

"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]
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]
Sheila West [K5]
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 31

Music ~ Women's History Choir
Sunday School 8:30A; Worship
Service 8A; Juvenile Detention 10A

Monday, Apr 1

Proverbs Place Rehearsal 9:30A;
Alzheimer's Caregiver Support SGM
Group 3 7P; Bod 4 God SGM 7P;
Christian Dating SGM 7P; Deacon
Executive Committee Meeting 7P;
Journey to Joy/GriefShare 7P; Ma-
turing in Christ SGM (Four Seasons)
7); Women's Choir Praise Team 7P;
Deaconess Executive Team Meeting
7:30P

Tuesday, Apr 2

How to Study the Bible SGM 11A;
Noon Day Prayer 12P; FREEDOM
SGM 7P; Mary Elizabeth Ministry
7P; Social Committee 7P; Usher
Ministry 7P; Vacation Bible School
Meeting 7P; Women's Choir 7P;
Women's Choir Praise Team 7P;
Trustee Ministry 7:30P

Wednesday, Apr 3

Proverbs Place Rehearsal 9:30A;
Midday Bible Study 11:30A; Senior's
Ministry 12:30P; Praise & Worship
7:30P; Bible Study 8P

Thursday, Apr 4

Celebrate Recovery SGM 7:30P;
Our Words Have Power SGM 7P;
Joint Leadership Meeting 7:30P;
Mass Choir 7:30P; Professional
Women SGM (offsite) 7:30P

Friday, Apr 5

Mary Elizabeth Ministry 9A; Prov-
erbs Place Rehearsal 9:30A; Car-
penters for Christ 7P; Where is God
in the Movie SGM 7P; Youth First
Friday 7P; Professional Women
SGM (Offsite) 7:30P

Saturday, Apr 6

Church Meeting 10A; Daughters of
the King Outreach SGM 11A; A
Page At A Time Scrapbooking SGM
11A; The Eagles Health and Nutri-
tion SGM 11A; Mary Elizabeth Min-
istry 11A; Women's Ministry Book
Club 11:30A; Women Unfolding Our
Divine Destiny SGM 12P; Singles
Ministry 2P (offsite).

CHURCH MEETING

Church Meeting is scheduled for Saturday,
April 6th at 10am. All members are encour-
aged to attend. Agenda items for considera-
tion should be submitted to the church office
no later than noon, Thursday April 4th.

CHRISTIAN EDUCATION DEPARTMENT

ACADEMIC EDUCATION MINISTRY (AEM)

Attention Organizations with Scholar-
ships 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.

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.

- Helen B. Webb Scholarship
- Alpha Phi Alpha Fraternity, Inc.
Xi Alpha Lambda Chapter
Ira Dorsey Scholarship
- George M. Hampton Foundation
Scholarship
- The Delta Education & Public
Service Foundation Scholarship

SENIORS MINISTRY

The Seniors Ministry invite you to join us on
Wednesday, April 3, 2019 from 12:00-2:00
pm in the FMZBC gymnasium. Our theme
is "WE ARE FAMILY". All senior members
and guest 55 and up are welcome to join us.
12:00 pm is the social hour and the meeting
begins promptly at 12:30 pm. Our guest
speaker will be Assistant Pastor, Rev. San-
dra K. James. Come out and see what the
Seniors Ministry is all about. POC: Mary
Melton and Shirley Hardy or [seniorsminis-
try@firstmountzionbaptistchurch.org](mailto:seniorsministry@firstmountzionbaptistchurch.org).

WOMEN'S MINISTRY FELLOWSHIP

Women Uniting in Fellowship with Love,
Praise, and Worship

Greeting Sisters! You are invited to join us
for our monthly fellowship on April 13, 2019
at FMZ from 9:00am -11:00am. Minister of
Christian Education, Rev. Tracey Holley will
minister on a variety of scriptures to remind
and encourage us to always be "Standing on
the Promises of God". Please come fellow-
ship with us and bring a friend. POC, WM
Director, Veronica D. Hackett [womensminis-
try@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

CHILDREN'S MINISTRY

Children's Church - Kids Kingdom is closed
TODAY!

If you are interested in serving with the Chil-
dren'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 (April 28,
2019) 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 op-
portunity 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](mailto:Childrens-Ministry@firstmountzionbc.org) or 240-602-5929

Mercantile - Coming 4th Sunday, **Apr
28th**, during Children's Church - Kids King-
dom. Children should bring all Christian Charac-
ter Dollars earned in Children's Ministry to shop
at Mercantile. POC: Judy Best, Mercantile
Coordinator, (703) 670-0746, [gene-
sis04@msn.com](mailto:genesis04@msn.com).

SINGLES MINISTRY

Monthly Bowling on Saturday, April 6th at 2pm.
Come on out and join in the fun! We look for-
ward to seeing you!! POC: Rev. Maxine
Thompson at [mthomp-
son@firstmoundzionbc.org](mailto:mthomp-
son@firstmoundzionbc.org).

YOUTH MINISTRY

Correction: Date change for the Youth (high
School) Retreat. We are traveling to YMCA
Camp Letts (Edgewater, MD) with new activities.
We anticipate a joyful experience through this
year's theme: "A Teen After God's Own Heart".
The Retreat will begin Friday, April 12th (3pm)
and conclude Saturday, April 13th (5 pm). There
will be fun, fellowship and exciting sessions that
you have chosen. Registration closes **TODAY**.

First Friday on the Go (Laser Quest): On April
5th at 6:45 pm, the Youth Ministry will meet at
Laser Quest (14517 Potomac Mills Road, Wood-
bridge, VA 22192). No transportation will be
provided. Space is limited, so participants must
register. A \$5 donation will be collected at Laser
Quest to cover the meal.

Youth Ministry Missions Trip 2019 (9th thru 12th
Grade Members Only) to Arcadia, CA. From
Monday, July 22nd to Friday, July 26th, the Youth
Ministry members will serve in California. Youth
and Chaperone participant applications are due
by Sunday, April 7th.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abrvant@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
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
APRIL/MAY
REHEARSALS**

WOMEN'S CHOIR
Tues 2, 9 7P

MEN'S CHOIR
Tues 16, 23, 730P

VOICES OF ZION
Thurs. 11, 18 7P

JEWELS CHOIR
Thurs. 11, 18 7P

MASS CHOIR
Thurs. 25
May 2

GRIEF SHARE

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

**VACATION BIBLE SCHOOL (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 am to 12:30 pm** to make VBS 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 April 27th or May 18th. Student signups begins May 1st.

SHARE REGISTRATION

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

TRANSPORTATION MINISTRY

Volunteers needed to drive church vehicle(s) to help those without transportation get to 8am Sunday Service; 9:30am Sunday School; and/or 11am Sunday Service and return passengers home after the appropriate service. Must have a good driving record and the ability to drive 7 passenger van, 15 passenger van and mini bus. POC: Louis Blackshear, lblackshear@hotmail.com.

VACANCY ANNOUNCEMENT

Voices of Zion Choir Director

The Voices of Zion Choir Director is primarily responsible for leading, teaching, and preparing a small to medium size choir of Youth & Young Adult ages 13-24. The VOZ Director works closely with the Minister of Music, FMZBC staff and leadership, volunteers, and musicians in fulfilling the responsibilities of the third Sunday worship service and overall mission of FMZBC. The full job description is available in the Admin Office and On-line.

**LONG TERM CARE AND ESTATE
PLANNING SEMINAR**

A Long Term Care and Estate Planning Seminar will be held at First Mount Zion, on Saturday, May, 4, 2019, starting at 8:30AM. Come and learn how to create an easy to read road map for passing your assets to the people, trusts, and charities you care about with no or minimal estate transfer costs. Discover how to avoid excessive attorney fees, court costs, and delays in passing on an inheritance. In summary, learn how to put in place a final strategy using the necessary documents to make your wishes known about your health, end of life decisions, passing of your assets, and much more! More information to follow. Please direct inquiries to Deacon Robert Stanley at 703 981-9614 or Sis. Stephanie M. Craddock at (703) 670-0184.