

"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]  
Vieta 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, Waffles



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, Feb 16**

Music ~ Voices of Zion/Jewels Choir;  
Sunday School 7A; Worship Service 8A;  
Sunday School 9:45; Juvenile Detention  
10A; Worship Service 11A; Civilian and  
Military Outreach SG (offsite) 1:30P;  
Fearless SG (offsite) 3P; Hungry For  
The Word SG (Stafford) 3P; Inspirational  
Journey SG (Stafford) 3P

**Monday, Feb 17**

Church Office Closed - President's Day

**Tuesday, Feb 18**

Senior Ministry Rehearsal 11A; Noon  
Day Prayer 12P; Academic Education  
Ministry 7P; Divorce Care Support SG  
7P; FREEDOM SG 7P; Money Smart  
Ministry 7P; Women's Ministry IPT  
Meeting 7P; Deaconess Ministry Monthly  
Meeting 7:30P; Men's Choir 7:30P

**Wednesday, Feb 19**

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

**Thursday, Feb 20**

Deaf Ministry Rehearsal 7P; Our Words  
Have Power SG 7P; PWC Ministerial  
Association (Liturgical Dance Rehearsal-  
al) 7P; Celebrate Recovery Support SG  
7:30P; Deacon Ministry Monthly Meeting  
7:30P

**Friday, Feb 21**

Christian Warriors SG (offsite) 6:30P

**Saturday, Feb 22**

Spiritual Gifts Workshop 8:30A; Health  
Ministry 9A; SHARE Distribution 9A;  
Volunteer Screening 9A; Common  
Threads Sewing SG 10A.

**PASTOR'S 25<sup>TH</sup> ANNIVERSARY  
MINISTRY PHOTOS**

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

**CHRISTIAN EDUCATION DEPARTMENT**

**WOMEN'S MINISTRY**

Women Uniting in Fellowship with Love,  
Praise, and Worship

The Women's Ministry would like to thank  
everyone who supported our Prayer Break-  
fast, "Always Stop and Pray" (ASAP). We  
thank you for the donations that you gave to  
support our outreach efforts to the Acts Beverly  
Warren Emergency Shelter in Dumfries,  
VA. We collected approximately \$3400 worth  
of items. With the items donated, we were  
able to provide 35 essential adult toiletry kits  
and several other practical items to help  
those in need. God bless you all for your acts  
of kindness. To God be the glory! (Matthew  
25:40) Respectfully, The Women's Ministry  
of FMZBC.

**WOMEN'S MINISTRY BOOK CLUB**

Women Uniting in Fellowship with Love,  
Praise, and Worship

The Women's Ministry Book Club facilitates  
meaning and purpose, evokes a deeper  
connection with the divine, and guides practical  
life application. Register after both services  
on 2/23, 3/1, and 3/8. The Spring session  
will begin on 3/21 and last for 5 weeks.  
We will be studying "Grace not Perfection",  
by Emily Ley. Grace, Not Perfection takes  
this message from a daily planner to an  
inspirational book that encourages women  
to simplify and prioritize. Designed with  
Emily Ley's signature aesthetic, this book  
gives women tangible ways to simplify their  
lives to give space to what matters most.  
With a focus on faith, Emily reminds readers  
that God abundantly pours out grace on us—  
and that surely, we can extend grace to  
ourselves. POC: Robyn Hawkins, [Womensministry@firstmountzionbc.org](mailto:Womensministry@firstmountzionbc.org).

**SENIORS MINISTRY**

The Seniors Ministry will meet on **February  
19, 2020** from 12:00-2:00 pm in the FMZBC  
gym 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.

**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 stop by  
the CORE table in the Narthex.

**SINGLES MINISTRY**

The Singles Ministry Monthly Meeting will be  
on Tuesday, February 25th at 7pm. Topic:  
"Forgiveness - From Sad to Mad to Glad".  
POC: [singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org)  
attention Pam Knight.

**SCHOLARSHIP INFORMATION**

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

**JOURNEY TO JOY/GRIEF SHARE**

FMZBC's Grief Support Ministry, **Journey to  
Joy** will host GriefShare. 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,  
2020. GriefShare is a **free** facilitator designed  
program with special topics, a participant  
handbook, DVD's featuring grief experts  
and group discussions. **We know it hurts and  
want to help and provide encouragement  
after the death of a loved one.**

**SPIRITUAL GIFTS MINISTRY**

The Spiritual Gifts Ministry is hosting a workshop  
on Saturday, February 22nd from 8:30  
am - 12 noon. Registration for the workshop  
is strongly encouraged to the following address:  
[SpiritualGifts@FirstMountZionbc.org](mailto:SpiritualGifts@FirstMountZionbc.org)  
Please note that the final day to register for  
the workshop is Thursday, February 20th.

**VOLUNTEER SCREENING**

The Volunteer Screening Committee will  
conduct training and interviews on Saturday,  
February 22nd, beginning promptly at 9 am.  
Please plan to attend this session if you have  
been a member of FMZBC for at least 6  
months, and have a 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.

**WOMEN'S HISTORY CHOIR**

Join us March 8<sup>th</sup> for our Women's History  
Month Celebration. The 2020 Women's History  
Choir rehearsal dates are February 25<sup>th</sup>  
and March 3<sup>rd</sup> at 7pm. POC: Minister of Music,  
Sylstea Sledge, [ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org).

**AUDIO/VISUAL (A/V) MINISTRY**

The A/V ministry needs volunteers for a variety  
of roles - camera, audio board, assistance  
before and during Sunday services, etc.  
Experience is not necessary and training is  
available. Please visit our info table in the  
Narthex on Sunday, March 1st and March 8th,  
where you can sign up and get any questions  
answered.

**ADMINISTRATIVE OFFICE STAFF**

Ahmon Bryant  
Food Service Assistant  
[abryant@firstmountzionbc.org](mailto:abryant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia E. Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Donna Scruggs  
Receptionist/Administrative Assistant  
[dscruggs@firstmountzionbc.org](mailto:dscruggs@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Administrative Assistant  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

Gregory Took  
Custodian  
[gtook@firstmountzionbc.org](mailto:gtook@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto: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.**

**MUSIC & ARTS  
MINISTRY  
FEBRUARY  
REHEARSALS**

**Women's Choir**  
Tues. 25 7P

**Men's Choir**  
Tues. 18 7:30P

**Mass Choir**  
Thurs. 27 7:30P

**SHARE DISTRIBUTION**

February SHARE packages will be distributed on Saturday, February 22nd from 9-10 am in Room 156. 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**

Our Theme Sunday Celebration will be held Sunday, February 23<sup>rd</sup>. Theme T-Shirts may be picked up in the Choir Room today after both services as well as Tuesday and Thursday evenings this week. A limited number of shirts is available in the Bookstore.

**USHER MINISTRY RECRUITMENT**

Are you willing to serve? Join the First Mount Zion Senior or Junior Usher Ministry. The Usher Ministry is very critical because it is ones' first encounter when entering the sanctuary. At FMZ, it's not all about "ushering" members and visitors to their seats during church service or programs. We like to see ourselves as providing both spiritual and physical comfort while ensuring that everyone feels at home. Please sign up in the Narthex **TO-DAY**.

**TEACHER'S AID  
PROVERBS PLACE DAYCARE**

Salary Range - \$10.00 - \$13.00 Hourly  
Proverbs Place is seeking a Teacher's Aid with an Associate's Degree or higher in Early Childhood Education; Elementary Education is Preferred. Minimum requirements are a high school diploma and on-the-job training in a related field. Submissions may be emailed to: [wcwilliams@connectedtoconnect.org](mailto:wcwilliams@connectedtoconnect.org).

**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. Email the ministry at [mon-eysmart@firstmountzionbc.org](mailto:mon-eysmart@firstmountzionbc.org). Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmartministry/> to receive valuable information on this and other topics

**PWC NAACP**

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, February 18th, 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](http://pwnaacp.org) and access the calendar entry for this meeting.

**HOMELESSNESS IN  
PRINCE WILLIAM COUNTY**

The church is forming a committee to examine Homelessness in Prince William County and our congregational response. We are seeking 10-12 members of the congregation to join this committee. If you are interested, please e-mail Rev. Karl F. Brower at [kfbrower@verizon.net](mailto:kfbrower@verizon.net) or see me in the Narthex after service. The first committee meeting will be this Thursday, February 20th from 7:00-8:30 at First Mount Zion.

**FLOWER MINISTRY**

The Flower Ministry would like to invite you to become a member of our wonderful ministry. Come join us as we provide flowers for the church sanctuary and provide weekly maintenance of the flowers. If you are interested in this opportunity, please contact Elnora Wells at [elnora\\_1996@yahoo.com](mailto:elnora_1996@yahoo.com) or Vera Brackett at [vbrack17@verizon.net](mailto:vbrack17@verizon.net).

**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 is on [the FMZBC.COM website](http://theFMZBC.COM). 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.