

"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]
Gwynne McCorath [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]
Alfreda Wilson-Thomas [D4]
Clyde Wimbush [N]

GRAIN OF HEAVEN

Bacon, Fried Fish
Turkey Sausage
Eggs, Grits,
Breakfast Potatoes
Biscuits



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, Oct 6

Music ~ Mass Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Singles Retreat Meeting 1P

Monday, Oct 7

Deacon Executive Committee Meeting 7P; Journey to Joy/GriefShare 7P; Maturing in Christ SGM (Four Seasons) 7P; Retire Inspired Financial Planning SGM 7P; Women's Choir Praise Team 7P; Deaconess Executive Team Meeting 7:30P

Tuesday, Oct 8

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Deaf Ministry Monthly Meeting 7P; Financial Freedom for Millennials SGM 7P; Divorce Care Support SGM 7P; Pi Lambda Lambda OPPF 7P; Toastmasters 7P; Women's Choir 7P

Wednesday, Oct 9

Alzheimer's Caregiver Support SGM 1 & 3 (Stafford) Midday Bible Study 11:30A; Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

Thursday, Oct 10

Grill Master's Challenge "Online" SGM 7P; Jewels Choir 7P; Pastor's Aide Ministry 7P; The C.O.R.E. 7P; Voices of Zion 7P; Celebrate Recovery SGM 7:30P Men's Ministry Monthly Meeting 7:30P; Trustee HR/Admin Committee 7:30P

Friday, Oct 11

Circling God's Word SGM (Woodbridge) 7P

Saturday, Oct 12

Church 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 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.**

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.

SHARE REGISTRATION

TODAY is the last day to register for October 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.

ACADEMIC EDUCATION MINISTRY

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

ZONE B MINISTRY FELLOWSHIP

The Zone B Ministry Fellowship is scheduled for October 12th at the Veterans Memorial Park from 11am-3pm. Zone B members are invited to signup October 6th after both services in the Narthex. The POCs are Deacon and Deaconess Barnes: lvery.barnes@aol.com, Deaconess Ford: pdford61@verizon.net, and Deacon OJumu: Jojumu@yahoo.com.

DEAF MINISTRY

This is your reminder that the Deaf Ministry will meet Tuesday, October 8th, at 7 pm. Come out and share what you have been gifted with so you can become a blessing to someone else. There is a seat at the table. We look forward to seeing you. May our God cover you with His perfect peace.

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 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, jmccneill@firstmountzionbc.org or 703-670-0184.

MEMBER NUMBER AND ACCOUNTING FOR TITHES FOR IRS PURPOSES

Please ensure you place your member number(s) on the tithe envelope and/or in the memo field of your check to the Church. This will expedite the accurate processing of your contributions to the Church that may pass through to the IRS for tax purposes. Also, name and address changes or member number inquires flow through your zone leaders.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abryant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Beverly Grant
Information Technology Assistant
bgrant@firstmountzionbc.org

Sherry Hilliard
Financial Secretary
shilliard@firstmountzionbc.org

Rev. Tracey D. Holley
Minister of Christian Education
tholley@firstmountzionbc.org

Ernest Holmes
Custodian
eholmes@firstmountzionbc.org

Walter Holmes
Assistant Facility Manager
wholmes@firstmountzionbc.org

Antonio Howard
Custodian
ahoward@firstmountzionbc.org

Rev. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Tommy Johnson
Audio Visual Director
tjohnson@firstmountzionbc.org

Rev. John C. McNeill, Jr.
Youth Minister
jmcneill@firstmountzionbc.org

Sylvia E. Moore
Executive Assistant to Pastor
smoore@firstmountzionbc.org

Pat Paige
Administrative Assistant
ppaige@firstmountzionbc.org

Deloris Quarterman
Food Service Assistant
dquarterman@firstmountzionbc.org

Ernest Robbins
Facility Manager
erobbins@firstmountzionbc.org

Donna Scruggs
Receptionist/Administrative Assistant
dscruggs@firstmountzionbc.org

Sylstea C. Sledge
Minister of Music
ssledge@firstmountzionbc.org

Bréh Stevens-Mitchell
Music Ministry Administrative Assistant
BStevensMitchell@firstmountzionbc.org

Gregory Took
Custodian
gtook@firstmountzionbc.org

Pastor Luke E. Torian
ltorian@firstmountzionbc.org

Laura Valkenburg
Fitness Center Director
lvalkenburg@firstmountzionbc.org

Renee Woolfolk
Church Business Administrator
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.

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, November 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. "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. Three dynamic guest speakers will present on November 2nd. Registration will take place in the Narthex today and October 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.

MUSIC & ARTS MINISTRY
OCTOBER REHEARSALS

WOMEN'S CHOIR
Tues. 8, 29 7P

MEN'S CHOIR
Tues. 15, 22 7:30P

JEWELS CHOIR
Thurs. 10, 17 7P

VOICE OF ZION
Thurs. 10, 17 7P

MASS CHOIR
Thurs. 24 7:30P
Mon. 28 7:30P

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.

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 pwcgov.org/humanrights, call 703.792.4680 or email pwhrc@pwcgov.org.

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.

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.