Health & Wellness Facts

June is Men's Health Month

Eat Healthy

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

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

Praise Report

Congratulations to Pastor Ausberry who was unanimously elected First Vice-President of the Southern Baptist Convention on Tuesday in Birmingham, Alabama.

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

Sis. Tiele Davis
Passing of her father

Sis. Kim Ryals Passing of her father

Bro. Willie Horne
Passing of his brother

Sis. Lorrie Smith Passing of her father

Today's Sermon

Bro. Julius Caesar	Bro. Thad Coleman	Bro. Dimitri Perkins
8:00 a.m.	9:30 a.m.	11:30 a.m.
Topic:		

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



Happy Father's Day

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. Willie Horne (703) 609-6508

June 16, 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.
A Time to Connect
Call to Worship
Congregational Hymn
Welcome
Pastoral Reflections
Worship through Giving
Offertory Prayer/Doxology
Introduction of Speaker
Hymn of Preparation
Speaker
Invitation
Benediction

9:30 a.m. & 11:30 a.m.
A Time to Connect
Call to Worship
Congregational Hymn
Praise Selection
Welcome
Pastoral Reflections
Worship through Giving
Offertory Prayer/Doxology
Introduction of Speaker
Hymn of Preparation
Speaker
Invitation
Benediction

Announcements

T-Shirt Update

Ordered 30th Anniversary T-Shirts will be available for pickup **TODAY** after each service in the Ministry Center Lobby. If you have any questions, please contact Sis. Patricia Mackey at (571) 732-4258.

Summer Reading Program 2019

This is the **LAST** Sunday to sign up for the 2019 Summer Reading Program in the foyer for pre-kindergarten through graduating High School seniors. For more information contact Sis. Kimber Holmes at kimberg703@yahoo.com or (937) 672-9477. Remember: Readers are Leaders!!

Men's Forum

The Men's Forum will meet Saturday, June 22 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.

Youth Grades 7th - 12th "Out of School Celebration"

Join us on Monday, June 24 as we travel to King's Dominion in Doswell, VA for our annual "Out of School Celebration". We will depart Antioch at 9:00 a.m. and return at 6:00 p.m. The cost is \$35.00 per youth. You must register at www.antioch-church.org by June 17. If you have any questions or concerns, please contact Rev. Alan Harris at aharris@antioch-church.org or at (571) 432-4254.

Share your Who's Your One Story

If you would like to share how God is moving as you intentionally pray and share the gospel with your ONE, email us at share@antioch-church.org.

Announcements

Young Adult Fellowship

Gathering all young adults of Antioch ages 19-30 for a fellowship on June 21 from 7:00 - 9:00 p.m. at Escape Room DC located at 3949A University Dr. Fairfax, VA . Connect with other young Adults, puzzle solving and overall Fun. We will have pizza and beverages after the puzzle solving in a reserved room. The cost is \$10.00 per person, please sign up at www.antioch-church.org. If you have any questions, please contact Rev. Bernard Snowden at bsnowden@antioch-church.org.

SAVE THE DATE!

Antioch's 30th Anniversary Cookout Saturday, August 3, 2019, 11:00 a.m. - 4:00 p.m.

Occoquan Regional Park

9751 Ox Road, Lorton, VA 22079

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!

Read through the Bible in 2019 Week 22 ♦ Week 23 ♦ 1 Chr 22-25; Psalm 78; Romans 5 ♦ Proverbs 3-5; Romans 10 ♦ 1 Kings 1; 1 Chr 26-28; Romans 6 ♦ Proverbs 6-7; Psalm 7; Romans 11 ♦ 1 Kings 2; 1 Chr 29; Romans 7 ♦ Proverbs 8-10; Psalm 144; Romans 12 ♦ 1 Kings 3; 2 Chr 1; Ps 42; Romans 8 ♦ Proverbs 11-13; Ps 8; Romans 13 ♦ 1 Kings 4; Prov 1-2; Psalm 43; Romans 9 Proverbs 14-15; Romans 14

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 is on break and will resume in September
- 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** is on break and will resume in September
- 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 is on break and will resume in September
- 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 resumes in September (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 is on break and will resume September 13
- Friday Fun Night is on break and will resume September 20
- Marriage Ministry is on break and will resume September 20

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. (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) are on break and will resume on September 7