



Antioch Connection

Words of Encouragement from Reverend G

On Sunday, January 29, 2023, in a near standing room only Lunch and Learn with Reverend G, Brenda and I had an opportunity to meet many of you in person. We, along with the Antioch leadership team, want to thank you for showing up strong and for your direct questions. Our goal is to ensure your needs and concerns are addressed in a timely manner; therefore, we are providing the latest edition of **Your Voice Matters** which includes the questions asked at the event along with my responses.

Our prayer theme for the month of February is perseverance. We will focus on practical tools to help us “Persevere” through the challenges of life as we press onward in our Christian



walk and collective growth. I encourage you to be strong in the Lord and to put on the full armor of God so that you may stand against the enemy. I also encourage you to be consistent in your prayer life and in connecting with Jesus. Consistent prayer develops a dependency and reliance on Him. We must know our own convictions and beliefs, so that when troubles come, we are able to stand on His promises and not lose



hope. I invite you to reach out to me directly via email at igaines@antioch-church.org, or by cell at **571-365-8109** so that we can chat or coordinate a time to meet in person or virtually.



Antioch Music Ministry News



Music is an integral part of the Antioch worship services. As young as four and as old as willing, we can be participants in the Great Commission by intentionally spreading the gospel and reaching others for Christ through music and the arts.

As Antioch transitions into its new season, the Music Ministry welcomes you to help us share the gospel with our congregation and the greater community. The Antioch Music Ministry consists of the **Praising Saints, Youth Choir, Dance Ministry, Praise Band** and yes — the **Sanctuary Choir** (adult choir).

If you would like to praise the Lord through music and the arts, we invite you (all persons ages 4 and up) to consider using your talent to sing, dance or even provide administrative support to help further our ministry efforts.

For more information, contact Tanya Easley at teasley@antioch-church.org or call/text 703-282-1204.

¹Make a joyful noise to the Lord,
all the earth!

²Serve the Lord with gladness!
Come into his presence with singing!
— Psalm 100:1-2

Perseverance

Romans 5:1-5 (NIV)

Pray with Us

**Tuesday Morning Prayer from
7:00—7:30am.** Dial (945) 218-0090,
the access code is 1846260

**Churchwide Virtual Prayer Third
Wednesday each month at 6:00pm**
via the ABC website.





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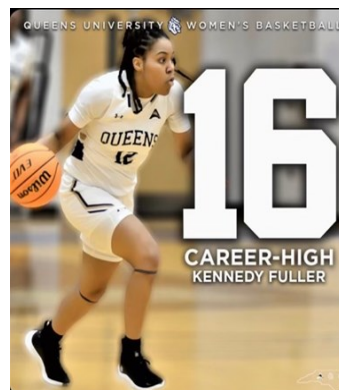
MEMBER RECOGNITION

Congratulations Antioch's very own, Cedric Mann, received the 2023 Black Engineer of the Year Award (BEYA) in Science, Technology, Engineering, and Math (STEM) for the Senior Technology Fellow. The BEYA STEM Awards are amongst the most competitive awards in science, engineering, and technology management. Cedric is recognized for his leadership position on the forefront of technical innovations and for serving as a role model for minorities and women. He was recognized at the 37th Annual Black Engineer of the Year Awards (BEYA) and is featured in the US Black Engineer and Information Technology magazine. Cedric is also a leader at Antioch, serving as a Deacon and as the Men's Forum Leader.



Congratulations

A shout out to Antioch's beloved Donovan Davis! Donovan is a Robinson High School freshman and honor roll student. He played in Robinson's Special Olympics Basketball Program. Nice going Donovan — Great job!



Congratulations

Kennedy Fuller hit her career high with an impressive 16 points in the Queens University Women's Basketball game on February 9, 2023 against the North Alabama Lions. What a game! Keep up the great work!



Health News by Brenda Moore

Beloved family, God created us in His image; we are responsible for the physical health and wellness of the temples and vessels that we have been given. While we know that no one can ever care for us like Jesus does, we also know that we cannot pour from an empty cup.

February is Heart Month! The cardiac network really impacts *everything* that we do. Heart disease is *still* the number one killer in the U.S. Having high blood pressure or diabetes, and being overweight are the most common conditions that increase risk of heart disease and stroke. We must:

- ◆ Maintain healthy weight and waist line
- ◆ Eat a balanced, healthy diet
- ◆ Stay active
- ◆ Visit our health care professionals regularly
- ◆ Monitor blood pressure, cholesterol, and blood glucose levels
- ◆ Avoid tobacco and other harmful substances
- ◆ Destress, and get proper sleep
- ◆ Know the varying warning signs of heart attack
- ◆ Learn CPR

²³ Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting. — Psalm 139:23-24

Antioch will offer free blood pressure checks after both services on 2/26/23 in the Worship Center old count room.



Save the Date

Feb 19: Past and Present Role Models

Feb 23: All Saints Meeting 7:00pm Sanctuary

Feb 26: Free Blood Pressure Checks after services

Feb 26: Wear your Favorite HBCU, Sorority, Fraternity or Casual Wear

Mar 19: Antioch Ministry Fair



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Rekindling the Flame is at the Heart of Antioch's Marriage Enrichment Ministry

Started in 2005, the Antioch Marriage Enrichment Ministry helps couples—newlywed and long wed—have successful marriages by understanding and subscribing to God's purpose for marriage. Reverend Dr. Melvin Jones, who leads the ministry said, "By better understanding God's purpose, we can appreciate the institution of marriage and avoid pitfalls".



Attending the Marriage Enrichment Ministry is not about having trouble in your marriage, it is about receiving tools and teachings, and engaging in discussions to enhance marriages. Led by Genesis 2:24, "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh," the ministry is for married couples of all seasons as we all share some of the successes and disappointments of marriage to encourage one another.



Reverend Jones explained that long married couples can gain as much from marriage enrichment as newlyweds. Long-term married couples must still engage with their partner and continue to date. They must do things to keep their marriage fresh and keep the fire burning. Married 53 years now, Trustee Bob Moore serenaded Sister Dora Moore during the 2020 Valentines' Day Dance.

Reverend Jones added, "The ministry is important because some people are not thriving in marriage, just existing, and letting their flame die. Fellowshiping with other couples provides an opportunity to learn from others and may encourage partners to rekindle the flame." We invite all couples to join us, Marriage Enrichment might just be the spark your marriage needs.

Reverend and Sister Jones have been married for 29, they lead and love by example. The ministry meets **every third Friday via Zoom**. The next session is February 17 at 7:00pm. For more information, contact Reverend Melvin Jones (mjones@antioch-church.org) or Sister Kimberly Jones (kimjones4696@gmail.com)

Carter G. Woodson "Father of Black History Month"



In 1926, Carter G. Woodson and the Association for the Study of Negro Life and History (ASNLH) announced the second week of February to be known as "Negro History Week" to coincide with the birthdays of Abraham Lincoln on February 12 and Frederick Douglass on February 14, both had been celebrated by Black communities. Woodson's frustration and belief that the contributions of African Americans in society were "overlooked, ignored, and even suppressed by the writers of history textbooks and the teachers who use them" birthed the week-long celebration. Through Woodson's perseverance and push for its significance, Negro History Week grew in popularity and mayors from across the nation began endorsing it as a holiday.

In February of 1969, the idea of recognizing Black History Month was first proposed on the campus of Kent State University in Kent, Ohio. A year later, the first Black History Month celebration took place on the campus. By 1976, Black History Month was being celebrated throughout the country on educational campuses, centers of Black culture, community centers, and by President Gerald Ford during the celebration of the United States Bicentennial. We encourage you to spend some extra time this month reflecting on the contributions and sacrifices of our ancestors and the many achievements their legacies have left behind.