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PASTOR

*Reverend Dr. Sandra K. James*

FIRST MOUNT ZION BAPTIST CHURCH

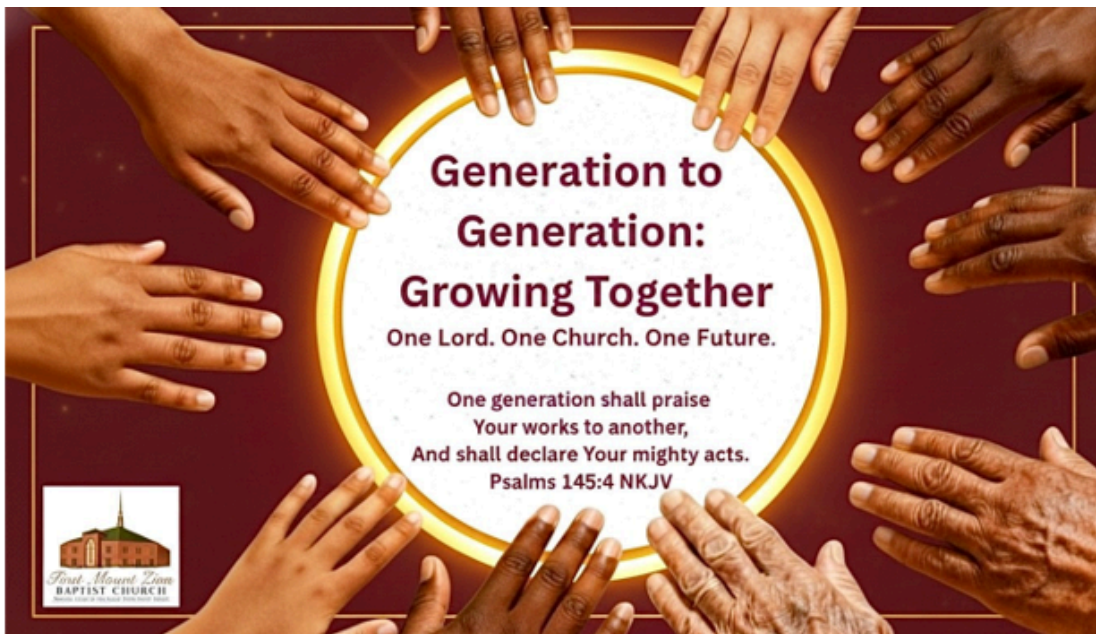
## First Mount Zion Baptist Church

**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)

**March 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.**

### 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 Part 2 for March 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.

### Welcome to the Team!

We are pleased to announce the hire of, Rev. Cynthia Ball as the Executive Assistant to the Pastor.

We are also pleased to announce the hire of, Mrs. Chineata Edwards as the Receptionist. Please join the FMZ staff team in welcoming both Rev. Ball and Mrs. Edwards.

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The banner features a background image of several men in suits. Overlaid on this is a red and yellow wavy graphic at the top and bottom. The text is centered and reads:

**First Mount Zion BAPTIST CHURCH**

## MEN'S SUIT DRIVE

- FMZBC Men's Ministry and the Veterans Small Group will be Collecting Gently Used Or New Suits to Benefit men re-entering the workforce.
- Suits will be collected March 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> before and after service (Suits must be clean and on a hanger)
- POCs: Sister Debra Graham, Brother Ron Porter, Deacon Andre Robinson

**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 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](mailto: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](http://griefshare.org). Search for Online group, First Mount Zion Baptist Church, Dumfries, Virginia.

## **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](mailto: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](mailto: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@manassasbaptist.org)

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

## Youth Ministry Updates

### Youth Group Meeting

**March 15, 2026 from 12:30-2:00 p.m.** in the gym and Grain of Heaven, the Youth Ministry is partnering with the Senior Ministry to assemble hygiene packs for the Manassas Baptist Church Hypothermia Shelter. Youth Community Service Hours can be earned.

### 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. Expect to return to FMZBC March 8, 2025, at 12:30pm. Pick up will be from the gymnasium.**

### 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 Women's 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](mailto:lakanni@firstmountzionbc.org)

## Youth Ministry On Blast!

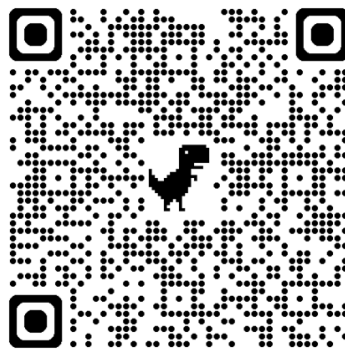
Highlight the amazing youth at First Mount Zion and their notable accomplishments. To have a youth profiled in this section, please send their name, picture, contact information, and accomplishments to Reverend Beverly Jiggetts at, [bjiggetts@firstmountzionbc.org](mailto:bjiggetts@firstmountzionbc.org)

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 p.m.** for members and guests ages 4-10.

Indoor hunt, Games, crafts and pizza lunch. Scan the QR code to **register by, March 15, 2026.**



## FITNESS

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**Pickleball:  
Free, Fun and Social!**

**For all levels, two  
courts (beginner/  
more advanced)**

**Equipment and instructions  
are provided.**

**Gym and  
Fitness Center**

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

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](mailto:LValkenburg@FirstMountZionBC.org) or call 703-670-0225.

For more information, email Lori at [LValkenburg@FirstMountZionBC.org](mailto: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](mailto: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

## **New Members Orientation Class**

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

NMOC Class Schedule

### **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>

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]

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**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](http://www.fmzbc.com)**. The



**ONLINE GIVING**

monthly Zoom meetings are also held with an interpreter. **Next meeting, March 9th at 7pm.**

Have questions? Please email [fmzdeafministry@firstmountzionbc.org](mailto: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](mailto: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

**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/>

POC: Brother Gerry Griffin, AEM Chair or Sister Sandra Grimes, Scholarship Committee  
[aem@firstmountzionbc.org](mailto:aem@firstmountzionbc.org)

## **CHILDREN'S CHURCH (CED)**

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

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

[Stephanie Craddock](mailto:Stephanie.Craddock@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:

-Administration

Receptionist to answer calls during business hours.  
Contact Renee Woolfolk, at [rwoolfolk@firstmountzionbc.org](mailto:rwoolfolk@firstmountzionbc.org)

-Facilities

FMZ Poster Print Shop  
Ministry Event Set-Up and Breakdown. Contact Walter Holmes, at [wholmes@firstmountzionbc.org](mailto:wholmes@firstmountzionbc.org)

-Grain of Heaven, contact Sis. Sherise Campbell, Food Service Director, at [scampbell@firstmountzionbc.org](mailto:scampbell@firstmountzionbc.org)

-Audio-Visual Ministry, contact Bro. Dijae North,

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](mailto:SisterStephanyStewart@firstmountzionbc.org)

### **ARCHIVES COMMITTEE**

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

**Please join us on March 29th** immediately following the 11am Worship Service on the ground floor. For more information, email [archives@firstmountzionbc.org](mailto:archives@firstmountzionbc.org)

### **CANCELLATIONS DUE TO INCLEMENT WEATHER**

As always, during inclement weather, our top priority is

Audio-Visual Director, at  
[dnorth@firstmountzionbc.org](mailto:dnorth@firstmountzionbc.org)

-IT support for ministry meetings. Contact Sis. Renee Woolfolk, Church Business Administrator, at  
[rwoolfolk@firstmountzionbc.org](mailto: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](#)

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](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](mailto:rwoolfolk@firstmountzionbc.org)

Weekly announcements to

[announcements@firstmountzionbc.org](mailto: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](mailto:@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](mailto: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](mailto:@firstmountzionbc.org) email address.

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## 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](mailto:cpm@firstmountzionbc.org)



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

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