

## Health & Wellness Corner

### Iron sharpens iron... (and our bodies also)

Anemia is a common disorder that occurs when a deficiency in the red blood cells blocks the delivery of oxygen throughout the body. It can make you feel fatigued, as well as cause serious health complications and organ damage. The most common cause of anemia is low iron levels in the blood. There are three main reasons people become anemic: blood loss, a reduction in the body's ability to produce new red blood cells, or an illness that leads to destruction of red blood cells.

As anemia worsens, the body can experience visible changes because it is starved for oxygen: dizziness, shortness of breath, chest pain, skin pallor, racing/irregular heartbeat, brittle nails, cold hands/feet, and cuts that take longer to stop bleeding.

Treatments for anemia depend upon the underlying cause of the decreased red blood cell production. They include: dietary and medical iron supplementation, vitamin B, blood transfusions, and drugs to induce blood formation. Please see a medical professional if you are experiencing any signs or symptoms of anemia.

~Psalm 28: 7-8; Isaiah 40: 29-31~

Self-check your blood pressure each Sunday after worship services via the monitoring station in the sitting area of the sanctuary office (also known as "The Welcome Center"). *Please follow-up with your personal health care advisor/physician; this is not to be construed as medical advice.*

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

## Antioch's Employment Opportunities

Antioch has two job vacancies: Full-time Facilities Manager and Part-time Security Resource Associate. For more information, please contact Rev. Melvin Jones at [mjones@antioch-church.org](mailto:mjones@antioch-church.org) or (571) 732-4257.

## Resources

**Suggested Reading:** Impossible People: Christian Courage and the Struggle for the Soul of Civilization by Os Guinness

**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).

## Inclement Weather Information

For inclement weather information, tune-in to: WTOP 103.5 FM or WTOPTnews.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

The posted speed limit on Little Ox Road is 25 MPH. Watch your speed and WATCH OUT FOR THE DEER!

## Bereavements

Anthony Abrams  
*Passing of his mother*

Patricia Julien-Williams  
*Passing of her sister Paulette Julien*

## 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).*

**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](http://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](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



## 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

March 4, 2018  
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
Baptism	Congregational Hymn
Welcome	Praise and Worship
Pastoral Reflections	Welcome
Worship through Giving	Pastoral Reflections
Doxology	Worship through Giving
Hymn of Preparation	Doxology
Sermon	Hymn of Preparation
Invitation	Sermon
Presentation of Baptism Certificates	Invitation
Benediction	Benediction

## Announcements

### Quarterly Prayer Fellowship

The Prayer Partner Ministry invites you to join us in prayer and worship on March 8 at 7:00 a.m. in the Ministry Center Multipurpose room to lift our voices boldly in corporate prayer. Paul writes in Ephesians 6:18, "With all prayer and petition, pray at all times in the Spirit, and with this in view, be on alert with all perseverance and petition for all saints." Come, let us begin the day with prayer and fellowship.

### Library Ministry

Calling all READERS! Please attend our 2018 Sumer Reading Program planning kickoff on Saturday, March 10 at 10:30 a.m. in the Ministry Center room 205. For more information, contact Kimber Homes at [kimberg703@yahoo.com](mailto:kimberg703@yahoo.com) or (703) 562-6374.

### Marriage Retreat

The Marriage Ministry Marriage Retreat will be held on Friday March 16 at 6:30 - 9:00 p.m. and Saturday March 17 at 8:30a.m. - 2:00 p.m. The theme will be God's Design for a Godly Marriage. Our guest facilitator will be Rev. Dr. James Ford, Pastor of Christ Bible Church of Chicago. The cost for the retreat is \$40.00 per couple. Register at [www.antioch-church.org](http://www.antioch-church.org). For more information, contact Rev. Bernard Snowden at [bsnowden@antioch-church.org](mailto:bsnowden@antioch-church.org).

### Mother-Daughter Tea

Mothers and Daughters ages 4-12 are invited for an afternoon of fellowship, spiritual enrichment, crafts, food & tea on Saturday, March 10 from 1:30 - 3:30 p.m. in the Ministry Center Multipurpose Room. Please register at [www.antioch-church.org](http://www.antioch-church.org) by March 1, 2018. Children please bring your favorite stuffed animal to join in the fun.

## Announcements

### Graduating High School Seniors

The Rev. Dr. John Q. Gibbs scholarship application is now available on the church's website. Please visit [www.antioch-church.org](http://www.antioch-church.org) to find out more information pertaining to the criteria and application deadline. For any questions, please contact Rev. Alan Harris at [aharris@antioch-church.org](mailto:aharris@antioch-church.org) or (571) 732-4254.

### Parent/Child Laser Tag

Parent/Guardian and children ages 5-12, please join in for the Laser Tag outing at Shadowland Laser Adventures, 4300 Chantilly Shopping Center Drive, Chantilly, VA. on Saturday, April 7. Cost is \$10, and includes 2 games, pizza and drinks. Register at [www.antioch-church.org](http://www.antioch-church.org), space is limited! For more information contact Bro. Wayne Williams at [wwilliams@antioch-church.org](mailto:wwilliams@antioch-church.org).

### Volunteer Opportunities

**Sunday School Teachers:** Do you have a desire to make an impact on the next generation? Are you interested in shaping the minds of our children for Christ? We are currently looking to add additional Sunday School teachers to our current group of teachers.

**Nursery Ministry:** Do you have a heart for God's precious sheep? Would you like to teach and train the youngest amongst us? We are currently looking for additional ministry servants to serve within our Nursery Ministry.

For more information (requirements, time obligations etc.), please contact Rev. Alan Harris at [aharris@antioch-church.org](mailto:aharris@antioch-church.org).

## Save The Date

- **Good Friday Service, March 30 12:00 Noon**
- **Children's Easter Egg Hunt, Saturday, March 31, 10:00 a.m.**
- **Global 6K Walk / Run for Clean Water, Saturday, May 19**

## Prayer Focus

Let us pray that we strive more and more to be the Lord's witness in all that we do and say. That though our witness more men, women, boys, and girls trust Jesus Christ.

## 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 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** resumes 3<sup>rd</sup> Sunday in March (Gibbs Hall)
- ♦ **Divorce Care** meets at 11:30 in (room 207)
- ♦ **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** meets 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
- ♦ **SAT Prep Course** resumes Spring 2018

### Monday

- ♦ **Antioch Bible Institute** meets at 6:30 p.m. (rooms 205-A & B) registration required.

### Tuesday

- ♦ **Academic Tutoring** at 7:00 p.m. (rooms 205-A & B)
- ♦ **Modern Maturity Ministry** resumes 2<sup>nd</sup> Tuesdays in March 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 for Adults** meets Wednesdays 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 at 9:30 a.m. in the (Multipurpose Room)
- ♦ **Friday Fun Night** meets on the 3<sup>rd</sup> Fridays at 6:30 p.m. (rooms 201 & 203)
- ♦ **Marriage Ministry** meets on the 3<sup>rd</sup> Fridays at 6:30 p.m. (Multipurpose Room)

### Saturday

- ♦ **Dance Ministry Rehearsals - excluding 1<sup>st</sup> Saturdays** (room 409)
  - \* 10:00 a.m. - 10:45 a.m. Wee Worshipers (ages 6-8)
  - \* 10:45 a.m. - 12:00 p.m. Praise & Warm-ups (ages 16 & above)
  - \* 12:00 p.m. - 1:30 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** meets on 4<sup>th</sup> Saturdays 8:00 a.m. (Multipurpose Room)
- ♦ **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** meets on 1<sup>st</sup> Saturdays at 9:30 a.m. in the (Multipurpose Room)