

"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 [F 1]
Yvonne Carter [C 1]
Charlie Clark [K 1]
Fred Fortune [I]
Samuel Graham [L 1]
Edwin Green [M3]
Beulah (BJ) Harper [D 1]
Celesta Hines [M 1]
Cheryl Harris [D 1]
Kenneth Irby [N]
John W. Jones, Jr. [Z]
Kizzie Lane [G 1]
Thomas Maxey [G2]
Gwynne McCatharine [N]
William C. McLeod [H 1]
Ralph Minor [B]
Suzette Montero [F2]
Jacqueline Peterson [E3]
Bertha Pickering [K 1]
Essie Pullman [Z]
Daniel Russell [M3]
Katherine Stevens [D 1]
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

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



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Today, Apr 7

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, Apr 8

Proverbs Place Rehearsal 9:30A;
Academic Education Ministry - Tutor-
ial 7P; Benevolence Committee 7P;
Bod 4 God SGM 7P; Combined
Choir 7P; Journey to Joy/Grief/
Share 7P; NCBW-PWCC 7P; Wom-
en's Choir Praise Team 7P

Tuesday, Apr 9

Noon Day Prayer 12P; Alzheimer's
Caregiver Support SGM Group 2
7P; Financial Freedom for Millenni-
als SGM 7P; FREEDOM SGM 7P;
Mary Elizabeth Monthly Meeting 7P;
PI Lambda Lambda OPFF 7P; Re-
tire Inspired SGM 7P; Toastmasters
7P; Women's Choir 7P; Women's
Choir Praise Team 7P

Wednesday, Apr 10

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

Thursday, Apr 11

A.S.K. Intercessory Prayer SGM
7P; Combined Choir 7P; Divorce
Care SGM 7P; Jewels Choir 7P; Not
By Bread Alone Baking SGM
(offsite) 7P; Pastor's Aide Ministry
7P; The C.O.R.E. 7P; Voices of Zion
7P; Men's Ministry Planning Meeting
7:30P; Music and Arts Rehearsal for
Easter 7:30P; Trustee HR/Admin
Committee 7:30P

Friday, Apr 12

Proverbs Place Rehearsal 9:30A;
Circling God's Word SGM (offsite)
7P

Saturday, Apr 13

Men's Ministry Fellowship (offsite)
9A; SHARE Distribution 9A; Wom-
en's Ministry Fellowship 9A; Com-
mon Threads Sewing SGM 10A.

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
- Williams-Franklin Foundation
Scholarship
- The Ophelia Foundation 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

AEM COLLEGE TOURS

It's that time again!! April 15, 2019, 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-ups
will be held in the Narthex after both ser-
vices, Sunday, April 7 & April 14. Don't miss
this excellent opportunity!!
POC: AEM@FirstMountZionBC.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:genes04@msn.com).

YOUTH MINISTRY

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
TODAY.

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 fellowship with us and bring a
friend. POC, WM Director, Veronica D. Hackett
womensministry@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**

WOMEN'S CHOIR
Tues 9 7P

MEN'S CHOIR
Tues 16, 23, 730P

VOICES OF ZION
Thurs. 11, 18 7P

JEWELS CHOIR
Thurs. 11, 18 7P

COMBINED CHOIR
Mon 8, 15
Thurs 11
Tues 16
Tues 18

MASS CHOIR
Thurs. 25
May 2

GRIEFSHARE

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

**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 sign-up begins May 1st.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, April 16th, from 7:30 to 9:00 pm at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at pwnaacp.org and access the calendar entry for this meeting.

SHARE DISTRIBUTION

April SHARE packages will be distributed on Saturday, April 13th from 9-10 am in the gymnasium. 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.

C.O.R.E.

Join The C.O.R.E on **Thursday, April 11, 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: "Implementing Visions and Dreams" with Rev. Dr. Tony Craddock.

**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 or (703) 670-