

## Health & Wellness Corner

### Disconnect to Reconnect

It has been proven that excessive “screen time” negatively affects our health in the areas of sleep, activity/mobility, vision & eye fatigue, and posture - among others. Do you know how much time you spend using your cell phone? Seeing the cold, hard numbers might be just the right inspiration to put it down. Yes, there are apps for that. Here are some other suggestions that can help us make positive changes:

Turn off alerts. It is easy to ignore it if the phone does not buzz every few seconds. If you cannot afford to miss certain things, set it so that only certain information gets through.

Put a reminder rubber band around the apparatus as a barrier to tapping and scrolling without thinking.

Speak positivity: “I get to do something else instead” feels better than “I can’t use my phone”. Make that a screen saver message.

Get an actual alarm clock: Avoid getting sucked in the media abyss after hitting the snooze button. Try recharging overnight in another room and adhering to a certain time each day to begin access; perhaps after morning prayers, devotional time, or bible study.

Schedule tech-free time: Some experts suggest going cold-turkey for 3 days. If you cannot imagine that, try being device-free for an hour or so each evening before and during dinner, as well as each Sunday afternoon. Instead, engage in conversation, a walk or other healthy physical activity. These are good times to use your phone’s Do Not Disturb setting.

Create tech-free zones: It is not hygienic to take your phone out while in the bathroom. Why not expand its absence from the meal table, playtime and drive time? Of course it is unsafe and illegal to be distracted behind the wheel.

It is all certain to be more successful if we hold one another accountable; try partnering with at least one other person for support.

~Ephesians 4:16~

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

## 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](http://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).

## Today’s Sermon

Rev. Dr. Marshal L. Ausberry, Sr.

Topic: \_\_\_\_\_

Text: \_\_\_\_\_

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*Have a question about today’s sermon? E-mail your questions to [Bible@antioch-church.org](mailto:Bible@antioch-church.org).*

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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](http://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*



*Happy New Year*

### 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  
2<sup>nd</sup> Sunday - All Services

Rev. Dr. Marshal L. Ausberry, Sr., Pastor

*Trustee of the Week*  
Sis. Joyce Best  
(703) 587-6829

January 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](http://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

### Christian Education Holiday Schedule

All Christian Education classes will resume TODAY.

### Antioch's 30th Anniversary Celebration

Join us as we Celebrated 30 years of building a Lasting Legacy of Faith, Worship and Service. This Anniversary Celebration will be held during the 11:30 worship service on January 20, 2019. Please mark your calendars!

### Men's Forum

The Men's Forum will meet Saturday, January 26 in the Ministry Center Multipurpose Room from 8:00 to 10:30 a.m. We welcome men of all ages to join us. Please register at [www.antioch-church.org](http://www.antioch-church.org). Contact Bro. Ken Tarrant at [ktarrant@antioch-church.org](mailto:ktarrant@antioch-church.org) for more information.

### Grief Share - Loss of a Spouse Seminar

The death of a spouse brings a unique kind of pain. People who are widowed haven't just lost a loved one they've lost an entire lifestyle. Grief Share Ministry is offering the Loss of a Spouse seminar. This seminar will provide insights on what to expect in the days to come, how to deal with the loneliness and other practical help for dealing with the challenges of widowhood. This one-time session will take place on January 27 at 11:30am in room 405. There is no cost to attend but we encourage you to register by emailing Rev Jeffery Gaines at [jbgaines04@gmail.com](mailto:jbgaines04@gmail.com).

## Announcements

### 2018 Contributions and Statements

Contribution statements for 2018 will be mailed by January 31, 2019. Please submit address changes no later than Monday, January 14 to Sis. Maria Pernell at [mpernell@antioch-church.org](mailto:mpernell@antioch-church.org).

### Eliminating Debt

The Eliminating Debt workshop will help you create a plan to attack your debt and be free from the dangers of debt dependence. The workshop will be conducted on Saturday, January 12, 2019 from 9 a.m. to 12 noon in the Ministry Center Room 401. The cost is \$12 per person. Register at [www.antioch-church.org](http://www.antioch-church.org).

Read through the Bible in 2019	
Week 1	Week 2
◇ Genesis 1-2; Psalm 19; Mark 1	◇ Genesis 16-18; Mark 6
◇ Gen 3-5; Mark 2	◇ Gen 19-20; Psalm 1; Mark 7
◇ Gen 6-8; Psalm 104; Mark 3	◇ Gen 21-23; Psalm 107; Mark 8
◇ Gen 9-11; Mark 4	◇ Gen 24-25; Psalm 4; Mark 9
◇ Gen 12-15; Psalm 148; Mark 5	◇ Gen 26-27; Mark 10

## Inclement Weather Information

For inclement weather information, tune-in to: WTOP 103.5 FM or [www.WTOPnews.com](http://www.WTOPnews.com), WJLA-ABC channel 7 or [www.wjla.com](http://www.wjla.com), News Channel 8 or [www.news8.net](http://www.news8.net), WUSA channel 9 or [www.wusa9.com](http://www.wusa9.com).

## 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 elected local, state, and national officials. Pray for their safety and that they will seek and follow God's guidance as they lead and fulfill the obligations of their elected positions.

## 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** will resume on January 13, 2019
- ◆ **Baptism Class** meets 4<sup>th</sup> Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ◆ **Cancer Exchange Ministry** will resume on February 17, 2019
- ◆ **Divorce Care** will resume February 24, 2019
- ◆ **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** will resume on February 24, 2019
- ◆ **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

### Monday

- ◆ **Antioch Bible Institute ABI** is on break and will resume Monday, January 7, 2019 (registration is required)

### Tuesday

- ◆ **Academic Tutoring** meets at 7:00 p.m. (rooms 205-A & B)
- ◆ **Modern Maturity Ministry** meets 2<sup>nd</sup> Tuesdays at 12:00 p.m. (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** will resume January 9 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** will resume January 11, 2019
- ◆ **Friday Fun Night** will resume January 18
- ◆ **Marriage Ministry** on break and will resume January 18

### 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 411)
- ◆ **Men's Forum** will resume January 26, 2019
- ◆ **Military Ministry** meets monthly on 2<sup>nd</sup> Saturdays at 10:00 a.m. (Multipurpose Room)
- ◆ **We Care Ministry (HIV/AIDS Ministry)** meets on the 2<sup>nd</sup> Saturdays at 9:00 a.m. (room 406)
- ◆ **Women's Ministry Bible Study** will resume February 2, 2019