

**Click Here to register your email and receive
Connection Points directly to your Email from
Constant Contact**



Dr. Sandra K. James, Pastor

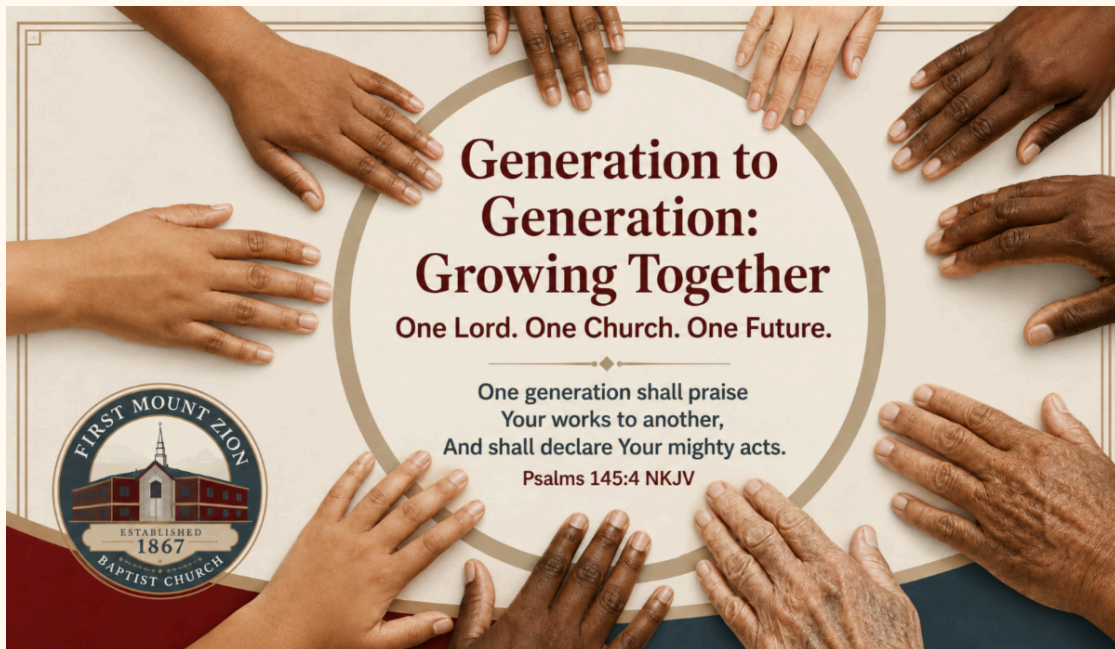
First Mount Zion Baptist Church

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

August 4, 2026

**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

In-person and Live Stream Bible Study @11am.
Wednesday Nights at 7:30pm on ZOOM ONLY

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

[July Bible Study Handouts](#)

First Mount Zion Baptist Church

P R E S E N T S

2026 CHURCH REVIVAL

August 9-12, 2026

Generation to Generation Growing Together:

One Lord. One Church. One Future



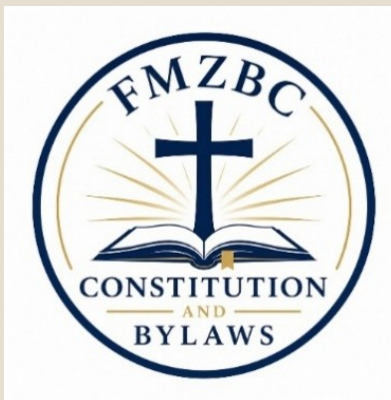
Guest Preacher
Sun at 11AM
Minister Micah W. Kay
First Baptist Church, Inc
Associate Minister

Host Pastor
Rev. Dr. Sandra K. James
First Mount Zion Baptist Church

Guest Preacher
Mon – Wed at 7:30PM
Rev. Dr. William H. Curtis
Mount Ararat Baptist Church
Senior Pastor

“One generation shall praise your works to another, and all shall declare Your mighty acts.” Psalms 145:4 NKJV

16622 Dumfries Road
Dumfries, Virginia



Volunteers Needed

As approved by the congregation at the August 1st Church Meeting, FMZBC is moving forward with the effort to revise the Constitution and Bylaws (CBL). We are looking for

volunteers to work with the CBL Committee in this effort. We need members who are willing to lend their time, diverse perspectives, and gifts, to this important work. Send questions to [**cbl@firstmountzionbc.org**](mailto:cbl@firstmountzionbc.org).

What is Involved:

- **Membership:** Volunteers must have been a member of FMZBC for at least 5 years.
- **Commitment:** Projected 1-2 year effort; weekly meetings anticipated.
- **Tasks:** Review existing CBL, collaborate with other participants to discuss proposed updates, draft proposed updates.
- **Who we need:** Members who care about the future of FMZBC and have experience in at least one of the following areas: CBL development, organizational leadership, strategic leadership, organizational alignment and effectiveness, legal and regulatory analysis, parliamentary procedure, collaboration, facilitation, consensus building, professional editing, professional writing.
- **Confidentiality:** Do not share any information on internal discussions, ideas, and/or recommendations being considered during the CBL revision effort.

**Complete the self-nomination form by August 12th
using the below QR Code or [Click Here](#)**

Lay Member Self-Nomination

Scan to open the form



First Mount Zion Baptist Church

Let Your Voice Be Heard and Help Shape Our Future

Share your ideas and recommendations for the Constitution & Bylaws Revision by clicking on the following link:

[Click Here](#)

or using the QR Code below. Inputs accepted through September 30, 2026.

Proposed CBL Changes

Scan to open the form



First Mount Zion Baptist Church

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).

[Click Here to Join Sunday School via ZOOM](#)

[Click Here for this week's Sunday School Lesson](#)

*“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)*

POC: Reverend Gillis Taylor
Sunday School Superintendent
sundayschool@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

**First Mount Zion
7th Annual**



**Plus a Kids Fun Run!
Join Us**

**October 3, 2026 - 9AM
Occoquan Regional Park - Pavilion
Lorton, Va**

**Detailed brochure
at the leadership desk**

**Online Registration is Open
Through August 30th (Only)**

**Please Open the Link or
Scan the QR Code to Register - \$25**

**[https://runsignup.com/Race/VA/
Dumfries/HealthyStartMindandBody5K](https://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K)**



**POC: Sis. Stephanie M. Craddock
Scraddock@firstmountzionbc.org or 703-670-0184**

Bro. Gerry Griffin - Ggriffin@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

Note: There will be no NMOC classes held in August while we take a ministry break. Classes will resume in September. In the interim, please take this time to visit regular Sunday School classes and find your favorite.

MEN'S & WOMEN'S MINISTRY

Men's Ministry email:

mensministry@firstmountzionbc.org

Women's Ministry email:

womensministry@firstmountzionbc.org

Save the Date

FMZBC
Men's and Women's Ministry Conference
Presents:

“Men and Women of Worth”

Saturday, September 12, 2026



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

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**

YOUTH MINISTRY UPDATES

Youth Ministry Bible Study Reboot!

Calling all youth in grades 6-12 to join us virtually September 2, 2026 from 7:30 p.m. - 8:30 p.m. for the "Youth Ministry Reboot" kick off. Use the below link to register for the "Kick Off" and all YM Wednesday Bible Studies. You only need to register once.

Just [Click Here to Register](#)

2026-27 Youth Council

It's almost time! If you are a middle schooler or high schooler and are committed, WE NEED YOU! Applications will be available Tuesday, September 1, 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.

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 is - Deaconess Ledora Akanni -

lakanni@firstmountzionbc.org

Pushpay-Church E-Giving & Church Management Software



Scan the QR Code to Give using Pushpay



Text
(833) 735-8175
Enter "Give"

Fit By God Fitness Center

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

LINE DANCING

Saturday, August 15, 2026

10:00 AM-11:00 AM

PICKLEBALL

Free, Fun and Social!
For all levels, two courts
(beginner/more advanced)
Equipment and instructions are provided.

Thursday Nights
6:30 PM -8:30 PM

"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]
Hattie Jordan [G1]
Ronald Kent [F2]
Janet Mulubah [M2]
Robert Palmer [C1]
Dawn Parker [G2]
Murray Parker [H1]
Reggie Pickett [G1]
Arthur White [K1]

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](#)



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

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

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.

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

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**](#)

Selah Bible Study:
Wednesdays at 11:00 a.m. In-Person and Online and 7:30 p.m. Zoom Only

Worship Wednesday:
4th Wednesday at 7:30 p.m.

**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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