



Antioch Connection



Words of Encouragement from Reverend G

Fatherhood: A Choice That Surpasses Even Superman

As we usher in June, the month designated to honor Father's Day, I am compelled to dedicate a few words of encouragement to express my deep appreciation, reverence, and awe for all fathers worldwide. I want you to know that my childhood was marked by the absence of a father figure, however my adoration for Superman was an attempt to fill that void. But I affirm today that I will always choose fatherhood over Superman. Wait, hold on, before you dismiss this message, fearing I might be casting a shadow over Superman's reputation, kindly lend me a few minutes of your time to clarify my statement.

While it's true that Superman possesses the ability to circle the globe, rescue individuals from a burning building, and battle formidable foes intent on world annihilation; there are certain deeds that even Superman couldn't accomplish for me like reading me bedtime stories, teaching me how to ride a bike, handling schoolyard bullies or coaching me for my first date or escorting my daughter down the wedding aisle.

As fathers we bear the unique superpower of communicating profound wisdom through minimal words, our actions speaking volumes. In this respect, even Superman pales in comparison. As a father, I want to reassure you that divine protection always shadows a father's path. It evokes in my mind the profound wisdom of Proverbs 14:26, "In the fear of the Lord one has strong confidence, and his children will have a refuge." Our children find comfort in the fact that they can always turn to us for refuge, particularly amidst the harsh, often cruel reality of the world we live in. This is why fatherhood is the best superhero that we can be for our daughters and sons. That being said, may your Father's Day celebration be filled with wonder, joy, remarkable blessings and a day on or off the BBQ grill.



30 DAYS OF Prayer & Fasting

Prayer Focus:

- ❖ The Selection of Our Senior Pastor
- ❖ The Protection of Our Youth and Young Adults
- ❖ The Well Being and Comfort of Our Sick and Those Unable to Leave their Homes
- ❖ The Ongoing Unity and Cohesion of Our Church Family



Spiritual Warfare

1 John 4:4

"You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world."

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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A Father's Role: Imparting Wisdom and Love

- ◆ "A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society." — Billy Graham
- ◆ "I cannot think of any need in childhood as strong as the need for a father's protection." — Sigmund Freud
- ◆ "A father is someone you look up to no matter how tall you grow." — Unknown

There are many noteworthy observations about fatherhood and even a popular song by Luther Vandross which includes moving lyrics about the memory of his father. But what does the Bible say about fatherhood? The book of Proverbs speaks to a father's responsibility.

Proverbs 1: 2-8 — 2 To know wisdom and instruction; to perceive the words of understanding 3 To receive the instruction of wisdom, justice, and judgment, and equity. 4 To give subtilty to the simple, to the young man knowledge and discretion. 5 A wise man will hear and will increase learning; and a man of understanding shall attain unto wise counsels: 6 To understand a proverb, and the interpretation; the words of the wise, and their dark sayings. 7 The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction. 8 My son, hear the instruction of thy father, and forsake not the law of thy mother.

The book of Proverbs also provides the foundation for what fathers should teach their children: to know wisdom and instruction, discern the sayings of understanding and receive instruction in wise behavior. Good fathers have the responsibility to teach their children what to do and to share why they must do it. But the most important job for fathers is to direct their children to the knowledge of God.

"Train up a child in the way he should go; even when he is old, he will not depart from it." — Proverbs 22:6

Happy Father's Day! Today and everyday, we honor you for your love, wisdom, judgment, and wise counsel.

PROSTATE CANCER AFFECTS 1 IN 8



MEN IN THE US

Man Up! By Delores Witcher

One of the greatest demonstrations of love a man can have for his family is taking care of himself. Statistics indicate that Black men often have the worst outcomes for treatable medical conditions like prostate cancer because they do not get screened early enough or refuse treatment because of side effects. At-risk men, with a family history of prostate cancer, should begin screening between ages 40-45, and men with average risk around age 50 unless otherwise recommended by the doctor. Prostate cancer is slow-growing and treatable

when caught early. Screening involves a blood test, Prostate Specific Antigen test (PSA), and a Digital Rectal Exam (DRE). Prostate cancer risks can be reduced by eating healthy, exercising, maintaining a healthy weight, and not smoking. Man Up! Talk to your doctor about getting screened for prostate cancer.

"He who gets wisdom loves his own soul." Proverbs 19:8a

On January 1, 1863, the Emancipation Proclamation, which promised freedom to the over 3.5 million African Americans enslaved in Confederate states went into effect but was not enforceable until June 18, 1865, when General Gordon Granger along with nearly 2,000 Union troops took control of the Confederate states. On June 19, 1865, Granger read "General Order #3"

which ended slavery in the area, but it would be another six months before the Thirteenth Amendment would be ratified on December 6, 1865 and end slavery throughout the entire country. On the anniversary of Granger's announcement, formerly enslaved African Americans in Texas celebrated "Jubilee Day" on June 19, 1866, to mark their free status. The day was also called "Freedom Day" and "Liberation Day" at times before "Juneteenth". In 2021, President Biden, signed legislation that made Juneteenth, June 19th, a federal holiday.





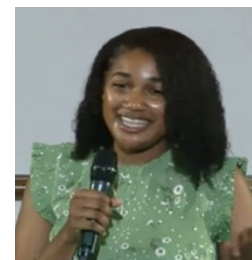
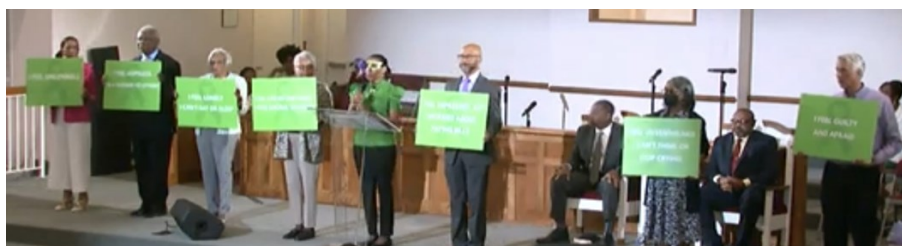
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MAY HIGHLIGHTS

Mother’s Day at Antioch was filled with gratitude for family and the recognition that there is great power in prayer. Sister Rochella Marable shared pearls of wisdom for women and families. She emphasized the impact of a Godly Mother’s influence on the world, sharing examples of what a Godly mother/woman looks like and stories of a mother’s sacrificial love. Sister Brenda Gaines reminded women that we are “Worthy of it All” and must stand firm in our identity in Christ. She highlighted the strengths and weakness of Eve’s character— tasting the forbidden fruit and losing sight of her purpose and identity. Women must understand the power we have in prayer and in Christ.



Mental Health Awareness - Gen C Ministry Members, Chase Beasley, Taylor McManus, and Olivia Pernell, shared their personal testimonies in an effort to highlight the need for mental health awareness. A brief presentation and the sermon called attention to concerns some might be experiencing and let us know that it’s ok not to be ok but more importantly it’s ok to seek help. If you need assistance: Call the CrisisLink hotline at **988** to speak with a trained crisis worker or reach out to The Growth and Healing Hub at 703.901.4015 or info@gandh.org



Sun and Shield; Grace and Glory by Brenda Moore

Everybody needs a healthy amount of sun exposure to produce vitamin D, which helps calcium absorption for stronger and healthier bones. It can also boost your mood, and help the brain regulate sleep. Too much exposure can be dangerous. Ultraviolet (UV) radiation can cause immediate effects like blistering sunburns and sun poisoning, or long-term problems like skin cancer, cataracts, and immune suppression. Over-exposure also causes wrinkling and aging of the skin.



When UV rays reach us, the skin makes more melanin causing darker pigment. Many ethnicities from sunny, hot motherlands naturally have higher levels of this polymer, which is the first defense against the sun; it absorbs the dangerous rays. But sunburn develops when the amount of UV damage exceeds melanin’s protection.

Beginning at age six months, we should apply a broad-spectrum (protecting against UVA and UVB rays), water resistant sunscreen or sunblock to all exposed skin. Sun Protection Factor (SPF) of at least 30 is recommended. Re-apply about every 2 hours, and after swimming or sweating. A wide brimmed hat and sunglasses help (even the kiddos). Seek shade; the sun’s rays are strongest between 10 a.m. and 4 p.m. Use extra caution near water, snow, and sand which reflect the damaging rays back at you.

Examine your entire skin regularly for moles, changes, growths, or bleeding; and see a healthcare provider. Skin cancer is treatable when caught early. Many medicines increase sun sensitivity, so read labels carefully.

For the Lord God is a sun and shield; The Lord gives grace and glory; no good thing does He withhold from those who walk uprightly. Psalm 84:11

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MEMBER RECOGNITION



Congratulations! **Wayne Jackson**, Director of Multimedia & Technology. Wayne started with Antioch part-time in 2005 as the Assistant Multimedia Tech, serving as the audio technician for choir rehearsals, assisting with Sunday services, ministry events and special services. He worked part-time for 8 years before joining the staff full-time in March 2013 as the Senior Media Tech. Recently promoted to Director, he is responsible for the delivery of efficient high-quality multimedia presentations to support worship services and church events. He is also responsible for the installation, management, and maintenance of the hardware and software components of the church's computers and networking system.

Wayne got his start in the workforce under the tutelage of the late great Deacon Larry Hester at Shortstop Baseball Card Shop in Springfield Mall at 18 years old and from there he went to work full-time as a government contractor handling graphics and computer systems/reporting for the Department of Justice before coming to Antioch. In 2015, Wayne married the love of his life, Ashleigh. They have three kids Xaria, Jasmine, and Arianna. Playing drums has been a major part of his life, from ages 16 to 30, he supported the various Antioch choirs. Please join us in congratulating Wayne on his well deserved promotion.

Congratulations! **Kiah DuShay Spinks**, a graduate of Morgan State University, Kiah worked as a paralegal/legal assistant in Washington D.C. before pursuing her juris doctorate from North Carolina Central University in Durham, NC. In 2013, after working several years with other law partners and acquiring spaces at other law offices, Kiah stepped out on faith and decided to open her own practice, Spinks Law PLLC.

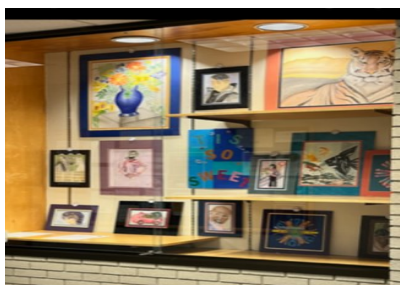
In April 2023, Kiah received a special judge appointment to hear juvenile domestic and mental health cases. This honorable judgeship allows Kiah to continue her practice and serve her community and her clients while presiding over this special docket within Prince William County.

June 2023 marks 10 years of her faithful journey to serving our community in the area of criminal defense, wills and trust, traffic, family, divorce cases, and being guardian ad litem, an advocate for children and youth. To God be the Glory!



Congratulations! **Angela Grey** has competed in several judged exhibitions and was offered her first solo art show, which exhibited in the Ryan Financial Building of Georgetown University. While working at Georgetown University, Angela assisted with the creation and architectural design for several university building marquees. She was also a featured artist and employee in the "Blue and Gray" university newspaper. She is a graduate of Duke Ellington School of the Performing Arts and Northern Virginia Community College in Graphic Design.

Angela's latest exhibit was on display at the Kings Park Library on Burke Road through May 31st. A few of her



pieces are highlighted on the left. She continues to exhibit and enjoys expressing her appreciation of this world through art. She works as a project base designer for private clients and is now featured on ETSY with her creative shirt designs at <https://www.etsy.com/shop/HosanaDesignsLLC>

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Congratulations Antioch Class of 2023



First Row: Kennedy Bumbrey, Margeaux Grey, William Link, Enan Baskerville, Emmanuel Baskerville, Alicia June, Jatara Mainer, Kaitlyn Purvis, Jaiden Cranford, Maya Davis **Second Row:** Chelsea Campbell, David King, Dyson Allen, Galen June, Trevor Savage, Kavelle Fisher

The **John Q. Gibbs Scholarship Fund** has been a beacon of hope granting **over \$300,000** in scholarships to Antioch’s graduating high school seniors. A recognition and awards ceremony is held each year as a testament to our commitment to nurturing and supporting the youth within our congregation. Through the benevolence of others, Antioch is also able to extend additional scholarships and awards to our deserving graduates. These scholarships acknowledge academic excellence, perseverance, commitment to service, and active participation in both church and community activities.

GIVING BACK—The Divine 9 and Others (*bold = awards provided on behalf of or scholarships donated by*)

Alpha Phi Alpha, Alpha Kappa Alpha, Kappa Alpha Psi, Delta Sigma Theta, Omega Psi Phi, Zeta Phi Beta, Phi Beta Sigma, Sigma Gamma Rho, and Iota Phi Theta - affectionately known as the “Divine Nine”, these Black Greek Letter organizations make up what is known as the National Pan-Hellenic Council.

With a focus on bettering their communities and serving others, these organizations are known for their own unique colors, strolls, and steps; it is safe to say they are all dedicated to academic achievement and committed to community service while forming strong brotherhoods and sisterhoods. Many members of Antioch are part of the Divine Nine and make it a part of their service to give back to young people, especially graduating high school seniors, by providing scholarships and awards.

Over the years, Antioch has also been blessed to have scholarships and awards provided for or established by members who are passionate about making a difference in the lives of our youth and giving back. These include scholarships and awards in honor of **Curtis B. Taylor Sr., Deacon Lawrence D. Hester, Deborah Kenny,** and provided by the **Mark and Brenda Moore Foundation, Deacon/Deaconess James and Joyce Green, and Deacon/Deaconess Desi and Marilyn Crouther.** These contributions total **more than \$350,000.** If you are interested in supporting our youth through awards, scholarships, tutoring or other academic support, contact Reverend Dr. Melvin Jones. Please join us in congratulating the Antioch’s Class of 2023.



Antioch Bible Institute (ABI)
Graduation Ceremony
June 10, 2023 3:00 p.m.

2023 Graduates: Elaine B. Chandler, Pamela D. Coleman, Nathaniel Green, Joyce W. Harris, Derrick R. Savage, and Kenya Amira Savage

Save the Dates:

- June 1– 30: 30 Days of Prayer and Fasting
- June 10: ABI Graduation Ceremony 3:00pm
- June 17: ABC Singles host Walk, Talk, & Pray 10:00am
Occoquan Regional Park
- June 19: Juneteenth Holiday
- June 19-22: Vacation Bible School 6:00 - 8:00pm

- June 22-24: Men’s Forum Retreat
Whitestone, VA
- June 25: Casual Dress Sunday
- June 26: **ABC Virtual Town Hall 7:00pm**
Pastor Selection Process

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Men's Ministry: A Place to Fellowship

The Antioch Baptist Church Men's Ministry was founded in 2006 with a goal to unite the Men of Antioch in their journey to become fully devoted followers of Christ. Guided by Proverbs 27:17, "As iron sharpens iron, so one person sharpens another". Deacon Cedric Mann, Antioch's Men's Ministry Leader, said, "Men need a place to fellowship among other Godly men, build trusting relationships, and grow in spiritual values — the Antioch Men's Forum provides that outlet. Men need a place where they can talk openly; an environment where they can grow together and learn about God".



The Men's Ministry meets every fourth Saturday of the month, except in July and August. Each month, men can look forward to discussing various topics that are designed to uplift and sharpen them to be strong leaders in their homes and the church. Deacon Mann recalls, "service and the opportunity to spend quality time with Godly Men" as being the primary reason for joining the Men's Ministry. "Men should consider joining to be a part of a community where they can communicate and grow spiritually with other Godly men, and build relationships among God-Fearing men", he states.

This summer the Men's Ministry is looking forward to a 3-day retreat from June 22nd - 24th in White Stone, Virginia, where they will spend time fellowshiping,

golfing, and fishing, all while partaking in a spiritual program focusing on "Godly Men and The Joy of Fearing God." The ministry is open to members and non-members of Antioch who are eighteen or older. For more information on the Men's Ministry or to join, please contact Deacon Cedric Mann, Men's Ministry Leader at clmtlmann@gmail.com or Co-Lead, Deacon Terry Lee at Lee Family Mail@yahoo.com.

Antioch's Library Ministry Relaunches



The Antioch Library Ministry's mission is to encourage reading by providing Godly materials for our church family to grow and experience God's word. The summer reading program is designed to provide students at least one new book during their participation. The Antioch Library Ministry relaunched its Summer Reading Program on May 28, 2023 after being inactive since 2020 due to COVID. Students can sign up in the church foyer to participate in this year's summer reading program. The ministry will also partner with Vacation Bible School to host one of the classes this summer.

Below is the list of books by age group for this year's Summer Reading Program:

- Pre-K to Kindergarten: "A prayer for our Country" by Barry Black
- 1st - 2nd Grade: "The God Contest" by Carl Laferton and Catalina Echeverri
- 3rd - 5th Grade: "A Kid's Guide to the Armor of God" by Tony Evans
- 6th - 8th Grade: "The Songs of a Warrior: Saul and David - a retelling" by Katy Morgan
- 9th - 12th Grade: "The Blessing Effect: A Single Act of Kindness can rewrite the Future" by Robert K. Pozil

Deaconess Kimber Garland-Holmes leads the Antioch Library Ministry. She is an avid reader and strives to share her enjoyment of books with the Antioch family. Please contact Deaconess Holmes at kimberg703@yahoo.com if you are interested serving in the Library Ministry.