

"I WAS SICK AND
YE VISITED ME"

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

No Breakfast



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This Week at a Glance & Activities

Today, Dec 2

Music ~Mass Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A; Zones B-H2 Christmas Fellowship 12:30P

Monday, Dec 3

Proverbs Place Christmas Play Rehearsal 10A; Academic Education Ministry-Tutorial 7P; 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; Maturing In Christ SGM (Four Seasons) 7P; Christmas Choir Rehearsal 7P; Women's Choir Praise Team 7P; Deacon Executive Committee Meeting 7:30P

Tuesday, Dec 4

Noon Day Prayer 12P; Usher Ministry 7P; How to Study the Bible SGM 7P; Women's Choir 7P; Christmas Choir Rehearsal 7P; Women's Choir Praise Team 7P; Dance Ministry Rehearsal 7:30P;

Wednesday, Dec 5

Proverbs Place Christmas Play Rehearsal 10A; Senior's Ministry 12:30P

Thursday, Dec 6

Celebrate Recovery SGM 7P; Our Words Have Power SGM 7P; Christmas Choir Rehearsal 7P; Professional Women SGM (Four Seasons) 7:30P

Friday, Dec 7

Proverbs Place Christmas Play Rehearsal 10A; Carpenters for Christ 7P; Where is God in the Movie SGM 7P; Youth First Friday 7P; Professional Women SGM (Four Seasons) 7:30P

Saturday, Dec 8

Men's Ministry Fellowship 9A; Common Threads Sewing SGM 10A

CHILDREN'S CHURCH

Mercantile - Coming 2nd Sunday, 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.

PARKING MINISTRY

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

WILLING WORKERS MINISTRY

VOLUNTEERS NEEDED

The Willing Workers Ministry is in need of male and female volunteers to visit members who are in long-term care, rehabilitation, or nursing home facilities. All volunteers must be at least 18 years old. Please contact Deaconess Andrea Bryson, 703-494-2596 for additional information.

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

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 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.

MEN'S MINISTRY

ATTENTION ALL MEN!...Come and fellowship on Saturday, December 8th at 9 a.m., as we **Celebrate the Birth of Our Lord & Savior Jesus Christ.** This will be an AWESOME time to share testimonies and give thanks to God for His abundance throughout the year. Join us for this continental breakfast and allow your spirits to be blessed by other Mighty Men of Valor. Remember, Iron Sharpening Iron (Proverbs 27:17). POC: mensministry@firstmountzionbc.org

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.

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.

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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.

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: 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.

**MUSIC & ARTS MINISTRY
December REHEARSALS**

Men's Choir
Tues 11, 18; 7:30P

Women's Choir
Tues 4; 7P

Women's Choir Praise Team
Mon 3; 7P
Tues 4; 7P

Voices of Zion/Jewels
Thurs 6, 13; 7P

Christmas Choir
Mon 3, 10; 7P
Tues 4 7P
Thurs 6, 13; 7P
Sat 15; 9A

Combined Choir
Thurs 27; 7P

Dance Ministry
Tues 4, 11; 7:30P



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

BLACK NATIVITY (CAPAC)

On December 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.

DELTA SIGMA THETA SORORITY, INC

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.

SHARE REGISTRATION

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