

"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]  
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]  
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

Easter Breakfast



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**Today, Apr 21**

Music ~ Combined Choir  
Sunrise Service 7A; Juvenile Detention 10A; Worship Service 11A

**Monday, Apr 22**

Academic Education (Tutorial) 7P;  
Bod 4 God SGM 7P; Journey to Joy/  
GriefShare 7P

**Tuesday, Apr 23**

Noon Day Prayer 12P; Alzheimer's  
Caregiver Support SGM Group 2  
7P; Financial Freedom for Millennials  
SGM 7P; FREEDOM SGM 7P;  
Photography Ministry 7P; Retire  
Inspired SGM 7P; Singles Ministry  
7P; Toastmasters 7P; Trustee Executive  
Board Meeting 7P; Women's  
Ministry Conference Planning Committee  
7P; Men's Choir 7:30

**Wednesday, Apr 24**

Alzheimer's Caregiver Support SGM  
Group 1 (offsite) 11A; Midday Bible  
Study 11:30A; Praise & Worship  
7:30P; Bible Study 8P

**Thursday, Apr 25**

Divorce Care SGM 7P; Not By  
Bread Alone SGM (offsite) 7P; the  
C.O.R.E. Committee Meeting 7P;  
Trustee Strategic Planning Committee  
7P; VBS Crafts 7P; Celebrate  
Recovery SGM 7:30P; Mass Choir  
7:30P

**Friday, Apr 26**

Christian Warriors SGM (offsite)  
6:30P; Warriors of Love SGM  
(offsite) 7P

**Saturday, Apr 27**

Health Ministry 9A; The Eagles  
Health and Nutrition SGM 9A; Vol-  
unteer Screening 9A; Women's  
Ministry 9A; Common Threads Sew-  
ing SGM 10A; Women's Ministry  
Book Club 11A; DST Seniors Lunch-  
eon 11A; Motorcycle Ministry Bike  
Blessings 11A; Kingdom Living In  
Our Culture SGM (offsite) 1P.

CHRISTIAN EDUCATION DEPARTMENT

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](mailto:AEM@FirstMountZionBC.org).

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

- Helen B. Webb Scholarship
- The Ophelia Foundation Scholarship
- The Delta Education & Public Service Foundation Scholarship

CHILDREN'S MINISTRY

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.

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

SINGLES MINISTRY

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

SENIOR NIGHT BBQ AND LAUNCH

On May 3 (First Friday) at 7pm, we invite the FMZ High School Seniors for blessing towards their transition to college, military and/or work force. Graduating senior must register with Rev. J. McNeill **TODAY**. All youth are encouraged to attend and to share in the occasion.

GRIEFSHARE

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

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.

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. Applications are due by May 15, 2019.

SHARE REGISTRATION

The last day to register for May SHARE packages is May 5th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

TRIP TO THE ARK EXPERIENCE IN KENTUCKY

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.

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.**

**WOMEN IN COMMUNITY ACTION**  
**(WICA)**

WICA is hosting a *Meet and Greet Sunday Afternoon Social* for former and prospective WICA Debutantes at the Montclair Library; 5079 Waterway Drive; Montclair, Virginia 22025. The date is Sunday, May 19, 2019 from 2 to 4 pm. Parents are welcome too! Refreshments will be served. We are very excited to see all again and to meet new families. Please respond to FMZ member, Dr. Renee Chinn, at [Carterpip@aol.com](mailto:Carterpip@aol.com) or (703) 345-5515.

**MUSIC & ARTS**  
**MINISTRY**  
**APRIL/MAY**  
**REHEARSALS**

**MEN'S CHOIR**  
Tues 23, 730P

**MASS CHOIR**  
Thurs. 25  
May 2

**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 Lorraine Hansberry's "A Raisin in the Sun" to the Hylton Performing Arts Center in Manassas. Come see FMZ's very own SaRee Grimes portray 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, [capac4va@gmail.com](mailto:capac4va@gmail.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 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://fmzbcplongtermcareseminar.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.