

"I WAS SICK AND  
YE VISITED ME"

This Week at a Glance & Activities

Our Known Sick and/  
or Shut-in Prayer List

Lisa Adams [J1]  
Shirley Bridges [E3]  
Teresa Bridges [I]  
Shirley Burton [D2]  
Jessica Butler [B]  
Terry Carey [F1]  
Queen Carroll [G2]  
Yvonne Carter [C1]  
Charlie Clark [K1]  
Earnest Edwards [C1]  
Fred Fortune [I]  
Samuel Graham [L1]  
Edwin Green [M3]  
Beulah (B.J.) Harper [D1]  
Cheryl Harris [D1]  
Kenneth Irby [N]  
John W. Jones, Jr. [Z]  
Kizzie Lane [G1]  
Gwynne McCatharine [N]  
William C. McLeod [H1]  
Ralph Minor [B]  
Suzette Montero [F2]  
Bertha Pickering [K1]  
Essie Pullman [Z]  
Katherine Stevens [D1]  
Myrtle Stith [K4]  
Haywood Thomas [D4]  
Ronald Thomas [K3]  
Sheree Thomas [F2]  
Cynthia Walker [Z]  
Sheila West [K5]  
Timothy Willis [J2]  
Clyde Wimbush [N]

GRAIN OF HEAVEN

CONTINENTAL



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**Today, Aug 4**

Music ~ Mass Choir; Sunday  
School 7A; Worship Service 8A;  
Sunday School 9:45A;  
Juvenile Detention 10A;  
Salvation Station 10:45A;  
Worship Service 11A

**Monday, Aug 5**

Revival 7:30P

**Tuesday, Aug 6**

Revival 7:30P

**Wednesday, Aug 7**

Revival 7:30P

**Thursday, Aug 8**

Revival 7:30P

**Friday, Aug 9**

Revival 7:30P

**Saturday, Aug 10**

Women's Choir Ensemble 10:30.

2020 BUDGET REQUESTS

The Trustee Finance (Budget) Committee is preparing for the 2020 Budget. All Budget submissions must be submitted on the correct form and approved by the appropriate oversight ministry. Please ensure appropriate justification for submission is provided to ensure approval. **All submissions are due to the CBA by August 21, 2019.** The Trustee Ministry will present the 2020 Budget for Church approval at the December 7, 2019 Church Meeting. Contact Trustees Oscar Dailey, Maxine DuFore or Leslie Gerald with any questions. Oversight Ministries are noted on the reverse side of the Budget Submission Form. **NOTE: ANY EXCEPTIONS MUST BE COMMUNICATED TO THE TRUSTEE FINANCE (BUDGET) COMMITTEE PRIOR TO THE DUE DATE ALONG WITH JUSTIFICATION.**

MEN'S MINISTRY

**ATTENTION ALL MEN!** The time to register for the 2019 Men's Conference is **NOW!!!** Our Conference on September 14th is a one-day experience for every man who faces the daily demands of life, work, family, and friends to show courage in spirituality. Register **TODAY** at the table in the Narthex. The cost is only \$50 to hear relevant speaking topics, high-energy worship, and awesome food – this one-of-a-kind conference will truly be an experience to remember! We look forward to seeing you Kingdom Men of God. Iron Sharpening Iron (Prov. 7:17). For further information contact Bro. Mark Jessup, [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

CHILDREN'S MINISTRY

**Mercantile** - Coming 3rd Sun, **August 18th**, during Kid's Kingdom - Salvation Station. 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](mailto:genesis04@msn.com).

Graduation for **Children's Ministry Preteen Class** (entering 6th grade in 2019) will be held on 4th Sunday, **August 25th**, during Kid's Kingdom - Salvation Station in the Lecture Hall, 2nd Floor. All preteen class members planning to participate in this special recognition program must notify Ben Duckenfield, Salvation Station Director, [bd4fmzbcchurch@gmail.com](mailto:bd4fmzbcchurch@gmail.com) or 540-467-1380, or Judy Best, [genesis04@msn.com](mailto:genesis04@msn.com) or 703-670-0746 by August 18th.

2019 REVIVAL

Sunday, August 4: Dr. Dorothy Watson-Tatem, Next Step Associates, LLC

Monday & Tuesday, August 5 & 6: The Rev. Canon Leonard Hamlin, Washington National Cathedral, Washington, DC

Wednesday-Friday, August 7-9: Rev. William H. Lamar IV, Pastor, Metropolitan AME Church, Washington, DC

**Devotion Schedule**

Monday – Women's Choir  
Devotions – Women's Ministry

Tuesday – Men's Choir  
Devotions – Men's Ministry

Wednesday – Voices of Zion  
Devotions – Youth Ministry

Thursday – Young Adult Ensemble  
Devotions – Pastor's Aide Ministry

Friday – Combined Choir  
Devotions – Associate Ministers

**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  
AUG  
ENSEMBLE  
REHEARSALS**

**MEN'S CHOIR**  
Tues. Aug 14 @ 7:30P  
Tues. Aug 21 @ 7:30P

**WOMEN'S CHOIR**  
Sat. Aug 10 @ 10:30A  
Tues. Aug 26 @ 7P

**MASS CHOIR**  
Tues. Aug 13,20 @ 7:30P

**VOICES OF ZION**  
Thurs. Aug 15 @ 7P

**CAPAC**

Students 6th -12th grades are invited to join us for Dr. Chelsey Green and The Green Project's Violin Masterclass on Saturday, September 7th, 10am -12pm. For more information on both activities, visit our website at [www.capacweb.org](http://www.capacweb.org) or call 703 441-2479.

On Saturday, September 7th, at 1 pm, the Creative and Performing Arts Center (CAPAC) will present Jazz in the Park at the Mary Louise Jackson Amphitheater at the Northern Virginia Community College Manassas Campus. Jazz musician Marcus Johnson is our featured headliner, and other musical acts include Dave Bach, Chelsey Green and the Rahmat Shabazz Trio. In addition to music, this event will include food trucks and vendors. Tickets are \$40 and available at [www.jazzintheparkpwc.org](http://www.jazzintheparkpwc.org).

**ATTENTION GOLFERS**

The FMZBC 23rd Annual Golf Classic \will be held on Monday, September 16th at Old Hickory Golf Club in Woodbridge, Va. The cost per player is \$100.00. You can play, be a sponsor, or just buy a golf shirt. Please sign up in the narthex after service. POC: Al Shelton (703) 969-5910.

**SHARE REGISTRATION**

The last day to register for the August SHARE packages is August 11th. SHARE packages are \$23 for food valued between \$35.00 and \$45.00. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**FREE BREAKFAST AND LUNCH**

The PWC Community Foundation Inc. and 501©(3) nonprofit organization has partnered with the PWC Schools to provide free meals for local children through August 23<sup>rd</sup> for 18 years and younger. There is no requirements other than to show up . Breakfast and or Lunch are offered in three locations: Adventureland – Hylton Boys and Girls Club, 5070 Dale Blvd (Breakfast 7:30-8:00), Competitive Edge Athletic Performance Center, 14849 Persistence Drive Woodbridge (Breakfast 8:30-9:00a; Lunch 11:30-12:30) and PWC Fire and Rescue Fire Station, 3800 Graham Park Road, Triangle, Breakfast 8:45 to 10:30 am; Lunch from 12:30 to 1:45 pm.

**SMALL GROUPS MINISTRY**

**WOULD YOU LIKE TO START A  
NEW  
INTEREST BASED SMALL GROUP?**

**I'd like to hear from YOU!!**

**POC: Stephanie Craddock,  
Small Groups Director  
[Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)  
or  
(703) 670-0184**

**ZONES K2 & N BREAKFAST  
FELLOWSHIP**

Join us on August 10th, in the Hampton Oaks Community Center (at 9:30am) for our annual back-to-school breakfast fellowship. The fellowship is a potluck where we will pray for our students, fellowship with each other, and of course eat some great food. Contact your zone leaders to sign up and/or for more details.