

"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]  
Veronica Montgomery [D4]  
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



Dr. Luke E. Torian, Pastor  
16622 Dumfries Road  
Dumfries, VA 22025  
Phone: (703) 670-0184  
Fax: (703) 670-0296

Website:  
www.fmzbc.com  
Email Address:  
fmzbc@firstmountzionbc.org

#### Today, Aug 25

Music ~ Men's Ensemble; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Salvation Station 10:45A; Worship Service 11A

#### Monday, Aug 26

No Activities Scheduled

#### Tuesday, Aug 27

Trustee Executive Board Meeting 7P; Women's Choir 7P

#### Wednesday, Aug 28

No Activities Scheduled

#### Thursday, Aug 29

No Activities Scheduled

#### Friday, Aug 30

No Activities Scheduled

#### Saturday, Aug 31

Church Office Closed.

#### 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. Registration for the workshop can be done at [Spiritual-Gifts@firstmountzionbc.org](mailto:Spiritual-Gifts@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."

#### 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.

#### 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 [Childrens-Ministry@firstmountzionbc.org](mailto:Childrens-Ministry@firstmountzionbc.org) or 240 602-5929.

#### MONEY SMART MINISTRY (MSM)

**SAVE THE DATE -**

**Oct. 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 at [mon-eysmart@firstmountzionbc.org](mailto:mon-eysmart@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.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant  
Food Service Assistant  
[abryant@firstmountzionbc.org](mailto:abryant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia E. Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Donna Scruggs  
Receptionist/Administrative Assistant  
[dscruggs@firstmountzionbc.org](mailto:dscruggs@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Administrative Assistant  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

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

Gregory Took  
Custodian  
[gtooks@firstmountzionbc.org](mailto:gtooks@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)

**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  
AUGUST  
REHEARSALS**

**WOMEN'S CHOIR**  
Tues. Aug 27, 7P

**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.

**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, 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).

**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**