



[Visit our Website](#)

[Click Here to register your email and receive Connection Points directly to your Email from Constant Contact](#)



Dr. Sandra K. James, Pastor

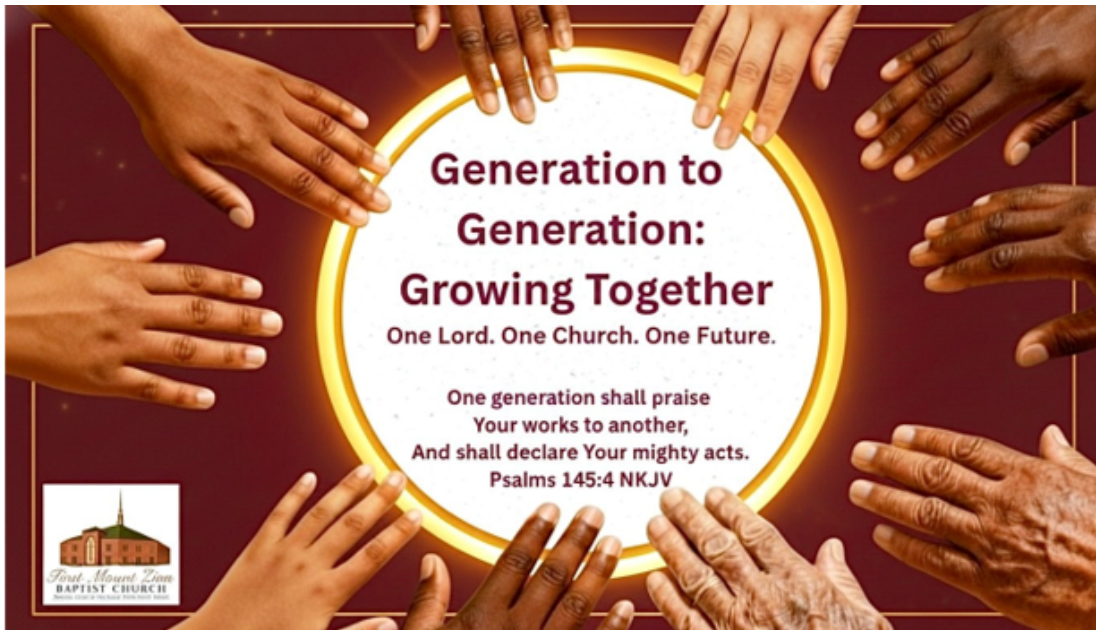
First Mount Zion Baptist Church

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 weekly submissions are due by noon each Tuesday.
Connection Points is now available on the FMZ Church APP)

May 19, 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.

WEDNESDAY MORNING PRAYER

Join us every Wednesday at 6:30 am for our Morning Prayer Call. Although we completed our Wednesday fasting on April 1st, you can still review and **download** Pastor James' guidance on fasting by clicking, [here](#).

FMZ Prayer Call – One-Tap Join

Save this number in your phone once, then just tap to join the prayer call each time.

One-Tap Dial (copy & paste):

+13052241968,,88104299549#,,, *752600#

Steps:

Copy the number above
Save it as **FMZ Prayer Call** in Contacts
When it's time, open Contacts and tap the number
No meeting ID. No passcode typing.

BIBLE STUDY

Join us each Wednesday for - IN-PERSON Bible Study
@11am, hybrid discussion begins@12pm. 3rd Wednesdays
@ 10am, hybrid discussion begins@11 am.
On the 4th Wednesday join us for Worship Service
@7:30pm in-person or live stream.

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

[Bible Study Handout Season 5 Episode 3](#)

Sunday School (CED) Sunday School Extended!

[Click Here for This Week's Lesson Christian Rhythms of Life](#)

Save the Date!

The FMZBC Social Committee is excited to invite you to
FMZ's Juneteenth Celebration Festival on

**Saturday, June 13, 2026, from 11:00am to 3:00pm
in the rear parking lot.**

Come out and enjoy a fun-filled day of music, food, cultural games, activities for all ages, line dancing, vendors, contests, and more. Friends and family are welcome, so invite someone to join us as we celebrate community, culture, and freedom together!

We will also have a chili cook-off, and we are currently looking for vendors, volunteers, and chili cook-off participants.

Sign-up in the Narthex after the 11:00am Sunday service
through **Sunday, May 31.**

Interested vendors contact Sister Karen Curtis,
kcurtis@firstmountzionbc.org.

Mark your calendars and make plans to be part of this exciting celebration. We look forward to seeing you there!

WOMEN'S MINISTRY OUTREACH

***"Women United in Faith, Prayer,
Fellowship, Love and Worship"***

The Women's Ministry (WM) will be hosting our Boots To Suits Drive supporting female Veterans who have or will be transitioning from military life to civilian careers, and ask for your assistance to make this a successful Outreach.

Your Donation. Her new beginning. Together, we can help women look good, feel confident and achieve their goals!

Below is a list of items that we desire to collect that will help us to provide the support needed. If you are moved to support this outreach, please be advised that the designated drop off for the items that you donate will be at FMZBC on June 21st & June 28 before and after church

New Women suits and Dresses or clothes must be dry cleaned and ready to wear – no tears, rips, fades or stains please.

Please contact the Women's Ministry email if you have any questions or need to make arrangements to get us your donation if you are unable to make it to the drop off dates.

Women's Ministry email:

womensministry@firstmountzionbc.org

**Register today by clicking [HERE](#)
Or scan the QR code below!**

The 28th Annual Golf Classic

Old Hickory Golf Club

[Click Here](#) to Register or Scan the QR Code Below!

First Mount Zion Baptist Church 28th Annual Golf Classic



All ages
event
Registration fee
\$125
Signup your foursome:

When
Monday, June 22, 2026
Tee off/Shotgun start 9:00 am

Where
Old Hickory Golf Course
11921 Chanceford Drive,
Woodbridge, VA 22191

**Register by scanning the QR
Code**



Sponsors needed
Hole Sponsor
Cart Sponsor
Driving Range Sponsor
Beverage Sponsor
Golf Shirt Sponsor

**"Generations Sharing the Light
on the Green!"**

Constitution and Bylaws (CBL) Committee Update

The CBL Committee is proposing to **revise** the CBL Church to vote approval to move forward with a revision during the August 1, 2026 church meeting.

Why Revision: Modernize and streamline the CBL to focus on FMZBC foundation and governance

- o Provide clarity, efficiency, and adaptability for the future
- o Develop FMZBC Policy Manual to focus on the "how to" of normal operations and activities

Member Actions: Read the Constitution and Bylaws on Church's website.

- o Attend scheduled meetings and hearings
- o Watch for future announcements on church media

To review the existing Constitution and Bylaws,

[Click Here - Constitution and Bylaws](#)

Passcode: cbldocs2025

Point of Contact,
Ken Spencer, Chair, C&B Committee, at
cbl@firstmountzionbc.org

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](#)

Also register for the FMZBC Church App by downloading, the My Church App from your APP Store. Please enter, fmzapp

Youth Ministry Updates

Youth Ministry Bible Study

We Miss YOU! Join us Wednesdays, 7:30 p.m.-8:30 p.m., in-person in the Teen Tabernacle (Room 142-first floor) **and** via Zoom

Click the following link to register for Youth Bible Study. You only need to register once.

[Zoom Registration Link](#)

Busch Gardens Outing:

The Youth Ministry final outing to Busch Gardens for youth who are FMZBC members, is Thursday, June 18, 2026. Depart FMZBC at 8:00 a.m. Return 7:00 p.m. The \$40.00 nonrefundable cost includes round trip transportation, park admission and meal with drink every 90 minutes. Register

by June 3, 2026, using the QR code or [Click Here to Register for Busch Gardens Outing](#) .



Graduation Brunch for Graduating High School Seniors

Sunday, June 14, 2026, immediately after worship service until 2:00 p.m. in the Grain of Heaven. Graduating youth may invite up to four (4) guests. Youth are also asked to submit 4 pictures of themselves for the graduation brunch slide show. **Email** slide show photos to Rev. Jiggetts by **June 1, 2026**, and RSVP with all guest names by **June 8, 2026**, to Rev. Jiggetts at bjiggetts@firstmoutzionbc.org.

The Youth Clothing Give-Away Closet

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.

Fit By God Fitness Center

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

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](#)

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)

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

[https://us02web.zoom.us/j/88503698718?
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
[https://us02web.zoom.us/meetings/88503698718/invitations?
signature=3NKwCSrjwiDRFTtKfooE2FWVmdjuAs1wN5E5
VLOUOhY](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:**

Claudette Armstrong

Teresa Bridges [I]
Jessica Butler [B]
Terry Carey [F1]
William Daily [E1]
Denyse Farquharson [E1]
Edwin Green [M3]
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"

Save the Date

FMZBC WOMEN'S MINISTRY
CONFERENCE

"Women of Worth"

Saturday, September 12, 2026



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, June 8th at 7pm.**

Have questions? Please email fmzdeafministry@firstmountzionbc.org

VOLUNTEER SCREENING

Dates:

May 30th

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



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/>

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](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 get in touch with 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

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](#) immediately following the 11am Worship Service on the ground floor.

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:

[Building Use Request Form](#)

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

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](#)

FMZ Microsoft Users

If you have an **@firstmountzionbc.org** email account and are experiencing issues, including the need to reset your password, please use the support link below:

<https://www.pronto-tech.com/support>

You may contact the IT Help Desk 24/7 for assistance with your technology needs.

As always, the staff is available to assist you with your IT needs.

[Click Here to Contact the IT Support Desk 24/7](#)

Bible Study:

Wednesdays at 11:00 a.m. and 7:30 p.m.
10:00 a.m. on 3rd Wednesdays

Worship Wednesday:

4th Wednesday at 7:30 pm

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 The Messenger 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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