

ALZHEIMER'S CAREGIVER SUPPORT GROUP #1

SYNOPSIS

The Alzheimer's Association's Caregiver Support Group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. We help each other develop coping skills and encourage caregivers to maintain their personal, physical, and emotional health; as well as optimally care for the person with Alzheimer's disease and other dementias.

BOOK/STUDY GUIDE

The 36-Hour Day- Author: Nancy L. Mace and Peter V. Rabins & A Caregiver's Survival Guide – How to Stay Healthy When Your Loved One is Sick - Author: Kay Marshall Strom

MEETING DATE/TIME

2nd & 4th Wednesdays 11:00AM-1:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Rev. Cheryl McNeill Email:Beachblessed@aol.com and Andrew Walker Email:Andrew.walker55@verizon.net

ALZHEIMER'S CAREGIVER SUPPORT GROUP #2

SYNOPSIS

The Alzheimer's Association's Caregiver Support Group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. We help each other develop coping skills and encourage caregivers to maintain their personal, physical, and emotional health; as well as optimally care for the person with Alzheimer's disease and other dementias.

BOOK/STUDY GUIDE

The 36-Hour Day- Author: Nancy L. Mace and Peter V. Rabins & A Caregiver's Survival Guide – How to Stay Healthy When Your Loved One is Sick - Author: Kay Marshall Strom

MEETING DATE/TIME

2nd & 4th Tuesdays 7:30PM-9:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Carole Roney Email:Carolelroney@aol.com **and** Les Young Email:Lmycwo@aol.com

ALZHEIMER'S CAREGIVER SUPPORT GROUP #3

SYNOPSIS

The Alzheimer's Association's Caregiver Support Group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. We help each other develop coping skills and encourage caregivers to maintain their personal, physical, and emotional health; as well as optimally care for the person with Alzheimer's disease and other dementias.

BOOK/STUDY GUIDE

The 36-Hour Day- Author: Nancy L. Mace and Peter V. Rabins & A Caregiver's Survival Guide – How to Stay Healthy When Your Loved One is Sick - Author: Kay Marshall Strom

MEETING DATE/TIME

1st & 3rd Mondays 7:00PM-9:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Bella Fetters Email:fettersbd@comcast.com and Gordon Taylor Email:Taylor54gw@verizon.net

CELEBRATE RECOVERY - FALL 2017 GROUP LEADER SIGN-UP

SYNOPSIS

This group provides a safe place to address individual struggles in dealing with hurt, rejection, habits and hang-ups in the context of a Bible-based recovery program. The group offers an opportunity for members to find an Accountability Partner or Sponsor. Through prayer, devotionals, study, fellowship, sharing and outreach, we will support one another through our individual journeys. Intentionally leaning on God as we heal from our addictive, compulsive, dysfunctional, or self-destructive behaviors. The truth, strength, and freedom you will gain from this group will result in peace, serenity and joy in your lives as we strengthen our relationship with God, and one another. The Group Leader will follow Celebrate Recovery's "Small Group Guidelines."

BOOK/STUDY GUIDE

Celebrate Recovery Curriculum Author: Rick Warren and John Baker

MEETING DATE/TIME

TBD

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

TBD

END of LIFE CARE (EoLC)

SYNOPSIS

To provide First Mount Zion members and the community, informational resources and education to aide in the planning of End of Life Care decisions and requirements. This is a mature support group forum that provides a healthy, stress free environment to stimulate and engage in meaningful discussion to ensure that your desires for care are known and respected. The group supports and encourages one another through this very important journey of life (EoLC).

BOOK/STUDY GUIDE

Living in the power of the Holy Spirit Author: Charles Stanley

MEETING DATE/TIME

3rd Saturday of each month 3:00PM-5:00PM

LOCATION

Dumfries/Woodbridge - Various locations (Contact group leader for address)

GROUP LEADER/POC

Robert Stanley Email:robertstanley08@comcast.com

THE EAGLES (HEALTH AND NUTRITION)

SYNOPSIS

We are brothers and sisters in Christ with the goal of living well and walking in faith so we may be able to fulfill our God-given destiny and purpose in this world. 3John 1:2 Beloved, I wish above all things that you may prosper and be in good health, even as thy soul prospereth.

BOOK/STUDY GUIDE

Look Great, Feel Great; 12 Keys to Enjoying a Healthy Life Now - Author: Joyce Meyer

MEETING DATE/TIME

Last Saturday of each month 9:00AM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Dr. Stella Ford Email: mednegab@aol.com

FORGIVING AND MOVING ON

SYNOPSIS

Forgiveness is crucial to a person's healing process...but not always easy. It is God's heart that brings you into a place of full healing and freedom from past hurts, current struggles and anything that hinders you from experiencing the abundant life that God promises. He wants to restore your joy and peace. You are not alone. Come join us and allow this small group to help you focus on the future God has planned for your life as you find restoration through forgiveness.

BOOK/STUDY GUIDE

Forgiveness; Making Peace with the Past

MEETING DATE/TIME

9/29; 10/13; 10/27; 11/17; 12/8;12/22;1/12; 1/26 at 7:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Deborah McLaurin Email: dsm50mjm4@verizon.net and Jacquelyn Foy Email: foydoc@verizon.net

PROFESSIONAL WOMEN

SYNOPSIS

Professional Women's Small Group helps activate, connect and equip women in the workplace to fulfill their God-given passions, potential and purpose. The group meets to encourage and pray for one another, provide tools and discuss various topics that enable women in the workplace to lead from a Christ-centered perspective and see the work world through the lens of the gospel. The Professional Women's Small Group helps professional women to refresh and refuel.

BOOK/STUDY GUIDE

Propel Conversation Series One- Author: Christine Caine

MEETING DATE/TIME

1st Thursday of each month 7:30PM

LOCATION

Four Seasons -Dumfries (Contact Group Leader for details)

GROUP LEADER/POC

Pamela Sessoms Email: pamelasessoms50@gmail.com

RETIRE INSPIRED (RETIREMENT PLANNING)

SYNOPSIS

This small group is for those interested in creating a legacy and living the retirement YOU deserve. Owning your future starts with proper preparation. We will discuss retirement planning in a relaxed atmosphere where you can share your experiences, challenges, fears and goals. We will discuss financial principles along with biblical principles on this topic and learn how we can be better stewards of the resources that God has provided. At the end of the semester, you will leave with a tailored financial plan to ensure you are on the track to retire inspired. Whether you're twenty-five or fifty-five, you can start now!

BOOK/STUDY GUIDE

Saving your future (from Group Leader); Retire Inspired by Chris Hogan and The Power of Zero -
Author: David McKnight

MEETING DATE/TIME

9/26; 10/10; 10/17; 10/24; 11/7; 11/21; 12/5; 12/19 & 1/9 at 7:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Jonathan Wright Email: Jonathan.wright@dcwfg.com

MILITARY SERVICE MEMBER OUTREACH

SYNOPSIS

Provide outreach support to wounded warriors and active duty service members and families; support by serving meals, provide mentorship and other outreach projects as they become necessary.

BOOK/STUDY GUIDE

Battlefield of the Mind- Author: Joyce Meyer

MEETING DATE/TIME

3rd Sunday of each month 3:00PM

LOCATION

Alexandria (Contact group leader for address)

GROUP LEADER/POC

Dennis Rogers Email: rogersdeugene@aol.com

YOUNG ADULT PROFESSIONALS

SYNOPSIS

This group will equip young adult professionals to enhance their spiritual, professional and personal lives by accessing the power available to them through Jesus Christ and faith in the Word. Come Join Us!

BOOK/STUDY GUIDE

The Tongue: A Creative Force - Author: Charles Capps

MEETING DATE/TIME

1st and 3rd Thursdays of each month 7:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Gordon Taylor Email: taylor54gw@verizon.net

ASPIRING DISCIPLES OF CHRIST

SYNOPSIS

We are diligent seekers of God's Word with a desire to be a reflection of Christ. Join our group as we journey through the discipleship process designed to help each of us master life by developing personal, lifelong, obedient relationships with Jesus Christ.

BOOK/STUDY GUIDE

Master Life- Author: Avery T. Willis, Jr.

MEETING DATE/TIME

09/24 & 10/1 @10:00AM; 10/15 @ 11:00AM; 10/29 @10:00AM; 11/5, 11/19, 12/3, 12/17-10:00AM

LOCATION

Kick-off Meeting @ Montclair Community Library (Contact group leader location/address)

GROUP LEADERS/POC

Janice Pitts Email: Janice77xs7@yahoo.com and Stephen Terry Email:Stephen.terry8@yahoo.com

BASIC CHRISTIAN BELIEFS

SYNOPSIS

We are a group desiring to strengthen our Christian beliefs. Whether you are a new or old believer, you'll be provided practical applications to increase Christian growth from A to Z as you walk in your calling as disciples.

BOOK/STUDY GUIDE

Christian Growth from A to Z: A Practical Discipleship Manual for both New & Growing Christians

Author: Doug Lowery

MEETING DATE/TIME

2nd and 4th Sunday 3:00PM

LOCATION

Stafford (Contact group leader for address)

GROUP LEADER/POC

Randolph Hardy Email: randy_michele@verizon.net

HOW TO STUDY THE BIBLE

SYNOPSIS

The Bible is the source of all wisdom and life. Timeless in nature, it was written for our instruction, so that through the encouragement of the Scriptures, we might have hope. In this multilevel study, we will explore some of the great themes, characters and stories of each Bible book. Come and travel with us back to "The Beginning" of time as we explore the Scriptures in a way that will provide the framework for a deeper understanding and appreciation of the Word of God.

BOOK/STUDY GUIDE

Know Your Bible- Author: Ed Strauss

MEETING DATE/TIME

1st and 3rd Tuesdays of each month 11:00AM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Rev. Cheryl McNeill Email: Beachblessed@aol.com

STUDY TO SHOW THYSELF APPROVED

SYNOPSIS

We are First Mount Zion members of Triangle/Dumfries who welcome family, friends and visitors to fun, food and fellowship while we grow together in Christ and “Study to Show Thyself Approved”.

BOOK/STUDY GUIDE

8 Big Questions of Faith

MEETING DATE/TIME

Every 2nd Sunday 1:30PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Stacy Funches Email: Sfunches@hotmail.com

MATURING IN CHRIST

SYNOPSIS

We are a group with a goal to bring followers of Christ together to study the bible and books that help us grow and mature in our Christian walk. As we celebrate Jesus, we will encourage one another through fellowship and obeying the commands given in Hebrews 10:24-25

BOOK/STUDY GUIDE

Living the Christian Life 24/7

MEETING DATE/TIME

1st Monday of each month 7:00PM

LOCATION

Dumfries -Four Seasons (Contact group leader for address)

GROUP LEADER/POC

Maria Simpson Email: maria1723@verizon.net

BLESSED AND HIGHLY FAVORED

SYNOPSIS

The group meets bi-weekly for the purpose of studying various Christian books. A different book is selected each semester.

BOOK/STUDY GUIDE

1st & 2nd Chronicles

MEETING DATE/TIME

2nd & 4th Thursdays 7:00PM

LOCATION

Dumfries (Contact group leader for address)

GROUP LEADER/POC

LaTanya Sauls Email: lsauls1213@aol.com

BOD 4 GOD Losing to Live- JANUARY 2017 GROUP LEADER SIGN-UP

SYNOPSIS

Losing to Live is a faith based weight-loss competition. It has been created because it is so hard for people to lose weight on their own. But with God's help and the encouragement of a group of like-minded weight losers, anyone can become healthier and live a full rich life. Members are provided with the inspiration and information they need to lose weight. This competition offers participants an opportunity to lose weight in a fun and supportive environment. Join us. Be a loser and gain a new lease on life. With BOD 4 GOD, you can change your life forever by committing your body to God's Glory!! BOD 4 GOD weight loss support group is **LAUNCHING in January 2017!!**

BOOK/STUDY GUIDE

BOD 4 God Author: Steve Reynolds

MEETING DATE/TIME

TBD

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

TBD

CARPENTERS FOR CHRIST (BUILDING AND HOME REPAIR)

SYNOPSIS

Members seeking to build relationship through a common interest and skill in carpentry while helping others through home repair projects. Do you have a passion for improving your community through restorative home projects? Do you have an interest in partnering with a Christian organization that restores homes and provides affordable housing? The Group will learn and enhance carpentry skills alongside trade professionals and community volunteers through local home projects; area trade workshops, home shows, and home tours.

BOOK/STUDY GUIDE

Devotional reading for this group will be "Lessons from The Carpenter", An Apprentice Learns from Jesus
Author: H. Michael Brewer

MEETING DATE/TIME

Kick Off Meeting - Saturday, October 1, 2016 9:00AM (Contact group leader for subsequent meeting dates)

LOCATION

The Habitat for Humanity, 10159 Hastings Drive, Manassas, VA 20110

GROUP LEADER/POC

Renee Woolfolk Email: Rwoolfolk@firstmountzionbc.org

CHRISTIAN WARRIORS

SYNOPSIS

We are a group of Christians seeking to learn more about the Word of God through intentional study and praise.

BOOK/STUDY GUIDE

James: Living the Christian Life 24/7

MEETING DATE/TIME

Fridays - 10/14; 11/4 at 6:30PM (Contact group leader for subsequent dates)

LOCATION

Dumfries - IHOP

GROUP LEADER/POC

Lois Amiker Email: loisamiker00@yahoo.com

CIRCLING GOD'S WORD

SYNOPSIS

We are a group of compassionate and spiritually motivated body of believers in Jesus Christ. Our focus is to nurture, strengthen and grow a bold and mighty prayer circle through the study of God's Word, worship and fellowship topped off with a great meal!!
1Thessalonians 5:17

BOOK/STUDY GUIDE

God & Culture – Kingdom Living in Our Culture

MEETING DATE/TIME

2nd Friday of each month 7:00PM

LOCATION

Woodbridge (Contact group leader for address)

GROUP LEADER/POC

Thomas May Email: mayth@comcast.net

COMMON THREADS (SEWING)

SYNOPSIS

Come and fellowship with others who have a passion for sewing and creating something with their hands. Whether you are just picking up a needle for the first time or consider yourself an accomplished tailor, all are welcome!! At the end of the semester, some of the items we create will be donated to a worthy cause which will help those in our community who have a need. No Qualifications Needed, Just a willing Heart!!

BOOK/STUDY GUIDE

The Fitting Room- Author: Kelly Minter

MEETING DATE/TIME

2nd & 4th Saturday 10:00AM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Arnita Jordan Email: aspecialtouchbyarnita@gmail.com

DAUGHTERS OF THE KING BOOK CLUB

SYNOPSIS

We are a group of Christian women focusing on getting closer to God and His Word. Fellowship, food and fun are the highlight of our meetings along with God's Word in our hearts as we enjoy a meal at various restaurants. Hebrews 13:20-21

BOOK/STUDY GUIDE

God Loves Broken People (And Those Who Pretend They're Not) Author: Sheila Walsh

MEETING DATE/TIME

3rd Saturday of each month at 3:00PM

LOCATION

Woodbridge (Contact group leader for address)

GROUP LEADER/POC

Beverly Grant Email: Bhg135@hotmail.com

FEARLESS

SYNOPSIS

The group meets once a month to study books written by Christian authors. This semester the group will study a book written by Max Lucado. What is faith? Was not fear your default reaction to threats? Isaiah 12:2 Behold, God is my salvation; I will trust and not be afraid.

BOOK/STUDY GUIDE

Fearless- Author: Max Lucado

MEETING DATE/TIME

3rd Sunday of each month at 3:00PM

LOCATION

Woodbridge/Drumfires (Contact group leader for address)

GROUP LEADER/POC

Sheree Thomas Email: sthomas133@yahoo.com

GOD'S CULINARY SERVANTS (COOKING/BAKING)

SYNOPSIS

Anyone love to cook? Your culinary skill level doesn't matter! Join us as we fellowship, reveal the love of God and explore the nourishing goodness He's provided on this earth. We will share, gain knowledge and practice innovative ideas for preparing and serving food including learning about foods that are new to our palate. Our group will have guest speakers who will share their expertise on produce, various cuts of meats and much more!! We are guided by the Word of God found in John 14:13-14 and we will serve and bless those in need of sustenance with some of our meals. Bring your love of God's bounty to the table.

BOOK/STUDY GUIDE

Come to the Table- Author: Benita Long

MEETING DATE/TIME

Thursdays - 9/22; 10/6; 10/20; 11/3; 12/1; 12/15 & 1/26 at 7:00PM

LOCATION

Wegmans: Stonebridge Potomac Center, Woodbridge

GROUP LEADER/POC

Deborah Holley Email: postage2go@gmail.com

GOD'S KNOWLEDGE IS POWERFUL (GKIP)

SYNOPSIS

The goal for the group is to intentionally read/study biblically focused books that empowers each to gain greater knowledge of God's unending wisdom, love, kindness, and healing powers. Through fellowship and meetings, we will grow together in the Word of Jesus Christ. We will share His Good News.

BOOK/STUDY GUIDE

Five Things God Uses to Grow Your Faith- Author: Andy Stanley

MEETING DATE/TIME

2nd Sunday of each month - Immediately following 11:00AM Worship Service

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Blanche Robinson Email: Blanche525@me.com

HAMPTON WARRIORS

SYNOPSIS

The group meets twice a month for the purpose of studying various Christian books

BOOK/STUDY GUIDE

Stewardship: Living a life that Counts

MEETING DATE/TIME

1st & 3rd Saturdays of each month 3:00PM

LOCATION

Stafford - Hampton Oaks Community Center

GROUP LEADER/POC

Jeanette Jones Email: jflorenciajones1@gmail.com

HUNGRY FOR THE WORD

SYNOPSIS

We are a group of neighbors and servants of Jesus Christ that love to meet for the purpose of studying God's Word while we worship, fellowship and have a good meal. Psalm 34:8 Oh taste and see that the Lord is good.

BOOK/STUDY GUIDE

The Power of a Whisper- Author: Bill Hybels

MEETING DATE/TIME

3rd Sundays of the month at 3:00PM (Starting on 9/25)

LOCATION

Stafford (Contact group leader for address)

GROUP LEADER/POC

Kishema Tapp Email: kishema@msn.com

ISSUES OF LIFE

SYNOPSIS

The group meets twice a month to share and discuss current day issues/events that the world faces each day. And during this fellowship time together we seek to live a life that brings honor to our Lord Jesus Christ.

BOOK/STUDY GUIDE

Stewardship: Living a Life That Counts

MEETING DATE/TIME

2nd & 4th Thursdays at 7:00PM

LOCATION

Triangle (Contact group leader for address)

GROUP LEADER/POC

Monique Jackson Email: dbegining@aol.com **and** Juanita Jordan Email: jjordan@yahoo.com

LAKERIDGE PRAISERS

SYNOPSIS

The group meets once a month to intentionally read/study biblically focused books that empowers each to gain greater knowledge of God's unending wisdom, love, kindness, and healing powers. Through fellowship and meetings, we will grow together in the Word of Jesus Christ. We will share His Good News.

BOOK/STUDY GUIDE

Before Amen- Author: Max Lucado

MEETING DATE/TIME

3rd Saturday of each month 1:00PM

LOCATION

Woodbridge/Lakeridge (Contact group leader for address)

GROUP LEADER/POC

Sheila Williams Email: queenmother1957@comcast.net and Michael Boone Email: Mtboone23@gmail.com

PAR FOR THE COURSE (GOLFING)

SYNOPSIS

A group of devoted golfers who play most Saturday afternoons on the local golf courses while we fellowship and grow together in Christ. We also attend various golfing events and we meet often to EAT!

BOOK/STUDY GUIDE

1st & 2nd Chronicles

MEETING DATE/TIME

Saturdays - 9/24 (Kick-off and 10/22; 11/19; 12/17 & 1/21 10:00AM-12NOON

LOCATION

FMZBC and Various Golf Courses/Golf Events (Contact group leader for address)

GROUP LEADER/POC

James Foy Email: foyja@verizon.net

PASTOR'S SERMONS

SYNOPSIS

The group reviews selected online FMZ sermons, then later meet to share thoughts, insights, life experiences, and applications. By meeting with one another and sharing we strive to build new relationships, gain a deepen perspective of God's Word and Teachings, and share the Good News of the Gospel.

BOOK/STUDY GUIDE

Living in the power of the Holy Spirit Author: Charles Stanley

MEETING DATE/TIME

3rd Saturday of each month 3:00-5:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

SOUP TO NUTS (COOKING/BAKING)

SYNOPSIS

Soup to Nuts will enhance your everyday cooking experience. Explore new ingredients, enjoy tastings and learn from demonstrations. Learn to use old ingredients in new ways and use new cooking methods. This group will explore a little bit of everything...Soup to Nuts.

BOOK/STUDY GUIDE

Feasting on God's Word: From Frozen Food to Gourmet Banquet - Author: David Spriggs

MEETING DATE/TIME

Selected Thursdays 9/29; 10/13; 10/27; 11/10; 12/1; 12/15; 1/5; 1/19 at 6:30PM

LOCATION

Woodbridge (Contact group leader for address)

GROUP LEADER/POC

Tamitha Downey Email: chlesha@aol.com

WARRIORS OF LOVE

SYNOPSIS

The goal for this group is to intentionally read/study biblically focused books that empowers each to gain greater knowledge of God's wisdom, love, kindness and healing powers. Through fellowship and meetings, we will grow together in the Word of Jesus Christ. We will share His Good News.

BOOK/STUDY GUIDE

8 Big Questions of Faith

MEETING DATE/TIME

Every 4th Friday 7:00PM

LOCATION

Woodbridge (Contact group leader for address)

GROUP LEADER/POC

Sandy Kennedy Email:semkennedy@aim.com **and** Monica James Email: lilmojay@gmail.com

DIVERSE DISCIPLES OF CHRIST

SYNOPSIS

This diverse group of young disciples ranges from 1st to 11th graders. The group meets once a month, and is grouped according to their school grade levels and number of attendees. The group engages in selected Biblical based activities designed to represent Christ in a fun-filled atmosphere, while cultivating relationships outside of their normal school academics. Through various games, activities, and fellowship we are nurtured and loved in a Christ-like environment, and we have fun as we continue to grow to become young disciples of Christ.

BOOK/STUDY GUIDE

Various Biblical Based Studies

MEETING DATE/TIME

2nd Sunday of each month - Immediately following 11:00AM Worship Service

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Alonzo Wilson Email: alonzo.d.wilson@saic.com and Henry Walker Email: walkerhl@verizon.net

LIVING FOR CHRIST

SYNOPSIS

If you're like a lot of Christian teenagers, you want to passionately follow Jesus, lead a faith-filled life and trust God more. In other words, you want to live and reveal God's Kingdom in the ordinary, everyday moments of your life. So now you know what you want to do as a Christian, what does it look like and how can you do it? In this group, we will take a look at living for Christ through the lens of you, our youth! We will journey through daily activities and look at ways to reveal Christ.

BOOK/STUDY GUIDE

24/7 Living for God in Real Life - Author: Tim Levert

MEETING DATE/TIME

1st & 3rd Tuesdays of each month (1st meeting on 9/20) 7:00PM

LOCATION

First Mount Zion Baptist Church

GROUP LEADER/POC

Rev. Ernest Jones Email: ecjcpte@aol.com