

"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]
Ronald Thomas [K3]
Sheree Thomas [F2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Continental Breakfast



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Today, Dec 23

Music ~Men's Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service

Monday, Dec 24



Christmas Eve Service 7:30P

Tuesday, Dec 25



**Christmas Day
Church Office Closed**

Wednesday, Dec 26

Alzheimer's Caregiver SGM 1
(Offsite) 11A

Thursday, Dec 27

Blessed and Highly Favored SGM (Offsite) 7P; Combined Choir 7P; The C.O.R.E Committee Meeting 7P; Trustee Strategic Planning Committee 7P

Friday, Dec 28

Flower Ministry 9A; Warriors of Love SGM (Offsite) 7P

Saturday, Dec 29

No Scheduled Activities

ACADEMIC EDUCATION MINISTRY

(AEM)

Annual College Panel Discussion!! Sunday, January 6, 2019 in the Choir Room immediately following the 11:00 AM service. Our own FMZ College Students will discuss issues such as transitioning from high school to college, campus life, being away from home as well as answer questions from parents and students. **High School students and parents/guardians of high school and middle school students** are welcome to attend. Do not miss this opportunity to hear what these students have to say as well as receive answers to your hard questions!!! No sign-up required and refreshments will be served! **POC:** Bro. Gerry Griffin at AEM@firstmountzionbc.org.

Attention Organizations with Scholarships available for 2019: If you would like to announce your 2019 Scholarships at First Mount Zion, please submit your information to the Academic Education Ministry at AEM@FirstMountZionBC.org. Scholarship information should include the name of the Scholarship, application criteria and process, deadline for submission and POC. Hard copies of scholarship packets may be left at the church office.

Scholarship Available:

George E. Allen Academic Scholarship 2019: Allen & Allen is offering fifteen (15) \$1,500 scholarships to graduating high school seniors who have overcome significant personal challenges or adversity. Scholarship criteria and the application process can be found at <http://cirrus.mail-list.com/pwcbbar/54602802.html>. Deadline for submission is March 1, 2019. POC: Tara L Tighe (Umbrino) at (540) 657-9222 or (800) 768-2222.

SENIOR MINISTRY

FMZBC Senior ministry is growing but there is still room for you. Join us for fun and games on Wednesday, January, 16, 2019 from 12:00-2:30 pm. Our theme is A FRESH START. All senior members and guest 55 and up are invited to join us. 12:00 pm is the social hour and the meeting begins promptly at 12:30 pm. Come out and meet other senior members for food, fun and fellowship. **This will be the only meeting in January.** POC: Mary Melton or Shirley Hardy at seniorsministry@firstmountzionbc.org

CHILDREN'S CHURCH

Kids Kingdom will be closed on the following dates: December 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 Childrens-Ministry@firstmountzionbc.org or 240-602-5929.

YOUTH MINISTRY

Youth First Friday (Game Night): January 4th at 7pm, all youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include games, food, conversation and laughter.

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.

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.

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
December
REHEARSALS**

**Combined Choir
Thurs 27; 7P**



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 30th, January 13th and 27th at 3:00PM – Stafford.
POC: Doug and Elizabeth Freeman - email: esrrb@msn.com or Stephanie M. Craddock, Small Groups Director – Scraddock@firstmountzionbc.org or 703-670-0184.

BIBLE STUDY

Join us for Bible Study January 9, 2019: We will be studying "God Speaks Your Love Language" by Gary Chapman. Wherever you experience the love of God, it is always personal, intimate, and life changing. The key to learning and choosing love is tapping into divine love. The craving for love is our deepest emotional need, and we feel it and are drawn to others when they speak love in our language. This same principle applies to the most important relationship—our relationship with God.

Do you realize that the God of the universe speaks your love language, and your expressions of love for Him are shaped by your love language? Learn how you can give and receive God's love through the five love languages—words of affirmation, quality time, gifts, acts of service, and physical touch. Take the love language profile quiz to discover your personal love language at <https://www.5lovelanguages.com/profile/>.

Books are available for purchase after the 8:00 and 11:00 service in the Narthex or contact the church office for more information 703-670-0184. POC: Rev. Sandra K. James, sjames@firstmountzionbc.org.

2019 MLK CHOIR REHEARSAL

Youth in grades K through 12. You are invited to perform with the Martin Luther King, Jr. Community Choir during the King Day celebration sponsored by the Prince William County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. The King Day celebration will be held [January 21, 2019](#) at Hylton Chapel. The upcoming rehearsals are as follows: [Saturday, January 5, 2019](#) at Chinn Park Regional Library [from 1:30 - 3:30 pm](#); [Friday, January 18, 2019](#) at First Baptist, [from 7:00 p.m.–9:00 p.m.](#), and [Saturday, January 19, 2019 from 9:00 a.m. to 11:00 a.m.](#) at Hylton Memorial Chapel.

Contact Us Now To Sign Up Today! PWC.MLKCommunityChoir@gmail.com; or Ms. Pat House: phou276@aol.com; or Ms. Candace Williams: [703-972-5211](tel:703-972-5211).

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

National Alliance on Mental Illness (NAMI) Family-to-Family Education Program: NAMI Family-to-Family is a free twelve-week, two sessions per week for six weeks, course for family caregivers of individuals with mental illness. The course discusses treatment for these illnesses and teaches the knowledge and skills that family members need to cope with the challenges of living with a relative with a mental illness. The curriculum focuses on schizophrenia, bipolar disorder, clinical depression, panic disorder, obsessive-compulsive disorder (OCD), borderline personality disorder, and post-traumatic stress disorder (PTSD). The program in Woodbridge **Starts: Tuesday, January 8, 2019; Ends February 12, 2019** at **TODOS Supermarket, 13905 Jefferson Davis Highway, Woodbridge, VA 22191**. To Register Call [703-659-9983](tel:703-659-9983) info@nami-pw.org FMZBC POC: Sister Pauline Hunter: pehunter01@verizon.net or Rev Juanita Stokes: jpstokes4@comcast.net

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