

"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]
Eamest Edwards [C1]
Fred Fortune [I]
Samuel Graham [L1]
Edwin Green [M3]
Beulah (B.) Harper [D1]
Cheryl Harris [D1]
Kenneth Irby [N]
John W. Jones, Jr. [Z]
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]
Ronald Thompson [G2]
Sheree Thomas [F2]
Cynthia Walker [Z]
Sheila West [K5]
Timothy Willis [J2]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Bacon, eggs, turkey
sausage, turkey bacon,
potatoes, grits, omelet
station



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Today, Sep 22

Music ~ Men's Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A;

Monday, Sep 23

Journey to Joy/Grief Share 7P; Mass Choir 7P; Money Smart Ministry 7P

Tuesday, Sep 24

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Combined Choir 7P; Photography Ministry 7P; Singles Ministry 7P; Small Groups Planning Meeting 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Willing Workers 7P

Wednesday, Sep 25

Alzheimer's Caregiver Support Group 1 (Stafford) 11A; Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

Thursday, Sep 26

Combined Choir 7P; Small Group Leadership Training 7P; C.O.R.E. Committee Meeting 7P; Trustee Strategic Planning Committee 7P

Friday, Sep 27

No Activities Scheduled

Saturday, Sep 28

Health Ministry 9A; Joint Leadership Training Session 9A.

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 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.**

DEAF MINISTRY

We will have an information table in the narthex **TODAY**. Stop by and pick up information that will help you become a little more informed of the deaf culture. It can only help you. We look forward to seeing you at the table.

JOIN TODAY !!!

Voices of Zion Choir – Ages 13 – 25; Jewels Choir – Ages 5-12. Rehearsals: Thursday, October 10th and 17th at 7 pm. Email: FMZBC Music Ministry Office – Ssledge@firstmountzionbc.org or call 703-670-0184.

ZONE E2 COOKOUT

Zone E2 cookout will be held at Veterans Memorial Park, 14300 Veterans Dr., Woodbridge on September 28, 2019 from 2 to 4 pm. Please RSVP Betty Ross at 571-288-2880 or Bella Fetters at 703-932-7789.

SHARE REGISTRATION

The last day to register for October SHARE packages is October 6th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

SINGLES MINISTRY

Singles Ministry Monthly Meeting will be held on Tuesday, September 24th at 7 pm. The topic is: "Single Not Alone". POC: singlesministry@firstmountzionbc.org.

Singles Ministry monthly Bowling Event, Saturday, October 5th at 2:00 pm - Bowl America, 13409 Occoquan Road, Woodbridge, VA. Come out and join in the fun. We look forward to seeing you. POC: singlesministry@firstmountzionbc.org.

CHILDREN'S MINISTRY

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

Kids Kingdom provides children (pre K - 5th grade) a place where kids are taught about their royalty in Christ Jesus. This is a wonderful opportunity for children to worship 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.

POC: Michelle Wallace at ChildrensMinistry@firstmountzionbc.org or 240 602-5929.

YOUTH MINISTRY

Youth Ministry First Friday (Movie Night on October 4 at 7pm): All youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include a movie, food, conversations and laughter. Bring a friend.

Youth Bible Study on Wednesdays: We will explore the "Pressure of School." Come and ask the question(s) that you've always had about the Bible. Learn how to do the right things for the right reasons. Discover how to please God. See you there! Bring a friend.

Youth Worship Service Participants: All youth (6th to 12th Grade) are given the opportunity to participate in the Sunday worship services by leading the responsive reading, morning prayer or offertory prayer. Note: 12th graders should reach out before departing for transitioning to college, military or professional workforce. If you have any questions, please call or contact Rev. John McNeill, Jr. at 703-670-0184 or jmneill@firstmountzionbc.org.

Spiritual Journey 2019: On October 12th (7:30 am to 3 pm) we will travel to the US Holocaust Memorial Museum. We will take some time to "Look Back to Live Forward (Deut. 4:9)." There's no cost for the event, registration is required. Pick a form in the Narthex.

ACADEMIC EDUCATION MINISTRY

STUDENTS – Sign-ups for the 2019-2020 Tutorial program will be held on **TODAY** after both services in the Narthex. The AEM Tutorial Program is free for students. **TUTORS** – We need you for all subject areas! Sign-up **TODAY** in the Narthex after both services.

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.

WOMEN'S MINISTRY

"Won't He Do It" Concert/Conference

Greetings to ALL! The Women's Ministry will host a "Won't He Do It" concert/conference on November 1- 2, 2019. **EVERYONE** is invited to the Friday, November 1st musical concert featuring recording gospel artist Koryn Hawthorne. The concert ticket is **ONLY** \$20. "Won't He Do It" t-shirts (attire for the Friday night concert) will be sold during registration. The cost for the two-day conference including the concert is \$55. Three dynamic guest speakers will present on November 2nd. Registration will take place in the Narthex on September 22, 29, October 6, and 13 following the 8am & 11am services. You may also register online at www.firstmountzionbc.org. The conference colors for Saturday's attire are royal blue & gold. You won't want to miss this ministry moment! POC: Veronica D. Hackett womensministry@firstmountzionbc.org.

Recruitment Sunday

Greetings sisters! Please stop by the Women's Ministry (WM) table in the narthex after both services. Meet and greet with members from the various committees. They would love to tell you about the committee that they serve on and provide you with some information about the WM. If you aren't currently receiving emails from the WM, be sure to stop by our table and sign up. The WM provides you with weekly words of encouragement, invitations to our monthly fellowships, other WM events, and holiday greetings. For questions, please contact womensministry@firstmountzionbc.org.

PI LAMBDA LAMBDA CHAPTER

ANNUAL ACHIEVEMENT BANQUET

First Mount Zion Baptist Church, you are cordially invited to join Pi Lambda Lambda Chapter, Third District, Omega Psi Phi Fraternity, Inc. for our Annual Achievement Week Banquet on November 15, 2019. We are celebrating 15 years of service to Omega and our local community. Brother (Reverend) (State Delegate) Luke E. Torian is our guest speaker. Please visit <https://www.eventbrite.com/e/dmv-ques-of-pls-2019-achievement-week-banquet-tickets-69109385031> for tickets. Our point of contact is Brother Jim Almond, Achievement Week Chairman (703) 801-2216 or almondque@hotmail.com

WOMEN IN COMMUNITY ACTION (WICA)

WICA is planning its 26th 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.

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 **TODAY and next Sunday** in the narthex or email, 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.

**MUSIC & ARTS
MINISTRY
SEPTEMBER
REHEARSALS**

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

MASS CHOIR
Mon. 30, 7:30P