

"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, Fish



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**Today, Mar 1**

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, Mar 2**

BOD4GOD SG 7P; Deaconess Execu-  
tive Committee Meeting 7P; Journey to  
Joy 7P; Maturing in Christ SG (offsite)  
7P; Professional Women SG 7P; Tutori-  
al 7P; Women's Choir Praise Team 7P

**Tuesday, Mar 3**

Noon Day Prayer 12P; Divorce Care  
Support SG 7P; FREEDOM SG 7P;  
Mary Elizabeth Ministry 7P; Senior Ush-  
er Ministry 7P; Vacation Bible School  
Leadership/Volunteer Meeting 7P;  
Women's Choir 7P; Women's Choir  
Praise Team 7P; Celebration Recovery  
7:15P; Trustee Ministry 7:30P

**Wednesday, Mar 4**

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

**Thursday, Mar 5**

Deaf Ministry Rehearsal 7P; Joint Lead-  
ership Candidate Training 7P; Our  
Words Have Power SG 7P; PWC Minis-  
terial Association (Liturgical Dance Re-  
hearsal) 7P; Professional Women SG  
7:15P

**Friday, Mar 6**

Carpenters for Christ 7P; Race to Read  
Children's Reading Club SG 7P; Where  
is God in the Movie SG 7P; Youth First  
Friday 7P

**Saturday, Mar 7**

Joint Leadership Training 9A; Daughters  
of the King Outreach SG 10A; Greeters  
Ministry 10A; SERVE SG 10A; Mary  
Elizabeth Ministry Spring 2020 Program  
11A; Women Unfolding Our Divine Des-  
tiny SG (offsite) 12P; Singles Ministry  
Bowling (offsite) 2P

**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: [Anniver-  
sary2020@firstmountzionbc.org](http://Anniversary2020@firstmountzionbc.org) as soon  
as possible. Please only the President  
or Chairs sign up their respective minis-  
tries.

**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 practi-  
cal life application. Register after both ser-  
vices today and March 8th. The spring ses-  
sion will begin on March 21st and last for 5  
weeks. We will be studying "Grace, Not Per-  
fection", by Emily Ley. Grace, Not Perfec-  
tion takes this message from a daily  
planner to an inspirational book that  
encourages women to simplify and prior-  
itize. Designed with Emily Ley's signa-  
ture 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: [Womensminis-  
try@firstmountzionbc.org](mailto:Womensministry@firstmountzionbc.org), Attn:  
Robyn Hawkins.

**WOMEN'S MINISTRY FELLOWSHIP**

Women Uniting in Fellowship with Love,  
Praise, and Worship

You are invited to join us for our monthly  
fellowship on March 14, 2020 from 9:30 -  
11:00 am. The title: "God, An Eternal Per-  
spective" (Psalms 62: 5-8). The purpose of  
this fellowship is to encourage us by using 7  
words all beginning with the letter "G" to help  
us focus on God. Having an eternal perspec-  
tive helps us to rise above our circumstanc-  
es. (Greatness, Goodness, Gratitude, Grow-  
ing, Grace, Glory, God) Our guest speaker  
will be Associate Minister, Rev. Josephine  
Cherry. Breakfast will be served in the GOH  
while fellowshiping with other FMZ minis-  
tries from 8:15-9:15am. The program will  
begin in our designated location at 9:30 am.  
Review the monitors upon your arrival.  
Please come and fellowship with us and  
bring a friend. POC: [womensminis-  
try@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org), Attn: WM Director,  
Veronica D. Hackett.

**CORE**

ATTENTION ALL YOUNG ADULTS!! Please  
join The C.O.R.E on **Tuesday, March 10th at  
FMZBC, 7:00 pm**, for **The Ministry of LIFE**, a  
monthly Young Adult Spiritual Growth Ses-  
sion. The Ministry of LIFE (held every 2nd  
Tuesday at FMZBC) is purposed to help  
young adults grow in their personal relation-  
ship 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!

**WOMEN'S HISTORY CHOIR**

Join us March 8<sup>th</sup> for our Women's History  
Month Celebration. The 2020 Women's His-  
tory Choir will rehearse on March 3rd at 7  
pm. POC: Minister of Music, Sylstea Sledge,  
[sslledge@firstmountzionbc.org](mailto:sslledge@firstmountzionbc.org).

**SENIORS MINISTRY**

All members and friends 55 years and older  
are cordially invited to fellowship with the  
FMZBC Seniors Ministry. The next meetings  
are March 4 and March 18, 2020 from 12:00-  
2:00 pm in the FMZBC gym right after mid-  
day bible study. 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 or Pauline Hunter  
(703) 791-8438.

**SINGLES MINISTRY**

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

**VBS VOLUNTEERS NEEDED**

Volunteers are needed to join Team VBS  
2020. Through **Champions in Life. Ready,  
Set, GO with God! Isaiah 40:31**, children will  
build FREINDHSIPS, discover their PUR-  
POSE, and give great EFFORT while HON-  
ORING GOD!

Join us *June 22<sup>nd</sup> - 26<sup>th</sup>, 8:00am-12:30pm*  
to make Vacation Bible School 2020 a success.  
Sign up in the narthex or contact Kimberly  
Nelson (202-520-8016) or Carmia Salcedo  
(703-307-6296) at [vbs@firstmountzionbc.org](mailto:vbs@firstmountzionbc.org).  
**Volunteer screening is mandatory**; attend  
March 21<sup>st</sup>, April 18<sup>th</sup>, or May 16<sup>th</sup>. Student  
signup begins May 1<sup>st</sup>.

**MEN'S MINISTRY**

Come and fellowship on Saturday, March  
14th at **9am**, as we uncover what we should  
do in times of crisis. Feel the "Assurance In  
Battle". Our speaker of the day will be our  
own, Rev. Dr. Tracey Holley, who 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 ser-  
vice. We look forward to seeing you Mighty  
Men of Assurance. Iron sharpening Iron  
(Prov. 27:17). [mensminis-  
try@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

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.**

**DEAF MINISTRY**

National Deaf History Month is celebrated from March 13th - April 15th. The FMZ Deaf Ministry is excited to celebrate this month for the first time on Sunday, March 22nd at our 11 am service. Please join us as we acknowledge the deaf culture, its community, and some of its accomplishments. Watch the monitors in the coming weeks for special "Did you know?" announcements.

**MUSIC & ARTS MINISTRY MARCH REHEARSALS**

**Women's Choir**  
Tues. 3, 31 7P

**Men's Choir**  
Tues. 10, 17 7:30P

**Voices of Zion**  
Thurs. 5, 12 7P

**Jewels Choir**  
Thurs. 5, 12 7P

**Mass/Unity Choir**  
Mon. 23 7:30P

**Unity Choir**  
Mon 23 7:30P  
Tues 24 7:30P

**Easter Choir**  
Mon 30 7:30P  
Tues. 31 7:30P

The Deaf Ministry will meet on Tuesday, March 10<sup>th</sup> at 7 pm. Come out and join us. Check the monitors for the room assignment.

**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.

**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 today and March 8th, where you can sign up and get any questions answered.

**SCHOLARSHIP INFORMATION**

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

**GREETERS MINISTRY**

The Greeters Ministry will meet on March 7<sup>th</sup> at 10 am. If you would like to be a part of this ministry, please come out. POC: Cynthia Weaver [cesweaver@yahoo.com](mailto:cesweaver@yahoo.com) or Darnell D. Martin [madisonlee815@gmail.com](mailto:madisonlee815@gmail.com).

**ANNUAL USHER DAY**

The FMZ Usher Ministry will celebrate its 63rd Annual Usher Day on March 15<sup>th</sup> at 3 pm. Our theme for this year is "Onward Christian Soldiers" taken from Ezekiel 44:14. Reverend Gillis Taylor will bring the word to celebrate our junior and senior ushers. Please join us on this special service. Refreshments will be served following the service.

**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](http://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.

**Looking for an opportunity to serve?**

Greeters are needed to welcome members to their LifeTouch photo session. If you have 3 hours to serve during an afternoon(s) and/or early evening (s) please contact Renee Woolfolk, Church Business Administrator at (703) 670-0184 or by email [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org).

**Duties include:** welcoming families, assist with completion of "Lifetouch welcomes you" card provide coupons, and confirm accuracy of any roster data.

**JOURNEY TO JOY/GRIEFSHARE**

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.**

**FMZ T-SHIRTS**

The last day to pick up your FMZ T-Shirt is March 8th in corridor B & C.