

Health & Wellness Facts

Wellness is What We Choose to Be

The beginning of every year reminds us to pause and re-center our lives around what matters to us most: physical and emotional health, family and friends, and meaningful work.

Consciously leading wellness in our own lives isn't a matter of just eating healthy foods or getting enough sleep. It is a deep, personal commitment to empower wellbeing for yourself and, through your example, the lives of others. You lead wellness every time you...

- Experience beauty and wonder in your daily life.
- Seek opportunities to expand your viewpoints and beliefs.
- Feel inspired by your work and use your work to inspire others.
- Grow through life's constant change.
- Respond to problems out of calm, knowing that kneejerk reactions can create more troubles in the long run.
- Contribute joy where you live and work to amplify wellbeing for others.

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).

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

Bro. Michael Benton
Passing of his father

Bro. Shenandoah Thomas
Bro. Ulysses Thomas
Passing of their mother

Sis. Deborah Johnson
Passing of her father

Bro. Wayne Williams
Passing of his father

Sis. Catena Powers
Passing of her mother

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

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



Happy 31st Anniversary

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

Sis. Beverly Wilson
(703) 250-8540

January 5, 2020, 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 to Discipleship | Sermon |
| Presentation of Baptism Certificates | Invitation to Discipleship |
| Benediction | Benediction |

Announcements

Celebrating Our 31st Anniversary

Please join us for a light repast after the 11:30 a.m. worship service in the Ministry Center Multipurpose Room.

Antioch Bible Institute (ABI)

Our spring semester begins January 6, 2020. Register at www.antioch-church.org. Contact Sis. LaValle Ulmer at (703) 966-3222 or lulmer@antioch-church.org for more information.

Brown Bag Lunch and Movie

You and your guests are invited to see the movie, God's Not Dead 2 on Thursday, January 9, at 12 noon in Gibbs Hall (sanctuary). Come, bring your lunch and enjoy "free" popcorn and snacks.

Grief Share

The death of a loved one is so very difficult. If you find yourself in a season of bereaving a loved one, friend or colleague, you are invited to Grief Share. The 13 week class will begin on January 26 at 11:30 a.m. in the Ministry Center room 405. There is no cost to attend. If you have any questions or to register, please contact Rev Gaines at jgaines@antioch-church.org.

2019 Contributions and Statements

Contribution statements for 2019 will be mailed by January 31, 2019. Please submit address changes no later than Sunday, January 19 to Sis. Maria Pernell at mpernell@antioch-church.org.

Announcements

Men's Forum

The Men's Forum will meet Saturday, January 25 in the Ministry Center Multipurpose Room from 8:00 to 10:30 a.m. We welcome men of all ages to join us. Please register at www.antioch-church.org. Contact Bro. Ken Tarrant at ktarrant@antioch-church.org for more information.

Women's Ministry at our 2020 Kick-Off Fellowship

Join the women's Ministry on Saturday, February 1 at 9:30 a.m. in the Ministry Center Multipurpose Room. "Amazing Grace" is the theme for this year's Bible study and fellowships. Cost is \$10. For more information and registration visit www.antioch-church.org.

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. For any questions contact Rev. Bernard Snowden at bsnowden@antioch-church.org or Deacon Harvey Simpkins at hlsimpkins@verizon.net.

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 1 | Week 2 |
| ◇ Genesis 1-2; Psalm 19; Mark 1 | ◇ Genesis 16-18; Mark 6 |
| ◇ Gen 3-5; Mark 2 | ◇ Gen 19-20; Psalm 1; Mark 7 |
| ◇ Gen 6-8; Psalm 104; Mark 3 | ◇ Gen 21-23; Psalm 107; Mark 8 |
| ◇ Gen 9-11; Mark 4 | ◇ Gen 24-25; Psalm 4; Mark 9 |
| ◇ Gen 12-15; Psalm 148; Mark 5 | ◇ Gen 26-27; Mark 10 |

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 resumes January 26 (*Pre-Registration Required*)
- ◆ **Cancer Exchange Ministry** resumes January 19, 2020.
- ◆ **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** resumes January 26, 2020 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)** resumes January 5 at 9:30 a.m. (rooms 403 & 405) *Pre-Registration Required*
- ◆ **Male Mentoring** resumes January 26 (room 405 & youth lounge)
- * **2nd Sundays-Lord's Supper observance**

Monday

- ◆ **Antioch Bible Institute** resumes January 6, 6:00 p.m. (Registration is required)

Tuesday

- ◆ **Academic Tutoring** resumes January 7 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** resumes January 8 at 7:00 p.m. (Multipurpose room)

Thursday

- ◆ **Sonrise Bible Study** resumes January 10 at 6:00 a.m. (room 400)

Friday

- ◆ **Friday A.M. Bible Study** resumes January 10 at 9:30 a.m.
- ◆ **Friday Fun Night** resumes January 17 at 6:30 p.m. (room 203)
- ◆ **Marriage Ministry** resumes January 17 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** resumes January 25 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** meets 1st Saturdays from 9:30 to 12.