

"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]
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, Turkey Sausage
Eggs, Grits
Breakfast Potatoes
Biscuits, 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 26

Music ~ Men's Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Pastor's Aide Ministry 12:30P

Monday, Jan 27

NCBW 7P; Tutorial 7P

Tuesday, Jan 28

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Singles Ministry Monthly Meeting 7P; Small Groups Planning Committee Meeting 7P; The C.O.R.E. Kick-Off Meeting (FIT) 7P; Toastmasters 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Trustee Ministry 7:30P

Wednesday, Jan 29

Praise & Worship 7:30P; Worship Service 8P

Thursday, Jan 30

Deaf Ministry Rehearsal 7P; Joint Leadership Meeting 7:30P; Mass Choir 7:30P

Friday, Jan 31

No Activities Scheduled

Saturday, Feb 1

Church Meeting 10A.

**PASTOR'S 25TH ANNIVERSARY
MINISTRY PHOTOS**

ATTENTION: All Ministry Presidents and Chairs that missed signing up for the Pastor's 25th Anniversary Ministry photo, please go to website: Anniversary2020@firstmountzionbc.org as soon as possible. Please only the President or Chairs sign up their respective ministries.

**PRAYING FOR OUR PASTOR'S 25TH
ANNIVERSARY**

This week we will be praying for our Christian Brothers and Sisters - Psalm 133:1 and Relationship in the Church - Matthew 7:12. Thank you for taking time out of your day to pray for the requested topic.

JOURNEY TO JOY/GRIEF SHARE

FMZBC's Grief Support Ministry, **Journey to Joy** will host **GriefShare**. We will have a special event of "The Loss of a Spouse" on Monday February 3, 2020 from 7- 9:00 pm. GriefShare is 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 will be from February 10 thru May 11. 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 want to help and provide encouragement after the death of a loved one.**

CHRISTIAN EDUCATION DEPARTMENT

SENIORS MINISTRY

The Seniors Ministry will meet on **February 5, 2020** from 12:00-2:00 pm in the FMZBC gym. Our guest speaker will be Rev. Doctor Ann Finch. You are also invited to join us on **February 19th** for the celebration of Black History Month and our first ever, Senior's Showcase. Wear an Afro-centric outfit, if possible. The 55 and older and Young At Heart are truly *Living in God's Assurance*. Come 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's: Sis. Shirley Hardy 703-459-4321 or Sis. Pauline Hunter-703-791-8438.

MEN'S MINISTRY

ATTENTION ALL MEN!!!...Come and fellowship on Saturday, February 8th at **9am**, as we uncover the "Assurance That God is With Us" in ALL we do. Our speaker will bring a DYNAMIC message that will fill our spirits and minds! I pray you seize this opportunity to Glorify God thru your time and service. We look forward to seeing you Mighty Men of Assurance. Iron sharpening Iron (Prov. 27:17). mensministry@firstmountzionbc.org.

ATTENTION ALL COUPLES!!!...You are invited to a fun evening filled with good food, fun, dancing, games, and a LOT of LOVE. The Men's Ministry of FMZBC will be hosting our Valentine's Banquet at Madigan's Waterfront on February 14th at **7pm**. Tickets are only \$100 per couple for a 4 course meal, dancing, & fellowship. You can purchase your tickets today in the Narthex after both services. For more information contact Mark Jessup, Everett Griggs, or Randy Hardy at mensministry@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday, January 28th at 7:00 pm. Topic: "The Plus & Minuses of Online Dating."

Singles Ministry monthly bowling event on Saturday, February 1st at 2 pm, Bowl America, 13409 Occoquan Road, Woodbridge, VA. Come on out and join us while we bowl, it's a fun time! We look forward to seeing you there. POC: Pamela Knight, singlesministry@firstmountzionbc.org.

WOMEN'S MINISTRY FELLOWSHIP

Women Uniting in Fellowship with Love, Praise, and Worship

Greeting to all of my sisters in Christ! You are invited to join us for our monthly fellowship on Feb 8 from 9-11:30 am. The title; "God's Timing". (Ecclesiastes 3:1-8) The purpose of this fellowship is to encourage and remind us to recognize that having faith in God, includes having faith in God's timing. Breakfast will be served in the GOH while fellowshiping with other FMZ ministries from 9-10 am. The program will begin in the chapel at 10 am. Please come and fellowship with us and bring a friend. POC, WM Director, Veronica D. Hackett womensministry@firstmountzionbc.org.

THE C.O.R.E.

ATTENTION ALL YOUNG ADULTS!!! On Tuesday January 28th, The C.O.R.E. will host our 2020 Kick Off Meeting!! Please Join us for a night of fellowship, as we outline our plans for the year. There will be an opportunity to join our planning committee, and a discussion on our vision for the ministry for 2020 and beyond! Bring a friend as ALL ARE WELCOME! For more information please email us at TheCore@FirstMountZionBC.org.

C.O.R.E. Young Adult Ministry will host C.O.R.E. Fitness on Saturday, February 1, 2020 in the First Mount Zion Gymnasium at 11:30 am. All levels of fitness are welcome! We can't WEIGHT to see you there! For any questions please email thecore@firstmountzionbc.org.

SCHOLARSHIP INFORMATION

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

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.

MONEY SMART MINISTRY (MSM)
SAVE THE DATE

**MUSIC & ARTS
MINISTRY
JANUARY
REHEARSALS**

Women's Choir
Tues. 28 7P

Mass Choir
Thurs. 30 7:30P

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 mon-eysmart@firstmountzionbc.org. Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmartMinistry/> to receive valuable information on this and other topics

GREETERS MINISTRY RECRUITMENT

We are currently recruiting Greeters for our 8 am and 11am services. We invite you to become a member of this rewarding Ministry as our Greeters have the opportunity to begin each visitor/member's experience on a positive note as we welcome them into worship. POC: Cynthia Weaver, cesweaver@yahoo.com or Darnell D. Martin, madisonlee815@gmail.com

THEME SUNDAY T-Shirts

Sign up for your Theme T-Shirts in the Narthex for our Theme Sunday Celebration on Sunday, March 15th

SHARE REGISTRATION

The last day to register for a SHARE packages is February 9th. SHARE packages are \$23 for food valued at between \$35 to \$45. POC: Thomas Bates (703) 330-6371 or Cherry Anderson (540) 361-4319.

PHOTOGRAPHY MINISTRY

Calling all professional and aspiring photographers! If you have a camera and a desire to serve at FMZ, join us at our next meeting on Tuesday, January 28th at 7pm. Text or call Benson Blake at 703-346-3433, or email photography@firstmountzionbc.org for more information. You can also stop by our table in the narthex today after service.