Health & Wellness Corner

The State of Our Health & Wellness Union

During Black History Month it is right to reflect and pay homage to African Americans who have contributed to the advancement of our communities, nation, and the world. In the realm of health and wellness, we salute the following pioneers: Dr. Charles Drew, Dr. Marie Phipps Clark, Dr. Daniel Hale Williams, Dr. Rebecca Lee Crumpler, Ms. Mary Eliza Mahoney, Dr. David Satcher, Dr. Joycelyn Elders, Dr. James Derham, Mr. Phil Wilson, Dr. James McCune Smith, Dr. Alexa Canady, and President & First Lady Barack & Michelle Obama. You are encouraged to Google those names that you are unfamiliar with to understand their contributions.

While much has been achieved, we certainly have a great distance to go to close the gap in health disparities. This is a time to also call attention to the fact that underrepresented minorities' lives are still adversely affected by higher rates of disease – as well as less capital, research, training, therapies, and technology. African Americans continue to experience a higher rate of incidence and mortality related to: hypertension, heart disease, stroke, diabetes, breast/cervical/prostate cancers, asthma, obesity, pregnancy-related complications, and HIV. We must continue to be activists, spotlight, discuss, and work for significant change. This is a call to action for all interested individuals and groups to become involved in Antioch's community and health-related ministries (including: Health & Wellness, We Care, Cancer Exchange, Elderly Care, Homeless, Community Awareness). There is a place for each of us to work and use our spiritual gifts. Contact Sis. Brenda Moore at bmoore@antioch-church.org.

~Daniel 2:21; Acts 17:26~

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

Deaconess Beverly Anderson Passing of her mother

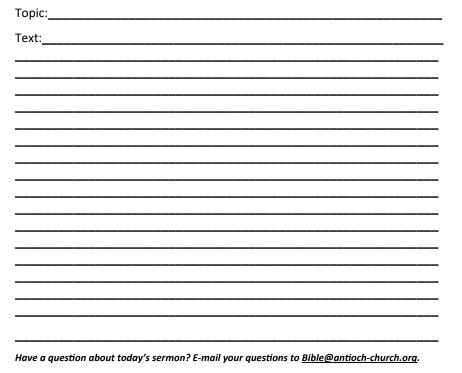
Sis. Trina Dancy Passing of her sister

Trustee Joyce Best and **Deaconess Shirley McKenzie** Passing of their mother

Brother Carlton Harris Passing of his brother

Today's Sermon

Rev. Dr. Marshal L. Ausberry, Sr.



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

Administrative Office & **Ministry Center**

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

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.

Holv Communion 2nd Sunday - All Services

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

Trustee of the Week Bro. Rick Jenkins (703) 216-3577

February 17, 2019 8:00 a.m., 9:30 a.m., & 11:30 a.m.

6525B Little Ox Road

Order of Worship

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

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	
†During the 9:30 a.m. worship service only	

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

Congregational Hymn *Praise Selection Welcome Pastoral Reflections Worship through Giving **†**Praising Saints †Children's Moment Offertory Prayer/Doxology Hymn of Preparation Sermon Invitation Benediction

9:30 a.m. & 11:30 a.m.

A Time to Connect

Call to Worship

Announcements

Administrative Office Closure

In recognition of Presidents Day, the Administrative Office will be closed on Monday, February 18. The Administrative Office will resume its regular hours on Tuesday, February 19. In case of an emergency please contact Rev. Melvin Jones at (571) 732-4257.

Men's Forum

The Men's Forum will meet Saturday, February 23 from 8:00 - 10:30 a.m. in the Multipurpose Room. We welcome men of all ages to join us. Please register online at www.antioch-church.org. Contact Deacon Ken Tarrant at ktarrant@antioch-church.org. for more information.

30th Anniversary T-Shirts

Please pick up a T-shirt order form in the lobby to order your 30th Anniversary T-shirt. We will be taking orders until March 31.

John Q. Gibbs Scholarship

Graduating high school seniors, the 2019 Rev. Dr. John Q. Gibbs scholarship is available at www.antioch-church. All applications must be received by April 28, 2019. If you have any questions or concerns, please contact Rev. Alan Harris at aharris@antioch-church.org.

Grief Share Ministry

If you find yourself in a season of bereaving a loved one, friend or colleague, you are invited to join others through Grief Share on February 24, in the Ministry Center at 11:30 a.m. in room 405. There is no cost to attend. If you have any questions or to register, please contact Rev. Jeffery & Brenda Gaines at jgaines@antioch-church-org.

Announcements

Reentry Ministry

Antioch Baptist Church is excited to host the "Outrageous Justice" small group curriculum designed to awaken Christians to the need for justice that restores. An engaging 6 week program with teaching segments and firstperson stories of people impacted by crime. Our first meeting will be Sunday, March 3 at 11:30 a.m. in the Ministry Center room 209.

Save the Date

- Youth (grades 7-12) Etiquette Workshop, April 5 at 7:00 p.m. Room400
- World Vision 6k Run/walk: April 27 at 8:00 a.m., at Burke Lake Park
- VBS June 17-21, Children ages 3&4 and Children grade k-8 in the **Ministry Center**
- Greece Trip 2020 (October 10-17) Registration is now open at • www.antioch-church.org.

Read through the Bible in 2019

Week 6	Week 7
Exodus 16-18; Eph 4	Exodus 32-34; Philippians 3
Exodus 19-21; Psalm 33; Eph 5	Exodus 35-37; Psalm 26; Phil
Exodus 22-24; Psalm 109; Eph 6	Exodus 38-40; Hebrews 1
Exodus 25-27; Psalm 90; Phil 1	♦ Leviticus 1-3; Psalm 27; Heb 2
Exodus 28-31; Phil 2	Lev 4-7; Heb 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 our for our local, state, and national government 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 will resume TODAY at 1:30 p.m. (Gibbs Hall)
- **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
- Male Mentoring meets 4th Sundays at 1:15 p.m. (room 405 & Youth Lounge)

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)

Wednesdav

- Pastor's Bible Study meets at 7:00 p.m. (Multipurpose Room) Thursdav
- 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 | & || (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)
- We Care Ministry (HIV/AIDS Ministry) will meet on Saturday, February 16 at 10:00 a.m. (room 400)
- Women's Ministry Bible Study & Teen Talk (ages 13-18) meets on 1st Saturdays at 9:30 a.m. in the Multipurpose Room.