

"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]
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]

GRAIN OF HEAVEN

Bacon, Turkey Sausage,
Potatoes, Grits, Scrambled
Eggs, and Biscuits.



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Today, Jan 6

Music ~Mass Choir
Sunday School 7:00A; Worship
Service 8:00A; Sunday School
9:45A; Juvenile Detention 10A;
Worship Service 11A; AEM College
Student Panel Discussion 1P

Monday, Jan 7

Academic Education Ministry Tutor-
ial 7P; Alzheimer's Caregiver Sup-
port SGM 3 7P; Bod 4 God SGM
7P; Christian Dating SGM 7P; Dea-
con Executive Committee Meeting
7P; Financial Freedom for Millenni-
als SGM 7P; M2 Zone Servant
Leaders Planning Meeting 7P; Ma-
turing In Christ SGM (Four Sea-
sons) 7P; Retire Inspired SGM 7P;
Women's Choir Praise Team 7P;
Deaconess Executive Team Meet-
ing 7:30P

Tuesday, Jan 8

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM 2 7P;
FREEDOM SGM 7P; Mary Eliza-
beth Ministry Monthly Meeting 7P;
Pi Lambda Lambda OPPF 7P;
Toastmasters 7P; Usher Ministry
7P; Women's Choir 7P

Wednesday, Jan 9

Alzheimer's Caregiver Support
SGM 1(Offsite) 11A; Praise & Wor-
ship 7:30P; Bible Study 8P

Thursday, Jan 10

A.S.K SGM 7P; Celebrate Recov-
ery SGM 7P; Jewels Choir 7P;
Pastor's Aide Ministry 7P; Voices of
Zion 7P; Men's Ministry Monthly
Meeting 7:30P; Trustee HR/Admin
Committee 7:30P

Friday, Jan 11

Christian Warriors SGM (Offsite)
6:30P; Circling God's Word SGM
7P (Offsite) 7P

Saturday, Jan 12

Men's Ministry Fellowship 9A; Com-
mon Threads Sewing SGM 10A;
Officers Orientation 10A

**ACADEMIC EDUCATION MINISTRY
(AEM)**

Annual College Panel Discussion!! To-
day in the Choir Room immediately fol-
lowing 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 stu-
dents. **High School students and parents/
guardians of high school and middle
school students** are welcome to at-
tend. Do not miss this opportunity to hear
what these students have to say as well as
receive answers to your hard ques-
tions!!! No sign-up required and refresh-
ments will be served! POC: Bro. Gerry
Griffin at AEM@firstmountzionbc.org.

**Attention Organizations with Scholar-
ships available for 2019:** If you would like
to announce your 2019 Scholarships at
First Mount Zion, please submit your infor-
mation to the Academic Education Ministry
at AEM@FirstMountZionBC.org. Schol-
arship 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:

The Virginia Black History Month Associa-
tion is accepting applications for the Audrey
Jones Scholarship of Excellence. This \$500
scholarship is awarded to one Senior who
attends any Fairfax County, Alexandria City
Public High School, Spotsylvania County or
Fredericksburg City Public School in Virgini-
a. The Senior must exhibit academic excel-
lence, community service, and have
plans to attend an institution of higher learn-
ing. Application deadline is Monday, Febru-
ary 4 at 5 pm. For additional information,
pick up the scholarship pack by the mail-
boxes near the South side elevator.

**George E. Allen Academic Scholarship
2019:** Allen & Allen is offering fifteen (15)
\$1,500 scholarships to graduating high
school seniors who have overcome signifi-
cant personal challenges or adversi-
ty. Scholarship criteria and the application
process can be found at [http://cirrus.mail-
list.com/pwcbbar/54602802.html](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.

**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. 6th, 13th, & 20th 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

YOUTH MINISTRY

**Youth Bible Study Kick-off on Wednesday,
Jan. 9th 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 Rela-
tionships*. See you there! Bring a friend.

Youth Canned Food Drive Results: FMZBC
Youth, Parents and Youth Servants, thank you
for your contributions and support during our
2018 Canned Food Drive. Together, we gave
740 lbs of canned food items to the ACTS Food
Bank. Thank you God for blessing us to serve
others! Sincerely Yours in Christ, Rev. McNeill.

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 Janu-
ary.** POC: Mary Melton or Shirley Hardy at
seniorsministry@firstmountzionbc.org

**VOLUNTEER DRIVERS on 1st and 3rd
Wednesdays**

Are you available to drive the Church van to pick
up AND/OR drop off for Seniors Ministry on 1st
and 3rd Wednesdays of the month? We need
volunteers who can drive one way in the morn-
ing or afternoon or can drive round trip.
Our current need: Depart FMZ 10am -Pick up
and bring to FMZ. Depart FMZ 2:30pm -Take
Seniors back to their homes.
If you are available please contact Rev. Maxine
Thompson at mthompson@firstmountzionbc.org

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
January
REHEARSALS**

Mass Choir
Thurs 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: January 13th and 27th at 3:00PM – Stafford.
POC: Doug and Elizabeth Freeman - email: esrfrb@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.

ZONE B MEET AND GREET

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.

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: 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-weeks, 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. FMZBC POC: Sister Pauline Hunter: pehunter01@verizon.net or Rev Juanita Stokes: jpstokes4@comcast.net