Health & Wellness Facts

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. Examples of healthy changes include eating healthy, getting more physical activity, and losing weight.

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 2019 Antioch has baptized 17 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).

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.

Bereavements

Passing of
Sis. Khayriyyah Aleem

Bro. Willie & Sis. Pat Jennings
Passing of their daughter

Sis. Pat JenningsPassing of her 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!

<u>Wi-Fi Access</u> 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

Trustee of the Week Sis. Annette Green (703) 598-8083

November 10, 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
Hymn of Preparation
Sermon
Invitation to Discipleship
Communion
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
*Right Hand of Fellowship
Benediction

Announcements

Administration Office Closure

In recognition of Veterans Day, the Administrative Office will be closed on Monday, November 11. The Administrative Office will resume its regular hours on Tuesday, November 12. Please mark your calendar accordingly.

Modern Maturity Ministry

Modern Maturity Ministry will meet Tuesday, November 12 at 12:00 Noon In the Ministry Center Multipurpose Room. We will have a Dietitian Nutritionist speaking on sodium reduction and salt substitutes.

Mt. Calvary Baptist Church

Pastor Ausberry will be preaching at Mt. Calvary Baptist Church 4325 Chain Bridge Rd on Sunday, November 17 at 3:00 p.m. Everyone is invited. Lunch will be served at 1:30 p.m.

Pastor's 2020 Preaching Calendar

If you have a topic you would like Pastor to consider addressing in 2020 please email your topics to pastor@antioch-church.org.

Thanksgiving Basket Project Volunteers Needed

Thursday, November 21 at 9:30 a.m. to assist with folding boxes, picking up food items, loading and unloading trucks.

Sunday, November 24 (volunteers ages 10 & above) after the 11:30 worship to assemble food baskets.

Monday, November 25 at 9:00 a.m. assist in picking up and unloading turkeys and distributing food baskets. Basket pick-up 10 a.m. - 3 p.m. For project details and sign up, please contact Sis. Mackey at pmackey@antioch-church.org or (571) 732-4258.

Announcements

Women's Ministry Christmas Fellowship

The Women's Ministry invites all women to come celebrate and prepare for the Christmas season at our Annual Christmas Fellowship on Saturday, December 7 from 9:30 a.m. to 12:00 p.m. in the Ministry Center Multipurpose Room. Our Guest speaker is Sis. Brenda Moore. Cost is \$20.00. Please register online at www.antioch-church.org.

Lord's Supper Observance Change (December Only)

December's Lord's Supper (Communion) observance will be held on the Sunday, December 1, during all 3 services.

Christmas Cantata on Sunday, December 8

If you are interested in singing, serving as stage manager, or as production support, please contact Tanya Easley at teasley@antioch-church.org.

Antioch Baptist Church Employment Opportunity

Antioch has a job vacancy for a Full-time Facilities Manager. For more information, please contact Rev. Melvin Jones at mjones@antioch-church.org or 571-732-4257.

40 Days of Prayer

Please join us for the 40 days of prayer initiative. Please pray and read your Bible consecutively for the next 40 days.

Thanksgiving Eve Service

Come let us gather together and give thanks to God at our Thanksgiving Eve Service, which will be held on Wednesday, November 27, 2019 at 7:00 p.m. in the Sanctuary.

Read through the Bible in 2019 Week 43 Week 44 ♦ Ezekiel 1-3; John 1 Ezekiel 16-18; John 6 ♦ Ezek 4-6; Psalm 82; John 2 Ezek 19-21; Psalm 84; John 7 ♦ Ezek 7-9; John 3 Ezek 22-24; Psalm 134; John 8 ♦ Ezek 10-12; Psalm 83; John 4 Ezek 25-27; Psalm 85; John 9 ♦ Ezek 13-15; Psalm 136; John 5 Ezek 28-30; John 10

Prayer Focus

Please pray for our local, state, and national leaders.

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"

Recurring Ministries & Bible Studies

Sunday*

- Awana Bible Club meets 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 3rd Sundays at 1:30 p.m. (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 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*
- The Beginning Bible Study is on break until further notice
- Male Mentoring meets 4th Sundays at 1:15 p.m. (room 405 & youth lounge)
- * 2nd Sundays-Lord's Supper observance

Monday

 Antioch Bible Institute meets Mondays 6:00 p.m. (Registration is required)

Tuesday

- Academic Tutoring resumes September 17 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 Wednesdays at 7:00 p.m. (Multipurpose room)

Thursday

• Sonrise Bible Study meets Thursdays at 6:00 a.m. (room 400)

Friday

- Friday A.M. Bible Study meets Fridays at 9:30 a.m. (Multipurpose room)
- Friday Fun Night meets 3rd Fridays at 6:30 p.m. (room 203)
- Marriage Ministry meets 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 meets every 1st Saturday (See Bulletin announcements for information)

^{*}During the 11:30 a.m. worship service only