

Health & Wellness Corner

Tipping the Scales

Have you ever wondered why your weight fluctuates? There may be several reasons this happens. Your diet could be the obvious cause. Eating more calories than we burn off could be why our weight goes up. To lose one pound, you'd likely have to burn off 500 more calories than you eat every day for a whole week. How we weigh ourselves matters also. The bathroom scale should be on a hard, even surface. Stand with weight even on both feet. Wear consistent clothing, if any. Scales differ; digital ones tend to be more accurate (zero it before you step on). Morning is usually the best time for a genuine reading (well rested and fasted). As much as 6% to 10% of body weight can be lost in a single workout for those who train regularly (mostly by sweating). "Average" folks might see a loss of a pound or two. Illness (cancer, diabetes, heart disease, even the common cold) can cause unexpected change. It is important to talk with a health care provider when we see unexpected/unplanned significant differences.

Prescription and over-the-counter medications can cause quick and dramatic weight gain or loss. It is wise to speak with the doctor about side effects. About 55% to 75% of the body is water. Did you know that a quart weighs about 2 pounds? Don't give up on drinking H2O though. It is definitely better than high-calorie, sugary beverages. You can always walk it off. On the other hand, not drinking enough water to replace what we lose through the day, could cause us to drop too much weight (along with headaches, dry skin, and confusion). There are other determinants of "density alterations" -- such as coffee or salt intake, aging, poor sleep habits, and mental wellness. Weighing ourselves regularly can help us stay in tune with our health.

~Proverbs 16:11; Job 31:6~

The information contained in the Health and Wellness Corner is for information purposes only. Always consult your medical professional.

Resources

Suggested Reading: *Becoming a Welcoming Church* by Thom S. Rainer.

Spiritual Gifts Survey: Do you know what your spiritual gift is? You may visit www.antioch-church.org to discover your spiritual gift.

Crisis Text: Need to talk? PRS CrisisText connect can help, just text the word "CONNECT" to the number 855-11 or call the CrisisLink hotline at (703) 527-4077 to speak with a trained crisis worker.

National Suicide Prevention Lifeline - 1-800-273-TALK (8255).

Bereavements

Trustee Joyce Best and
Deaconess Shirley McKenzie
Passing of their mother

Brother Carlton Harris
Passing of his brother

Sis. Andrea Newsome
Passing of her sister

Today's Sermon

Rev. Dr. Marshal L. Ausberry, Sr.

Topic: _____

Text: _____

Have a question about today's sermon? E-mail your questions to Bible@antioch-church.org.

Worship Center
6531 Little Ox Road
Fairfax Station, VA 22039
(571) 732-4357

**Administrative Office &
Ministry Center**
6525B Little Ox Road
Fairfax Station, VA 22039
(703) 425-0710 (office)
(703) 764-9172 (fax)
www.antioch-church.org

Download Antioch's official Church App!
Available for all Apple & Android devices.
Search for "Antioch FFX" in iTunes or
Google Play. Get yours TODAY!

Wi-Fi Access
Network Name: ABCHOTSPOT
Password: abchotspot

Tweet with the Pastor:
[www.twitter.com/mausberry](https://twitter.com/mausberry)

Antioch Video Release Policy

All Antioch Baptist Church events are subject to recording by still picture as well as video/audio means. By attending Antioch events you consent to the capturing and reproduction of your image and voice and the respectful reproduction of your likeness by Antioch Baptist Church in whatever form of medium the Church deems appropriate. This material is likely to be viewed by the public and under no circumstances will your likeness be used in connection with commercial endorsements of any kind.

On Campus Solicitation Policy

Church members are encouraged to participate in political and governmental affairs, including involvement in the political party of their choice. Church facilities may not be used for political purposes to include: distributing materials that endorse a particular candidate or political party. Additionally, any solicitations, must be submitted, in advance, to the Executive Pastor for approval.

Antioch Baptist Church



Our purpose

Loving God, Loving Others, as we...

*Gather to Worship,
Study the Word,
Commit to Work, and
Reach the World for Jesus Christ.*

Holy Communion
2nd Sunday - All Services

Rev. Dr. Marshal L. Ausberry, Sr., Pastor

Trustee of the Week
Bro. Ron Beasley
(571) 236-4639

February 3, 2019
8:00 a.m., 9:30 a.m., & 11:30 a.m.

Order of Worship

Antioch's worship services are available via live streaming. Visit www.antioch-church.org and click on the "Live Stream" button.

<p>8:00 a.m. A Time to Connect Call to Worship Congregational Hymn Welcome Pastoral Reflections Worship through Giving Offertory Prayer/Doxology Hymn of Preparation Sermon Invitation Benediction</p>	<p>9:30 a.m. & 11:30 a.m. A Time to Connect Call to Worship Congregational Hymn Praise and Worship Welcome Pastoral Reflections Worship through Giving Offertory Prayer/Doxology Hymn of Preparation Sermon Invitation Benediction</p>
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Announcements

Friends and Family Football Fellowship

Antioch will host its "Friends and Family Football Fellowship" on TODAY at 5:30 p.m. in the Multipurpose Room. All are welcome! Wear your favorite jersey and bring your favorite snack food to share.

Wall of Remembrance Observance & Reception

In observance of our members who have gone Home to be with the Lord in 2018, their names will be added to the Wall of Remembrance on Sunday, February 10 at 1:30 p.m. in the Ministry Center. Light refreshments will be provided in the Multipurpose Room immediately following.

Morgan State University Choir

Please join us as we continue our 30th Anniversary Celebration with a concert given by Morgan State University Choir on Saturday, February 16 at 6:00 p.m. in the Worship Center.

Giving Options

- On our church website, www.antioch-church.org/giving click the link for e-Giving.
- Through Mobile Text, Text to (571) 200-2017 with the dollar amount you want to give. *If this is your first time using our text giving, follow the link to fill out a short form with your billing information.*
- Through the Church's App Antioch FFX; Visit www.antioch-church.org/antiochapp, choose your platform and download. After download open the app and choose give.

If you have any questions, please contact us at (571) 732-4256 or techsupport@antioch-church.org.

Announcements

Save The Date

World Vision 6k Run/Walk

This year's 6k Run/Walk will be held Saturday, April 27 at 8:00 a.m.. The location this year will be Burke Lake Park, in Fairfax Station.

Read through the Bible in 2019

Week 4	Week 5
◇ Genesis 41-42; Mark 16	◇ ☑ Exodus 1-3; Gal 5
◇ Gen 43-44; Psalm 24; Gal 1	◇ ☑ Exodus 4-6; Gal 6
◇ Gen 45-46; Psalm 108; Gal 2	◇ ☑ Exodus 7-9; Psalm 105; Eph 1
◇ Gen 47-48; Psalm 25; Gal 3	◇ ☑ Exodus 10-12; Eph 2
◇ Gen 49-50; Gal 4	◇ ☑ Exodus 13-15; Psalm 114; Eph 3

Inclement Weather Information

For inclement weather information, tune-in to: WTOP 103.5 FM or www.WTOPnews.com, WJLA-ABC channel 7 or www.wjla.com, News Channel 8 or www.news8.net, WUSA channel 9 or www.wusa9.com.

Notice

When entering and exiting the Sanctuary's parking lot please follow the directional arrows that are marked for your safety as well as others. The posted speed limit on Little Ox Road is 25 MPH. Watch your speed and WATCH OUT FOR THE DEER!

Prayer Focus

Please pray for those affected by the partial government shutdown. Pray for our lawmakers to make wise decisions.

Sunday School - The Gospel Project®

**Except 3rd Sundays (Total Church Worship)*

The Gospel Project® takes participants on a chronological, Christ-centered journey through the storyline of Scripture. Each week, participants will encounter God's plan of redemption in Scripture. The Gospel Project Bible Study is held at 9:30 a.m. & 11:30 a.m. at the Ministry Center.

- *3 years to 6th Grade at 9:30 a.m. (rooms 201-205A & B)
- *7th-12th Grades Encounter Youth Worship Service at 9:30 a.m. (Multipurpose Room)
- *Adults at 9:30 a.m. (rooms 400 & 401)
- *Adults at 11:30 a.m. (rooms 400 & 411)

Recurring Ministries & Bible Studies

Sunday

- ♦ **Awana Bible Club** meets Sundays 4:00-6:00 p.m. (Multipurpose Room)
- ♦ **Baptism Class** meets 4th Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ♦ **Cancer Exchange Ministry** will resume on February 17, 2019
- ♦ **Divorce Care** will resume February 24, 2019
- ♦ **Elderly Care Ministry Bible Study - Fair Oaks** meets on the 1st Sundays at 10:00 a.m. (Sunrise Senior Living - Fair Oaks)
- ♦ **Elderly Care Ministry Worship Services - Fair Oaks** meets on the 3rd Sundays at 10:00 a.m. (Sunrise Senior Living - Fair Oaks)
- ♦ **Elderly Care Ministry Worship Service - Burke** meets on the 1st Sundays at 2:30 p.m. (Burke Health & Rehab Center)
- ♦ **Grief Share** will resume on February 24, 2019
- ♦ **Married Couples Sunday School** meets at 11:30 a.m. (room 401)
- ♦ **New Member Orientation (held on 1st & 2nd Sundays)** meets at 9:30 a.m. (rooms 403 & 405) *Pre-Registration Required*
- ♦ **The Beginning Bible Study** is on break until further notice

Monday

- ♦ **Antioch Bible Institute** meets Mondays at 6:30 p.m. (room 205 A & B) (registration is required)

Tuesday

- ♦ **Academic Tutoring** meets at 7:00 p.m. (rooms 205-A & B)
- ♦ **Modern Maturity Ministry** meets 2nd Tuesdays at 12:00 p.m. (Multipurpose Room)
- ♦ **Homeless Ministry** serves on the 4th Tuesdays at 4:00 p.m. (Fairfax Presbyterian Church, 10723 Main Street, Fairfax, VA)

Wednesday

- ♦ **Pastor's Bible Study** meets at 7:00 p.m. (Multipurpose Room)

Thursday

- ♦ **Sonrise Bible Study** meets at 6:00 a.m. (Room 400)

Friday

- ♦ **Friday A.M. Bible Study** meets on Fridays 9:30 a.m. (room 205 A & B)
- ♦ **Friday Fun Night** meet on 3rd Fridays at 6:30 p.m. (room 203)
- ♦ **Marriage Ministry** meets on 3rd Fridays at 6:30 p.m. (Multipurpose room)

Saturday

- ♦ **Dance Ministry Rehearsals** - 2nd & 3rd Saturdays (room 409)
 - *12 noon - 1:30 p.m. Wee Worshipers (ages 6-8)/Joyful Praise (8-10)
 - *10:00 a.m. - 11:45 p.m. New Life I & II (ages 9-18)
- ♦ **Elderly Care Ministry** meets on the 3rd Saturdays at 10:00 a.m. (room 411)
- ♦ **Men's Forum** meets 4th Saturdays at 8:00 a.m. in Multipurpose room)
- ♦ **Military Ministry** meets monthly on 2nd Saturdays at 10:00 a.m. (room 205 A&B)
- ♦ **We Care Ministry (HIV/AIDS Ministry)** meets on the 2nd Saturdays at 9:00 a.m. (room 406)
- ♦ **Women's Ministry Bible Study & Teen Talk (ages 13-18)** meets on 1st Saturdays at 9:30 a.m. in the multipurpose Room.