

"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 (BJ) 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]  
Veronica Montgomery [D4]  
Bertha Pickering [K1]  
Essie Pullman [Z]  
Katherine Stevens [D1]  
Myrtle Stith [K4]  
Haywood Thomas [D4]  
Ronald Thomas [K3]  
Ronald Thompson [G2]  
Sheree Thomas [F2]  
Cynthia Walker [Z]  
Sheila West [K5]  
Timothy Willis [J2]  
Clyde Wimbush [N]

### GRAIN OF HEAVEN

CONTINENTAL



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### Today, Sep 1

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

### Monday, Sep 2

Labor Day - Church Office Closed

### Tuesday, Sep 3

Noon Day Prayer 12P; Deacon Executive Committee Meeting 7P; Mary Elizabeth Ministry 7P; Usher Ministry 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Trustee Executive Board Meeting 7:30P

### Wednesday, Sep 4

Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

### Thursday, Sep 5

Jewels Choir 7P; Voices of Zion 7P; Women's Ministry Meeting 7P; Deaconess Executive Team Meeting 7:30P

### Friday, Sep 6

Youth First Friday 7P;

### Saturday, Sep 7

Spiritual Gifts Workshop 8:30A; Small Groups Leaders Training - Fall Semester 9A; Singles Ministry 2P (offsite).

### GRIEF SUPPORT MINISTRY

FMZBC's Grief Support Ministry, **Journey to Joy**, will host **GriefShare**, a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This 13-week program runs September 10 thru December 16, 2019, from 7:00-9:00 pm. GriefShare is a free facilitator designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. **We know it hurts and we want to help and provide encouragement after the death of a loved one.**

### SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry's 3rd quarter workshop will be held on Saturday, September 7th from 8:30 am - 12 noon. It's not too late in the year to come and receive your Spiritual Gifts assessment and learn more about how God is gifting you for service. Register for the workshop at [SPIRITUALGifts@firstmountzionbc.org](mailto:SPIRITUALGifts@firstmountzionbc.org). Please note that the final day to register is Wednesday, September 4th. We look forward to seeing you.

### DEAF MINISTRY MEETING

Welcome back from your summer respite. As a reminder, we will be meeting Tuesday, September 10<sup>th</sup> at 7 pm. Join us; your active participation in service to Him through this ministry would be a blessing to us and to you. "Living in His Assurance."

### SHARE REGISTRATION

The last day to register for September SHARE packages is September 8th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

### CHRISTIAN FELLOWSHIP BOWLING LEAGUE

Seeking bowlers for Christian Fellowship League in Woodbridge. If you are interested in bowling in the Fall League, please contact Deacon Willie Grinkley at 571-409-2827.

### LINE DANCING

Monday nights, 7pm to 8:30pm, in the gymnasium for the month of September. Free to all members of the church. Come dance and fellowship!

### 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.

### SENIORS MINISTRY

The Seniors Ministry will resume on September 11, 2019 from 12:00-2:00 pm. Seniors 55 and older are welcome to join us in the Grain of Heaven for food, fun and fellowship. POC: Shirley Hardy, 703-459-4321.

### CHILDREN'S MINISTRY

**Children's Church Kids Kingdom Meeting on September 10, 2019 (Tuesday) at 7:00 pm.** This meeting is for all Children's Church volunteers (to include teen volunteers).

Children's Church provides children (pre-K - 5th grade) an opportunity to worship and learn about Jesus Christ 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.

If you are interested in serving with Children's Church, which runs from September-June, we encourage you to be part of our ministry by sharing your giftedness.

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

### WOMEN'S MINISTRY FELLOWSHIP

Greeting Sisters! You are invited to join us for our monthly fellowship on September 14, 2019 from 9-11:00 am. Our guest speakers will be Associate Minister, Rev. Sharon Wallace, Deaconess Claudia Woolfolk, and Sis. Kimberly Johnson. They will be sharing words of encouragement on the topic "**Living a Christian Life as a Woman of God**". (Proverbs 31: 10-31) Please come and fellowship with us and bring a friend. POC: WM Director, Veronica D. Hackett, [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org).

### Singles Ministry Monthly Bowling Event

Saturday, September 7th at 2:00 pm - Bowl America, 13409 Occoquan Road, Woodbridge, VA. Come out and join in the fun. We look forward to seeing you there. POC: Rev. Maxine Thompson, [singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org).

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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  
SEPTEMBER  
REHEARSALS**

**WOMEN'S CHOIR**  
Tues. Sep 3, 7P

**MEN'S CHOIR**  
Tues. Sep 10, 17, 7:30P

**VOICES OF ZION**  
Thurs. 5, 12, 7P

**JEWELS**  
Thurs. 5, 12, 7P

**COMBINED CHOIR**  
Tues. 24, 7:30P  
Thurs. 26, 7:30P

**MASS CHOIR**  
Thurs. 19, 7:30P  
Mon. 30, 7:30P

**DANCE MINISTRY**  
Tues. 3, 7P  
Sat. 7, 10A

**MONEY SMART MINISTRY (MSM)**

**SAVE THE DATE -**

**October 5, 9-11 am**

**Understanding & Planning for  
Funeral Services**

The Money Smart Ministry's next session is on an important topic that impacts every family. Our guest speaker will be Malcolm Oliver Ames, CFSP of Ames Funeral Home, Inc. in Manassas, VA. He will present information on funeral arrangements, funeral services, and much more. Our very own Money Smart Ministry Leader, Jonathan Wright - Financial Coach, will provide information on the financial aspects of planning and the various insurance options that are available. Please sign up after both services on September 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> in the narthex or email, [mysmart@firstmountzionbc.org](mailto:mysmart@firstmountzionbc.org).

Also "Like" us on Facebook at <https://www.facebook.com/FMZBCMoneysmartministry/> to receive information about this workshop, money tips, and inspiring quotes and scriptures about money matters.

**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**

**PROVERBS PLACE CHILDCARE  
CENTER**

**NOW ENROLLING**

Proverbs Place Childcare Center is a high quality faith based childcare and learning facility for children 12 months through pre-kindergarten. **\$50 Regular Registration – Hurry – space is limited!** Call today for an appointment to tour our classes (703) 565-5062. Hours of Operation – Monday thru Friday 6:00am – 6:30pm. Additional information can be found at [www.proverbsplace.net](http://www.proverbsplace.net).

**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. 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).

**WOMEN IN COMMUNITY ACTION (WICA)**

WICA is planning its 26<sup>th</sup> Debutante Ball. All young ladies who are high school juniors and seniors are invited to the Kick-off meeting which will be held on Sunday, September 29, 2019 at 2 pm at Mount Zion Baptist Church, 18410 Chapel Drive, Triangle, VA. WICA's debutante ball program consists of fun and educational activities leading up to the Ball. The beautiful debutantes will make their debut in March 2020 at the formal Debutante Ball. Parents are welcome to come also and learn about our Debutante Ball Program. For more information, please contact our Debutante Ball Chairman at 571-345-5515 or any WICA member.