



[Visit our Website](#)

[Click Here to register your email and receive Connection Points directly to your Email from Constant Contact](#)



PASTOR

Reverend Dr. Sandra K. James

FIRST MOUNT ZION BAPTIST CHURCH

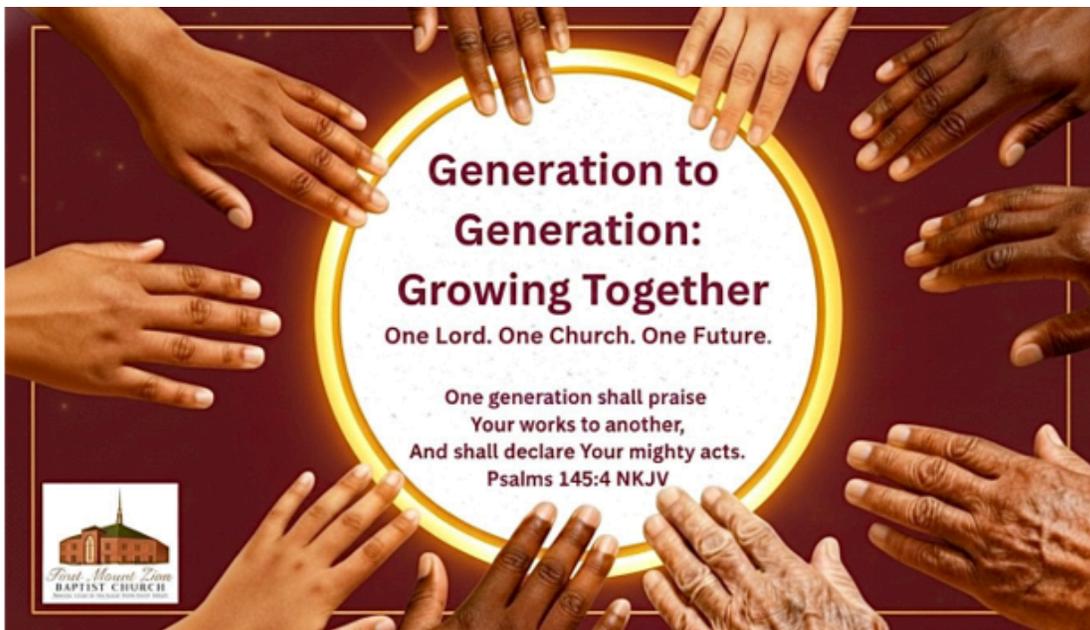
First Mount Zion Baptist Church

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

January 20, 2026

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.



Download the, My Church App and Have FMZ at Your Fingertips!

Stay connected to everything happening at First Mount Zion Baptist Church—right from your phone. How to Download:

1. Go to your phone's App Store (Apple or Google Play).
2. Search for "My Church App."
3. Download the app.
4. Search for First Mount Zion Baptist Church.

5. Select it — and you're in!
From announcements and events to giving and ministry updates, FMZ information is now just a tap away!

***Fasting** as a congregation will be every
Wednesday 6:00am – 6:00pm
January 7 – April 1

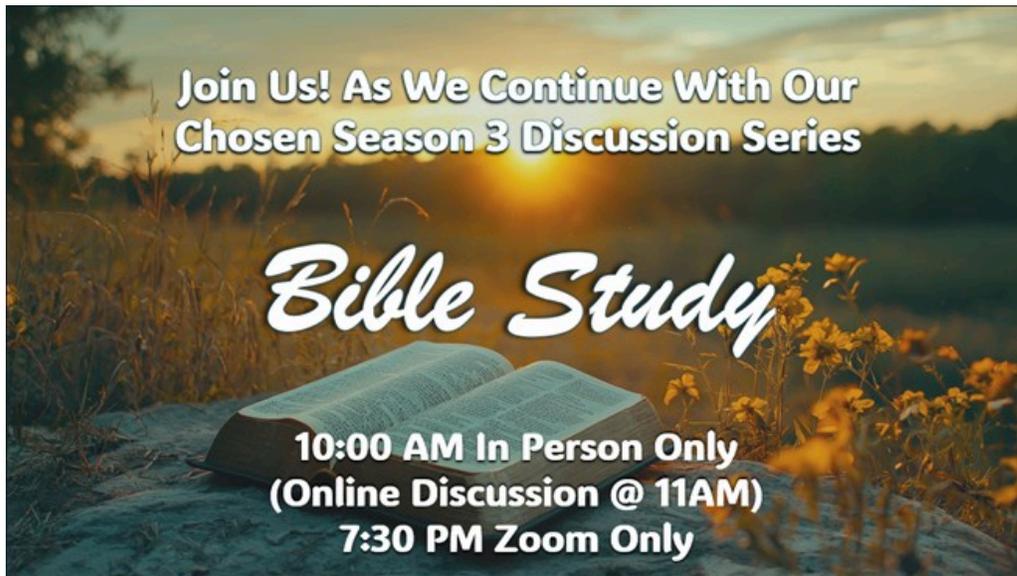
Join us on Wednesdays...

Share with others to join

FMZBC 2026 Fasting Guide

*Dial in to join us for morning prayer every
Wednesday at 6:30am:

- Call: 1-305-224-1968
- Meeting ID: 88104299549
- Password: 752600



[Bible Study Handout for January 21st](#)

Stay in the know! Download the MY CHURCH App from your cellphone App Store to your Cell phone. Enter First Mount Zion Baptist Church and have information literally at your fingertips.

[Click Here to Join Bible Study Online!](#)

**MEN'S & WOMEN'S MINISTRY JOINT
FEBRUARY FELLOWSHIP**

Attn: MEN & WOMEN

The Men's & Women's Ministries will be hosting a Joint February Fellowship "Love Of God, Love of Self, Love of Others (*Rooted in Wholeness, Worth, and Worship!*)" on

**Saturday, February 14, 2026,
from 8:00 am – 11:00 am at FMZ.**

Continental Breakfast from 8:00 am – 9:15 am

**Fellowship Program from 9:30 am – 11:00 am @ FMZBC
& Platforms (Everyone is welcomed)**

**All Women and Men (18 and older) are invited to
participate in this Ministry Blessing.**

Please come out and join us as we look forward to Fellowshiping with you in the presence of God!

In addition to a beautiful fellowship, enjoy appetizing food and exciting gifts.

For questions, please contact Women's Ministry Director, Gwen L Holland, or Men's Ministry Director, James Gaskins at Womensministry@firstmountzionbc.org or MensMinistry@FirstMountZionBC.org

Calling all Singles!

If you are single by way of having never been married, divorced, widowed, or simply single by "choice," then we want to hear from you. Be a part of our ministry focus for 2026. Help us plan an amazing year with opportunities that speak to your needs. Complete the survey below TODAY! For additional information or questions, please email [FMZBC
Singles' Ministry](mailto:FMZBCSingles'Ministry)

January Youth Ministry Updates

Save the Date:

High School Retreat for FMZBC members in grades 9-12. **Friday, March 6, 2026, through Sunday, March 8, 2026**, at the Pine Creek Retreat Center in Gore, VA. The theme is, "**It's About Time.**" Cost \$20.00 includes accommodations and all meals. Registration will open this Thursday.

First Friday

We're BACK! **Friday, Feb. 6, 2026** in the gym and Grain of Heaven. Parent/Guardian must sign youth in and out. Notify Rev. Jiggetts prior to Feb. 6th, if your youth is driving themselves to FF.

Youth Ministry Bible Study

For the winter months, Youth Ministry Bible Study will be held every Wednesday night via ZOOM only! Below is the registration link. You only need to register once. The link is also available on the FMZBC website. Come Join Us!!!

[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. Youth can also earn community service hours by working in the store. Point of contact to schedule an appointment to shop or work there is Deaconess Ledora Akanni lakanni@firstmountzionbc.org

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 Reverend Beverly Jiggetts at,

bjiggetts@firstmountzionbc.org

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

FITNESS

**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.

**Gym and Fitness
Center are open!**

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

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

CONSTITUTION AND BYLAWS (C&B) Committee

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

To review the Constitution
and Bylaws,

[Click Here - Constitution and Bylaws](#)

Passcode: cbldocs2025

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).

“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
[Click Here](#)

[Sunday School Handout January 25, 2026](#)

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

New Members Orientation Class

New Members' Classes are either on ZOOM or Hybrid (Room 211)

NMOC Class Schedule

January 25 - TBD

February 1 - TBD

February 8 - Small

Groups (HYBRID)

Director Stephanie Craddock

February 15 - No Class - Attend regular Sunday School

February 22 - Church Leadership (HYBRID) Rev. Cozy Bailey

March 1 - Stewardship Trustee Oscar Dailey

March 8 - Zone Ministry Zone Administrators

Deborah Holley is inviting you to a scheduled Zoom meeting.

Topic: NMOC Classes

Time: Every Sunday, until March 8, 2026, 14 occurrence(s)

Join Zoom Meeting

[https://us02web.zoom.us/j/89080954183?
pwd=8jxe4F5azyI4EcYpyNbYg9TC5XaaSA.1](https://us02web.zoom.us/j/89080954183?pwd=8jxe4F5azyI4EcYpyNbYg9TC5XaaSA.1)

Meeting ID: 890 8095 4183

Passcode: 386906

"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]

FMZBC Job Vacancy Announcements

Executive Assistant

Receptionist

Church Management Software Coordinator

Click below to see the Vacancy Announcement

Accepting resumes until COB,

Monday, January 26th !



**[Click Here FMZBC JOB VACANCY
ANNOUNCEMENTS 1.13.26](#)**

Pushpay-Church E-Giving & Church Management Software



**Text
(833) 735-8175
Enter "Give"**

Scan the QR Code to Give using Pushpay



**GRIEFSHARE HOSTED
by FMZBC
JOURNEY TO JOY
MINISTRY
to participate, register at
griefshare.org**

GriefShare is a support program for people who have lost loved ones -- a spouse, child, other family member, or friend through death.



ONLINE GIVING

Giving at FMZBC is easy!

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.

Send your prayer requests to womensministryprayers@firstmountzionbc.org and 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

-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

Want to know what is happening with the FMZBC Scholarship, other available scholarships, and events? Just click the link below!!

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

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

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

Dates:

January 24th

March 21st

May 16th

September 19th

November 21st

Sessions begin at 9am

Click Here
[Screening Forms](#)

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,

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 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 Sister Stephany Stewart at [Sister Stephany Stewart](#)

ARCHIVES COMMITTEE

The Archives is open each **[5th Sunday](#)**

Please join us in March 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 inclement weather, our top priority is safety as we work to keep the congregation informed and

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](http://www.firstmountzionbc.org)
[firstmountzionbc.org](http://www.firstmountzionbc.org)

Point of Contact:
Stephanie M. Craddock
Small Groups Director
703-670-0184

[Stephanie Craddock](mailto:scraddock@firstmountzionbc.org)

VOLUNTEER

There are numerous volunteer opportunities available. If you are interested in volunteering, please contact the ministry's point of contact. Here are a few volunteer opportunities currently available:

-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

connected, while protecting everyone's health and well-being.

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

Visit the Church Website:
[WWW.FMZBC.COM](http://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

CAPTURE 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](#)

-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

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](#)

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.

Holiday Office Closure:
The office will be closed on Monday, February 16, 2026 in observance of Presidents' Day 2026

Bible Study:
Wednesdays at 11:00 a.m. in person only and 7:30 p.m. online only
10:00 a.m. on 3rd Wednesdays in person
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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