

"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 Starkes [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, Omelet Station



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**Today, Feb 23**

Music ~ Men/Unity Choirs; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Diverse Disciples of Christ (Youth) SG 1P; God's Knowledge is Powerful SG 1P The Smart Step Family Support SG (Stafford) 1:30P; Fearless Study Group (Woodbridge) 3P

**Monday, Feb 24**

BOD4GOD SG 7P; Children's Ministry Meeting 7P; Deacon Ministry Meeting 7P; Dale City Lightning 7P; Financial Freedom for Millennials SG 7P; Journey to Joy/GriefShare 7P; National Coalition of 100 Black Women 7P; Retire Inspired Financial Planning SG 7P; Tutorial 7P; Women's Choir Praise Team 7P

**Tuesday, Feb 25**

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Divorce Care Support SG 7P; Singles Ministry Monthly Meeting 7P; Small Groups Planning Committee 7P; Toastmasters 7P; Trustee Executive Board Meeting 7P; Women's Choir 7P; Women's Choir Praise Team 7P

**Wednesday, Feb 26**

Alzheimer's Caregiver Support Groups 1 & 3 (Stafford) 11A; Praise & Worship 7:30P; Worship Service 8P

**Thursday, Feb 27**

Deaf Ministry Rehearsal 7P; Grill Masters Challenge SG 7P; Joint Leadership Candidate Training 7P; PWC Ministerial Association (Liturgical Dance Rehearsal) 7P; CORE Committee Meeting 7P; Women's Ministry Lovely Ladies Luncheon Committee 7P; Mass Choir 7:30P

**Friday, Feb 28**

Warriors of Love SG (Woodbridge) 7P

**Saturday, Feb 29**

Money Smart Workshop 9A; Mary Elizabeth Spring 2020 Program 11A.

**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 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 today, March 1st and 8th. The Spring session will begin on March 21st 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: [Womensministry@firstmountzionbc.org](mailto:Womensministry@firstmountzionbc.org), Attn: Robyn Hawkins..

**SINGLES MINISTRY**

The Singles Ministry monthly bowling event is on Saturday, March 7th at 2:00 pm - Bowl America, 13409 Occoquan Road, Woodbridge, VA. Come on out and join us while we bowl, let's have fun! We look forward to seeing you there!! POC: [singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org), Attn: Pamela Knight.

**CORE**

**ATTENTION ALL YOUNG ADULTS!!** Please join The C.O.R.E on **Tuesday, March 10, 2020 at FMZBC, 7:00 PM**, for The Ministry of LIFE, a monthly Young Adult Spiritual Growth Session. The Ministry of LIFE (held every 2nd Tuesday at FMZBC) is purposed to help young adults grow in their personal relationship with God. We receive tangible word that applies to our everyday lives. This month's topic, Courting Relationships and remaining "Holy", will be taught by Rev. Josephine Cherry. Hope to see you there!

**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.**

**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.

**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 **TODAY**.

**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).

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.**

**SHARE REGISTRATION**

The last day to register for a SHARE package is March 8th. SHARE packages are \$23 for food valued at between \$35 and \$45. POC: Thomas Bates (703) 330-6371 or Cherry Anderson (540) 361-4319.

**MUSIC & ARTS  
MINISTRY  
FEBRUARY  
REHEARSALS**

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

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

**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

**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.