

"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

Continental



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Today, Dec 1

Music ~ Mass Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45A; Juvenile Detention 10A; Worship Service 11A;

Monday, Dec 2

Bod4God SG 7P; Christmas Choir 7P; Tutorial 7P; Women's Choir Praise Team 7P; Deacon Executive Committee Meeting 7P; Financial Freedom for Millennials SG 7P; Journey to Joy/GriefShare 7P; Maturing in Christ SG (Four Seasons) 7P; Retire Inspired Financial Planning SG 7P; Deaconess Executive Team Meeting 7:30P

Tuesday, Dec 3

Noon Day Prayer 12P; Alzheimer Caregiver Support Group 2 7P; Divorce Care Support SG 7P; FREEDOM SG 7P; Mary Elizabeth 7P; Usher Ministry 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Trustee Ministry 7:30P

Wednesday, Dec 4

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

Thursday, Dec 5

A page at a Time Scrapbooking SG 7P; Our Words Have Power SG 7P; Celebrate Recovery Support SG 7:30P; Christmas Choir 7P; Joint Leadership 7:30P

Friday, Dec 6

Carpenters for Christ 7P; Where is God in the Movie SG 7P; Youth First Friday 7P

Saturday, Dec 7

School of Ushering 9A; Church Meeting 10A; Daughters of the King SG 10A; SERVE SG 10A; Church Meeting, 10A; Mary Elizabeth Ministry 11A; Women Unfolding Our Divine Destiny SG (Fredericksburg) 12P

BIBLE STUDY

Join us for Midday Bible Study on December 4th at 11:30 am; evening praise and worship and Bible Study starting at 7:30 pm. We will be discussing **Chapter 14 of "Soul Keeping"**, by John Ortberg

ISRAEL TRIP ADDITIONAL OPENINGS

Additional openings are available for the Israel trip October 7-15 2020. We were able to increase slots for the Israel trip from 138 to 150. Reservations for the additional slots will be available via email to info@rightnowtravelconsultants.com on December 8, 2019 from 3-4 p.m. Please include your contact number and the number of slots requested. Emails outside the 3-4 p.m. window will not be considered. The additional slots are available to FMZBC Active Members only and are on a first come-first serve basis. Please address questions to Ms. Hettie Holmes-Carter, travel agent, at the email address provided.

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.**

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.

DEAF MINISTRY

We will be hosting our last meeting for 2019 on Tuesday, December 10, at 7:00 pm. All who wish to participate in this Ministry are invited to attend the meeting. As we look to close out 2019, we also look forward to shaping 2020. May God bless you in your coming and going.

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. **TODAY** is the last day for Parents/guardians to provide 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.

WOMEN'S MINISTRY

The Women's Ministry invites all FMZ women and girls age 15 years and older to join us in community service at the **Women Giving Back store in Sterling on Saturday, December 14th from 10:30am to 1pm**. The 13k sq. ft. facility houses a boutique-like atmosphere offering quality clothing at no cost to women and children living in shelters and transitional housing. We will be offering personalized service and uplifting interaction as we help shoppers check in and out; search for their style; sort and hang clothing donations; and restock racks. Email womensministry@firstmountzionbc.org by Monday, December 9th to confirm your volunteer spot. POC for questions: Outreach Lead, Dora Muhammad.

ANNUAL CED SERVANT APPRECIATION

This event is hosted each year by the Minister of Christian Education to say **"Thank you"** to those who lead and support the various CED Ministries. The work of ministry happens because of the dedication and commitment of servants. If you lead or support a CED ministry, please join us Saturday, December 7, 2019 at AMC Potomac Mills for a private airing of HARRIET as a token of appreciation. No cost, but you **MUST** sign up and **SHOW** up! Additional details in Narthex. POC: Dr. Holley, Minister of the Christian Education Department; tholley@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. Tracey Holley will be our featured speaker. POC: Shirley Hardy 703-459-4321.

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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
DECEMBER
REHEARSALS**

WOMEN'S CHOIR
Mon. 2 & Tues. 10,
7P (Christmas)
Tues. 3, 7P

MEN'S CHOIR
Tues. 10, 17; 7:30P

VOICES OF ZION
Thurs. 12, 19; 7P

JEWELS
Thurs. 12, 19; 7P

CHRISTMAS CHOIR
Mon. 2, 7P
Thurs. 5, 7P
Mon. 9, 7P
Tues. 10, 7P
Thurs. 12, 7P
Sat. 14, 10A

Combined Choir
Thurs. 19, 7P
Mon. 23, 30; 7P

SCHOLARSHIP INFORMATION

All Scholarship information/applications is located on the table in the hallway next to the ministry mailboxes.

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

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.

2020 MLK CHOIR REHEARSALS

Students in grades K through 12. The Martin Luther King Community Choir needs your voices for the performance at this year's Martin Luther King Day celebration on January 20, 2020 hosted by the Prince William Alumnae Chapter of Deltas Sigma Theta. Rehearsals are: Saturday, December 14, 1pm at Weems Elementary School, 8750 Weems Road, Manassas; Saturday, January 4, 1 to 2 pm at Chinn Library; Friday, January 17, 7pm at First Baptist Church, Manassas and the final rehearsal, Saturday, January 18, 9 to 11 am at Hylton Chapel. For additional information and to sign up, contact PWC.MLKCommunityChoir@gmail.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.

**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 at the Carl Lewis Community Center, 154 Telegraph Road, Stafford Virginia. Sign up in the Narthex today.

ZONE J1 CHRISTMAS FELLOWSHIP

The Zone J1 Fellowship is scheduled for December 7th from 12 - 3 pm All Zone J1 members are encouraged to attend. The fellowship will be held Offsite. POCs: Deacon Michael Boone at mtboone23@gmail.com or Deaconess Jacqueline Boone at jmboone29@gmail.com to let us know if you can make it.

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.