



[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

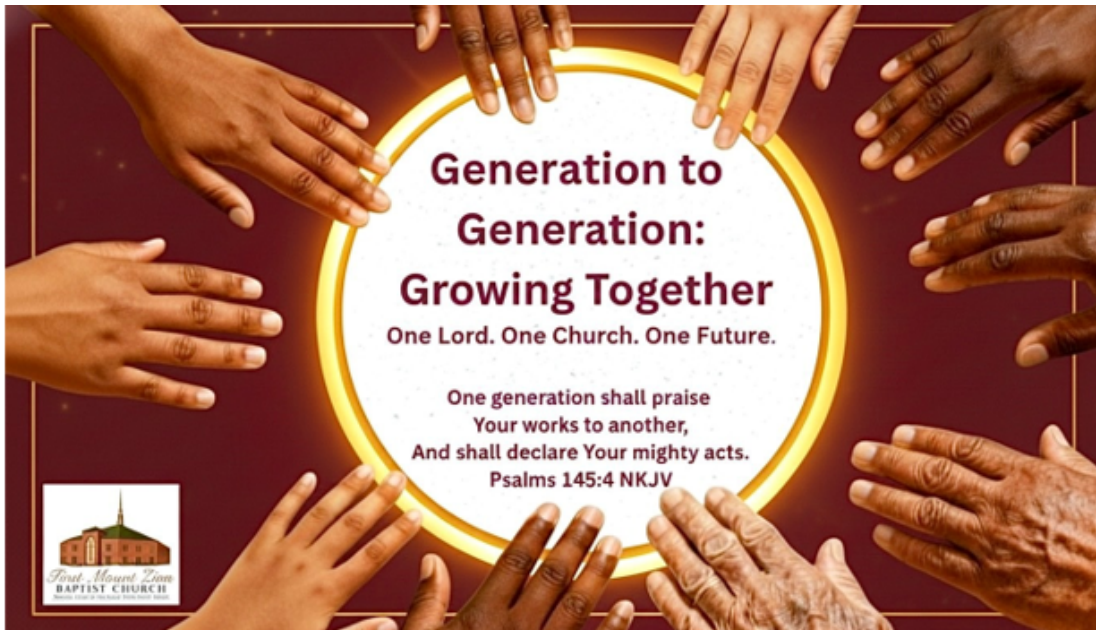
First Mount Zion Baptist Church

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 9, 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



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 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
On the 4th Wednesday, join us for Worship Service @7:30pm in-person or live stream.

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

[Bible Study Handout, Season 5 - Episode 6](#)

**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

Academic Education Committee (AEM) Commencement Program:

The First Mount Zion Baptist Church Class of 2026 Commencement Program will be held **Sunday, June 14, 2026, during the 11 AM Worship Service**. This program is to recognize and celebrate students who are graduating from **Kindergarten to first grade, Elementary, Middle School, High School, College/University and Trade schools!**

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=nhp4iqU12EKAJeflFIGSHAYzI1DNnN.1](https://us02web.zoom.us/j/88244057892?pwd=nhp4iqU12EKAJeflFIGSHAYzI1DNnN.1)

Meeting ID: 882 4405 7892

Passcode: 347190

June 14	Church Leadership	Rev. Cozy Bailey
June 21	Prayer	Rev. Josephine Cherry
June 28	Stewardship	Trustee Oscar Dailey
July 5	No class - Attend regular Sunday School	
Happy 4th of July!		
July 12	Zone Ministry	Zone Administrators
July 19	TBD	
July 26	TBD	

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



Join Us This Saturday!

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

Saturday, June 13, 2026, from 11:00am to 3:00pm

Come out this Saturday 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!

Mark your calendars and make plans to be part of this exciting celebration. We look forward to seeing you at the rear parking lot.

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 June 21st and 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

**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



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**



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

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

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

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](mailto: SpiritualGifts@firstmountzionbc.org). The last day for registration is **Tuesday, June 23rd.**

Constitution and Bylaws (CBL) Committee Update

The CBL Committee is proposing to **revise** the CBL. The approval to move forward is subject to a Church vote 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 the 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 from 7:30 p.m. - 8:30 p.m. in person in the Teen Tabernacle (Room 142 on the first floor)

Tomorrow's Lesson with guest presenter, Owen James, "If Joseph Were an Influencer"

June 17, 2026, Bible Study "Rap-Up-Where Do We Go From Here?"

June 24, 2026, Join us in the Chapel for "Wednesday Worship"

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's final outing to Busch Gardens for youth who are FMZBC members, is Thursday, June 18, 2026. Depart FMZBC at 8:00 a.m. Expected return, 7:00 p.m.

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.

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

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

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

"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](#) 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. 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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