

"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 [F 1]
- 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

- Bacon, fried fish
- Turkey Sausage
- Eggs
- Grits
- Breakfast Potatoes
- Biscuits



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Today, May 5

Music ~ Mass Choir
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A; Children's Church 11A; Associate Ministers 1P; Diverse Disciples of Christ (Youth) 1P; God's Knowledge is Powerful 1P

Monday, May 6

Academic Education Ministry Tutorial Closing Ceremony 7P; Alzheimer's Caregiver Support SGM Group 3 7P; Bod 4 God SGM 7P; Christian Dating SGM 7P; Deacon Executive Committee Meeting 7P; Journey to Joy/GriefShare 7P; Maturing in Christ SGM (Four Seasons) 7P; Deaconess Executive Team Meeting 7:30P

Tuesday, May 7

How to Study the Bible SGM 11A; Noon Day Prayer 12P; FREEDOM SGM 7P; Financial Freedom for Millennials SGM 7P; Mary Elizabeth Ministry 7P; Retire Inspired SGM 7P; Usher Ministry 7P; Vacation Bible School Meeting 7P; Men's Choir 7:30P; Trustee Ministry 7:30P

Wednesday, May 8

Seniors Ministry Social Meeting 9A; Alzheimer's Caregiver Support SGM Group 1 (offsite) 11A; Midday Bible Study 11:30A; Praise & Worship 7:30P; Bible Study 8P

Thursday, May 9

A.S.K. Intercessory Prayer SGM 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 Monthly Meeting 7:30P; Trustee HR/Admin Committee 7:30P

Friday, May 10

Circling God's Word SGM 7P

Saturday, May 11

Health Ministry 9A; Men's Ministry Fellowship 9A; Women's Ministry Fellowship 9A; Common Threads Sewing SGM 10A.

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.

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 Mother's Day weekend, May 11, 2019 at FMZ from 9:00am -11:00am. 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 Christian is to live a life full of enjoyment, happiness, and abundance! Please come and fellowship with us and bring a friend. We invite you to wear pink & white. Ministry blouse is optional. POC: WM Director, Veronica D. Hackett womensministry@firstmountzionbc.org.

VACATION BIBLE STUDY (VBS)

REGISTRATION ONLINE. 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. Register online ONLY at the following link, vbspro.events/p/fmzbcvbs2019. Pick up a flyer today in the narthex. **Volunteer teachers are still needed; screening required.** POCs: Carmia Salcedo, (703) 307-6296 or Kim Nelson, (202) 520-8016 vbs@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 information please see us in the narthex following either worship service, or email Sade Akanni at TheCore@FirstMountZionBC.Org.

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. Child-care and personal prayer are also provided! This month's topic: "Family Pattern and Breaking Cycles" with Rev. Juanita Stokes.

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 necessary to sign up. You may contact Cynthia Zorn Pettigrew at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

SHARE REGISTRATION

TODAY is the last day to register for the May SHARE packages. 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! Please contact Sister Courtney Holeman at cwholeman@gmail.com for more information.

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: annsfines2001@yahoo.com and Deaconess Lynell Manning: lynellm11@comcast.net.

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.

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

MEN'S CHOIR
Tues, May 07 @ 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 twelfth 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.

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.