

### 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]  
Velma L. Jones [K5]  
Essie Pullman [Z]  
Margaret Sherrod [K4]  
Sheldon Starkes [E1]  
Arthur White [K1]  
Clyde Wimbush [N]

#### GRAIN OF HEAVEN

Closed



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#### Today, Oct 29

Music ~ Combined Choir

New Members Orientation Class  
9:45A; Sunday School Extended  
(Hybrid) 9:45A; Worship Service 11A;

Eagles Health & Nutrition SG (Online)  
6P;

#### Monday, Oct 30

Pickleball Development 10A; Open  
Pickleball 10:30A; BOD4GOD SG  
(Zoom) 7P;

#### Tuesday, Oct 31

Women's Choir Rehearsal 7P; Di-  
vorce Care Support SG (Zoom)  
7:30P;

#### Wednesday, Nov 1

Hybrid Mid-Day Bible Study 11A;  
Worship Service 7:30P;

#### Thursday, Nov 2

Pickleball Development 1P; Open  
Pickleball 1:30P; Mass Choir Re-  
hearsal 7P;

#### Friday, Nov 3

Carpenters for Christ (DIY) SG 7P;  
Race to Read Children's Reading SG  
(Zoom) 7P;

#### Saturday, Nov 4

Financial Freedom for Millennials  
(Zoom) 9:30A; Retire Inspired Finan-  
cial Planning SG (Zoom) 9:30A;  
SERVE Outreach SG (Zoom) 10A;  
The Generations: History and Lega-  
cies SG (Zoom 7 Historical Sites)  
10A.

#### BIBLE STUDY

Please join us every Wednesday for  
Bible study mid-day at 11am and  
evening at 7:30pm. We are currently  
studying the book of Ephesians  
using <https://executableoutlines.com/guides/ephesians/>.

#### WOMEN'S MINISTRY NOVEMBER FELLOWSHIP

#### Attn: BEAUTIFUL BELOVED FAITHFUL WOMEN OF GOD

The Women's Ministry will be host-  
ing a Fellowship "Women with  
F.A.I.T.H (Favor, Assurances, Iden-  
tify, Trust, and Hope)" on Saturday,  
November 4, 2023, from 9:00am-  
10:30am via zoom. The purpose of  
the Fellowship is to remind us that  
Faith is a powerful gift from God and  
even if it is the size of a mustard  
seed, it can grow, and we can move  
mountains! Our guest speakers will  
be Minister Shaunda Howerton,  
First Lady of Little Zion Baptist  
Church in Oak Grove, VA, and  
Founder and author of Positioned  
With A Purpose & Rev. Dr. Etoria V.  
Goggins, First African Methodist  
Church of Manassas.

For questions, contact WM Director,  
Gwen L Holland or WM Co-Director  
Lisa Johnson at [Womensministry@firstmountzionbc.org](mailto:Womensministry@firstmountzionbc.org).

#### MEN'S MINISTRY

**ATTENTION ALL MEN!!!**...Join  
our **In-Person Only** Fellowship  
on **Saturday, November 4, 2023**  
**at 8:30 AM**, as we fellowship  
with **"A Special Men's Fellow-  
ship"**. We will be in fellowship  
through Song, Praise, Scripture and  
Celebration. Our Speaker will be the  
esteemed **Dr. Charles A. Lundy**,  
Pastor of the Ebenezer Baptist  
Church in Woodbridge, VA, who will  
bring a DYNAMIC message that will  
fill our hearts, spirits and minds!

Please join us at First Mount Zion  
Baptist Church, 16622 Dumfries  
Road, Dumfries, VA 22025. Break-  
fast will be served in the Grain of  
Heaven starting at 8:30 AM. More to  
come.

We pray you seize this opportunity  
to glorify GOD thru this fellowship  
with your time & service. We look  
forward to seeing you Mighty Men of  
GOD.

#### WOMEN'S MINISTRY

#### BOOK CLUB

#### "Women United in Faith, Prayer, Fellowship, Love and Worship"

The Women's Ministry (WM) will  
be hosting our Book Club session  
via zoom. We will be read-  
ing "Breathe (Making Room for  
Sabbath)" by: Priscilla Shirer. Dur-  
ing this 5-week session we will be  
discussing how we are in bondage  
to busyness. We constantly strive  
to complete the limitless to-do lists  
that hinder us from experiencing all  
that God has for us. It is time for us  
to breathe and build margin into  
our lives for God. Sabbath was  
intended as a gift, and it is still a  
gift to us today. If you are weary,  
worn out, and exhausted the con-  
cept of Sabbath will change your  
life.

Please join us and invite other  
ladies to share in this spiritual  
journey. Session dates are 11/18,  
12/2 & 12/9. Session times are  
10:00am -11:00am.

#### ACADEMIC EDUCATION

#### MINISTRY

**College Tours Are Back!** The  
Academic Education Ministry is  
hosting a **Fall College Visit** to  
Virginia Commonwealth University  
(VCU) in Richmond, and Virginia  
State University (VSU) in Peters-  
burg on Friday, November 10,  
2023. High School students are  
encouraged to sign up after ser-  
vice on Sunday, October 29 &  
November 5. Interested students  
may also sign up by sending their  
information to: [AEM@firstmountzionbc.org](mailto:AEM@firstmountzionbc.org).  
The sign-up deadline is Monday,  
November 6, 2023. Don't miss the  
opportunity to tour these campus-  
es, meet college students and  
faculty, and ask questions that will  
help you prepare for your next  
level of education! We are looking  
forward to having a GREAT time!

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**ADMINISTRATIVE OFFICE STAFF**

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**MUSIC & ARTS  
MINISTRY  
REHEARSALS  
OCT/NOV**

**WOMEN'S CHOIR**  
Tues 31, 9, 28 7P

**MEN'S CHOIR**  
Tues 14, 21 7P

**VOZ/JEWELS**  
Thurs. 16 7P

**THANSIVING  
REHEARSAL W/  
EBENEZER BAPT**  
Mon 20 7P

**CHRISTMAS CHOIR**  
Thurs. 16 7P  
Mon 27 7P

**MASS CHOIR**  
Thurs. 2; 30 7P

**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](mailto:cpm1@firstmountzionbc.org)

**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](http://fmzbc.com).

**ACADEMIC EDUCATION  
MINISTRY**

First Mount Zion High School Seniors, Juniors and Parents/Guardians. Are you interested in receiving educational information and available scholarship opportunities?!?! Forward your email address to [aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org) and we will add you to the distribution list. Don't miss out!!!

**SHARE REGISTRATION**

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

**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>

**REGISTRATION LINK FOR  
SUNDAY SCHOOL  
EXTENDED**

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