

"I WAS SICK AND  
YE VISITED ME"

Our Known Sick and/  
or Shut-in Prayer List

Shirley Bridges[E3]  
Teresa Bridges [I]  
Bernice Bryant [Z]  
Jessica Butler [B]  
Terry Carey [F 1]  
Yvonne Carter [C 1]  
Charlie Clark [K 1]  
Curley Creamier [C 2]  
Fred Fortune [I]  
Samuel Graham [L 1]  
Edwin Green [M 3]  
Beulah (BJ) Harper [D 1]  
Celesta Hines [M 1]  
Cheryl Harris [D 1]  
Kenneth Irby [N]  
John W. Jones, Jr. [Z]  
Kizzie Lane [G 1]  
Thomas Maxey [G 2]  
Gwynne McCatharine [N]  
William C. McLeod [H 1]  
Ralph Minor [B]  
Suzette Montero [F 2]  
Jacqueline Peterson [E 3]  
Bertha Pickering [K 1]  
Essie Pullman [Z]  
Daniel Russell [M 3]  
Katherine Stevens [D 1]  
Myrtle Stith [K 4]  
Haywood Thomas [D 4]  
Ronald Thomas [K 3]  
Sheree Thomas [F 2]  
Cynthia Walker [Z]  
Timothy Willis [J 2]  
Clyde Wimbush [N]

**GRAIN OF HEAVEN**

Sausage biscuits, chicken biscuits, scrambled eggs, potatoes, seasonal fruits, assorted pastries.



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**This Week at a Glance & Activities**

**BIBLE STUDY:**

Join us as we continue our study of God's Love Languages: Ch 8 "Learning to speak a new dialect of love". Wednesday's midday at 11:30 am and evening at 8:00 pm.

**ACADEMIC EDUCATION MINISTRY (AEM)**

The Academic Education Ministry will be hosting a Parent/Student Workshop, Tuesday, March 26, 2019 at 7 pm in the Lecture Hall. The workshop will be geared toward College Planning, the importance of students getting off to an early start and strategies on how to get into college and graduate DEBT FREE. Students grades 8 thru 12 and their parents are encouraged to attend. Signups for this workshop will be held in the Narthex on March 10th, 17th, and 24th. POC: Kim Crawford [nmrcrawford@gmail.com](mailto:nmrcrawford@gmail.com) or by phone at 571-315-9995.

**Attention Organizations with Scholarships available for 2019:** If you would like to announce your 2019 Scholarships at First Mount Zion, please submit your information to the Academic Education Ministry at [AEM@FirstMountZionBC.org](mailto:AEM@FirstMountZionBC.org).

**REMINDER!! FMZBC SCHOLARSHIP APPLICATIONS ARE DUE BY 5:00 PM, MONDAY APRIL 15, 2019**

The following scholarships are available on the table in the Hallway next to the Book Store.

- The Gene K. Bryson Memorial Scholarship
- Franklin Dunlap Memorial Scholarship
- Alpha Phi Alpha Fraternity, Inc. Xi Alpha Lambda Chapter Ira Dorsey Scholarship
- VA Advisory Council on Military Education Scholarship
- Women in Community Action (WICA)
- Phi Beta Sigma Fraternity, Inc. Omicron Zeta Sigma Chapter Blue Wellness Foundation Scholarship
- VA Advisory Council on Military Education Scholarship
- PWC Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Scholarship
- George M. Hampton Foundation Scholarship
- National Coalition of 100 Black Women, Inc., PWC Chapter

**CHILDREN'S CHURCH**

If you are interested in serving with the Children's Ministry - Kids Kingdom, which runs from September-June, we encourage you to be part of our ministry by sharing your giftedness. Sign up in the narthex **TODAY** after 11 am worship service.

Kids Kingdom provides children (pre K - 5th grade) a place where kids are taught about their royalty in Christ Jesus. This is a wonderful opportunity for children to worship in a safe, age appropriate, and fun environment.

Children's Church Guidelines:  
Nursery - 12 months - 3 years  
Children's Church - 3 years (potty trained) and up.

POC: Michelle Wallace at [ChildrensMinistry@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

**YOUTH MINISTRY**

**Youth (Middle School) Lock-in Sign-ups:** Register today, after both services, at the Youth Ministry table for the **2019 Youth (Middle School) Lock-in**. We anticipate a joyful experience through this year's theme: "A Teen After God's Own Heart." The Lock-in will begin Friday, March 22nd (5pm) and conclude Saturday, March 23rd (9:30am). There will be fun, fellowship and exciting sessions that you have chosen. **There is no cost but you must register.**

**Save the Date: April 26-27**

Youth High School Retreat  
POC: Rev. McNeill at [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).

**YOUTH MINISTRY MISSION TRIP**

**(9<sup>th</sup> - 12<sup>th</sup> Grade Members Only) to Arcadia, CA:** On Monday, July 22<sup>th</sup> to Friday, July 26<sup>th</sup>, the Youth Ministry members will serve in California. **Youth and Chaperone participant** applications will be available Sunday, March 10th. POC: J. McNeill, [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).

**SINGLE'S MINISTRY**

**Singles Ministry Cafe' on Saturday, March 16th at 10 am - 12 pm - Topic: "Let's get acquainted with good food and good fun"**

**62<sup>ND</sup> ANNUAL USHER DAY**

The Usher's Ministry of First Mount Zion Baptist Church cordially invites you to join us as we celebrate our 62nd Annual Usher's Day on Sunday, March 17, 2019 from 2:30 -3:30 pm. The theme for this year's occasion is "Service With a Smile" taken from Ephesians 6:7.

We are hopeful your calendar will permit your attendance as our ushers give thanks to God for allowing us to serve the body of Christ as door-keepers another year. The FMZ Men's Choir will minister to us in song and praise for this special service. A Light meal will be served for our guests in the Grain of Heaven following the service.

**Today, Mar 10**

Music ~ Women's Choir  
Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A ; Associate Ministers 1P; Diverse Disciples of Christ Youth SGM 1P; God's Knowledge is Powerful SGM 1P; The Smart Step Family SGM (offsite) 1:30P

**Monday, Mar 11**

AEM Tutorial 7P; Benevolence Committee 7P; Bod 4 God SGM 7P; Journey to Joy/GriefShare 7P

**Tuesday, Mar 12**

Noon Day Prayer 12P; Alzheimer's Caregiver Support SGM 7P; Deaf Ministry 7P; Financial Freedom for Millennials SGM 7P; Freedom SGM 7P; Mary Elizabeth Ministry 7P; Pi LMBDA Lambda OPPF 7P; Retire Inspired SGM 7P; Toastmasters 7P; Men's Choir 7:30P

**Wednesday, Mar 13**

Alzheimer's Caregiver Support SGM1 (offsite) 11A; Midday Bible Study 11:30A; Praise & Worship 7:30P; Bible Study 8P

**Thursday, Mar 24**

Celebrate Recovery SGM 7P; Divorce Care SGM 7P; Jewels Choir 7P; Pastor's Aide Ministry 7P; Voices of Zion 7P; Men's Ministry Monthly Meeting 7:30P; Trustee HR/Admin Committee

**Friday, Mar 15**

No Activities Scheduled;

**Saturday, Mar 16**

A Page At A Time Scrap Booking SGM 9A; Delta Sigma Theta Etiquette Workshop 9A; School of Ushering 9A; SHARE Distribution 9A; The Eagles Health and Nutrition SGM 9A; Volunteer Screening 9A; Flower Ministry 10A; Pi Lambda Lambda OPPF 10A; Mary Elizabeth Ministry 11A; New Members Orientation Class 11A; Junior Ushers 11:30A; Women Unfolding Our Divine Destiny SGM (offsite) 12P; Kingdom Living in Our Culture SGM (offsite) 1P.

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  
MARCH  
REHEARSALS**

**Mass Choir  
Thurs 21 7P**

**Combined Choir  
Tues 26 7P  
Thurs 28 7P**

**Men's Choir  
Tues 12, 19 7P**

**Voices of Zion  
Thurs 14 7P**

**Jewels Choir  
Thurs 14 7P**

**GRIEFSHARE**

FMZBC's Grief Support Ministry, **Journey to Joy** will host our fourth **Grief-Share** session, a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This program runs February 11 thru May 20, 2019 from 7-9 pm. GriefShare is a **free** facilitator designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. Join us on Monday evening! **We know it hurts and we want to help and provide encouragement after the death and separation of a loved one.**

**ZONE M2  
MEET AND GREET**

Your M2 Servant Leaders will be hosting a meet and greet in the narthex **TODAY** after both services. This will be an opportunity for us all to take a little time to meet and or greet one another.

**HEALTH MINISTRY**

Are you looking to serve quietly? The Health Ministry needs volunteers who are lay persons, health professionals, and nurses to serve the congregation during both services as well as other church events. The ministry is also in need of wheelchairs. Contact us at: [healthministry@firstmountzionbc.org](mailto:healthministry@firstmountzionbc.org) for more information.

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will conduct training and interviews on Saturday, March 16th beginning promptly at 9:00 am. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. You may contact Cynthia Zorn Pettigrew at 703 -730-5227 or Clarice Torian at 703-730-6353 if you have questions.

**EMPLOYMENT OPPORTUNITY**

MITRE Corporation Is Hiring 9th and 10th Grade Students For A STEM Research & Development Internship...Apply Today at:  
<https://mitre.referrals.selectminds.com/jobs/technical-aide-summer-high-school-4775?et=A37AjFb3>

**MONEY SMART MINISTRY(MSM)**

**SAVE THE DATE**

The next upcoming workshop will be held on Saturday, March 30, 2019 from 9-11 am on the Topic: **"Starting and Growing Your Small Business"**. You will learn how to start your small business; the benefits of owning your own small business; the pros and cons of being a business owner; the tax benefits of being a business owner; and finally how to improve and grow your current small business. We have a dynamic speaker lined up to share a wealth of information with you. Come out and learn what the Bible says about this topic. Mark your calendar. Sign up will be held after the both services starting March 17th in the narthex or you can email the ministry at [mon-eysmart@firstmountzionbc.org](mailto:mon-eysmart@firstmountzionbc.org). Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmartMinistry/> to receive valuable information on this and other topics.

**VBS VOLUNTEERS NEEDED**

Volunteers are needed to join Team VBS 2019. Through **Whoosh: Take Flight to Where God Leads You, Hebrews 11:8**, children will discover with NEW eyes, a GREAT and AWESOME God and be DELIGHTED to realize how VALUABLE they are in Jesus Christ! Join us **June 24<sup>th</sup> - 28<sup>th</sup>, 8 a.m. to 12:30 p.m.** to make Vacation Bible School 2019 a success. Sign up in the narthex or contact Carmia Salcedo (703-307-6296) or Kim Nelson (202-520-8016) at [vbs@firstmountzionbc.org](mailto:vbs@firstmountzionbc.org). **Volunteer screening is mandatory;** attend March 16<sup>th</sup>, April 27<sup>th</sup> or May 18<sup>th</sup>. Student signup begins May 1<sup>st</sup>.

**SHARE DISTRIBUTION**

March SHARE packages will be distributed on Saturday, March 16th from 9 -10am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**C.O.R.E.**

Join The C.O.R.E on **Thursday, March 14, 2019** at FMZBC, 7 pm, for **The Ministry of Life**, a monthly Young Adult Spiritual Growth Session. The Ministry of Life (held every 2nd Thursday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. Childcare and personal prayer are also provided! This month's topic: "Dialogue about Devotional Life" with Rev. John McNeill.