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PASTOR

Reverend Dr. Sandra K. James

FIRST MOUNT ZION BAPTIST CHURCH

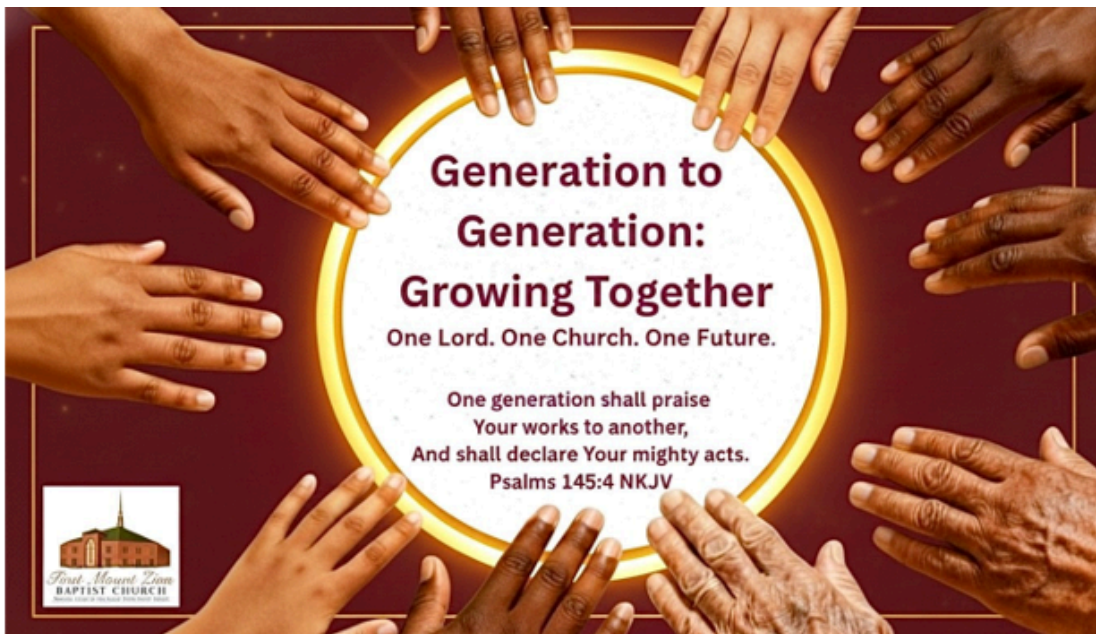
First Mount Zion Baptist Church

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

(Connection Points is available on the FMZ Church APP)

February 24, 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.

2026 FASTING Guide

***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

In Person Only this Wednesday at 11am

Worship Wednesday Online only at 7:30pm
[Click Here to Join Bible Study Online!](#)

[Bible Study Handout for February 25, 2026](#)

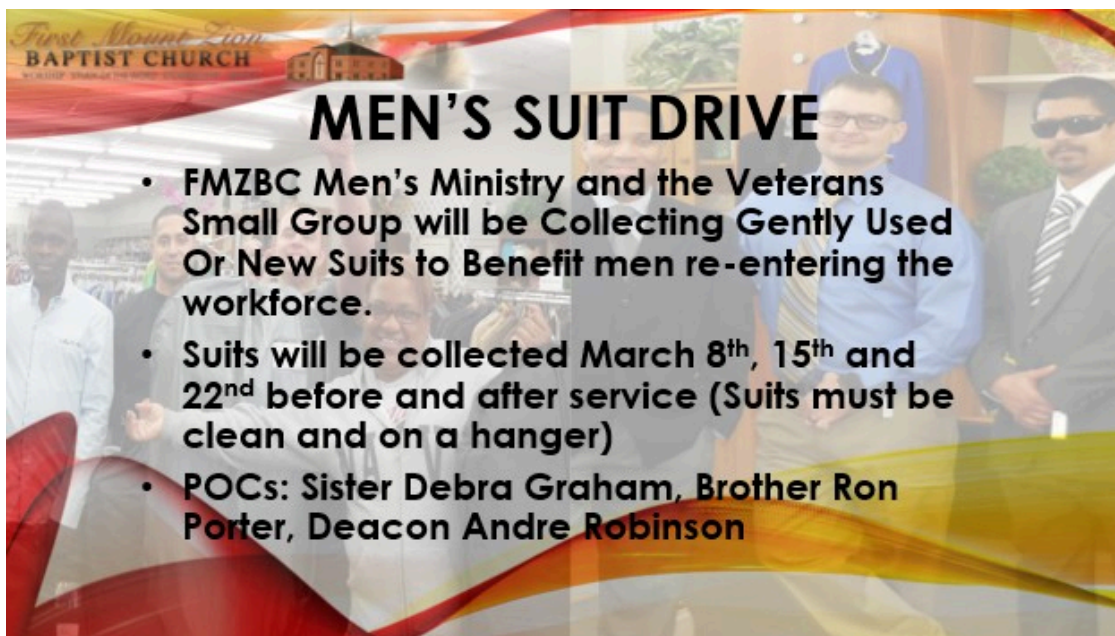
FMZBC CHURCH APP



Stay in the know! Download the MY CHURCH App to your cellphone from the App. Store. **Enter First Mount Zion Baptist Church** and receive information such as closures, delayed openings due to inclement weather, and other updates, literally at your fingertips.

SPIRITUAL GIFTS

The Spiritual Gifts Ministry is hosting a workshop on **Saturday, February 28th, from 8:30 am - 11:30 am**. Join us to discover or affirm your giftedness and where God is calling you to serve in ministry. Registration for the workshop is required. You may register at [SpiritualGifts@firstmountzionbc.org](mailto: SpiritualGifts@firstmountzionbc.org). **The last day for registration is Wednesday, February 25th.**



The Men's Ministry & Veterans Small Group will be conducting a clothing drive to support Veterans and Homeless men who are re-entering the workforce. Suits will be collected March 8th, 15th, 22nd and 29th in the Narthex before and after service. If you have any questions, please let me know.

From the Academic Education Ministry (AEM)

All 2026 graduating high school seniors who plan to attend an institution of higher learning, can now apply for the **First Mount Zion Baptist Church (FMZBC) and Hinkitch Bell Memorial Scholarships**. Students can apply online at the Church's website: <https://firstmountzionbc.org> . Once on the website, navigate to the Resources Tab, Scholarships – New, and select 2026 FMZBC and Bell Scholarship Program. **The deadline for submitting both Scholarship applications, with attachments, is 4:30 PM, April 01, 2026.** Point of Contact: Brother Gerry Griffin, AEM Chair, or Sister Sandra Grimes, Scholarship Committee Chair at AEM@FirstMountZionBC.org.

FMZBC Journey to Joy/GriefShare Ministry **Spring 2026 Term--March 16-May 8**

Coping with loss can be overwhelming and isolating. GriefShare is a support group hosted by First Mount Zion Baptist Church that focuses on helping those grieving the death of a loved one. While

other losses can cause grief, this program specifically addresses bereavement from death.

The next group will meet March 16-May 8, 2026 via Zoom.

You may join at any time. Each session stands alone and offers support whenever you begin. Participants are welcome to attend throughout the 13-week cycle to catch any missed topics or videos.

Weekly meetings include:

- Video seminars featuring grief experts
- Group discussions for sharing and healing
- Workbook activities for personal reflection

We invite you to find guidance and encouragement as you move forward. Let us spiritually support you on your journey from mourning to joy!

Register at griefshare.org. Search for Online group, First Mount Zion Baptist Church, Dumfries, Virginia.

CALLING ALL MARRIED COUPLES:

Let's Get Reacquainted!

Join us for our first fellowship of the year, **Saturday, February 28, from 10 am - 12 pm, at FMZ. Registration is now closed.**

WOMEN'S MINISTRY MARCH FELLOWSHIP

Attn: BEAUTIFUL WOMEN OF GOD

The Women's Ministry (WM) would like to extend a welcome invitation to participate in our monthly fellowship "**Because She Prayed: Women of Faith Shaping History!**" on **Saturday, March 7, 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 & Zoom (Everyone is welcomed)

All Women (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!

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. If you need to make any updates to your contact information, please send us an email. Additionally, the WM 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

womensministryprayers@firstmountzionbc.org to submit your prayer request. Our Intercessory Prayer Team (IPT) will intercede over your prayer request as you send them in.

For more information, please contact WM Director, Gwen L Holland at Womensministry@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:FMZBC_Singles@Ministry)

<https://form.jotform.com/253624794323158>

Youth Ministry Updates

Youth Group Meeting

March 15, 2026, we are partnering with the Senior Ministry to assemble hygiene packs for the Manassas Baptist Church Hypothermia Shelter. Location: Grain of Heaven and gym stage. Time 12:30-2:00 p.m.

FMZBC 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.**" Registration is now closed. Depart from FMZBC, Friday, March 6 at 3:15pm.

Youth Ministry Bible Study

For the winter months, Youth Ministry Bible Study will be held every Wednesday night via **ZOOM** only! This month we are focusing on Black History. Our Bible Study competition also continues! Below is the registration link. You only need to register once. The link is also available on the FMZBC website. Come Join Us and bring your Bible!!!

[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!

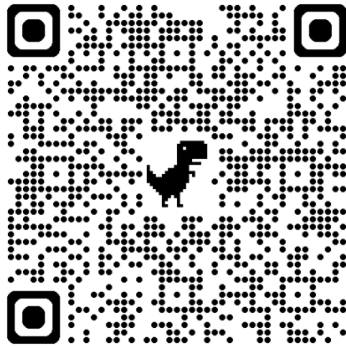
Highlight the amazing youth at First Mount Zion and their notable accomplishments. To have a youth profiled in this section, please send their name, picture, contact information, and accomplishments to Reverend Beverly Jiggetts at, bjiggetts@firstmountzionbc.org

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

Youth Ministry Hosts Easter Egg Hunt:

Saturday, March 21, 2026 from 10:30 a.m. to 12:30 a.m. for members and guests ages 4-10.

Indoor hunt, Games, crafts and pizza lunch. Scan the QR code to register.



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

Note: For the Fitness Center hours, activities and closures click on the following link, [Fitness Calendar](#)

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](#)

[Download this week's Sunday School Lesson Here](#)

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

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]
Pauline Hunter [M1]
Cardell Hunter [M1]
Beulah (B.J.) Harper [D1]
Ronald Kent [F2]
Janet Mulubah [M2]
Betty Palmer [C1]
Robert Palmer [C1]
Murray Parker [H1]
Reggie Pickett [G1]
Arthur White [K1]



Scan the QR Code to Give using Pushpay



Text
(833) 735-8175
Enter "Give"

Contribution Statements

You may notice that there are now multiple ways to receive your contribution statement, and that the format is more detailed than in the past. Contribution statements are now processed through Pushpay. This platform change allows you to access and download your statement online even before it arrives by mail. Our team is working diligently to get fully onboard with Pushpay, which includes consolidating FMZ membership data. Until this process is complete, you may receive more than one contribution statement. Please contact the Finance Office to resolve this. If you have any questions or concerns about your contribution statement(s), or if you have not received your statement, please contact the office at (703) 670-0184.

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. **Next meeting, March 9th at 7pm.**



ONLINE GIVING

Giving at FMZBC is easy!
-Scan the QR code above

Have questions? Please email
fmzdeafministry@firstmountzionbc.org

VOLUNTEER SCREENING

Dates:

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, 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](#)

-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 needs servants in several areas to support our

[Zion Baptist Church](http://ZionBaptistChurch.org)
firstmountzionbc.org

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

[Stephanie Craddock](#)

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:

-Administration

Receptionist to answer calls during business hours. Contact Renee Woolfolk, at 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

-IT support for ministry meetings. Contact Sis.

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 connected, while protecting

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](#)

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

Church Calendar;

call the Church at (703) 670-0184 for a recorded message;

Email your Zone Leader; or

Tune in to WTOF

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](#)

**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.

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

Worship Wednesday:

4th Wednesday at 7:30pm online only

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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