



[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)

June 23, 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 Call





FIRST MOUNT ZION
BAPTIST CHURCH
ESTABLISHED 1867
DUMFRIES, VIRGINIA

2026 CHURCH THEME
GENERATION TO GENERATION,
GROWING TOGETHER:
**ONE LORD,
ONE CHURCH,
ONE FUTURE.**

Wednesday
**MORNING
PRAYER CALL**

*Join us every Wednesday as we seek
God together in prayer, faith and unity.*

 **EVERY WEDNESDAY**
 **6:30 AM (ET)**

 **DIAL-IN:**
1-305-224-1968

 **MEETING ID:**
881 0429 9549

 **PASSCODE:**
752600

Pastor
SANDRA K. JAMES

“ *“One generation shall praise Your works to another”*
— Psalm 145:4 — **”**

 **COME AS YOU ARE.** *You are welcome here.* |  **PRAY WITH EXPECTATION.** *God hears and answers.* |  **STAND IN UNITY.** *Stronger together.*

ONE LORD • ONE CHURCH • ONE FUTURE

BIBLE STUDY

Join us this Wednesday for Worship Service @7:30pm in-person or live stream.

Join us each Wednesday for IN-PERSON Bible Study @11am, ZOOM hybrid discussion begins @ Noon. Third Wednesdays @ 10am, ZOOM hybrid discussion begins @11 am.

Wednesday Nights at 7:30pm in person or via ZOOM

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

[Bible Study Handout, Season 5 - Episode 8](#)

[Bible Study Handout for July](#)

HYBRID SUNDAY SCHOOL for Adults and Young Adults (CED)

Sunday School Extended

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)

[Click Here for This Week's Lesson Handout](#)

For those attending the class via Zoom, please
[Click Here](#)

POC: Reverend Gillis Taylor
Sunday School Superintendent
sundayschool@firstmountzionbc.org





FMZBC 7th Annual
5K Run/Walk & Kids Fun Run
Saturday, October 3, 2026 @ 9am
Occoquan Regional Park ~ Pavilion
Lorton, Virginia

Online Registration Begins
Sunday, June 28th - \$25

<https://runsignup.com/Race/VA/Dumfries/HealthstartMindandBody5K>

POC: Sis. Stephanie Craddock - Scraddock@firstmountzionbc.org
Bro. Gerry Griffin - Ggriffin@firstmountzionbc.org



SMALL GROUPS MINISTRY

Interest-Based Small Groups meet for two semesters each year - Fall and Spring.

We have a variety of over 30 groups for all ages within three categories:

Discipleship | Shared Interest | Support Group.

Regardless of the type of group, we connect with others who have a common interest or activity and engage in life giving conversation, study and ongoing life application.

Consider joining an Interest-Based Small Group during one of our Small Group Fairs

or you may register online using the following link,

<http://firstmountzionbc.org/how-to-connect/small-group/>

There is a group for everyone, including **YOU!**

Point of Contact: Sis. Stephanie Craddock ~ Small Groups Director

@ 703-670-0184 or email: Scraddock@firstmountzionbc.org

DEAF MINISTRY

American Sign Language (ASL) interpreters are on-site 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. Have questions? Please email fmzdeafministry@firstmountzionbc.org

New Member Orientation Class

Please take this time to visit regular Sunday School classes and find your favorite. Note: There will be no classes held in August while we take a ministry Selah. NMOC classes will resume in September.

Please join us via Zoom or in Room 211 in person.

Topic: NMOC class

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

Join Zoom Meeting

[https://us02web.zoom.us/j/88244057892?
pwd=nhp4iqU12EKAJeflFIGSHAYzl1DNnN.1](https://us02web.zoom.us/j/88244057892?pwd=nhp4iqU12EKAJeflFIGSHAYzl1DNnN.1)

Meeting ID: 882 4405 7892
Passcode: 347190

June 28	Stewardship	Trustee Oscar Dailey
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July 5	No class - Attend regular Sunday School	
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Happy 4th of July!

July 12	Zone Ministry Zone Administrators	
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July 19	TBD	
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July 26	TBD	
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Note: Month of August - No Classes - Attend Regular Sunday School. Enjoy a wonderful and blessed August family time.

One tap mobile

+13017158592,,88244057892#,,,*347190# US

(Washington DC)

+13052241968,,88244057892#,,,*347190# US

Join instructions

[https://us02web.zoom.us/meetings/88244057892/invitations?signature=FZ-NHAWnUIVXYztJe32kq4qDmejXxXVq_-C51PXVaZQ](https://us02web.zoom.us/join/https://us02web.zoom.us/meetings/88244057892/invitations?signature=FZ-NHAWnUIVXYztJe32kq4qDmejXxXVq_-C51PXVaZQ)

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 transitioned, 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 desired items that will help us provide the support needed. If you are moved to donate to this outreach, please be advised that the designated drop-off for the items will be at FMZBC on the 28th, before and after church.

New Women's suits and dresses - all clothes must be dry cleaned and ready to wear – no tears, rips, fades, or stains please.

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

Women's Ministry email:

womensministry@firstmountzionbc.org

What are my Spiritual Gifts?



Spiritual Gifts Workshop

Saturday, June 27, 2026

8:30 a.m. until 12:00 p.m.

Register at SpiritualGifts@FirstMountZionBC.org no later than June 25th

THE SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry is hosting a workshop on **Saturday, June 27th from 8:30 am - 12:00 pm**. Come and be a part of an exciting, interactive workshop where you can discover and/or affirm your giftedness for ministry service. Registration for the workshop is required. You may register at SpiritualGifts@firstmountzionbc.org. The last day for registration is **TODAY, Tuesday, June 23rd**.

Constitution and Bylaws (CBL) Committee Update

Constitution and Bylaws (CBL) Committee Update. The Committee has studied the CBL and based on the number and complexity of the changes required, we are recommending a revision of the CBL, rather than proposing amendments. The recommendation to revise the CBL will be presented for a congregational vote during the August 1st Church Meeting. A revision of the CBL will help us to examine our governing document holistically and

comprehensively; provide an opportunity to modernize and streamline the CBL; and provide an opportunity to clarify roles and responsibilities to ensure accountability.

During June and July the Committee will seek input and recommendations for change from key personnel in our various ministries, committees, staff, and other stakeholders. We will also hold hearings to obtain congregational input. We need members to: Read the CBL located on the Church's website which is password protected; attend scheduled meetings and hearings; and be prepared to provide your input and engage in dialogue.

If you have questions and/or comments, please email the CBL Committee at cbl@firstmountzionbc.org. We look forward to working with you on this effort.

[Click Here - Constitution and Bylaws](#)

Passcode: cbldocs2025

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 Reboot!

Join us tomorrow in the Chapel for "Wednesday Worship"

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!

Gym and Fitness Center

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

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

For more information, email
Lori at
[LValkenburg@FirstMountZ](mailto:LValkenburg@FirstMountZionBC.org)
[ionBC.org](mailto:LValkenburg@FirstMountZionBC.org) or call
703-670-0225

"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

**VOLUNTEER
SCREENING**

Dates:

September 19th

November 21st

Sessions begin at 9am

Click Here
[Screening Forms](#)

Contact Sister Brenda Byrd
at 571-237-0111,



ONLINE GIVING

Giving at FMZBC is easy!

-Scan the QR code above

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](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

-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

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:

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. 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.

[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 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.

[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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