



[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

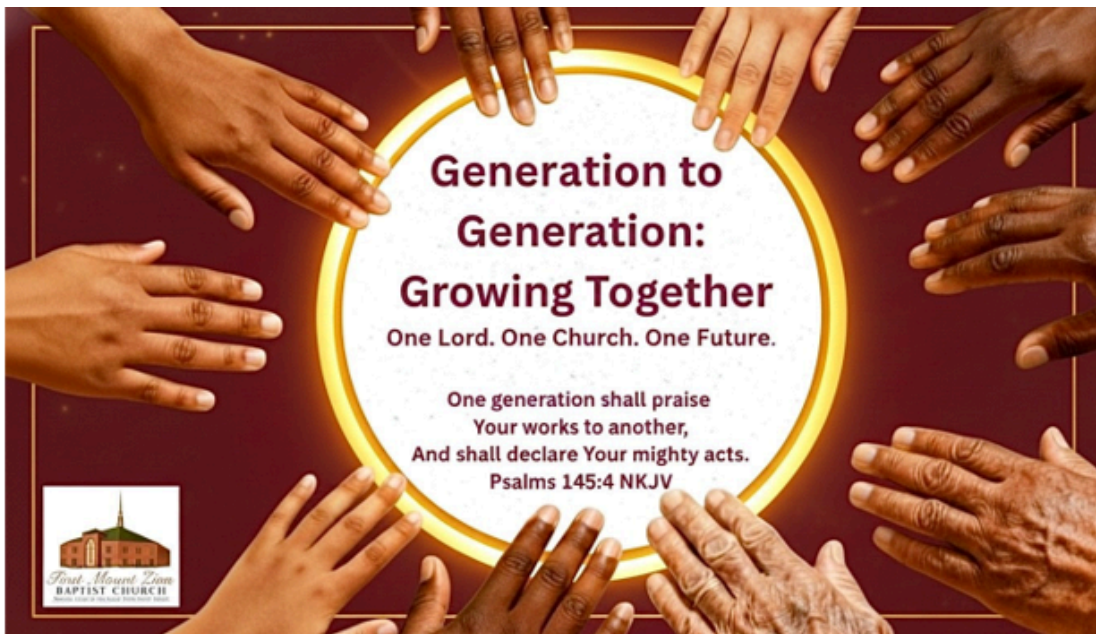
First Mount Zion Baptist Church

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

(Connection Points is available on the FMZ Church APP)

April 14, 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.

BIBLE STUDY

Wed., April 15 - IN-PERSON Bible Study begins @10am, hybrid discussion begins@11:00am**NOTE: Third Wednesday schedule in support of Seniors' Ministry.** IN-PERSON Bible Study and discussion begins @7:30pm.

Wed., April 22 - IN-PERSON Bible Study begins@11am, hybrid discussion begins@12:00pm; **NOTE: Fourth Wednesday schedule in support of Worship Service beginning @7:30 pm IN-PERSON OR LIVE STREAM**

Wed., April 29 - IN-PERSON Bible Study begins@11am, hybrid discussion begins@12pm. IN-PERSON Bible Study and discussion begins @7:30pm.

NOTE: Bible Study schedule for the month of **May** will be determined based on April IN-PERSON attendance

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

[Bible Study Handout Season 4 All Episodes](#)

Save the Date!

Monday, June 22, 2026

[The 28th Annual Golf Classic](#)

Old Hickory Golf Club

**VANCO Sunsets tomorrow. Please disenroll today!!
If you need assistance contact the front office by
COB April 15th!**

FMZBC CHURCH APP



**Remain Connected using
Push Pay Church Management Software**

If you have not done so already, request an account with Push Pay Church Management software by using the following URL
[Request account with Push Pay Church Management](#)

**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 **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

Wednesday, April 15, 2026, 7:30 p.m.-8:30 p.m., in person **and** via Zoom. Now in the Teen Tabernacle (Room 142-first floor).

Click the following link to register. You only need to register once.

[Zoom Registration Link](#)

Youth Group Meeting:

Sunday, April 19, 2026, from 12:30-2:00 p.m. In the Grain of Heaven.

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 to 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 Rev. 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. The theme is, "Be Still and Stand Strong." Scan the QR code to **register by Tomorrow, Wednesday, April 15, 2026**. This is a **FREE** event! **Either give Rev. Jiggetts your completed registration forms or Email them to her at bjiggetts@firstmountzionbc.org**



Line Dancing Class

Keep on Steppin is on
Saturday, April 25th at 10am.
Bring your fans!

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@FirstMountZ
ionBC.org](mailto: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@FirstMountZ
ionBC.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

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)

April 19 - Spiritual Warfare Pastor Rev. Sandra K. James

April 26 - Graduation Chapel 9:30

May 3 - NMOC Orientation and Church Tour

May 10 - Salvation

May 17 - The Bible and Study of the Bible

May 24 - No NMOC class - Memorial Day Holiday; attend Joint Sunday School Class

[https://us02web.zoom.us/j/88503698718?](https://us02web.zoom.us/j/88503698718?pwd=0Ho5nIdm5wppmxqd8OjCINyx3ePLtJ.1)

[pwd=0Ho5nIdm5wppmxqd8OjCINyx3ePLtJ.1](https://us02web.zoom.us/j/88503698718?pwd=0Ho5nIdm5wppmxqd8OjCINyx3ePLtJ.1)

Meeting ID: 885 0369 8718

Passcode: 324947

If you have questions, please contact Sister Deborah Holley at 757-377-5679.

One tap mobile

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

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

Join instructions

"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]
Robert Palmer [C1]
Dawn Parker [G2]
Murray Parker [H1]
Reggie Pickett [G1]
Arthur White [K1]

Pushpay-Church E-Giving & Church Management Software



Scan the QR Code to Give using Pushpay



**Text
(833) 735-8175
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, May 11th 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 get in touch with the Ministry's point of contact.

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](#)

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. 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

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

Ministry or Committee
meeting:
[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 and live-streamed
7:30 p.m. online only
10:00 a.m. on 3rd Wednesdays in-person

Worship Wednesday:
4th Wednesday at 7:30 pm in-person and live-streamed
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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