

"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

Bacon, eggs, turkey sausage, turkey bacon, potatoes, grits, omelet station.



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This Week at a Glance & Activities

**ACADEMIC EDUCATION MINISTRY
(AEM)**

Today, Feb 10

Music ~ Women's Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A; Associate Ministers 1P

Monday, Feb 11

AEC Tutorial 7P; Benevolence Committee 7P; Connected to Connect 7P; Journey to Joy/GriefShare 7P

Tuesday, Feb 12

Noon Day Prayer 12P; Deaf Ministry 7P Mary Elizabeth Ministry 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Men's Choir 7:30P

Wednesday, Feb 13

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

Thursday, Feb 14

CED Ministry Meeting 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, Feb 15

No Activities Scheduled

Saturday, Feb 16

Church Closed; SHARE Distribution 9A; Kingdom Living in Our Culture SGM 1P (offsite)

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.

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 Gene K. Bryson Memorial Scholarship
- Alpha Kappa Sorority Inc., Omicron Chi Omega Chapter Scholarship.
- Franklin Dunlap Memorial Scholarship
- George M. Hampton Foundation Scholarship
- Northern Virginia Urban League Scholarship
- National Coalition of 100 Black Women, Inc., PWC Chapter
- National Naval Officers Association DC Chapter.

Other Scholarships

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/pwcbar/54602802.html>.

VA-ACME Scholarship 2019: Applications and attachments must be submitted/ emailed by March 31, 2019. Website: <https://vaacme.org/scholarships>.

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

SUNDAY SCHOOL MINISTRY

Calling all current and prospective Sunday School Ministry Servants for the first quarter training session, "Teaching To The Church Theme." We will examine and share techniques and avenues to teach to our 2019 church theme, "Living in God's Assurance." Sign up thru this link: tinyurl.com/FMZWinterSSM. Questions? Email: sundayschool@firstmountzionbc.org POC: Superintendent Gillis Taylor

CHILDREN'S CHURCH

If you are interested in serving with the Children's Ministry - Kids Kingdom, which runs from September-June, we encourage you to be part of our ministry by sharing your giftedness. There will be sign-up available on the fourth Sunday (February 24, 2019) in the Narthex after 11 am worship service.

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.

Please contact Michelle Wallace at Childrens-Ministry@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.

WOMEN'S MINISTRY

"Celebrating the Fellowship of Love 40th Anniversary Brunch"

We are inviting all women of FMZ to come and celebrate with us. The Women's Ministry will be celebrating 40 years of ministry recognizing the founders of the Women's Ministry! Glory to God for all of the women who have given us a foundation that still remains strong 40 years later. We are women living our lives answerable to God and faithfully committed to His word. Please join us on March 9, 2019 from 9am-12:30pm to share in this special occasion. Guest speaker will be Associate Minister, Rev. Cheryl McNeil. **No cost; registration is required.** Registration dates are 2/10, 2/17, 2/24 after the both services. POC: Veronica D. Hackett womensministry@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Valentine's Dinner Event on Saturday, February 16th at 5:00 pm. For more information POC is Rev. Maxine Thompson or singlesministry@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
FEBRUARY
REHEARSALS**

Mass Choir
Thurs 21, 28 7:30P

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

Women's Choir
Tue 26 7P

Voices of Zion
Thurs. 14; 7P

Jewels Choir
Thurs. 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-chharkless@yahoo.com; Sharron Johnson sharronlj1@cox.net; Patricia Suggs-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 or (703) 670-0184

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is having the first workshop of 2019 on Saturday, February 23rd from 8:30 am - 12:30 pm. Come out and learn more about how God is gifting you for service. Please note the final day to register for the workshop is Wednesday, February 20th. We look forward to seeing you. Registration for the workshop is strongly encouraged to the following address: SpiritualGifts@firstmountzionbc.org.

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.

YOUNG ADULT MINISTRY

Join The C.O.R.E. on Saturday, February 23, 2019 for #RelationshipGoals. A roundtable discussion on Love, Dating, Marriage, and Relationships with special guest panelists from FMZBC's Married Couples Ministry. Meet us at FMZBC at 10 am to participate! Questions? Please contact TheCORE@firstmountzionbc.org.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, February 19th, from 7:30 to 9:00 pm at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at pwnaacp.org and access the calendar entry for this meeting.