

[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

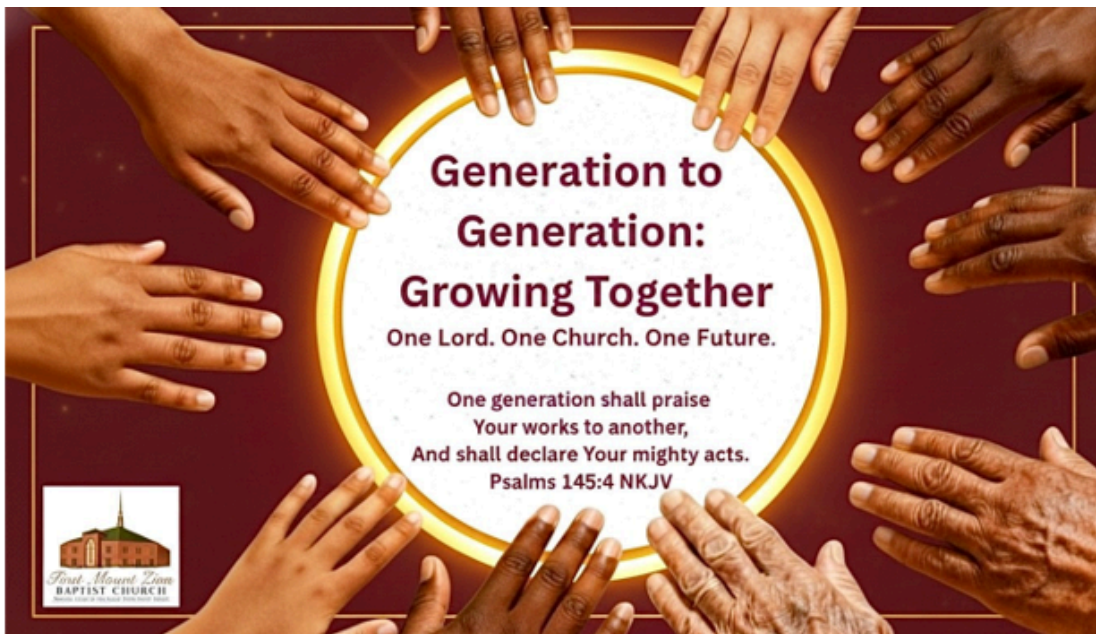
First Mount Zion Baptist Church

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

May 5, 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 1](#)



A Legacy of Love and Sacrifice
Strength Woven Through Generations

JOIN THE SENIORS' MINISTRY FOR A TIME OF FELLOWSHIP, CONNECTION, AND ENCOURAGEMENT AS WE CELEBRATE AND HONOR MOTHERS. WE CAN'T WAIT TO SEE YOU THERE!

WEDNESDAY, MAY 20, 2026
IN THE GYM AT NOON!!!

PLEASE RESERVE YOUR SEAT BY RESPONDING NO LATER THAN NOON, MAY 12, 2026, TO:

SENIORSMINISTRY@FIRSTMOUNTZIONBC.ORG

YOU CAN ALSO CALL SISTER MARIA FITZGERALD AT (540) 538-0702 TO REGISTER.

"Her children arise and call her blessed." - Proverbs 31:28

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-ups will be available in the Narthex after 11:00am service beginning **Sunday, May 17 through Sunday, May 31.**

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

Save the Date!

Monday, June 22, 2026

The 28th Annual Golf Classic

Old Hickory Golf Club

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](#)

MEN'S MINISTRY MAY FELLOWSHIP

The Men's Ministry invites all men of FMZBC to join us this **Saturday, May 9th at 8:30am**, for a Spirit-filled day of fellowship, teaching, and connection among brothers.

We've had great turnouts at our March and April fellowships, and we want to see you in the building!

Theme: Growing Together in Unity

Scripture: Ephesians 4:14–16

Guest Speaker: Reverend Gillis Taylor

Breakfast will be served at 8:30am.

Please make plans to join us!

WOMEN'S MINISTRY MAY FELLOWSHIP

Attention: Beautiful Women of God

The Women's Ministry (WM) would like to extend a Happy Mother's Day weekend welcome invitation to participate in our monthly fellowship,

“The Battle Is Not Yours, It Is The Lord's”!
on **Saturday, May 9, 2026, 8:00 am – 11:00 am** at FMZ.

Continental Breakfast from 8:00 am – 9:15 am

**Fellowship Program from 9:15 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
Fellowshipping 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 request. Our Intercessory Prayer Team (IPT) will intercede over your prayer requests as you send them in. For more information, please contact WM Director, Gwen L. Holland at Womensministry@firstmountzionbc.org

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 welcomed 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

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](#)

Youth Sunday and Final Youth Group Meeting:

All youth in grades 6-12 are asked to sit together on May 17, 2026, and wear your youth ministry T-shirt. If you are not a FMZBC member, we still want you to join

us. **Everyone** is encouraged to invite a friend to church that day to sit with us and join us for the youth group meeting after service in the Grain of Heaven. The meeting's theme is "**Level Up!**" We want **you** to share words of wisdom and encouragement with each other. The Clothing Give Away Closet will be open during our meeting for **parents and guardians** to "shop" for free clothing for youth and children. When the meeting ends at 2:00, the closet will remain open until 2:30 for youth to join their parent/guardian to "shop." For adequate food count, email me if you are bringing a friend to the meeting.

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

Save the Dates

Youth Ministry Graduation Brunch after worship service for graduating high school seniors, Sunday, June 14, 2026. Details to follow.

Youth Ministry final outing to Busch Gardens for youth who are FMZBC members, Thursday, June 18, 2026. Details to follow.

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

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](#)

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 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?
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/j/88503698718?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]



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, May 11th at
7pm.**



ONLINE GIVING

Giving at FMZBC is easy!

-Scan the QR code above

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 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

-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

CHILDREN'S CHURCH (CED)

Our children need YOU! Children's Church needs servants in several areas to support our

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. 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.

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)

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.

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](#)

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**](mailto:@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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