

This Week at a Glance & Activities

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

Today, Jan 29
Music ~ Combined Choir

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

Sunday School Hybrid 9:45A; Wor-
ship Service 11A;

- 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]

Monday, Jan 30
Mass Choir Rehearsal 7P;

Tuesday, Jan 31
Women's Choir Rehearsal 7P;

Wednesday, Feb 1
Hybrid Bible Study 7:30P; Hybrid
Youth Bible Study 7:45P;

Thursday Feb 2
Mass Choir Rehearsal 7P;

Friday, Feb 3
Carpenters For Christ (Zoom) 7P;
Race to Read Children's Reading
SG (Zoom) 7P; Where is God in
the Movie SG (Zoom) 7P; Youth
First Friday (offsite) 7P.

Saturday, Feb 4
Church Meeting 10A.

GRAIN OF HEAVEN

Closed



**From Generation to Generation -
Growing Deeper, Growing
Stronger, Reaching Higher
Deuteronomy 32:7**

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**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.

SENIORS' MINISTRY

Please join the Seniors Ministry as they celebrate African American History month during their in-person meeting on Wednesday, February 15, 2023 at 12:00 pm. Seating at 11:30. All attendees must RSVP by emailing Shirley Hardy, shirleybhardy@gmail.com by February 8, 2023. Those who RSVP will be seated first. Are you 55 or older and would like to become a member of the Seniors Ministry? It's easy, just email the your name, address, phone number, email address and birthday (month/day) only to Sis. Shirley Hardy at shirleybhardy@gmail.com or call 703-459-4321.

**ACADEMIC EDUCATION
MINISTRY**

Parents/Guardians and High School Seniors of FMZ. We would like to forward 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.

