

"I WAS SICK AND
HE 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

FAMILY
FUN DAY
(OUTSIDE)



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Today, May 19

Music ~ Voices of Zion/Jewels
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Children's Church
10:45A; Worship Service 11A; Civilian
& Military Outreach SGM
(Woodbridge) 1:30P

Monday, May 20

Usher Ministry 7P; Alzheimer's Care-
giver Support SGM Group 3 7P; Bod
4God SGM 7P; Christian Dating SGM
7P; Communications and Publicity
Committee Ministry 7P; Journey to
Joy/GriefShare 7P; NCBW-PWCC
7P; Office 365 7P; Women's Choir
Praise Team 7P; Deacon Ministry
Interview Training 7:30P; Trustee
Ministry Finance Committee 7:30P

Tuesday, May 21

How to Study the Bible SGM 11A;
Noon Day Prayer 12P; Academic
Education Ministry Monthly Meeting
7P; Financial Freedom for Millennials
SGM 7P; FREEDOM SGM 7P; Re-
tired Inspired SGM 7P; Women's
Choir 7P; Women's Choir Praise
Team 7P; Women's Ministry (IPT)
7P; Deaconess Ministry Monthly
Meeting 7:30P;

Wednesday, May 22

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

Thursday, May 23

Divorce Care SGM 7P; Not By Bread
Along Baking SGM (offsite) 7P; The
C.O.R.E. Committee Meeting 7P;
Trustee Strategic Planning Commit-
tee 7P; Youth Ministry 7P; Mass
Choir 7:30P; Usher Ministry 7:30P

Friday, May 24

Warriors of Love SGM (offsite) 7P;
Christian Warriors (offsite) 7P

Saturday, May 25

CHURCH CLOSED

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.

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 information please see us in the nar-
thex following either worship service, or
email Sade Akanni at
TheCore@FirstMountZionBC.org.

SINGLES MINISTRY

Singles Ministry monthly bowling event on
Saturday, June 1st at 2 pm - Bowl America
13409 Occoquan Road, Woodbridge, VA.
Come on out and join in the fun. We look
forward to seeing you there. POC: Rev.
Maxine Thompson [singlesminis-
try@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org).

Singles Ministry Monthly Meeting on Tues-
day, May 28th at 7 pm. Topic: "Boundaries -
Taking Control of Your Life" Part 2. For more
information contact Rev. Maxine Thompson at
mthompson@firstmountzionbc.org

SAVE THE DATE: The Singles Ministry and
Health Ministry will conduct the FMZBC 17th
Annual Blood Drive on July 14, 2019. Please
sign up in the Narthex after worship services
today and help save a Life. POC: Al Shelton
at (703) 969-5910.

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 Sunday, June
16th at both services.

ACADEMIC EDUCATION MINISTRY
(AEM) GRADUATION CEREMONY

The AEM will recognize all graduates from
kindergarteners to first grade, high school,
college, and technical schools who are mem-
bers of FMZBC at our Combined Sunday
School and Commencement/Graduation
program on Sunday, June 16. This ceremo-
ny will be held in the Main Sanctuary during
the Sunday School hour. In addition, we will
recognize all recipients of the FMZBC
scholarship during this ceremony. Graduates
are asked to wear their cap and gown for this
ceremony, and they must sign-up in the Nar-
thex following both worship services on or
before June 9th. POC: Brother Gerry Griffin
at AEM@firstmountzionbc.org.

YOUTH MINISTRY

ATTN: 6th - 12th Graders - I need your help
and insight. Meet me in the Grain of Heaven
for dinner and a "Dream Session" to primarily
discern and to enhance parts of our Youth
Ministry on Friday, June 7, 2019 from 7 to 9
pm. Please come out and make a contribu-
tion. I am truly interested in the concerns of
your heart. POC: Rev. John C. McNeill, 703-
670-0184.

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
MAY
REHEARSALS**

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

WOMEN'S CHOIR
Tues, May 21 @ 7:00 PM
Tues, May 28 @ 7:00 PM

GRIEF SUPPORT MINISTRY

FMZBC's Grief Support Ministry, Journey to Joy will host our fourteenth 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 the Leadership desk by May 31, 2019. Nominations received after that date will be considered in 2021.

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.

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 fellowship and dine together. We will share a variety 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: Sinkler610@gmail.com, Janice Bonapart: annsfinest2001@yahoo.com and Deaconess Lynell Manning: lynellm11@comcast.net.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, May 21st 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.

2019 MID-YEAR ADJUSTMENTS

2019 mid-year adjustment requests are due to the Trustee Ministry by June 3, 2019. All submissions are required to be submitted on the Mid-Year Adjustment form which is available in the forms box in the Narthex near the Administrative Office and on the Church's website. In order for adjustments to be considered, they must be submitted with the ministry chair signature (required) and approved by the FMZ leadership chair who has oversight of that ministry (signature required). The reverse side of the Mid-Year Request form identifies the leadership ministry that has oversight. Please submit original submissions to the Financial Secretary with all appropriate signatures. The Trustee Ministry will present the 2019 Mid-Year Budget for approval at the August 3, 2019 Church Meeting. Please contact Trustees Maxine DuFore, Oscar Dailey, Leslie Gerald or James Jarrett with any questions.

CO-ED YOUTH BASKETBALL SKILLS CLINIC

This is a fun and encouraging progressive program that offers foundational to intermediate developmental learning. Lead by Coach Bobby Brooks the Assistant Varsity Boys Basketball Coach at the National Christian Academy. The clinic will be every Saturday morning (9am-10:30am) for five weeks starting June 2nd through June 29th. Both male and female ages 8- 12 years old are welcome! Sign-up today and next Sunday, May 26th after both services .