

"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 [L.1]
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

Bacon
Turkey Sausage
Eggs
Grits
Breakfast Potatoes
Biscuits



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Email Address:
fmzbc@firstmountzionbc.org

Today, Apr 28

Music ~ Men's Choir
Worship Service 8A; Sunday School
9:45A; Juvenile Detention 10A; Chil-
dren's Church 10:45A; Worship Ser-
vice 11A; Children's Ministry 11A;
Study to Show Thyself Approved
SGM 1:30P; Fearless SGM 3P
(Offsite); Hungry For The Word SGM
3P (Offsite)

Monday, Apr 29

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

Tuesday, Apr 30

Noon Day Prayer 12P; FREEDOM
SGM 7P; Women's Ministry Confer-
ence Planning Committee 7P; Men's
Choir 7:30

Wednesday, May 01

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

Thursday, May 02

National Day of Prayer

Our Words Have Power SGM 7P;
Celebrate Recovery SGM 7:30P;
Professional Women SGM 7:30P
(Offsite)

Friday, May 03

Carpenters for Christ 7P; Where is
God in the Movie SGM 7P; Youth
First Friday 7:00P; Professional Wom-
en SGM 7:30P (Offsite)

Saturday, May 04

A Page At A Time Scrap Booking 9A;
Long Term Care & Estate Planning
Seminar 9A; Daughters of the King
Outreach SGM 10A; Women's Min-
istry Book Club 10A; Woman Unfold-
ing Our Divine Destiny SGM 12:00P;
Single's Ministry (Offsite) 2P

SHARE REGISTRATION

The last day to register for the May
SHARE packages is May 5th. SHARE
packages are \$23 for food valued
between \$35.00 and \$45.00.
POC: Thomas Bates 703-330-6371 or
Cherry Anderson (540) 361-4319.

FMZ FAMILY FUN DAY

Please come and enjoy the FMZ
Family Fun Day on Sunday, May 19th
immediately following the 11:00 am
service. Volunteers are needed!

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 infor-
mation to the Academic Education Ministry
at AEM@FirstMountZionBC.org.

**The following scholarship is available
on the table in the Hallway next to the
Book Store.**

- **Helen B. Webb Scholarship
Deadline: Tues, April 30, 2019**

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.

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 Sister Michelle Wallace at
ChildrensMinistry@firstmountzionbc.org or
(240) 602-5929.

YOUTH MINISTRY

**Application Submission Extension for
Youth Ministry Missions Trip 2019 (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 participant** applica-
tions are due **today**.

SENIOR NIGHT BBQ AND LAUNCH

On May 3 (First Friday) at 7pm, we invite
all FMZ High School Seniors for a blessing
towards their transition to college, military
and/or work force. **All youth (6th-12
Grade) are encouraged to at-
tend.** Graduating seniors, please inform
me of your attendance today. POC: Rev.
John McNeill at
jmcneill@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Monthly Bowling Event will
be held on Saturday, May 4th at 2:00 pm at
Bowl America, 13409 Occoquan Road,
Woodbridge, VA. Come out and join in the
fun. We look forward to seeing you there.
POC: Rev. Maxine Thomson
singlesministry@firstmountzionbc.org.

SENIORS MINISTRY

Seniors Ministry invites you to join us on
Wednesday, May 1, 2019 from 12:00-2:00
pm in the FMZBC gymnasium. Our theme is
"AWESOME AWARENESS". All senior
members and guest 55 and up are welcome
for food, fun, and fellowship. 12:00 pm is the
social hour and the meeting begins promptly
at 12:30 pm. Our guest speaker will be **Rev.
Dr. Tracey Holley**. Come out and meet new
friends. POC: Mary Melton and Shirley Har-
dy or email at [seniorsminis-
try@firstmountzionbc.org](mailto:seniorsministry@firstmountzionbc.org).

MEN'S MINISTRY

ATTENTION ALL MEN! Come and fellow-
ship on Saturday, May 11th at 9 am, as we
gather 'Outside The Walls'. We will have our
Breakfast Fellowship at the Old Country Buf-
fet (2942 Prince William Pkwy, Woodbridge,
VA) for Good food, GREAT Fellowship, and
God's Word. The cost is ONLY \$9 per person
(includes beverage, & gratuities). RSVP in
the Narthex **TODAY, April 28th !!!!** I pray
you seize this opportunity to invest in your
spiritual growth and brotherhood.
Iron Sharpening Iron (Prov. 27:17). [mensminis-
try@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.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 May 11, 2019 at
FMZ from 9:00-11:00 am. Assistant Pastor,
Rev. Sandra K. James will minister on "Living
the Abundant Life". (2 Corinthians 9:8) She will
encourage us that God's intent for every Chris-
tian is to live a life full of enjoyment, happiness,
and abundance! Please come and fellowship
with us and bring a friend. POC, WM Director,
Veronica D. Hackett [womensminis-
try@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

VACATION BIBLE STUDY (VBS)

REGISTRATION ONLINE OPENS MAY 1st
Children, age 4-12th grade, are invited to join
us for VBS as we **Whoosh: Take Flight to
Where God Leads You!** VBS will be held
June 24th-28th, 8:00 am-12:30 pm. Registra-
tion begins May 1st and is online ONLY at the
following link, [vbspro.events/pf/
fmzbcvbs2019](http://vbspro.events/pf/fmzbcvbs2019). Pick up a flyer today at the
Leadership Desk. **Volunteer teachers are still
needed; screening required.** POCs: Carnia
Salcedo, (703) 307-6296 or Kim Nelson,
(202) 520-8016 vbs@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**

**JEWELS / VOICES OF
ZION CHOIRS**
Thurs, May 09 @ 7:00 PM
Thurs, May 16 @ 7:00 PM

MASS CHOIR
Thurs, May 2 @ 7:30 PM

MEN'S CHOIR
Tues, Apr 30 @ 7:30 PM
Tues, May 07 @ 7:30 PM

WOMEN'S CHOIR
Tues, May 14 @ 7:00 PM
Tues, May 21 @ 7:00 PM

C.O.R.E.

Join The C.O.R.E. on **Thursday, May 9, 2019** at FMZBC, 7:00 PM, for The Ministry of Life, a monthly Young Adult Spiritual Growth Session. The Ministry of Life (held every 2nd Thursday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. Childcare and personal prayer are also provided! This month's topic: "Family History and Breaking Cycles" with Rev. Juanita Stokes.

K5 ZONE MINISTRY FELLOWSHIP

K5 Members are invited to sign up for the Inspirational Journey Sunday Dinner at the Great American Buffet located in Fredericksburg, VA, on May 19, 2019 at 3 pm. We will fellowship and dine together. We will share a variety of scriptures and inspirational songs that will encourage us. Please stop by the Sign-Up desk in the Narthex to get more information. POCs: Vicky Sinkler: Sinkler610@gmail.com, Janice Bonapart: annsfinest2001@yahoo.com and Deaconess Lynell Manning: lynellm11@comcast.net.

GRIEF SUPPORT MINISTRY

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

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 the Leadership desk by May 31, 2019. Nominations received after that date will be considered in 2021.

**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.

**LONG TERM CARE AND ESTATE
PLANNING SEMINAR**

Join Us!!! 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. Register at <https://fmzbc.org/longtermcareseminar.eventbrite.com> or sign up **TODAY** following both worship services.

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.

**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 foot 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; and breakfast each morning. POC: Deacon Andrew Walker: andrew.walker55@verizon.net. There are only 8 seats left, please sign up as soon as possible.