

Health & Wellness Corner

Flavor Savor

You might be getting more sodium (salt) than you need, even if you don't even pick up the shaker. More than 70% of the sodium we eat comes from packaged and restaurant food, making it hard to control. But, with less salt we can taste the natural flavor – and taste buds do eventually adjust.

When shopping, this is what we can do to cut back. Compare labels and choose the product with the lowest amount of sodium per serving. Pick fresh and frozen poultry that hasn't been injected with a salt solution. Check for terms like broth and saline. Select condiments with care. Soy sauce, bottled salad dressings, dips, ketchup, salsas, capers, mustard, pickles, olives, and relish can have extremely high levels. Try "reduced" versions. Opt for canned veggies with labels that read "no salt added" and frozen ones without salty sauces.

When preparing food, we can do even more. Use onions, garlic, herbs, spices, citrus juices, and vinegars to add flavor. Drain and rinse canned beans and vegetables; that can cut the sodium by up to 40%. We can make pasta, rice, and hot cereal without salt; add other flavorful ingredients later. Cook by grilling, braising, roasting, and searing to bring out natural flavors. Include foods with potassium (sweet potatoes, greens, nonfat yogurt, oranges, bananas, cantaloupe); it helps counter the effects of sodium and may help lower blood pressure.

When eating out, ask for fresh ground pepper, even a squeeze of lemon or lime (after tasting) to boost flavor. Try to avoid ordering brined, pickled, barbecued, smoked, or teriyaki dishes. Check the menu for foods that are steamed, baked, grilled, poached, or roasted. Ask for smaller portions, or take a to-go box. Chain restaurants with 20 or more locations must provide nutrition information to customers upon request.

Most people can use salt substitutes, but certain medical conditions (like kidney disease) and medications may be the exceptions. Check with your healthcare professional.

~Genesis 1:29; Psalm 34:8~

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

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.

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. Marquette Scales
Passing of her sister*

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



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
Sis. Joyce Best
(703) 587-6829*

*March 31, 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
Congregational Hymn	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	Sermon
Benediction	Invitation
	Benediction

Announcements

Oasis Student Ministries (Youth Etiquette Workshop)

Youth grades 7-12, April 1 is the last day to register for the etiquette workshop which will be held on Friday, April 5 (7:00 - 10:00 p.m.) and Saturday, April 6 (5:00 - 7:30 p.m.). Register at www.antioch-church.org if you have not done so. For more information, contact Sis. Brenda Moore at bmoore@antioch-church.org.

Women's Ministry 1st Saturday Bible Study

Women's Ministry First Saturday Bible Study ("Live a Surrendered Life") will meet on April 6 from 9:30 a.m. to 12:00 p.m. in the Multipurpose Room. Childcare will be provided, but you must register your child/children at www.antioch-church.org.

World Vision Global 6K Walk/Run for Water

The Global 6k Walk/Run for Water will be held on Saturday, April 27 at 8:00 a.m. at Burke Lake Park. The cause is water - why water? 6K (3.72 mi) is the average distance people in the developing world have to walk for water. But we can change that, right here at Antioch when you register for the Global 6K for Water. Your registration fee of \$50.00 provides lasting clean water to one child in communities around the world. We can also make a difference by sponsoring a child from one of these communities. For more information and to register visit www.antioch-church.org.

Children's Easter Choir

Children ages 4-9 are invited to sing with the Praising Saints Children's Choir for our Easter Service at 9:30 a.m. Sunday, April 21. Rehearsals are scheduled for Sundays, March 31 & April 7 from 1:15 - 2:15 p.m., and Saturday, April 20 from 11 a.m. - 12 p.m. If your child would like to participate and receive the music, contact Sis. Gwen King at abcpraisingssaintschoir@gmail.com prior to rehearsal.

Announcements

30th Anniversary Tee-Shirts

TODAY is the last day to order your Tee-shirt, pick up an order form in the lobby or online at www.antioch-church.org.

Egg Hunt

Children 12 years and under are invited to an egg hunt on Saturday, April 20 at 12 noon. Lunch, craft, and special story time are included with the egg hunt. Bring a bag/basket to collect your eggs. For more details and to register visit www.antioch-church.org by April 18.

Save the Date

- **Youth/Child Protection Orientation:** Sunday, April 7, 11:30 a.m. in the Ministry Center Room 203
- **Easter Good Friday Service,** April 19, 12:00 p.m., **Easter Worship Services,** April 21, 8:00 a.m., 9:30 a.m., and 11:30 a.m.
- **VBS:** June 17-21, Children ages 3&4 and Children grades K-8 in the Ministry Center.
- **Greece 2020:** Registration is now open at www.antioch-church.org.

Read through the Bible in 2019

Week 12	Week 13
◇ Deuteronomy 6-9; Luke 7	◇ Deut 27-31; Luke 12
◇ Deut 10-14; Psalm 5; Luke 8	◇ Deut 32-34; Psalm 13; Luke 13
◇ Deut 15-18; Psalm 115; Luke 9	◇ Joshua 1-4; Psalm 143; Luke 14
◇ Deut 19-22; Psalm 6; Luke 10	◇ Joshua 5-8; Psalm 14; Luke 15
◇ Deut 23-26; Luke 11	◇ Joshua 9-13; Luke 16

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!

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** meets Sundays 4:00-6:00 p.m. (Multipurpose Room)
- **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** meets at 11:30 a.m. in (room 207)
- **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 at 11:30 a.m. in (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*
- **The Beginning Bible Study** is on break until further notice
- **Male Mentoring** meets 4th Sundays at 1:15 p.m. (room 405 & Youth Lounge)
- **SAT Prep** meets Sundays, March 3 - April 28 from 1:00-4:00 p.m. (Registration is required)

Monday

- **Antioch Bible Institute** meets Mondays at 6:30 p.m. (room 205 A & B) (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** meets on Fridays 9:30 a.m. (room 205 A & B)
- **Friday Fun Night** meet on 3rd Fridays at 6:30 p.m. (room 203)
- **Marriage Ministry** meets on 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 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. in 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)** meets on 1st Saturdays at 9:30 a.m. in the Multipurpose Room.