Health & Wellness Facts

Let's Eat Healthy

The benefits of eating a healthy diet and actions people can take to make healthy living easier. Helping to gain access to healthy foods and encourage small changes to daily routines can make a big difference for overall health.

Why eat healthy?

- To lower your health risks.
- To stay strong and active.
- To manage your weight.
- To set a positive example.
- To improve mood and mental health.
- To help improve your quality of sleep.

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.wusa9.com, WUSA channel 9 or www.wusa9.com.

Bereavements

Sis. Monica Neeley
Passing of her brother-in-law

Sis. Vernell WilksPassing of her father

Bro. Larry Norman *Passing of his father*

Bro. Maurice Williams *Passing of his father*

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 to participate in political and govern

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 Sis. Joyce Best (703) 587-6829

March 1, 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

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
Hymn of Preparation
Sermon
Invitation to Discipleship
Benediction

Announcements

Women's Ministry 1st Saturday Bible Study

Women's Ministry First Saturday Bible Study ("God's Amazing Grace") will meet on March 7 at 9:30 a.m. in the Multipurpose Room. No registration is required, and your kids are welcome!

Children's Scavenger Hunt

Parents of pre-school to school-age children 12 and under, 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 Multipurpose Room. We will have a scavenger hunt, games, food and lots of FUN! Space is limited so Register today 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.

Current Commitment Counselors

There will be a meeting on Tuesday, March 10 at 7:00 p.m. in the Ministry Center room 400 for all who are currently serving as Commitment Counselors. For more information, contact Rev. Bernard Snowden at bsnowden@antioch-church.org.

Announcements

Easter Sunday

Antioch's Easter Worship Services will be held at **6:30 a.m.** (Sonrise Service), **9:00 a.m.**, and **11:30 a.m.** This year we are holding baptism at all services as well as engaging in "Chosen" through World Vision. The following link explains more about "Chosen":

https://www.worldvision.org/chosen.

If you are interested in being a Servant Volunteer for April 12 or April 19 (Reveal Sunday) please sign-up on the Antioch website at www.antioch-church.org/chosen. Training will be provided. For more information please contact Rev. Melvin Jones at mjones@antioch-church.org or (571) 732-4257.

SAVE THE DATE

Vacation Bible School (VBS) will be held June 22-26 for ages preschool -8th grade. We need youth child protection certified Adult and Teen (16-19) volunteers in the following areas: teacher assistants, arts & crafts, lunch attendants, outdoor activities, VBS store, and to assist at the carnival. Please visit the website at www.antioch-church.org for Youth Child Protection certification class dates. VBS online registration opens March 15, 2020.

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 9	Week 10	
♦ Leviticus 24-25; Psalm 81; Hebrews 9	Numbers 8-11; Colossians 1	
♦ Lev 26-27; Psalm 112; Heb 10	♦ Num 12-14; Psalm 28; Col 2	
Numbers 1-2; Psalm 64; Heb 11	♦ Num 15-18; Psalm 113; Col 3	
♦ Num 3-5; Heb 12	♦ Num 19-21; Col 4	
♦ Num 6-7; Heb 13	◇ Num 22-25; Luke 1	

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 meets 4th Sundays at (9:30 a.m. (room 405) Pre-Registration Required
- Cancer Exchange Ministry meets on 3rd Sundays, at 1:15 (Gibbs Hall)
- Divorce Care Resumes March 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)

Fridav

- 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)