

"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]
Bernice Bryant [Z]
Jessica Butler [B]
Gerald Byrd [E2]
Terry Carey [F1]
Yvonne Carter [C1]
Charlie Clark [K1]
Curley Creamier [C2]
Samuel Graham [L1]
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]
Sheree Thomas [F2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Continental Breakfast



Dr. Luke E. Torian, Pastor
16622 Dumfries Road
Dumfries, VA 22025
Ph. (703) 670-0184
Fax (703) 670-0296

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

Today, Nov 25

Music ~Men's Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; The Smart Step Family SGM (Offsite) 3P

Monday, Nov 26

Academic Education Ministry-Tutorial 7P; Bod 4 God SGM 7P; Christmas Musical Rehearsal 7P; Journey to Joy/GriefShare 7P; Retire Inspired SGM 7P; The CORE Ministry Meeting 7P

Tuesday, Nov 27

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM 2 7P; FREEDOM SGM 7P; Journey to Joy/GriefShare (Surviving the Holidays) 7P; Photography Ministry 7P; Singles Ministry 7P; Small Groups Leader Training 7P; The CORE Ministry Meeting 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Dance Ministry Rehearsal 7:30P

Wednesday, Nov 28

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

Thursday, Nov 29

Flower Ministry 10A; Blessed and Highly Favored SGM (Offsite) 7P; Celebrate Recovery SGM 7P; Christmas Musical Rehearsal 7P; Married Couples Ministry 7P; The CORE Ministry Meeting 7P; Joint Leadership Meeting 7:30P; Mass Choir 7:30P

Friday, Nov 30

No Scheduled Activities.

Saturday, Dec 1

Church Meeting 10A; A Page at a Time Scrap Booking SGM 11A; Daughters of the King SGM 11A; Mary Elizabeth Ministry 11A; Singles Ministry Holiday Party (Offsite) 1P

AEM EDUCATION MINISTRY

The Academic Education Ministry will provide Love Donations to FMZBC students who are attending college, university, community college, technical school or other schools offering a degree or certification. Students receive an encouragement card and a monetary Love donation. Parents/guardians are asked to provide their student's name, name of the school, mailing address (home and school) and student's FMZBC member number to Sis. Malinda or Bro. Ken Spencer at skenneths@comcast.net or Sis. Pat Paige at ppaige@firstmountzionbc.org by November 26, 2018.

CHILDREN'S CHURCH

Kids Kingdom will be closed Today, November 25, 2018. Kids Kingdom will resume on December 2, 2018.

Mercantile - Coming 2nd Sun, Dec 9th, during Children's Church/Kid's Kingdom. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile. POC: Judy Best, Mercantile Coordinator, (703) 670-0746. genesis04@msn.com.

ANGEL TREE PRISON FELLOWSHIP

Please sign up in the Narthex to participate in the Angel Tree Prison Fellowship if you want to make a difference in a child's life. Please volunteer to purchase, wraps and/or deliver gifts. POC: Al Shelton at (703) 969-5910.

PHOTOGRAPHY MINISTRY

Our next meeting will take place on Tuesday, November 27th from 7-9:00pm. All you need is a camera, and a desire to learn and serve. Interested? POC: Benson Blake at 703-346-3433, or email photography@firstmountzionbc.org.

THE C.O.R.E. MINISTRY

The C.O.R.E. will be sending care packages to college students. To have a care package delivered to a college student please sign up in the Narthex or Email TheCore@FirstMountZionBC.org.

PARKING MINISTRY

The Parking Ministry is seeking volunteers. Join the Team! POC's: Rickey Grayson (703) 407-1295 or Ron Norman (703) 586-0820.

YOUTH MINISTRY

First Friday in December: The Youth Prayer Dinner will be held on Friday, December 7th from 7-9 pm in the Grain of Heaven for 6th thru 12th graders. **Sign-ups end Sunday, December 2nd after the 11am service.** Dressy attire is required for this event. Jeans and tennis shoes are not allowed. Also, youth are asked to participate in the **Youth Canned Food Drive Contest** to fight hunger in the community. The top 6 winners will receive a prize. Canned goods should be brought to the prayer dinner. POC: Rev. McNeill at jmcneill@firstmountzionbc.org or 703-670-0184.

SINGLES MINISTRY

SINGLES MONTHLY MEETING

Tuesday, November 27th, 7pm. Topic: Can we Talk/Real Talk. A roundtable conversation between Christian women and men about relationships and singleness. All singles are invited. POC: singlesministry@firstmountzionbc.org

SINGLES CHRISTMAS HOLIDAY

CELEBRATION

Saturday, December 1st, 1:00pm – 2:30pm Woodbridge, VA. All singles are invited to join in the fun, games and prizes. Wear your **ugly sweater** and bring a \$10 grab gift. Sign up in the Narthex after 8am & 11am service.

POC: singlesministry@firstmountzionbc.org

FLOWER MINISTRY

VOLUNTEERS NEEDED

The Flower Ministry is in need of volunteers to help with decorating the Sanctuary and Narthex for Christmas. Come "Join Us" on November 29th from 10:00 am - 1:00 pm. No special talents required. Just a desire to help add holiday joy and beauty to FMZ for the Christmas holidays.

POC: Vera Brackett at vbrack17@verizon.net or 703-494-4529.

GRIEFSHARE

"SURVIVING THE HOLIDAY"

FMZBC's Grief Support Ministry, Journey to Joy Will host a special session "SURVIVING THE HOLIDAYS" on Tuesday November 27, 2018 from 7:00 – 9:00 pm. When you are grieving a loved one's death, the holiday season can be especially painful. Our seminar helps participants prepare for the holidays and even discover hope for the future. Join us and see what God's love and comfort can bring to our lives.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abravant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Beverly Grant
Information Technology Assistant
bgrant@firstmountzionbc.org

Sherry Hilliard
Financial Secretary
shilliard@firstmountzionbc.org

Rev. Tracey D. Holley
Minister of Christian Education
tholley@firstmountzionbc.org

Ernest Holmes
Custodian
eholmes@firstmountzionbc.org

Walter Holmes
Assistant Facility Manager
wholmes@firstmountzionbc.org

Antonio Howard
Custodian
ahoward@firstmountzionbc.org

Tiffany Howard
Receptionist
thoward@firstmountzionbc.org

Rev. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Tommy Johnson
Audio Visual Director
tjohnson@firstmountzionbc.org

Rev. John C. McNeill, Jr.
Youth Minister
jmccneill@firstmountzionbc.org

Sylvia Moore
Executive Assistant to Pastor
smoore@firstmountzionbc.org

Pat Paige
Administrative Assistant
ppaige@firstmountzionbc.org

Deloris Quarterman
Food Service Assistant
dquarterman@firstmountzionbc.org

Ernest Robbins
Facility Manager
erobbins@firstmountzionbc.org

Sylstea C. Sledge
Minister of Music
ssledge@firstmountzionbc.org

Bréh Stevens-Mitchell
Music Ministry Administrative Assistant
BStevensMitchell@firstmountzionbc.org

Rev. Maxine Thompson
CED Coordinator
mthompson@firstmountzionbc.org

Gregory Took
Custodian
gtooks@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
rwoolfolk@firstmountzionbc.org

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
November
REHEARSALS**

Mass Choir
Thurs 29; 7:30P

Christmas Choir
Thurs 29; 7P
Mon 26; 7P



CHRISTMAS MUSICAL 2018

Calling all singers, dancers, and cast for the Christmas Musical 2018 held on Sunday, December 16th. Contact the Music Office at 703-670-0184 or email Bro. Sylstea Sledge - Ssledge@FirstMountZionBC.org

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: November 25th, December 16th & 30th, 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.

BLACK NATIVITY (CAPAC)

On December 1st, 2nd, 8th and 9th, the Creative and Performing Arts Center (CAPAC) will present Langston Hughes' "Black Nativity" at 3 p.m. at the Hylton Performing Arts Center in Manassas, VA. Join us as we usher in the holiday season with a glorious celebration of the birth of Jesus Christ wrapped in this much-anticipated, modern and soul-stirring classic.

Group tickets are available at a rate of \$15 per person and may be purchased at www.hyltoncenter.org using the code JCBN2018. Please note that there is an online processing fee. If you want to avoid paying the fee, you may call Erin Neel at the Hylton Box Office at 703.993.7757 to purchase tickets over the phone.

**2019 LITTLE MISS ALPHA KAPPA
ALPHA SCHOLARSHIP PAGEANT**

The Ivy Foundation of Greater Prince William County, Inc. and Alpha Kappa Alpha Sorority, Inc® Omicron Chi Omega Chapter presents 2019 Little Miss Alpha Kappa Alpha Scholarship Pageant. Registration is available now through January 31, 2019. The Kick off meeting will be held on January 6, 2019 at NOVA Community College, Woodbridge, VA from 3:00-5:00 p.m. Ideal for Young Ladies between ages: 5-17 For additional information, please contact us at: lmaka@ocoaka.com

CHURCH MEETING

Church Meeting is scheduled for Saturday, December 1st at 10am. All members are encouraged to attend. Agenda items for consideration should be submitted to the church office no later than noon, Thursday, November 29th.

ZONE FELLOWSHIP

For the 2018 Christmas Fellowships scheduled for the first and second Sundays of December, the Outreach Committee is requesting that members donate non-perishable items for the following regional charitable organizations:

Lorton Community Action Center, Fairfax County; ACTS, Prince William County and Thurman Brisben Center, Fredericksburg. See the list of items each service organization needs to continue serving their clients at the table in the Narthex. Boxes will be located in the Narthex after both services and at the Christmas Fellowships on **December 2nd for Zones B-H2 and December 9th for Zones I – N.** POC: Deacon Henry Walker (703) 497-0842.

WREATHS ACROSS AMERICA

Each December on National Wreaths Across America Day, wreath-laying ceremonies are conducted in locations in all 50 U.S. states, at sea, and abroad. On December 15th at Quantico National Cemetery starting at 10 am, FMZ members are invited to join the Deaconess Ministry in this effort to ensure that FMZ members and family members buried at Quantico receive a wreath.

If you have a family member buried at Quantico, please stop by the Leadership desk following worship service and submit their name and grave location so that every attempt can be made for a wreath to be placed on their grave. POC: Deaconess Carolyn Woodson 571-262-1208

DELTA SIGMA THETA SORORITY, INC

Red Carpet Showcase on Saturday, December 1, 2018, from 12 noon to 3:00 PM at Benton Middle School. This free showcase features NAACP Image Award winning author Victoria Christopher Murray. Five additional PWC and DMV authors, artists, and students will be featured. Come out and support this exciting community arts event.

Pre-Legislative Town Hall Forum on Monday, December 3, 2018, from 7:00 to 9:00 PM at A.J. Ferlazzo Building. Get prepared for the 2019 session of the Virginia General Assembly. PWC Delegates and other panelists will discuss the ratification of the Equal Rights Amendment in Virginia, effective advocacy and ideas for 2019 legislation. Please visit EVENTBRITE for more information about these important events.