

A serene sunset scene over a calm body of water. The sky is filled with vibrant orange and red clouds, transitioning to a deep blue at the top. The sun is low on the horizon, casting a warm glow across the water and the silhouettes of trees in the background. The overall mood is peaceful and contemplative.

*FMZBC Leadership are available in  
the Chapel every Sunday immediately  
after worship services for anyone  
who desires prayer.*

*Therefore confess your sins to each other and pray  
for each other so that you may be healed.  
The prayer of a righteous person is powerful and effective.*

*James 5:16*

Have you ever thought about working for the Church? Consider the following FMZBC job vacancies:

- V.O.Z. CHOIR DIRECTOR
- RECEPTIONIST

Job announcements available online at:  
[fmzbc.com](http://fmzbc.com)

Send resume to:  
[employment@firstmountzionbc.org](mailto:employment@firstmountzionbc.org)



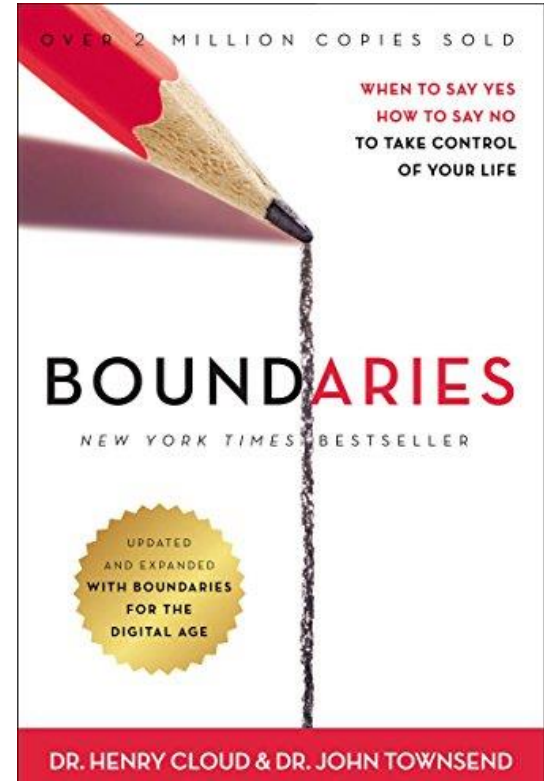
# **SINGLES MINISTRY** **Monthly Meeting**

**Tues, May 28<sup>th</sup> at 7pm**

**TOPIC: “BOUNDARIES-  
TAKING CONTROL OF  
YOUR LIFE” PART 2**

**HOPE TO SEE YOU  
THERE!**

**POC: REV. MAXINE THOMPSON**  
**[MTHOMPSON@FIRSTMOUNTZIONBC.ORG](mailto:MTHOMPSON@FIRSTMOUNTZIONBC.ORG)**



**JOIN US FOR WEDNESDAY  
EVENING WORSHIP**

**MAY 29TH**

**NO BIBLE STUDY  
MAY 29TH**

# BIG THINGS HAPPEN IN SMALL GROUPS

**Tuesday, May 28th**

<b>Alzheimer's Support Group 2</b>	<b>FMZBC</b>	<b>7:00PM</b>
<b>Financial Freedom for Millennials</b>	<b>FMZBC</b>	<b>7:00PM</b>
<b>Retire Inspired Financial Planning</b>	<b>FMZBC</b>	<b>7:00PM</b>

# BIG THINGS HAPPEN IN SMALL GROUPS

**Thursday, May 30th**

**Celebrate Recovery**

**FMZBC**

**7:30PM**

**Saturday, June 1st**

**A Page at a Time Scrapbooking**

**FMZBC**

**9:00AM**

**Daughters of the King**

**FMZBC**

**10:00AM**





**C.O.R.E PRESENTS A NIGHT AT TOP GOLF**  
**MAY 31, 2019 7:30 PM**  
**6625 S VAN DORN ST.**  
**ALEXANDRIA VA 22315**

If you would like to carpool or have any other specific questions please contact us via email at [TheCore@firstmountzionbc.org](mailto:TheCore@firstmountzionbc.org)

**SINGLES MINISTRY**  
**Monthly Bowling Event Saturday,**  
**June 1<sup>st</sup> at 2pm**  
**Bowl America, Woodbridge, VA**

**Come out and join in the fun!**

**We look forward to seeing you!!**

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







# Youth Basketball Skills Camp with Coach Bobby Brooks

**Saturdays**

**9 am – 10:30 am**

**June 1<sup>st</sup> – June 29<sup>th</sup>**

**(8-12 yrs. old co-ed)**

**Sign up Today!**

# ZONE K5 MEMBERS

JOIN US FOR AN  
*INSPIRATIONAL JOURNEY*  
SUNDAY DINNER  
AT THE  
GREAT AMERICAN BUFFET  
CARL D. SILVER PARKWAY, FREDERICKSBURG, VA

June 2, 2019, 3:00 PM



*Fellowship and Fun!*

*Expect lots of food and  
dessert options.*



# SENIORS MINISTRY

JOIN US

**WED. JUNE 5, 2019**

**12:00-2:00 PM**

**FOOD, FELLOWSHIP, FUN!**

**ALL SENIORS 55+**

**GUEST SPEAKER WILL BE:**

**REV. MAXINE THOMPSON**

- POC: Co-Directors, Mary Melton/Shirley Hardy
- [seniorsministry@firstmountzionbc.org](mailto:seniorsministry@firstmountzionbc.org)

# Where is God in the Movie?

## Interest Based Small Group



**Every 1st Friday (Adults)**

**Next Movie Date: Friday, June 7th -7PM**

**FMZ Lecture Hall**

**JOIN US**

**JOIN US**

# GOD

**IS SUFFICIENT**

**Women's Ministry**

**June 8, 2019**

**9am-11am**

**Speaker: Reverend Tarra Taylor**



# Men's Ministry Annual Cookout

- **When: Saturday, June 8<sup>th</sup> - 11:00am - 2:00pm**
- **Where: First Mount Zion Baptist Church**
- **Who: ALL MEN...Young & Older!!**

**Games...Fellowship...Laughs...  
GOOD EATING!!!**



***Sign up in the Narthex..TODAY!***



# Young Adult Retreat Presented By The CORE

June 13<sup>th</sup> – June 15<sup>th</sup>

Eagle Eyrie Baptist Conference Center  
Lynchburg, VA

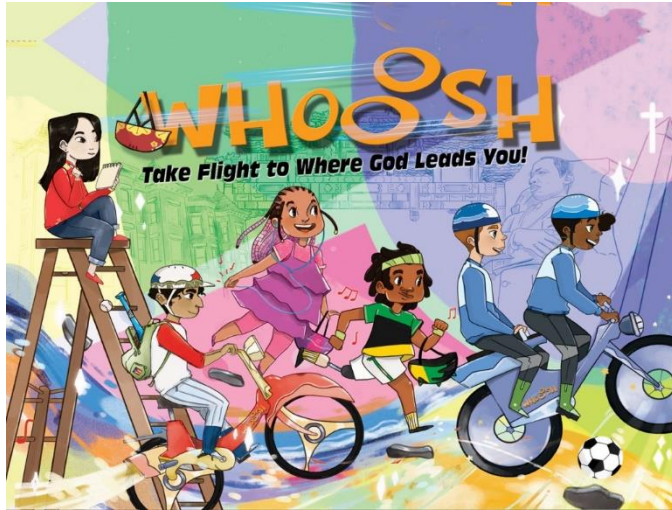
Registration/More info available  
after service in the Narthex or via email at

[TheCore@FirstMountZionBC.org](mailto:TheCore@FirstMountZionBC.org)



# **VBS Registration is OPEN**

## **Online ONLY**



**June 24<sup>th</sup> - 28<sup>th</sup>**

**8:00am - 12:30pm**

**Age 4 - 12<sup>th</sup> grade**

**Stop by the table in the narthex  
for information or assistance**



American  
Red Cross

Why be ordinary?

Be Extraordinary.  
Donate Blood.

**SAVE A LIFE!  
HELP FMZBC  
EXCEED THE BLOOD  
DONATION GOAL  
FROM LAST YEAR!**

**FMZBC 17<sup>th</sup> ANNUAL BLOOD DRIVE**

**DATE: SUNDAY, JULY 14, 2019 (2nd SUNDAY)**

**SPONSORED BY: HEALTH AND SINGLE'S MINISTRIES**

**SIGN-UP: IN THE NARTHEX AFTER 8AM & 11AM  
SERVICE**

**YOU CAN DONATE IF YOU:**

- HAVE HIGH BLOOD PRESSURE**
- HAVE DIABETES**
- HAVE SICKLE CELL OR SICKLE CELL TRAIT**



**Service Project**

# Operation Wishlist

**supporting**



**PICK UP A FLYER AT VBS TABLE OR  
LEADERSHIP DESK IN NARTHEX**



FMZBC 2019 THEME

LIVING IN GOD'S

*Assurance*

Isaiah 41:10