Health & Wellness Corner

Is there a "margarine of error" for Butter?

Butter is a concentrated source of milk fat, mostly composed of saturated fat, made by churning cream from cows. Margarine is a highly processed food product, typically made from vegetable oils. In the past few decades, butter had been blamed for contributing to heart disease, due to its high saturated fat content. Now, it is considered healthy when used in moderation. Its health effects largely depend on the diet of the cows it comes from. Butter from grass-fed bovines is much more nutritious, especially for the heart. Unfortunately, most cows in the U.S. are primarily fed grain. One tablespoon packs in 100 calories and 11 grams of fat; but so does margarine. Butter is also high in cholesterol. Getting moderate amounts from the diet doesn't raise blood levels in most people, because the body compensates by producing less. The health benefits of margarine depend on what kind of vegetable oils it contains and how it is processed (look for olive oil). It is often rich in polyunsaturated fat, which may reduce the risk of heart problems. However, it often contains trans-fat, which has been linked to chronic health issues. When you shop, read the label – trans-fat-free margarines do exist.

~Isaiah 1:19; Proverbs 30:33~

*Please join the Health & Wellness Ministry for a membership and fellowship meeting on Tuesday, May 14 at 7:30 p.m. in the Ministry Center; Room 400. All are welcome!

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

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!

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).

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

<u>Tweet with the Pastor</u>: www.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 <u>not</u> be used for political purposes to include: distributing materials that endorse a particular candidate or political party. Additionally, any solicitations, <u>must</u> 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. Derrick Savage (571) 218-9849

April 14, 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.

8:00 a.m. 9:30 a.m. & 11:30 a.m. A Time to Connect A Time to Connect Call to Worship Call to Worship Congregation Hymn Congregational Hymn Welcome **Praise Selection Pastoral Reflections** Welcome Worship through Giving **Pastoral Reflections** Offertory Prayer/Doxology Worship through Giving Hymn of Preparation Offertory Prayer/Doxology Sermon Hymn of Preparation Invitation Sermon Communion Invitation *Right Hand of Fellowship Benediction Communion

*During the 11:30 a.m. worship service

Announcements

World Vision Global 6K Walk/Run for Water

Benediction

The Global 6k Walk/Run for Water will be held on Saturday, April 27 at 8:00 a.m. at Burke Lake Park. The cause is water - why water? 6K (3.72 mi) is the average distance people in the developing world have to walk for water. But we can change that, right here at Antioch when you register for the Global 6K for Water. Your registration fee of \$50.00 provides lasting clean water to one child in communities around the world. We can also make a difference by sponsoring a child from one of these communities. For more information and to register visit www.antioch-church.org.

Egg Hunt

Children 12 years and under are invited to an egg hunt on Saturday, April 20 at 12 noon. Lunch, crafts, and special story time are included with the egg hunt. Bring a bag/basket to collect your eggs. For more details and to register visit www.antioch-church.org by April 18.

Vacation Bible School

2019 VBS online registration is now open for children ages 3&4 and those entering Kindergarten through 8 grade in the fall. VBS will be held June 17-21 from 8:30 a.m. to 4:30 p.m. and 8:30 -11:30 a.m. for Pre-Kindergarten. Register at www.antioch-church.org.

National Day of Prayer (Pray for America - Love One Another)

Join Antioch as we observe the National Day of Prayer on May 2, 2019 at 7:00 a.m. in the Ministry Center Multipurpose Room. Let us gather to pray for every family, workplace, community and city to practice love, forgiveness, and healing. Register at www.antioch-church.org.

Announcements

Church Wide Cleaning Supply Drive (April 1 thru April 28)

Please consider donating the following items: plastic gloves, Windex, Handi-Wipes, sponges, dish cloths, Mr. Clean Scrubbing Pads, stove and oven cleaning supplies. Place items in the donation bin provided in the foyer and the Ministry Center foyer. Your kindness will bless the Bethany House of Northern VA.

Mommy & Me Luncheon

Moms & Children ages 5-12 come out on Saturday, May 18, from 12-2:30 p.m. for an afternoon of fun, fellowship, games, and crafts. This event will be held in the Ministry Center Multipurpose Room. Register at www.antioch-church.org.

Share your Who's Your One Story

If you would like to share how God is moving as you intentionally pray and share the gospel with your ONE, email us at share@antioch-church.org.

Administrative Office Schedule

In recognition of Good Friday, April 19 & Easter Monday, April 22 the Administrative Office will be closed. The Administrative Office will resume its regular hours on Tuesday, April 22. In case of an emergency please contact Rev. Melvin Jones at (571) 732-4257.

Save the Date

- Easter Good Friday Service, April 19, 12:00 p.m., Easter Worship Services, April 21, 8:00 a.m., 9:30 a.m., and 11:30 a.m.
- Greece 2020: Registration is now open at www.antioch-church.org.
- 30th Anniversary Gospel/Jazz Luncheon: June 1, 12-3:00 p.m. Springfield Waterford.

Read through the Bible in 2019

Judges 17-18; Psalm 21; Acts 1

Judges 19-21; Acts 2

Prayer Focus

Please pray for our local, state, and national leaders.

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)

Judges 1-3; Psalm 16; Luke 20

Judges 4-6; Luke 21

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 meets 3rd Sundays at 1:30 p.m. (Gibbs Hall)
- Divorce Care meets at 11:30 a.m. in (room 207)
- 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 meets at 11:30 a.m. in (room 405)
- 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
- Male Mentoring meets 4th Sundays at 1:15 p.m. (room 405 & Youth Lounge)
- SAT Prep meets Sundays, March 3 April 28 from 1:00-4:00 p.m. (Registration is required)

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 403)
- 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)
- Women's Ministry Bible Study & Teen Talk (ages 13-18) meets on 1st Saturdays at 9:30 a.m. in the Multipurpose Room.