



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 9, 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.

Bible Study Chosen Season 2

Join us each Wednesday beginning, tomorrow, September 10th for Bible Study in person in the Chapel:

- 11:00 AM (except 3rd Wednesdays at 10:00 AM)
- 7:30 PM

Following each session, join us online for the

discussion after the viewing.

[The Chosen Season 2 Episode 1](#)

Election Day Quorum

Pre-registration required for online attendees

DEADLINE: 11:59 PM., Wednesday, September 10, 2025

The quorum consists only of FMZBC Members attending onsite and via ZOOM
Please plan to be in place by 9:00 AM.

Election Day Round Times:

Round 1: Quorum Confirmation at **9:00 AM**; Voting begins at **10:00 AM**.

Round 2: Quorum Confirmation at **1:00 PM**; Voting begins at **1:15 PM**.

Round 3: Quorum Confirmation at **3:55 PM**; Voting begins at **4:05 PM**.

Round 4: Quorum Confirmation at **6:55 PM**; Voting begins at **7:05 PM**.

Click Below to Register

NOTE: Voting will not occur using the ZOOM Poll feature, instead check the email that you verified with by the August 19th deadline for the ballot from Simply Vote.

[Click Here to Pre-Register to Attend via ZOOM](#)
[Register by 11:59 PM, September 10th](#)



Transition Plan Phases

- ✓ Phase 1 – Church Governance & Selecting a Pulpit Committee
- ✓ Phase 2 – Defining Requirements and Expectations
- ✓ Phase 3 – Search and Recruitment
- ✓ Phase 4 – Evaluating and Shortlisting
- ✓ Phase 5 – Interview and Further Assessment
- ✓ Phase 6 – Presentation to the Congregation
- Phase 7 – **Decision Making**
- Phase 8 – Transition and Installation

[Click Here](#) for the FMZBC
Pastoral Search Voting Overview



Pastor Candidate Finalist



A Season of Discernment: Reflecting on Our Pastoral Candidates

As we conclude the candidate visit process, we invite you to enter a time of intentional prayer, reflection, and spiritual listening. Below, you'll find information to help you recall each candidate's visit and message by scanning the corresponding QR Code or logging onto First Mount Zion Baptist Church's YouTube Channel. This is not about comparison—it's about seeking God's will together as a church family.



SANDRA K. JAMES

Bible Study
April 26, 2025
[Bible Study Link](#)



Sermon - They Not Like Us
April 27, 2025
[Sermon Link](#)



STEVEN G. BLUNT

Bible Study
May 3, 2025
[Bible Study Link](#)



Sermon - Your Faith Has to Do It
May 4, 2025
[Sermon Link](#)



DREW K. ROSS

Bible Study
May 17, 2025
[Bible Study Link](#)



Sermon - Learning to Handle Snakes
May 18, 2025
[Sermon Link](#)



LAURENT S. GROSVENOR

Bible Study
May 31, 2025
[Bible Study Link](#)



Sermon - Jesus Is On My Side
June 1, 2025
[Sermon Link](#)



QR Codes above Clickable Links below

Sandra K. James

Bible Study: [Sandra K James Bible Study](#)
Sermon Link: [Sandra K James Sermon](#)

Steven G. Blunt

Bible Study: [Steven G Blunt Bible Study](#)
Sermon Link: [Steven G Blunt Sermon](#)

Candidate 3- Drew K. Ross

Bible Study: [Drew K Ross Bible Study](#)
Sermon Link: [Drew K Ross Sermon](#)

Candidate 4- Laurent S. Grosvenor
Bible Study: [Laurent S Grosvenor Bible Study](#)
Sermon Link: [Laurent S. Grosvenor Sermon](#)

Join us for a Prayer Circle.

When: September 28th (4th Sunday)
Time: Immediately After Service
Location: Chapel

Note: This time is for Prayer ONLY



Next time: TBD

Pray with us.
[Click](#) for this Week's
Pulpit Committee Prayer

[Click Here: Pastoral vote questions & Update Message](#)

**Summer Selah – 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 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

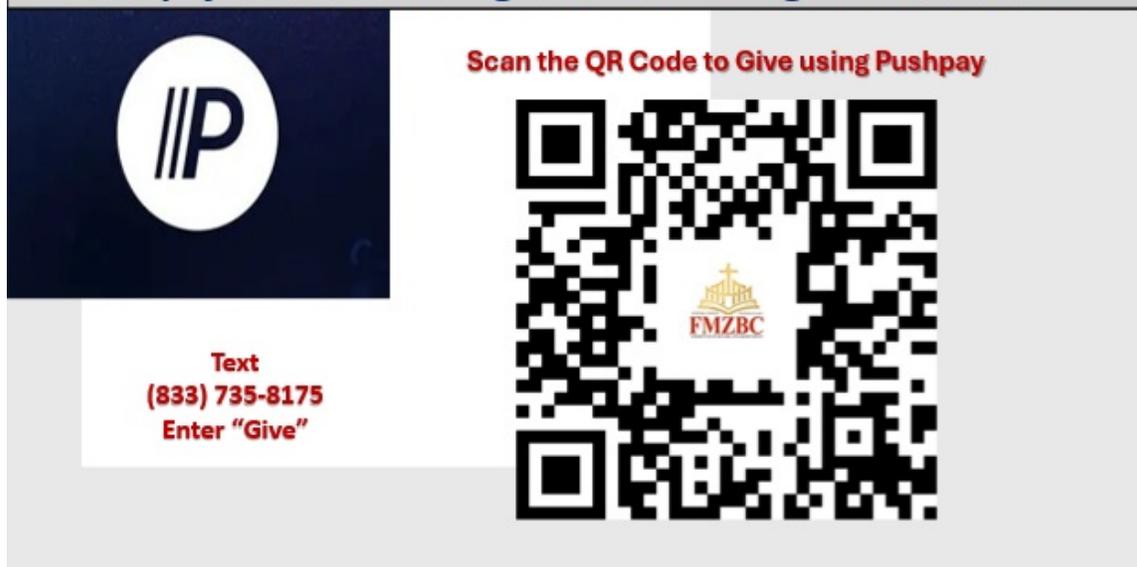
Pushpay!

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

The Women's Ministry (WM) would like to extend a welcome invitation to participate in our monthly fellowships held on the 2nd Saturday of the month via Zoom. All women are considered part of the WM, however, please join us to hear the awesome, loving, and powerful words that God has placed in our speakers, and songstress. You will be blessed!

We also want to make sure you are receiving our emails which provide you with weekly Words of Encouragement, Monthly Fellowship, and upcoming WM events.

Additionally, the WM has established a dedicated inbox for all women to submit prayer requests. Our desire is to continually lift up your prayer needs as they arise, so please use this email address:

womensministryprayers@firstmountzionbc.org, to submit your prayer requests. Our Intercessory Prayer Team (IPT) will intercede over your prayer requests as they are received.

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

First Mount Zion
6th Annual



JOIN US!

October 18, 2025
Race begins at 9:00 a.m.
Occoquan Regional Park
Lorton, VA

**Detailed brochure
at leadership desk**

Online Registration is Open!
Through September 14th (Only)

Please Open the Link or
Scan the QR Code to Register \$25

[https://runsignup.com/Race/VA/
Dumfries/HealthyStartMindandBody5K](https://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K)



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

Bro. Gerry Griffin Ggriffin@firstmountzionbc.org

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 will resume in person and via ZOOM, tomorrow, Wednesday, September 10, 2025, in the Executive Conference Room from 7:30 p.m. to 9:00 p.m. and via ZOOM. Below is the new registration link

for Youth Ministry Bible Study. You only need to register once.

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

2025-26 Youth Council

Middle Schoolers, we need you on the 2025-26 Youth Council! Please consider applying. Applications are available in the Youth Ministry Box located in the Narthex. by emailing Rev. Jiggetts at bjiggetts@firstmountzionbc.org or [Click Here for the Youth Council Application](#)

Third Sunday Youth Group Meeting

Sunday, September 21, 2025, from 12:30 p.m. -2:00 p.m. in the Grain of Heaven.

Give-Away Closet

The Youth Clothing Give-Away Closet has new and gently-used free clothing for youth. It 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 14th, 21st, and 28th in the Narthex. We are also in need of tutors for various subjects. Further details will be available at a later date. POC: Bro. Gerry Griffin, AEM@firstmountzionbc.org.

Fitness

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

Sept. 11th & 25th
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 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

**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
703-670-0225

**Gym and Fitness
Center are open!**

The gym and fitness center are open on Tuesday and Thursday evenings as well as on Saturdays.

**The Fitness Center will be
closed for the monthly
SHARE distribution.**

identifying FMZBC Ministries that provide opportunities for continued spiritual growth and Christian service.

Please contact us at [SpiritualGifts@firstmountzionbc.org](mailto: SpiritualGifts@firstmountzionbc.org) or [teach4God2003@yahoo.com](mailto: teach4God2003@yahoo.com)

For more information email Lori at [LValkenburg@FirstMountZionBC.org](mailto: LValkenburg@FirstMountZionBC.org) or call 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](mailto: 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 9.14.25](#)

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 14 The Bible & Studying the Bible

September 21	Small Groups	Stephanie Craddock
September 28	Prayer (Hybrid)	Rev. Josephine Cherry
October 5	Holy Communion	Deacon 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	

Join Zoom Meeting

[https://us02web.zoom.us/j/88672190571?
pwd=o1NvLFfkKUJU9MTYRiebhqWdbdEmA6.1](https://us02web.zoom.us/j/88672190571?pwd=o1NvLFfkKUJU9MTYRiebhqWdbdEmA6.1)

Meeting ID: 886 7219 0571

Passcode: 164818

"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.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

ONLINE GIVING

Giving at FMZBC is easy!

- Scan the QR code above
- Use the following link, [Pushpay Online Giving Link](#)
- 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

DEAF MINISTRY

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

Saturday Septemer 20th
and 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,

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 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 Novemer

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

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.

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

VOLUNTEERS NEEDED

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

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.

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

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

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

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

[Capturing Ministry Moments](#)

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](#)

FITNESS CENTER
will be closed on
September 13th for the
Pastoral election

Hours are as follows
• Monday-Thursday,

- 9:00 a.m. to 4:00 p.m.
- Tuesday and Thursday, 6:30 p.m. to 8:30 p.m.
 - Friday and Saturday, 9:00 a.m. to 1:00 p.m.

Please check the website for changes in hours of operation.

FMZBC JOB VACANCIES

Full Time Custodial Technician

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.

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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