

*Welcome to  
First Mount Zion's*

*2019*

*2nd Semester  
Spring Groups*

FIRST MOUNT ZION

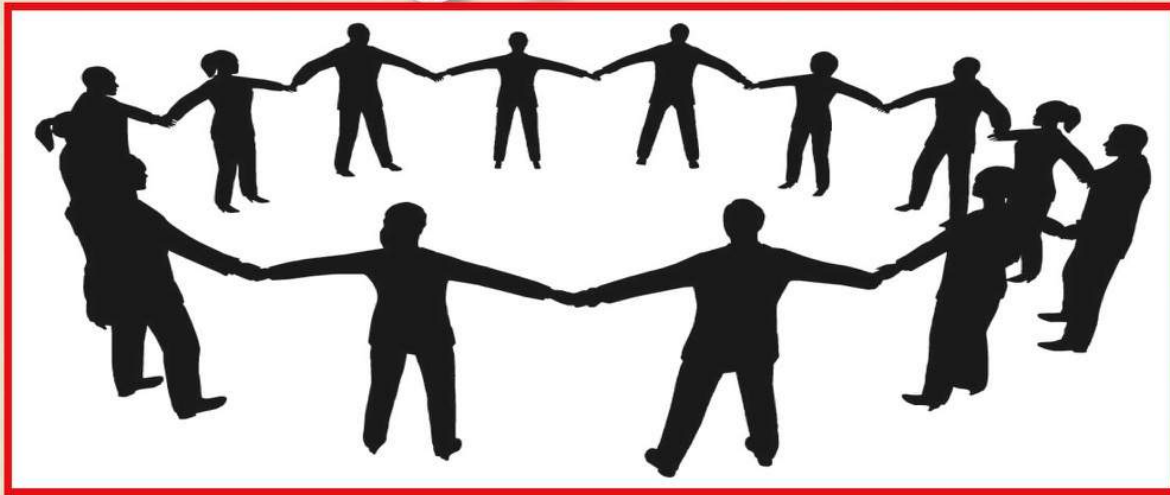
Interest Based  
Small Groups

**Discipleship Category**



FIRST MOUNT ZION  
Interest Based Small Groups

*Circling God's Word*



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

**EVERY** 2<sup>nd</sup> Friday

**7:00PM Woodbridge**

Contact Group Leader for Address:

Thomas May: [mayth@comcast.net](mailto:mayth@comcast.net)

Loretta Archie: [loretta.archie@verizon.net](mailto:loretta.archie@verizon.net)



FIRST MOUNT ZION  
Interest Based Small Groups

# Diverse Disciples of Christ Youth Group



*Becoming Our Lord's Disciples*

Our youth group is designed to represent Christ in a fun-filled atmosphere while cultivating relationships outside of their school academics. Through various activities and fellowship we are nurtured and loved in a Christ-like environment, and we have fun as we continue to grow to become our Lord's Disciples.

**EVERY** 2<sup>nd</sup> Sunday

Immediately following the 11:00AM service (at FMZ)

Contact Group Leader(s):

Deacon Alonzo Wilson: [Loniwilbu@gmail.com](mailto:Loniwilbu@gmail.com)

Deacon Henry Walker: [walkerhl@verizon.net](mailto:walkerhl@verizon.net)



FIRST MOUNT ZION  
Interest Based Small Groups

# *Fearless*

This group meets once a month to study books written by christian authors. This semester, the group will study a book written by John Ortberg. Peter may have been the first one out of the boat but Jesus' invitation to walk on water is for you as well. Do you know Him as never before? **Face Your Fears**, the Master of the sea is waiting for you.

**EVERY** 3<sup>rd</sup> Sunday 3:00PM

**Woodbridge/Dumfries**

Contact Group Leader for Address:

Deacon Michell Clark: michellc278@verizon.net

Deaconess Doris Sessoms: sessomsda@verizon.net

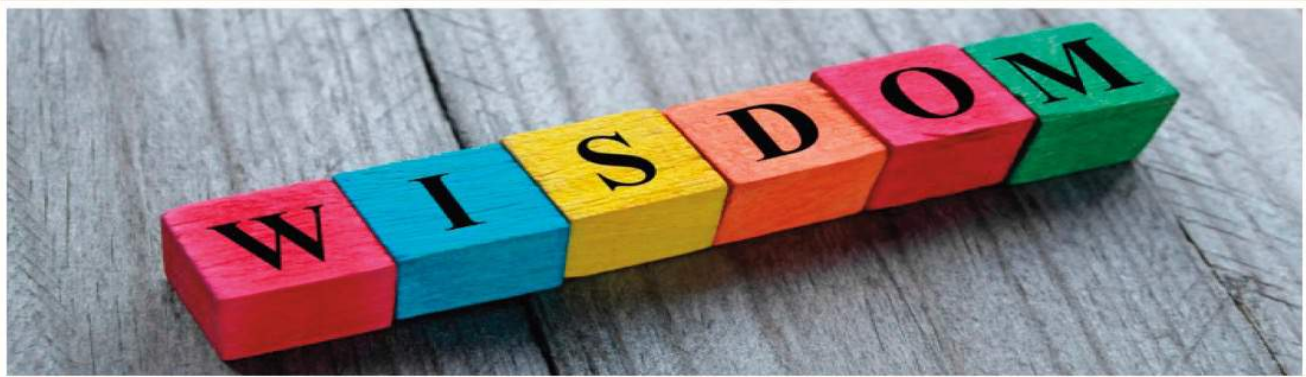
Deaconess Adrienne Little: littletwo3@verizon.net

Shirley Watson: Swatson4011@hotmail.com



FIRST MOUNT ZION  
Interest Based Small Groups

**God's Knowledge is Powerful  
(GKIP)**



God has his own language and it is not English, it is Knowledge. The goal for our small 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. This semester, we will learn how to unplug, unwind and unleash ourselves from the pressures of stress as we study the book **OVER LOAD** by Joyce Meyer.

**EVERY** 2<sup>nd</sup> Sunday

Immediately following the 11:00AM service (at FMZ)

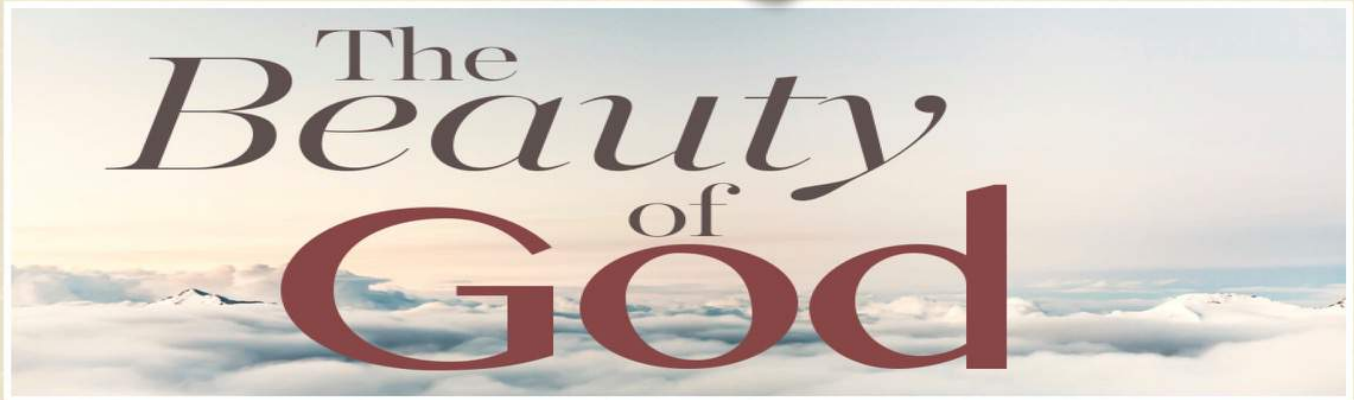
Contact Group Leader(s):

Demetria Cobb: demetlc12@gmail.com



FIRST MOUNT ZION  
Interest Based Small Groups

# How to Study the Bible



The bible is the source of all wisdom and life. Timeless in nature, it was written for our instruction, so through the encouragement of the scriptures, we might have hope. **In this group**, 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 a deeper understanding and appreciation of the Word.

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday

**11:00 AM (at FMZ)**

Contact Group Leader:

Rev. Cheryl McNeill: [Beachblessed@aol.com](mailto:Beachblessed@aol.com)



FIRST MOUNT ZION  
Interest Based Small Groups

HUNGRY  
FOR THE  
WORD



We are a group of 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. Oh taste and see that the LORD is GOOD. [Psalm 34:8](#)

**EVERY 3<sup>rd</sup> Sunday**

**3:00PM Stafford**

Contact Group Leader for Address:  
Kishema Tapp: [Kishema@msn.com](mailto:Kishema@msn.com)



FIRST MOUNT ZION  
Interest Based Small Groups

**"Maturing in Christ"**



We are a group with a goal to bring followers of Christ together to study the Word 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.

**EVERY** 1<sup>st</sup> Monday



**7:00PM Four Seasons (Dumfries)**

Contact Group Leader(s):

Maria Simpson: maria1723@verizon.net

Edna Simmons: edna875@yahoo.com



FIRST MOUNT ZION  
Interest Based Small Groups

**STUDY TO SHOW THYSELF  
APPROVED**



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

**EVERY 3<sup>rd</sup> Sunday**  
**1:30PM Triangle/Dumfries**

Contact Group Leader for Address:  
Deacon Furnace Barnes: [Fbarnes723@gmail.com](mailto:Fbarnes723@gmail.com)  
Deaconess Ivery Barnes: [ivery.barnes@aol.com](mailto:ivery.barnes@aol.com)



**New**

FIRST MOUNT ZION

Interest Based Small Groups

## L.O.L (Living Out Loud) Youth Small Group



Learning, Growing and Soaring as we are Living Out Loud for God (In Real Life).

We will have fun through special events and projects as well as navigate through spiritual, social and emotional issues we face as youth.

**EVERY** 2<sup>nd</sup> Sunday

Immediately following the 11:00AM  
service (at FMZ)

Contact Group Leader for Meeting Calendar:  
Naquisha Seals: [n\\_seals5@yahoo.com](mailto:n_seals5@yahoo.com)



**New**

FIRST MOUNT ZION

Interest Based Small Groups

*Kingdom Living in Our Culture*



Come help us build the Kingdom on the firm foundation of God's Word. Through wisdom, understanding, faith, love and according to the Power that works in you, you can change your life, your community and the world We'd love to have you join us!

**EVERY** 3<sup>rd</sup> Saturday 1:00PM

**Woodbridge/Dumfries**

Contact Group Leader for Address:

Deacon Robert Stanley: [Robertstanley4730@gmail.com](mailto:Robertstanley4730@gmail.com)

Deacon Marvin Watson: [Madimo\\_1927@verizon.net](mailto:Madimo_1927@verizon.net)

Deaconess Andrea Bryson: [Amelb184@verizon.net](mailto:Amelb184@verizon.net)



FIRST MOUNT ZION  
Interest Based Small Groups

## CHRISTIAN WARRIORS



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

**MONTHLY** Friday Meetings  
6:30PM Woodbridge/Dumfries

Contact Group Leader for Calendar:  
Lois Amiker: [lois.amiker@usmc.mil](mailto:lois.amiker@usmc.mil)



FIRST MOUNT ZION  
Interest Based Small Groups

## **Warriors of Love**



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

**EVERY** 4<sup>th</sup> Friday

**7:00PM Woodbridge**

Contact Group Leader for Meeting Calendar:

Lorraine Crumity: [Ladycrumity@gmail.com](mailto:Ladycrumity@gmail.com)

Sandy Kennedy: [Semkenedy@aim.com](mailto:Semkenedy@aim.com)



FIRST MOUNT ZION

Interest Based  
Small Groups

**Shared Interest  
Group Category**



FIRST MOUNT ZION  
Interest Based Small Groups

**"A Page at a Time"  
Scrapbooking Group**



Do you have boxes of photographs just waiting to reflect a story chapter by chapter? Are you Interested in organizing memories of the past, celebrating highlights of your life or do you want to preserve the story of your family? This **Scrapbooking Small Group** is for you! Be creative and preserve the moments worth sharing, remembering and cherishing of how God has blessed you and your family "A Page at a Time".

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Saturday  
**9:00AM (at FMZ)**

Contact Group Leader:

Victoria Cole-Rolon: Colerova@gmail.com



FIRST MOUNT ZION  
Interest Based Small Groups

**Blessed and Highly Favored**



This group meets bi-weekly for the purpose of studying various Christian books. Our ultimate goal is to know His will, walk in obedience, and for you to experience His highest blessings as your own.

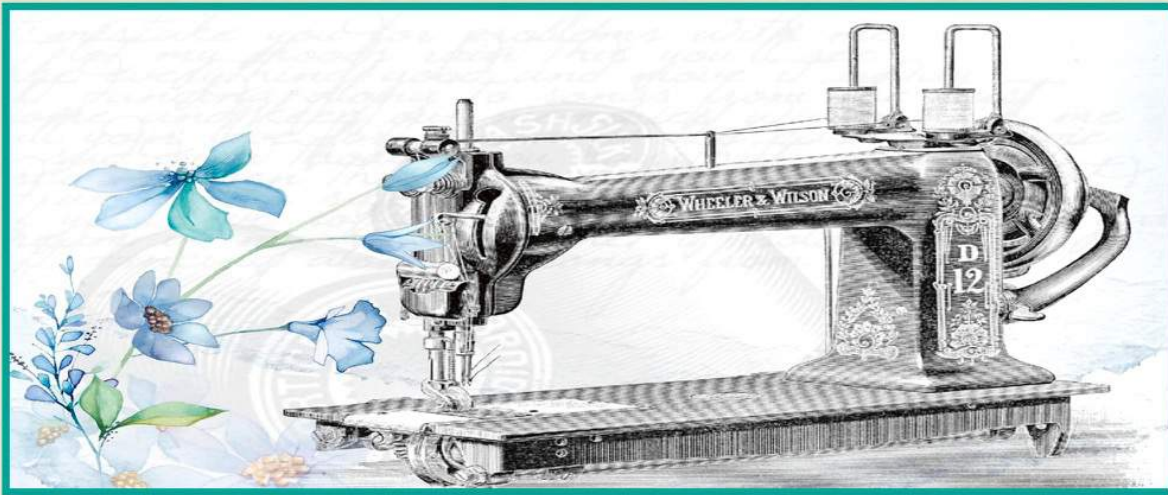
**MONTHLY** Last Thursday  
**7:00PM Dumfries**

Contact Group Leader for Address:  
Haywood Thomas: Haywoodt1956@gmail.com



FIRST MOUNT ZION  
Interest Based Small Groups

**Common Threads Sewing Group**



**Come and fellowship with others who have a passion for sewing and creating something with their hands. All are welcome!! No qualifications needed, just a willing heart! At the end of the semester, some of your creations will be donated to a worthy cause.**

**EVERY 2<sup>nd</sup> & 4<sup>th</sup> Saturday**

**10:00AM (at FMZ)**

Contact Group Leader:

Arnita Jordan: [Commonthreadssewingministry@gmail.com](mailto:Commonthreadssewingministry@gmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups

**Inspirational Journey Study Group**



This Small Group gathers to study various Christian books. This semester focuses on how our faith and spiritual maturity is about allowing our pain and problems to be used by God to create and build perseverance within us.

**EVERY 3<sup>rd</sup> Sunday**

**3:00PM Stafford**

Contact Group Leader for Address:

Vicky Sinkler: Sinkler610@gmail.com

Janice Bonapart: annsfinest2001@yahoo.com



FIRST MOUNT ZION  
Interest Based Small Groups

## The Eagles Health & Nutrition



This group will discuss topics such as blood pressure, diabetes, kidney function, blood sugar, A1C glycemic index, carbs, protein, fat and much more! Our goal is to live a healthy lifestyle so we may be able to fulfill our God given destiny and purpose in this world.

3 John 1:2 Beloved, I wish above all things that you may prosper and be in good health, even as thy soul prospereth.

**MONTHLY** Saturday Meetings  
**9:00AM (at FMZ)**

Contact Group Leader for Meeting Calendar:  
Tony Ford: [Acerpraises@yahoo.com](mailto:Acerpraises@yahoo.com)



FIRST MOUNT ZION  
Interest Based Small Groups

**Where is God in the Movie?**



You are invited to join us for an evening at the **Cinema!** We will gather together for food, fun, laughter and conversation as we watch a **variety** of movies. Regardless of the type of movie, God is everywhere! Let us explore together and ask the question, Where is God in the Movie? 18 Yrs. & older.

**EVERY** 1<sup>st</sup> Friday

**7:00PM (FMZ Lecture Hall)**

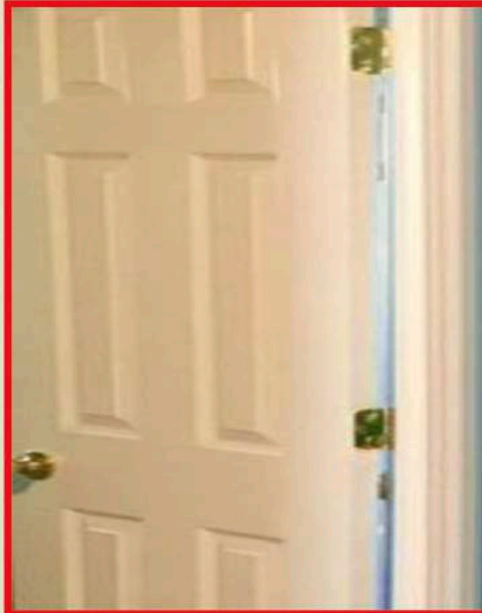
Contact Group Leader:

Rev. Maxine Thompson: [Mthompson@firstmountzionbc.org](mailto:Mthompson@firstmountzionbc.org)



**New**

FIRST MOUNT ZION  
Interest Based Small Groups



**A.S.K.**

*Ask*  
IT SHALL BE GIVEN

*Seek*  
YE SHALL FIND

*Knock*  
IT SHALL BE OPENED  
MATHEW 7:7

**A.S.K.** is a Intercessory Prayer Small Group designed to assist any believer whether experienced or new in prayer, to grow in developing a vibrant, enjoyable and powerful prayer life. We will come together to learn about prayer and intercede for each other, friends, family, the lost and many pertinent issues surrounding us. Ask, Seek, Knock and wait for God to open the door. Matthew 7:7

**EVERY** 2<sup>nd</sup> Thursday

**7:00 PM (at FMZ)**

Contact Group Leader(s):

Deacon Michael Nelson: [Nelsonmlee@comcast.net](mailto:Nelsonmlee@comcast.net)



FIRST MOUNT ZION  
Interest Based Small Groups

**CARPENTERS  
FOR CHRIST**

Connect through a common interest in carpentry, while enhancing your skills through local projects, area workshops and much more...

**ALL SKILLS ARE  
WELCOME!**

**EVERY**

**1<sup>st</sup> Friday – 7:00PM (at FMZ and Offsite)**

Contact Group Leader:

Everett Griggs Email: [e13griggs@aol.com](mailto:e13griggs@aol.com)





FIRST MOUNT ZION  
Interest Based Small Groups

*Daughters*  
*of the* **KING**   
**FRIENDS WITH A CAUSE**

Together, we are inspiring women for a life of faith and service to champion a greater cause. By serving others, we allow God to develop our compassion for those in need while it also helps to form us spiritually. Our outreach projects will be posted and open for anyone who desires to join us to make a difference!

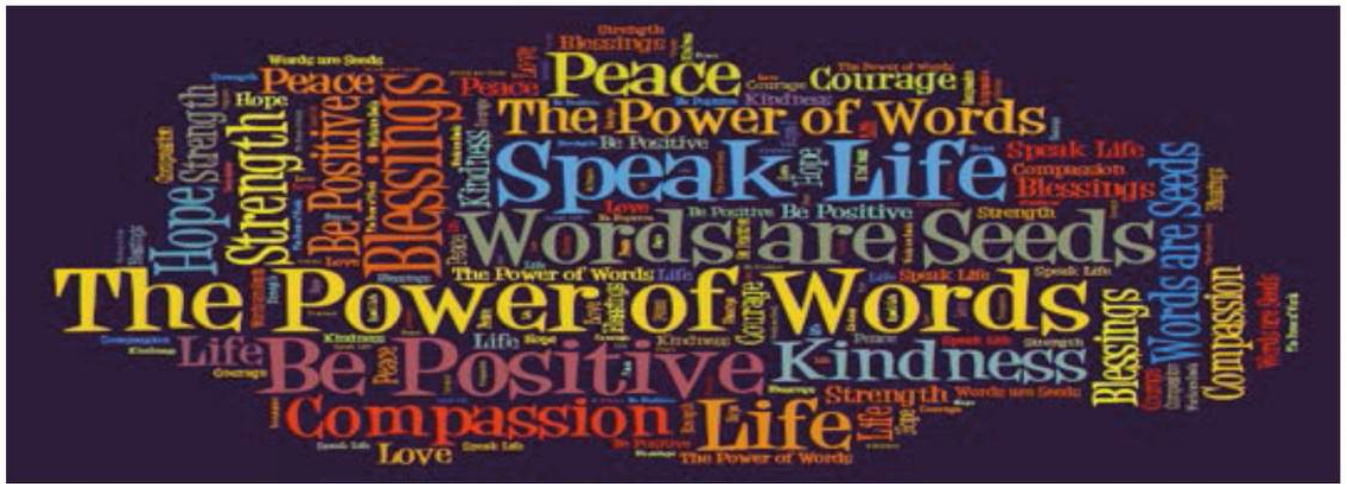
**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Saturday  
**10:00AM (at FMZ & Offsite)**

See Group Leader for Calendar:  
Beverly H. Grant: [bhg135@hotmail.com](mailto:bhg135@hotmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups

**OUR WORDS HAVE POWER**



The words you speak will either put you over in life or hold you in bondage. Many people have been held captive in their own circumstances by their own words. This group will equip individuals to enhance their spiritual, professional and personal lives. Learn to speak His faith-filled words to your situation and see your life transformed.

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Thursday

**7:00PM (at FMZ)**

Contact Group Leaders(s):

Gordon Taylor: [taylor54w@verizon.net](mailto:taylor54w@verizon.net)



**New**

FIRST MOUNT ZION  
Interest Based Small Groups

## **Not By Bread Alone Baking**



Whether you are a skilled baker or just want to start learning the art of preparing breads and other baked goods, join our group that gives honor to God for providing all of the various grains available to us today. We shall collaborate on exciting ways to prepare them in sweet and savory recipes. Perhaps some of our results will help feed the homeless in shelters throughout PWC. Matthew 4:4

**VARIOUS** Thursdays

**7:00PM (Dumfries)**

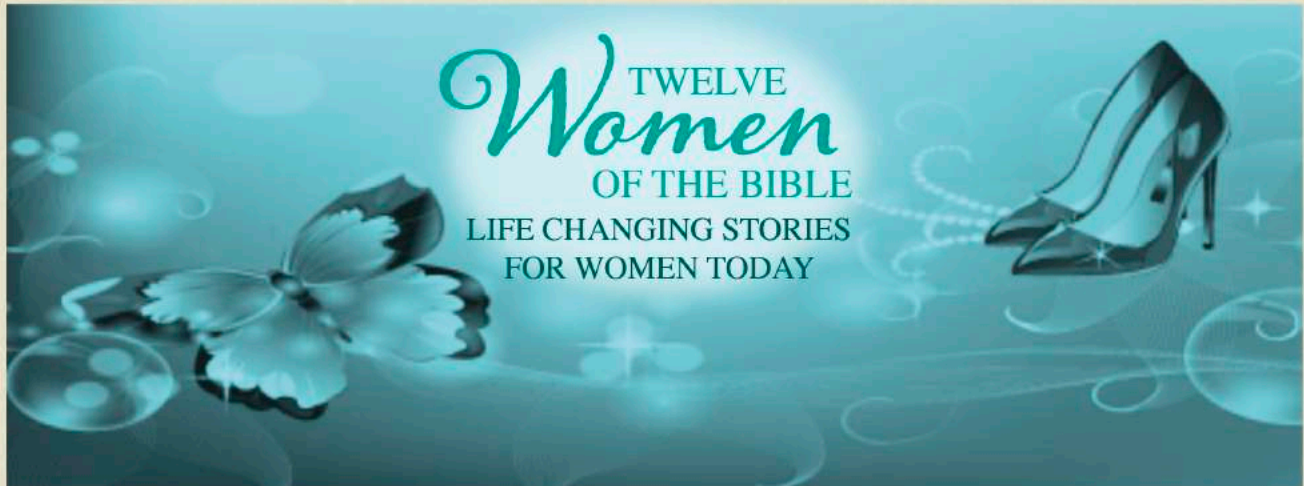
Contact Group Leader for Address and Calendar:  
Deborah Holley: [Postage2go@gmail.com](mailto:Postage2go@gmail.com)



**New**

FIRST MOUNT ZION  
Interest Based Small Groups

**Women Unfolding Our Divine Destiny**



As women unfolding and growing in our God designed destinies, we will journey together through the women's video-based devotional study entitled, *"Twelve Women of the Bible: Life Changing Stories for Today."* Through our small group, we who are women of divine purpose, will connect our stories with the stories of women in the Bible, to be encouraged; to be inspired; to be equipped and to be empowered as women living and walking out our faith-journey.

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Saturday

**12:00PM (Stafford/Fredericksburg)**

Contact Group Leader for Address:

Rev. Deloris Brown: Maid4God@yahoo.com



FIRST MOUNT ZION

Interest Based  
Small Groups

**Support  
Group Category**



FIRST MOUNT ZION  
Interest Based Small Groups



Alzheimer's



Our support groups are designed to provide emotional, educational and social support to 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.

**GROUP 1**

**EVERY 2<sup>nd</sup> & 4<sup>th</sup> Wednesday**

**11:00 AM (Greenfield Senior Living, Stafford)**

Contact Group Leader(s):

Deacon Andrew Walker: [Andrew.walker55@verizon.net](mailto:Andrew.walker55@verizon.net)

Rev. Cheryl McNeill: [Beachblessed@aol.com](mailto:Beachblessed@aol.com)



FIRST MOUNT ZION  
Interest Based Small Groups



Our support groups are designed to provide emotional, educational and social support to 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.

**GROUP 2**

**EVERY 2<sup>nd</sup> & 4<sup>th</sup> Tuesday**

**7:00PM (at FMZ)**

Contact Group Leader(s):

Deaconess Carole Roney: [Carolearoney@aol.com](mailto:Carolearoney@aol.com)

Les Young: [Lmycwo@aol.com](mailto:Lmycwo@aol.com)



FIRST MOUNT ZION  
Interest Based Small Groups



Our support groups are designed to provide emotional, educational and social support to 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.

**GROUP 3**

**EVERY 1<sup>st</sup> & 3<sup>rd</sup> Monday**

**7:00PM (at FMZ)**

Contact Group Leader(s):

Deaconess Bella Fetters: [fettersbd@comcast.net](mailto:fettersbd@comcast.net)

Gordon Taylor: [Taylor54gw@verizon.net](mailto:Taylor54gw@verizon.net)



FIRST MOUNT ZION  
Interest Based Small Groups

**4BOD4GOD**



**BOD4GOD** is a faith based **12 week** weight-loss Small Group. Members are provided with the inspiration and information they need to lose weight. This Small Group offers participants an opportunity to lose weight in a fun and supportive environment. With **BOD4GOD**, you can change your life forever by committing your body to God's Glory!  
**\$30 registration - includes book & t-shirt.**

**EVERY** Monday 7:00PM (at FMZ)  
**Multiple Groups**

Contact Small Group Director:

Stephanie M. Craddock: [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)



FIRST MOUNT ZION  
Interest Based Small Groups



**Celebrate Recovery** is a Christ-centered program based on the eight principles from the Beatitudes. **Celebrate Recovery** is a safe place that will lead us to freedom as we address our struggles with our hurts, addictive and compulsive behaviors, hang-ups and issues of life that hinder our walk with God. Confidentiality is key and group discussions are designed to be gender-specific.

**SELECTED** Thursdays 7:00PM (at FMZ)

Contact Group Leader for Meeting Calendar:

Rev. Tarra Taylor: [larcenataylor@gmail.com](mailto:larcenataylor@gmail.com)

Bro. Stacy Funches: [sfunches@hotmail.com](mailto:sfunches@hotmail.com)

Sherry Johnson: [sdjohnson2509@gmail.com](mailto:sdjohnson2509@gmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups



What does Christian dating look like in the eyes of God? If you are single, dating, looking for marriage, engaged, or single again, join us! This group provides a space and place to hear and openly discuss resources that will guide you to establish relationship goals while learning how to build healthy relationships God's way.

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Monday  
7:00PM (at FMZ)

Contact Group Leader:

Melanie Thompson: [melt4life@gmail.com](mailto:melt4life@gmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups

## Civilian & Military Outreach



This group provides outreach support to civilians, wounded warriors, active duty service members and their families. They provide mentorship, feed and serve meals, and support outreach projects all aimed at meeting the diverse needs of the people they serve. No act of kindness, no matter how small, is ever wasted. You are welcome to join!

**EVERY 3<sup>rd</sup> Sunday**  
**2:00PM Woodbridge**

Contact Group Leader for address:

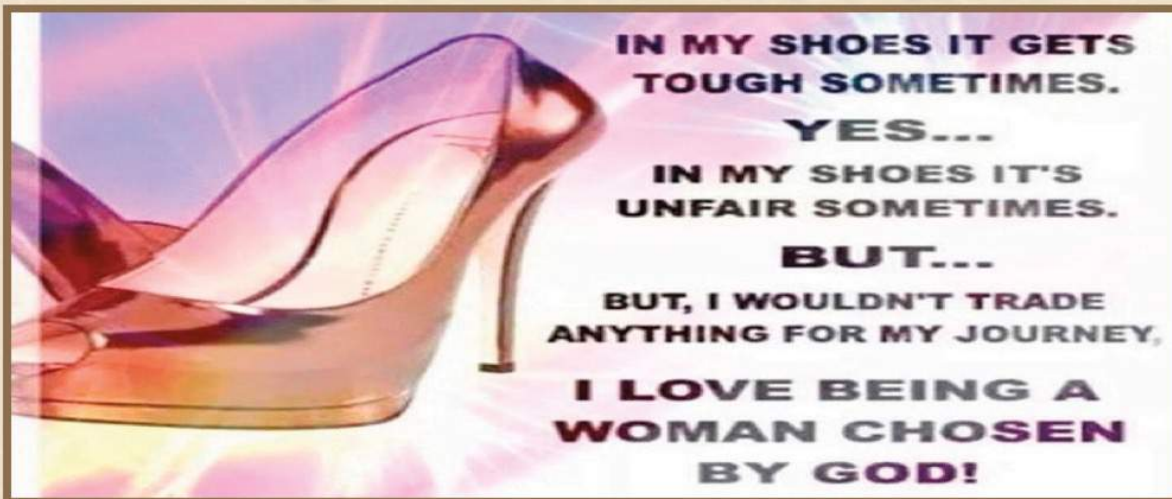
Dexter Hudson Email: [dexterwhudson@gmail.com](mailto:dexterwhudson@gmail.com)

Khethiwe Hudson Email: [khetha1741@gmail.com](mailto:khetha1741@gmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups

## Professional Women



This group connects and equip women in the workplace to fulfill their God-given passions, potential and purpose. We encourage and pray for one another, provide tools and discuss topics that enable women in the workplace to lead from a Christ-centered prospective and see the work world through the lens of the gospel.

**EVERY** 1<sup>st</sup> Thursday & 1<sup>st</sup> Friday

**7:30PM Four Seasons – Dumfries**

Contact Group Leader for Address:

Pamela Sessoms: [Pamelasessoms50@gmail.com](mailto:Pamelasessoms50@gmail.com)



FIRST MOUNT ZION  
Interest Based Small Groups

Retire the "Wright Way"  
Financial Planning Group



This small group is for those interested in creating a legacy and living the retirement **YOU** deserve. This takes proper preparation. We will discuss retirement planning along with biblical principles. At the end of the semester, you will leave with a tailored financial plan to ensure you are on the track to retire inspired.

**VARIOUS** Tuesdays  
7:00PM (at FMZ)

Contact Group Leader for Meeting Calendar:  
Jonathan Wright: [Jonathan.wright@dcwfg.com](mailto:Jonathan.wright@dcwfg.com)



**New**

FIRST MOUNT ZION

Interest Based Small Groups

# FREEDOM

**The Freedom Group** 12 week curriculum is designed to equip you to live the victorious and abundant life Christ came to give you. Freedom Groups build on the foundation of your faith in Christ as it relates to your world view, your past, your sin, your personal value to God and your purpose in His Kingdom. This group will help you remove every obstacle to intimacy with God and walk in **True Freedom**.

**SELECTED** Tuesdays

**Meetings 7:00PM (at FMZ)**

Contact Group Leader for Calendar:

Kathy Russell (Minister in Training):

[Kathyrussell2017@outlook.com](mailto:Kathyrussell2017@outlook.com)



FIRST MOUNT ZION  
Interest Based Small Groups

## \$ Financial Freedom for Millennials



The small group is for young adults interested in learning how money works and becoming financially independent. Owning your future starts with proper preparation. We will discuss investing, insurance, tax advantages, budgeting, saving and proper planning. Come join us and share your experiences, challenges, fears and goals.

**EVERY** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday

**7:00PM (at FMZ)**

Contact Group Leader for Meeting Calendar:  
Jonathan Wright: [Jonathan.wright@dcwfg.com](mailto:Jonathan.wright@dcwfg.com)







**New**

FIRST MOUNT ZION

Interest Based Small Groups

**DIVORCE** *Care*<sup>®</sup>

DivorceCare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Unless you've been there, it is hard to understand the hurt that comes from **separation** and **divorce**. This Small Group offers the support you need and information you can trust. Our Small Group is led by people who have been through separation/divorce and are successfully rebuilding their lives. Find help and healing. Join us! Don't go through this time alone.

**EVERY** 2<sup>nd</sup> & 4<sup>th</sup> Thursday

**7:00PM (at FMZ)**

Contact Group Leader for information:

Trena Moore: [Trenamoore2@yahoo.com](mailto:Trenamoore2@yahoo.com)

Kimberly Johnson: [mskim01@comcast.net](mailto:mskim01@comcast.net)



*Have  
a blessed  
2nd  
Semester*