

"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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Today, Oct 21

Music ~Voices of Zion/Jewels
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Civilian & Military Outreach SGM (Woodbridge) 1:30P; Study to Show Thyself Approved SGM (Offsite) 1:30P; Fearless SGM (Offsite) 3P; Hungry for the Word SGM (Stafford) 3P; Inspirational Journey SGM (Offsite) 3P

Monday, Oct 22

Bod 4 God SGM 7P; Christian Dating SGM 7P; Communications and Publicity Committee 7P; Financial Freedom for Millennials SGM 7P; Journey to Joy/GriefShare 7P; Retire Inspired SGM 7P

Tuesday, Oct 23

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM 2 7P; Deaf Ministry 7P; FREEDOM SGM 7P; Photography Ministry 7P; Singles Ministry 7P; Small Groups Planning Committee Meeting 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Volunteer Screening 7P; Deacon Ministry Fellowship Planning Meeting 7:30P

Wednesday, Oct 24

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

Thursday, Oct 25

40th Women's Ministry Anniversary Committee Meeting 7P; Blessed and Highly Favored SGM (Offsite) 7P; Celebrate Recovery SGM 7P; Trustee Strategic Planning Committee 7P; Mass Choir 7:30P

Friday, Oct 26

Christian Warriors SGM (Offsite) 6:30P; Warriors of Love SGM (Offsite) 7P

Saturday, Oct 27

Sharing Your Faith 8A; Spiritual Gifts Workshop 8:30A; Health Ministry 9A; Joint Leadership Training Session 9A; Women's Ministry Planning Meeting 9A; Common Threads Sewing SGM 10A; Spiritual Cancer Support Ministry 10A; Mary Elizabeth Ministry 11A; Women's Ministry Book Club 11A

AEM EDUCATION MINISTRY

(AEM) Tutorial Program

Tutorial Opening Celebration: Monday, October 29th at 7 PM in the Chapel. Join us as we begin a new year of academic excellence! Refreshments will be served.

Fall College Visits to Morgan State and Bowie State Universities for FMZ High School students, Monday, November 12, 2018! Don't miss this opportunity to tour a local university and learn more about the college experience! Sign up after the 8 AM and 11 AM services in the Narthex. More information will be provided. POC: Sis. Sonya Almond and Bro. Gerry Griffin @ AEM@firstmountzionbc.org.

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).

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.

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. Please note that the final day to register for the workshop is Thursday, October 25th.

MONEY SMART MINISTRY (MSM)

SAVE THE DATE

The next workshop will be held on Saturday, November 17, 2018 from 9:00 –11:00 a.m. 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 the resources that God has provided for us. Sign-ups will be held after the 8:00 a.m. and 11:00 a.m. 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.

SINGLES MINISTRY

Singles Ministry monthly meeting, Tuesday, October 23rd at 7pm. Topic: Single But Not Alone Part II, Rev. Michael Todd. Singles and interested persons are invited to join us for this discussion.

Singles Bowling, 1st Saturday, November 3rd at 2pm at Bowl America Occoquan Road, Woodbridge, VA. All are invited.

DEAF AWARENESS DAY

The Hands Sharing the Gospel FMZ Deaf Ministry will be hosting its annual Deaf Awareness Day program on Saturday, November 3rd 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!

MARRIED COUPLES MINISTRY

Registration for the "Remembering The Promise Dinner Dance" is now closed.

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**

Men's Choir
Tues 23; 7P

Mass Choir
Thurs 25; 7:30P



SMALL GROUP MINISTRY

Come and join us for the **New**, Smart Step Family Support Small Group! We believe God will help us encourage, empower, and equip each other to be good stewards of His blessing called family. This Small Group will study the Smart Step family curriculum which reveals the 7 fundamental steps to blended family success and provides practical, realistic solutions to the issues you may face as a step family. Whether married or soon to be married, you'll discover how to communicate effectively and solve every day puzzles of stepchildren and step family relationships.

Session Dates: October 28th November 18th & 25th, December 16th & 30th and January 13th and 27th at 3:00PM – Stafford.

POC: Doug and Elizabeth Freeman - email: esrb@msn.com or Stephanie M. Craddock, Small Groups Director – Scraddock@firstmountzionbc.org or 703-670-0184.

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 (Sr. Ushers) or Anthony Anderson, aanderso57@gmail.com (Jr. Ushers) about joining this ministry.