

"I WAS SICK AND
YE VISITED ME"

Our Known Sick and/
or Shut-in Prayer List

Shirley Bridges[E3]
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]
Timothy Willis [J2]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Fish, Bacon, eggs, turkey
sausage, turkey bacon,
potatoes, grits.



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This Week at a Glance & Activities

**ACADEMIC EDUCATION MINISTRY
(AEM)**

Today, Mar 3

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

Monday, Mar 4

Office 365 Training 7P; AEM Tutorial 7P; Alzheimer's Caregiver Support SGM3 7P; Bod 4 God SGM 7P; Christian Dating SGM 7P; Deacon Executive Committee Meeting 7P; Journey to Joy/GriefShare 7P; Maturing in Christ SGM (Four Seasons) 7P; Women's Choir Praise Team 7P; Deaconess Executive Committee Meeting 7:30P

Tuesday, Mar 5

Fit By God SGM 11A; How to Study the Bible SGM 11A; Noon Day Prayer 12P; Children's Ministry Training 7P; Divorce Care SGM 7P; Freedom SGM 7P; Mary Elizabeth Ministry 7P; Usher Ministry 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Vacation Bible School 7PTrustee Ministry 7:30P

Wednesday, Mar 6

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

Thursday, Mar 7

Fit by God SGM 11A; A.S.K. Intercessory Prayer SGM 7P; Jewels Choir 7P; Not By Bread Alone Baking SGM (offsite) 7P; Our Words Have Power SGM 7P; Voices of Zion 7P; Willing Workers 7P; Professional Women SGM (offsite) 7:30P

Friday, Mar 8

Circling God's Word SGM (offsite) 7P;

Saturday, Mar 9

Men's Ministry Fellowship 9A; Women's Ministry 40th Anniversary 9A; Common Threads Sewing SGM 11A; Mary Elizabeth Ministry 11A.

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
- Alpha Phi Alpha Fraternity, Inc. Xi Alpha Lambda Chapter Ira Dorsey Scholarship
- VA Advisory Council on Military Education Scholarship
- Women in Community Action (WICA)
- Phi Beta Sigma Fraternity, Inc. Omicron Zeta Sigma Chapter Blue Wellness Foundation Scholarship
- 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

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.

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 BOOK CLUB

**"One in a Million" by: Priscilla Shirer
LAST DAY FOR SIGN UP IS TODAY!!! Mar 3rd after 8am & 11am 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.

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 26-27

Youth High School Retreat
POC: Rev. McNeill at jmcneill@firstmountzionbc.org.

YOUTH MINISTRY MISSION TRIP

(9th - 12th Grade Members Only) to Arcadia, CA: On Monday, July 22nd to Friday, July 26th, the Youth Ministry members will serve in California. **Youth and Chaperone participant** applications will be available Sunday, March 10th. POC: J. McNeill, jmcneill@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
MARCH
REHEARSALS**

**Mass Choir
Thurs 21 7P**

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

**Men's Choir
Tues 12, 19 7P**

**Women's Choir
Tues 5**

**Voices of Zion
Thurs 7, 14 7P**

**Jewels Choir
Thurs 7, 14 7P**

GRIEFSHARE

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: marvelizabeth@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.

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. March 5th at 7pm in the Sanctuary. For more information contact Bro. Sledge in the music department at SSledge@FirstMountZionBC.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.

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 24th - 28th, 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. **Volunteer screening is mandatory;** attend March 16th, April 27th or May 18th. Student signup begins May 1st.

62ND ANNUAL USHER DAY

The Usher's Ministry of First Mount Zion Baptist Church cordially invites you to join us as we celebrate our 62nd Annual Usher's Day on Sunday, March 17, 2019 from 2:30 - 3:30 pm. The theme for this year's occasion is "Service With a Smile" taken from Ephesians 6:7.

We are hopeful your calendar will permit your attendance as our ushers give thanks to God for allowing us to serve the body of Christ as doorkeepers another year. The FMZ Men's Choir will minister to us in song and praise for this special service. A Light meal will be served for our guests in the Grain of Heaven following the service.