

"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



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**Today, Mar 8**

Music ~ Women's History Choir; Sunday School 7A; Worship Service 8A; Sunday School 9:45; Juvenile Detention 10A; Children's Church 10:45A; Worship Service 11A; The Smart Step Family Support SG (off-site) 1:30P

**Monday, Mar 9**

Benevolence Committee 7P; BOD4GOD SG 7P; Financial Freedom for Millennials SG 7P; Journey to Joy/GriefShare 7P; Retire Inspired Financial Planning SG 7P; Tutorial 7P

**Tuesday, Mar 10**

Noon Day Prayer 12P; Alzheimer's Caregiver Support Group 2 7P; CORE Young Adult Ministry 7P; Deaf Ministry Monthly Meeting 7P; Divorce Care Support SG 7P; FREEDOM SG 7P; Pastor's Aide Ministry 7P; Pi Lambda Lambda OPPF 7P; Strategic Planning Committee 7P; Toastmasters 7P; Usher Ministry 7P; Vacation Bible School Leadership/Volunteer Meeting 7P; Men's Choir 7:30P

**Wednesday, Mar 11**

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

**Thursday, Mar 12**

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

**Friday, Mar 13**

Circling God's Word SG (Woodbridge) 7P

**Saturday, Mar 14**

Men's Ministry Fellowship 9A; Women's Ministry Fellowship 9:30A; Common Threads Sewing SG 10A; Mary Elizabeth Ministry Spring 2020 Program 11A; Junior Usher Training 11:30A; Kingdom Living in Our Culture SG (Woodbridge) 1P.

**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 TODAY. 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.

**WOMEN'S MINISTRY FELLOWSHIPS**

You are invited to join us for our monthly fellowship on March 14, from 9:30 -11:00 am. The title; "God, An Eternal Perspective" (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 perspective helps us to rise above our circumstances. (Greatness, Goodness, Gratitude, Growing, Grace, Glory, God) Our guest speaker will be Associate Minister, Rev. Josephine Cherry. Breakfast will be served in the GOH 8:15-9:15am. The program will begin at 9:30 am. Please come fellowship with us and bring a friend.

**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. POC: [Womensministry@firstmountzionbc.org](mailto:Womensministry@firstmountzionbc.org). Attn: WM Director, Veronica D. Hackett.

**SENIORS MINISTRY**

Members and friends 55 years and older are cordially invited to fellowship with the FMZBC Seniors Ministry on March 18th from 12:00-2:00 pm in the gym right after midday bible study. Join us for food, fun and fellowship. If you plan to attend and are not on our call list, please RSVP so we can have an accurate count for lunch. POC: Shirley Hardy (703) 459-4321 or Pauline Hunter (703) 791-8438.

**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 service. We look forward to seeing you Mighty Men of Assurance. Iron sharpening Iron (Prov. 27:17). [mensministry@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

**CHILDREN'S CHURCH**

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.

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

Please contact Michelle Wallace at [ChildrensMinistry@firstmountzionbc.org](mailto:ChildrensMinistry@firstmountzionbc.org) or 240-602-5929.

**CORE**

**ATTENTION ALL YOUNG ADULTS!!** Please join The C.O.R.E on **Tuesday, March 10th at 7P** 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.

**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.**

**MUSIC & ARTS  
MINISTRY  
MARCH  
REHEARSALS**

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

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

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

**Jewels Choir**  
Thurs. 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

**FMZ T-SHIRTS**  
**TODAY** is the last day to pick up your FMZ T-Shirt in corridor B & C.

**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 3<sup>rd</sup> 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](mailto:mensministry@firstmountzionbc.org).

**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 PURPOSE, and give great EFFORT while HONORING 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 sign up begins May 1<sup>st</sup>.

**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.

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

**SHARE REGISTRATION**

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

**ANNUAL USHER DAY**

The FMZ Usher Ministry will celebrate its 63rd Annual Usher Day on March 15 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.

**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 March 15, FMZBC members, family, friends and the community will have the opportunity to place ads in the Pastor's 25<sup>th</sup> 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.

**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 24<sup>th</sup> at 7:15 pm. POC: Jairus Akanni at (571) 330-1911, [akanni-jairus@gmail.com](mailto:akanni-jairus@gmail.com), or Shemone Fullilove at (571) 237-5786, [shemonef@gmail.com](mailto:shemonef@gmail.com).