

"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
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Fax: (703) 670-0296

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

Today, August 9

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;

Monday, August 10

No Activities Scheduled;

Tuesday, August 11

No Activities Scheduled;

Wednesday, August 12

No Activities Scheduled;

Thursday, August 13

No Activities Scheduled;

Friday, August 14

No Activities Scheduled;

Saturday, August 15

SHARE Distribution 9A

BUDGET 2021

Due to the uncertainty sur-
rounding COVID-19, it is diffi-
cult to plan for ministry activity
in the coming months. As a
result, there will not be a budg-
et call for the 2021 budget.
Instead, the 2020 Approved
Budget will roll over into 2021,
with the following parameters:
no gatherings such as con-
certs, 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 guid-
ance 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.

YOUTH MINISTRY

Chats and Prayer

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

High School (9th - 11th **Grad-
ers**), Wednesday, August 6,
3P—3:30P

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

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 - Septem-
ber 26th. Have Fun! Go
Solo or Create Teams and
a have healthy competi-
tion between ministries,
family and friends! To reg-
ister and find additional
information, please visit
www.fmzbc.com, or con-
tact Stephanie M.
Craddock, 703-670-0184,
scraddock@firstmountzionbc.org.

Where Jesus Walked

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@
FirstMountZionBC.org](mailto:LValkenburg@FirstMountZionBC.org) to
get started.

[https://
firstmountzionbc.org/wp-
content/uploads/2020/07/
Walk-Across-the-Holy-
Land-Intro-Covid.doc](https://firstmountzionbc.org/wp-content/uploads/2020/07/Walk-Across-the-Holy-Land-Intro-Covid.doc)

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. WE RESERVE THE RIGHT TO MAKE CHANGES AS NECESSARY.

COVID-19

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

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.