

"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

Continental



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 5

Music ~ Mass Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Annual FMZ College Panel 1P

Monday, Jan 6

BOD4GOD 7P; Deaconess Executive Committee Meeting 7P; Maturing in Christ SG (Four Seasons) 7P; Tutorial 7P; Women's Choir Praise Team 7P

Tuesday, an 7

Noon Day Prayer 12P; Divorce Care Support SG 7P; FREEDOM SG 7P; Mary Elizabeth Ministry 7P; Usher Ministry 7P; Women's Choir 7P; Trustee Ministry 7:30P

Wednesday, Jan 8

Alzheimer's Caregiver Support SG 1 & 3 (offsite - Stafford) 11A; Midday Bible Study 11:30A; Praise & Worship 7:30P; Bible Study 8P; Youth Bible Study 8P

Thursday, Jan 9

Joint Leadership Candidate Training (IT) 7P; Deaf Ministry 7P; Grill Masters Challenge SG 7P; Jewels Choir 7P; Voices of Zion 7P; Pastor's Aide Ministry 7P; Men's Ministry Monthly Meeting 7:30P; Trustee HR/Admin Committee 7:30P; Celebrate Recovery SF 7:30P

Friday, Jan 10

Christian Warriors SG 6:30P (offsite); Circling God's Word (Woodbridge) 7P;

Saturday, Jan 11

Men's Ministry Fellowship 8:30A; Officers Orientation 10A; Common Threads Sewing Group 11A;

ACADEMIC EDUCATION MINISTRY

2020 U.S. Fish and Wildlife Service's (FWS) Directorate Fellows Program (DFP). The FWS is partnering with other organizations this year to assist with recruitment, application, and administration of over 100 Fellowship project opportunities nationwide. The DFP provides a full-time, paid 11-week, rigorous Fellowship opportunity that supports FWS priorities to students interested in conservation related careers. The eligibility requirements and application process are located at: https://www.fws.gov/northeast/nyfo/2020_DF_P_Flyer.pdf. The deadline to complete the application is January 10, 2020.

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. 5th, 12th, and 19th, after 8am & 11am 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? Take a guess. On January 8th at 8 pm, come and discover and explore the answer. Siblings and friends are welcome. All materials will be provided. POC: Rev. John McNeill, 202-823-3093 or jmcneill@firstmountzionbc.org.

MEN'S MINISTRY

ATTENTION ALL MEN; Young & Mature!!!

Join us on Saturday, January 11th at 8:30 am for our first monthly Men's Fellowship of 2020. During this special session, you will receive a blessing from God as our very own PASTOR LUKE E. TORIAN will deliver our charge on "Men Living In God's Assurance", Isaiah 41:10(NKJV). I pray you seize this opportunity by joining us and allowing Him, through the speaker, to provide you spiritual growth. We look forward to seeing you Mighty Men of Assurance. Iron sharpening Iron (Prov. 27:17). mensministry@firstmountzionbc.org

2020 OFFICERS ORIENTATION

Officers Orientation is scheduled for Saturday, January 11, 2020 at 10:00am. This informational session is for Ministry Officers and Leads preparing to serve in 2020.

DIVINE INSPIRATIONS BOOKSTORE

Divine Inspirations Bookstore is seeking volunteers to work in the Bookstore on Tuesday and Thursday from 6:30—9pm and Saturday from 9am—12:30pm.

SHARE REGISTRATION

The last day to register for a SHARE package is January 12th. SHARE packages are \$23 for food valued at between \$35 and \$45. POC: Thomas Bates (703) 330-6371 or Cheryl Anderson (540) 361-4319.

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 Tookes
Custodian
gtookes@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.

SMALL GROUP MINISTRY

Come and join us for the

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 Date:** January 12, 2020. Location: Stafford, VA at 1:30 pm. POC: Doug and Elizabeth Freeman, esrrb@msn.com or Stephanie M. Craddock, Small Groups Director, 703--670-0184 or Scraddock@firstmountzionbc.org.

**MUSIC & ARTS
MINISTRY
JANUARY
REHEARSALS**

Women's Choir
Tues. 7, 28 7P

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

Voices of Zion
Thurs. 9, 16, 7P

Jewels Choir
Thurs. 9, 16 7P

Mass Choir
Thurs. 23, 30 7:30P

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