

"I WAS SICK AND  
YE VISITED ME"

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.J) 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



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

**This Week at a Glance & Activities**

**Today, May 26**

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

**Monday, May 27  
CHURCH OFFICE CLOSED**



**Tuesday, May 28**

Noon Day Prayer 12P; Alzheimer's  
Caregiver Support SGM Group 2 7P;  
Financial Freedom for Millennials  
SGM 7P; Photography Ministry 7P;  
Retired Inspired SGM 7P; Small  
Groups Planning Committee Meeting  
7P; Toastmasters 7P; Trustee Execu-  
tive Board Meeting 7P; VBS Crafts  
7P; Women's Choir 7P; Women's  
Choir Praise Team 7P; Singles Minis-  
try 7P

**Wednesday, May 29**

Praise & Worship 7:30P; Worship  
Service 8P;

**Thursday, May 30**

One Church One Child 7P; Celebrate  
Recovery SGM 7:30P; Mass Choir  
7:30P; Usher Ministry 7:30P

**Friday, May 31**

No meetings scheduled

**Saturday, June 1**

A Page at a Time Scrapbooking SGM  
9A; VBS Volunteer Training 9A;  
Daughters of the King Outreach SGM  
10A; Women Unfolding Our Divine  
Destiny SGM (offsite) 12P; Singles  
Ministry Bowling (offsite) 2P

**CHRISTIAN EDUCATION DEPARTMENT**

**VACATION BIBLE SCHOOL (VBS)**

**REGISTRATION**

Children, age 4-12<sup>th</sup> grade, are invited to  
join us for VBS as we **Whoosh: Take  
Flight to Where God Leads You!** VBS  
will be held June 24<sup>th</sup>- 28<sup>th</sup>, 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.  
POCs: Carmia Salcedo, 703-307-6296 or  
Kim Nelson, 202-520-8016  
[vbs@firstmountzionbc.org](mailto: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. **TODAY** is the deadline  
for registration and final payments. To  
register/receive more information, please  
see us in the narthex following either wor-  
ship service.

Join The C.O.R.E on Friday May 31st, 7pm  
for our next Social Event - A Night at Top  
Golf, 6625 S Van Dorn St., Alexandria, VA  
22315. This will be a night of Fellowship  
and Fun! To RSVP or to coordinate car-  
pooling please contact The C.O.R.E. via  
email at [TheCore@FirstMountZionBC.org](mailto:TheCore@FirstMountZionBC.org).  
Hope to see you all there!

**MEN'S MINISTRY**

ALL MEN - YOUNG & OLD!!!...Join us  
Saturday, June 8th from 11am—2pm for  
our Annual Men's Ministry Cook-Out! This  
will be a day of Fun, Food, & Fellowship.  
Please bring a brother (young or old) with  
you. Sign up in the Narthex immediately  
after service.

POC: [MensMinistry@FirstMountZionBC.  
Org](mailto:MensMinistry@FirstMountZionBC.Org). We look forward to seeing YOU. Iron  
sharpening Iron (Prov. 27:17).

**SINGLES MINISTRY**

Singles Ministry Monthly Meeting, Tuesday,  
May 28th at 7pm. Topic: "Boundaries - Tak-  
ing Control of Your Life" Part 2. POC: Rev.  
Maxine Thompson at [mthomp-  
son@firstmountzionbc.org](mailto:mthomp-son@firstmountzionbc.org)

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

**YOUTH MINISTRY**

**ATTN: 6<sup>th</sup> – 12<sup>th</sup> 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.

**WOMEN'S MINISTRY**

Greetings sisters! Please stop by the Wom-  
en's Ministry (WM) table in the narthex after  
the both services. Come and meet members  
from the various committees that serve on  
the WM. They would love to tell you about  
the committee that they serve on and provide  
you with some information about the WM. If  
you aren't currently receiving emails from the  
WM inviting you to our monthly fellowships  
and other WM events, be sure to stop by our  
table and sign up to receive them. POC:  
[womensministry@firstmountzionbc.org](mailto:womensministry@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 June 8, 2019 from  
9-11:00 am. Associate Minister, Rev. Tarra  
Taylor will minister that "God is Sufficient".  
(John 15:5) She will share with us the im-  
portance of living a life dependent on God.  
Please come and fellowship with us and  
bring a friend. POC: WM Director, Veronica  
D. Hackett at [womensminis-  
try@firstmountzionbc.org](mailto:womensminis-try@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  
MAY/JUNE  
REHEARSALS**

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

**WOMEN'S CHOIR**  
Tues, May 28 @ 7:00 PM  
Tues, Jun 4 @ 7:00 PM

**MEN'S CHOIR**  
Tues, Jun 11 @ 7:30 PM  
Tues, Jun 18 @ 7:30 PM

**VOICES OF ZION**  
Thurs, June 6 @ 7:00 PM  
Thurs, June 13 @ 7:00 PM

**JEWELS**  
Thurs, June 6 @ 7:00 PM  
Thurs, June 13 @ 7:00 PM

**COMBINED CHOIR**  
Mon, June 24 @ 7:00 PM  
Thurs, June 27 @ 7:00 PM

**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 members of FMZBC at our Combined Sunday School and Commencement/Graduation program on Sunday, June 16. This ceremony 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 Narthex following both worship services on or before June 9th. POC: Brother Gerry Griffin at [AEM@firstmountzionbc.org](mailto:AEM@firstmountzionbc.org).

**SENIOR'S MINISTRY**

Senior's Ministry invites you to join us on Wednesday, June 5, 2019 from 12:00-2:00pm in the FMZBC gymnasium. Our theme is *"Celebrating Our Life in Christ"*. Our bible study focus will be presented by Rev. Maxine Thompson. All senior members and guest 55 and up are welcome for food, fun, and fellowship. 12:00pm is the social hour and the meeting begins promptly at 12:30pm. Come out and meet new friends. POC: Mary Melton and Shirley Hardy or [seniorsministry@firstmountzionbc.org](mailto:seniorsministry@firstmountzionbc.org).

**VACANCY ANNOUNCEMENT**

**Title: Receptionist Administrative Assistant**  
**Status: Full-Time Hourly (40 Hours Non-Exempt)**

First Mount Zion Baptist Church is seeking a Receptionist with at least two years of work experience; one year of administrative experience is desired. The Receptionist is vital to the operation of FMZBC. Representing the Church as the first point of contact for members and guests who visit and/or call the Church, the position requires someone with a heart for people and who has exceptional customer service. The ideal candidate will be proficient in multiline phone systems; Microsoft Office and the operation of office equipment. Post offer the applicant must be able to pass a criminal background check and provide documentation required for verification of employment eligibility. Submit applications no later than close of business on Friday, June 14, 2019. Detailed vacancy announcement; description and application available in the administrative office and online at [FMZBC.COM](http://FMZBC.COM). Submissions may be emailed to [Employment@firstmountzionbc.org](mailto:Employment@firstmountzionbc.org).

**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 1st through June 29th. Both male and female, ages 8-12 years old, are welcome! Sign-up today after both services.

**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](mailto:Sinkler610@gmail.com), Janice Bonapart: [annsfines2001@yahoo.com](mailto:annsfines2001@yahoo.com) and Deaconess Lynell Manning: [lynellm11@comcast.net](mailto:lynellm11@comcast.net).

**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.