

“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]  
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



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www.fmzbc.com  
Email Address:  
fmzbc@firstmountzionbc.org

**Today, July 5**

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;

Daughters of the King  
Small Group (Zoom) 7P;

**Monday, July 6**

Financial Freedom for Mil-  
lennials Small Group  
(Zoom) 7P; Maturing in  
Christ Small Group Con-  
ference Call 7P; Retired  
Inspired Financial Plan-  
ning Small Group (Zoom)  
7P;

**Tuesday, July 7**

Divorce Care (Zoom) 7P;  
Freedom Small Group  
Zoom) 7P;

**Wednesday, July 8**

Alzheimer's Caregiver  
Support Small Group 1 & 3  
(Zoom) 11A; Bible Study  
(Chapter 1 -Thanksgiving  
and Prayers) (Livestream  
at fmzbc.com, Facebook  
Live or Conference Call  
(571) 260-6833; confer-  
ence no. 7482#; confer-  
ence PIN: 6000#); 7:30P;

**Thursday, July 9**

Grill Masters Small Group  
(Zoom) 7P;

**Friday, July 10**

Circling God's Words Small  
Group Conference Call 7P;

**Saturday, July 11**

Common Threads Sewing  
Small Group (Zoom) 10A;  
Women Unfolding Our Divine  
Destiny Small Group (Zoom)  
12P; Powell/Dukes Wedding  
3:30P;

**Sunday, July 12**

God's Knowledge is Powerful  
(GKIP) Small Group (Zoom)  
1P; Civilian & Military Small  
Group (Zoom) 1:30P; Fearless  
Small Group (Zoom) 3P; Hun-  
gry For The Word Small Group  
(Zoom) 3P; Inspirational Jour-  
ney Small Group (Zoom) 3P.

**YOUTH MINISTRY**

**Chats and Prayer**

Middle School (6<sup>th</sup> - 8<sup>th</sup> **Grad-  
ers**),  
Wednesday, July 8, 2P—2:30P

High School (9<sup>th</sup> - 11<sup>th</sup> **Grad-  
ers**),  
Starts Wednesday, July 8,  
3P—3:30P

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

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

Senior (12<sup>th</sup> **Graders Only**)  
Chat via Zoom, Thursday, July  
9, 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).

**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](http://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](http://www.fmzbc.com) or by  
mail to: FMZBC, 16622  
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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](mailto:ANNOUNCEMENTS@FIRSTMOUNTZIONBC.ORG). WE RESERVE THE RIGHT TO MAKE CHANGES AS NECESSARY.

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