

"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]
Kenneth Irby [N]
John W. Jones, Jr. [Z]
Kizzie Lane [G1]
Thomas Maxey [G2]
Gwynne McCatharine [N]
William C. McLeod [H1]
Ralph Minor [B]
Suzette Montero [F2]
Jacqueline Peterson [E3]
Bertha Pickering [K1]
Essie Pullman [Z]
Daniel Russell [M3]
Katherine Stevens [D1]
Myrtle Stith [K4]
Haywood Thomas [D4]
Ronald Thomas [K3]
Sheree Thomas [F2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Omelet Station, Bacon,
Turkey Sausage, Fried
Pork Chops, Potatoes,
Grits, Scrambled Eggs,



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Today, Jan 27

Music ~ Men's Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A; The Smart Step Family SGM (off-site) 1:30P

Monday, Jan 28

Women's Choir Praise Team 7P; NCBW-PWCC 7:30P

Tuesday, Jan 29

Noon Day Prayer 12P; Freedom SGM 7P; SGM Committee Planning Meeting 7P; Trustee Meeting 7P; Women's Choir 7P; Women's Choir Praise Team 7P

Wednesday, Jan 30

Praise & Worship 7:30P; Worship Service 8P

Thursday, Jan 31

The C.O.R.E. 7P; Joint Leadership 7:30P Mass Choir 7:30P

Friday, Feb 1

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

Saturday, Feb 2

Page At A Time Scrap Booking SGM 9A; Church Meeting 10A; Singles Ministry Bowling Event (off-site) 2P

ACADEMIC EDUCATION MINISTRY
(AEM)

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.

2019 Urban Journalism Workshop: Learn print, radio, tv & digital

For All High School Students - Offered by The Washington Association of Black Journalists. Students in the Greater D.C. area will experience an inside look at careers in journalism. **Scholarships available for Senior HS Students.** For more information visit www.ujwonline.org or contact UJW Coordinator Trina Williams at ujwdc@aol.com. Applications and required materials must be submitted by January 31, 2019.

The following scholarships are available on the table in the Hallway next to the Book Store. Specifications and contact information are listed on the applications.

- The Audrey Jones Scholarship
- The Gene K. Bryson Memorial Scholarship
- James Farmer Scholarship
- Alpha Kappa Sorority Inc., Omicron Chi Omega Chapter Scholarship.
- National Coalition of 100 Black Women, Inc., PWC Chapter

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 and can be found at <http://cirrus.mail-list.com/pwcbars/54602802.html>.

REMINDER!! FMZBC SCHOLARSHIP APPLICATIONS ARE DUE BY 5:00 PM, MONDAY APRIL 15, 2019

SENIORS MINISTRY

The Seniors Ministry is growing but there is still room for you. Join us for food, fun and bible discussion on Wednesday, February 06, 2019 from 12:00-2:00 pm in the FMZBC gymnasium. Our theme is "**Remembering Our Past, Celebrating Our Future**". All senior members and guest 55 and up are welcome to join us. 12:00 pm is the social hour and the meeting begins promptly at 12:30 pm. Our bible study presenter will be Rev. Chris Peterson. Come out and meet other senior members. POC: Mary Melton and Shirley Hardy or seniorsministry@firstmountzionbaptistchurch.org

CHILDREN'S CHURCH

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.

POC: Michelle Wallace at ChildrensMinistry@firstmountzionbc.org or 240-602-5929.

YOUTH MINISTRY

Youth First Friday Boy Talk/ Girl Talk (Fake Friends or Real Friends?): February 1st at 7pm, all youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! Let's explore ways to make friends and to develop healthy friendships. Have you ever considered how God talks about friends and friendships?

Youth and Family Weekly Prayer Toolkit Distribution: All FMZ families with teens are invited to pick up a weekly prayer toolkit. If your family has not received one, please email or call Rev. McNeill to coordinate your receipt of a toolkit. Look out for details regarding our Family Prayer celebrations and updates. Supplies are limited.

POC: Rev. J. McNeill, (703) 670-0184 or jmcneill@firstmountzionbc.org.

WOMEN'S MINISTRY FELLOWSHIP

Women Uniting in Fellowship with Love, Praise, and Worship

Greeting Sisters! You are invited to join us for our monthly fellowship on Feb 9th at FMZ from 9-11 am. Associate Minister, Deloris Brown will minister that "Love Conquers All". 1 Corinthians 13: 4-8. The Women's Ministry is partnering with the Deaconess Ministry to support the Soma Project. We are requesting that you bring new or gently used bras to support women who are victims of domestic violence or homelessness. Please come and fellowship with us and bring a friend. POC: Veronica D. Hackett at womensministry@firstmountbc.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
Jan/Feb
REHEARSALS**

Mass Choir
Thurs 24, 31; (Jan); 7:30P
Thurs 21, 28 (Feb) 7:30P

Men's Choir
Tues 12, 19; 7:30P

Women's Choir
Tues 29 (Jan) 7P
Tue 5, 26 (Feb) 7P

Voices of Zion
Thurs. 7, 14; 7P

DEACONESS MINISTRY

The Deaconess Ministry Soma Bra Outreach/Donation project will run from January 23 - February 26. The ministry is collecting new and gently used bras for women who are victims of domestic violence or homelessness. The bras will be donated to the Woodbridge Soma Office on February 26, 2019. Donations may be dropped off at the Deacon/Deaconess Leadership Desk after 8 and 11 worship service.

POC: Deaconesses Cathy Harkless-
charkless@yahoo.com; Sharron Johnson
sharronlj1@cox.net; Patricia Suggs-
rdneyrjss@comcast.net

GRIEF SHARE

FMZBC's Grief Support Ministry, **Journey to Joy** will host our fourth **Grief Share** session, a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This program runs February 11 thru May 20, 2019 from 7-9 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 and separation of a loved one**

SMALL GROUPS SPRING FAIR

Save the Date
Sunday, February 17, 2019
Small Groups Ministry

Join one of our Groups at our upcoming Spring Interest Based Small Groups Fair! Following the 8AM and the 11AM Worship Services in the Narthex. We have a variety of groups for YOU. **New Groups Added!**
POC: Stephanie M. Craddock, Small Groups Director
Scraddock@firstmountzionbc.org or
(703) 670-0184

OFFICERS' ORIENTATION SLIDES

Officers' Orientation slides are available for download. Go to www.fmzbc.com, select *Resources*, then *Officers' Orientation*.

C.O.R.E

Join us for our first social event of 2019 as The C.O.R.E hosts our *Vision Board Party!!!* Come to FMZBC, Thursday January 31st at 7:00 pm as we intentionally claim our blessings and plan our paths for the New Year!!! Questions? Contact TheCore@FirstMountZionBC.org

Join The C.O.R.E on Thursday, February 7, 2019 at FMZBC, 7:00 pm, for our *signature Love series of The Ministry of Life*, a monthly Young Adult Spiritual Growth Session. The Ministry of Life (usually held every 2nd Thursday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. Childcare and personal prayer are also provided! This month's topic: "Love and Relationships" with Rev. Sandra James.

MARY-ELIZABETH MINISTRY

The Mary-Elizabeth Ministry is seeking new members to join our team mentoring, nurturing and encouraging adolescents as they prepare for parenthood. Your willingness to support these adolescents would be a Blessing! To request more information contact: maryelizabeth@firstmountzionbc.org. Spanish speaking individuals are very much needed.

PWC NAACP

The date for the PWC NAACP General Membership meeting has been changed from January 15th to January 28th. In lieu of the General Membership meeting, we will be installing our newly elected officials. The installation will be held from 7:30-9:00 pm at the First AME church located at 10313 South Grant Avenue, Manassas, VA. I hope you will be able to attend.