

"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]
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 31

Music ~ Praise Team
Extended Sunday School (ESS)
9:45A (Live stream at Facebook
Live or Conference Call (571)
260-6833; conference no.
7482#; conference PIN: 6000#);
Worship Service (Live stream at
fmzbc.com or Facebook Live)
11A;

God's Knowledge is Powerful
Conference Call 1P; Diverse
Disciples of Christ Conference
Call 1P;

Monday, June 1

BOD4GOD Conference Call 7P;
Maturing in Christ Conference
Call 7P; Journey to Joy/Grief
Share Conference Call 7P;

Tuesday, June 2

Women's Ministry 1/2 Hour of
Power Conference Call 7P;

Wednesday, June 3

Bible Study (The Gospel of
John, Chapter 17) (Livestream
at fmzbc.com, Facebook Live or
Conference Call (571) 260-
6833; conference no. 7482#;
conference PIN: 6000#); 7:30P;

Thursday, June 4

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

Friday, June 5

Carpenters for Christ Confer-
ence Call 7P; Race to Read
Children's Group Conference
Call 7P; Where is God in the
Movie Conference Call 7P;

Saturday, June 6

Daughters of the King Confer-
ence Call 10A; SERVE Confer-
ence Call 10A; Women Unfold-
ing Our Divine Destiny 12P.

CHRISTIAN EDUCATION DEPARTMENT

WOMEN'S MINISTRY

1/2 Hour of Power!

(words of encouragement for your soul)

We want to keep all women uplifted during these trying times with words of encouragement, prayer, support and love. The Women's Ministry invites you to attend our weekly teleconference call on Tuesday nights @ 7:00 pm. The teleconference number is **(605) 475-4700; access number is 444115#**. If you dial in after 7pm, please forego announcing your name to minimize distractions. We are looking forward to fellowshiping with each of you! Please invite other women in your life to call in and receive their blessings too! POC's: Veronica D. Hackett (Director) or Gwen L. Holland (Co-Director), womensministry@firstmountzionbc.org.

YOUTH MINISTRY

Chats and Prayer

Middle School (**6th- 8th Graders**),
Wednesday, May 27, 2P—2:30P

High School (**9th -11th Graders**),
Starts Wednesday, May 27, 3P—
3:30P

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

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

Senior (**12th Graders Only**) Chat via
Zoom, Thursday, May 28, 2P—2:30P

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

POC: Rev. John McNeill,
jmcneill@firstmountzionbc.org.

JOURNEY TO JOY!

GriefShare

FMZBC's Grief Support Min-
istry, 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. Grief-
Share is a free facilitator de-
signed program with special
topics, a participant hand-
book, DVD's featuring grief
experts and group discus-
sions. (Information will be
provided for access to the
video & digital book) We
know it hurts and want to
help and provide encourage-
ment after the death of a
loved one. POC: Maria
Simpson,
maria1723@verizon.net.

2020 GRADUATES

2020 graduates are encour-
aged to submit a photo so
that we might recognize your
accomplishments before the
congregation. Please include
your name, the school you
graduated from and degree
received, any honors re-
ceived and plans for the Fall
(name of school planning to
attend). **TODAY IS THE
DEADLINE TO SUBMIT
PHOTOS.** Please send infor-
mation to Sylvia Moore,
smoore@firstmountzionbc.org.
The slideshow of all gradu-
ates will run on Sunday, June
14th.

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 Took
Custodian
gtooks@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.

LEADERSHIP NOMINATIONS

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

Congregation Nominations for Leadership: The First Mount Zion Baptist Church Constitution & By-Laws gives members the opportunity to recommend men and women of the church for leadership positions (Deacon, Deaconess and Trustee). If you would like to submit a nomination, a package will be provided by contacting the church at (703) 670-0184 and a leadership member will contact you. The deadline for for 2021 consideration is **June 30**. Nominations received after that date will be considered in 2022. Leadership Points of Contact: Deacon Jeffrey Manning, Deaconess Carole Roney and Trustee Chesley Doctor.

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 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 or by mail to: FMZBC, 16622 Dumfries Road, Dumfries, VA 22025.