

"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]
- Charles Boddy [K4]
- Vietta Boothe [K4]
- Shirley Bridges [E3]
- Teresa Bridges [I]
- Jessica Butler [B]
- Queen Carroll [G2]
- Earnest Edwards [C1]
- Edwin Green [M3]
- Beulah (BJ) Harper [D1]
- Cheryl Harris [D1]
- Jan Jacobs [H2]
- Cynthia M. Johnson [B]
- John W. Jones, Jr. [Z]
- Gwynne McCatharine [N]
- William C. McLeod [H1]
- Ralph Minor [B]
- Suzette Montero [F2]
- Essie Pullman [Z]
- Margaret Sherrod [K4]
- Sheldon Starks [E1]
- Katherine Stevens [D1]
- Myrtle Stith [K4]
- Haywood Thomas [D4]
- 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, Fish



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Today, Feb 2

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

Monday, Feb 3

Deaconess Executive Committee Meeting 7P; Joint Leadership Candidate Training 7P; Journey to Joy/GriefShare 7P; Tutorial 7P; Women's Choir Praise Team 7P

Tuesday, Feb 4

Noon Day Prayer 12P; Mary Elizabeth Ministry 7P; Vacation Bible School Leadership Volunteer Meeting 7P; Women's Choir 7P; Women's Choir Praise Team 7P; Deacon Ministry Salary Committee 7:30P

Wednesday, Feb 5

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

Thursday, Feb 6

Deaf Ministry Rehearsal 7P; Joint Leadership Training 7P; Women's Ministry Planning Meeting 7P

Friday, Feb 7

Youth First Friday 7P

Saturday, Feb 8

Men's Ministry Fellowship 9A; Women's Ministry Fellowship 9A.

**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 Love and Unity – John 13:35 and 1 John 4:20. Thank you for taking time out to pray for our Pastor's anniversary.

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.

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, 2020 from 9 -11:30am. 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. Our guest speaker will be Associate Minister, Rev. Tarra Taylor. Breakfast will be served in the GOH while fellowshiping with other FMZ ministries from 9-10am. The program will begin in the chapel at 10am. Please come and fellowship with us and bring a friend. POC, WM Director, Veronica D. Hackett womenministry@firstmountzionbc.org.

CORE

ATTENTION ALL YOUNG ADULTS. On Saturday, February 22nd, The CORE (FMZBC's Young Adult Ministry) will be hosting our Valentine's Social - Love You To Your Core. We will have dinner, guest speakers, music, and the opportunity to fellowship with fellow FMZBC Young Adults. Tickets will be \$20. For more information please contact The CORE via email at TheCore@FirstMountZionBC.org. Hope to see you there!

On Sunday February 9th, The CORE will be holding our first social event of 2020! Immediately after taking our ministry photo for Pastor Torian's anniversary (following 11 am service) The CORE will attend Brunch at Bungalow Restaurant (2840 Prince William Pkwy, Woodbridge, VA 22192). For more information, please contact us via email at TheCore@FirstMountZionBC.org. Hope to see you there!

SCHOLARSHIP INFORMATION

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

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
JANUARY
REHEARSALS**

Women's Choir
Tues. 4, 25 7P

Men's Choir
Tues. 11, 18 7:30P

Voices of Zion
Thurs. 6, 13 7P

Jewels Choir
Thurs. 6, 13 7P

Mass Choir
Thurs. 20, 27 7:30P

**We need YOU to make our new
family directory complete!**

FMZBC is partnering with Lifetouch for professional photography that will help connect our families. Lifetouch will photograph at our location in room 156. FMZ members will schedule photo sessions on-line. The on-line scheduling link will be available on Monday, February 3rd at 7pm on the FMZBC.COM website. In your one-hour session you will be professionally photographed; immediately view your photographs; select your photo for the directory and have an opportunity to purchase photographs for your home or for gifts. Each FMZ family will receive a complimentary 8x10 photograph and directory. Representatives are available in the Narthex for assistance.

**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 monneysmart@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

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.

**WOMEN IN COMMUNITY ACTION
(WICA)**

Be a 2020 Debutante. To All Current Sophomore and Junior High School Girls: You are invited to the Debutante Ball Kickoff Reception on Sunday, February 23, at 2 pm at Freedom High School--15201 Neabsco Mills Road, Woodbridge, VA. At this reception, information about being a 2020 debutante will be presented and discussed with you and your parents. Come out and learn how to be a part of a wonderful experience that will last you for the rest of your life--educational, cultural, new friends, and an evening of charm and beauty before your family and friends. Refreshments will be served.

Sponsored by Women In Community Action (WICA). For more information, please contact our Debutante Ball Chairman at 571-345-5515 or any WICA member. Looking forward to seeing you there.

THEME SUNDAY T-SHIRTS

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