

"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]
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, French toast.



Dr. Luke E. Torian, Pastor
16622 Dumfries Road
Dumfries, VA 22025
Ph. (703) 670-0184
Fax (703) 670-0296

Website
www.fmzbc.com
Email:
fmzbc@firstmountzionbc.org

This Week at a Glance & Activities

Today, Feb 17

Music ~ Voices of Zion/Jewels
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Fearless SGM (offsite) 3P; Inspirational Journey SGM (offsite) 3P

Monday, Feb 18

Church Office Closed
President's Day

Tuesday, Feb 19

How to Study the Bible SGM 11A; Noon Day Prayer 12P; Academic Education Ministry Monthly Meeting 7P; Women's Ministry 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

Wednesday, Feb 20

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

Thursday, Feb 21

Not By Bread Alone Baking SGM (offsite) 7P; Our Words Have Power SGM 7P; Women's Ministry Meeting 7P; Deacon Ministry Monthly Meeting 7:30P; Mass Choir 7:30P; Trustee Ministry - Facility and Real Property Committee 7:30P

Friday, Feb 22

Christian Warriors SGM (offsite) 6:30P; Warriors of Love SGM (offsite) 7P

Saturday, Feb 23

Spiritual Gifts Workshop 8:30A; Health Ministry 9A; School of Ushering Class 9A; Sunday School Ministry Training 9A; The Eagles Health and Nutritional SGM 9A; Volunteer Screening 9A; C.O.R.E 9:30A; Common Threads Sewing Small Group 10A; Daughters of the King Outreach SGM 10A; Mary Elizabeth Ministry 11A.

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.

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
- Franklin Dunlap Memorial Scholarship
- George E. Allen Academic Scholarship
- VA Advisory Council on Military Education Scholarship
- Women in Community Action (WICA)
- VA Advisory Council on Military Education Scholarship
- PWC Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Scholarship
- Northern Virginia Urban League Scholarship
- George M. Hampton Foundation Scholarship
- National Coalition of 100 Black Women, Inc., PWC Chapter
- National Naval Officers Association DC Chapter.

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" on February 23rd from 9-11 am. 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. Sign up in the narthex on the fourth Sunday (February 24, 2019) after 11 am worship service.

Upcoming Meeting: There will be a Children's Ministry meeting on Tuesday, March 5, 2019 at 7pm. This is for current volunteers (Staff/Teachers/Teens) and anyone interested in serving with the Children's Church Ministry.

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.

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 **2/17 and 2/24** after both services. POC: Veronica D. Hackett womensministry@firstmountzionbc.org.

WOMEN'S MINISTRY BOOK CLUB

"One in a Million" by: Priscilla Shirer. SIGN-UP (Narthex) Feb 24th & Mar 3rd after both services. Love to read; longing to discuss the interesting aspects of the books you read? As a Christian, you're thinking you'd like to confidentially engage like-minded people. The Women's Ministry Book Club facilitates meaning and purpose, evokes a deeper connection with the divine, foster communal identity, and guides practical life application. POC: Robin Hawkins womensministry@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday, February 27th at 7pm. Topic: Male/Female perspective.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abryant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Beverly Grant
Information Technology Assistant
bgrant@firstmountzionbc.org

Sherry Hilliard
Financial Secretary
shilliard@firstmountzionbc.org

Rev. Tracey D. Holley
Minister of Christian Education
tholley@firstmountzionbc.org

Ernest Holmes
Custodian
eholmes@firstmountzionbc.org

Walter Holmes
Assistant Facility Manager
wholmes@firstmountzionbc.org

Antonio Howard
Custodian
ahoward@firstmountzionbc.org

Rev. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Tommy Johnson
Audio Visual Director
tjohnson@firstmountzionbc.org

Rev. John C. McNeill, Jr.
Youth Minister
jmcneill@firstmountzionbc.org

Sylvia Moore
Executive Assistant to Pastor
smoore@firstmountzionbc.org

Pat Paige
Administrative Assistant
ppaige@firstmountzionbc.org

Deloris Quarterman
Food Service Assistant
dquarterman@firstmountzionbc.org

Ernest Robbins
Facility Manager
erobbins@firstmountzionbc.org

Sylstea C. Sledge
Minister of Music
ssledge@firstmountzionbc.org

Bréh Stevens-Mitchell
Music Ministry Administrative Assistant
BStevensMitchell@firstmountzionbc.org

Rev. Maxine Thompson
CED Coordinator
mthompson@firstmountzionbc.org

Gregory Took
Custodian
gtooks@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
woolfolk@firstmountzionbc.org

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 19; 7:30P

Women's Choir
Tue 26 7P

**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: marvelizabeth@firstmountzionbc.org. Spanish speaking individuals are very much needed.

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-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
TODAY**

Small Groups Ministry

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

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.

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, February 23rd 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.

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.

YOUTH MINISTRY

Youth (Middle School) Lock-in Sign-ups: Register today, after both services, at the Youth Ministry table for the **2019 Youth (Middle School) Lock-in**. We anticipate a joyful experience through this year's theme: **"A Teen After God's Own Heart."** The Lock-in will begin Friday, March 22nd (5pm) and conclude Saturday, March 23rd (9:30am). There will be fun, fellowship and exciting sessions that you have chosen. **There is no cost but you must register.**

SENIORS MINISTRY

The Seniors Ministry invite you to its celebration of Black History Month highlighting the Associate Ministers of FMZBC. Join us on Wednesday, February 20, 2019 from 12:00-2:00 pm in the FMZBC gymnasium. Our theme is **"Remembering Our Past, Celebrating Our Future"**. All senior members and guests 55 and up are welcome 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 and learn more about our ministerial staff. POC: Mary Melton and Shirley Hardy or senior-ministry@firstmountzionbaptistchurch.org

MONEY SMART MINISTRY(MSM)

SAVE THE DATE

The next upcoming workshop will be held on Saturday, March 30, 2019 from 9-11 am on the Topic: **"Starting and Growing Your Small Business"**. You will learn how to start your small business; the benefits of owning your own small business; the pros and cons of being a business owner; the tax benefits of being a business owner; and finally how to improve and grow your current small business. We have a dynamic speaker lined up to share a wealth of information with you. Come out and learn what the Bible says about this topic. Mark your calendar. Sign up will be held after the both services starting March 17th in the narthex or you can email the ministry at mon-eysmart@firstmountzionbc.org. Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmartministry/> to receive valuable information on this and other topics.