

"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

CONTINENTAL



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Today, Mar 15

Music ~ Voices of Zion/Jewels 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 63rd Annual Usher's Day 3P; Fearless SG (offsite) 3P; Hungry For the Word SG (offsite) 3P

Monday, Mar 16

Benevolence Committee 7P; BOD4GOD SG 7P; Children's Ministry Meeting 7P; Communications and Publicity Ministry 7P; Journey to Joy/GriefShare 7P; Ministry Assessment Team 7P; National Coalition of 100 Black Women 7P; Office 365 Training 7P; Tutorial 7P; Deacon Ministry Interview Training 7:30P; Trustee Ministry Finance Committee 7:30P

Tuesday, Mar 17

Noon Day Prayer 12P; Academic Education Ministry 7P; Divorce Care Support SG 7P; FREEDOM SG 7P; Celebrate Recovery Support SG 7:30P; Deaconess Ministry Monthly Meeting 7:30P; Men's Choir 7:30P

Wednesday, Mar 18

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

Thursday, Mar 19

Deaf Ministry Rehearsal 7P; Jewels Choir 7P; Voices of Zion 7P; Motorcycle Ministry Monthly Meeting 7P; Our Words Have Power SG 7P; PWC Ministerial Association (Liturgical Dance Rehearsal) 7P; Deacon Ministry Monthly Meeting 7:30P; Trustee Ministry - Facility and Real Property Committee 7:30

Friday, Mar 20

Christian Warriors SG (offsite) 6:30P

Saturday, Mar 21

Eagles Health & Nutrition SG 9A; School of Ushering Class 9A; SHARE Distribution 9A; Volunteer Screening 9A; Flower Ministry 10A; Pi Lambda Lambda OPPF 10A; Saturday Matinee Munch Bunch SG (offsite) 10A; SERVE SG 10A; Women's Ministry Book Club 10A; Mary Elizabeth 11A; Junior Ushers 11:30A; Women Unfolding Our Divine Destiny SG (offsite) 12P; AKA Annual Gospel Fest 4P.

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.

CHRISTIAN EDUCATION DEPARTMENT

WOMEN'S MINISTRY

SAVE THE DATE! (Sight & Sound-PA)

Join us for our upcoming Girlfriend's Day III. The WM will be going to Sight & Sound on October 10, to see the play, Queen Esther. We will be experiencing one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production! The day will be filled with shopping, lunch, and fellowship. The cost of the trip is \$143 per person. Registration dates are April 19, 26, May 3, 17 and 24. For additional information or questions, please contact WM Co-Director, Gwen L. Holland at womensministry@firstmountzionbc.org.

SINGLES MINISTRY

Singles Ministry Monthly Meeting on Tuesday, March 24th at 7:00 pm. For more information please contact Pamela Knight at singlesministry@firstmountzionbc.org.

SCHOLARSHIP INFORMATION

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

CHILDREN'S CHURCH

There will be a Children's Ministry meeting on Monday, March 16th at 7 pm for current volunteers (Staff/Teachers/Teens) and anyone interested serving with the Children's Church Ministry.

Kids Kingdom provides children (pre K - 5th grade) a place where kids are taught about their royalty in Christ Jesus. This is a wonderful opportunity for children to worship in a safe, age appropriate, and fun environment.

Children's Church Guidelines:

Nursery - 12 months - 3 years
Children's Church - 3 years (potty trained) and up.

If you are interested in serving with the Children's Ministry - Kids Kingdom, which runs from September-June, we encourage you to be part of our ministry by sharing your giftedness. POC: Michelle Wallace at ChildrensMinistry@firstmountzionbc.org or (240) 602-5929.

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 FRIENDSHIPS, discover their PURPOSE, and give great EFFORT while HONORING GOD!

Join us June 22nd - 26th, 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. **Volunteer screening is mandatory;** attend March 21st, April 18th, or May 16th. Student signup begins May 1st.

MEN'S MINISTRY

ATTENTION ALL MEN!!!...How do you see yourself? The 20/20 man sees himself as a guardian for current & future generations. If you're ready to become a 20/20 Man of God, then register for our 3rd Annual outing, being held April 17-18, 2020 in Maryland. You won't be disappointed! Additional details available in the Narthex after services TODAY. You may also contact Mark Jessup, Everett Griggs, or Randy Hardy at mensministry@firstmountzionbc.org.

DEAF MINISTRY

National Deaf History Month is celebrated from March 13 - April 15. The FMZ Deaf Ministry is excited to celebrate this month for the first time on Sunday, March 22 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.

IMPORTANT DATES IN DEAF HISTORY

April 8, 1864 – Gallaudet University, a college for the deaf, was founded.

1890 – The National Association for the Deaf was founded to promote the civil rights of deaf people in the United States.

1960 – The Teletypewriter (TTY) was invented by Robert Weitbrecht to allow the deaf to communicate through typed messages.

1964 – The Video Relay Service was invented by Robert Weitbrecht to enable deaf people who use American Sign Language to communicate through video equipment rather than through text.

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 DISTRIBUTION

March SHARE packages will be distributed on Saturday, March 21st from 9-10 am in the Senior Activity Center. POC: Thomas Bates (703) 330-6371 or Cherry Anderson (540) 361-4319.

**MUSIC & ARTS
MINISTRY
MARCH
REHEARSALS**

Women's Choir
Tues. 31 7P

Men's Choir
Tues. 17 7:30P

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

VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct training and interviews on Saturday, March 21st, 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.

WILLING WORKERS MINISTRY

Please mark your calendars for our Willing Workers Meeting on Tuesday, March 24th at 7:15 pm. POC: Jairus Akanni at (571) 330-1911, akannijairus@gmail.com, or Shemone Fullilove at (571) 237-5786, shemonef@gmail.com.

PWC NAACP

The PWC NAACP will hold its monthly General Membership Meeting on Tuesday, March 17th 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 and access the calendar entry for this meeting.

APRIL SIGHT AND SOUND TRIP UPDATE

The bus will depart the FMZ parking lot promptly at 6:15 am, on Tuesday, April 7th to see the production of Queen Esther at the Sight and Sound Theater in Lancaster, PA. Please direct any questions to Thelma Ferguson, 703-508-5168 or tferguson5@verizon.net.

**TRIP TO SIGHT AND SOUND
QUEEN ESTHER**

If you are interested in going on a FMZBC trip for members, family and friends to Sight and Sound on July 21, 2020 to see play "Queen Esther", please send an email to "info@rightnowtravelconsultants.com" or contact Deacon Andrew Walker at andrew.walker55@verizon.net. The cost is \$155 and includes transportation, ticket and lunch. There are approximately 25 seats available that will be filled on first-pay first serve. The bus will depart FMZBC at 6 am and return around 7 pm.

It's Not Too Late!

Schedule your Family Portrait for the FMZ Directory

Please schedule your appointment online by going to FMZBC.COM and click on the Lifetouch slider. When you arrive for your photo you may enter through door Q located near the gym entrance at the rear of the church. Photos are taken in room 156. If you need any assistance with scheduling please call Renee Woolfolk, Church Business Administrator at (703) 670-0184. Hosts are still needed if you are looking for an opportunity to serve.

JOURNEY TO JOY/GRIEF SHARE

FMZBC's Grief Support Ministry, **Journey to Joy** will host GriefShare, 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, 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.**

PROFESSIONAL WOMEN SMALL GROUP

The Professional Women Small Group invites you to join 'Go with The Flow' a project to collect 8,000 tampons and sanitary napkins for homeless and under-sheltered women. Donations can be placed in the Flow Boxes located in the women's restrooms until March 31.

SOUVENIR JOURNAL ADS

Beginning **TODAY** FMZBC members, family, friends and the community will have the opportunity to place ads in the Pastor's 25th Anniversary Souvenir Journal. Ads should be camera ready and submitted electronically. More information will be provided at sign-up, which takes place in the Narthex immediately following the 8 am and 11 am services.

Price Schedule: • Full page \$175; • Half page \$125; • Quarter page \$75; • Business card \$50; • Patron line \$25.

FMZ T-SHIRTS

T-Shirts can now be purchased in the Bookstore – Sizes S, M, L, XL are available. Purchase your T-Shirts today !!