

"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, Omelet Station



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Today, Nov 24

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, Nov 25

Bod4God SG 7P; Christmas Choir 7P; Tutorial 7P; Women's Choir Praise Team 7P

Tuesday, Nov 26

Noon Day Prayer 12P; Alzheimer Caregiver Support Group 2 7P; Divorce Care Support SG 7P; FREEDOM SG 7P; Journey to Joy/Grief Share 7P; Small Groups Planning Committee Meeting 7P; The C.O.R.E. 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Women's Choir 7P

Wednesday, Nov 27

Thanksgiving Worship Service 7:30P

Thursday, Nov 28

**THANKSGIVING DAY
Church Office Closed**

Friday, Nov 29

No Activities Scheduled

Saturday, Nov 30

No Activities Scheduled

BIBLE STUDY

There will be no Bible Study on next Wednesday, November 27, however, we will have Thanksgiving service instead. Worship service will start at 7:30 pm.

GRIEF SUPPORT MINISTRY

FMZBC's Grief Support Ministry, Journey to Joy, will host a special session SURVIVING THE HOLIDAYS" on Tuesday November 26, 2019 from 7:00 – 9:00 pm. When you are grieving a loved one's death, the holiday season can be especially painful. Our seminar helps participants prepare for the holidays and even discover hope for the future. Join us and see what God's love and comfort can bring to our lives.

ZONES H1 AND H2

SIGHT AND SOUND TRIP

Zones H1 and H2 are making plans to attend the Sight and Sound Theater production of Queen Esther in Lancaster, PA, Tuesday, April 7, 2020. If you are interested in attending this production, a sign-up table will be in the Narthex following both worship services. Additional information will be provided at the sign-up table. POC Deacon Robert Stanley, Deacon Marvin Watson, Deacon Orestes West, and Deaconess Andrea Bryson.

ANGEL TREE

Please sign up in the Narthex after service today to participate in our 16th Annual Angel Tree Prison Fellowship. If you want to make a difference in a child's life, please volunteer to purchase gifts, wrap gifts and/or deliver gifts. POC: Al Shelton at (703) 969-5910.

PHOTOGRAPHY MINISTRY

The November 26th photography ministry meeting has been cancelled.

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 (**TODAY IS THE LAST DAY**). 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.

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 or Sis. Pat Paige at ppaige@firstmountzionbc.org by December 1, 2019.

WOMEN'S MINISTRY

Greetings sisters! Please stop by the Women's Ministry (WM) table in the narthex after the 8am & 11am services. Meet and greet with members from the various committees. They would love to tell you about the committee that they serve on and provide you with some information about the WM. If you aren't currently receiving emails from the WM, be sure to stop by our table and sign up. The WM provides you with weekly words of encouragement, invitations to our monthly fellowships, invitations to other WM events, and holiday greetings. POC: womensministry@firstmountzionbc.org.

SENIORS MINISTRY

Attention recent retirees and retirees! You are cordially invited to fellowship with the Seniors Ministry as they usher in the Holiday Season. The Christmas Holiday celebration will take place on Wednesday, December 4, 2019 from 12:00-2:00 pm in the FMZBC gym. Please bring a canned good to share with those less fortunate. If you've never been, this is the meeting to consider. Dr. Tracy Holley will be our featured speaker. POC: Shirley Hardy 703-459-4321.

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.

SHARE REGISTRATION

The last day to register for SHARE packages is December 8th. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.

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

MASS CHOIR
Thurs. 25 7:30P

CHRISTMAS CHOIR
Mon. 25 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:** 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.

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. 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!

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 from 2 to 5 pm. 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 for 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.

ZONES B, C1 AND C2

CHRISTMAS FELLOWSHIP

Come and join us for our Inaugural Joint Zones, FMZBC Christmas Fellowship. This will be an Exciting and Blessed Occasion. Sunday, December 15th, 2-6 pm. The Carl Lewis Community Center, 154 Telegraph road, Stafford Virginia. Sign up in the Narthex today and Dec 1st.

ZONE J1 CHRISTMAS FELLOWSHIP

The Zone J1 Fellowship is scheduled for December 7, 2019, 12 -3 pm. All Zone J1 members are encouraged to attend. The fellowship will be held at Famous Dave's in Woodbridge. Contact Deacon Michael Boone at mtboone23@gmail.com or Jacqueline Boone at jmboone29@gmail.com to RSVP.

ZONES H1 AND H2 HOLIDAY FELLOWSHIP

Zones H1 and H2 will celebrate the holiday season by attending the CAPAC production of Langston Hughes' Black Nativity on Friday, December 6, 2019, at the Hylton Performing Arts Center. Show time is 7:30 pm. Tickets are \$30.00. **TO-DAY is the last day to sign up and pay for your ticket.** Sign up in the Narthex after both worship services. More information will be provided at the sign-up table. POC Deaconess Andrea Bryson, Deacon Marvin Watson and Deacon Orestes West.

C.O.R.E. CHRISTMAS FELLOWSHIP

C.O.R.E Christmas fellowship will be held on December 14th from 8-11 pm. We will be hosting this event offsite, for location information please contact us via email at TheCORE@FirstMountZionBC.org.