

"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, 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, Feb 9

Music ~ Women's Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; Spring Small Group Fair—Group Link (immediately after service) Associate Ministers Meeting 1P

Monday, Feb 10

Benevolence Committee 7P; Connected to Connect 7P; Facility Use - Dale City Lighting 7P; Journey to Joy/GriefShare 7P; Retire Inspired Financial Planning SG 7P; Trustee Finance Meeting 7P; Tutorial 7P

Tuesday, Feb 11

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; Deaf Ministry Monthly Meeting 7P; Mary Elizabeth Ministry Monthly Meeting 7P; Pi Lambda Lambda OPPF 7P; Strategic Planning Committee 7P; Toastmasters 7P; Men's Choir 7:30P

Wednesday, Feb 12

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

Thursday, Feb 13

Deaf Ministry Rehearsal 7P; Jewels Choir 7P; Joint Leadership Candidate Training 7P; Pastor's Aide 7P; PWC Ministerial Association (Liturgical Dance Rehearsal) 7P; PWC Taste of Heaven Dance Rehearsal 7P; Voices of Zion 7P; Men's Ministry Monthly Meeting 7:30P; Trustee HR/Admin Committee 7:30P

Friday, Feb 14

Circling God's Word SG (Woodbridge) 7P

Saturday, Feb 15

No Activities Scheduled.

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.

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.**

CHRISTIAN EDUCATION DEPARTMENT

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 contact The CORE via email at TheCore@FirstMountZionBC.org. Hope to see you there!

TODAY The CORE will hold their first social event of 2020, immediately after taking the 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).

SCHOLARSHIP INFORMATION

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

DEAF MINISTRY

This is a reminder that the Deaf Ministry will be meeting on Tuesday, February 11th at 7 pm. You are invited to share your talent with us; together we are much stronger. Check the monitors in the Narthex for the room we will be using.

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.

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. 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.

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

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.

**MUSIC & ARTS
MINISTRY
JANUARY
REHEARSALS**

Women's Choir
Tues. 25 7P

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

Voices of Zion
Thurs. 13 7P

Jewels Choir
Thurs. 13 7P

Mass Choir
Thurs. 20, 27 7:30P

SHARE REGISTRATION

Today is the last day to register for a SHARE package. 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 Choir Room for our Theme Sunday Celebration on Sunday, February 23rd.

VOTER REGISTRATION DEADLINE

Mark your calendars to vote in the 2020 Presidential Primary on Super Tuesday, March 3rd. You must be registered to vote by Monday, February 10th. To check your voter information is correct, visit: vote.elections.virginia.gov/VoterInformation.