

"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]
- Teresa Bridges [I]
- Jessica Butler [B]
- Queen Carroll [G2]
- Edwin Green [M3]
- Beulah (BJ) Harper [D1]
- Jan Jacobs [H2]
- 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, August 23

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;

Monday, August 24

No Activities Scheduled;

Tuesday, August 25

No Activities Scheduled;

Wednesday, August 26

No Activities Scheduled;

Thursday, August 27

No Activities Scheduled;

Friday, August 28

No Activities Scheduled;

Saturday, August 29

No Activities Scheduled.

**WOMEN'S MINISTRY
FELLOWSHIP- Zoom**

Women Uniting in Fellowship with
Love, Praise, and Worship

Greetings sisters! We would like to invite you to our "Welcome Back" fellowship! Please join us on Saturday, September 12th via zoom from 9am-10:15am. We will be ministered to by Rev. Sharon Wallace and Rev. Carolyn Taylor on the topic, "Hearing God Over the Noise in Your Life". We are asking that you wear a fashionable head piece (hat, scarf, bow, flower, etc.). We look forward to seeing you! For questions, please contact WM Director, Veronica D. Hackett or WM Co-Director Gwen L. Holland at Womensministry@firstmountzionbc.org.

**WOMEN'S MINISTRY BOOK CLUB-
Zoom**

The Women's Ministry (WM) will be hosting our fall session via zoom. If you love to read and are longing to discuss the interesting aspects of the books you read, please join us. We will be studying "Grace not Perfection", by Emily Ley. Grace, Not Perfection takes this message from a daily planner to an inspirational book that encourages women to simplify and prioritize. This book gives women tangible ways to simplify their lives to give space to what matters most. Register by emailing Womensministry@firstmountzionbc.org, August 23rd - September 15th. Input Book Club in the subject line and provide your name, telephone number and email address. Session dates are September 19 & 26, October 3 & 17 beginning at 10am. POC: Robyn Hawkins or Lisa Johnson.

If you are on the WM email list, you will be receiving an email with zoom info. If you aren't on the WM email list, please send an email and request to be added to the WM distribution list.

**YOUTH MINISTRY
Chats and Prayer**

Middle School (6th - 8th Graders), Wednesday, August 19, 2P—2:30P

High School (9th - 11th Graders), Wednesday, August 19, 3P—3:30P

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

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

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.

5K 'Virtual' Run/Walk

Register Today and Join us for the First Mount Zion Baptist Church 1st Annual Healthy Start Mind & Body 5K 'Virtual' Run/Walk, September 24th - September 26th. Have Fun! Go Solo or Create Teams and have healthy competition between ministries, family and friends! To register and find additional information, please visit www.fmzbc.com, or contact Stephanie M. Craddock, 703-670-0184, scraddock@firstmountzionbc.org.



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.

Where Jesus Walked

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

Join Walk Across the Holy Land and walk your way to a healthier life.

Gain biblical knowledge, build relationships, and improve your physical health. All you need is a little motivation and some good walking shoes.

Contact LValkenburg@First-MountZionBC.org to get started.

<https://firstmountzionbc.org/wp-content/uploads/2020/07/Walk-Across-the-Holy-Land-Intro-Covid.doc>

BUDGET 2021

Due to the uncertainty surrounding COVID-19, it is difficult to plan for ministry activity in the coming months. As a result, there will not be a budget call for the 2021 budget. Instead, the 2020 Approved Budget will roll over into 2021, with the following parameters: no gatherings such as concerts, conferences nor out-of-town travel. These parameters and other modifications to the budget will be re-evaluated in 2021 at mid-year. The Church will continue to follow the guidance provided by the CDC and the Commonwealth of Virginia. The points of contact for this announcement are Trustees Maxine Dufore, Oscar Dailey and Leslie Gerald.

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.