

"I WAS SICK AND
YE VISITED ME"

Our Known Sick and/
or Shut-in Prayer List

Lisa Adams [J1]
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 [L-1]
Edwin Green [M3]
Beulah (BJ) 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



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

This Week at a Glance & Activities

Today, June 2

Music ~ Mass Choir
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Children's Church
10:45A; Worship Service 11A; Inspi-
rational Journey SGM (offsite) 3P

Monday, June 3

Proverbs Place Graduation Rehearsal
9:30A; Alzheimer's Caregiver Support
SGM Group 3 7P; Christian Dating
SGM 7P; Deacon Ministry Executive
Committee Meeting 7P; Maturing In
Christ SGM (Four Seasons) 7P; VBS
Volunteer Training 7P; Women's
Choir Praise Team 7P

Tuesday, June 4

How to Study the Bible SGM 11A;
Noon Day Prayer 12P; The C.O.R.E.
7P; Usher Ministry 7P; Women's
Choir 7P; Women's Choir Praise
Team 7P; Retire Inspired Financial
Planning SGM 7P; Deaconess Exec-
utive Committee Meeting 7:30P; Trus-
tee Ministry 7:30P

Wednesday, June 5

Proverbs Place Graduation Rehearsal
9:30A; Senior's Ministry 12:30P;
Praise & Worship 7:30P; Bible Study
8P; Youth Bible Study 8P

Thursday, June 6

Jewels Choir 7P; NCBW-PWCC -
Mental Health 7P; Our Words Have
Power SGM 7P; Voices of Zion 7P;
VBS Crafts 7P; Professional Women
SGM (offsite) 7:30P

Friday, June 7

Proverbs Place Graduation Rehearsal
9:30A; Carpenters for Christ SGM 7P;
Where Is God In The Movie SGM 7P;
Women's Ministry Conference Plan-
ning Committee 7P; Youth First Fri-
day 7P

Saturday, June 8

Men's Ministry Fellowship Cookout
8:30A; Professional Women SGM
Packing for Outreach Project 9A; The
Eagles Health and Nutrition SGM 9A;
Women's Ministry Fellowship 9A;
Common Threads Sewing SGM 10A.

CHRISTIAN EDUCATION DEPARTMENT

VBS REGISTRATION - 2 WEEKS LEFT

Registration ends June 16th. 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-12:30pm. Registra-
tion online ONLY at the following link,
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.

**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.

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.
We look forward to seeing YOU. Iron
sharpening Iron (Prov. 27:17).

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 contribution. I am truly interested
in the concerns of your heart. POC: Rev.
John C. McNeill, 703-670-0184.

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 Suf-
ficient". (John 15:5) She will share with us
the importance 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:womensministry@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 mem-
bers 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.

**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.

ANNUAL BLOOD DRIVE

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.

HEALTH MINISTRY

Are you looking to serve quietly? The Health
Ministry needs volunteers who are lay per-
sons, health professionals, and nurses to
serve the congregation during 8am and 11am
services as well as other church events.
Please send an email to [healthminis-
try@firstmountzionbc.org](mailto:healthministry@firstmountzionbc.org) for more infor-
mation.

ZONES M1, M2 & M3

We are having a consolidated Zone M Bow-
ling Extravaganza at the Bowl America Lanes
in Woodbridge on July 20th, beginning at
1:30 pm. Well, it may not be an extravagan-
za. It may become a Bowling 101 for begin-
ners. Never you mind, come on out and have
some fun! All ages and skill levels are invited.
Food, Fellowship and Fun in Jesus' name is
our only agenda. Sign-up on June 9th and
the 23rd, after both services, in the narthex.
See you there!

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
MAY/JUNE
REHEARSALS**

MASS CHOIR
Thurs, June 27 @ 7:30 PM

WOMEN'S CHOIR
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

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. Submissions may be emailed to 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.