

"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

No Breakfast



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Today, Dec 9

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

Monday, Dec 10

Proverbs Place Christmas Play Rehearsal 10A; Academic Education Ministry-Tutorial 7P; Benevolence Committee 7P; Bod 4 God SGM 7P; Christmas Musical Rehearsal 7P; Connected to Connect 7P; Journey to Joy/GriefShare 7P; Retire Inspired SGM 7P; Deaconess Executive Team Meeting 7:30P

Tuesday, Dec 11

Proverbs Place Christmas Play Rehearsal 10A; Noon Day Prayer 12P; Alzheimer's Caregiver SGM 2 7P; Christmas Ensemble Rehearsal 7P; Deaf Ministry 7P; Mary Elizabeth Planning Meeting 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Voices of Zion 7P; Dance Ministry Rehearsal 7:30P; Men's Choir 7:30P

Wednesday, Dec 12

Proverbs Place Christmas Play Rehearsal 10A; Alzheimer's Caregiver SGM 1 (Offsite) 11A

Thursday, Dec 13

Proverbs Place Christmas Play Rehearsal 7P; A.S.K SGM 7P; Celebrate Recovery SGM 7P; Christmas Musical Rehearsal 7P; Dance Ministry Rehearsal 7P; Jewels Choir 7P; Pastor's Aide Ministry 7P; The CORE Ministry Meeting 7P; Voices of Zion 7P; Men's Ministry Monthly Meeting 7:30P; Trustee HR/ Admin Committee 7:30P

Friday, Dec 14

Proverbs Place Christmas Play Rehearsal 10A; Proverbs Place Christmas Play 3P; Christian Warriors SGM (Offsite) 6:30P; Circling God's Word SGM (Offsite) 7P

Saturday, Dec 15

Angel Tree Christmas Party 8A; A Page at a Time Scrap Booking SGM 9A; Christmas Musical Rehearsal 9A; Eagles Health and Nutrition SGM 9A; School of Ushering Class 9A; SHARE Distribution 9A; Daughters of the King SGM 10A; Pi Lambda Lambda OPPF 10A; Kingdom Living In Our Culture SGM (Offsite) 1P

CHILDREN'S CHURCH

Kids Kingdom will be closed on the following dates: December 16th, 23rd, and 30th.

Kids Kingdom provides children (pre K - 5th grade) a place where kids are taught about their royalty in Christ Jesus. This is a wonderful opportunity for children to worship in a safe, age appropriate, and fun environment.

Children's Church Guidelines:

Nursery - 12 months - 3 years

Children's Church - 3 years (potty trained) and up.

If you are interested in serving with Kids Kingdom, which runs from September-June, we encourage you to be part of our ministry by sharing your giftedness.

Please contact Michelle Wallace at ChildrensMinistry@firstmountzionbc.org or 240-602-5929.

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, wrap 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.

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.

ZONE FELLOWSHIP

For the 2018 Christmas Fellowship scheduled for today, 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 Fellowship **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.

ZONE B MEET AND GREET

Save the Date

January 13, 2019

Calling all Zone B members to come out and meet with your Zone Leaders in the New Year. Please keep January 13, 2019, as a Meet and Greet Day. Thank you and GOD bless you.

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.

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.

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

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, December 18th, 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 and access the calendar entry for this meeting.

PRINCE WILLIAM AREA FREE CLINIC

Do you need health insurance but can't afford it? Did you know that more people are eligible for quality, private health plans offered by Aetna, Anthem, Magellan, United Healthcare, Optima and Virginia Premier now that Virginia has expanded Medicaid? Join us Saturday, December 15th at 10am for an open house to get more information and help in applying! Special guest: Del. Elizabeth Guzman. Questions? Email do-ra@virginiainterfaithcenter.org

BLACK NATIVITY (CAPAC)

Today, 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.

COMMUNICATION AND PUBLICITY MINISTRY

The Communication and Publicity Ministry (CPM) publishes the FMZBC Messenger newsletter on the first Sunday of each month. The Messenger provides a medium for all ministries and members to share good news, events, and the story of FMZBC. One of the earliest versions of the newsletter was published in 1976 to share information about ministry activities and service opportunities during our nation's bicentennial celebrations. Other versions of the newsletter in the 1990's and early 2000's included a welcome section for new members, news from Children's Ministry, short bios on new ministers, and a wealth of information to keep the congregation informed. Our revived Messenger includes various information and updates to keep our congregation and community informed. The Messenger will be available in hard copy and via the website. Since this is our newsletter, we invite all members and ministries to provide articles, photos, and events. Your inputs are due by the 15th of each month by emailing cpm@firstmountzionbc.org or you may submit articles through a web form at http://bit.ly/FMZBC_Articles

Guidelines:

1. 350 words or less
2. Approved by your oversight ministry
3. Submitted before 12pm on the 15th every month

SHARE DISTRIBUTION

December SHARE packages will be distributed on Saturday, December 15th from 9 - 10am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**MUSIC & ARTS MINISTRY
December REHEARSALS**

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

Voices of Zion
Tues 11; 7P
Thurs 13; 7P

Jewels
Thurs 13; 7P

Christmas Choir
Mon 10; 7P
Thurs 13; 7P
Sat 15; 9A

Christmas Ensemble
Tues 11; 7P

Combined Choir
Thurs 27; 7P

Dance Ministry
Tues 11; 7:30P
Thurs 13; 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