

"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]
Edwin Green [M3]
Beulah (BJ) Harper [D1]
Jan Jacobs [H2]
Cynthia M. Johnson [B]
John W. Jones, Jr. [Z]
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, July 26

Music ~ Praise Team
Extended Sunday School
(ESS) 9:45A (Live stream
at Facebook Live or Con-
ference 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 Pow-
erful (GKIP) (Zoom) 1P;

Monday, July 27

Bod4God (Zoom) 7P;

Tuesday, July 28

Alzheimer's Caregiver
Support Group 2—
Conference Call; 7P; Di-
vorse Care Small Group
(Zoom) 7P; Freedom Small
Group (Zoom) 7P; Cele-
brate Recovery Small
Group (Zoom);

Wednesday, July 29

Bible Study (Chapter 4 -
Rejoice in the Lord) Live-
stream at fmzbc.com,
Facebook Live or Confer-
ence Call (571) 260-6833;
conference no. 7482#;
conference PIN: 6000#);
7:30P;

Thursday, July 30

No Activities Scheduled;

Friday, July 31

No Activities Scheduled;

Saturday, August 1

Church Meeting 10A;

Sunday, August 2

God's Knowledge is Powerful
(GKIP) Small Group (Zoom)
1P.

YOUTH MINISTRY

Chats and Prayer

Middle School (6th - 8th **Grad-
ers**),
Wednesday, July 29, 2P—
2:30P

High School (9th - 11th **Grad-
ers**),
Starts Wednesday, July 29,
3P—3:30P

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

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

Senior (12th **Graders Only**)
Chat via Zoom, Thursday, July
3, 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.

COVID-19

As news spreads about
school closings, cancella-
tion of sporting events and
other activities due to the
outbreak of COVID-19,
the First Mount Zion Bap-
tist Church, Dumfries, Vir-
ginia 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 safe-
ty guidelines.

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

We will live stream one
worship service on Sun-
days at 11:00am only.
However, the church will
not be open for a corpo-
rate gathering. Please go
to www.fmzbc.com
or Facebook Live to view
the service.

We encourage you to con-
tinue giving and practicing
good stewardship by us-
ing the online giving link at
www.fmzbc.com
or by mail to: FMZBC,
16622 Dumfries Road, Dumfries,
VA 22025.

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**