

"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 [C1]
Samuel Graham [L1]
Edwin Green [M3]
Beulah (B.J) 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]
Cynthia Walker [Z]
Sheila West [K5]
Timothy Willis [J2]
Clyde Wimbush [N]

GRAIN OF HEAVEN

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



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Today, Nov 3

Music ~ Mass Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Deaconess Ministry Photo 12:30P; Associate Ministers Meeting 1P

Monday, Nov 4

Tutorial 7P; BOD4GOD 7P; Financial Freedom for Millennials SG 7P; Journey to Joy/GriefShare 7P; Maturing in Christ (Four Seasons) 7P; Retire Inspired Financial Planning SG 7P; Deacon Ministry Executive Committee Meeting 7P; Connected to Connect 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Usher Ministry 7P; Deaconess Executive Team Meeting 7:30P

Tuesday, Nov 5

Noon Day Prayer 12P; Divorce Care Support SG 7P; FREEDOM SG 7P; Trustee Ministry 7:30P

Wednesday, Nov 6

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

Thursday, Nov 7

Deaconess Ministry—Hilda Barg Dinner 4P; A Page at a Time Scrapbooking SG 7P; Jewels Choir 7P; Our Words Have Power SG 7P; Voices of Zion 7P; Professional Women SG 7:15P

Friday, Nov 8

Circling God's Word SG (Woodbridge) 7P

Saturday, Nov 9

Church Closed.

ISRAEL

A JOURNEY FOR THE BELIEVER

October 7-15, 2020

Registration for the Israel trip will be open **TODAY**, November 3, from 3:00 pm – 7:00 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.

BIBLE STUDY

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, jmceill@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.

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.**

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.

ACADEMIC EDUCATION MINISTRY

First Mount Zion Baptist Church (FMZBC) Scholarship Workshop will be held Sunday, November 17, 2019, in the Choir Room immediately after the 11 AM service. Parents and students will receive information on application requirements for the 2019 FMZBC scholarship presented by the Scholarship Committee. Parents and high school students are requested to attend. No sign-up is required. Refreshments will be served. POC: Bro. Gerry Griffin at AEM@firstmountzionbc.org.

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.

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-shirleybhardy@gmail.com.

C.O.R.E.

Join The C.O.R.E on **Thursday, November 14, 2019** at FMZBC, 7 pm, for The Ministry of Life, a monthly Young Adult Spiritual Growth Session. The Ministry of Life (held every 2nd Thursday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. Personal prayer is also provided! This month's topic "Encouraging Yourself" with Rev. Maxine W. Thompson.

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.

**MUSIC & ARTS
MINISTRY
NOVEMBER
REHEARSALS**

WOMEN'S CHOIR
Tues. 4, 26 7P

**WOMEN'S CHOIR
(CHRISTMAS)**
Tues. 12, 19 7P

MEN'S CHOIR
Tues. 12, 19 7:30P

VOICES OF ZION
Thurs. 7, 14 7P

JEWELS CHOIR
Thurs. 7, 14 7P

MASS CHOIR
Thurs. 21, 25 7:30P

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

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.

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 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.

**ATTENTION ZONES K1, K2, K3,
K4, K5 and N**

Zones K and N get ready, we will have our Christmas Fellowship at Rowser Complex in Stafford. Additional information will be provided next week. POC's: Lloyd Cox Lloyd.b.cox@gmail.com and Denise Bagwell dyb1273@aol.com. Get ready for fun, fun, fun!!!!

VOLUNTEER SCREENING COMMITTEE

The Volunteer Screening Committee will conduct training and interviews on Saturday, November 16, 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.

**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.