## 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 Jennings Passing of her mother

# **Today's Sermon**

Rev. Dr. Marshal L. Ausberry, Sr.

kt:	
e a question about today's sermon? F-m	ail your questions to <u>Bible@antioch-church.org</u> .
e a question about today 5 sermon: E-m	an your questions to <u>biolegunitoen endrenorg</u> .
Worship Center	Download Antioch's official Church App!
6531 Little Ox Road	Available for all Apple & Android devices.
Fairfax Station, VA 22039	Search for "Antioch FFX" in iTunes or

Search for "Antioch FFX" in iTunes of 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

(571) 732-4357

Administrative Office &

**Ministry Center** 

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(703) 425-0710 (office)

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www.antioch-church.org

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, must 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 Bro. Robert Moore (703) 323-8648

November 3, 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 <u>www.antioch-church.orq</u> and click on the "Live Stream" button.

8:00 a.m. A Time to Connect Call to Worship Baptism Welcome Pastoral Reflections Worship through Giving Offertory Prayer/Doxology Hymn of Preparation Sermon Invitation to Discipleship Presentation of Baptism Certificate Benediction 9:30 a.m. & 11:30 a.m. A Time to Connect Call to Worship Congregational Hymn Praise & Worship Welcome Pastoral Reflections Worship through Giving Offertory Prayer/Doxology Hymn of Preparation Sermon Invitation to Discipleship Benediction

## Announcements

#### WordSearch Bible Software Demonstration

WordSearch Bible Software is a Digital Bible Study research tool. A demonstration of this software will be held on Saturday, November 9 from 10:30 a.m. to 12:00 p.m. in the Ministry Center Multipurpose Room. Open to all. Free WordSearch software will be available for all attendees. For more information, and to register visit <u>www.antioch-church.org</u>.

#### Veterans Day Program

Antioch's Annual Veterans Day Program will be held Monday, November 11 at 9:00 a.m. Our guest speaker will be Major General (Ret) Fred Gorden, who was the first African American Commandant at the United States Military Academy (USMA), West Point, New York. The event is FREE, but you must register at www.antioch-church.org no later than November 4.

#### 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.

### Modern Maturity Ministry

Modern Maturity Ministry will meet 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.

### Pastor's 2020 Preaching Calendar

If you have a topic you would like Pastor to consider addressing in 2020 please email your topics to <a href="mailto:pastor@antioch-church.org">pastor@antioch-church.org</a>.

# 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 <u>www.antioch-church.org</u>.

### Lord's Supper Observance Change (December Only)

December's Lord's Supper 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 <u>teasley@antioch-church.org</u>.

#### 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 <u>mjones@antioch-church.org</u> 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.

#### 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.

**SAVE THE DATE:** Thanksgiving Eve Service will be held on Wednesday, November 27, 2019 at 7:00 p.m. in the Sanctuary.

Read through the Bible in 2019		
Week 42 <ul> <li>Lamentations; Psalm 137; 1 Peter 4</li> <li>Obadiah; Jer 40-42; Ps 147; 1 Pet 5</li> <li>Jer 43, 44, 46; 2 Pet 1</li> <li>Jer 47, 48, 49; Ps 80; 2 Pet 2</li> <li>Jer 50-51; 2 Pet 3</li> </ul>	Week 43 Ezekiel 1-3; John 1 Ezek 4-6; Psalm 82; John 2 Ezek 7-9; John 3 Ezek 10-12; Psalm 83; John 4 Ezek 13-15; Psalm 136; John 5	

## 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 4<sup>th</sup> Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- Cancer Exchange Ministry meets 3<sup>rd</sup> 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 1<sup>st</sup> Sundays at 10:00 a.m. (Sunrise Senior Living Fair Oaks)
- Elderly Care Ministry Worship Services Fair Oaks meets on the 3<sup>rd</sup> Sundays at 10:00 a.m. (Sunrise Senior Living Fair Oaks)
- Elderly Care Ministry Worship Service Burke meets on the 1<sup>st</sup> 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 4<sup>th</sup> Sundays at 1:15 p.m. (room 405 & youth lounge)
- \* 2<sup>nd</sup> 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 2<sup>nd</sup> Tuesdays at 12 noon (Multipurpose Room)
- 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 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 3<sup>rd</sup> Fridays at 6:30 p.m. (room 203)
- Marriage Ministry meets 3<sup>rd</sup> Fridays at 6:30 p.m. (Multipurpose room) Saturday
- Dance Ministry Rehearsals 2<sup>nd</sup> & 3<sup>rd</sup> 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 3<sup>rd</sup> Saturdays at 10:00 a.m. (room 403)
- Men's Forum meets 4<sup>th</sup> Saturdays at 8:00 a.m. (Multipurpose Room
- Military Ministry meets 2<sup>nd</sup> Saturdays at 10:30 a.m. (rooms 205 A&B)
- Women's Ministry Events meets every 1<sup>st</sup> Saturday (See Bulletin announcements for information)