

"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]
Fred Fortune [I]
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, omelet station.



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Today, Feb 24

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

Monday, Feb 25

Academic Education Ministry Tutorial 7P; Bod 4 God SGM 7P; Journey to Joy/GriefShare 7P; NCBW-PWCC 7P; Women Choir Praise Team 7P; Committee for Excellence in Leadership 7:30P

Tuesday, Feb 26

Fit By God 11A; Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM2 7P; Financial Freedom for Millennials SGM 7P; Photography Ministry 7P; Retire Inspired Personal Finance and Retirement SGM 7P; Singles Ministry 7P; Small Groups Planning Committee Meeting 7P; Toastmasters 7P; Trustee Ministry Executive Board Meeting 7P; Women's Choir 7P; Women's Choir Praise Team 7P

Wednesday, Feb 27

Alzheimer's Caregiver Support SGM1 (offsite) 11A; Praise & Worship 7:30P; Worship Service 8P

Thursday, Feb 28

Fit By God 11A; Blessed and Highly Favored SGM (offsite) 7P; Celebrate Recovery SGM 7P; Divorce Care SGM 7P; The C.O.R.E. Committee Meeting 7P; Trustee Strategic Planning Committee 7P; Mass Choir 7:30P

Friday, Mar 1

Carpenters for Christ 7P; Where is God in the Movie SGM 7P; Youth First Friday 7P; Professional Women SGM (offsite) 7:30P

Saturday, Mar 2

A Page At A Time Scrap Booking SGM 9A; Daughters of the King Outreach SGM 10A; Mary Elizabeth Ministry 11A; Women Unfolding Our Divine Destiny SGM 12:00P.

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
- 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

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

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 TODAY 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"

ATTENTION all women of FMZ! 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. LAST DAY TO REGISTER IS TODAY after the both services. POC, Veronica D. Hackett womensministry@firstmountzionbc.org

MEN'S MINISTRY

ATTENTION ALL MEN; Young & Mature!!!... Join us on Saturday, March 9th at 9 a.m. as we hear a message from our own Rev. Tony Craddock, Sr.; on how to 'Fight Our Battles in Life with God's Assurance', based on Deuteronomy 20:1a (NKJV). I pray you seize this opportunity by joining us and allowing GOD, through the speaker, to provide you spiritual growth. We look forward to seeing you Mighty Men of God. Continental breakfast will be provided. Iron sharpening Iron (Prov. 27:17). mensministry@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday, February 26th at 7pm. Topic: Male/Female perspective.

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 28 ,7:30P

Women's Choir
Tues 26 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.**

**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.

**ZONE M2
MEET AND GREET**

Your M2 Servant Leaders will be hosting a meet and greet in the narthex on March 10TH after both services. This will be an opportunity for us all to take a little time to meet and or greet one another. Please mark your calendars for this upcoming event.

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.

HEALTH MINISTRY

Are you looking to serve quietly? The Health Ministry needs volunteers who are lay persons, health professionals, and nurses to serve the congregation during 8 and 11am services as well as other church events. Please send an email to healthministry@firstmountzionbc.org for more information.

**2019 WOMEN'S HISTORY MONTH CHOIR
SUNDAY, MARCH 10TH**

Sign Up today in the narthex for the Women's History Month Choir !!! Rehearsals are on Tues. Feb. 26th at 7pm in the Choir Room and on Tues. March 5th at 7pm in the Sanctuary. For more information contact Bro. Sledge in the music department at Ssledge@FirstMountZionBC.org