

"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 (BJ) 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]
Sheldon Starkes [E1]
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, eggs, turkey
sausage, turkey bacon,
potatoes, grits, waffles
Omelet Station



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

Today, Jan 12

Music ~ Women's Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Officers Installation (during 11 am service); Associate Ministers Meeting 1P; The Smart Step Family Support SG 1:30P (Stafford)

Monday, Jan 13

BOD4GOD 7P; Associate Ministers Newsletter Team 7P; Benevolence Committee 7P; Deaconess Executive Committee Meeting 7P; Financial Freedom for Millennials SG 7P; IT - 365 Training 7P; Retire Inspired Financial Planning SG 7P; SG 5K Planning Meeting 7P; Tutorial 7P

Tuesday, an 14

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Deaf Ministry Monthly Meeting 7P; Divorce Care Support SG 7P; FREEDOM SG 7P; Mary Elizabeth Ministry Monthly Meeting 7P; Pastor's Aide Ministry Planning Committee 7P; Strategic Planning Committee 7P; Toastmasters 7P; Men's Choir 7:30P

Wednesday, Jan 15

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

Thursday, Jan 16

A Page at a Time Scrapbooking SG (FIT) 7P; Jewels Choir 7P; Voices of Zion 7P; Our Words Have Power SG 7P; Celebrate Recovery SG 7:30P; Deacon Ministry Meeting 7:30P

Friday, Jan 17

No Activities Scheduled

Saturday, Jan 18

No Activities Scheduled.

ACADEMIC EDUCATION MINISTRY

**WOMEN'S MINISTRY
PRAYER BREAKFAST**

Attn: Women & Men ages 18 years and up

The Women's Ministry will be hosting a Prayer Breakfast on January 25, 2020 from 9am-12pm. The purpose of the prayer breakfast is to start off the year covering FMZ and the community in prayer. We will be reminded that we should "Always Stop and Pray" (ASAP). Our guest speakers are Rev. Cozy Bailey and Rev. Kathy Russell. The registration cost for your breakfast ticket is \$7. Registration dates are Jan. 12th and 19th after both services. Register early, seats are limited. We are asking all who attend to bring women and men's toiletry items to be donated to ACTS Beverly Warren Shelter on the day of the event. POC: Veronica D. Hackett, WM Director. womensministry@firstmountzionbc.org.

SENIORS MINISTRY

All members and friends 55 years and older are cordially invited to fellowship with the FMZBC Seniors Ministry. The next meeting to welcome in the New Year will take place on Wednesday, January 15, 2020 from 12:00-2:00 pm in the FMZBC gym. Join us for food, fun and fellowship. If you plan to attend and are not on our caller list, please RSVP so we can have an accurate count for lunch. POC: Shirley Hardy-703-459-4321.

SCHOLARSHIP INFORMATION

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

YOUTH BIBLE STUDY ON WEDNESDAYS

What are the 13 most important Bible Lessons for teens? Come and discover and explore the answer on Wednesday nights at 8 pm. Siblings and friends are welcome. All materials will be provided. POC: Rev. John McNeill, 202-823-3093 or jmccneill@firstmountzionbc.org.

SHARE REGISTRATION

Today is the last day to register for a SHARE package SHARE packages are \$23 for food valued at between \$35 and \$45. POC: Thomas Bates (703) 330-6371 or Cherry Anderson (540) 361-4319.

**MONEY SMART MINISTRY (MSM)
SAVE THE DATE**

The next Money Smart Ministry workshop will be held on Saturday, February 29, 2020 from 9-11 am "Buying and Investing in Real Estate". You will learn from current real estate agents how to purchase a home in today's real estate environment and how to invest in real estate as part of your financial plan. Our goal is to empower all members to learn how to make realistic financial goals and plans in 2020. Come out and learn what the Bible says about this topic. Mark your calendar. Sign-ups will be held after the both services starting on February 2nd in the narthex or you can email the ministry at monesysmart@firstmountzionbc.org. Please Like us on Facebook at <https://www.facebook.com/FMZBCMoneySmartMinistry/> to receive valuable information on this and other topics.

DEAF MINISTRY

We will be hosting our first meeting of 2020 on Tuesday, January 14, at 7:00 pm. You are invited to become a part of our planning efforts for this new year. Your commitment is the commitment we look forward to embracing. Check the monitors upon your arrival to the church for the room we will be using. May God keep you safe and renewed each day of 2020.

VOLUNTEER SCREENING COMMITTEE

The Volunteer Screening Committee will conduct training and interviews on Saturday, January 25, 2020, 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.

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 Took
Custodian
gtooks@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.

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: 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

**MUSIC & ARTS
MINISTRY
JANUARY
REHEARSALS**

Women's Choir
Tues. 28 7P

Men's Choir
Tues. 14, 21 7:30P

Voices of Zion
Thurs. 16, 7P

Jewels Choir
Thurs. 16 7P

Mass Choir
Thurs. 23, 30 7:30P

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, January 21st, from 7:30 to 9:00 p.m. at the First AME Church located at 10313 S. Grant Ave., Manassas, VA. Please come out and join us. If you are unable to attend the meeting, you can participate on-line by using our GoToMeeting procedure. Go to our website at pwnaacp.org and access the calendar entry for this meeting.