

"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]
Richard Bushrod [M2]
Jessica Butler [B]
Terry Carey [F1]
Queen Carroll [G2]
Yvonne Carter [C1]
Charlie Clark [K1]
Earnest Edwards [C12]
Fred Fortune [I]
Samuel Graham [L1]
Edwin Green [M3]
Beulah (BJ) Harper [D1]
Cheryl Harris [D1]
Kenneth Irby [N]
Jan Jacobs [H2]
Cynthia M. Johnson [B]
John W. Jones, Jr. [Z]
Annette Lee-Gilmore [F2]
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

Continental



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Today, Oct 13

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; **NO AFTERNOON ACTIVITIES SCHEDULED**

Monday, Oct 14

Columbus Day - Church Office Closed

Tuesday, Oct 15

Noon Day Prayer 12P; Academic Education Ministry 7P; Divorce Care Support SGM 7P; FREEDOM SGM 7P; Women's Ministry (IPT) 7P; Women's Ministry Planning Meeting 7P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

Wednesday, Oct 16

Midday Bible Study 11:30A; Seniors Ministry 12:30P; Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

Thursday, Oct 17

Jewels Choir 7P; Voices of Zion 7P; Motorcycle Ministry 7P; Our Words Have Power SGM 7P; Women's Ministry 7P; Deacon Ministry 7:30P Trustee Ministry - Facility and Real Property Committee 7:30P

Friday, Oct 18

Christian Warriors SGM (offsite) 6:30P

Saturday, Oct 19

School of Ushering 9A; SHARE Distribution 9A; Volunteer Screening 9A; Common Threads Sewing SGM 10A; Flower Ministry 10A; SERVE SGM 10A; Mary Elizabeth 11A; New Beginnings 2019 Fall Program 11A; Matinee Movie Bunch & Munch SGM (Woodbridge) 11A; Junior Ushers 11:30A; Women Unfolding Our Divine Destiny SGM (Fredericksburg) 12P; Kingdom Living in Our Culture SGM (Woodbridge) 1P.

HOLY LAND 2020

An information briefing on the Holy Land Trip will be held at FMZBC on Saturday, October 26, 2019 from 10:00-11:00 am. Point of Contact: Deacon Andrew Walker, andrew.walker55@verizon.net.

BIBLE STUDY

Join us for midday Bible Study on October 16 at 11:30 am and evening praise and worship and Bible Study starting at 7:30 pm. We will be discussing Chapters 3 and 4 of "Soul Keeping", by John Ortberg.

YOUTH MINISTRY

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 contact Rev. John McNeill, jmcneill@firstmountzionbc.org or 703-670-0184.

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.**

VOLUNTEER SCREENING COMMITTEE

The Volunteer Screening Committee will conduct training and interviews on Saturday, October 19, 2019, beginning promptly at 9:00 am. Please plan to attend this session if you have been a member of FMZBC for at least 6 months, and have the desire to work in youth/children related ministries. It is not necessary to sign up. You may contact Cynthia Zorn Pettigrew at 703-730-5227 or Clarice Torian at 703-730-6353 if you have questions.

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.

SINGLES MINISTRY

Singles Ministry Monthly Meeting, Tuesday, October 22nd at 7:00 pm. Topic: "The Joy of Being Single." POC: Rev. Maxine Thompson, singlesministry@firstmountzionbc.org.

SENIORS MINISTRY

Seniors Ministry will be held October 16 from 12:30-2:00 pm. Seniors 55 and older are welcome to join us. Our featured speaker is Pastor Luke E. Torian. Come to the gym after midday bible study for food, fun and fellowship. POC: Shirley Hardy-shirleybhardy@gmail.com.

MONEY SMART MINISTRY

SAVE THE DATE - Back to School for the Parents. The Money Smart Ministry's next session is focused on teaching parents strategies to position their children for financial success. Our very own Money Smart Ministry's Leader, Jonathan Wright, will facilitate the discussion on ways to save for college, legacy building, and how to teach our children good money habits early. The session will **start at 7 pm on October 17th**. Check the Narthex for the room assignment. 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.

SHARE DISTRIBUTION

October SHARE packages will be distributed on Saturday, October 19th from 9-10 am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

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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. **EVE-RYONE (male & female, youth & adults)** is invited to the Friday, Nov 1st musical concert featuring recording gospel artist Koryn Hawthorne. The concert ticket is **ONLY** \$20. It is **FREE** to those under 21 years old. Must have a ticket & ID to enter, so please register to obtain your ticket. "Won't He Do It" t-shirts (attire for the Friday night concert) will be sold during registration. The cost for the Saturday conference is \$55, which includes your entry into the concert on Friday. Two dynamic guest speakers will present on Nov 2nd. Registration will take place in in the Narthex today and next Sunday 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! I look forward to saying with you "Won't He Do It?" **YES HE WILL!** POC, Veronica D. Hackett womensministry@firstmountzionbc.org.

SMALL GROUP MINISTRY

Come and join us for the New, Smart Step Family Support Small Group!

We believe God will help us encourage, empower, and equip each other to be good stewards of His blessing called family. This Small Group will study the 7 fundamental steps to blended family success and provide practical, realistic solutions to the issues you may face as a step family. Whether married or soon to be married, you'll discover how to communicate effectively and solve every day puzzles of stepchildren and stepfamily relationships. **Session Dates:** October 20, November 10 & 17, December 8 & 22 and January 12, 2020. Location: Stafford, VA – 1:30 pm. For additional information please contact: Doug and Elizabeth Freeman - email: esrbb@msn.com or Stephanie M. Craddock, Small Groups Director – email: Scraddock@firstmountzionbc.org, (703) 670-0184.

Human Rights Student Leadership Council

The Prince William County Human Rights Commission is gathering applications from sophomore, junior and senior high school students in Prince William County public, private and home schools to apply for the fourth cohort of the Prince William County Human Rights Student Leadership Council. Our theme for this year is, "Keeping Dreams Alive through Equal Opportunities and Leadership Education."

Students will have an opportunity to network with Human Rights professionals, government, and community leaders within our region. Council members will learn about Human and civil rights, including employment, and housing anti-discrimination laws. Through our leadership program, students will have an opportunity to prepare to serve in leadership roles.

The Human Rights Student Leadership Council meetings will be held, once a month, from 4:00 p.m. to 6:00 p.m. at the Edward L. Kelly Leadership Center. The program runs from November 2019 through March 2020. The application process has been extended and will close on Wednesday, October 30, 2019.

For more information, visit the county's website at pwccgov.org/humanrights, call 703.792.4680 or email pwhrcc@pwccgov.org.

PWCNAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, October 15th from 7:30 to 9:00 pm at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at pwnaacp.org and access the calendar entry for this meeting.

COLLEGE RESOURCE FAIR

The MWVC Chapter of Jack and Jill will be hosting a College Resource Fair for Middle and High School Students. The fair will be held on October 19, 2019, 10 am at the Hylton Boys & Girls Club. POC: Karen Moore Jones at karen.moore.jones@gmail.com.

**PRINCE WILLIAM NAACP
FREEDOM FUND BANQUET**

The 2019 banquet will be held on November 16, 2019 at 7 pm at the Embassy Suites Springfield. This year's theme is Promoting Youth Social Activism. POC: Rev. Cozy Bailey at cozybailey@verizon.net.