

"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]
Queen Carroll [G2]
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

CONTINENTAL



Dr. Luke E. Torian, Pastor
16622 Dumfries Road
Dumfries, VA 22025
Phone: (703) 670-0184
Fax: (703) 670-0296

Website
www.fmzbc.com
Email Address:
fmzbc@firstmountzionbc.org

Today, May 12

Music ~ Men's Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Worship Service 11A;

Monday, May 13

Academic Education Ministry Tutorial
Closing Ceremony 7P; Alzheimer's
Caregiver Support SGM Benevo-
lence Committee 7P; Bod 4 God
SGM 7P; Community Forum 7P; Con-
nected to Connect 7P; Journey to
Joy/GriefShare 7P; Women's Choir
Praise Team 7P

Tuesday, May 14

Noon Day Prayer 12P; Deaf Ministry
7P; Alzheimer's Caregiver Support
SGM Group 2 7P; Community Forum
7P; FREEDOM SGM 7P; Mary Eliza-
beth Monthly Meeting 7P; Pi Lambda
Lambda OPFF 7P; Social Committee
7P; Toastmasters 7P; VBS Crafts 7P;
Women's Choir 7P; Women's Choir
Praise Team 7P

Wednesday, May 15

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

Thursday, May 16

Blessed and Highly Favored SGM 7P;
Jewels Choir 7P; Motorcycle Ministry
7P; Our Words Have Power SGM 7P;
Voices of Zion 7P; Women's Ministry
Meeting 7P; Celebrate Recovery
SGM 7:30P; Deacon Ministry Meeting
7:30P; Trustee Ministry - Facility and
Real Property Committee 7:30P

Friday, May 17

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

Saturday, May 18

Spiritual Gifts Ministry 8:30A; SHARE
Distribution 9A; Volunteer Screening
9A; Women's Ministry Book Club
10A; Pi Lambda Lambda OPFF 10A;
Junior Ushers 11:30A; Women Un-
folding Our Divine Destiny SGM
(Stafford) 12P; Kingdom Living in Our
Culture SGM (offsite) 1P.

CHRISTIAN EDUCATION DEPARTMENT

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.

VACATION BIBLE STUDY (VBS)

REGISTRATION

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, 8:00am-12:30
pm. Registration is open and online ONLY
at the following link, [vbspro.events/p/
fmzbcvbs2019](http://vbspro.events/p/fmzbcvbs2019). Stop by the VBS table in
the narthex for details or assistance. **Vol-
unteer teachers are still needed; screening
required.** POCs: Carmia Salcedo, 703-307
-6296 or Kim Nelson, 202-520-8016
vbs@firstmountzionbc.org.

VBS SERVICE PROJECT - PLEASE
DONATE

Please support this year's VBS service
project, **OPERATION WISHLIST**, support-
ing both the Loisann's Hope House, a
homeless shelter for families, and Inova
Children's Hospital. Pick up a flyer with
details at the VBS table or Leadership and
Security desks in the narthex. Donations
can be dropped off at the VBS table.

SENIORS MINISTRY

Seniors Ministry invites you to join us on
Wednesday, May 15, 2019 from 12:00-2:00
pm in the FMZBC gymnasium. Our theme
is **"AWESOME AWARENESS"** and our
*focus will be on health and safety for sen-
iors.* All senior members and guest 55 and
up are welcome for food, fun, and fellow-
ship. 12:00 pm is the social hour and the
meeting begins promptly at 12:30 pm.
Come out and meet new friends. POC:
Mary Melton and Shirley Hardy or [senior-
ministry@firstmountzionbc.org](mailto:senior-
ministry@firstmountzionbc.org).

YOUNG ADULT MINISTRY

Join The C.O.R.E (First Mount Zion Baptist
Church's Young Adult Ministry) for our major
event of the summer as we host our young
adult retreat!!! To register/ receive more infor-
mation please see us in the narthex following
either worship service, or email Sade Akanni
at TheCore@FirstMountZionBC.Org.

VOLUNTEER SCREENING COMMITTEE

The Volunteer Screening Committee will
conduct training and interviews on Saturday,
May 18, 2019, beginning promptly at 9:00
am. Please plan to attend this session if you
have been a member of FMZBC for at least 6
months, and have the desire to work in youth/
children related ministries. It is not neces-
sary to sign up. You may contact Cynthia
Zorn Pettigrew at 703-730-5227 or Clarice
Torian at 703-730-6353 if you have ques-
tions.

K5 ZONE MINISTRY FELLOWSHIP

K5 Members are invited to sign up for the
Inspirational Journey Sunday Dinner at the
Great American Buffet in Fredericksburg, VA,
on June 2, 2019 at 3:00 pm. We will fellow-
ship and dine together. We will share a varie-
ty of scriptures and inspirational songs that
will encourage us. Stop by the sign-up
desk in the Narthex to get more information.
POCs: Vicky Sinkler: [Sink-
kler610@gmail.com](mailto:Sinkler610@gmail.com), Janice Bonapart: [anns-
finest2001@yahoo.com](mailto:anns-
finest2001@yahoo.com) and Deaconess
Lynell Manning: lynellm11@comcast.net.

2019 GRADUATES

2019 graduates are encouraged to submit a
photo so that we might recognize your ac-
complishments before the congregation.
Please include your name, the school you
graduated from and degree received, any
honors received and plans for the Fall (name
of school planning to attend). The deadline to
submit photos is Wednesday, May 22nd. **No
photos will be accepted after that date.**
Send information to Sylvia Moore,
smoore@firstmountzionbc.org. The
slideshow of all graduates will run on Sun-
day, June 16th at both services.

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is conducting its
Spring workshop on Saturday, May 18th from
8:30 am - 12 noon. Come out and discover
how God is gifting you for service. You may
register for the workshop at [Spiritual-
Gifts@firstmountzionbc.org](mailto:Spiritual-
Gifts@firstmountzionbc.org). The final day to
register is Thursday, May 16th. We look
forward to seeing you.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abravant@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

Catrina Upshaw
Receptionist/Administrative Assistant
cupshaw@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**

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

MASS CHOIR
Thurs, May 23 @ 7:30 PM
Thurs, May 30 @ 7:30 PM

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

GRIEF SUPPORT MINISTRY

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

DEAF MINISTRY

The Deaf Ministry will hold its regular monthly meeting on Tuesday, May 14, 2019, 7:00 pm. Please come and join us as we discuss plans for the remainder of this year. POC: Deacon James Hawkins, sirjas9@gamil.com or Deaconess Andrea Bryson, amelb184@verizon.net.

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! Please contact Sister Courtney Holeman at cwholeman@gmail.com for more information.

**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 6 seats left, please sign up as soon as possible.

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 the June SHARE packages is June 9th. 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.