



# Antioch Connection



## Words of Encouragement from Reverend G

### Peaks and Valleys: We Will not be Shaken

Life is a voyage that comes with its fair share of ups and downs, peaks and valleys, twists and turns, highs and lows. Sometimes, we are riding high, and everything seems to be going our way, and life feels good. However, there are other times, we may be in the depths of despair, struggling to keep our heads above water, feeling depressed or rejected. I just want to remind each of you that no matter what we're going through, it's important to remember that every valley has a peak and every peak has a valley. Life is all about balance, and it's the tough times that make us appreciate the good times even more.

So, when you are experiencing the peaks and valleys please try and remember what's written in Isaiah 54:10, "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you." God's love for us remains unshaken and He always keeps His promises. Our Father's love is unconditional. Somebody ought to say amen.

Similarly, there is no love like a Mother's love. As we turn our attention to one of the most attended days in church after Easter and Christmas — Mother's Day. First and foremost, Happy Mother's Day to each of you. I pray that your Mother's Day is special and filled with all the same joy and love that you have poured into others. Personally, when I look back over my life and remember how important my mom was and is to me, it always warms my heart and puts a smile on my face.

Mothers have a way of correcting us and loving us at the same time. That discipline is often followed by an I love you, baby. God has great things in store for you. It's moments like those that remind us of just how impactful and important moms are to each one of us. I want to encourage you to take time to show your mom the greatest respect and honor by doing those things that make her happy on Mother's Day.

For those of us whose mother is no longer with us, I encourage you to reflect on all the love and tender moments she carried you, prayed for you, and least I forget fed you. I believe Leviticus 19:3 states it in a manner that is easy to remember "Every one of you shall revere his mother and his father, and you shall keep my Sabbaths: I am the LORD your God." Again, have a blessed and

*Happy Mother's Day!*



**1 IN 5 PEOPLE**

EXPERIENCE A MENTAL HEALTH CONDITION  
Share your story and spread the word.

*You can make a difference!*

## Strength in the Struggle

**Ephesians 6:10-18**

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> ... <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

## 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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## RESURRECTION WEEKEND HIGHLIGHTS

Antioch commenced Easter weekend with a Good Friday service and an excellent sermon, "From the Cross" by Reverend Dennis Drake. On Saturday, the Children's Ministry had a wonderful turnout as they held their annual Easter Egg Hunt. Easter weekend concluded on Resurrection Sunday and God was glorified in the highest through worship, song, dance and a good word. Antioch's adult choir was joined by the youth choir and the dance ministry at both services and the 11 a.m. service saw the Praising Saints. As we celebrated and reflected on the resurrection, Reverend Gaines provided an inspiring message, "Running to Jesus" reminding the congregation of the importance in running to Jesus through our good times and bad times.



## *Fasting for Spiritual Breakthrough*

Antioch kicked off a 7-week Christian Education course on Fasting that began on April 16th. We will be doing a church-wide fast during the month of June and this course will help guide you through fasting and the importance of it. It is not too late to participate in this class which is held every Sunday from 9:20 a.m. - 10:30 a.m. both in-person and virtually. Last month, we introduced you to four of the nine reasons why fasting is important based on the book *Fasting for Spiritual Breakthrough*. Below are the remaining five reasons:

- ◆ The abundance of food has insulated North American believers from the realities of starvation and malnutrition in the two-thirds world.
- ◆ The media has so captured the national attention that even believers are operating according to principles completely alien to God's will for their lives.
- ◆ Even with the abundance of food and medical technology in North America, people are not necessarily healthier.
- ◆ A great many believers have become so entangled in economic and social pursuits that they need to be set free to establish their testimonies and to influence others for Christ.
- ◆ The growing influence of demonic forces, the waning influence of biblical Christianity in North America, and the fact that believers need protection from the evil one.

**Join us for this Christian education series on *Fasting for Spiritual Breakthrough* each Sunday through May 28, 2023 from 9:20am—10:30am in the Ministry Center Multi-Purpose room or online at [www.antioch-church.org](http://www.antioch-church.org).**





# Antioch Connection

## MEMBER RECOGNITION



**Congratulations!** Felicea Meyer-DeLoatch, MSW, LCSW on the grand opening of The Growth and Healing HUB. Felicea is the founder and CEO for the HUB. People from racial and ethnic minority groups are more likely to have experienced symptoms of mental illnesses or disorders during the COVID-19 pandemic. This is why a group of people, led by Meyer-DeLoatch, came together to address the need for culturally competent, accessible, community based behavioral health care on the Richmond Highway corridor. The work of the group resulted in the opening of The HUB, which provides affordable, inclusive behavioral health and wellness services to children and families in southern Fairfax County.

“As a retired school social worker in this region, I was very aware that there were students who needed help beyond the school walls, but there was little to no therapeutic services in the area. “Children, youth, and families need a comfortable, safe place, close to home where they can get the specific support they need. This is the mental health and wellness clinic for our community.” said Meyer-DeLoatch. “That is why we opened our doors – to give hope to our kids and their families.”

“Services at The HUB are delivered by trauma trained and culturally competent clinicians, using best practice interventions. The HUB will serve its mission to turn no child, youth, or family member away due to an inability to pay, delivering growth, healing, and wellness to all including a grossly underserved community,” said Meyer-DeLoatch.

The HUB will also provide internships, training, and supervision for master and doctoral level students studying in the mental health and psychiatric fields. “We will have a vibrant link to a future workforce by accepting students for internships and offering continued licensing supervision upon their internship completion,” said Meyer-DeLoatch. The HUB is open and serving our community. For more information or to find out how you can help, please visit their website at [www.gandh.org](http://www.gandh.org).

Felicea is a dedicated member of Antioch Baptist Church and a proud member of the Alpha Beta Alpha Omega Chapter of Alpha Kappa Alpha Sorority Incorporated.

## Eat Better Feel Better by Deloris Witcher

*God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food." — Genesis 1:29*



Food can affect your disposition. Serotonin a powerful chemical in the brain, can affect your mood and feelings of well-being. Eating foods rich in serotonin such as salmon, spinach, nuts, oats, and seeds, can naturally boost your mood. Conversely, eating processed and high trans-fat fast foods can deplete serotonin levels and leave you feeling a little blue. The growing amount of chemical-ridden processed foods depletes body nutrients. Depression and anxiety have been linked to nutritional deficiencies.

***If you want to feel better, eat better.***



May 1: Woman 2 Woman 7:00 pm  
 May 4: National Day of Prayer 7:00am  
 May 7: GenC Mental Health Day  
 May 14: Mother's Day  
 May 1- 28: Fasting for Spiritual Breakthrough,  
 Sundays 9:20am—10:30am

May 25: ABC Quarterly Business Meeting 7:00pm  
 May 28: Day of Pentecost  
 May 28: Sundae Sunday  
 May 28: Casual Dress Sunday (Wear green to support Mental Health Awareness)



# Antioch Connection

## For the Antioch Board of Trustees, "Trust" is Key in All We Do

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms". 1 Peter 4:10*

The 16-member Antioch Baptist Church Board of Trustees plays a vital role in the leadership of ABC. The Trustees aim to be a faithful Christian board dedicated to the responsible management and stewardship of the church's resources with an objective of supporting the achievement of the church's mission. Its values are to serve with integrity, transparency, accountability, collaboration, teamwork, and a steadfast work ethic. All board members strive for spiritual and Biblical growth.



L to R: Stephen Mial, Willie Horne, Shirley Norman-Taylor, Javier Clawson, Chair Ron Beasley, Vice Chair Derrick Savage, Annette Green, Hank Carpenter, and RC Gamble. Not pictured: Bobby Jackson, Rick Jenkins, Robert Moore, Reggie Ray, Bob Sinclair, Lonnie Williams, and Beverly Wilson.

Chaired by Brother Ron Beasley, the board "is balanced with wise men and women who are quick to learn and who are sensitive to the needs of our people as well as our property," he said. The board has a wide range of professional backgrounds including security, education, engineering, finance, government service, legal, logistics, information technology, management, military, and risk management.

The effectiveness of the Board of Trustees is unquestionably a critical stewardship function in the local church. Those selected to serve as Trustees have demonstrated that they are Christ focused, of high integrity, understand and support the church's vision, and exemplify spiritual gifts compatible with the activities of the Board of Trustees.

The Board of Trustees' activities include the development of policy and maintaining effective oversight over:

- Acquisition, care and maintenance of ABC facilities and grounds
- Legal matters, contracts, and environmental matters
- Facilities management procedures and custodial services
- Key control; Inventory Control; Physical security and Safety Procedures
- Collaboration with other designated church officials on church administration, financial operations, procurement procedures as well as strategic planning

Working closely with the Executive Pastor, the Trustees are providing oversight in the purchase and installation of the sanctuary's new HVAC system. Over the years, Trustees have accomplished important milestones including:

- Acquiring Antioch's first property, 3.6 acres which holds the Worship Center
- Spearheading the acquisition of 21.49 acres which holds the Antioch Ministry Center
- Acquiring two additional properties that abut the campus on Olm Drive
- Achieving successful financial audits each annual audited year through Fiscal Year 2021

The Trustees also serve in various other leadership roles. Board Vice Chair, Derrick Savage and Trustee Stephen Mial serve on the Pastor Selection Committee. Trustees Reggie Ray and Shirley Norman Taylor serve on the Bylaws Committee. Trustees Javier Clawson, Rick Jenkins, and Bob Sinclair serve on the Finance & Budget Committee. Chair Ron Beasley and Trustees RC Gamble and Beverly Wilson serve on the Provisional Leadership Committee.

New members are recommended by the Trustee Board. All candidates are presented to the Pastor for a response of acceptance or denial and are voted in by the church. To learn more about the Board of Trustees, visit the church website at [www.antioch-church.org](http://www.antioch-church.org).

The Antioch Board of Trustees is designated by the Commonwealth of Virginia and charged with providing fiduciary responsibility for the church's property, assets, and legal affairs as established by laws governing Fairfax County, the State of Virginia and the Antioch Baptist Church Bylaws.



# Antioch Connection

## The Modern Maturity Ministry is filled with Love, Wisdom, and Fun!

The Modern Maturity Ministry, formerly the Season of Life Ministry and Elderly Ministry, is guided by Antioch's purpose, "Loving God, Loving Others" and Psalm 46:10, "Be still and know that He is God." Members also live by the mantra, "You're as young as you feel."

The Season of Life Ministry was founded by beloved members, Deacon and Deaconess Howard and Margaret Boone, in 2000 to help members grow spiritually and encourage one another in fellowship while serving our Lord and Savior, Jesus Christ. It was created for members 65 and over but was later changed to the Modern Maturity Ministry, said Sister Jean Jones, who co-leads the ministry with her husband and best friend, Brother Jim Jones. "We changed the name so that anyone who wanted to join could join. We did not want there to be an age limit -- we believe we can all learn from each other. Age should not be a factor." "Our love for the elderly and people in general inspired us to lead this ministry. We love doing it and we have a lot of fun. This ministry is important because we don't consider ourselves old or elderly. We are full of old school wisdom, and we want to stay active as long as we can."



Between forty and fifty members participate in the ministry each month. Recently, we honored our 90+ year old members at one of our luncheons. Mobile Joy sang hymns, which really lifted their spirits, Reverend Yolanda Darden gave words of encouragement, and Keitha V, a well-known comedian and faithful servant of Antioch had everyone in stitches. The ministry sponsors many activities throughout the year, including:

- Phone calls to the sick and shut-in
- Transportation for elderly members to and from doctor's appointments, the DMV, to pick up medicines and groceries, and to attend monthly church meetings
- Community service projects such as collection of clothing, shoes, winter coats, baby items, and canned goods to ECHO, an all-volunteer, nonprofit that supports families that need help for short-term emergencies; members of MMM drive through the donation area at the church and drop off items to be delivered to ECHO
- Fun activities such as line dancing at the Mott Center and attending plays such as "Sista's" at the Hylton Performing Arts Center
- Connecting via Zoom with students leaving for college and remaining in touch with them
- Birthday cards to members of the ministry

The ministry has also invited Brother Wayne Jackson and Brother Tony Wilson from the Antioch Multi-Media Ministry to give lessons on using the computer for church services and other important meetings.

The only requirement to join the ministry is being a member of Antioch and practicing our purpose, "Loving God and Loving Others," Sister Jean said.

"The ministry meets once a month, on the 4<sup>th</sup> Wednesday at 12:30pm, to be finished by 2:30pm for our nap time," she said, with a smile. "We encourage our seniors to participate as long as they are able."

During the month of April, the ministry teamed up with Gen C on Zoom to hear their stories and to engage them in conversation, as to how we can walk hand in hand with them to support them in any way. For more information, contact Sister Jean at [jeanjones06@yahoo.com](mailto:jeanjones06@yahoo.com) or 703-303-0033 or Brother Jim at [ionesj@7041@yahoo.com](mailto:ionesj@7041@yahoo.com) or 703-639-7943.