

Health & Wellness Facts

Healthy Ways to Cope with Stress

Everyone—adults, teens, and even children, experiences stress. Stress is a reaction to a situation where a person feels threatened or anxious. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

- **Take care of yourself.**
 - * Eat healthy, well-balanced meals
 - * Exercise on a regular basis
 - * Get plenty of sleep
 - * Give yourself a break if you feel stressed out
- **Talk to others.** Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- **Avoid drugs and alcohol.** These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- **Take a break.** If news events are causing your stress, take a break from listening or watching the news.
- **Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

October is Breast Cancer Awareness Month

"The Best Protection is Early Detection"

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 Antioch has **baptized 16 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

Sis. Inger Moore

Passing 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!

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
Bro. Steve Mial
(703) 830-8053

October 6, 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
Baptism	Congregational Hymn
Welcome	Praise & Worship
Pastoral Reflections	Welcome
Worship through Giving	Pastoral Reflections
Offertory Prayer/Doxology	Worship through Giving
Ghana Presentation	Offertory Prayer/Doxology
Hymn of Preparation	Ghana Presentation
Sermon	Hymn of Preparation
Invitation	Sermon
Presentation of Baptism Certificate	Invitation
Benediction	Benediction

Announcements

Youth/Child Protection Orientation (YCPO)

Youth/Child Protection Orientation will be held TODAY at 11:30 a.m. in Ministry Center Room 203. YCPO is required every 2 years for all volunteers working with our Children & Youth. Please register at www.antioch-church.org. For more information, contact Sis. Patricia Mackey at pmackey@antioch-church.org or (571) 732-4258.

Men's Conference "Blueprint for Manhood God's Way"

The 2019 Men's Conference will be held the 4th Saturday, October 26, 8:00 a.m. - 2:30 p.m. For more information and to register, visit www.antioch-church.org.

Trip to the National Museum of African American History and Culture

Antioch and Truro Anglican Church will be taking a trip to the National Museum of African American History and Culture on Saturday, October 19. Buses will depart the Ministry Center at 10 a.m. and return at 7 p.m. There is no cost for museum tickets, the cost of the bus is \$20 per person. Please register online at www.antioch-church.org. If you have questions please contact Bro. Xavier Streeter at streeterxl@aol.com.

Brown Bag Lunch and Movie

You and your guests are invited to see the movie, **Amazing Grace: Aretha Franklin Documentary**, on Thursday, October 24, at 12 noon in Gibbs Hall (sanctuary). Come bring your lunch and enjoy "free" popcorn and snacks.

Announcements

Veterans Day Program

Antioch's Annual Veterans Day Program will be held Monday, November 11 at 9:00 a.m. Our guest speaker will Major General (Ret) Fred Gorden, who was the first African American Commandant at the United States Military Academy (USMA), West Point, New York. Military members are encouraged to wear their uniforms. Breakfast will be served immediately after the program in the Ministry Center Multipurpose Room. The event is FREE, but you must register at www.antioch-church.org no later than November 4.

Antioch Baptist Church Employment Opportunity

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

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.

Hallelujah Harvest

Hallelujah Harvest will be held on October 31 from 6-9 p.m. in the Ministry Center.

Thank You Antioch

Thanks for your generosity in providing money for those in the Bahamas impacted by Hurricane Dorian. We collected \$6,000 that will be sent to Southern Baptist relief agencies serving in that area.

Read through the Bible in 2019

Week 38	Week 39
◇ Isa 64-66; 2 Cor 2	◇ Habakkuk; 2 Cor 7
◇ 2 Kings 21; 2 Chr 33; Ps 71; 2 Cor 3	◇ Zephaniah; Psalm 74; 2 Cor 8
◇ Nahum; Psalm 149; 2 Cor 4	◇ Jeremiah 1-4; Psalm 130; 2 Cor 9
◇ 2 Kings 22-23; Psalm 73; 2 Cor 5	◇ Jer 5-7; Psalm 75; 2 Cor 10
◇ 2 Chr 34-35; 2 Cor 6	◇ Jer 8-10; 2 Cor 11

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. When Sunday school resumes on TODAY. 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)

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** resumes September 20
- ◆ **Marriage Ministry** resumes September 20

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** resumes on September 28
- ◆ **Military Ministry** meets 2nd Saturdays at 10:00 a.m. (rooms 205 A&B)
- ◆ **Women's Ministry Events** meets every 1st Saturday (See Bulletin announcements for information)