

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]
- Essie Pullman [Z]
- Margaret Sherrod [K4]
- Sheldon Starkes [E1]
- Katherine Stevens [D1]
- Arthur White [K1]
- Clyde Wimbush [N]

GRAIN OF HEAVEN

Closed



Today, Mar 12

Music ~ Women's History Month Choir

Hybrid Sunday School 9:45A;
New Members Orientation Class (Zoom) 9:45A; Worship Service 11A; Spring Small Groups Fair 12:30P;

Monday, Mar 13

BOD4GOD Health & Fitness SG Orientation (Zoom) 7P; Deaf Ministry Meeting (Zoom) 7P; Professional Women Support SG (Zoom) 7P;

Tuesday, Mar 14

Alzheimer's Caregivers Support Group 2 (Conf. Call) 7P; Men's Choir Rehearsal 7P; Divorce Care Support SG (Zoom) 7P;

Wednesday, Mar 15

Hybrid Bible Study 7:30P; Hybrid Youth Bible Study 7:45P;

Thursday Mar 16

VOZ/Theme Choir Rehearsal 7P;

Friday, Mar 17

No activities scheduled;

Saturday, Mar 18

Volunteer Screening 9A; SERVE Outreach SG (Zoom) 10A; Spiritual Cancer Support Ministry (Zoom) 10A; Women's Ministry Book Club (Zoom) 10A; Kingdom Living in Our Culture (Zoom) 1P.

WOMEN'S HISTORY MONTH



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

**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.

VOLUNTEER SCREENING 2023

The Volunteer Screening Committee will conduct in **person** training and screening sessions on March 18, beginning promptly at 9:00am. Volunteers must be FMZBC members for a minimum of 6 months. **TO SIGN UP**, please contact Cynthia Zorn Pettigrew at 703 - 730-5227 zornpettigrewc@comcast.net or Clarice Torian at 703-730-6353 torianc@gmail.com **no later than the Monday prior to the session.** Please visit the FMZBC website to obtain the required documents. 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 brought to the session.**

SENIORS' MINISTRY

The Seniors Ministry will meet via Zoom on Wednesday, March 15, 2023, at 1:00 pm. The theme for this month's meeting is **A Generation Growing in God's Grace**, Romans 5:20. The POC for the Seniors Ministry is Shirley Hardy. She can be reached at shirleybhardy@gmail.com. All Seniors 55 and older are welcome to attend.

PICKLEBALL

Great for Beginners! Fun, social and friendly! Must be a member of the church to participate. Equipment is provided. Athletic shoes are required, water and a towel are recommended.

In the gymnasium, come learn to play and fellowship!

Mondays: 10:00am to 10:30am
Tutorial, Demonstration and Practice
10:30am to 12:00pm Open Play

Thursdays: 1:00pm to 1:30pm
Tutorial, Demonstration and Practice
1:30am to 3:00pm Open Play

Questions: Call Fit by God Fitness Complex 703-670-0225.

Serving: Do you have pickleball experience? We need your help! Call Lori 703-670-0225.

**ACADEMIC EDUCATION MINISTRY
SCHOLARSHIPS**

All 2023 graduating high school seniors who plan to attend an institution of higher learning are encouraged to apply for the First Mount Zion Baptist Church (FMZBC) and Hinkitch Bell Memorial Scholarships. Students can pick up paper copies of the Scholarship Booklet at the church or download online at the church's website: firstmountzionbc.org. Once on the website, navigate to the Resources Tab, Scholarships – New. The deadline for submitting the Scholarship Booklet, with attachments, by emailing, mailing, or hand-carrying is 5 PM, April 03, 2023. POC: Brother Griffin, AEM Chair at AEM@FirstMountZionbc.org.

ADMINISTRATIVE OFFICE STAFF

Ahmon Bryant
Food Service Assistant
abryant@firstmountzionbc.org

Sherise Campbell
Food Service Director
scampbell@firstmountzionbc.org

Stephanie M. Craddock
Small Groups Director
scraddock@firstmountzionbc.org

Rev. Dr. 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. Dr. Sandra K. James
Assistant Pastor
sjames@firstmountzionbc.org

Rev. Beverly Jiggetts
Youth Minister
bjiggetts@firstmountzionbc.org

Tameca Miles
Financial Secretary
tmiles@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 Tookes
Custodian
gtookes@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
MARCH**

WOMEN'S CHOIR
Tues 28 7PM

MASS CHOIR
Thurs 30 7PM

VOZ/THEME CHOIR
Thurs 16 7PM

MEN'S CHOIR
Tues 14 7PM
Tues 21 7PM

**EMPLOYMENT AT FIRST MOUNT ZION
BAPTIST CHURCH**

Check for employment vacancies by visiting,
<https://firstmountzionbc.org/job-vacancy-announcement/>.

FMZ is actively recruiting for the following positions:

Financial Secretary Assistant - Part Time
20 hours a week

AV Director - Part Time - 20 hours a week
(minimum)

Now accepting resumes at: employment@firstmountzionbc.org.

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

The next upcoming workshop has been rescheduled and will now be held on Saturday, March 18, 2023, from 10:00 a.m. to 11:30 a.m. on the Topic: **“How to Position Yourself to Purchase a Primary Residence or Invest in Real Estate.”** Special Guest Speakers will be Real Estate Agent and Attorney Carolyn Vines-Sapla, Esquire and Senior Mortgage Loan Officer Angela Grantham. Mark your calendar for this insightful workshop and you can register on Zoom at <https://us02web.zoom.us/meeting/register/tZUofumgpz4oGdXu9VP4uW5kHlwfw9eXIZbB>. You can email the ministry at moneysmart@firstmountzionbc.org for more information. Please **Like us** on Facebook at <https://www.facebook.com/FMZBCMoneysmartMinistry/> to receive valuable information on this and other topics.

SHARE REGISTRATION

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

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:

Livestream:
<https://live.livestream.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/tZlIcuCqqj8rGNZjttKHaMxs-goDQBjNVnCZK>

Youth Bible Study at 7:45pm:
<https://us02web.zoom.us/meeting/register/tZAsceurrjkuH9Rm8sk243TqpJjWk-btSxl>

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