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.

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.wujla.com, News Channel 8 or www.news8.net, WUSA channel 9 or www.wusa9.com.

Bereavements

Sis. Valerie Benjamin *Passing of her mother*

Bro. Todd Cranford *Passing of his sister*

Bro. Robert Pillow *Passing of his brother*

Sis. Catena PowersPassing of her mother

Sis. Lois SinclairPassing of her brother

Bro. Shenandoah Thomas Bro. Ulysses Thomas Passing of their 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

<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

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. RC Gamble (703) 966-9883

January 19, 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.
A Time to Connect
Call to Worship
Congregational Hymn
Welcome
Pastoral Reflections
Worship through Giving
Offertory Prayer/Doxology
Hymn of Preparation
Sermon
Invitation to Discipleship
Benediction

†During the 9:30 a.m. worship service only *During the 11:30 a.m. worship service only

9:30 a.m. & 11:30 a.m.
A Time to Connect
Call to Worship
Congregational Hymn
*Praise Selections
Welcome
Pastoral Reflections
Worship through Giving
Offertory Prayer/Doxology
†Praising Saints
†Children's Moment
Hymn of Preparation
Sermon
Invitation to Discipleship
Benediction

Announcements

Administration Office Closure

In recognition of MLK Day, the Administrative Office will be closed on Monday, January 20 and will resume normal hours on Tuesday, January 21.

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.

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. to join us. Please register at www.antioch-church.org.

Grief Share

Grief Share's 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 igaines@antioch-church.org.

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 for Bible study and fellowship. Cost is \$10. Register at www.antioch-church.org.

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.

Announcements

Community Book Discussion

We Shall Not Be Moved: The Jackson Woolworth's Sit-In and the Movement it Inspired by M.J. O'Brien

Antioch's community book discussion will be held on Thursday, February 6, 2020 at 7:00 p.m. in the Ministry Center Multipurpose Room. There will be a reception, book signing, and book sale starting at 6:30 p.m.

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.

Friends and Family Football Fellowship

Antioch will host its "Friends and Family Football Fellowship" on Sunday, February 2 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 www.wwilliams@antioch-church.org.

Youth/Child Protection Orientation (YCPO)

Youth/Child Protection Orientation will be held Saturday, January 25 at 11:00 a.m. tin he Multipurpose Room. YCPO is required every 2 years for all volunteers working with our Children & Youth. Please register at www.antioch-church.org.

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 3	Week 4			
♦ Genesis 28-29; Mark 11	♦ Genesis 41-42; Mark 16			
♦ Gen 30-31; Psalm 11; Mark 12	♦ Gen 43-44; Psalm 24; Galatians 1			
♦ Gen 32-34; Psalm 145; Mark 13	♦ Gen 45-46; Psalm 108; Gal 2			
♦ Gen 35-37; Psalm 12; Mark 14;	♦ Gen 47-48; Psalm 25; Gal 3			
♦ Gen 38-40; Mark 15	♦ Gen 49-50; Gal 4			

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 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 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) meets 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 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 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 meet 1st Saturdays from 9:30 to 12 p.m. (Multipurpose Room)