

"I WAS SICK AND  
YE VISITED ME"

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]  
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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**This Week at a Glance & Activities**

**Today, Sep 8**

Music ~ Women's Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Associate Ministers 1P

**Monday, Sep 9**

Journey to Joy/Grief Share 7P; Benevolence Committee 7P; Mass Choir 7P

**Tuesday, Sep 10**

Noon Day Prayer 12P; Children's Church Ministry 7P; Freedom SGM (offsite) 7P; Journey to Joy/Grief Share 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Women's Ministry Conference Committee 7P; Deaf Ministry 7P; Men's Choir 7:30P; Trustee Ministry 7:30P

**Wednesday, Sep 11**

Alzheimer's Caregiver Support SGM Group 1 (Stafford) 11A; Senior's Ministry 12P; Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

**Thursday, Sep 12**

Jewels Choir 7P; Voices of Zion 7P; Pastor's Aide Ministry 7P; The C.O.R.E. 7P; Men's Ministry Monthly Meeting 7:30P; Trustee HR/Admin Committee 7:30P

**Friday, Sep 13**

No Activities Scheduled

**Saturday, Sep 14**

Men's Conference 8A; Women's Ministry Fellowship 9A; Pi Lambda Lambda OPPF.

**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.**

**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**

Today is the last day to register for September SHARE packages. 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 8:30 pm, 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).

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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**

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

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

**JEWELS**  
Thurs. 12, 7P

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

**MASS CHOIR**  
Mon. 9, 7P  
Thurs. 19, 7:30P  
Mon. 30, 7:30P

**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, 15 and 22 in the narthex or email, [moneysmart@firstmountzionbc.org](mailto:moneysmart@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**

**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.

**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).