

"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]
Shirley Burton [D2]
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

CONTINENTAL



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This Week at a Glance & Activities

Today, June 16

Music ~ Voices of Zion/Jewels
Sunday School 7A; Worship Service
8A; Academic Education Ministry
(AEM) Graduation Ceremony 9:45A;
Juvenile Detention 10A; Children's
Church 10:45A; Worship Service 11A;

Monday, June 17

Alzheimer's Caregiver Support SGM
Group 3 7P; Christian Dating SGM
7P; Communications and Policy Com-
mittee Ministry 7P; NCBW-PWCC 7P;
Office 365 7P; VBS Crafts 7P; Dea-
con Ministry Interview Training 7:30P;
Trustee Ministry Finance Committee
7:30P

Tuesday, June 18

Noon Day Prayer 12P; Academic
Education Ministry Monthly Meeting
7P; Women's Ministry (IPT) 7P; Dea-
coness Ministry Monthly Meeting
7:30P; Men's Choir 7:30P

Wednesday, June 19

Seniors Ministry 12:30P; Praise &
Worship 7:30P; Bible Study 8P; Youth
Bible Study 8P

Thursday, June 20

Mary Elizabeth Ministry 11A; Blessed
and Highly Favored SGM (offsite)
7P; Motorcycle Ministry 7P; Our
Words Have Power SGM 7P; Com-
mittee for Excellence in Leadership
(CEIL) 7:30P; Deacon Ministry
Monthly Meeting 7:30P; Mass Choir
7:30P; Trustee Ministry - Facility and
Real Property Committee 7:30P

Friday, June 21

Christian Warriors SGM (offsite)
6:30P

Saturday, June 22

Health Ministry 9A; SHARE Distribu-
tion 9A; Sunday School Ministry 9A;
Usher Ministry 9A; Common Threads
Sewing SGM 10A; Spiritual Cancer
Support Ministry 10A.

CHRISTIAN EDUCATION DEPARTMENT

VBS REGISTRATION ENDS TODAY

Registration ends **TODAY**; there is **NO walk-in 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-12:30pm. Registration 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.

SENIOR'S MINISTRY

The Senior's Ministry is having a LUA!
Join us on Wednesday, June 19, 2019
from 12:00-2:00 pm in the patio area of the
senior ministry meeting room. Our theme
is "**Celebrating Our Life in Christ**". This
will be our final meeting until September.
All senior members and guest 55 and up
are welcome for food, fun, and fellowship.
Come out, meet new friends and wear your
favorite flowered outfit. For more infor-
mation call Shirley Hardy at 703-459-4321
or seniorsministry@firstmountzionbc.org.

SINGLES MINISTRY

Monthly Meeting on Tuesday, June 25th at
7 pm. Topic: "Boundaries - Taking Control
of Your Life" Part 3. For more information
contact Rev. Maxine Thompson,
mthompson@firstmountzionbc.org.

SMALL GROUPS MINISTRY

WOULD YOU LIKE TO START A NEW
INTEREST BASED SMALL GROUP?

I'd like to hear from YOU!!

POC: **Stephanie Craddock,**
Small Groups Director
Scraddock@firstmountzionbc.org or
(703) 670-0184

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 for more infor-
mation.

ZONES M1, M2 & M3

Reminder: Next week, June 23rd, is the last
opportunity to sign up for the consolidated
Zone M Bowling fellowship at the Bowl Amer-
ica Lanes in Woodbridge. The fellowship is
on July 20th. All ages and skill levels are
invited. Food, Fellowship and Fun in Jesus'
name is our only agenda. Remember, the
23rd of June after both services, in the nar-
thex. [May our God bless you in your com-
ing and going.](#)

ATTENTION - ALL ZONE M3 FAMILIES

Do you reside in Manassas (close to Rte 66),
Manassas Park, Gainesville, Haymarket,
Nokesville, Bristow, Winchester or South
Riding VA areas? Then you are a member of
Zone M3! Please join us for a summer "Meet
-n-Greet" gathering on Saturday, June 29th
from 11:30 am—3:00 pm. We will meet at
the Bull Run Swim and Racquet Club located
at 8101 Seymour Road, Manassas, VA (near
Costco). Sign up at the Zone M3 Table in the
Narthex after both services. POCs: Deacon-
ess Vietta Williams (703-409-1863) and/or
Deacon Al Shelton (703-969-5910).

ATTENTION

ZONES K1, K2, K3, K4, K5 and N

Come out on July 13, 2019 for family
fun. Zones K and N will be having our Sum-
mer Fellowship "Loving One Another" at
Rowser Complex (Multipurpose Room B) in
Stafford from 12 noon - 3 pm. Sign up today
after both services in the narthex. We need
your help, so please volunteer to support
your zone with decorations, games, set-up
and break down. Let's make this year's fel-
lowship exciting and fun. POC: Lloyd Cox at
lloyd.b.cox@gmail.com, or Denise Bagwell at
dwb1273@aol.com.

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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
JUNE
REHEARSALS**

MASS CHOIR
Thurs, June 27 @ 7:30 PM

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

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

**Trip to Ark Encounter and Creative
Museum in Kentucky.**

There are 6 seats available for the 4 day trip to Kentucky August 14-17 to see the Ark Encounter and Creative Museum. This trip is open to FMZBC Members, family and friends. The Ark Encounter is a replica of Noah's Ark and the Creative Museum is a 75,000 square feet building with many biblical base features to include what the Garden of Eden may have looked like. Cost: 3 person room \$495 @ person, 2 person room \$570 @ person and single room is \$855. Tour Inclusions: • Round Trip Motor Coach Transportation from Dumfries, Virginia • 3 Nights Hotel Accommodations at the Embassy Suites • Admission to the Ark Encounter and Creation Museum • Breakfast each morning. Please contact Deacon Andrew Walker at andrew.walker55@verizon.net if you're interested in attending and/or details. Please sign up as soon as possible.

TRIP TO SIGHT AND SOUND

If you are interested in going to Sight and Sound on September 24, 2019 to see the play "Jesus", please contact Andrew Walker at andrew.walker55@verizon.net NLT June 22nd. The cost is \$150 per person and includes transportation (bus) leaving from FMZBC at 6 a.m. and returning to the church NLT 7 pm, ticket to play, breakfast and lunch. Payment is due at time of booking. If payment by check, please make it payable to: Rightnow Travel Consultants, LLC.

SHARE DISTRIBUTION

June SHARE packages will be distributed on Saturday, June 22nd from 9 -10am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, June 18th, from 7:30 to 9:00 p.m. 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.