

"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, and Biscuits.



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**Today, Oct 14**

Music ~Women's Choir  
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Associate Ministers 1P; Diverse Disciples of Christ Youth SGM 1P; God's Knowledge is Powerful SGM 1P; L.O.L (Living Out Loud) Youth SGM 1P

**Monday, Oct 15**

Alzheimer's Caregiver Support SGM 3 7P; Bod 4 God SGM 7P; Christian Dating SGM 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/GriefShare 7P; NCBW-PWCC 7P; Retire Inspired SGM 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

**Tuesday, Oct 16**

Noon Day Prayer 12P; Academic Education Ministry Monthly Meeting 7P; Deaf Ministry 7P; FREEDOM SGM 7P; How to Study the Bible SGM 7P; Women's Ministry Monthly Meeting (IPT) 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

**Wednesday, Oct 17**

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

**Thursday, Oct 18**

Jewels Choir 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Trustee Strategic Planning Committee 7P; Voices of Zion 7P; Volunteer Screening 7P; Deacon Ministry Meeting 7:30P; Trustee Facility and Real Property Committee 7:30P

**Friday, Oct 19**

No Scheduled Activities

**Saturday, Oct 20**

Volunteer Screening 8:30A; A Page at a Time Scrap Booking SGM 9A; Eagles Health and Nutrition SGM 9A; Flower Ministry 9A; NCBW PWCC Mental Health 9A; SHARE Distribution 9A; Sunday School Ministry 9A; Daughters of the King SGM 10A; Pi Lambda Lambda OPPF 10A; Mary Elizabeth Ministry 11A; Women's Ministry Book Club 11A; Junior Ushers 11:30A; Kingdom Living In Our Culture SGM 1P

**AEM EDUCATION MINISTRY**

**(AEM) Tutorial Program**

Extended Sign-ups for the next two Sundays! Students and Tutors Sign-Ups for Education Tutoring. Students: You have been in your classes long enough now to realize any subject that you might need help for better understanding, review, and needed instructions. You are reminded that there is free tutoring to help you right here at FMZ, but you must sign up/register for a tutor to be assigned to you. Sign up today in the Narthex after both services.

Interested Tutors: If you have a desire to help our students in your area/s of expertise, please sign up in the Narthex today to serve as a tutor. Further information is also available for you as to time, dates, etc., from the AEM representatives in the Narthex today! POC: Brother Gerry Griffin ([aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org)).

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 15<sup>th</sup> 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](mailto:AEM@firstmountzionbc.org).

**SPIRITUAL GIFTS MINISTRY**

The Spiritual Gifts Ministry is conducting the final workshop for 2018 on Saturday, October 27th from 8:30 am - 12:00 pm. Registration for the workshop is strongly encouraged: [Spiritual-Gifts@firstmountzionbc.org](mailto: Spiritual-Gifts@firstmountzionbc.org). Please note that the final day to register for the workshop is Thursday, October 25th.

**SUNDAY SCHOOL MINISTRY**

The Fall 2018 Training "Technology, Keeping Us Connected" will be held 9-11am on Saturday, October 20. This third quarter session is specifically designed for **ALL LEAD TEACHERS AND CLASS ADMINISTRATORS** but the training is open to all teachers and those interested in serving in the ministry. Prepare to be equipped with tools and guidance to further our collective effectiveness in Sunday School Ministry. Sign up thru this link: [tinyurl.com/FMZFallSSM](http://tinyurl.com/FMZFallSSM) Questions? Email: [sundayschool@firstmountzionbc.org](mailto:sundayschool@firstmountzionbc.org) POC: Superintendent Gillis Taylor.

**YOUTH MINISTRY**

**"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 [jmcneill@FirstMountZionBC.org](mailto:jmcneill@FirstMountZionBC.org).

**SENIORS MINISTRY**

All senior members and guest 55 and up are invited to participate in Seniors Ministry. The next meeting will be held on Wednesday, **October 17, 2018** from 12:00-2:30 p.m. Come out and meet other senior members for food, fun and fellowship. We will enjoy a presentation on "Medicare and You" Speaker: Mr. Ridge Multop, Retired Social Security Department. POC: Mary Melton or Shirley Hardy at [seniorsministry@firstmountzionbaptistchurch.org](mailto:seniorsministry@firstmountzionbaptistchurch.org).

**DEACONESS MINISTRY 2018 ANNUAL COMMUNITY GIVEAWAY THANK YOU**

Thank you cannot express our gratitude to everyone who helped make the 2018 Deaconess Ministry's Annual Community Giveaway another great success! The quality and abundance of donations received and the willingness of servant volunteers of all ages to serve were absolutely extraordinary! Please accept our heartfelt appreciation to everyone who donated items and worked tirelessly to help us bless those in need on Saturday.

**ADMINISTRATIVE OFFICE STAFF**

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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.**

**MUSIC & ARTS  
MINISTRY  
October  
REHEARSALS**

**Voices of Zion/Jewels Choir**  
Thurs 18; 7P

**Men's Choir**  
Tues 16, 23; 7P

**Mass Choir**  
Thurs 25; 7:30P



**THE C.O.R.E MINISTRY**

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 contact [thecore@firstmountzionbc.org](mailto:thecore@firstmountzionbc.org).

**GRIEFSHARE**

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.

**USHER MINISTRY**

Are you willing to serve? Join the First Mount Zion Senior or Junior Usher Ministry. The FMZ Ushering Ministry is a very critical ministry because it's one's first encounter when entering the sanctuary. At FMZ, it's not all about "ushering" members and visitors to their seats during church service or programs. We like to see ourselves as providing both spiritual and physical comfort in the house of God while ensuring that everyone feels at home. Please visit our table in the Narthex or email Renae Allen, [renae.allen@hotmail.com](mailto:renae.allen@hotmail.com) (Sr. Ushers) or Anthony Anderson, [aanderso57@gmail.com](mailto:aanderso57@gmail.com) (Jr. Ushers) about joining this ministry.

**DEAF AWARENESS DAY**

The Hands Sharing the Gospel FMZ Deaf Ministry will be hosting its annual Deaf Awareness Day program on Saturday, November 3<sup>rd</sup> from 9-12noon.

Please mark your calendar to come out support and learn about the Deaf Community as God continues to unite and build two communities together for a greater purpose and work!

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, **October 20<sup>th</sup>** 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. POC: Rev. Sandra K. James at (703) 670-0184 or Dr. Alice H. Howard (703) 680-6337 for additional information.

**SHARE DISTRIBUTION**

October SHARE packages will be distributed on Saturday, October 20th from 9 -10am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, October 16<sup>th</sup>, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at [pwnaACP.org](http://pwnaACP.org) and access the calendar entry for this meeting.