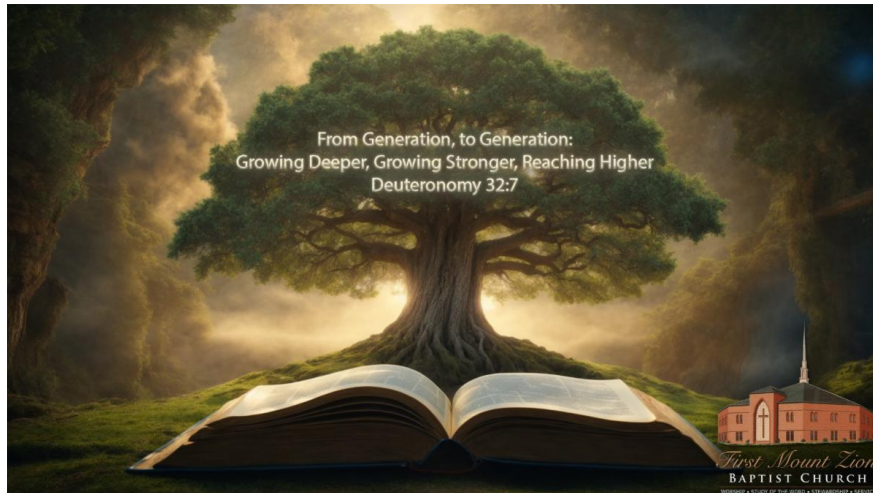




"Sharing the light from the Promise, to Pentecost, to Points around the world!"
FMZBC's mission is to connect people who have a desire to become fully devoted followers of Jesus Christ.




Connection Points

May 28, 2024

Connection Points is a weekly communication to keep you connected by providing information on ways to be informed, to sign up for ministry activity, to serve, and to give.

News





Congregational Questionnaire

Steps to complete Questionnaire:

- 1) Scan QR Code to receive access to the Questionnaire.
- 2) Answer questionnaire based on your truest desires.
- 3) Pray on your responses; involve God.
- 4) If you need help for any reason, email the Pulpit Committee.

This questionnaire will remain open until 10 Jun 24!

 pulpitcommittee@firstmountzionbc.org



Order Your *Juneteenth* T-Shirt



Join the FMZBC
family with our
coordinated festival
T-shirt

\$15 - \$24
Toddler - 3XL



All orders placed by June 8th will be available for pickup in the Narthex after service on June 14th

**Do You
Own A
Business?**

**FMZBC is Seeking Vendors
for our Juneteenth
Festival**

**On June 23, 2024
from 12pm to 4:30pm**

Please email us your Business Name,
Industry, Website, and Product Catalog
to ktapp@firstmountzionbc.org
by June 9, 2024

Vendor Table Applications will be approved at a limited quantity

**Sunday School
Department Request
for Information**

Determining the Way Ahead



bitly

"THE BATTLE IS IN THE MIND; RENEW MY MIND AND DELIVER ME"

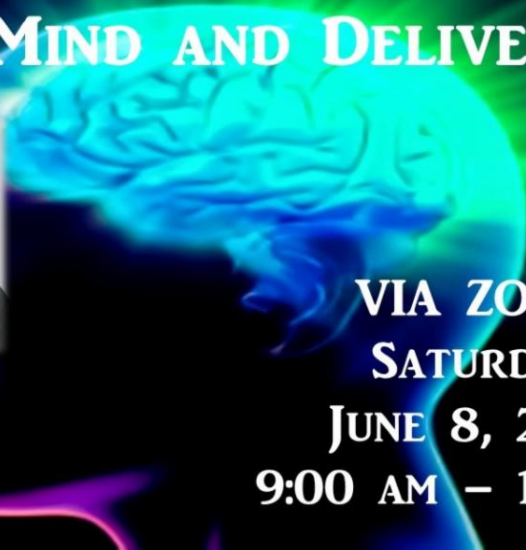


*Reverend
Kathy Russell*



*Reverend
Helen Parker*

**PRESENTED BY THE
WOMEN'S MINISTRY**



**VIA ZOOM
SATURDAY
JUNE 8, 2024
9:00 AM – 11:00 AM**

**First Mount Zion Baptist Church
Men's Ministry Presents:**



Yield Not To Temptation

Based on the Book of I Corinthians 10:12-13



**Date: June 8, 2024
Time: 8:00 AM - 10:30 AM
Speaker: Rev. Chris Peterson
Breakfast Served at 8:00 AM/ Fellowship: 9:00 AM**



SAVE THE DATE - 5K
October 5, 2024 - 9AM
Occoquan Regional Park
Lorton, Virginia

First Mount Zion Baptist Church
 Celebrates the 5th Anniversary
 Healthy Start Mind & Body 5K

Bringing Awareness to Alzheimer's Disease

You may register for (1) of the activities below

5K Run/Walk \$25
 1.5 Mile Senior Run/Walk \$25
 1 Mile Youth Fun Run - Ages: 12/Under \$15
 (All 3 races will be electronically timed)

Registration includes: Official T-Shirt, Swag Bag, Finisher Medals,
 Awards & Monetary Prizes (top 3 finishers per age category)
 Electronic Race Bib, DJ, Catered Meal & More!
REGISTRATION OPENS - SUNDAY, JULY 14th.

POC: Stephanie M. Craddock
scraddock@firstmountzionbc.org - 703-670-0184

Remain Connected

Please use the following link to update your contact information.
[Member Update Form](#)

What's New?

Pulpit Committee

Message from Pulpit Committee:

Members of FMZBC and Staff – Thank you for your continued prayers. We have an update for you that requires your immediate action. To kickoff Phase II, the Congregational Questionnaire is now live and will remain open until **June 10th**. The link can be found below. We ask that as you complete this questionnaire, you first pray, and truly think about the characteristics you would like for your next Under Sheppard. If you have any questions as you are preparing to complete this questionnaire, whether technical or comprehension of the question, reach out to us by email.

Pulpitcommittee@firstmountzionbc.org.

Link: [PastorSearchSurvey](#)

Sunday School

The Christian Education Department (CED) is in the process of determining a way ahead for Sunday School. Please see the QR code above or use the following link to complete a brief questionnaire. [Sunday School Department Request For Information Form](#)

Constitution and Bylaws

Use this link to view the FMZBC Constitution and Bylaws [Constitution and Bylaws](#) . You may also view the document on the FMZBC website. Note, it is password protected. To access it

click on the Constitution and By Laws slide and enter the code: [fmzbcdocs2024](#)

Copies are available by contacting the front office at, 703-670-0184.

Wednesday Night Bible Study

It's the last Wednesday of the month. In lieu of Bible Study, join us for the **Wednesday Night Sermon** at 7:30pm In-person **AND** Live streamed.

Youth Bible Study at 7:40pm in the Executive Conference Room.

Youth Ministry (CED)

- **Youth Ministry Bible Study this Wednesday, May 29, 7:40-8:30 p.m.** in the Executive Conference Room and can also be attended via Zoom. To attend via Zoom register using the "Youth Ministry" tab on the FMZ website. For this week, since there is worship service in the Chapel please report directly to the Executive Conference Room. Join us as we do "Bible study for life."
- **Final First Friday** before summer ministry break is Friday, June 7, 2024. Join us for Food, Fun and Fellowship. In the Gym and Grain of Heaven, enter and exit through Door P (Gym Door)
- **Thursday, June 20, 2024. Youth Ministry 2-hour lunch cruise** on the Spirit of Washington Cruise Ship. Departure from FMZ at 9:15. Estimated return 3:30. Registration for this event is now closed.
- **Community Service Opportunity:** The Deaconess ministry has established a "Clothing Give Away" Store (all items are free) for children and adults in room 156 next to the Barber Shop. Community Service hours can be earned for working in the store. Deaconess Ledora Akanni is the point of contact. Akanni_ledora@yahoo.com
- **YOUTH MINISTRY 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 this section, send their name, picture, contact information, and accomplishments to **Rev. Beverly Jiggetts-** bjiggetts@firstmountzionbc.org or youthministry@firstmountzionbc.org. Accomplishments

can be in athletics, community service, scholastics, overcoming personal challenges, or simply a youth who needs encouragement.

Contact Rev. Beverly Jiggetts, youth minister at bjiggetts@firstmountzionbc.org with any YM questions.

SAVE THE DATE!

Mens' Ministry (CED)

ATTENTION ALL MEN!!!...Join our **In-Person Only Fellowship** on **Saturday, June 8, 2024 at 8:00 AM**, as we fellowship with "Yield Not To Temptation." We will be in fellowship through Song, Praise, Scripture and celebration. Our Speaker will be our very own Rev. Chris Peterson, Associate Minister at First Mount Zion Baptist Church, Dumfries, 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**. Breakfast will be served in the Grain of Heaven starting at **8:00 AM**.

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.

Yours in Christ,

Bro. Edward Jones, Director - FMZBC Mens Ministry, 703-623-0917

Leadership Team: Bro. Edward Jones (Director), Bro. James Gaskins (Co-Director), Bro. Xavier Bridges, Dea. Donnell Wright

IT4U is back.

The Basics of Office 365-Teams, **Tuesday, June 11, 2024 at 11am**. In person only. Please RSVP to rwoolfolk@firstmountzionbc.org.

Deaf Ministry:

ASL (American Sign Language) Interpreter onsite each Sunday during the 11am in-person worship service and at the monthly Deaf Ministry ZOOM meetings.

The next meeting is **June 11, 2024, at 7: 00 P.M.**

Topic: Deaf ministry

Join Zoom Meeting

<https://us02web.zoom.us/j/83257068548?>

[pwd=Tk3bBzDXN55sraiibaGfiXRC6iwapp.1](#)

Meeting ID: 832 5706 8548

Passcode: 151040

Dial by your location

- +1 301 715 8592 US (Washington DC)

Meeting ID: 832 5706 8548

Passcode: 151040

For additional information please email, Deaconess Pam Ford at,

[Deaf Ministry](#) Thank you for your support and assistance.

SENIORS MINISTRY ANNOUNCEMENT

First Mount Zion Seniors Ministry invites Senior 55+ to put on your glitter and glitz and come dance the day away at our end of the year Social and Dance. Our theme is “*We’ve Come This Far by Faith*,” based on Matthew 21:22, 2 Corinthians 5:7, and Romans 10:17. The Social will be held on **Wednesday, JUNE 12, 2024, at 12:00 PM** in the FMZBC GYM. Please RSVP to Sis. Hope Singleton by June 3, at hopesing@verizon.net. POC: Sis. Shirley Hardy, 703-459-4321.

The 26th Annual Golf Classic!

Monday, June 24th, Old Hickory Golf Course. To register through the FMZBC website, click on the following link:

[First Mount Zion Baptist Church](#) OR

register by clicking this link: [Annual Golf Tournament Registration](#)

VBS (CED) IS BACK FOR 2024!

Calling all volunteers interested in serving in our program. Please sign up in the Narthex, beginning this Sunday. Come help us as we have fun teaching our children the importance of *GROWING WITH JESUS*! VBS will run, **Tuesday, June 25 – Thursday, June 27 from 8:00 am – 12:30 pm.** We need you! Sign up today. For more information, email VBS@firstmountzionbc.org or call Dr. Holley at (703) 670-0184.

Hybrid Sunday School (CED)

Sundays at 9:45 a.m. Room 229/230

or via ZOOM (registration required)

(Ecclesiastes 4:9, GMT version)

"Behold, the former things are come to pass, and new things do I declare; before they spring forth, I tell you of them." (Isaiah 42:9)

Join Sunday School Hybrid each Sunday. For those attending the class via ZOOM, please use the following link to register for SSE-Hybrid: <https://us02web.zoom.us/j/89762921587?pwd=UHd2RWVuWjJrbmhNMnpPYUJkZjE4Zz09>

We look forward to seeing you there!

Handouts are available for download from the FMZ (First Mount Zion) website using the following link:

<https://firstmountzionbc.org/weekly-sunday-school-lessons/>

POC: Rev. Gillis Taylor, Sunday School Superintendent,
SundaySchool@FirstMountZionBC.org

Childrens' Church (CED)

Children's Ministry/Kids' Kingdom worship for PreK to fifth grade. For additional information, please contact Dr. Holley via email at tholley@firstmountzionbc.org or Sister Stephany Stewart at stephanystewart@yahoo.com. Cannot wait to see you!

New Members Orientation Class-NMOC Class (CED)

Jun 2, 2024 09:45 AM

ZONE Ministry

Jun 9, 2024 09:45 AM

GRADUATION IN THE CHAPEL Hybrid

Jun 16, 2024 09:45 AM

No class: Happy Father's Day

Jun 23, 2024 09:45 AM

The Church & Church Leadership

(Hybrid/Rm 211)

Jun 30, 2024 09:45 AM The Bible and How to Study the Bible
(Juneteenth)

Jul 7, 2024 09:45 AM

No class: Happy 4th of July

Jul 14, 2024 09:45 AM

Stewardship

Jul 21, 2024 09:45 AM

Prayer

Jul 28, 2024 09:45 AM

No class until September 8th

Enjoy wonderful and blessed August family time.

Join Zoom Meeting

<https://us02web.zoom.us/j/81493910631pwd=OTI1RkdZR2FOWnJyQncyVVNxNFU0UT09>

[FUrUT09](#)

Meeting ID: 814 9391 0631

Passcode: 413438 Dial by your location
• +1 301 715 8592 US (Washington DC)

Meeting ID: 814 9391 0631
Passcode: 413438

Academic Education Ministry (CED)

Additional information and Scholarship Opportunities. 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 and we will add you to the distribution list. Do not miss out!

AEM (CED):Ministry Scholarship Newsletter. Want to know what is happening with the FMZ Scholarship, other available scholarships, and events? Just click the link below!!

<https://firstmountzionbc.org/scholarships-2/>

Women's Ministry (CED)

The Women's Ministry has established a dedicated inbox for the women of FMZBC to submit prayer requests. Our desire is to continually lift up your prayer needs as they arise, so please use this email address to submit your prayer request: womensministryprayers@firstmountzionbc.org Our Intercessory Prayer Team (IPT) will intercede over your prayer requests as you send them in.

For more information, please contact WM Director, Gwen L Holland at Womensministry@firstmountzionbc.org.

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 wants 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.

2024 Volunteer Screening Session Dates

September 21st, and November 16th, 2024

Training begins at 9:00 am

Visit FMZBC website, resource tab for application and authorization forms.

Bring completed forms to the training session.

TO SIGN UP, contact Brenda Byrd at 571 237-0111,

byrdbj@comcast.net, or Cynthia Zorn-Pettigrew,

pettigcx@icloud.com at 703 -730-5227

Small Groups Ministry:

See the save-the-date below for the October 5, 2024 5K

Schedule Interest-Based Small Groups meet for two semesters each year.

Spring semester: February - June

Consider joining the Interest-Based Small Groups Ministry!

We have a variety of groups within three categories from discipleship, sports, shared interest, outreach, health, support, and book groups for all ages.

Regardless of the type of group, through that common interest, we seek to love God, grow in God, serve God, and share God together as a group and with others. There is a group for everyone, including YOU!

For additional information,
please contact:

Stephanie M. Craddock, MS, CDP, ACE | Small Groups Director
| 703-670-0184 Scraddock@firstmountzionbc.org
<https://firstmountzionbc.org/small-group/>

Visit our **Small Groups Pages and Directory**, to view the variety of Interest-Based Small Groups (Support, Shared Interest and Discipleship) that are available to our First Mount Zion Baptist Church members and Community. Right click the link below.

[Small Groups Directory - First Mount Zion Baptist Church \(firstmountzionbc.org\)](https://firstmountzionbc.org)

Point of Contact:

Sister Stephanie M. Craddock,

Small Groups Director

scraddock@firstmountzionbc.org or 703-670-0184.

Volunteers Needed

FMZ Print Shop. Volunteers are needed to print large format

posters for ministry events. If you are interested and/or have experience, please contact Walter Holmes, Assistant Facilities Manager, at wholmes@firstmountzionbc.org.

Ministry Event set-up and break-down. Are YOU looking for a way to serve others? Are you in need of volunteer hours or do you simply want to support the ministry activities of the church? If so, please contact Ernest Robbins, Facilities Manager, at erobbins@firstmountzionbc.org. For opportunities to serve in food service with the Grain of Heaven, contact Sherise Campbell, Food Service Director, at scampbell@firstmountzionbc.org.

Audio Visual: Interested in supporting ministry activities through audio visual? Join the Audio-Visual Ministry. Opportunities are available in support of Wednesday Night Bible Study, Sunday Worship, Homegoing Services, Weddings, and Ministry Activities. Please contact Dijae North, Audio Visual Director, at dnorth@firstmountzionbc.org

IT (Information Technology) Support: Interested in sharing your expertise in support of ministry meetings using computers, projectors to display PowerPoint presentations, play YouTube videos, ZOOM, live stream? Contact, Renee Woolfolk, Church Business Administrator, at rwoolfolk@firstmountzionbc.org

Be In The Know!

Building Use Request

All meetings and events begin with a Building Use Request Form.

Use the following link to schedule your next FMZBC ministry or committee meeting:

[Building Use Request Form](#)

The Fitness center is open **Monday -Thursday, 9:00am-4:00pm.**
Tuesday and Thursday, 6:30pm-8:30pm
Friday and Saturdays from 9:00 am -1:00 pm. Pickleball Courts are now open on Saturdays. Please check the website for schedule changes in support of ministry activities.

Closings and Cancellations Due to Inclement Weather

During times of inclement weather please check the Church website.

FMZBC Job Vacancies

FMZ is currently recruiting for the positions of **Church Financial Secretary and Church Management Software Administrator.** Please express your interest in either position by emailing employment@firstmountzionbc.org. Listings are posted on the church website.

Good to know. Connection Point entries: Submission of weekly announcements and PR forms (Purchase Requisition) are due by noon each Tuesday. Announcements and PRs submitted after the deadline will be processed the following week.

IT (Information Technology) IT4U-Help Desk Is Here for You! Please email rwoolfolk@firstmountzion.org to request IT support. Have questions about ZOOM or OFFICE365? Need an email or password reset? Please email us for assistance with your questions to include FMZ email address password resets.

Vanco On-line Giving

VANCO, FMZBC's on-line giving and mobile app. platform, operates with an elevated level of security. As a result, access to users on the same network (FMZ IP address) will be blocked. When offsite, individual users may be denied access temporarily because of too many failed login attempts. After some time (up to 4 hours), the account will automatically reset to allow users to select the forgotten password option. To avoid this issue onsite, please consider using the VANCO/FMZ mobile app for giving. As a Vanco registered user, you should see this option when you sign in.

Note: the development of the mobile app is ongoing to include a text box to enter your FMZ membership number. Using the mobile app is encouraged if you are onsite and blocked from the VANCO site. Otherwise, revert to using your mobile data.

You may give online using the following online giving link:

[Online Giving Link](#)

Or access the link through the FMZBC website: 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 the front office, (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.

Capturing Ministry Moments. FMZ in action. Share your photos here! Photos will be incorporated in the weekly Bible Study and Sunday Worship Countdown. Click on the following link to share your photos.

[Capturing Ministry Moments](#)

Attention 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/VqomCzNnii4>

A flyer for a 5K Run/Walk event. On the left, there are four stylized human figures in red, green, blue, and orange running towards the right. The background is a light beige color with a green border. The text is in various colors and fonts, including orange, black, and white.

SAVE THE DATE - 5K
October 5, 2024 - 9AM
Occoquan Regional Park
Lorton, Virginia

First Mount Zion Baptist Church
Celebrates the 5th Anniversary
Healthy Start Mind & Body 5K

Bringing Awareness to Alzheimer's Disease

You may register for (1) of the activities below

- 5K Run/Walk \$25
- 1.5 Mile Senior Run/Walk \$25
- 1 Mile Youth Fun Run - Ages: 12/Under \$15
(All 3 races will be electronically timed)

Registration includes: Official T-Shirt, Swag Bag, Finisher Medals,
Awards & Monetary Prizes (top 3 finishers per age category)
Electronic Race Bib, DJ, Catered Meal & More!

REGISTRATION OPENS - SUNDAY, JULY 14th

POC: Stephanie M. Craddock
scraddock@firstmountzionbc.org - 703-670-0184

Wednesday Bible Study:
11:00 am and 7:30 pm
In person, www.fmzbc.com, YouTube or Facebook Live
Youth Bible Study at 7:30pm in person or ZOOM

Sunday Service Worship:
Service: 11:00 AM
Kids' Kingdom Worship Service:
Third Sundays at 11 am on Youtube

Sunday School: 9:45 AM in person or via ZOOM

Fitness Center
Monday -Thursday, 9am-4:00pm
Tuesday and Thursday, 6:30pm-8:30pm (no evening hours on the 3rd week of the month)
Friday and Saturday 9am-1pm
Please Check the Fitness Calendar
[Fitness Calendar](#)



First Mount Zion Baptist Church | 16622 Dumfries Road Dumfries VA 20112, Dumfries, VA
22025-1920 | 703-670-0184

[Unsubscribe \[rwoolfolk@firstmountzionbc.org\]\(mailto:rwoolfolk@firstmountzionbc.org\)](mailto:rwoolfolk@firstmountzionbc.org)

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