

**“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 Sherrrod [K4]  
Sheldon Starkes [E1]  
Katherine Stevens [D1]  
Myrtle Stith [K4]  
Cynthia Walker [Z]  
Sheila West [K5]  
Timothy Willis [J2]  
Clyde Wimbush [N]

**GRAIN OF HEAVEN**

Closed



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**Today, September 13**

Music ~ Praise Team  
Extended Sunday School (ESS)  
9:45A (Live stream at Facebook  
Live or Conference Call (571) 260-  
6833; conference no. 7482#; con-  
ference PIN: 6000#);

Worship Service (Live stream at  
fmzbc.com or Facebook Live)  
11A;

**Monday, September 14**

Journey to Joy/Griefshare  
(Conference Call) 7P;

**Tuesday, September 15**

No Activities Scheduled;

**Wednesday, September 16**

Bible Study (Psalm 1, The Truly  
Happy/Blessed Man) 7:30P;  
(Live stream at Facebook Live or  
Conference Call (571) 260-6833;  
conference no. 7482#; conference  
PIN: 6000#);

**Thursday, September 17**

No Activities Scheduled;

**Friday, September 18**

No Activities Scheduled;

**Saturday, September 19**

Women's Ministry Book Club  
(Zoom) 10A;

**KID'S KINGDOM**

**COMING SOON - A Kids' Kingdom**

**Virtual Worship Experience!** Don't miss the kick-off of our exciting Youtube Channel for Pre-k to 5<sup>th</sup> graders, beginning Sunday, September 20 @ 11am. Kids will enjoy sing-alongs, Bible Lesson, crafts, and so much more! Parents, please register your children so that you can pick-up their worship packet and be ready to praise the Lord on September 20. Registration is open until September 11. Please visit [www.fmzbc.com](http://www.fmzbc.com) and click on the KIDS' KINGDOM slide for additional information.

**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](mailto:Womensministry@firstmountzionbc.org) by September 15. 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 10A. 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.

**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 24 - September 26. 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](http://www.fmzbc.com), or contact Stephanie M. Craddock, 703-670-0184, or [scraddock@firstmountzionbc.org](mailto:scraddock@firstmountzionbc.org).

**JOURNEY TO JOY  
GRIEF SHARE**

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. This 13-week program will run September 14 thru December 14. GriefShare is a **free** facilitator designed program with special topics, a participant handbook, DVDs featuring grief experts and group discussions. We know it hurts and want to help and provide encouragement after the death of a loved one. We are meeting by conference call at 7P and encourage all with a need to join our confidential meetings. POC: Maria Simpson, [maria1723@verizon.net](mailto:maria1723@verizon.net).

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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.**

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

**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. POC: Trustees Maxine Dufore, Oscar Dailey and Leslie Gerald.

**COVID-19**

FMZBC remains closed, however, the ministry continues. Check the FMZBC website frequently for COVID-19 updates, FAQ's and important information to know before coming to serve. Please note: **the completion of the pre-arrival screenings is required prior to each visit.**

**PRE-ARRIVAL CHECK-IN:**

<https://www.eventbrite.com/e/116151970671>

**PRE-ARRIVAL COVID-19 SCREENING:**

<https://forms.gle/tjJpzJk7Vzj5Tj2Q9>

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](http://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](http://www.fmzbc.com) or by mail to: FMZBC, 16622 Dumfries Road, Dumfries, VA 22025.