

Health & Wellness Facts

Heart Disease: It Can Happen at Any Age

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the **top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).**

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

Baptisms

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” Matthew 28:19

To date in 2020 Antioch has **baptized 3 people**

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).

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.

Bereavements

Sis. Valerie Benjamin
Passing of her mother

Bro. Robert Pillow
Passing of his brother

Bro. Todd Cranford
Passing of his sister

Sis. Lois Sinclair
Passing of her brother

Sis. Charlotte Oliphant
Passing of her grandmother

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
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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: ABCBOTSPOT
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

We expect Antioch members to...

Gather to **Worship**,

Study the **Word**,

Commit to **Work**, and

Reach the **World** for Jesus Christ.

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

Prayer Focus 2020

Pray for 50 Baptisms

Trustee of the Week

Bro. Rick Jenkins
(703) 216-3577

February 2, 2020

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
Congregational 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 to Discipleship	Sermon
Benediction	Invitation to Discipleship
	Benediction

Announcements

Friends and Family Football Fellowship

Antioch will host its "Friends and Family Football Fellowship" TODAY at 5:30 p.m. in the Multipurpose Room. All are welcome! Wear your favorite jersey and bring your favorite snack food to share. For more information contact Bro. Wayne Williams at wwilliams@antioch-church.org.

Community Book Discussion

Antioch's community book discussion will be held on Thursday, February 6, 2020 in the Ministry Center Multipurpose Room. There will be a reception, book signing, and book sale starting at 6:30 p.m. followed by the book discussion at 7:00 p.m. Author M. J. O'Brien will lead the discussion of his book, [We Shall Not Be Moved: The Jackson Woolworth's Sit-In and the Movement it Inspired](#). Joan Trumpauer Mulholland, a civil rights activist and Freedom Rider who is featured in the book, will be in attendance as well.

Wall of Remembrance & Reception

In honor of our members who have gone home to be with the Lord in 2019, we will be adding their names to the Wall of Remembrance on Sunday, February 9 after the 11:30 a.m. worship service in the Ministry Center.

Marriage Ministry Valentine Fellowship

Come join us for an evening of dinner and dance with a live jazz band on Friday, February 14 from 7:00 p.m. to 10:30 p.m. in the Ministry Center Multipurpose Room. The theme is "Keep the Fire Burning" (Song of Solomon 1:2). The cost is \$25 per couple. Register at www.antioch-church.org.

Announcements

Rev. Dr. John Q. Gibbs Scholarship Application

The 2020 Rev. Dr. John Q Gibbs Memorial Scholarship application is now available at www.antioch-church.org. Log on to find out more information regarding criteria, registration deadlines, and more. If you have any questions or concerns, please contact Rev. Alan Harris at 571-432-4254 or at aharris@antioch-church.org.

Save The Date

Children's Scavenger Hunt

Parents of pre-school to school-age children, mark your calendars for the Children's Ministry Scavenger Hunt on March 21, 2020 from 12:00 – 1:30 p.m. in the Ministry Center.

Sunday School

God's Word commands us to grow in our faith and knowledge of Him. We encourage you to participate in the following classes:

- 9:30 a.m. – Children and Adult Sunday school – "The Gospel Project"
- 9:30 a.m. – Youth "Encounter"
- 11:30 a.m. – Adult Sunday school – "The Gospel Project"

Read through the Bible in 2020	
Week 5	Week 6
◇ Exodus 1-3; Gal 5	◇ Exodus 16-18; Eph 4
◇ Exodus 4-6; Gal 6	◇ Exodus 19-21; Psalm 33; Eph 5
◇ Exodus 7-9; Psalm 105; Ephesians 1	◇ Exodus 22-24; Psalm 109; Eph 6
◇ Exodus 10-12; Eph 2	◇ Exodus 25-27; Psalm 90; Philippians 1
◇ Exodus 13-15; Psalm 114; Eph 3	◇ Exodus 28-31; Phil 2

Prayer Focus

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

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.

Recurring Ministries & Bible Studies

Sunday*

- ◇ **Awana Bible Club** meet Sundays at 4:00 p.m. (Multipurpose Room)
- ◇ **Baptism Class** will resume January 26 (*Pre-Registration Required*)
- ◇ **Cancer Exchange Ministry** resumes February 16, at 1:15 (Gibbs Hall)
- ◇ **Divorce Care** Resumes January 2020 at 11:30 a.m.
- ◇ **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 Sundays at 11:30 a.m. (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*
- ◇ **Male Mentoring** meets 4th Sundays in (room 405 & youth lounge)
- * **2nd Sundays-Lord's Supper observance**

Monday

- ◇ **Antioch Bible Institute** meets at 6:00 p.m. (Registration is required)

Tuesday

- ◇ **Academic Tutoring** meets at 7:00 p.m. (room 205)
- ◇ **Modern Maturity Ministry** meets 2nd Tuesdays at 12 noon (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 at 9:30 a.m. (Multipurpose Room)
- ◇ **Friday Fun Night** meets the 3rd Fridays at 6:30 p.m. (room 203)
- ◇ **Marriage Ministry** meets the 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 11-18)
- ◇ **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. (Multipurpose Room)
- ◇ **Military Ministry** meets 2nd Saturdays at 10:30 a.m. (rooms 205 A&B)
- ◇ **Women's Ministry Events** meet 1st Saturdays from 9:30 to 12 p.m. (Multipurpose Room)