

"I WAS SICK AND  
YE VISITED ME"

This Week at a Glance & Activities

Our Known Sick and/  
or Shut-in Prayer List

Shirley Bridges[E3]  
Teresa Bridges [I]  
Bernice Bryant [Z]  
Jessica Butler [B]  
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 McCathorine [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]  
Timothy Willis [J2]  
Clyde Wimbush [N]

**GRAIN OF HEAVEN**

Continental



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

**Today, Mar 17**

Music ~ Voices of Zion/Jewels  
Sunday School 7A; Worship Service 8A; New Members Orientation Graduation 9:30A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Diverse Civilian & Military Outreach SGM (Woodbridge) 1:30P; Study to Show Thyself Approved SGM 1:30; Annual Usher Day 2:30P; Fearless SGM 4:30P

**Monday, Mar 18**

AEM Tutorial 7P; Alzheimer's Caregiver Support SGM 7P; Bod 4 God SGM 7P; Christian Dating SGM 7P; Communications and Publicity Committee Meeting 7P; Journey to Joy/GriefShare 7P; NCBW-PWCC 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

**Tuesday, Mar 19**

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

**Wednesday, Mar 20**

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

**Thursday, Mar 21**

Blessed and Highly Favored SGM 7P; Not By Bread Alone Baking SGM (offsite) 7P; Our Words Have Power SGM 7P; Deacon Ministry Meeting 7:30P; Trustee Ministry - Facility and Real Property Committee 7:30P

**Friday, Mar 22**

Youth (Middle School) Lock In 5:00P; Warriors of Love GSM (offsite) 7P

**Saturday, Mar 23**

Youth (Middle School) Lock In (concludes at 9:30A); Health Ministry 9A; Joint Leadership Training 9A; Women's Ministry Meeting 9A; Common Threads Sewing SGM 10A; Spiritual Cancer Support Ministry 11A; Mary Elizabeth Ministry 11A; Women's Ministry Book Club 11A.

**ACADEMIC EDUCATION MINISTRY (AEM)**

The Academic Education Ministry will be hosting a Parent/Student Workshop, Tuesday, March 26, 2019 at 7 pm in the Lecture Hall. The workshop will be geared toward College Planning, the importance of students getting off to an early start and strategies on how to get into college and graduate DEBT FREE. Students grades 8 thru 12 and their parents are encouraged to attend. Signups for this workshop will be held in the Narthex TODAY and next Sunday. POC: Kim Crawford [nmrcrawford@gmail.com](mailto:nmrcrawford@gmail.com) or by phone at 571-315-9995.

**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).

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

The following scholarships are available on the table in the Hallway next to the Book Store.

- The Gene K. Bryson Memorial Scholarship
- Franklin Dunlap Memorial Scholarship
- Helen B. Webb Scholarship
- Alpha Phi Alpha Fraternity, Inc. Xi Alpha Lambda Chapter Ira Dorsey 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

**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.

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.  
POC: Michelle Wallace at [ChildrensMinistry@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

**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.**

**Save the Date (April 19, at 7:30 pm)**

Seven Last Words of Christ Service for Millennials. All are invited. POC: Rev. J. McNeill at [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

**Save the Date: April 26-27**

Youth High School Retreat  
POC: Rev. J. McNeill at [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

**SENIORS MINISTRY**

Seniors Ministry invites you to join us on Wednesday, March 20, 2019 from 12:00-2:00 pm in the FMZBC gymnasium. Our theme is "Honoring Women". We will have a special speaker on Brain Health from AARP. All senior members and guest 55 and up are welcome to join us. 12 pm is the social hour and the meeting begins promptly at 12:30 pm. Come out to meet other senior members and for food, fun and socializing all while learning something new. POC: Mary Melton and Shirley Hardy or [seniorsministry@firstmountzionbc.org](mailto:seniorsministry@firstmountzionbc.org).

**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 both services as well as other church events. The ministry is also in need of wheelchairs. Contact us at: [healthministry@firstmountzionbc.org](mailto:healthministry@firstmountzionbc.org) for more information.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant  
Food Service Assistant  
[abryant@firstmountzionbc.org](mailto:abryant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Administrative Assistant  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

Rev. Maxine Thompson  
CED Coordinator  
[mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org)

Gregory Tookes  
Custodian  
[gtookes@firstmountzionbc.org](mailto:gtookes@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@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  
MARCH  
REHEARSALS**

**Mass Choir  
Thurs 21 7P**

**Combined Choir  
Tues 26 7P  
Thurs 28 7P**

**Men's Choir  
Tues 19 7P**

**GRIEF SHARE**

FMZBC's Grief Support Ministry, **Journey to Joy** will host our fifth **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.**

**EMPLOYMENT OPPORTUNITY**

MITRE Corporation is Hiring 9th and 10th Grade Students For A STEM Research & Development Internship...Apply Today at:  
<https://mitre.referrals.selectminds.com/jobs/technical-aid-summer-high-school-4775?et=A37AjFb3>

**CORE SOCIAL EVENT**

Join us as The CORE goes Roller Skating!! Please join us at Cavalier Skate Rink (1924 Jefferson Davis Hwy, Stafford VA 22554) on Saturday, March 30th at 8 pm!! For any additional questions contact Sade Akanni via email at [TheCore@FirstMountZionBC.org](mailto:TheCore@FirstMountZionBC.org) Hope to see you there!!!

**VBS VOLUNTEERS NEEDED**

Volunteers are needed to join Team VBS 2019. Through **Whoosh: Take Flight to Where God Leads You, Hebrews 11:8**, children will discover with NEW eyes, a GREAT and AWESOME God and be DELIGHTED to realize how VALUABLE they are in Jesus Christ! Join us **June 24<sup>th</sup> - 28<sup>th</sup>, 8 a.m. to 12:30 p.m.** to make Vacation Bible School 2019 a success. Sign up in the narthex or contact Carmia Salcedo (703-307-6296) or Kim Nelson (202-520-8016) at [vbs@firstmountzionbc.org](mailto:vbs@firstmountzionbc.org). **Volunteer screening is mandatory**; attend March 16<sup>th</sup>, April 27<sup>th</sup> or May 18<sup>th</sup>. Student sign-up begins May 1<sup>st</sup>.

**SHARE REGISTRATION**

The last day to register for April SHARE packages is March 31st.. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**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](mailto:mon-eysmart@firstmountzionbc.org). Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneySmartMinistry/> to receive valuable information on this and other topics.

**JOB VACANCY ANNOUNCEMENT**

**Title: Teachers Aid  
Salary Range - \$10.00 - \$13.00 Hourly**  
Proverbs Place is seeking a Teachers Aid with an Associate's degree or higher in Early Childhood Education; Elementary Education is Preferred. Minimum requirements are a high school diploma and on-the-job training in a field related to early childhood education.  
Applicants must meet the following qualifications. Help ensure smooth, daily transition. Actively engages in activities: manages cleanliness, maintenance and availability of class materials. Assist in the implementation of curricula activities and encourage participation by children. Maintains frequent communications with parents through informal discussions and progress reports. Encourages self-help and good hygiene through behavior modeling. Ability to lift and carry children and other items weighing up to 50 pounds. Must be 18 years of age. Follow all center policies and state regulations. Maintains personal development plan. Submit applications no later than close of business on Friday, March 29, 2019.. Submissions may be emailed to [wwilliams@connectedtoconnect.org](mailto:wwilliams@connectedtoconnect.org).