

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]
- Terry Carey [F1]
- Denyse Farquharson [E1]
- Edwin Green [M3]
- William Gregory [C1]
- Beulah (BJ) Harper [D1]
- Jan Jacobs [H2]
- Lynette Juluke [D2]
- John W. Jones, Jr. [Z]
- Velma L. Jones [K5]
- Ralph Minor [B]
- Essie Pullman [Z]
- Margaret Sherrod [K4]
- Sheldon Starkes [E1]
- Katherine Stevens [D1]
- Arthur White [K1]
- Clyde Wimbush [N]

GRAIN OF HEAVEN

Closed



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Today, Jan 22

Music ~ VOZ/Theme Choir

Sunday School Hybrid 9:45A;
New Members Orientation Class
(Zoom) 9:45A; Worship Service
11A; Hungry for the Word SG
(Zoom) 3P;

Monday, Jan 23

BOD4GOD Health & Fitness SG
(Zoom) 7P;

Tuesday, Jan 24

Alzheimer's Caregivers Support
Group 2 (Conf. Call) 7P; Divorce
Care Support Group (Zoom) 7P;
Celebrate Recovery Support SG
(Zoom) 7:30P;

Wednesday, Jan 25

Fit By God - Exercise Class
9:30A; Alzheimer's Caregivers
Support Small Groups 1&3
(Zoom) 11A; Hybrid Bible Study
7:30P; Hybrid Youth Bible Study
7:45P;

Thursday Jan 26

Music Department Meeting
(Zoom) 7P;

Friday, Jan 27

Warriors of Love SG (Zoom) 7P;

Saturday, Jan 28

Men & Women's Ministry Prayer
Breakfast 8A; Senior Steppers
Rehearsal 11A; Women Unfold-
ing our Divine Destiny SG
(Zoom) 12P

**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 is optional, however obtaining a normal temperature reading is required.

**MEN & WOMEN'S MINISTRY
JOINT PRAYER BREAKFAST
FELLOWSHIP**

Rise Up & Pray: Breaking Through to Victory! Let's start 2023 off right by covering our church, community, and world in prayer as we gather for our Annual Joint Prayer Breakfast & Program on Saturday, January 28, 2023, from 8:00-10:30 am at FMZ (**Breakfast is 8:00 - 9:00 am @ \$5.00 per person. Registration by 1/18 required. Visit the FMZ website and click on the slide to register via Eventbrite.**) The Prayer Program is 9:15-10:30 in the main sanctuary. All are welcomed. Masks are optional, but proof of COVID vaccinations is still required. POC: Gwen L Holland, WM Director; Lisa Johnson, WM Co-Director; and Edward Jones, MM Director. If questions, please email Womensministry@firstmountzionbc.org or MenMinty@FirstMountZionbc.org.bc.org.

**ACADEMIC EDUCATION
MINISTRY**

Parents/Guardians and High School Seniors of FMZ. We'd like to forward to you information about scholarship opportunities! Interested? Forward your email address to aem@firstmountzionbc.org and we will add you to the distribution list. POC: Bro. Gerry Griffin, AEM Chair.

SHARE REGISTRATION

The last day to register for the February SHARE package is February 3. SHARE packages are \$23 for food valued between \$35 and \$45. POC: Thomas Bates (703) 772-8837.

ADMINISTRATIVE OFFICE STAFF

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**MUSIC & ARTS
MINISTRY
REHEARSALS
JANUARY**

MEN'S CHOIR
Tues 17 7:30P

MESSENGER NEWSLETTER

The Messenger is our monthly newsletter which is posted on the first Sunday of each month to our website and social media sites. Zone leaders also distribute the link each first Sunday.

Website:
<https://firstmountzionbc.org/announcements/#TheMessenger>

Enjoy the articles from the various ministries, Pastor, leadership, members, and staff. The articles provide insights into events, fellowships, and ministry activities. The **Communications and Publicity Ministry** solicits your feedback and input. Contact us via email at cpm1@firstmountzionbc.org.

**REGISTRATION LINK FOR
SUNDAY SCHOOL EXTENDED**

Please be sure to register in advance.
<https://bit.ly/FMZBC-SSE>

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. Also available online at fmzbc.com.

**WORSHIP SERVICES &
BIBLE STUDY**

Livestream Worship Services & Bible Study at your preferred stream:

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

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

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

**You must register in advance to receive the
ZOOM link for Bible Study**

Adult Bible Study at 7:30pm:
<https://us02web.zoom.us/meeting/register/tZlIcuCqj8rGNZjitKHaMxsgoDQBjNvncZK>

Youth Bible Study at 7:45pm:
<https://us02web.zoom.us/meeting/register/tZAsceurjkuH9Rm8sk243FTqpJiWk-btSxI>

After registering, you will receive a confirmation email containing information about joining the meeting.