

"I WAS SICK AND  
YE VISITED ME"

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]  
John Harper [D1]  
Celesta Hines [M1]  
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**

Fish, Bacon, Turkey Sausage, Fried Pork Chops, Potatoes, Grits, Scrambled Eggs, and Biscuits.



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**This Week at a Glance & Activities**

**ACADEMIC EDUCATION MINISTRY  
(AEM)**

**Today, Feb 3**

Music ~ Mass Choir  
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A;

**Monday, Feb 4**

Women's Choir Praise Team 7P; AEC Tutorial 7P; Alzheimer's Caregiver SGM3 7P; Deacon Executive Committee Meeting 7P; Maturing in Christ SGM (Four Seasons) 7P; Deaconess Executive Committee Meeting 7:30P

**Tuesday, Feb 5**

How to Study the Bible SGM 11A; Noon Day Prayer 12P; Mary Elizabeth Ministry 7P; Usher Ministry 7P; VBS Planning Meeting 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Trustee Ministry 7:30P

**Wednesday, Feb 6**

Midday Bible Study 11:30A; Seniors Ministry 12:30P; Praise & Worship 7:30P; Bible Study 8P

**Thursday, Feb 7**

Jewels Choir 7P; The C.O.R.E. 7P; Voices of Zion 7P; Women's Ministry 7P

**Friday, Feb 8**

Circling God's Word SGM (Offsite) 7P

**Saturday, Feb 9**

Men's Ministry Fellowship 9A; Women's Ministry Fellowship 9A

**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).

**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](mailto: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](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

**YOUTH MINISTRY**

**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](mailto: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 9<sup>th</sup> at FMZ from 9-11 am. Associate Minister Rev. 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](mailto:womensministry@firstmountbc.org).

**MEN'S MINISTRY FELLOWSHIP**

ATTENTION ALL MEN; Young & Mature!!!... Join us on Saturday, February 9th at 9 am for our first monthly Men's Fellowship of 2019. You will receive a Blessing from God as our very own PASTOR LUKE E. TORIAN deliver our charge on "Men Living In God's Assurance", Isaiah 41:10(NKJV). I pray you seize this opportunity by joining us and allowing Him, through the speaker, to provide you spiritual growth. We look forward to seeing you Mighty Men of God. Iron sharpening Iron (Prov. 27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org)

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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  
FEBRUARY  
REHEARSALS**

**Mass Choir**  
Thurs 21, 28 7:30P

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

**Women's Choir**  
Tue 5, 26 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](mailto:charkless@yahoo.com); Sharron Johnson [sharronlj1@cox.net](mailto:sharronlj1@cox.net); Patricia Suggs-[rodneyrjss@comcast.net](mailto:rodneyrjss@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](mailto:Scraddock@firstmountzionbc.org) or  
(703) 670-0184

**OFFICERS' ORIENTATION SLIDES**

Officers' Orientation slides are available for download. Go to [www.fmzbc.com](http://www.fmzbc.com), select *Resources*, then *Officers' Orientation*.

**C.O.R.E**

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](mailto:maryelizabeth@firstmountzionbc.org). Spanish speaking individuals are very much needed.