



Antioch Connection



Words of Encouragement from Reverend G

Declaration of Independence

Greetings, can I have a few minutes of your time? In complete transparency, I must admit that I have a strong fondness for the month of July. It is a time when many of us come together to celebrate America's Declaration of Independence. It's a month filled with BBQs, trips to the beach, gatherings with loved ones, and perhaps even visits to expensive amusement parks. When I reflect on my childhood, I realize that I rarely contemplated the true significance of this day. It simply meant fun under the sun and setting off fireworks that annoyed our neighbors.

As the years have passed, I have come to grasp the profound meaning of a Declaration of Independence in my own life. It signifies taking a firm stance and refusing to accept or tolerate unfavorable circumstances. This brings to mind a scripture from Romans 8:2, which states, "For in Christ Jesus, the law of the Spirit of life has set you free from the law of sin and death." I want to assure you that we have all made mistakes, some more significant than others. However, we need not allow those mistakes to hold us captive to our past. Instead, we must declare, starting today, that we are liberated to make better decisions, to serve, to love, to give, and to pursue our dreams.

Therefore, my friend, do not let sin hinder you from embracing what God has in store for you. Declare yourself emancipated from those who wish you ill, proclaim triumph over past wounds and sorrows, and announce a magnificent destiny in the face of adversity.



Stewardship 1 Peter 4:9-11

⁹ Offer hospitality to one another without grumbling. ¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

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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JUNE HIGHLIGHTS



Father's Day provided an opportunity to hear perspectives from two of Antioch's devoted fathers. Deacon Kevin Tann shared a personal testimony and "The Power of a Praying Father". He reminded us that fathers are biblically instructed to pray; shared the importance of prayer and affirmed that just as our Heavenly Father prayed, fathers must also be in constant prayer. Brother Todd



Dubose shared a few "Father's Day Thoughts", challenging fathers to think about how they want to be remembered and sharing some of his legacy building efforts. Brother Dubose first reminisced about his relationship with his father and how he showed him a legacy of entrepreneurship. Brother Dubose noted that fathers must play an active role in their children's lives, must lead by example and participate in their activities to create lasting memories.

Singles Ministry - Walk, Talk, and Pray

About 20 people met in Occoquan Regional Park at the Turning Point Plaza and Suffragist Memorial. The memorial commemorates millions of little-known women who engaged in the suffragist movement for women's right to vote. The weather was wonderful. The park has several trails for all abilities. Members and friends enjoyed each other's company as we walked, talked and prayed. To learn more about this event, contact Michelle Griffin at mgsglove2@gmail.com.



Men's Forum - 2023 Men's Retreat

Men of Antioch and friends, participated in a three-day event at White Stone, Virginia. Forty-six men attended the spiritual program focused on "The Joy of Fearing God" and participated in activities included fishing, golfing, swimming and jet skiing. The event also included personal testimonies by the men on health and the challenges men face today professionally and spiritually. We had a joyous time together, and if you didn't make it out, we look forward to seeing you at our next event. Contact: Cedric Mann @clmtlmann@gmail.com



Vacation Bible School Keepers of the Kingdom

A very sincere thanks to the thirty-five volunteers and one hundred participants in this year's Vacation Bible School. Our theme this year was Keepers of the Kingdom. This family focused event included fun, fulfillment and fellowship.



Women's Ministry Community Outreach

The ABC Women's Ministry is committed to serving. On behalf of the Women's Ministry, Sister Sandra Streeter presented Principal Sharon Aldredge of Woodley Hills Elementary School \$5,640 to help combat food insecurity.



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MEMBER RECOGNITION



Congratulations! Shaunna Williams, awarded **Top Woman in Finance** by Career Communications Group Women of Color magazine and Raytheon Technologies. Shaunna will be honored at the Technology Recognition Event during the 2023 Women of Color STEM DTX Conference on Friday, October 13th in Detroit, Michigan along with other Technology Rising Stars, Technology All Stars, and Top Women in Finance. Shaunna is an Internal Auditor with Jacobs. She has been a member of Antioch for fifteen years. Please join us in congratulating Shaunna on this prestigious award.

Congratulations Antioch Graduates

Antioch Bible Institute (ABI)

Please join us in congratulating the Class of 2023



First Row: Pamela D. Coleman, Elaine B. Chandler, Reverend Dr. Henry P. During, Jr., Joyce W. Harris, Pastor Jeffery Gaines, Sr., Derrick Savage, Kenya Amira Savage;
Second Row: Dr. J. Taylor Harden, Reverend Michael Coppedge, Reverend Keith Phillips, Pastor Jeffery Johnson, Sr. ABI Graduate not pictured: Nathaniel Green

College & Advanced Degrees

Please join us in congratulating degrees/ADV degrees

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| Tyrone B. Crabb (Ty)
Christopher Newport University
BA Communications | Javier K. Clawson
MBA, Finance Univ of MI
Ross School of Business |
| Amara Gordon
College of William and Mary
Bachelor of Arts in Psychology | Arianna Gordon
VCU Brand Center
Master's in Basics of Branding |
| Caleb Jiggets (Magna Cum Laude)
John Marshall University,
BS Computer & IT | Chance Johnson
VCU, Bachelor of Inter-disciplinary Studies UI/UX Concentration |
| Lauryn Mann (Summer 23)
VCU—Masters of Social Work | Evan Moore
MIT, BS Chemical Engineering |
| Cody Taylor
College of William and Mary
Masters in Public Policy | Kevin Turner
Bridgewater College,
BS Computer Science & Digital Media |
| Janice Young (Summa Cum Laude)
Central Michigan University
Early Childhood Learning & Dev | |

“Let thy food be thy medicine” Hippocrates

By Deloris Witcher



Through genetics or lifestyles, the “trilogy”, diabetes, hypertension, and high cholesterol are out to get you. You are not defenseless, fight back with food. Nutritionally dense foods can help keep the trilogy at bay or minimize the impact. Research proves diets high in sugar, trans fat, and sodium lead to inflammation an underlying cause of the trilogy. Conversely, plant-based diets, legumes, and low-fat animal protein can reduce inflammation and defend against the trilogy. Summer is a great time to enjoy fresh nutritionally dense vegetables and fruits. Visit local farmers’ markets and load up on fresh green vegetables, and fruits such as tomatoes, blueberries, avocados, blackberries, strawberries, and watermelon. Eat these dense foods as close to the natural state to get the greatest health benefits. Stay armed with nutritionally dense foods.

“And as I gave you the green plants, I give you everything”. **Genesis 9:3b ESV**