

**"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]
- Edwin Green [M3]
- Beulah (BJ) Harper [D1]
- Jan Jacobs [H2]
- John W. Jones, Jr. [Z]
- Ralph Minor [B]
- Suzette Montero [F2]
- Essie Pullman [Z]
- Margaret Sherrod [K4]
- Sheldon Starks [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, November 29

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 11A (Live stream at www.fmzbc.com or Facebook Live);
Movie n Munch Bunch Small Group (Zoom) 6P.

Monday, November 30

BOD4GOD Small Group (Zoom) 7P;
Journey to Joy/ GriefShare 7P;

Tuesday, December 1

Divorce Care Small Group (Zoom) 7P; FREEDOM Small Group (Zoom) 7P; Celebrate Recovery Small Group (Zoom) 7:30P;

Wednesday, December 2

Bible Study (Psalm 23 ~ The Shepherd) (Live stream at www.fmzbc.com or Facebook Live);

Thursday, December 3

Our Words Have Power Small Group (Zoom) 7P; Professional Women Small Group (Zoom) 7P;

Friday, December 4

Carpenters for Christ Small Group (Zoom 7P); Race to Read Children's Group (Zoom) 7P; Where is God in the Movie Small Group (Zoom) 7P;

Saturday, December 5

Church Meeting 10A (Livestreamed at fmzbc.com) 10A; Financial Freedom for Millennials Small Group (Zoom) 10A; Retire Inspire Financial Planning Small Group (Zoom) 10A; SERVE Small Group (Zoom) 10A;

Sunday, December 6

Daughters of the King Outreach (Zoom) 6P.

**CHRISTIAN EDUCATION
DEPARTMENT**

**ACADEMIC EDUCATION
MINISTRY (AEM)**

LOVE DONATIONS for FMZ Students attending Institutions of Higher Learning (college, university, community college, technical school or other schools offering a degree or certification). Love Donations are tokens of love and encouragement to each student. Parents/Guardians please provide your student's name, name of the institution, mailing addresses (home and school) and your student's FMZ Member number to Sis. Malinda or Bro. Ken Spencer, skenneths@comcast.com **AND** Sis. Pat Paige, ppaige@firstmountzionbc.org **no later than Sunday, December 6, 2020.**

WOMEN'S MINISTRY

½ Hour of Power (words of encouragement for your soul)!

Back by popular demand! The Women's Ministry invites you to attend our weekly zoom call on Tuesday nights during the month of December at 7:00pm. We want to continue to keep all women uplifted during these trying times with words of encouragement, prayer, support and love. We are looking forward to fellowshipping with each of you. Please invite other women in your life to join us and receive their blessings too! POC: Veronica D. Hackett, Director or Gwen L. Holland, Co-Director womensministry@firstmountzionbc.org.

Meeting ID: 926 2877 4887
Passcode: 510826
Dial in: 312-626-6799

**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.

HOLY COMMUNION

Drive-thru distribution of communion elements is scheduled for Saturday, December 5, from 11A to 1P. Pick-up is available at FMZBC, Stafford and Springfield locations.



Saturday, December 5,
10A (Livestreamed at
fmzbc.com)

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.

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

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 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.