

"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]
Samuel Graham [L1]
Edwin Green [M3]
Beulah (B.) 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

CONTINENTAL



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



This Week at a Glance & Activities

Today, Nov 10

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; The Smart Step Family Support SG 1:30P

Monday, Nov 11

Veterans Day
Church Office Closed

Tuesday, Nov 12

Noon Day Prayer 12P; Alzheimer's Caregiver Support SG 7P; Pi Lambda Lambda OPPF 7P; Strategic Planning Committee 7P; Toastmasters 7P; Men's Choir 7P

Wednesday, Nov 13

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

Thursday, Nov 14

Proverbs Place Family Appreciation Thanksgiving Feast 11:30; Jewels Choir 7P; Pastor's Aide Ministry 7P; The C.O.R.E.—"Ministry of Life" 7P; Voices of Zion 7P; Celebrate Recovery Support SG 7:30P; Trustee HR/Admin Committee 7:30

Friday, Nov 15

Christian Warriors SG (offsite) 6:30P

Saturday, Nov 16

Combined Deacons & Men's Ministry Prayer Breakfast 8A; C.O.R.E. Ministry Spiritual Gifts Session 9A; School of Ushering 9A; The Eagles Health & Nutrition SG 9A; Volunteer Screening 9A; New Members Orientation Class 10A; SERVE SG 10A; Mary Elizabeth Ministry 11A; Matinee Movie Bunch & Munch SG (Woodbridge) 11A; Junior Ushers 11:30A; Women Unfolding Our Divine Destiny SG (Fredericksburg) 12P; Kingdom Living in Our Culture SG (Woodbridge) 1P

FLOWER MINISTRY

The Flower Ministry is in need of volunteers to help with decorating the Sanctuary and Narthex for Christmas. Come "Join Us" on November 26, 2019 from 10:00 am - 1:00 pm. No special talents required, just a desire to add holiday joy and beauty to FMZ for the Christmas holidays. POC: Vera Brackett, vbrack17@verizon.net or (703) 494-4529.

BIBLE STUDY

Join us for Midday Bible Study on November 13th at 11:30 am; evening praise and worship and Bible Study starting at 7:30 pm. We will be discussing **Chapters 10 and 11 of "Soul Keeping", by John Ortberg.**

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.**

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.

CHILDREN'S MINISTRY

Mercantile - Coming 2nd Sunday, **December 8th**, during Kids' Kingdom. Children should bring all Christian Character Dollars earned in Children's Ministry to shop at Mercantile. POC: Judy Best, Mercantile Coordinator, (703) 670-0746, genesis04@msn.com.

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.

CORE

Join The CORE 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 is "Encouraging Yourself" with Rev. Maxine W. Thompson.

Please join the CORE on Saturday, November 16, 2019 for a Young Adult Spiritual Gifts Workshop. Meet us at FMZBC at 10 am. We hope to see you there! Questions? Please contact thecore@firstmountzionbc.org.

ACTS SERVICE PROJECT

ATTENTION ALL YOUNG ADULTS. The CORE will be volunteering in the ACTS Thrift Store on Saturday November 23rd from 10:30 am to 12:30 pm. We hope that you will join us for an extremely rewarding and fun event! Spots are limited to 20 participants. To sign up please visit The CORE table in the narthex immediately after service or contact Roslyn Parker via email at gcip18@gmail.com.

COLLEGE CARE PACKAGES

The CORE will be sending Care Packages to College Students! To sign up a student, please visit The CORE table in the narthex immediately after both services with the Student's Name, University, and Address. To send information via email or to request more information please email Danielle Blackshear at blacksheardn@vcu.edu.

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 Tookes
Custodian
gtookes@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.

**MUSIC & ARTS
MINISTRY
NOVEMBER
REHEARSALS**

WOMEN'S CHOIR
Tues. 26 7P

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

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

VOICES OF ZION
Thurs. 14 7P

JEWELS CHOIR
Thurs. 14 7P

MASS CHOIR
Thurs. 21, 25 7:30P

CHRISTMAS CHOIR
Thurs. 14 7P
Mon. 18, 25 7P
Tues. 19 7P

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 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.

PRAYER BREAKFAST

The Deacon and Men's Ministries will have a joint Prayer Breakfast on Saturday, November 16, from 8:00am – 10:00am. The guest speaker is our very own, Rev. Dr. Tony Craddock. Our theme is "God's Direction is Always Best" (1 Peter 2:21). The attire is Business Casual. POC: Deacon Michael Nelson.

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.

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday, November 19th at 7:00 pm. Topic: Open Forum – Issues That Are Important to Single Women and Men! For more information please contact Rev. Maxine Thompson, singlesministry@firstmountzionbc.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.

**ZONES E1, E2 AND E3
HOLIDAY FELLOWSHIP**

Zones E1, E2 and E3 members, let's start celebrating the holiday season with an enjoyable fellowship at Old Country Buffet, Woodbridge. This event is scheduled for Sunday, November 17, 2019 at 1:30 pm. Thanks for your RSVP and participation in Zone E1, E2 and E3 activities. POCs: Jackie Foy, Deaconess, E1 foydoc@verizon.net; Betty Ross, Deaconess, E2 rossbet@comcast.net; and Cathy Harkless, Deaconess, E3, charkless@yahoo.com.

**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 on Saturday, December 14th. Come out and enjoy FOOD, FUN, GAMES and LAUGHTER. Please participate in beyond the walls ministry by bringing a non-perishable item to the Fellowship POC's: Deacon Lloyd Cox Lloyd.b.cox@gmail.com and Deaconess Denise Bagwell dyb1273@aol.com.

ZONE F1 HOLIDAY FELLOWSHIP

Zone F1 Holiday Fellowship is scheduled from 1-3 pm, Saturday December 14, 2019. Fellowship will be held at Old Country Buffet in Woodbridge. Sign up in the Narthex after 8 am and 11 am service. Additional information will be shared during sign-up. POC: Deaconess Andrea Bailey and Deacon Andre Robinson. We look forward to fun, fellowship, and food.

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 Sessions, and Deaconess Adrienne Little.

SHARE REGISTRATION

Today is the last day to register for November 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.

DEAF MINISTRY

The Deaf Ministry Meeting scheduled for Tuesday, November 12, 2019 has been cancelled.