Ministry of Life (held
every 2nd Thursday at FMZBC) is purposed
to help young adults grow in their personal
relationship with God. We receive a tangible
word that applies to our everyday lives.
Childcare and personal prayer are also
provided! This month's topic: "Freedom
from Guilt" with Rev. Cheryl McNeill.

Celebrate the beginning of Fall with THE
C.O.R.E.! Join us at Cox Farm Fall Festival
in Centerville, VA on October 20, 2018
at noon. Children, families, and friends are
welcome! To coordinate a carpool or ask
any additional questions please contact
thecore@firstmountzionbc.org.

YOUTH MINISTRY

"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. POC's: Ms. Kristen Mitchell or Rev.
John McNeill jmccneill@FirstMountZionBC.org

MARRIED COUPLES MINISTRY

"REGISTER TODAY"

The FMZBC Married Couples' Ministry Pre-
sents "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 recommit-
ment. Space is limited, Register **today**.
POC's: Les and Karen Young at [marriedcou-
ples@firstmountzionbc.org](mailto: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 noth-
ing" 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 – [womens-
ministry@firstmountzionbc.org](mailto:womens-ministry@firstmountzionbc.org).

MEN'S MINISTRY

ATTENTION ALL MEN! Come and fellowship
on Saturday, October 13th at 9AM, as we hear
what it takes to 'Receive Our Increase'. Our
Guest Speaker is our very own, Deacon Mike
Boone. I pray you seize this opportunity to
"Glorify God thru Your Time & Service" by joining
us and allowing Him, through the speaker, to pro-
vide you spiritual growth. A continental breakfast
will be available. We look forward to seeing you
Mighty Men of Valor. Iron Sharpening Iron (Prov.
27:17). mensministry@firstmountzionbc.org