

"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 (B.) Harper [D1]  
Celesta Hines [M1]  
Cheryl Harris [D1]  
Kenneth Irby [N]  
John W. Jones, Jr. [Z]  
Kizzie Lane [G1]  
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

Bacon, eggs, turkey  
sausage, turkey ba-  
con, potatoes, grits  
Omelet Station



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**Today, Apr 14**

Music ~ Women's Choir  
Sunday School 7A; Worship Service  
8A; Sunday School 9:45A; Juvenile  
Detention 10A; Children's Church  
10:45A; Worship Service 11A; Di-  
verse Disciples of Christ Youth SGM  
1P; God's Knowledge Is Powerful  
SGM 1P

**Monday, Apr 15**

Proverbs Place Rehearsal 9:30A;  
Alzheimer's Caregiver Support SGM  
7P; Bod 4 God SGM 7P; Christian  
Dating SGM 7P; Combined Choir  
7P; Communications and Publicity  
Committee 7P; Journey to Joy/  
GriefShare 7P; Office 365 7P; Dea-  
con Ministry Interview Training  
7:30P; Music and Arts Rehearsal for  
Easter 7:30P; Trustee Ministry Fi-  
nance Committee 7:30P

**Tuesday, Apr 16**

How to Study the Bible SGM 11A;  
Noon Day Prayer 12P; Academic  
Education Ministry Monthly Meeting  
7P; Combined Choir 7P; FREEDOM  
SGM 7P; Women's Ministry (IPT)  
7P; Deaconess Ministry Monthly  
Meeting 7:30P; Men's Choir 7:30P;  
Music and Arts Rehearsal for Easter  
7:30P; Vacation Bible School Meet-  
ing 7:30P

**Wednesday, Apr 17**

Proverbs Place Rehearsal 9:30A;  
Seniors Ministry 12:30P; Praise &  
Worship 7:30P; Worship Service 8P

**Thursday, Apr 18**

Proverbs Place Easter Play 3P;  
Blessed and Highly Favored SGM  
7P; Combined Choir 7P; Jewels  
Choir 7P; Our Words Have Power  
SGM 7P; Voices of Zion 7P; Deacon  
Ministry Monthly Meeting 7:30P;  
Trustee Ministry Facility and Real  
Property Committee 7:30P

**Friday, Apr 19**

Christ's Seven Last Words (Worship  
Service) 7:30P;

**Saturday, Apr 20**

School of Ushering Class 9A; Pi  
Lambda Lambda OPPF 10A; Wom-  
en's Ministry Book Club 10A; Junior  
Ushers 11:30A.

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](mailto:AEM@FirstMountZionBC.org).

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

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

- Helen B. Webb Scholarship
- Williams-Franklin Foundation  
Scholarship
- Kappa Alpha Psi Fraternity, Inc.  
Woodbridge (VA) Alumni Chapter
- The Ophelia Foundation Scholarship
- The Delta Education & Public  
Service Foundation Scholarship

AEM COLLEGE TOURS

It's that time again!! **TOMORROW**, we will  
be touring Norfolk State and Hampton Uni-  
versities. The bus will leave at 7:30 am and  
return at approximately 6:30 pm. There is  
no charge but you must sign-up. Sign-up in  
the Narthex **TODAY**. Don't miss  
this excellent opportunity!!

POC: [AEM@FirstMountZionBC.org](mailto:AEM@FirstMountZionBC.org).

SENIORS MINISTRY

The Seniors Ministry invite you to join us on  
Wednesday, April 17, 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. We will have a  
baby shower to support Mary Elizabeth Min-  
istry. Please bring a baby gift or diapers and  
wipes. Come out and fellowship with other  
seniors. POC: Mary Melton and Shirley  
Hardy or [seniorsminis-  
try@firstmountzionbaptistchurch.org](mailto:seniorsministry@firstmountzionbaptistchurch.org).

CHILDREN'S MINISTRY

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 Char-  
acter Dollars earned in Children's Ministry to shop  
at Mercantile. POC: Judy Best, Mercantile  
Coordinator, (703) 670-0746, [gene-  
sis04@msn.com](mailto:gene-sis04@msn.com).

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday,  
April 23rd at 7:00 p.m. Topic: "Boundaries -  
Taking Control of Your Life". For more infor-  
mation please contact Rev. Maxine Thompson  
at [mthompson@firstmountzionbc.org](mailto:mthompson@firstmountzionbc.org).

CAPAC

The Creative and Performing Arts Center  
(CAPAC) is excited to announce that on April  
27<sup>th</sup> and 28<sup>th</sup> and May 4<sup>th</sup> we are bringing Lor-  
raine Hansberry's "A Raisin in the Sun" to the  
Hylton Performing Arts Center in Manassas.  
Come see FMZ's very own SaRee Grimes por-  
tray Lorraine Hansberry and recite the poem that  
inspired Lorraine Hansberry to write the play "A  
Raisin in the Sun." Tickets are \$20 and on sale  
now at [www.hyltoncenter.org](http://www.hyltoncenter.org). Group discounts  
are available. POC: Denise McPhail, [ca-  
pac4va@gmail.com](mailto:capac4va@gmail.com).

EASTER CHOIR REHEARSALS

Come out and sing with the Easter Choir. Final  
rehearsals: Mon. Apr. 15<sup>th</sup> 7 pm; Tues. Apr.  
16<sup>th</sup> 7 pm; Thurs. Apr. 18<sup>th</sup> 7 pm. For more infor-  
mation contact the Music Ministry Office at 703-  
670-0184 ext. 1134 or  
[Sledge@FirstMountZionBC.org](mailto:Sledge@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  
APRIL/MAY  
REHEARSALS**

MEN'S CHOIR  
Tues 16, 23, 730P

VOICES OF ZION  
Thurs. 18 7P

JEWELS CHOIR  
Thurs. 18 7P

COMBINED CHOIR  
Mon 15  
Tues 16  
Thurs 18

MASS CHOIR  
Thurs. 25  
May 2

**GRIEFSHARE**

FMZBC's Grief Support Ministry, Journey to Joy will host our ninth GriefShare 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.

**STRATEGIC PLANNING COMMITTEE**

Applications are being accepted for members interested in joining the Strategic Planning Committee (SPC). The SPC works with leadership to determine the future of FMZBC. Stop by the SPC table in the narthex to pick up an application or for more information

**LEADERSHIP NOMINATIONS**

Congregation Nominations for Leadership: The First Mount Zion Baptist Church Constitution & By-Laws gives members the opportunity to recommend men and women of the church for leadership positions (Deacon, Deaconess and Trustee). A nomination information package may be picked up at the leadership desk in the Narthex. Return completed packages to Leadership desk by May 31, 2019. Nominations received after that date will be considered in 2021.

**DEACON MINISTRY TRIP**

The Deacon Ministry is hosting a 4 day trip to Kentucky August 14-17 to see the Ark Encounter and Creative Museum. The Ark Encounter is a replica of Noah's Ark and the Creative Museum is a 75,000 square feet building with many biblical based features to include what the Garden of Eden may have looked like. Cost: 3 person room \$495 per person, 2 person room \$570 per person and single room \$855. Tour includes round trip motor coach transportation from Dumfries, VA, 3 nights hotel accommodations at the Embassy Suites, admission to the Ark Encounter and Creation Museum, breakfast each morning. POC: Deacon Andrew Walker, [andrew.walker55@verizon.net](mailto:andrew.walker55@verizon.net). There are only 12 seats left, please sign up as soon as possible.

**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 9:00a.m. (Doors open at 8:30a.m.). Without any warning, a disability or unexpected diagnosis can drastically change your life and the lives of your family members. Join us and learn how you and your family can prepare for long term care---emotionally, physically and financially. 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--- in the right amounts, and at the right time with 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 and passing of your assets, and much more! Register: <https://fmzbcclongtermcareseminar.eventbrite.com> or sign-up at FMZBC on April 21st or April 28th following the 8:00 am and 11:00 am worship services. Please direct inquiries to Deacon Robert Stanley at 703 981-9614 or Sis. Stephanie M. Craddock at [smcradd@firstmountzionbc.org](mailto:smcradd@firstmountzionbc.org) or (703) 670-0184.