

"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]
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, June 7

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 Face-
book Live) 11A;

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

Monday, June 8

Journey to Joy/Grief Share
Conference Call 7P;

Tuesday, June 9

Women's Ministry 1/2 Hour of
Power Conference Call 7P; Al-
zheimer's Caregivers Group 2
Conference Call 7P; The CORE
Ministry of Life (via Zoom) 7P;
Celebrate Recovery Conference
Call 7:30P;

Wednesday, June 10

Alzheimer's Caregivers Groups
1&3 Conference Call 11A; Bible
Study (The Gospel of John,
Chapter 19) (Livestream at
fmzbc.com, Facebook Live or
Conference Call (571) 260-
6833; conference no. 7482#;
conference PIN: 6000#); 7:30P;

Thursday, June 11

Grill Master's Challenge Confer-
ence Call 7P;

Friday, June 12

Christian Warriors Conference
Call 6:30P; Circling God's Word
Conference Call 7P;

Saturday, June 13

Common Threads Sewing
Group Conference Call 10A;
Women Unfolding Our Divine
Destiny Conference Call 12P.

CHRISTIAN EDUCATION
DEPARTMENT

WOMEN'S MINISTRY

½ 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, June 10, 2P—2:30P

High School (**9th -11th Graders**),
Starts Wednesday, June 10, 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, June 11, 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,
jmccneill@firstmountzionbc.org.

MEN'S MINISTRY

ATTENTION ALL MEN!!!...

Join our ZOOM meeting & fellowship with us on Satur-
day, June 13th at **9am**, as we
feel God's "**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! We will also have a
FUN game of '**Bruh Man**'
Feud! I pray you seize this
opportunity to Glorify God
thru this online fellowship
with your time & service. We
look forward to seeing you
Mighty Men of Assurance
online. The Zoom meeting
information is as follows:
Meeting ID: 849 4065 6294.
Password: 594929.

THE CORE MINISTRY

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 June 9th at 7:00
PM. Meeting ID: 997 4494
5037. Password: 336704.
All Young Adults, ages 18-40,
are welcome to participate.
To volunteer to pray, or to
receive more information,
please email

TheCore@FirstMountZionBC.org.
This month's topic "Growing
Spiritually in the 21st Centu-
ry" will be taught by Rev.
Glenda Brown.

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 Tooks
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.

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

LEADERSHIP NOMINATIONS

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.

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.

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.