



Antioch Connection

TAYLORED TALK a message for His people

Moving Forward Together in Unity, Healing, and Hope: Handling Confrontation with Care

Hey Antioch Family,

As we continue moving forward together in unity, healing, and hope, I've been thinking a lot about how we handle challenges, especially when it comes to confrontation. It's never easy, but James gives us some great advice on how to navigate tough situations with grace. He reminds us that real wisdom is peace-loving, gentle, willing to yield, full of mercy (James 3:17). That sounds like the kind of wisdom that can help us grow stronger together, even when we don't see eye to eye.

I believe our **C.A.R.E.S.** values can really guide us through these moments. Here's how we can put them into practice:

- **Charity:** Charity isn't just about giving—it's about leading with love. In difficult conversations, let's show each other grace and understanding, even when things feel tense. It's amazing what love can do to diffuse a situation.
- **Adapts:** Change is constant, and we must be flexible. James tells us to be quick to listen and slow to speak (James 1:19), which is a great reminder to stay open and humble. When we adapt our approach, we allow room for growth and better understanding.
- **Relationally Warm:** At the heart of it all, we're a family, and we want our interactions to feel like that. Let's keep things warm, even when conversations are hard. A little kindness and patience go a long way in keeping our relationships strong.
- **Evangelism:** Everything we do, including how we resolve conflicts, speaks to others about who we are and what we believe. Our actions are a witness to the world, so let's be mindful of how we treat one another, even when we disagree.
- **Service:** Lastly, when things get tough, let's look for ways to serve each other. Putting someone else's needs ahead of our own can shift the dynamic and bring about healing in unexpected ways.

Antioch, as we continue "Shifting for Greater," I'm excited about how far we've come and for where we're headed. Let's not be afraid to have those tough conversations, as Paul did with John Mark, but let's approach them with love, flexibility, kindness, and a heart for service. We're all in this together, and I know that with God's wisdom, we can come out stronger on the other side.

I love you and there is nothing you can do about it!

Pastor T



2024 "Shift...Greater Is Coming!"

"But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial, and sincere."

James 3:17 NIV

Inside this edition:

- ◆ Breast Cancer Awareness Month
- ◆ Mobile Mammogram: Serving Our Members and Our Community
- ◆ September Highlights
- ◆ Member Recognition
- ◆ Gratitude is an Attitude
- ◆ Youth and Young Adult News
- ◆ SonRise Bible Study
- ◆ JEM In Action/Souls to the Polls
- ◆ Antioch: Safe and Secure
- ◆ Save The Dates



Join Us For

Tuesday Morning Prayer

7—7:30 AM Dial (945) 218-0090, access code 1846260

Family Bible Study: Wednesdays

at 12 Noon In-Person Only; 7 PM In-Person and Virtual with dinner and homework stations from 5:30—6:30 PM

SonRise Bible Study, Thursdays 6 AM

Friday Morning Bible Study, 9:30—11 AM

Handling Confrontation



Antioch Connection



OCTOBER IS BREAST CANCER AWARENESS MONTH

Every one of us has been touched by breast cancer, whether we know it or not. Perhaps someone in your circle—a friend, colleague, loved one, or maybe even *you* yourself— has received a breast cancer diagnosis. In 2024, an estimated 310,270 new cases of invasive breast cancer will be diagnosed in women in the United States, according to the National Breast Cancer Foundation, Inc. One in eight women will develop breast cancer in her lifetime, and an estimated 2,800 men will be diagnosed with the disease. Black women are particularly at risk. Our cancer death rates are 40% higher than white women.

But there is hope: According to the Foundation, there are over four million breast cancer survivors in the country. Advancements in early detection methods and support continue to increase the chances of survival. When the disease is caught in its earliest, localized stages, the five-year relative survival rate of breast cancer is 99%. For believers, there is hope in Jesus Christ. *"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."* 3 John 1:2 ESV

Knowing the facts around breast cancer can help you prioritize your breast health or support a loved one on their breast health journey. Here are some tips that may help reduce the risk of breast cancer:

- **Maintain a healthy weight.** Weight gain as an adult, or being overweight, is linked to an increased risk of breast cancer after menopause.
- **Be physically active.** Moderate to vigorous physical activity is linked to a lower risk of breast cancer.
- **Eat healthy.** Eat brightly colored or strongly flavored fruits and vegetables, and limit red and processed meats, sugary drinks, and processed foods.
- **Limit alcohol.** Alcohol increases the risk of breast cancer, so it's best to drink little or no alcohol.
- **Avoid smoking.** Smoking is linked to an increased risk of breast cancer, and quitting can help reduce that risk.
- **Get regular mammograms.** Women with an average risk of breast cancer should start getting annual mammograms at age 40.
- **Breastfeed.** Breastfeeding for at least one year is associated with a decreased risk of breast cancer.
- **Know your body.** Check yourself regularly for changes in your breasts including lumps, nipple pain, discharge, or changes in size or shape.
- **Manage stress.** Reducing stress levels can benefit overall health, and practices like deep breathing and meditation can help.

For more information, visit the National Breast Cancer Foundation, Inc. at nationalbreastcancer.org

Early Screening and Diagnosis is One of the Paths to a Better Prognosis by Leonard and Renee Toyer

Generally, October is observed as Breast cancer awareness month. However, this year at Antioch, we are encouraging members to pursue early prevention and screening measures for all types of cancer. According to the American Cancer Society (ACS), cancer is the second leading cause of death in the United States, second to heart disease. The ACS has published prevention guidelines for diet and physical activity. Your healthcare provider can schedule you for screenings and counsel you on prevention strategies. Early screening can often identify cancer in its earliest stages and facilitate better treatment outcomes. Neglecting to pursue annual screenings can limit or change your treatment options. The ACS states that a lifestyle that includes healthy eating habits and exercise may help to prevent cancer. Approximately 18% of all cancers diagnosed in the US are related to excess weight, physical inactivity, excess alcohol consumption, and/or poor nutritional habits. For more information on screening guidelines go to: <https://cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html> and to read the full article Diet and Physical Activity go to: <https://acsjournals.onlinelibrary.wiley.com/doi/full/10.3322/caac.21591>



WORTHY REMINDER

WORTHY REMINDER



Antioch Connection



SENTARA MOBILE MAMMOGRAPHY EVENT AT ANTIOCH OCTOBER 30, 2024 from 9:30AM—1:30PM



Schedule your appointment for the Sentara Digital Mobile Mammography event by calling:

703-523-1560 or visit **sentara.com/MobileMammo**

If you have questions about mobile mammography, call **Tracie Mayhew**, the Sentara Mobile Mammography Coordinator, at **703-523-1997**.

Where:

Antioch Baptist Church
6525-B Little Ox Road
Fairfax Station, VA 22039

Sentara's Mobile Digital Mammography is open to all women 40 years old and older with no physician's order. If you are under 40, you must have a physician's order.



Sentara®



Potomac Health
Foundation

Scan the QR Code for more details.



Minister Kevin Tann Answers the Call to Ministry

On Sunday, September 8th, Minister Kevin Tann delivered his first, official sermon titled, "Who Is Your Shepherd?" from Psalm 23:1-6 ESV. In his thought-provoking message, he shared that King David used twenty-eight personal pronouns when he pinned Psalm 23:1-6, making this scripture very personal. King David boldly proclaimed that the Lord is his shepherd. His writings indicate that he clearly understood God's provisions. Minister Tann suggested that the world would have us to believe that we are the masters of our own fates and the captains of our own souls, but that line of thinking leads us to a life filled with sin (wants). Sin makes us restless, leads us beside troubled waters and down paths of unrighteousness. In sin, ultimately, we will dwell in the house of the lost - forever. Supported by his loving family, friends, clergy and ABC leadership, Minister Tann received his Certificate of Licensing to preach the Gospel from our Senior Pastor, Rev. Dr. Kevin B. Taylor.



In 2004, Minister Tann fully surrendered his life to Christ. Since that time, his dedication to studying God's Word has continued to grow. The foundational scripture which guides his life is Matthew 6:33, "*But seek first the kingdom of God and his righteousness, and all these things will be added unto to you.*" Since joining Antioch in 2015, Minister Tann has faithfully and diligently served in the Ushers Ministry, Men's Ministry, Golf Ministry, Justice Empowerment Ministry, Feed the Homeless Ministry, and as a Deacon.

Minister Tann leads a team of Legislative Affairs professionals within the Federal Government and manages congressional matters with the United States Congress. He served for 22 years in the U.S. military in the Intelligence field and was also a UH-60 Blackhawk Helicopter Pilot. He flew several combat operations in Iraq.

Minister Tann holds a Master of Professional Studies in Legislative Affairs from The George Washington University, Washington, D.C., a Master of Public Administration and Bachelor of Science in Criminal Justice from Florida International University, Miami, Florida. He is a 2019 graduate of the Antioch Bible Institute. He is currently pursuing his Master of Divinity at the Samuel Dewitt Proctor School of Theology at Virginia Union University, Richmond, Virginia. Minister Tann is married to the lovely Deacon Joi Tann. They have a gifted, classically trained and talented son, Kevin-Joseph who played a special tribute of *Amazing Grace* for his father during the ceremony.



Antioch Connection



SEPTEMBER HIGHLIGHTS

Pastor Taylor held true to his passion for dynamically preaching and teaching the Word of God. **National Back to Church Sunday** filled the worship center with friends and family. Nearly 150 members kicked off Sunday School and the new C.A.R.E.S. small groups. **Grandparents Sunday** was joyfully competitive as grandparents beamed with pride. Grandparents with the most grandkids present won a prize. Our Assimilation and Connection team was busy with **New Member Orientation (19)**, **Baptisms (3)**, and **Right Hand of Fellowship (14)**.



Married Couples Sunday: Couples with the best matching outfits won a prize. Edwin and Lorrie Smith won with empty nesters t-shirts (8AM). Michael and Ivy Benton won with his and her Parking Ministry uniforms (10:30AM).

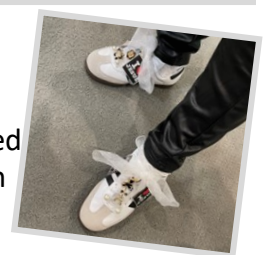


Baptisms:

Kevin Tann III, Lateisha Harris and her son, Darien Harris, professed their faith and were baptized on Sept. 22nd.



Singles Sunday: Ministry Leader Shae Price and Pastor Taylor had the difficult task of judging the Singles Gym Shoes Contest. Crafted with charms, scriptures, a modern flare and more — our singles showed up and showed out!



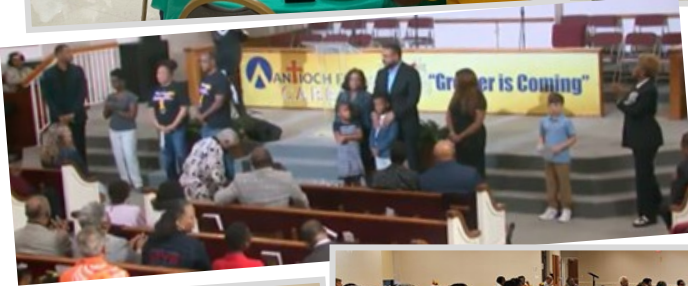


Antioch Connection



SEPTEMBER HIGHLIGHTS

Family Fun Night was a blast! September was Family Connections month. Nick & Nate did an awesome job organizing food, fun and fellowship with activities for the whole family— board games, Connect Four, chess, Uno, spades, a Game Truck, and much more.



We extended the **RHO** to 14 new members. Our Assimilation and Connection Team (ACT) made visitors feel right at home.



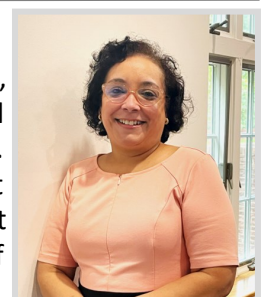
Community Book Discussion: Members and guests gathered to discuss Sheila Johnson's memoir, **Walk Through Fire**. ABC and guest facilitators from Groveton Baptist Church, Immanuel Bible Church, Nativity Catholic Church, and Alfred Street Baptist Church.



Families Serving Together: welcoming our guests, ushering, etc.

A Warm Welcome to Minister Dee Jones!

We're excited to introduce Minister DeMarcasa Jones, affectionately known as Minister Dee, to the Antioch family. Minister Dee will serve as an intern for the next eight weeks and will collaborate with our Executive Pastor, Rev. Dr. Melvin Jones, on the C.A.R.E.S. Bible Studies. She is currently a Field Education student at the Samuel Dewitt Proctor School of Theology at Virginia Union University. Dee's spiritual journey began in 2007 as a licensed minister at Bethel AME Church in Woodbridge, VA. Her ministry has continued to flourish as a member of Alfred Street Baptist Church under the leadership of Rev. Dr. Howard-John Wesley since 2022.



Minister Dee holds a Bachelor of Science in Business Management and a Master of Science in Industrial and Organizational Psychology; both from National-Louis University in Chicago, IL. Minister Dee's favorite scripture, Romans 8:28 ESV, resonates deeply: "And we know that for those who love God, all things work together for good, for those who are called according to his purpose." This powerful verse encapsulates her belief that God can transform our lives for His glory, using our experiences—both the triumphs and the trials—to mold us into vessels for His work. Dee's goal is clear: to help us build the kingdom for the glory of the Lord. She brings a wealth of experience and enthusiasm to our congregation. She enjoys watching Netflix documentaries on Ancient Egypt and Ancient Israel and cooking with her teenage daughter Gabriella. We warmly welcome Dee and look forward to the incredible ways she will enrich our community!



Antioch Connection



MEMBER RECOGNITION

Congratulations Margeaux Grey! Antioch celebrates our very own, Margeaux Grey, for her journey to becoming a 2024 National American Miss (NAM) pageant contestant. When Margeaux was nominated to participate in the pageant, she was unfamiliar with the event. She proceeded to do some research and decided to enter the contest. There were several reasons the contest appealed to her. The most important ones were poise, grace, and skills that contestants learned to help shape their demeanor and sharpen their confidence in preparation for exiting school and integrating into the working society. Though she did not win, Margeaux gives thanks to our Savior for making the opportunity possible and appreciates her mom, Angela Grey, and dad, Lyndon Grey, for their support. Margeaux's scripture of thanksgiving for what she terms an unforgettable experience is James 1:17a KJV which states, "Every good gift and perfect gift is from above...". Margeaux is a sophomore at the University of Mary Washington majoring in Elementary Education. Way to Go Margeaux!



Gratitude is an Attitude! *By Deloris Witcher*

"In everything give thanks; for this is the will of God." 1 Thessalonians 5:18a NKJV

Antioch family, get ready for something special this November! We are kicking off a **Gratitude Challenge** using the Build Your Faith App™. Each day, we will share something to be grateful for through the app. This simple yet powerful practice is good for the soul; it's scientifically proven to reduce stress and anxiety.



Regular reflection on gratitude will also help us recognize and appreciate God's blessings, deepen our faith journey, and trust in His plans for our lives.

At the end of the challenge, the person with the most entries will win a prize! Interested in joining? Sign up at:

<https://forms.gle/fW9yiQDXhkUGagej9>

Note: The deadline to sign up is October 20th. The challenge will start on Sunday, November 3rd, and end on Sunday, November 24th.



CALLING ALL CHILDREN AND YOUTH!

**CHILDREN'S
CHURCH**

On Sunday, October 20th at 10:30 a.m., all children and youth are welcome to join us for our new, fun, and dynamic Children's Church. Children's Church is essential for both children (ages 5-11) and youth (12-18) at our church. Children's Church is replacing the Encounter worship service. "The amazing thing is that Children's Church builds fellowship and allows our children to get to know God in an age-appropriate setting. It also provides the training ground for equipping our youth (ages 12-18) to serve alongside certified adults," said Rev. Daniel Simpkins, Associate Pastor for Youth and Young Adults.

Children's Church will meet each month on the third Sunday in the Ministry Center Multipurpose Room. Youth, young adult, and adult volunteers are needed to assist our teachers and leaders. All volunteers must be members of Antioch for at least six months and must be certified through Antioch's Youth and Child Protection training by Safe Gatherings. To sign up for training, visit the Antioch website. Come learn more about Christ, grow, and deepen your relationship with our Lord and Savior.

For more information, contact Rev. Simpkins at dsimpkins@antioch-church.org or Sister Tiffany Horne at tiffanymhorne@gmail.com.

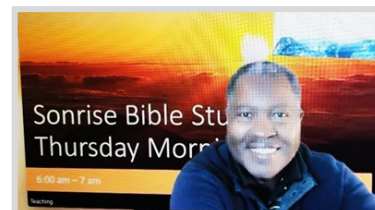


Antioch Connection



Rise and Shine with the SonRise Thursday Morning Bible Study

Hectic lifestyles sometimes make it challenging to join Bible Studies scheduled later in the day. SonRise Bible Study allows early risers and those with busy schedules to begin their day diving into God's Word before heading off to work, school, or beginning any other daily activities. Deacon Eric High, lead servant for the Bible Study states, "As an early riser myself, the ministry fit my schedule perfectly. It allows for a great start to the day before getting too busy or involved with other tasks." SonRise Bible Study members take the time to experience and explore God's Word as a group while having meaningful conversations and discussions.



Deacon Eric High



The SonRise Bible Study has been at Antioch for many years. The late Rev. Lou Phillips and Brother Rick Butler started and led the first one. Deacons Harvey Simpkins and Terry Lee also previously led the Bible Study.

SonRise Bible Study is open to all who wish to learn more about God's Word. The class meets every Thursday morning at 6 a.m. via Zoom. For more information, contact Deacon Eric High at 202-656-9431 or highericusa@gmail.com.

ANTIOCH JUSTICE EMPOWERMENT MINISTRY(JEM) IN ACTION

With election day quickly approaching, Antioch has been busy encouraging members and friends to exercise their right to vote. On Sunday, September 22nd, Antioch sponsored its second "Voter Focus Day". Members prepared post cards for "Reclaim Our Vote". Mrs. Nancy Hall, Assistant Chief of Same-Day Voter Registration, a Precinct Captain for Mason District Democratic Committee, and a certified Voting Expert, spoke to members about registration, voting locations, and the need to vote early.



SOULS TO THE POLLS

The Black Church has been getting 'souls to the polls' for more than 60 years, according to Rice University's Kinder Institute for Urban Research. Souls to the Polls seeks to increase voter turnout by encouraging voter registration, mobilization, and protection against efforts to suppress the vote. Endeavors also include assisting with college outreach, connecting issues that impact our population, and stressing the climate for justice. Antioch's JEM will hold a Souls to the Polls initiative on Sunday, October 27th. For more information contact Rick Butler at bbriacam@aol.com.

WORTHY REMINDER

Early Voting Locations & Hours

September 20 - November 2
at three Early Vote Centers

Locations & Hours:

Fairfax County Government Center
12000 GOV'T CENTER PKWY, FAIRFAX

Weekdays: 8 am - 4:30 pm
Saturdays (9/21, 10/26 & 11/2): 9 am - 5 pm
Sunday (10/27): 1 pm - 5 pm

Mount Vernon Governmental Center
2511 PARKERS LN, ALEXANDRIA

Weekdays: 1 pm - 7 pm
Saturdays (9/21, 10/26 & 11/2): 9 am - 5 pm
Sunday (10/27): 1 pm - 5 pm

North County Governmental Center
1801 CAMERON GLEN DR, RESTON

Weekdays: 1 pm - 7 pm
Saturdays (9/21, 10/26 & 11/2): 9 am - 5 pm
Sunday (10/27): 1 pm - 5 pm

October 24 - November 2
at 13 locations across Fairfax County

Locations & Hours:

Burke Centre Library
Centreville Regional Library
Franconia Governmental Center
Great Falls Library
Herndon Fortnightly Library
Lorton Community Center
Mason Governmental Center
McLean Governmental Center
Providence Community Center
Sully Governmental Center
Thomas Jefferson Library
Tysons-Pimmit Regional Library
West Springfield Governmental Center

Weekdays: 1 pm - 7 pm
Saturdays (10/26 & 11/2): 9 am - 5 pm
Sunday (10/27): 1 pm - 5 pm

For a full list of locations, hours, and an interactive map, check out FairfaxVotes.org/early!



Antioch Connection



Antioch: Safe and Secure

"But we prayed to our God and posted a guard day and night to meet this threat." Nehemiah 4:9 NIV

In early 2000, an article in *Christianity Today* spoke about crime being on the rise and called for churches to have a plan in place before one is needed. This fact prompted leaders at Antioch to examine the Church's safety measures to ensure members could participate in worship services and programs without fear. During that time, the Ministry took root with several volunteers.



Harold Brangman

Brother Harold Brangman and Deacon Arvin Nelson, both long time Antioch and Security Ministry members, recall events such as "True Love Waits" at NOVA Community College, the ABC Teen Lock-Ins (overnight in the sanctuary), and the Fall Festivals being the primary drivers for seeking volunteers to help ensure the safety of our members and young people. At these events, the volunteers would coordinate with the Parking Ministry, walk the grounds, and keep watch over the campus. As a result, the Security Ministry was formalized, and monitoring the Antioch campus became a cornerstone for ensuring Antioch is always safe and secure. Brother James Paul, a former ministry member, said "Members should be able to pray and worship in peace."

Antioch has been blessed by the vision and "watchful eyes" of early innovators including Melvin Wilbon, James Paul, Don Smith, and others. Over the years and with the guidance of Trustee RC Gamble, the Security Ministry grew to include rotating teams of fifteen plus members. These members were screened, trained, and assigned duties within the Ministry. This year, Antioch enhanced our security services adding EGS Security Solutions as our contracted security service provider. This team has been a welcome addition—often going beyond the call of duty. However, having faithful Antioch members remain involved as volunteers provides the best of both worlds.

The Security Ministry is grateful for the dedication of past and current members: Harold Brangman, VeVe Davis, RC Gamble, James Griffin, Arman Mazique, Robert Meredith, Robert Moore, Arvin Nelson, James Paul, Don Payne, Don Smith, Ulysses Thomas, Kevin Wheatley, Melvin Wilbon, and Wayne Williams.

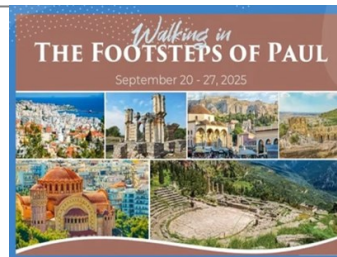
The Security Ministry welcomes members to help with rebuilding and strengthening the volunteer components of the ministry. Those seeking to help ensure a safe, peaceful, and friendly place of worship can reach out to Ministry Leader, Deacon Nelson at nelssan@aol.com.



Arvin Nelson

October Save the Dates:

- Oct 4: Women's Ministry Fall Retreat 6PM—9PM
- Oct 5: Women's Ministry Fall Retreat 9AM—2PM
- Oct 5: Starting Point 9AM—11AM
- Oct 8: Partners in Prayer 7PM—9PM
- Oct 10: Justice Empowerment Ministry (JEM) 7PM
- Oct 12: New Member Orientation 9AM—1PM
- Oct 12: Children's Ministry to Cox Farms 2PM—4PM
- Oct 14: Gen C Topical Bible Study 7:30PM—8:30PM
- Oct 15: Greece/Turkey Study Tour Zoom 7PM—9 PM
- Oct 20: Rising Above Ministry (RAM) 10:30AM—3:00PM Zoom 1PM—3PM
- Oct 22: Feed The Homeless
- Oct 26: Men's Forum 8AM—10 AM
- Oct 27: Missions/ Service Sunday (Rep your favorite Service/Missions Org)



Join Pastor Taylor on a study tour to Greece and Turkey—
September 2025.

Please register by December 20th. Contact: Rev. Rochella Marable at rcmarable@cox.net



Antioch Fairfax (FFX)

Help us spread the good news and increase our social media presence.



Facebook
www.facebook.com/AntiochFFX



Instagram
www.instagram.com/antiochffx



X (formerly Twitter)
twitter.com/AntiochFFX



YouTube
www.youtube.com/antiochfairfaxstation