

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

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 [L1]
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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Today, June 30

Music ~ Combined Choir
Sunday School 8:30A; Worship Ser-
vice 10A; Juvenile Detention 10A;

Monday, July 1

Deacon Ministry Executive Commit-
tee Meeting 7P; Women's Choir
Praise Team 7P; Mass Choir 7:30P

Tuesday, July 2

Noon Day Prayer 12P; Women's
Choir 7P; Women's Choir Praise
Team 7P; Trustee Ministry 7:30P

Wednesday, July 3

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

Thursday, July 4

INDEPENDENCE DAY
Church Office Closed

Friday, July 5

Church Office Closed

Saturday, July 6

No Activities Scheduled

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.

LINE DANCING

Monday and Thursday nights 7pm to
8:30pm in the gymnasium for the month of
July. Free to all members of the church.
Come dance and fellowship!

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 Dum-
fries, Virginia • 3 Nights Hotel Accommoda-
tions 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, to see the play
"Jesus", please contact Andrew Walker at
andrew.walker55@verizon.net. The cost is
\$150 per person and in-
cludes transportation (bus) leaving from
FMZBC at 6 am and returning to the
church NLT 7 pm, ticket to play, breakfast
and lunch. Payment is due at time of book-
ing. If payment by check, please make it
payable to: Rightnow Travel Consultants.

ZONES M1, M2 & M3

Today is your last opportunity to sign up for
the consolidated Zone M Bowling Fellowship
at the Bowl America Lanes in Woodbridge.
We will be in the narthex at the table with
candy...I know. All ages and skill levels are
invited. For those that have signed up, re-
member July 20th beginning at 1:00 pm.
Food, Fellowship and Fun in Jesus' name is
our only agenda. ISN'T GOD AWESOME? YES
AND AMEN!

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
dyb1273@aol.com.

SHARE REGISTRATION

The last day to register for the July SHARE
packages is July 14th. 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.

FMZBC Youth!! Do you want to do some-
thing that is satisfying and of great service to
your church and community? Then become a
SHARE volunteer. The SHARE ministry is
offering FMZBC youth an opportunity to as-
sist with the assembly and delivery of
SHARE packages. The only qualification
required is a desire to help our FMZBC fami-
ly. SHARE is an excellent choice for high
school students in need of extracurricular
activity for college admissions. For further
information contact Thomas Bates at 703-
330-6371.

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

ADMINISTRATIVE OFFICE STAFF

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Renee Woolfolk
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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
JULY
REHEARSALS**

WOMEN'S CHOIR
Tues. July 2 @ 7:00 PM
Tues. July 9 @ 7:00 PM

MEN'S CHOIR
Tues. July 16 @ 7:30 PM
Tues. July 23 @ 7:30 PM

MASS CHOIR
Mon. July 1 @ 7:30 PM
Thurs. July 25 @ 7:30 PM
Thurs. Aug 1 @ 7:30 PM

JEWELS CHOIR
Thurs. July 11 @ 7:00 PM
Thurs. July 18 @ 7:00 PM

VOICES OF ZION
Thurs. July 11 @ 7:00 PM
Thurs. July 18 @ 7:00 PM

