

"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 [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 McCathorine [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



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, July 21

Music ~ Voices of Zion/Jewels Choir;
Sunday School 7A; Worship Service
8A; Sunday School 9:45A; Juvenile
Detention 10A; Salvation Station
10:45A; Worship Service 11A; Fear-
less Study Group 3P

Monday, July 22

No Activities Scheduled

Tuesday, July 23

Noon Day Prayer 12P; Alzheimer's
Caregiver Support Group 2 (offsite-
Woodbridge) 7P; Small Groups Plan-
ning Committee Meeting 7P; Toast-
masters 7P; Trustee Executive Board
Meeting 7P; Men's Choir 7:30P

Wednesday, July 24

Alzheimer's Caregiver Support Small
Group 1 and 3 (Stafford) 11A; Praise
& Worship 7:30P; Bible Study 8P;
Youth Bible Study 8P

Thursday, July 25

Trustee Strategic Planning Commit-
tee 7P; Mass Choir 7:30P

Friday, July 26

No Activities Scheduled

Saturday, July 27

SHARE Distribution 9A.

2020 BUDGET REQUESTS

The Trustee Finance (Budget) Committee is preparing for the 2020 Budget. All Budget submissions must be submitted on the correct form and approved by the appropriate oversight ministry. Please ensure appropriate justification for submission is provided to ensure approval. **All submissions are due to the CBA by August 21, 2019.** The Trustee Ministry will present the 2020 Budget for Church approval at the December 7, 2019 Church Meeting. Contact Trustees Oscar Dailey, Maxine DuFore or Leslie Gerald with any questions. Oversight Ministries are noted on the reverse side of the Budget Submission Form. **NOTE: ANY EXCEPTIONS MUST BE COMMUNICATED TO THE TRUSTEE FINANCE (BUDGET) COMMITTEE PRIOR TO THE DUE DATE ALONG WITH JUSTIFICATION.**

FREE BREAKFAST AND LUNCH

The PWC Community Foundation Inc. and 501©(3) nonprofit organization has partnered with the PWC Schools to provide **free meals** for local children through the summer months **June 17 – August 23rd for 18 years and younger.** There is **no requirements** other than to show up. Breakfast and or Lunch are offered in three locations: **Adventureland – Hylton Boys and Girls Club, 5070 Dale Blvd (Breakfast 7:30-8:00), Competitive Edge Athletic Performance Center, 14849 Persistence Drive Woodbridge (Breakfast 8:30-9:00a; Lunch 11:30-12:30) and PWC Fire and Rescue Fire Station, 3800 Graham Park Road, Triangle, Breakfast 8:45 to 10:30 am; Lunch from 12:30 to 1:45 pm**

SHARE DISTRIBUTION

July SHARE packages will be distributed on Saturday, July 27th from 9-10 am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

ZONES K2 & N BREAKFAST

FELLOWSHIP

Join us on August 10th, in the Hampton Oaks Community Center (at 9:30am) for our annual back-to-school breakfast fellowship. The fellowship is a potluck where we will pray for our students, fellowship with each other, and of course eat some great food. Contact your zone leaders to sign up and/or for more details.

CAPAC

The Creative and Performing Arts Center (CAPAC, Inc.) invites you to our open casting call for our annual Christmas production of Langston Hughes' Black Nativity. We invite high school freshman and adult actors, singers and dancers. Auditions will be held at the James J. McCourt Administration Building Woodbridge, VA on Friday, August 2nd, 7:00 - 9:00 p.m., Saturday, August 3rd, 11:30 a.m. - 2:30 p.m., Friday, August 9th Singers/Actor 11:00 a.m. - 2:00 p.m.

Students 6th -12th grades are invited to join us for Dr. Chelsey Green and The Green Project's Violin Masterclass on Saturday, September 7th 10 a.m. - 12 p.m. For more information on both activities, visit our website at www.capacweb.org or call 703 441-2479.

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

Ahmon Bryant
Food Service Assistant
abryant@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 E. 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

Donna Scruggs
Receptionist/Administrative Assistant
dscruggs@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

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
woolfolk@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
JULY/AUG
REHEARSALS**

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

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