# Health & Wellness Facts Grief during Covid-19

Matthew 5:4 reminds each of us that "blessed are those who mourn, for they shall be comforted." We know that losing a loved one, friend, or colleague at any time is a difficult journey. However, with the current COVID-19 crisis, dealing with grief is even more difficult and complex; those who love us the most cannot, in many cases, attend the funeral service or visit our home to check on us. As a result, you may experience feelings of guilt, lack of closure, and feelings of isolation. Please rest assured knowing that you are not alone in your season of grief. We want to let you know that your Antioch family has resources available to assist you and your family during your season of grief. With access to certified therapists, spiritual counselors, and grief support group leaders, we will walk with you every step of the way. If you have experienced a loss or know someone who has experienced a loss, please let us know. Our staff will work closely with you to setup a video conference call or any form of communication you prefer to assist you on this journey. During the call we will pray with you and assist with any needs you may have during this unprecedented time.

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

## **Bereavements**

Sis. Neaclesa Anderson
Passing of her Father

**Sis. Patricia Cloud** *Passing of her Brother* 

**Sis. Gayle Carr** Passing of her Mother

**Sis. Thomasine Davis** *Passing of her Brother* 

**Sis. Gail Hunter** *Passing of her Mother* 

Brother Charles Johnson & Sis. Deborah Hick-Johnson Passing of their Son

**Sis. Vendella Jordan** *Passing of her Father* 

**Bro. Joel Kegler**Passing of his Uncle

**Bro. Tyrone Strother** *Passing of his Aunt* 

Deaconess Lillian Threat
Passing of her Brother

## Today's Sermon

Rev. Alan Harris

Горіс:	 	 	 
Гехt:			

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

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. Shirley Norman-Taylor
(703) 798-0244

June 21, 2020 8:00 a.m. and 10:00 a.m. (online only)

## **Order of Worship**

Antioch's worship services are available via live streaming. Visit <a href="www.antioch-church.org">www.antioch-church.org</a> and click on the "Live Stream" button on **Sunday, May 10 at 8:00 a.m. and 10:00 a.m.** 

#### **Announcements**

## **Keep up to Date on Ministry Events**

Due to COVID-19 and safety precautions, please check the website at <a href="https://www.antioch-church.org">www.antioch-church.org</a> for any changes to Ministry or recurring events.

### Vacation Bible School (VBS)

As we seek to ensure the safety of our children and adults, our children's VBS will not be held this year due to the COVID-19 pandemic. If you have any questions or concerns, please contact Deacon Harvey Simpkins at hlsimpkins@verizon.net.

## Sunday School for Children & Youth

Parents and Guardians, our virtual Sunday School meets Sundays 9:15 - 9:45 for (3 yrs - 6th grade) and Encounter (7th - 12th Grade) via Zoom. Please visit www.antioch-church.org for the links.

## **Giving Options**

On our church website, <u>www.antioch-church.org/give</u> click the link for e-Giving.

Through Mobile Text, Text to (571) 200-2017 with the dollar amount you want to give. If this is your first time using our text giving, follow the link to fill out a short form with your billing information.

Through the Church's App Antioch FFX; Visit www.antioch-church.org/get-app, choose your platform and download. After download open the app and choose give.

If you have any questions, please contact us at (571) 732-4256 or techsupport@antioch-church.org.

## **College & Advanced Degree Graduates**

If you will or have received a college or advanced degree, please submit your information to Sis. Maria Pernell at <a href="mailto:mpernell@antioch-church.org">mpernell@antioch-church.org</a> by June 23. We would like to share your success with our church family.

## **Cancer Exchange Ministry**

The Cancer Exchange Ministry will be on summer break and will resume September 20.

## **Announcements**

## Read through the Bible in 2020

#### Week 25

- ♦ Proverbs 29-31: 1 Thess 4
- ♦ Song of Sol 1-3; Ps 72; 1 Thess 5
- ♦ Song of Sol 4-6; 2 Thess 1
- ♦ Song of Sol 7-8; Psalm 127; 2 Thess 2
- ↑ 1 Kings 5; 2 Chr 2; 2 Thess 3

- Week 26
- ♦ 1 Kings 6; 2 Chr 3; 1 Timothy 1
- ♦ 1 Kings 7; 2 Chr 4; Psalm 44; 1 Tim 2
- ♦ 1 Kings 8; Psalm 30; 1 Tim 3
- ♦ 2 Chr 5-7; Psalm 121; 1 Tim 4
- ♦ 1 Kings 9; 2 Chr 8; 1 Tim 5

## **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

## **Prayer Focus**

Please pray for the health crisis impacting the world.

#### Resources

**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).

## Virtual Recurring Ministry Offerings

## May-June

Please visit website at www.antioch-church.org for links.

## Sunday\*

- ◆ Sunday Worship Services 8 & 10 a.m. via Live Stream, YouTube, and Facebook Live
- \* 2<sup>nd</sup> Sundays-Lord's Supper observance (in home)
- Sunday School for Children & Youth (via Zoom) 9:15 9:45 a.m. see website links
- ♦ AWANA resumes in September
- ♦ Cancer Exchange Ministry resumes September 20 via Zoom

#### Monday

- ◆ Antioch Bible Institute resumes in August (Registration is required)
- ♦ Millennial Mondays via zoom 7:00 p.m. see website for link

## Tuesday

♦ Homeless Ministry serves on the 4<sup>th</sup> 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. via Zoom

### Thursday

♦ Sonrise Bible Study meets at 6:00 a.m. via Zoom

#### Friday

- ♦ Friday A.M. Bible Study meets at 9:30 a.m. via Zoom
- ♦ Marriage Ministry meets 3<sup>rd</sup> Fridays at 7:00 p.m. via Zoom

#### Saturday

- ♦ Women's Ministry Bible Study/Fellowships meets 1<sup>st</sup> Saturdays at 10:00 a.m. via Zoom
- ♦ Men Forum meets 4<sup>th</sup> Saturdays at 8:00 a.m. via Zoom