



Visit our
Website

Click Here to register your email and receive Connection Points directly to your Email from
Constant Contact

First Mount Zion Baptist Church

Our Vision: "Sharing the light from the Promise, to Pentecost, to Points around the world!"

Our Mission: To connect people who have a desire to become fully devoted followers of Jesus Christ.

Our Four-Step Strategy:

- Worship
- Study of God's Word
- Stewardship
- Service

CONNECTION POINTS

September 23, 2025

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.

Congratulations !



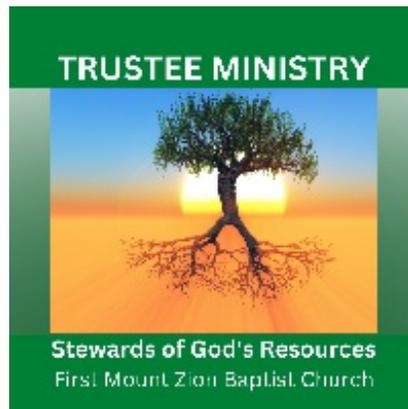
Rev. Dr. Sandra K. James

Pastor-Elect First Mount Zion Baptist Church

Bible Study Chosen Season 2

Wednesdays in person in the Chapel:
11:00 AM (except 3rd Wednesdays at 10:00 AM)
and 7:30 PM following each session, join us online for
the discussion after the viewing.

[The Chosen Season 2 Episode 3](#)



2026 Budget Submission Requirements and Coordination with Oversight Leaders

[Click Her for Electronic Budget Submission FAQs](#)

[Click Here for Oversight Chart](#)

Software Updates Reminder

Though we have enjoyed a refreshing summer selah, many of our software programs have been quietly updating in the

background. As a result, you may notice that when logging into certain platforms, things may look a little different, new features may be available, or some of your favorite functions may no longer appear.

To ensure you are using the most up-to-date – and prayerfully, the best – version of each program, please take a few minutes to check for, and install, the latest updates.

How to Update Zoom:

1. Launch the Zoom Application: Open the Zoom desktop application on your computer.
2. Locate Your Profile Icon: In the top-right corner of the Zoom window, click on your profile picture or initials.
3. Select “Check for Updates”: From the dropdown menu, choose the option to Check for Updates.
4. Follow the Prompts: If a new version is available, Zoom will download it and prompt you to install. Click Update and follow the on-screen instructions to complete the process.

Keeping your applications updated helps to ensure smoother performance, improved security, and access to the latest tools that support our ministry work.

FMZBC-IT4U

Attention E-Givers – First Things First!

If you are currently enrolled with VANCO, please cancel your recurring contributions before making the switch to

Pushpay!

To give through Pushpay, simply:
Scan the QR code below; OR
Text FMZBC to (833) 735-8175

Thank you for taking this important step to ensure a smooth transition.



WOMEN'S MINISTRY

Attn: **BEAUTIFUL WOMEN OF GOD**

WOMEN'S MINISTRY OCTOBER BRUNCH FELLOWSHIP

The Women's Ministry will be hosting a Brunch Fellowship, **"The Struggle Is Real...And So Is God!"** on **Saturday, October 4, 2025, from 9:00am-12:30pm** @ FMZBC & Platforms. The purpose of this Fellowship is to remind us to remain spiritual while dealing with the struggles of life. Nothing is perfect, and when you sometimes may feel like you just cannot breathe, cannot take one more step, we need to be real with ourselves, and lean on Him. Keep your eyes on Jesus/God and not the havoc all around you. He is our very present help in our times of trouble! Our guest speaker(s) will be Rev. Helen Parker & Guest Speaker to be announced.

The Brunch is \$10.00, and registration is required, through 9.29.25, through the following clickable link, [FMZBC Push Pay](#) & in person on Sunday 9.28.25 in the Narthex. Fellowship 9:00 am – 10:30 am, Brunch 10:45 am – 12:30 pm.

Please come out and join our Brunch Fellowship, there will be a blessing just for you, fellowshiping, appetizing food, and prizes.

For questions, please contact WM Director, Gwen L.

Congratulations
Interest Based
Small Groups Ministry!

Join Our
10 Year Anniversary Celebration
&
Fall Small Groups Fair!

Sunday, September 28th
Following the 11:00AM
Worship Service
FMZ - GYMNASIUM



Youth Ministry Updates



October First Friday

First Fridays will resume October 3, 2025, at FMZBC from 7:00 p.m. - 9:00 p.m.

Youth Ministry Bible Study

Youth Ministry Bible Study is every Wednesday in person and via ZOOM in the Executive Conference Room from 7:30 p.m. to 9:00 p.m.

Join us for our "Life Choices" series.

We will have Youth Ministry Bible Study on this

Wednesday, September 24, 2025

Below is the new registration link. You only need to register once.

[Click Here to Register for Youth Bible Study](#)

Give-Away Closet

The Youth Clothing Give-Away Closet has new and gently used free clothing for youth. The closet is located in Room 156 beside the Barber Shop. Confidential shopping is by appointment only. Point of contact: Deaconess Ledora Akanni -

Akanni_ledora@yahoo.com

Community Service Opportunity

"Clothing Give Away" Store is also in Room 156. Community Service hours can be earned by working in the store. Deaconess Ledora Akanni is the point of contact. Akanni_ledora@yahoo.com

YOUTH MINISTRY ON BLAST!

Highlight the amazing youth at First Mount Zion and their notable accomplishments. To have a youth profiled in this section, please send their name, picture, contact information, and accomplishments to Rev. Beverly Jiggetts at: 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.

ACADEMIC EDUCATION MINISTRY

The FMZBC AEM Tutorial Program is back!! If you are a FMZ Student in grades K - 12 and are in need of Tutorial Services, this message is for you!! Program begins

Monday, October 20, 2025, at First Mount Zion. Sign-ups will be held after service on **Sunday, September 28th** in the Narthex. We are also in need of tutors for various subjects. Tutoring is conducted at FMZBC every Monday evening starting October 20th (ypm-8:30pm).
POC: Bro. Gerry Griffin, AEM@firstmountzionbc.org.

Fitness

Line Dancing
Thursday Nights 7:00-8:00pm
in the gymnasium.

Oct. 2nd, 9th, & 23rd

Come Learn, Dance, and Fellowship!

It is free for members of FMZ and their guests, members are allowed two (2) guests per visit.

[Fit by God Event Calendar](#)

Pickleball:
Free, Fun and Social!
For all levels, two courts (beginner/ more advanced)

Equipment and instructions are provided.

Mondays, Thursdays, and Saturdays. See Fitness Calendar for details on dates and times (calendars located in Narthex and on the FMZ website). You must be a member of the Church. Members are allowed two guests per

Gym and Fitness Center are open!

Tuesday and Thursday evenings as well as on Saturdays.

Note: The Fitness Center will be closed for the monthly SHARE distribution and holiday weekends.

For more information email
Lori at
LValkenburg@FirstMountZionBC.org or call

visit. For more information,
email Lori at
LValkenburg@FirstMountZionBC.org or call 703-670-0225.

Spiritual Gifts

The Spiritual Gifts Ministry was established to support the mission and vision of FMZBC by assisting members in discovering and developing Spiritual Gifts; providing resources to nurture spiritual giftedness through Christian education; and identifying FMZBC Ministries that provide opportunities for continued spiritual growth and Christian service.

Please contact us at
SpiritualGifts@firstmountzionbc.org or
teach4God2003@yahoo.com

703-670-0225

CONSTITUTION AND BYLAWS (C&B) Committee

To review the Constitution and Bylaws, go to the Church Website, www.fmzbc.com, or use the QR code below, and enter the **passcode:**
[cbldocs2025](#)

Point of Contact is Ken Spencer, Chair, C&B Committee, at
cbl@firstmountzionbc.org

[Click Here - Two Constitutional Amendments Approved, 8.2.25](#)



**HYBRID SUNDAY SCHOOL for Adults
and Young Adults (CED)**

Each Sunday at 9:45 a.m. Check the monitors in the Narthex for classroom locations or via Zoom (registration required).

(Ecclesiastes 4:9, GMT)

“Behold, the former things come to pass, and new things do I declare; before they spring forth, I tell you of them.”

(Isaiah 42:9)

For those attending the class via Zoom, please [Register Here](#). We look forward to seeing you there.

[Click for Sunday School 9.28.25](#)

POC: Reverend Gillis Taylor, Sunday School Superintendent, sundayschool@firstmountzionbc.org

New Members Orientation Class

Time: 09:45 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88672190571?pwd=o1NvLFfkKUJU9MTYRiebhqWdbdEmA6.1>

Meeting ID: 886 7219 0571

Passcode: 164818

September 28	Prayer (Hybrid)	Rev. Josephine Cherry
October 5	Holy Communion	Deacon Marion Seth
October 12	Overview of CED	Rev. Dr. Tracey Holley
October 19	ABC of Worship	Rev. Kathy Russell
October 26	No class - Attend Regular Sunday School	
November 2	No class - Attend Regular Sunday School	
November 9	Spiritual Warfare	Rev. Sandra James
November 16	Graduation	
November 23	No class - Attend Regular Sunday School	
November 30	No class - Attend Regular Sunday School	

Join Zoom Meeting

<https://us02web.zoom.us/j/88672190571?pwd=o1NvLFfkKUJU9MTYRiebhqWdbdEmA6.1>

Meeting ID: 886 7219 0571

"I WAS SICK AND YE VISITED ME."

Keep the following known, sick, and/or shut-in members in prayer:

Benjamin Bond [N]
Teresa Bridges [I]
Jessica Butler [B]
Terry Carey [F1]
William Daily [E1]
Denyse Farquharson [E1]
Edwin Green [M3]
Cardell Hunter [M1]
Beulah (B.J.) Harper [D1]
Ronald Kent [F2]
Janet Mulubah [M2]
Betty Palmer [C1]
Murray Parker [H1]
Reggie Pickett [G1]
Arthur White [K1]

**GRIEFSHARE HOSTED
by FMZBC
JOURNEY TO JOY
MINISTRY**

GriefShare is a support program for people who have lost loved ones -- a spouse, child, other family member, or friend through death. GriefShare considers the loss of a pet as the loss of a loved one. For additional information, contact Reverend Kathy Russell, journeytojoy@firstmountzionbc.



ONLINE GIVING

Giving at FMZBC is easy!

-Scan the QR code above

-Use the following link,
[Pushpay Online Giving Link](#)

[org](#)

WOMEN'S MINISTRY PRAYER LINE

WM offers a dedicated email address 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 address to submit your requests. Our Intercessory Prayer Team (IPT) will intercede and faithfully pray over your requests as you send them in. Remember, the prayers of the righteous availeth much. Let the saints pray for you!

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

IT4U

Do you need assistance navigating Microsoft, TEAMS meetings, or Zoom? For tech support, email IT4U@firstmountzionbc.org

DEAF MINISTRY
American Sign Language (ASL) interpreters are onsite each Sunday during the 11:00 a.m. Worship

-Text, GIVE at (833)735-8175.

You may also give by mail: First Mount Zion Baptist Church, 16622 Dumfries Road, Dumfries, VA 22025; OR, you can schedule a time with your Zone Leader, for pick up from your home.

Please contact FMZBC at 703-670-0184 if you have questions about E-Giving.

AEM Gazette Ministry Scholarship Newsletter

POC: Brother Gerry Griffin, AEM Chair or Sister Sandra Grimes, Scholarship Committee
aem@firstmountzionbc.org

CHILDREN'S CHURCH (CED)

Our children need YOU! Children's Church needs servants in several areas to support our children. If you want to make a difference in the life of a child, please register today by clicking the link below. Please note that volunteer screening is required of all servants who work with

Service. You may observe in-person and online at www.fmzbc.com. The monthly Zoom meetings are also held with an interpreter.

Have questions? Please email fmzdeafministry@firstmountzionbc.org

VOLUNTEER SCREENING

November 15th at 9:00am

Contact Sister Brenda Byrd at 571-237-0111, byrdbj@comcast.net

SMALL GROUPS MINISTRY

Interest-based small groups meet for two semesters each year. Consider joining an Interest-Based Small Group. We have a variety of groups for all ages, in three categories, from discipleship, sports, shared interests, outreach, health, support, and book groups. Regardless of the type of group, through that common interest we seek to love God, grow in God, serve God, and share God together, and with others.

children. Contact information for the screening is on the form. Thank you in advance for registering!

FMZ Children's Church Servant Registration

For additional information, please contact Dr. Tracey Dawkins Holley via email at tholley@firstmountzionbc.org or Sister Stephany Stewart at stephanystewart@yahoo.com.

ARCHIVES COMMITTEE

The Archives is open each **5th Sunday**

Join us on November 30th, immediately following the 11am Worship Service on the ground floor. For more information, email archives@firstmountzionbc.org

CANCELLATIONS DUE TO INCLEMENT WEATHER

As always, during times of inclement weather, 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.

There is a group for everyone, including YOU! Visit the [Small Groups Directory - First Mount Zion Baptist Church](#) firstmountzionbc.org

Point of Contact:
Stephanie M. Craddock
Small Groups Director
703-670-0184
scraddock@firstmountzionbc.org

There are numerous volunteer opportunities available. If you are interested in volunteering, please contact Renee Woolfolk, Church Business Administrator, or the Ministry's point of contact. Here are a few volunteer opportunities currently available.

-Receptionist, contact rwoolfolk@firstmountzionbc.org

-Facilities
FMZ Poster Print Shop
Ministry Event Set Up and Breakdown. Contact Walter Holmes, at wholmes@firstmountzionbc.org

-Grain of Heaven, contact Sis. Sherise Campbell, Food Service Director, at scampbell@firstmountzionbc.org

-Audio-Visual Ministry, contact Bro. Dijae North, Audio-Visual Director, at dnorth@firstmountzionbc.org

Please check your email, the Church website, and the Church calendar for cancellations and/or office closures.

Visit the Church Website: WWW.FMZBC.COM
Church Calendar;
call the Church at (703) 670-0184 for a recorded message;
Email your Zone Leader;
or
Tune in to WTOP

WEEKLY SUBMISSIONS Due by noon each Tuesday

Connection Points entries to rwoolfolk@firstmountzionbc.org

Weekly announcements to announcements@firstmountzionbc.org

Purchase Requisition (PR) forms to pr@firstmountzionbc.org

CAPTURING MINISTRY MOMENTS

FMZ in action. Click on the link below to share your photos! We will incorporate them into the weekly Bible Study and Sunday Worship Countdown.

[Capturing Ministry Moments](#)

-IT support for ministry meetings. Contact Sis. Renee Woolfolk, Church Business Administrator, at rwoolfolk@firstmountzionbc.org

BE IN THE KNOW

Building Use Request (BUR)

All meetings and events begin with a Building Use Request (BUR) Form. Use the following link to schedule your next FMZBC Ministry or committee meeting:
[Building Use Request Form](#)

FMZBC JOB VACANCIES

Full Time Custodial Technician

Food Service Assistant

[Click Here for Additional Information](#)

Contact Renee Woolfolk, CBA, to learn more at (703) 670-0184 or rwoolfolk@firstmountzionbc.org

A new way to request IT support for @FIRSTMOUNTZIONBC.ORG users.

If you have an email that ends with @firstmountzionbc.org, then this is for you! As an extension of IT4U, Pronto Tech-Help Desk, MS365 user support is available twenty-four hours a day, seven days a week-24/7.

How to Access Pronto Tech-Help Desk?

By Phone: (571) 657-0105

By Chat: [Chat with us!](#)

By Email: helpdesk@pronto-tech.com

You will be asked to provide your name and the best number to reach you. Additionally, you will provide the organization name: **First Mount Zion Baptist Church and the FMZBC email address.** Note the email must be an @firstmountzionbc.org email address.

Wednesday Hybrid Bible Study:
Wednesdays at 11:00 a.m.

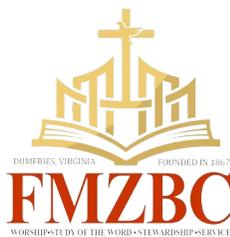
Sunday Worship Service:
11:00 a.m.

Kids' Kingdom Worship Service:
1st, 2nd and 3rd Sundays at 11:00 a.m. (except holiday weekends)

Sunday School:
9:45 a.m. in-person or via Zoom

Submissions for Newsletter:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions should not exceed 300-350 words and **must be received no later than 12 noon on the 15th of each month** to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary. Submissions should be sent to cpm@firstmountzionbc.org



First Mount Zion Baptist Church | 16622 Dumfries Road | Dumfries, VA 22025-1920 US

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