

"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]
Richard Bushrod [M2]
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]
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

Bacon, Turkey Sausage
Eggs, Grits
Breakfast Potatoes
Biscuits, Omelet Station



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This Week at a Glance & Activities

Today, Oct 27

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, Oct 28

Tutorial 7P; BOD4GOD 7P; Financial Freedom for Millennials SG 7P; Journey to Joy/GriefShare 7P; Retire Inspired Financial Planning SG 7P; Women's Ministry (Gift Bag Assembly) 7P; Mass Choir 7:30P

Tuesday, Oct 29

Noon Day Prayer 12P; Divorce Care Support SG 7P; FREEDOM SG 7P; Trustee Ministry Executive Meeting/Conference Call 7P; Women's Choir 7P; Women's Ministry (Gift Bag Assembly) 7P

Wednesday, Oct 30

Praise & Worship 7:30P; Worship Service 8P

Thursday, Oct 31

Social Committee 10A; Fall Festival 6P

Friday, Nov 1

Youth First Friday/Concert 7P; Carpenters for Christ SG (Triangle) 7P

Saturday, Nov 2

Women's Ministry Conference 8A; Common Threads Sewing SG 10A; Singles Ministry (off-site) 2P.

SINGLES MINISTRY

Singles Ministry Monthly Bowling Event, Saturday, November 2nd 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: Rev. Maxine Thompson, singlesministry@firstmountzionbc.org.

BIBLE STUDY

There will be **no Bible Study** on Wednesday, October 30, 2019. We will have Worship Service. Praise and Worship at 7:30 pm and Worship Service at 8:00 pm.

Join us for Midday Bible Study on November 6th at 11:30 am; evening praise and worship and Bible Study starting at 7:30 pm. We will be discussing **Chapters 8 and 9 of "Soul Keeping", by John Ortberg.**

YOUTH MINISTRY

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

First Friday in December: The Youth Prayer Dinner will be held on **Friday, December 6th** from 7-9 pm in the Grain of Heaven for 6th thru 12th graders. **Sign-ups end Sunday (Dec. 1) after the 11am service.** Dressy attire is required for this event. Jeans and tennis shoes are not allowed. Also, youth are asked to participate in the **Youth Canned Food Drive Contest** to fight hunger in the community. The top 6 winners will receive a prize. Canned goods should be brought to the prayer dinner.

ISRAEL

A JOURNEY FOR THE BELIEVER

October 7-15, 2020

Registration for the Israel trip will be open Monday, November 4, 2019, from 9:00 am – 1:00 pm. Please send an email to info@rightnowtravelconsultants.com with "Israel Trip" in the subject line. Include the number in your party and your contact number. **NOTE:** Emails received before or after the open period will not be considered. Registration is open to FMZ active members only and is limited to the first 132 respondents.

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.

FMZ Fall Carnival

The Social Committee is requesting donations of candy and cupcakes with plain vanilla icing for the Fall Carnival being held on October 31st. Please drop off all donations in the church office by October 30th. We request the support of all ministries. If you have any questions or would like to volunteer, please contact Courtney Holeman at cwholeman@gmail.com.

SENIORS MINISTRY

You are welcome to join First Mount Zion's Seniors Ministry for an early Thanksgiving celebration on Wednesday, November 6, 2019 from 12:00-2:00 pm. Come to the gym after Midday Bible Study for food, fun and fellowship. POC: Shirley [Hardy-shirleyhardy@gmail.com](mailto:shirleyhardy@gmail.com).

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.**

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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.

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:** 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: esrb@msn.com or Stephanie M. Craddock, Small Groups Director, 703-670-0184 or email: Scraddock@firstmountzionbc.org.

MUSIC & ARTS MINISTRY OCTOBER REHEARSALS

WOMEN'S CHOIR
Tues. 29 7P

MASS CHOIR
Mon. 28 7:30P

ACADEMIC EDUCATION MINISTRY

Each year First Mount Zion Baptist Church (FMZBC) awards scholarships to members who are graduating HS seniors and plan to further their education at institutions of higher learning. The deadline for submitting the scholarship packet is April 15th each year. To qualify, the following requirements must be met: have been a member of FMZBC for at least one year prior to the deadline; have participated in at least one church ministry at least 6 months prior to the deadline; and have been accepted to an institution of higher learning. The scholarship applications are rated on a point system. The Scholarship Committee will host a Scholarship Workshop on Sunday, November 17, 2019 in the Choir room immediately following the 11 am service. Requirements and the application process will be discussed in detail. POC: Bro. Gerry Griffin at AEM@firstmountzionbc.org

Tutors, we still need you! For Spanish and Math, especially Geometry. Sign up today in the Narthex after the 8 and 11 am services.

Fall College Visits to Virginia Commonwealth and Virginia Union Universities for FMZ High School students, Monday, November 11, 2019! Don't miss this opportunity to tour a local university and learn more about the college experience! Sign up in the Narthex today after the 8 and 11 am services. More information will be provided.

SHARE REGISTRATION

The last day to register for November SHARE packages is November 10. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

WOMEN'S MINISTRY

"Won't He Do It" Concert

Thank you to everyone who registered for the concert on Friday, Nov 1st. Please join us for a light fare and vendor visits in the narthex from 6 -7pm. The concert will begin at 7pm. Doors open at 5:30pm. POC, Veronica D. Hackett womensministry@firstmountzionbc.org.

"Won't He Do It" T-shirts

If you ordered a "WHDI" t-shirt, please be sure to pick up your t-shirt today immediately after 8am & 11am services. Thanks for supporting the concert/conference! For questions, please contact Lisa Robinson at womensministry@firstmountzionbc.org.

YOUNG ADULT MINISTRY

Join The C.O.R.E. as we host **EAT-N-GREET!!!** The After-Concert Meetup for Young Adults, immediately following the Koryn Hawthorne Concert!!! This event will be held at Bahama Breeze Island Grille (2714 Potomac Mills Cir, Woodbridge, VA 22192) and will be a night of fellowship with a fun opportunity to connect with like-minded Young Adults after the show! For more information please email TheCore@FirstMountZionBC.Org.

SUNDAY SCHOOL

"And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and TEACHERS..." (Ephesians 4:11)

Do you enjoy working with pre-K to High School youth? The Sunday School Ministry is looking for willing servants to teach Sunday School for *Pre-K to High School* youth. If you are interested please contact Rev. Gillis M. Taylor, Sunday School Superintendent, mcki_99@yahoo.com.

M1, M2 & M3 ZONE MEMBERS

You are invited to a combined Zone M "Holiday Celebration and Fellowship" that will be held on November 9th. Visit the table in the narthex after the 8 and 11 am service TODAY and November 3rd for more information and to sign-up, or contact your respective Zone Servant Leaders.

ZONE F2 HOLIDAY FELLOWSHIP

A Zone F2 Holiday Fellowship is scheduled for Sunday, December 15, 2019. All Zone F2 members are encouraged to sign-up in the Narthex after both Worship Services. The fellowship will be held offsite. More information will be provided at the sign-up table. Your F2 Servant Leaders are Deacon Michell Clark, Deaconess Doris Sessoms and Deaconess Adrienne Little.