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PASTOR

Reverend Dr. Sandra K. James

FIRST MOUNT ZION BAPTIST CHURCH

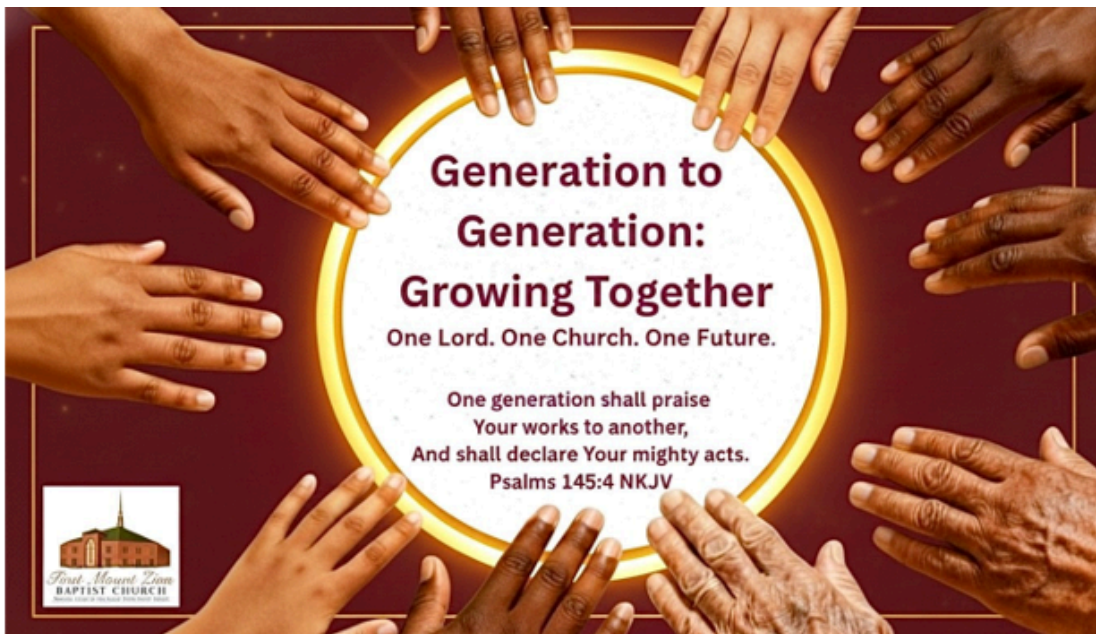
First Mount Zion Baptist Church

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 31, 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 **Wednesdays at 6:30am:*

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

BIBLE STUDY

In Person Only this Wednesday at 11am

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

[Bible Study Handout Season 4 Episode 4](#)

Holy Week Schedule

Wednesday, 7:00pm Journey to Easter Program

Thursday, 11:00am Maundy Thursday Service

Friday, 7:00pm Good Friday Service

Easter Sunday, 6:00am Sunrise Service

7:30am Easter Breakfast (pre-registration with ticket required)

9:45am Sunday School

11:00am Worship Service

Office Closure

The office will be closed on Monday, April 6, 2026

CHURCH MEETING

SAVE THE DATE!

Next Church Meeting, Saturday, April 11, 2026 at 10:30am

Registration Required

[Click Here to attend by ZOOM. April 11, 2026 Church Meeting. 10:30am](#)

CHURCH MEETING

CONSTITUTION AND BYLAWS

During the April 11th Church Meeting, we will be voting on two 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 amendments. The amendments are attached. Request you make a copy and bring them to the church meeting as the slides will have small print.

Constitution and Bylaws Committee

Click to read the proposed amendments to the Constitution

[Click Here](#)

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,

Ms. Mikila Allen as the Receptionist.

Please join us in welcoming Mikila to the team.

DEADLINE tomorrow!!

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.

WOMEN'S MINISTRY APRIL FELLOWSHIP
Attn: BEAUTIFUL WOMEN OF GOD

The Women's Ministry (WM) would like to extend a welcome invitation to participate in our monthly fellowship, "We Are God's Masterpiece: What You Are Is God's Gift To You, What You Become Is Your Gift To God"! Join us on **Saturday, April 11, 2026**. Continental Breakfast at 8:00 am and the fellowship program will follow @ FMZBC & Zoom (Everyone is welcomed). We will conclude prior to the FMZ Church meeting.

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 an email to Womensministry@firstmountzionbc.org

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

FMZBC Journey to Joy/GriefShare Ministry
Spring 2026 Term--Through 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 through **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.

Youth Ministry Updates

Youth Ministry Bible Study

Schedule updates:

Wednesday, April 1, 2026, **No YM Bible study**. Please support the Journey to Easter Program

Wednesday, April 8, 2026, through June 2026, 7:30 p.m.-8:30 p.m. In person **and** via Zoom

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

[Youth Group Meeting](#) is Sunday, April 19, 2026. 12:30pm-2:30pm. Additional information forthcoming

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.

Middle School Lock-In

The Middle School Lock-In for middle schoolers who are FMZBC members is Friday, May 1-Saturday, May 2, 2026. "Be Still and Stand Strong." Scan the QR code to register by Wednesday, April 15, 2026. This is a **FREE** event!



FITNESS

**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](#)**

For more information, email
Lori at

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.

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 and/or in Room 211.

Topic: NMOC Class

Time: 09:45 AM Eastern Time (US and Canada)

Join Zoom Meeting or join us in room 211

Class begins at 9:45 am

<https://us02web.zoom.us/j/88503698718?pwd=0Ho5nIdm5wppmxqd8OjCINyx3ePLtJ.1>

Meeting ID: 885 0369 8718

Passcode: 324947

April 5 - Easter Sunday No NMOC Attend Joint Sunday School Class

April 12 - Baptism Rev. Josephine Cherry

Please join us for New Members classes at 9:45am.

Contact me if you have questions- Deborah Holley 757-377-5679

One tap mobile

+13017158592,,88503698718#,,,,*324947# US (Washington DC)

+13052241968,,88503698718#,,,,*324947# US

Join instructions

<https://us02web.zoom.us/meetings/88503698718/invitations?signature=3NKwCSrjwiDRFTtKfooE2FWVmdjuAs1wN5E5VLOUOhY>

"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]
Dawn Parker [G2]
Murray Parker [H1]
Reggie Pickett [G1]
Arthur White [K1]

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Enter "Give"**



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, April 13th at 7pm.**

Have questions? Please email fmzdeafministry@firstmountzionbc.org

VOLUNTEER SCREENING
 Dates:
May 16th
 September 19th
 November 21st
Sessions begin at 9am

Click Here
[Screening Forms](#)



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.

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 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

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 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](#)

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. 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:

For additional information, please contact Sister Stephany Stewart at [Sister Stephany Stewart](mailto:SisterStephanyStewart)

ARCHIVES COMMITTEE

The Archives is open each **5th Sunday** 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 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

[Building Use Request Form](#)

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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