

"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, French Toast



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**Today, Nov 17**

Music ~ Voices of Zion/Jewels Choir;  
Sunday School 7A; Worship Service  
8A; New Member Graduation Program  
9:30A; Sunday School 9:45A; Juvenile  
Detention 10A; Children's Church  
10:45A; Worship Service 11A; Aca-  
demic Education Ministry Scholarship  
Workshop 1P; Diverse Disciples of  
Christ (Youth) SG 1P; God's  
Knowledge is Powerful SG 1P; Civilian  
and Military Outreach SG 1:30P; The  
Smart Step Family Support SG 1:30P;  
Fearless SG 3P; Hungry For the Word  
SG 3P; Inspirational Journey SG 3P

**Monday, Nov 18**

Bod4God SG 7P; Christmas Choir 7P;  
Communications and Publicity Ministry  
7P; Financial Freedom for Millennials  
SG 7P; Journey to Joy/GriefShare 7P;  
NCBW 7P; Office 365 7P; Retire In-  
spired Financial Planning SG 7P; Tuto-  
rial 7P; Deacon Ministry - Interview  
Training 7:30P; Trustee Ministry Fi-  
nance Committee 7:30P

**Tuesday, Nov 19**

Noon Day Prayer 12P; Academic Edu-  
cation Ministry Meeting 7P; Christmas  
Choir 7P; Divorce Care Support SG 7P;  
Singles Ministry Monthly Meeting 7P;  
Women's Choir (Christmas Rehearsal)  
7P; Women's Ministry (IPT) 7P; Dea-  
coness Ministry Monthly Meeting  
7:30P; Men's Choir 7:30P

**Wednesday, Nov 20**

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

**Thursday, Nov 21**

A Page at a Time Scrapbooking SG 7P  
Deaf Ministry 7P; Motorcycle Ministry  
7P; NCBW/PWCC Chapter Meeting  
7P; Our Words Have Power SG 7P;  
Women's Ministry Meeting 7P; Deacon  
Ministry Meeting 7:30P; Mass Choir  
7:30P; Trustee Ministry Facility and  
Real Property Committee 7:30P

**Friday, Nov 22**

Warriors of Love SG (Woodbridge) 7P

**Saturday, Nov 23**

Health Ministry 9A; SHARE Distribution  
9A; Common Threads Sewing SG 10A;  
PI Lambda Lambda OPPF 10A; Mary  
Elizabeth Ministry 11A; WICA Debu-  
tantes 11A.

**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](mailto:vbrack17@verizon.net) or (703) 494-4529.

**BIBLE STUDY**

Join us for Midday Bible Study on November 20th at 11:30 am; evening praise and worship and Bible Study starting at 7:30 pm. We will be discussing **Chapters 12 and 13 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**

**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](mailto:genesis04@msn.com)

**ACADEMIC EDUCATION MINISTRY**

The Academic Education Ministry will provide Love Donations to FMZBC students who are currently attending institutions of higher learning. Institutions of higher learning may be a college, university, community college, technical school or other school offering a degree or certification. The Love Donations consist of an encouragement card and a monetary donation. Parents/guardians are requested to provide the student's name, name of the institution, mailing address (home and school) and student's FMZBC member number to Sis. Malinda or Bro. Ken Spencer at [skenneths@comcast.net](mailto:skenneths@comcast.net) or Sis. Pat Paige at [ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org) by December 1, 2019.

First Mount Zion Baptist Church (FMZBC) Scholarship Workshop will be held **TODAY** 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](mailto:AEM@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 [gqip18@gmail.com](mailto:gqip18@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](mailto:blacksheardn@vcu.edu). **The deadline to sign up is Today!!!**

## 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. 26 7P

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

**MEN'S CHOIR**  
Tues. 19 7:30P

**MASS CHOIR**  
Thurs. 21, 25 7:30P

**CHRISTMAS CHOIR**  
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: TODAY, December 8 & 22 and January 12, 2020.** Location: Stafford, VA – 1:30 pm. For additional information please contact: Doug and Elizabeth Freeman - email: [esrnb@msn.com](mailto:esrnb@msn.com) or Stephanie M. Craddock, Small Groups Director, 703-670-0184 or email: [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org).

**FMZBC NOMINATING COMMITTEE**

The FMZBC Nominating Committee is seeking nominations for the following positions for 2020: Church Clerk (1); Assistant Church Clerks (2). If you would like to nominate a FMZ member to serve in either of these positions, please stop by the Nominating Committee table in the Narthex, complete a ballot and place it in the nomination box (no later than Sunday, November 27<sup>th</sup>). A brief description of the responsibilities for each position is located on the back of the ballot. The Nominating Committee will compile the list of all nominees to be voted on at the December 7th church meeting. Nominating Committee members are Deaconess Betty Ross, Sister Clarice Torian, Sister Brandi Johnson and Deacon James Foy.

**CAPAC's BLACK NATIVITY**

Join CAPAC on Friday, December 6, 2019, as we usher in the holidays with a celebration of the birth of Jesus Christ wrapped in a modern and soul-stirring classic. More than just a musical, this joyous theater experience depicts Christmas through the lens of African-American culture, articulated by Langston Hughes' poetic narrative, scripture, diverse music genres and evocative dance. This year's production is markedly different than last year's "Black Nativity," so you are in for a holiday treat!

As a newly inducted Hylton Performing Arts Center Official Arts Partner, for the first time, a CAPAC production will be performed in the 1,100+ seat Merchant Theater. We are so excited about this opportunity, and we ask for your help filling the theater.

Tickets are on sale now and may be purchased at [www.hyltoncenter.org](http://www.hyltoncenter.org). Group tickets can be purchased by contacting the Hylton Center at 703 993-0757. To receive a group code call: 571 931-5815. Join us as we celebrate the reason for the season!

**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 **TODAY** at 1:30 pm. Thanks for your RSVP and participation in Zone E1, E2 and E3 activities. POCs: Jackie Foy, Deaconess, E1 [fojdoc@verizon.net](mailto:fojdoc@verizon.net); Betty Ross, Deaconess, E2 [rossbet@comcast.net](mailto:rossbet@comcast.net); and Cathy Harkless, Deaconess, E3, [chharkless@yahoo.com](mailto:chharkless@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](mailto:Lloyd.b.cox@gmail.com) and Deaconess Denise Bagwell [dyb1273@aol.com](mailto: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 Sessoms, and Deaconess Adrienne Little.

**SHARE DISTRIBUTION**

November SHARE packages will be distributed on Saturday, November 23rd from 9-10 am in the gymnasium. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

**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](mailto:singlesministry@firstmountzionbc.org).