

"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 (B.J) 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]
- Jacqueline Peterson [E3]
- 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]

**Today, Dec 30**

Music ~Combined Choir  
Sunday School 8:30A; Unity Service 10A; Smart Step Family SGM 3P

**Monday, Dec 31**

Watch Night Service 10P

**Tuesday, Jan 1**



**New Year's Day**

Church Office Closed

**Wednesday, Jan 2**

Senior's Ministry 12:30P; Praise & Worship 7:30P; Bible Study 8P

**Thursday, Jan 3**

Our Words Have Power SGM 7P; Mass Choir 7:30P; Professional Women SGM (Four Seasons) 7:30P

**Friday, Jan 4**

Carpenters for Christ 7P; Where is God in the Movie SGM 7P; Youth First Friday 7P; Professional Women SGM ( Four Seasons) 7:30P

**Saturday, Jan 5**

A Page at a Time Scrap Booking SGM 9A; Daughters of the King SGM 10A; The C.O.R.E Fitness Session 10A

**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](mailto: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](mailto: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](mailto:seniorsministry@firstmountzionbc.org)

**WOMEN'S MINISTRY**

**Prayer Breakfast**

The Women's Ministry will be hosting a Prayer Breakfast on January 26, 2019 from 9am-12pm on "The Importance & Power of Prayer". (1Chronicles 16:11) Guest speakers will be Rev. Brian Woolfolk & Rev. Josephine Cherry. **All women and men are invited to participate in this ministry moment.** Slots are limited so register early! Registration is \$7. Registration dates are Jan. 6<sup>th</sup>, 13<sup>th</sup>, & 20<sup>th</sup> after 8am & 11am Services. We are asking all who attend to bring a non-perishable food item and/or socks to be donated to StreetLight Ministries. POC: Veronica D. Hackett [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

**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.

**Youth Bible Study Kick-off on Wednesday, Jan. 9<sup>th</sup> at 8pm.** Join me for Bible Study in the Resource Room to study Gary Chapman's *A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships*. See you there! Bring a friend.

**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.

**The C.O.R.E MINISTRY**

Join us for **C.O.R.E. Fitness** on January 5, 2019 at 10 AM. Meet us in the FMZBC gym for a workout session with the C.O.R.E. All levels of fitness are welcome. We can't WAIT to see you there! Please contact the [thecore@firstmountzionbc.org](mailto:thecore@firstmountzionbc.org) for questions.

**GRAIN OF HEAVEN**

No Breakfast



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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  
January  
REHEARSALS**

**Mass Choir**  
Thurs 3, 24; 7:30P

**Women's Choir Praise  
Team**  
Mon 7; 7P

**Women's Choir**  
Tues 8; 7P

**Voices of Zion/Jewels**  
Thurs 10, 17; 7P

**Men's Choir**  
Tues 15, 22; 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:** December 30<sup>th</sup>, January 13<sup>th</sup> and 27<sup>th</sup> at 3:00PM – Stafford.  
POC: Doug and Elizabeth Freeman - email: [esrrb@msn.com](mailto:esrrb@msn.com) or Stephanie M. Craddock, Small Groups Director – [Scraddock@firstmountzionbc.org](mailto: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](mailto:sjames@firstmountzionbc.org).

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, January 26, 2019 beginning promptly at 9:00 AM. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. You may contact Cynthia Zorn Pettigrew at 703-730-5227 or Clarice Torian at 703-730-6353 if you have questions.

**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](mailto:PWC.MLKCommunityChoir@gmail.com); or Ms. Pat House: [phou276@aol.com](mailto: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-sessions, 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** [info@nami-pw.org](mailto:info@nami-pw.org). FMZBC POC: Sister Pauline Hunter: [pehunter01@verizon.net](mailto:pehunter01@verizon.net) or Rev Juanita Stokes: [jpstokes4@comcast.net](mailto:jpstokes4@comcast.net)