

## FMZBC Connection Points



Let us stay connected!

September 14, 2022

**Scroll to the green text for the latest information!**

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Join us **every Sunday for Worship at 11:00am**. If you are fully vaccinated, please join us in person. If you are unable to attend in person, please join us via live stream by going to the website, <https://www.fmzbc.com>. You may also join us using any of the following social media platforms.  
 FMZ/LifeStream: <https://live.lifestream.tv/first-mount-zion-baptist-church>  
 Facebook: <https://www.facebook.com/fmzbcumfries>  
 YouTube: <https://www.youtube.com/channel/UCzFC03nn-QRn0bzNDEefeGQ>

**\*\*\*\*If you require speech to text, please use Facebook\*\*\*\***

**Sunday School Extended**, **Sundays at, 9:45am on ZOOM**. You must register in advance. After registering, you will receive a confirmation email containing information about joining, Sunday School Extended. This information includes the meeting link and dial-in phone number.

**SSE Registration link:** <https://bit.ly/FMZBC-SSE>

## Sunday School Extended Lesson Guides

Thank you for supporting Sunday School Extended. Our books have not been delivered due to supply chain challenges. Therefore, Urban Ministries Inc. is providing electronic versions of the first four lessons for September. Visit the following two links to download the lesson guides:

[https://bit.ly/Lessons\\_1-2](https://bit.ly/Lessons_1-2)

[https://bit.ly/UMI\\_Lessons\\_3-4](https://bit.ly/UMI_Lessons_3-4)

POC: Rev. Gillis Taylor, Sunday School Superintendent,  
[SundaySchool@FirstMountZionBC.org](mailto:SundaySchool@FirstMountZionBC.org)

### Weekly Operational Hours

**Monday - Thursday, 9:00 am - 4:00 pm and Fridays, 9:00 am – 1:00 pm**

Staff office and Fitness Center hours are **Monday – Thursday from, 9:00 am - 4:00 pm and Friday from, 9:00 am – 1:00pm**. Please note: The Fitness Center is open to members only. The Beauty Shop is also open during this time by appointment only.

### The office is closed on the following federal holidays:

Monday, October 12<sup>th</sup>, Columbus Day

Friday, November 11<sup>th</sup>, Veterans Day

Thursday, November 24<sup>th</sup>, Thanksgiving

Monday, December 26<sup>th</sup>, Christmas Holiday

### Bible Study:

Please join us at [www.fmzbc.com](http://www.fmzbc.com) for Bible Study each Wednesday at 7:30pm. You may also view on [Facebook](#) and [Youtube](#).

**Music and Arts Ministry:** Please check the church calendar for rehearsal dates and times. Interested in joining the Music and Arts Ministry? Contact the, **POC Minister Sylstea Sledge**, [ssledge@firstmountzionbc.org](mailto:ssledge@firstmountzionbc.org)

**SHARE Ministry: Saturday, September 24<sup>th</sup>, 9-11am.** POC: Thomas Bates, 703-772-8837.

**Virtual Volunteer Screening:** All registered participants join us in person on **September 17<sup>th</sup>**; October 15<sup>th</sup>; and November 19, 2022 POC: Cynthia Zorn Pettigrew at 703 -730-5227, [zornpettigrewcl@comcast.net](mailto:zornpettigrewcl@comcast.net) or Clarice Torian at 703-730-6353, [toriancj@gmail.com](mailto:toriancj@gmail.com).

**Zone Ministry:** As a member you are assigned to a ZONE based on geographical location. Each Zone has a team of zone leaders consisting of at least a Deacon, Deaconess and Associate Minister. If you do not know how to contact your Zone Leader, please contact the Church and someone will provide you with their contact information. If you have not been in touch because you need to update your contact information, please use the following link <https://form.jotform.com/12155242234>

## Christian Education

**Academic Education Ministry (AEM), (CED).** POC: Brother Gerry Griffin, Chair, AEM at [AEM@FirstMountZionBC.org](mailto:AEM@FirstMountZionBC.org).

**Kids' Kingdom (CED):** Kids' Kingdom returns this month! Join us each **3<sup>rd</sup> Sunday at 11 am on YouTube**. Subscribe to FMZBC *Kids' Kingdom Worship, YouTube Channel*, or click on the Kids' Kingdom slide on the FMZ website, [WWW.FMZBC.COM](http://WWW.FMZBC.COM) to watch the latest Kids' Kingdom Worship Service.

Kids' Kingdom, <https://youtu.be/HquJa1e1CZ8>

POC: Dr. Tracey D. Holley, Director of Christian Education

**Men's Ministry (CED): ATTENTION ALL MEN!!!... POC,** MM Director, Bro. Edward Jones and MM Co-Director, Bro. Stephen Seaberry;  
[MensMinistry@firstmountzionbc.org](mailto:MensMinistry@firstmountzionbc.org).

**Seniors' Ministry (CED):** We always look forward to seeing our amazing seniors (55+).  
POC: Ms. Shirley Hardy at [shirleybhardy@gmail.com](mailto:shirleybhardy@gmail.com).

**Singles' Ministry (CED):** Please join us! POC: Pamela Knight at [nohim2@yahoo.com](mailto:nohim2@yahoo.com)

**Women's Ministry (CED): WOMEN'S MINISTRY SEPTEMBER FELLOWSHIP**

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

**Women's Ministry (CED): PRAYER REQUESTS, Women Uniting in Fellowship with Love, Praise, and Worship**

Greetings to all our sisters in Christ. God is so awesome! He has answered our prayers and He want to answer yours too! The WM has established a dedicated email for the women of FMZBC to submit your prayer request. We desire to continually lift your prayer needs as they arise, so please use this email to submit your prayer request. Let the saints pray for you. Prayers of the righteous availeth much! Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your prayer requests as you send them in.

[WomensMinistryPrayers@firstmountzionbc.org](mailto:WomensMinistryPrayers@firstmountzionbc.org).

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

## Women's Ministry (CED):

### OUTREACH

#### *“Women United in Faith, Prayer, Fellowship, Love and Worship”*

The Women's Ministry (WM) will be hosting our Fall Family Coat Outreach Donation Drive supporting various shelters in the area and ask for your assistance to make this a successful Outreach.

Below is a list of items that we desire to collect that will help us to provide the support needed. If you are moved to support this outreach, please be advised that the designated drop off for the items that you donate will be at FMZBC on Saturday, October 1st from 9:00 am – 12:00 pm @ Door C under the canopy.

- Men's Coats (all sizes)
- Women's Coat (all sizes)
- Teen's Coats (male & female – all sizes)
- Children's Coats (male & female – all sizes)
- Toddler Coats (male & female - all sizes)
- Infant Coats/Snowsuits (male & female – all sizes)

Please contact Sister Cynthia Wilson, Outreach Lead in care of the Women's Ministry. Email if you have any questions or need to make arrangements to get us your donation if you are unable to make it to the October 1st drop off date.

Women's Ministry email – [womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)

Thanking you in advance, and many blessings!

**Youth Ministry (CED):** We are pleased to have a new feature in the Church Newsletter called **YOUTH ON BLAST!** This is an opportunity to highlight the amazing youth at First Mount Zion and their notable accomplishments. If you know of a youth that you would like to have profiled in these sections, please send their name, contact information, and accomplishments to [youthministry@firstmountzionbc.org](mailto:youthministry@firstmountzionbc.org). Accomplishments can be in the areas of athletic, community, scholastic, overcoming personal challenges, or simply a youth who is in need of encouragement. For additional information or questions, contact Dr. Holley on 703-670-0184.

POC: Dr. Tracey D. Holley, Director of Christian Education;  
[tholley@firstmountzionbc.org](mailto:tholley@firstmountzionbc.org)

**SMALL GROUPS MINISTRY:** Point of Contact: Sister Stephanie M. Craddock, Small Groups Director; [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) or 703-670-0184.



*Have You Considered  
Leading A Small  
Group This Fall?*

*What are Your Interest, Gifts and Talents?  
I'd Like to Hear From You ~ Learn More!*

POC: Stephanie M. Craddock, Small Groups Director – [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org) Or 703-670-0184

You can run/walk solo or consider a friendly competition by creating teams between other Members, FMZ Ministries, FMZ Leadership, Associate Ministers, FMZ Choirs, Family, or Friends!



An Award Ceremony will Follow the 5K at the Park Pavilion ~  
Join us and cheer us on!!

## First Mount Zion Baptist Church

### In-Person Timed 5K Run/Walk

Saturday, October 15, 2022 @ 8AM  
Occoquan Regional Park - Lorton, VA  
Cost \$25 ~ Includes: T-shirt, swag bag & more!



Through September 18<sup>th</sup> ONLY ~ Link below

First Mount Zion Baptist Church 3rd Annual Healthy Start Mind & Body 5K Run/Walk (runsignup.com)

<https://firstmountzionbc.org/5k-walk-run-training/>

POC: Stephanie M. Craddock- [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)  
or 703-670-0184

**Registration is open until September 18<sup>th</sup> !**

Greetings everyone,

Registration is now open for the FMZBC 3rd Annual In-Person 5K Run/Walk (3.1 miles) which is sponsored by the Small Groups Ministry in partnership with the C.O.R.E. & Fit by God Ministries.

This event will be held at the Occoquan Regional Park located in Lorton, Virginia. This event is open to FMZ members, family, friends, and the community. You can run/walk solo or consider a friendly and safe competition by creating teams between other Small Groups, FMZ leadership, associate ministers, FMZ ministries, FMZ choirs, family, or friends.

There will be an award ceremony held immediately after the race at the Occoquan Regional Park Pavilion.

Please take race day photos and upload them to our FMZ 5K library (more details to come).

**Registration (\$25 per participant) closes on September 18<sup>th</sup>.**  
**There will be no registration date extensions.**

You will receive a swag bag containing a 5K T-shirt, race bib, a finisher medal and more!

During our past 5K events, we had over 249 participants. We need your participation again because "We are Stronger Together".

You may register and obtain detailed information regarding the 5K run/walk event, along with other information by using the link below. If you have additional questions, please contact any of the committee members below.

I thank you in advance for your consideration and participation. You will not regret it! Please share.

Registration Link:(Ctrl + Click to follow link)

[First Mount Zion Baptist Church 3rd Annual Healthy Start Mind & Body 5K Run/Walk \(runsignup.com\)](https://runsignup.com)

God bless you,

The First Mount Zion Baptist Church  
3rd Annual Healthy Start Mind & Body  
In Person - 5K Run/Walk Committee Members

Sis. Stephanie M. Craddock - [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)

Bro. Gerry Griffin - [Griffing@rocketmail.com](mailto:Griffing@rocketmail.com)

Sis. Roslyn Parker - [Roslyn.parker23@gmail.com](mailto:Roslyn.parker23@gmail.com)

Rev. Brian Woolfolk - [Bdwoolfolk@verizon.net](mailto:Bdwoolfolk@verizon.net)



## FMZBC Job Vacancy 1 Announcement

FMZ is actively recruiting for a youth minister. Please see a detailed announcement and employment application at <https://firstmountzionbc.org/job-vacancy-announcement/>

You may return the completed application and resume by email, [employment@firstmountzionbc.org](mailto:employment@firstmountzionbc.org), or in person during office hours, Monday Through Thursday 9 am-4 pm and Fridays 9 am-1pm. Applications will also be accepted by mail. First Mount Zion Baptist Church, 16622Dumfries Road, Dumfries, Virginia 22025. Attention: Hiring Manager

### Volunteers Needed for Check-In

#### Check-In

FMZBC requires anyone who enters the Church to go through Check-In to ensure; proof of vaccination is provided; temperatures are taken, and that masks are worn. **As ministry activity increases so does the need for volunteers.** If you would like to volunteer for Check-In, please use the following Sign-Up Genius link.

<https://www.signupgenius.com/go/30E0B4CADAB2E5-check>

If you have any questions, please contact, Renee Woolfolk, Church Business Administrator, at [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org), or call (703) 670-0184.

Thank you to those that have served and continue to serve at Check-In!!

## Be In the Know

**1. Check-In is available at both entrances A and B on Sundays for the 11am worship**

service.

2. The parking lot is fully open
3. Door Q Check-In Station when back parking lot is in use.
4. Two temperature stations at Doors A and B on Sunday
5. Check-In sign-in sheets for contact tracing are no longer in use.
6. The Fitness Center Locker Rooms are now open.

### **Closings and Cancellations Due to Inclement Weather**

During times of inclement weather please check the Church website and voicemail for closings and cancellations. Notices are also posted to WTOP and WJLA. You may also register to receive notifications from, [www.cancellations.com](http://www.cancellations.com)

### **KNOW your member number.**

Member Number. It is important to confirm that you are using the correct member number. One way to verify is to review your online giving account. You may also confirm your member number by calling the office, 703-670-0184.

Maintain the Connection. Change of address or phone number? Updates may be made through the FMZ website using the following link.

<https://form.jotform.com/12155242234>

**IT Help Desk.** Have questions about ZOOM or OFFICE365? Need an Email or password reset? Please email us for assistance at, [IT4U@FirstMountZionBC.Org](mailto:IT4U@FirstMountZionBC.Org) or [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org).

**Giving Tithes and Offerings:** (Point of Contact: Ms. Sherry Hilliard, financial secretary, [shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org))

### **Vanco On-line Giving**

VANCO, FMZBC's on-line giving platform, operates with a high level of security. As a result, users' access will be temporarily denied when using a VPN, virtual

personal network, and because of too many failed login attempts. If you have forgotten your password, after some time the account will reset to allow you to select the forgot password option. Another option is to call the office with your IP address. The office will then contact VANCO with the IP address to have your VANCO account reset.

**You may give online using the following online giving link:**

[https://www.eservicepayments.com/cgi-bin/Vanco\\_ver3.vps?appver3=wWsk24ZWJSTZKsGd1RMKlg0BDvsSG3VIWQCPJNNxD8upkiY7JlDavDsozUE7KG0nFx2NSo8LdUKGuGuF396vbcjOdOpuGh5p9VUzbG-MUX6XHubq5Z7ap5JVmPErc4ZeYHCKCZhESjGNQmZ5B-6dxxaHhzX-YjOncGsSrUtYU7E=&ver=3](https://www.eservicepayments.com/cgi-bin/Vanco_ver3.vps?appver3=wWsk24ZWJSTZKsGd1RMKlg0BDvsSG3VIWQCPJNNxD8upkiY7JlDavDsozUE7KG0nFx2NSo8LdUKGuGuF396vbcjOdOpuGh5p9VUzbG-MUX6XHubq5Z7ap5JVmPErc4ZeYHCKCZhESjGNQmZ5B-6dxxaHhzX-YjOncGsSrUtYU7E=&ver=3)

Or access the link through the FMZBC website: [WWW.FMZBC.COM](http://WWW.FMZBC.COM) and click on ONLINE GIVING (VANCO) at any time. To avoid failed transaction fees, please regularly review your online giving account to ensure contact and payment sources are up to date. When submitting a change of address to the Church, please also log on to VANCO to update your address. If you are interested in learning more about VANCO or have any questions as a VANCO online giver, please contact, Ms. Sherry Hilliard by email, [shilliard@firstmountzionbc.org](mailto:shilliard@firstmountzionbc.org), or by phone, (703) 670-0184.

You may give by Mail. First Mount Zion Baptist Church, 16622 Dumfries Road, Dumfries, Va. 22025.

You may also schedule a time for pick up, from your home, with your Zone Leader.

**Please check the FMZ website regularly for a complete listing of ministry activities** and updates regarding weather closings during office hours. 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

## FMZ COVID GUIDELINES-WHAT YOU SHOULD KNOW

### Check the FMZ website for recent updates

#### **Am I required to show proof of vaccination?**

For anyone 12 years and older proof of being fully vaccinated is required. Proof of vaccination is only required once. Once proof is shown your name will be entered into a data base. At subsequent check-ins you need only to provide your name. Wearing a mask, having temperature taken, and social distancing are required.

#### **Are members of the same household able to sit together?**

While social distancing is still in effect, members of the same household may sit together. Individuals will continue to sit at a green dot. Seating remains separated by every other pew.

#### **Am I required to pre-register for Sunday service or to enter the building?**

No, providing verification of being fully vaccinated eliminates the need to pre-register.

**What forms of proof of vaccination are accepted?** A legible vaccination card showing your name and date(s) of vaccination; a copy of your card; or a picture on your electronic device are acceptable forms of proof.

**Are children required to show proof of vaccination?** Children 12 years and older are required to show proof of vaccination. Children under the age of twelve are not.

**What if I have a medical condition that prevents me from being vaccinated?** In lieu of a vaccination card, provide medical documentation from a physician stating the medical exemption.

**How do I get my name into the database?** Upon your next arrival to the Church, for any reason, show proof of being fully vaccinated and your name will be added to

the database.

### **Obtaining a copy of your COVID-19 VACCINATION CARD**

The Virginia Department of Health now provides copies of vaccination cards. To obtain a copy, go to their Virginia Immunization Information System, <https://vase.vdh.virginia.gov/vacapps/f?p=545:1>

**ATTENTION ALL ZOOM MEETING HOSTS:** To protect our ministries from potential “Zoom bombing” by miscreants and hackers, it is no longer recommended to post-meeting ID and passcodes to the website or social media. As an alternative, Zoom offers a registration feature for meeting participants to register for a meeting using a registration link. Once the registration link is established by the host, the link can be shared as usual via Connection Points, email, text, etc. The organizer/host will receive a roster of registrants and, if necessary, can use the list to verify people before they are allowed in the meeting.

For those who schedule ZOOM meetings, to follow is a short video on how to enable the registration feature to Zoom meetings.

How to set up a Zoom registration link for better security:

<https://youtu.be/VqomCzNii4>



National Coalition of 100 Black Women, Inc.  
Prince William County Chapter, Inc.



# Community Health Vaccine Expo

*Save the Date!*

**Saturday, September 17, 2022**  
**9:00 a.m. - 1:00 p.m.**

**FREE  
TO THE  
PUBLIC**

**First Mount Zion Baptist Church**  
**16622 Dumfries Road**  
**Dumfries, Virginia 22025**

**Covid 19 Vaccines & Boosters (Pfizer) ages 12 & up**  
**Free Health Screenings**  
**Health & Education Resources**  
**Panel of Experts**  
**Give- Aways**



- Please SCAN for Pre-Registration
- Bring previous vaccine card
- Vaccines 1 & 2/ Boosters 1 & 2



Helpful Links:

Sentara:

COVID Fact Sheet: [Q&A for Comirnaty \(COVID-19 Vaccine mRNA\) | FDA](#)

First Mount Zion Baptist Church: [sjames@firstmountzionbc.org](mailto:sjames@firstmountzionbc.org)

NCBW/PWCC: [ncbwpwcc.org](http://ncbwpwcc.org)

See reverse side