

"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 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

Closed



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, May 3

Music ~ Mass Choir Praise Team  
Extended Sunday School (ESS)  
9:45A (Live stream at Facebook  
Live or Conference Call (571) 260-  
6833; conference no. 7482#; con-  
ference PIN: 6000#;

Worship Service (Live stream at  
fmzbc.com or Facebook Live) 11A;

#### Monday, May 4

BOD4GOD SGM Conference Call  
7P; God's Knowledge is Powerful  
Conference Call 1:00P; Diverse  
Disciples of Christ Conference Call  
1:00P; Journey to Joy/GriefShare  
Conference Call 7P;

#### Tuesday, May 5

Divorce Care Support Group Con-  
ference Call 7P; FREEDOM Con-  
ference Call 7P;

#### Wednesday, May 6

Bible Study (The Gospel of John,  
Chapter 14) (Live stream at  
fmzbc.com or Facebook Live  
7:30P);

#### Thursday, May 7

Our Words Have Power Confer-  
ence Call 7P; Professional Women  
Conference Call 7:15P;

#### Friday, May 8

Circling God's Word Conference  
Call 7P;

#### Saturday, May 9

Women Unfolding Our Divine Desti-  
ny Conference Call 12P; Kingdom  
Living in Our Culture Conference  
Call 1P;

#### Sunday, May 10

God's Knowledge is Powerful Con-  
ference Call 1P; Diverse Disciples  
of Christ Conference Call 1P.

#### CHRISTIAN EDUCATION DEPARTMENT

#### ACADEMIC EDUCATION MINISTRY

Changes to FMZBC Scholarship Proce-  
dures – The deadline to submit Scholar-  
ship Packets is now **May 29,  
2020**. Students **without** college ac-  
ceptance letters must provide valid rea-  
soning. Unofficial transcripts will be  
accepted if official transcript cannot be  
obtained. Emails from Ministry Leaders  
(must include dates served) and from  
Community Leaders will be accepted,  
but must follow packet  
format. POC: Bro. Gerry Griffin at  
[AEM@firstmountzionbc.org](mailto:AEM@firstmountzionbc.org) or [griffin@rocketmail.com](mailto:griffin@rocketmail.com).

Private Foundation Scholarships Refer-  
ence Books available via Amazon.com  
to assist in financing college educations.  
To view and order, go to Amazon.com,  
Select Scholarship books in the search  
bar, Review and order.

The deadline for Alpha Kappa Alpha  
Sorority Inc. scholarships has been ex-  
tended to May 15, 2020. POC: Laurie  
Wilson, 703-915-2891 or [Scholarship@omicronchiomega-aka.com](mailto:Scholarship@omicronchiomega-aka.com).

Jack & Jill of America – Tommie J.  
Wonnum III Memorial Scholarship avail-  
able. POC: Johnda D. Scott-Adams at  
[Scottpr2016@gmail.com](mailto:Scottpr2016@gmail.com).

#### WOMEN'S MINISTRY ½ Hour of Power (words of encouragement for your soul)!

We want to keep all Women uplifted dur-  
ing these trying times with words of en-  
couragement, prayer, support and  
love. All women are asked to attend a  
weekly teleconference call on Tuesdays  
at 7P.

**Teleconference no: (605) 475-4700;  
access number: 444115#.**

***Due to the high demand of teleconfer-  
ence calls there may be some difficul-  
ties dialing in so please try both your  
home/line land and cell phones.***

Please be on time for the call. If circum-  
stances cause you to dial in after 7P,  
please forego announcing your name as  
to minimize distractions. Looking forward  
to fellowshiping with each of you.  
POC: Veronica D Hackett (Director) or  
Gwen L Holland (Co-Director), [womens-  
ministry@firstmountzionbc.org](mailto:womens-ministry@firstmountzionbc.org).

#### MEN'S MINISTRY

**ATTENTION ALL MEN!!!**...Join  
our Zoom meeting and fellow-  
ship with us on Saturday, May  
9th at **9am**, as we are reminded  
that God is STILL ABLE. Our  
speaker will bring a DYNAMIC  
message that will fill our spirits  
and minds! I pray you seize this  
opportunity to Glorify God thru  
this online fellowship with  
your time and service. We look  
forward to seeing you Mighty  
Men of Assurance online. Iron  
sharpening iron [mensminis-  
try@firstmountzionbc.org](mailto:mensministry@firstmountzionbc.org).

The Zoom meeting information:  
Meeting ID: 744 5344 2130.  
Password: 3iubda

#### SUNDAY SCHOOL ROSTER UPDATE

FMZBC Sunday School at-  
tendees, **by or before 06 May  
2020**, please provide your and  
your family members' names  
and Sunday School class num-  
bers to the Sunday School Su-  
perintendent, Rev. Gillis M.  
Taylor, at: [sundayschool@first-  
mountzionbc.org](mailto:sundayschool@firstmountzionbc.org). Thank you,  
your cooperation is appreciated.

#### YOUTH MINISTRY Chats and Prayer

Middle School (**6<sup>th</sup>- 8<sup>th</sup> Graders**),  
Wednesday, May 7, 2P—2:30P

High School (**9<sup>th</sup>-11<sup>th</sup> Graders**),  
Starts Wednesday, May 7, 3P—  
3:30P

Please dial **571-260-6833** and  
follow the audio prompts below:

Conference Number: **7482#**;  
PIN: **6000#**

Senior (**12<sup>th</sup> Graders Only**) Chat  
via Zoom, Thursday, May 8,  
2P—2:30P

Dial in from your cell phone or  
electronic device by clicking or  
using the following Zoom link:  
<https://zoom.us/j/250366652>.

POC: Rev. John McNeill,  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant  
Food Service Assistant  
[abryant@firstmountzionbc.org](mailto:abryant@firstmountzionbc.org)

Sherise Campbell  
Food Service Director  
[scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

Stephanie M. Craddock  
Small Groups Director  
[scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org)

Beverly Grant  
Information Technology Assistant  
[bgrant@firstmountzionbc.org](mailto:bgrant@firstmountzionbc.org)

Sherry Hilliard  
Financial Secretary  
[shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org)

Rev. Tracey D. Holley  
Minister of Christian Education  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

Ernest Holmes  
Custodian  
[eholmes@firstmountzionbc.org](mailto:eholmes@firstmountzionbc.org)

Walter Holmes  
Assistant Facility Manager  
[wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

Antonio Howard  
Custodian  
[ahoward@firstmountzionbc.org](mailto:ahoward@firstmountzionbc.org)

Rev. Sandra K. James  
Assistant Pastor  
[sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

Tommy Johnson  
Audio Visual Director  
[tjohnson@firstmountzionbc.org](mailto:tjohnson@firstmountzionbc.org)

Rev. John C. McNeill, Jr.  
Youth Minister  
[jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org)

Sylvia E. Moore  
Executive Assistant to Pastor  
[smoore@firstmountzionbc.org](mailto:smoore@firstmountzionbc.org)

Pat Paige  
Administrative Assistant  
[ppaige@firstmountzionbc.org](mailto:ppaige@firstmountzionbc.org)

Deloris Quarterman  
Food Service Assistant  
[dquarterman@firstmountzionbc.org](mailto:dquarterman@firstmountzionbc.org)

Ernest Robbins  
Facility Manager  
[erobbins@firstmountzionbc.org](mailto:erobbins@firstmountzionbc.org)

Donna Scruggs  
Receptionist/Administrative Assistant  
[dscruggs@firstmountzionbc.org](mailto:dscruggs@firstmountzionbc.org)

Sylstea C. Sledge  
Minister of Music  
[ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

Bréh Stevens-Mitchell  
Music Ministry Administrative Assistant  
[BStevensMitchell@firstmountzionbc.org](mailto:BStevensMitchell@firstmountzionbc.org)

Gregory Took  
Custodian  
[gtooks@firstmountzionbc.org](mailto:gtooks@firstmountzionbc.org)

Pastor Luke E. Torian  
[ltorian@firstmountzionbc.org](mailto:ltorian@firstmountzionbc.org)

Laura Valkenburg  
Fitness Center Director  
[lvalkenburg@firstmountzionbc.org](mailto:lvalkenburg@firstmountzionbc.org)

Renee Woolfolk  
Church Business Administrator  
[rwoolfolk@firstmountzionbc.org](mailto: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 NEEDED.**

**MUSIC & ARTS  
MINISTRY  
REHEARSALS  
WILL BE LISTED AT  
A LATER DATE**

**THE CORE**

ATTENTION ALL YOUNG ADULTS!!!  
As we strive to stay connected, The CORE, First Mount Zion's Young Adult Ministry, will host The Ministry of LIFE (Our Monthly Spiritual Growth Session) via Zoom. Our Zoom Session will be held Tuesday May 12, at 7P. Meeting ID: 978-3720-3321; Password: 1EFBFc. All Young Adults, ages 18-40, are welcome to participate. To volunteer to pray, or to receive more information, email  
[TheCore@FirstMountZionBC.org](mailto:TheCore@FirstMountZionBC.org).

**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. We are now meeting by phone conference on Mondays at 7P pm and encourage all with a need to join us on our confidential meetings. GriefShare is a free facilitator designed program with special topics, a participant handbook, DVD's featuring grief experts and group discussions. (Information will be provided for access to the video & digital book) We know it hurts and want to help and provide encouragement after the death of a loved one. POC: Maria Simpson,  
[maria1723@verizon.net](mailto:maria1723@verizon.net).

**COVID-19**

As news spreads about school closings, cancellation of sporting events and other activities due to the outbreak of COVID-19, the First Mount Zion Baptist Church, Dumfries, Virginia is praying for those who have been infected and affected by this virus and we are working to protect our congregation to ensure our activities are in keeping with CDC safety guidelines.

**The campus is closed until further notice.**

We will live stream one worship service on Sundays at 11:00am only. However, the church will not be open for a corporate gathering. Please go to [www.fmzbc.com](http://www.fmzbc.com) or Facebook Live to view the service.

We encourage you to continue giving and practicing good stewardship by using the online giving link at [www.fmzbc.com](http://www.fmzbc.com) or by mail to: FMZBC, 16622 Dumfries Road, Dumfries, VA 22025.

**SERVE STRATEGICALLY**

The Strategic Planning Committee (SPC) assesses and assists in aligning ministries within FMZBC with the strategic goals of the church, to meet the needs of its' members (Early Childhood, Millennial/GEN Y, and traditional church congregants). To accomplish this objective, the SPC is recruiting members to join our diverse committee. New SPC members ensure a diversity of thought, spiritual gifts, and experience to address the needs of all FMZBC members while aligning those needs with the church's strategic objectives. If you are inspired by the mission for our church, we have a wonderful opportunity for you to serve, contribute, and make a tangible difference for the future of FMZBC.

The SPC is seeking members who are digitally savvy, thrive in a collaborative environment, and communicate well. If the SPC is the place for you, please answer the below questions on a separate sheet of paper and submit your interest to SPC Chair, Fred Henry,  
[henrypbs1914@gmail.com](mailto:henrypbs1914@gmail.com) or Deacon Michael Nelson,  
[NelsonMLee@comcast.net](mailto:NelsonMLee@comcast.net)

- Contact Information: Name, cell phone, email address, and best method (phone/email) and time of day to reach you.
  - List the FMZBC ministries you currently or have served and describe your role and responsibilities in each.
- Share why you want to serve on the SPC team, and how your skills can benefit the church.