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PASTOR

Reverend Dr. Sandra K. James

FIRST MOUNT ZION BAPTIST CHURCH

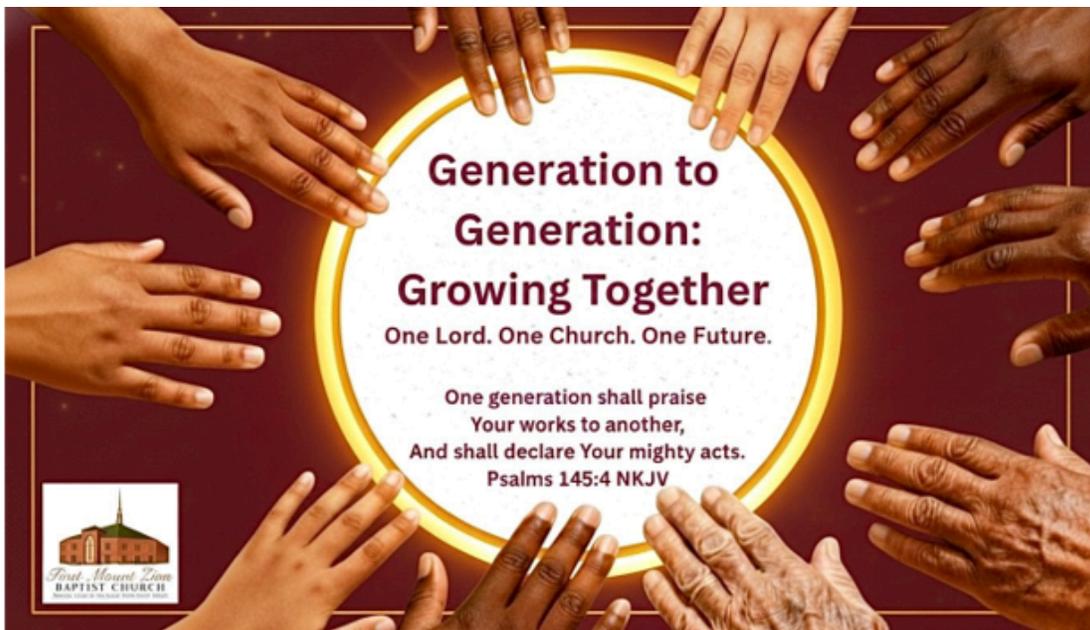
First Mount Zion Baptist Church

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

February 3, 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.

February Church Meeting



FMZBC Church Meeting

Saturday, February 7, 2026, at 10AM

Attend in person or on ZOOM

Zoom Attendees Must Pre-Register by
Friday, February 6th at NOON



Scan
Pre-Register to Attend by ZOOM

The Church meeting is in person, however, if you will attend via ZOOM, pre-registration is required. To attend via ZOOM please scan above or use the following link to register for the

February 7, 2026 Church Meeting. Registration closes at noon on Friday, February 6, 2026.

[February Church Meeting Pre-Registration Link](#)

Be Prepared for the February 7, 2026 Church Meeting

CONSTITUTION AND BYLAWS

During the February 7th Church Meeting, we will be voting on the Christian Education Department's (CED) proposed amendments on the Young Adult Ministry. The proposed amendments includes adding The Center of a Righteous Empire or The C.O.R.E to its title; changing the age group from 18 to 35 to 18 to 40; approval of the chair of the Young Adult Ministry; and other changes that would enhance their operation and service to the church.

A 12% quorum of the members is required to vote on Constitution and By-laws amendments and 75% (3/4s) of the members must approve the amendment.

The amendments can be viewed using the link below. In lieu of making copies, we request that you make a copy and bring it to the church meeting, as the slides will have small print.

From the Constitution and Bylaws Committee

[Proposed Amendment February 7, 2026](#)

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

Only this week's Bible Study and Worship Wednesday are online!

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

[Bible Study Handout for February 4, 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.

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. Good food, fellowship, and fun! RSVP by February 20th by clicking on the following: [RSVP Link](#)

**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 welcome!)

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

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@FirstMountZionBC.org).

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

January Youth Ministry Updates

First Friday

We're BACK! **Friday, February 6, 2026**, in the gym and Grain of Heaven. Parent/Guardian must sign youth in and out. **Please follow directional signs that will identify open entrances to the Church.** Notify Rev. Jiggetts prior to February 6th, if your youth is driving themselves to **FF**.

February "Month of Love" Food Drive

The youth ministry is asking the congregation to join us in our month-long food drive for ACTS of Prince William County food pantry to support our neighbors with food insecurity. Food donations will be collected after every Sunday service in February. Use the link below to access the food pantry's "needed items" list. We also need youth to assist with collecting donations each week.

[Month of Love Food drive.pdf](#)

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.**" Cost is \$20.00 which includes accommodations, T-shirt and all meals. Use the following registration link. Registration closes February 18, 2026.

[Retreat Registration Link](#)

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

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](#)

[Click Here-This Week's Sunday School Lesson](#)

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

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]
Pauline Hunter [M1]
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]

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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. 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!



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**

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/>

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 helpdesk@pronto-tech.com

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:

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

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 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

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 Zion Baptist Church](#) 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:

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 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 WTOP

WEEKLY SUBMISSIONS

Due by noon each Tuesday
Connection Points entries to rwoolfolk@firstmountzionbc.org

Weekly announcements to announcements@firstmountzionbc.org

CAPTURE MINISTRY MOMENTS

-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. Renee Woolfolk, Church Business Administrator, at rwoolfolk@firstmountzionbc.org

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](#)

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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