

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.

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!

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.

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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

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. Derrick Savage
(571) 218-9849

April 7, 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
Baptism	Congregational Hymn
Welcome	Praise & Worship
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
Presentation of Baptism Certificate	Invitation
Benediction	Benediction

Announcements

Youth/Child Protection Orientation

Will be held TODAY at 11:30 a.m. in the Ministry Center Room 203. Please attend if you will be working with our children and youth.

World Vision Global 6K Walk/Run for Water

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.

Children's Easter Choir

Children ages 4-9 are invited to sing with the Praising Saints Children's Choir for our Easter Service at 9:30 a.m. Sunday, April 21. Rehearsals are scheduled TODAY from 1:15 - 2:15 p.m., and Saturday, April 20 from 11 a.m. - 12 p.m. If your child would like to participate and receive the music, contact Sis. Gwen King at abcpraisingsaintschoir@gmail.com prior to rehearsal.

Vacation Bible School

2019 VBS online registration opens today, 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.

Military Care & Share Ministry

You are invited to attend our fellowship on Saturday, April 13 from 10-11:30 a.m. In the Ministry Center rooms 205 A&B. Bro. Jim Jones will be our speaker. Register at www.antioch-church.org.

Announcements

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.

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.

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.

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.
- **Mom & Me Luncheon** : Saturday May 18, 12-2:30 p.m. in the Ministry Center Multipurpose Room. Register at www.antioch-church.org.

Read through the Bible in 2019

Week 13	Week 14
◇ Deut 27-31; Luke 12	◇ Joshua 14-17; Luke 17
◇ Deut 32-34; Psalm 13; Luke 13	◇ Joshua 18-21; Psalm 15; Luke 18
◇ Joshua 1-4; Psalm 143; Luke 14	◇ Joshua 22-24; Psalm 116; Luke 19
◇ Joshua 5-8; Psalm 14; Luke 15	◇ Judges 1-3; Psalm 16; Luke 20
◇ Joshua 9-13; Luke 16	◇ Judges 4-6; Luke 21

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)

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.