

This Week at a Glance & Activities

**"I WAS SICK AND
YE VISITED ME"**

**Our Known Sick and/
or Shut-in Prayer
List**

- Lisa Adams [J1]
- Charles Boddy [K4]
- Vietta Boothe [K4]
- Teresa Bridges [I]
- Jessica Butler [B]
- Denyse Farquharson [E1]
- Edwin Green [M3]
- Beulah (BJ) Harper [D1]
- Jan Jacobs [H2]
- John W. Jones, Jr. [Z]
- Velma Jones [K5]
- Ralph Minor [B]
- Suzette Montero [F2]
- Essie Pullman [Z]
- Margaret Sherrod [K4]
- Sheldon Starkes [E1]
- Katherine Stevens [D1]
- Myrtle Stith [K4]
- Arthur White [K1]
- 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, Jan. 9

Music ~ Praise Team Ensemble

Extended Sunday School (ESS)
(Zoom) 9:45A; Worship Service
11A;

Monday, Jan. 10

Professional Women Support SG
(Zoom) 7P;

Tuesday, Jan. 11

Alzheimer's Caregiver's Support
Group 2 (Conf. Call) 7P; Divorce
Care Support Group (Zoom) 7P;
Freedom SG (Zoom) 7P; Cele-
brate Recovery Support SG
(Zoom) 7P; Virtual Joint Candi-
date Training (Deacons, Deacon-
ess, Trustees) 7:30P;

Wednesday, Jan. 12

Alzheimer's Caregiver's Support
SG 1 & 3 (Zoom) 11A; Bible
Study - Live Stream or Facebook
Live 7:30P;

Thursday, Jan. 13

Grill Master's Challenge SG
(Zoom) 7P; Trustee Ministry
(Zoom) 7:30P;

Friday, Jan. 14

Christian Warriors SG (Zoom)
7P; Circling God's Word SG
(Zoom) 7P;

Saturday, Jan. 15

SERVE Outreach SG (Zoom)
10A; VOZ & Themed Choir
Rehearsal 10A; Youth Ministry
(Keep it 100) (Zoom) 11A;
Matinee Munch Bunch SG
(Zoom) 12P; Women Unfolding
Our Divine Destiny SG (Zoom)
12P; Kingdom Living in Our Cul-
ture (Zoom) 1P; CORE Book
Club Drive Up Book Pickup
12:30P.

**VERIFICATION OF VACCINATION
REQUIRED FOR ENTRY**

Please join us each Sunday for worship at 11am in the sanctuary.

Staff is onsite for office hours, to include the Fitness Center, Monday through Thursday 9:00am to 4:00pm; Friday 9:00am to 1:00pm.

Upon your next visit to the Church, you must show proof of being fully vaccinated or medical exemption from a physician.

Required proof of vaccination

Anyone 12 years and older must provide proof of being fully vaccinated.

The vaccination card, copy of the card, or digital photo are acceptable forms of proof. Name and date(s) of vaccination must be legible. With proof, your name is added to a data base; therefore, proof is only required once. Anyone having a medical exemption may provide supporting documentation from a physician in lieu of providing proof of vaccination.

Only designated entrances will be open and is where proof of vaccination will be verified. Wearing a mask, obtaining a normal temperature

KIDS' KINGDOM

ATTENTION KIDS' KINGDOM: What a phenomenal 2021 we had! Now, it's time for another exciting year. If you are Pre-K through 5th grade, don't miss the registration for the first quarter of Kids' Kingdom Worship. To register, visit: vbspro.events/p/e/kidskingdom2022gtr1. Registration is open from 1/2/2022 – 1/12/2022. Your registration during this period is for the entire quarter of worship packs (January-March). You will not need to register again until April for 2nd quarter. If you miss the registration period, please email kidskingdom@firstmountzionbc.org or call Dr. Tracey Dawkins Holley on 703-670-0184 to see if extra supplies are available. Looking forward to seeing you at **Kids' Kingdom WORSHIP!**

**WOMEN'S MINISTRY JOINT PRAYER
FELLOWSHIP**

Attn: WOMEN & MEN

The Women's Ministry will be hosting a Prayer Fellowship on Saturday, January 22, 2022, from 9:00am-10:30am via zoom. The purpose of the Prayer Fellowship is to start off the year "2022" covering FMZ, the community, and our world in prayer. We will be reminded about "The Power of Prayer. Our guest speakers will be Rev. Kathy Russell, Deacon Willie Brown, Rev. Cozy Bailey, and Rev. Helen Parker. **All Women and Men (18 and older) are invited to participate in this Ministry Blessing.** For questions, please contact WM Director, Gwen L. Holland or WM Co-Director Lisa Johnson at Womensministry@firstmountzionbc.org.

**MONEY SMART MINISTRY (MSM)
SAVE THE DATE**

The next upcoming workshop will be held on Saturday, January 22, 2022 from 10:00 a.m. to 11:30 a.m. on the Topic: **"Ways to Generate Multiple Streams of Income Part 1: Starting and Growing Your Small Business."** Our Speaker will be Dr. Ricky Gallaway, an International business strategist and leadership coach. Mark your calendar for this insightful workshop or you can register on Zoom, <https://us02web.zoom.us/j/84451222222>. You can email the ministry at money.smart@firstmountzionbc.org for more information. Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmart/> to receive valuable information on this and other topics.

SHARE DISTRIBUTION

January SHARE packages will be distributed on Saturday, January 22nd from 9-10 am in the gymnasium. POC: Thomas Bates (703) 772-8837.

ADMINISTRATIVE OFFICE STAFF

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@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 Took
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

**MUSIC & ARTS
MINISTRY
REHEARSALS**

**DR. MARTIN LUTHER KING, JR.
ORATORICAL COMPETITION**

The 2022 Dr. Martin Luther King, Jr. Oratorical Competition and Program will be held on January 17th at 11:00 AM. This is a free virtual event. Watch it on the YouTube Channel at PWCAC-DST-MEDIA. For more information contact: MLK Committee pwcac.mlk@gmail.com or website www.pwcacdst.org/mlk.

2022 VIRTUAL VOLUNTEER SCREENING

The Volunteer Screening Committee will conduct virtual training and screening sessions on February 19, April 16, June 18, September 17, October 15 and November 19, beginning promptly at 9:00 AM. Please visit the FMZBC website to obtain more information. Click on the Resources tab, scroll down to Volunteer Screening Documents, then download and complete the Volunteer Screening Application and Notice of Background Investigation Form. These completed forms MUST be mailed to the FMZBC c/o Volunteer Screening **ONE WEEK** prior to the screening date. Volunteers must be FMZBC members for a minimum of 6 months. **TO SIGN UP**, please contact Cynthia Zorn Pettigrew at 703-730-5227 zornpettigrewcl@comcast.net or Clarice Torian at 703-730-6353 toriancj@gmail.com.

**FIT BY GOD FITNESS CENTER
HOURS**

The fitness center's hours are 9am to 4pm Monday thru Thursday and 9am to 1pm on Fridays. For vaccinated church members only.

**MESSENGER NEWSLETTER
SUBMISSIONS**

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions **should not exceed 300-350 words** and must be received no later than **12 noon on the 15th of each month** to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary. Submissions should be sent to: cpm1@firstmountzionbc.org.

**REGISTRATION LINK FOR
SUNDAY SCHOOL EXTENDED**

Please be sure to register in advance.

<https://zoom.us/join/zoom/register/Jwrfuupjls9VMx4eBFk3D3slW19YJZAF4>

CONNECTION POINTS

Please refer to the weekly email distribution of Connection Points for additional information. If you are not receiving Connection Points, contact your Zone Leaders and provide them with your preferred email address.

**WORSHIP SERVICES &
BIBLE STUDY**

Livestream Worship Services & Bible Study at your preferred stream:

Livestream:

<https://live.livestream.tv/first-mount-zion-baptist-church>

Facebook:

<https://www.facebook.com/fmzbcumfries>

YouTube:

<https://www.youtube.com/channel/UCzFC03nnQRn0bzND EefeGQ>