

"I WAS SICK AND
YE VISITED ME"

This Week at a Glance & Activities

Our Known Sick and/
or Shut-in Prayer List

Christopher Bates [B]
Terry Carey [F1]
Charlie Clark [K1]
Curley, Creamier [C2]
Samuel Graham [L1]
Kenneth Irby [N]
Kathleen Lambert [N]
Kizzie Lane [G1]
Lillie Maxie [G2]
Gwynne McCathorine [N]
Ann McCowen [F2]
Nellie McLeod [H1]
William C. McLeod [H1]
Maria McNair [C1]
Ralph Minor [B]
Suzette Montero [F2]
Betty Palmer [D1]
Essie Pullman [Z]
William Terry [M1]
Cynthia Thompson [M2]
Cynthia Walker [Z]
Clyde Wimbush [N]

GRAIN OF HEAVEN
Omelet Station, Bacon,
Hot Links, Scrambled
Eggs, Hash Browns,
Biscuits and Seasonal
Fresh Fruit.



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Today, April 24

Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 11A; Worship Service 11A; Zone K2 SGM (Stafford) 3P

Monday, April 25

Academic Education Ministry (tutorial) 7P; Line Dancing Class 7P; Women's Choir Praise Team 7P; Women's Ministry Outreach 7P

Tuesday, April 26

Small Groups Planning Committee Meeting 7P; Toastmasters 7P; Women's Choir 7P; Women's Choir Praise Team 7P

Wednesday, April 27

Praise and Worship 7:30P; Bible Study 8P

Thursday, April 28

Princeton Theological Seminary and FMZ Satellite Courses 7P; Strategic Planning Committee 7P; Zone D4 SGM (Woodbridge) 7P; Zone J2 SGM (Wegmans) 7P; Leadership Candidate Training 7:30P; Mass Choir 7:30P

Friday, April 29

Proverbs Place Picture Day; Zone G1 SGM (Woodbridge) 6P

Saturday, April 30

Christian Fellowship Basketball League 9A; Health Ministry CPR Training 9A; Women's Ministry Book Club 10A; Zone E2 SGM (Dumfries) 6P

SGM: Small Groups Ministry

WOMEN'S MINISTRY

ATTENTION SISTERS!

The Women's Ministry polo/blouses are in. They will be distributed in the Resource Center, Room 347; located in the hallway at the north Narthex entrance. You can pick up your item(s) today after the 8am and 11am Services. POC: Sister Doris Morgan MorganD2525@gmail.com.

YOUTH MINISTRY

May's **First Friday (May 6th at 7pm)** will present a new ministry occasion for us entitled "O 'Taste' and See." With an emphasis on the word "taste", we will use foods and flavors from the Bible to examine and explore our faith stories. Did you know that the Bible describes the manna from heaven that was given by God to the Children of Israel as having the taste of wafers and honey?

We offer Youth Bible Study every Wednesday night at 8pm. On May 6th at 8pm, a new series for Wednesday Night's Youth Bible Study will address *Dealing with Pressure and Change*. We will meet in the Teen Tabernacle. The first lesson will cover "The Pressure of School." Come and learn what God has to say about the place that you spend most of your day. POC: Rev. John McNeill, jmccneill@firstmountzionbc.org.

VACATION BIBLE SCHOOL (VBS)

REGISTRATION

Register for VBS in the narthex. Children, age 4-12th grade, are invited to learn ways to develop and strengthen *their Jesus Connection*. VBS will be held June 27th-30th; Mon-Wed, 8:00am-12:30pm & Thurs, 8:00am-2:00pm. Forms can also be downloaded at www.fmzbc.com and dropped off in the church office. **Volunteers are still needed; screening required.** POCs: Carmia Salcedo, 703-307-6296, vbsfmzbc@gmail.com & Terri Buck, 703-201-5517, fmzvbs2016@gmail.com.

CHILDREN'S CHURCH

Mercantile today during Children's Church. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile. POC: Judy Best, Mercantile Coordinator, (703) 670-0746, genesis04@msn.com.

ACADEMIC EDUCATION MINISTRY

The following Scholarships for 2016 Graduating High School Seniors are available in the Narthex by the mailboxes:

- Franklin Dunlap Memorial Scholarship.
- Jack and Jill of America, Incorporated. See application for requirements.
- The Delta Education and Public Service Foundation. Applicants must have at least a 2.8 GPA and must be a 2016 high school graduate from Prince William County schools; the city of Manassas; or the city of Manassas Park
- Northern VA Baptist Assn. Inc. Helen B. Webb Scholarship

All other pertinent information for the scholarships listed above are on the application.

NOMINATING COMMITTEE

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 (Deaconess, Deacon and Trustee). A nomination information package may be picked up at the leadership desk in the Narthex. The deadline for 2016 consideration is May 31. Nominations received after that date will be considered in 2017. Leadership Contacts: Deacon Robert Green, Deaconess Sharron Johnson, Trustee Jesse Citizen

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
REHEARSALS**

**WOMEN'S CHOIR
PRAISE TEAM**
Mon 25th; 7:00P
Tues 26th; 7:00p

MASS CHOIR
Thurs 28th; 7:30P

FIT BY GOD FITNESS COMPLEX

"Get Moving" Exercise Class: Low Impact exercise class. Great for seniors and beginners. Every Wednesday from 9:30 am to 10:30 am in the Fitness Center. Come exercise and fellowship!

LINE DANCING

Monday Nights at 7pm in the gym.

FMZ BASKETBALL

Saturday April 30th at 9am FMZ Team 1 vs. Harvest and at 12:50pm FMZBC Team 2 vs. Ice Cold in the Gymnasium. Concessions available in the Grain of Heaven. Come watch, fellowship and support our church teams. Go FMZBC!

Small Groups Ministry

Interest Based Small Groups Is Coming in September, 2016!!

Are you feeling the call to lead a FMZBC Interest Based Group based on your experience or profession? Leading a small group is not about being perfect, it's about serving others by giving them a place to connect and build relationships while we grow together in Jesus Christ. We need you to make this happen!! Training will be provided for all. A list of our 2016-2017 interest groups can be found at the leadership desk.

Come join us for the following interest based information sessions:

Tuesday, May 17th at 7:00PM
Tuesday, May 24th at 7:00PM
Saturday, May 28th at 9:00AM

If you are interested in leading one of the upcoming Alzheimer's Support Small Groups, the Alzheimer's Association® National Capital Area Chapter will provide free training to become a certified facilitator during the month of May. For more information regarding Small Groups, please contact: Stephanie M. Craddock, Small Groups Director at 703-670-0184 or Scraddock@firstmountzionbc.org.

PWC NAACP

The NAACP Education Committee is sponsoring a forum on "Closing the Achievement Gap" on April 28th from 7:00—8:30 pm at the Chinn Library in Woodbridge. Please come out and support this important effort.

SHARE REGISTRATION

The last day to register for May SHARE packages is Sunday, May 8. SHARE packages are \$22 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.