

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

October 20, 2026

Welcome Assistant Pastor!

Rev. Dennis Williams

Join Us in Welcoming Rev. Dennis Williams!
First Mount Zion Baptist Church warmly invites you to a Welcome Reception honoring Rev. Dennis Williams, our new Assistant Pastor!
Please join us this Sunday, October 25, immediately following the 11:00 a.m. Worship Service, in the Gymnasium as we extend a heartfelt FMZ welcome and celebrate his arrival into our church family.
We look forward to seeing you there!

WEDNESDAY MORNING

PRAYER CALL



"I WAS SICK AND YE VISITED ME."

Keep the following known sick, and/or shut-in members, in prayer:

Claudette Armstrong[K5]
Teresa Bridges [I]
Jessica Butler [B]
Terry Carey [F1]
William Daily [E1]
Denyse Farquharson [E1]
Edwin Green [M3]
Beulah (B.J.) Harper [M3] Velma Jones [K5]
Hattie Jordan [G1]

Ronald Kent [F2]
Janet Mulubah [M2]
Robert Palmer [C1]
Dawn Parker [G2]
Murray Parker [H1]
Reggie Pickett [G1]
Bonnell Sanders[K5]
Arthur White [K1]

WEEKLY BIBLE STUDY

Wednesday, October 21, 2026

"Praying the Names of God"

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

Click Here to Join Bible Study on ZOOM!

Constitution and Bylaws



Let Your Voice Be Heard and Help Shape Our Future

Be informed! Read the Constitution and Bylaws. Click on the following link, **https://firstmountzionbc.org/members/** and use the code, fmzbcdocs2024

SPIRITUAL GIFTS MINISTRY

The Spiritual Gifts Ministry
is hosting the final workshop for 2026 on
this Saturday, October 24th 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 **Tuesday, October 20th.**

NEW MEMBERS' ORIENTATION CLASS

Topic: NMOC class

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

Join Zoom Meeting
Click Here to Join
October 25 - Zone Ministry - Zone Administrators
November 1 - Baptist Ordinances - Deacon Marion Seth
November 8 - Church Leadership - Rev. Cozy Bailey
November 15 TBD
November 22 NMOC Graduation - Chapel
November 26 - Happy Thanksgiving Day
November 29 No NMOC class - Attend Sunday School

Meeting ID: 846 4279 6768
Passcode: 741499

One tap mobile
+13092053325,,84642796768#,,,,*741499# US
+13126266799,,84642796768#,,,,*741499# US (Chicago)

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

ACADEMIC EDUCATION MINISTRY

The program begins on **Monday, October 26, 2026**, at First Mount Zion.
POC: Bro. Gerry Griffin, **AEM@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**



Join us for an afternoon of fun, food, and fellowship at First Mount Zion Baptist Church's Harvest Festival on **Saturday, October 31, from 12:00–3:30 PM!** There will be something for everyone to enjoy, including food, dancing, bingo, games, a moon bounce, a cake walk, and more.

Children are welcome to wear family-friendly costumes, although costumes are not required.

We also need your help! Volunteer sign-ups and candy donations will be collected in the Narthex each Sunday through October 25, **excluding October 18.** We are also requesting store-bought desserts for the Cake Walk, which may be brought on the day of the festival.

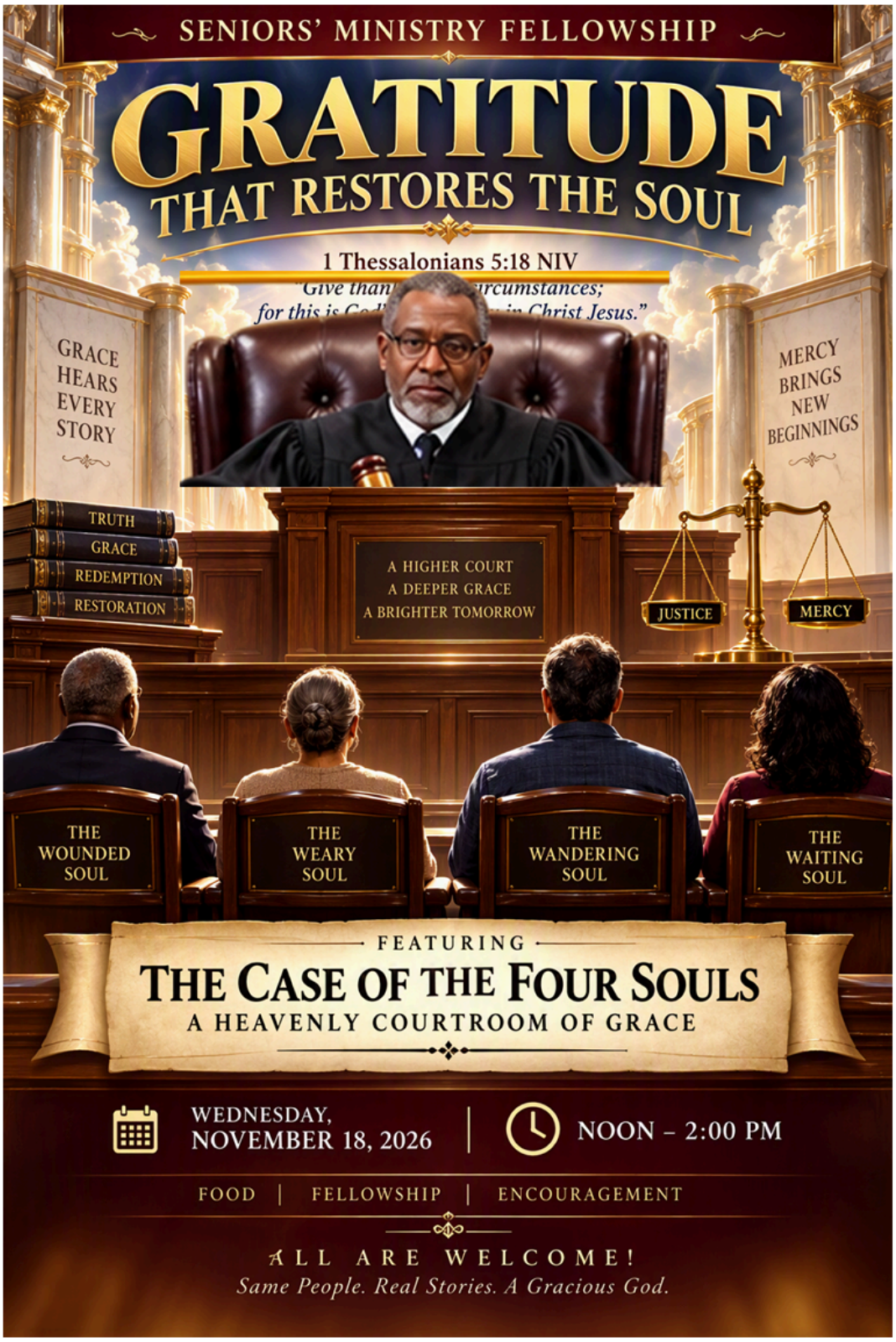
Bring your family and join us as we make this year's Harvest Festival a wonderful afternoon of community, fellowship, and fall fun!

For more information, please contact Sister Karen Curtis at KCurtis@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 or online at **www.fmzbc.com**. The monthly Zoom meetings are also held with an interpreter. **Email us to join our November meeting.** Have questions? Please email **fmzdeafministry@firstmountzionbc.org**

SENIORS' MINISTRY



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 clicking on 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)

Children's Ministry is going to see **Shrek the Musical** at Riverside Center for the Performing Arts in Fredericksburg on **October 24th**. Ages PreK4 thru 5th grade are welcome to attend.

The outing will include:
Bus Transportation - leaving at 11:30
Box lunch - Provided by the Grain of Heaven. Menu is TBD. We will eat at the theater before the show from 1230-1.
The Show - 1p. The show is 90 minutes plus intermission.
Depending on traffic, we should arrive back at the church by 4.

There is still time to register. Act now space is limited!
Click Here to Register Today!
Questions contact Stephany Stewart at ChildrensMinistry@firstmountzionbc.org.

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 📔!

Tomorrow, 7:30pm

High school students join us for Youth Ministry Bible study either using the link or
QR code below.

Click Here And You Are In!

Or Scan the QR Code Below

SAVE the DATE! 📅 SAVE the DATE!📅

Youth Ministry Prayer Dinner with special viewing of "The Forge"

Theme: "Who's Discipling YOU!
Facilitator: Assistant Pastor Dennis Williams
Friday November 20, 2026
6:00 p.m.-10:00 p.m.
Youth in grades 6-12 and non-member guests are welcome.
Admission is FREE!
Please bring canned goods or non-perishable food items for donation.
Email bjiggetts@firstmountzionbc.org with all attendee's names, grade and email contact info by **Monday, November 16, 2026.**

Youth Ministry On Blast!

Highlight our amazing youth at First Mount Zion in the monthly digital "Messenger" newsletter. To have a youth profiled, send their name, picture, contact information, and accomplishments to me 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 Gift 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. POC to schedule an appointment to shop or to work is - Deaconess Ledora Akanni - lakanni@firstmountzionbc.org



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!

Keep On STEPPIN
Thursday Evening
October 15th & October 29th
7pm
Bring Your Fans!

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

VOLUNTEER SCREENING



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**

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.

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

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

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.

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

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

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

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!