

FMZBC Connection Points

August 11, 2020

Let us stay connected

Join us via live stream this Sunday for **Worship**. Live-stream worship service on Sundays at 11:00 am. Please go to www.fmzbc.com or Facebook Live to view the service each week.

Words of Encouragement from Pastor Torian. Check for updates on the FMZ website. www.fmzbc.com

Share Distribution. The next Share distribution is Saturday, August 22nd, from 8am-10am.

Holy Communion. Drive-thru distribution of communion elements for September is scheduled for Saturday, August 29th, from 10am-Noon. Pick up is available at FMZBC, Stafford and Springfield.

First Mount Zion Baptist Church - 1st Annual Virtual Healthy Start Mind & Body 5K Run/Walk ~ September 24-26. Please choose the date and location you will run or walk and use the race joy app explained in your registration material to track your timing results.

Registration is open through September 1st. Please open the link below to register:

<http://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K>

The registration fee for each participant is \$12. That fee includes your registration and a wonderful swag bag you will receive with your t-shirt, race bib, medal, and other great items inside.

Have fun during this event! Go solo or create teams (friendly competition) between ministries, your zones, family, or friends. Always practice safety. A training video and literature is on the FMZ site. Take plenty of photos during and after the event and send them to our FMZ Facebook page with the hashtag #RunFmz. There will be a link/library available later to upload your photos for an upcoming presentation.

Contactless pickup of your swag bag:

Location: First Mount Zion - Door A

Date: Saturday, September 19th

Time: 10AM-Noon

For additional information please contact:

Sister Stephanie Craddock - Scraddock@firstmountzionbc.org

or 703-670-0184

COVID-19 Updates. FMZBC remains closed however, the ministry continues. Please check the FMZBC website frequently for COVID-19 updates and important information to know before coming to the Church.

PRE-ARRIVAL CHECK-IN:

<https://www.eventbrite.com/e/116151970671>

PRE-ARRIVAL COVID-19 SCREENING:

<https://forms.gle/tjJpzJK7Vzj5Tj2Q9>

Sunday School Extended can be found on Facebook Live and by conference call at 9:45 am on Sundays.

Use the following link to connect to Facebook Live.

<https://bit.ly/2URoMF5>. For conference call dial 571-260-6833. The conference number is 7482#. Conference PIN,6000#. **The weekly Sunday School lesson is available online at FMZBC.COM, by clicking on the Sunday School Extended slider, or on Facebook.**

Youth Ministry Weekly Conference Calls Wednesdays

Middle School (6th – 8th Graders) Chat and Prayer From 2pm-2:30pm.

High School (9th -11th Graders) Chat and Prayer

From 3 pm to 3:30 pm Please dial 571-260-6833 and follow the audio prompts below:

- Conference Number:7482#
- PIN:6000#

IT Help Desk. Students, Seniors, Members needing IT support at home? Please send requests for support to IT4U@firstmountzionbc.org

Giving Tithes and Offerings There are several options.

- Online. WWW.FMZBC.COM and click on ONLINE GIVING, at any time. **Please regularly review your account to ensure contact and payment sources are up to date.**
- Mail. First Mount Zion Baptist Church, 16622 Dumfries Road, Dumfries, Va. 22025.
- Schedule a time for pick up, from your home with your Zone Leader.

As always, during these times of uncertainty safety is of the utmost importance as we do our best to keep the congregation connected and informed while maintaining the health and welfare of all. Please check your email and the Church website for regular updates. Looking forward to our return in the future.

