

## Health & Wellness Corner

### What's so Fishy about it?

Are you getting mixed-messages about seafood? Read on, maybe we can help. First of all, it is just fine to buy frozen fish. Unless you know for sure that you've got high-quality seafood, it may have spent a few days sitting in a ship's hold before it gets to market. Some "fresh" fish may have even been frozen and then thawed out in the supermarket. So (unless you caught it yourself) buy "flash-frozen", and thaw your own. Fresh seafood should have a mild smell, or none at all (its flesh should be springy, not mushy). If it smells sour or fishy, throw it away.

The benefits of eating the finned creatures out-weigh the risks. People who eat fish regularly have less chance of suffering heart disease, hypertension, diabetes, stroke, some cancers, mood irregularities, and rheumatoid arthritis. Most of the health benefits come from Omega-3 fatty acids; salmon, herring, mackerel, and sardines have a high concentration (better than the capsules). The American Heart Association recommends at least 2 servings (3.5 oz) of fish per week. Love sushi? Be careful – no matter how good the restaurant is, eating raw seafood poses a higher risk of food-borne illness than cooked seafood. The term "sushi-grade" is just a marketing tool. However, fish for restaurants is often flash frozen when caught, which should kill parasites. Did you know that shellfish is quite low in fat? In this category it is even healthier than beef or chicken -- a great source of protein too. Just go easy on the drawn butter. Fish may really be brain food. Studies show eating it baked or broiled once a week (long term) seems to help people keep their short-term memory sharp and lower the risk of Alzheimer's disease. Please avoid frying fish, it depletes the nutrients. In most cases, pregnant and breastfeeding women can eat fish (up to 12 oz per week), as long as it is low in mercury (such as salmon, tilapia, and canned light tuna, and shrimp). In addition to the Omega-3 fatty acids, it is a fine source of protein, iron, and zinc.

While seafood (finned and shellfish) is not the most common food allergy, it is in the top 8. The reactions may even develop suddenly in adulthood. They do not tend to fade, and can often be very serious – for some, life threatening. So, don't chance reintroduction without a doctor's advice. Get hooked, and enjoy the net value!

~Luke 24:42-43; Matthew 14:17-21~

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

## 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).

## Notice

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

## Bereavements

Passing of  
Bro. Wallace Johnson

## 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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6531 Little Ox Road  
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**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.  
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[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*  
Bro. Steve Mial  
(703) 830-8053

July 8, 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	Praise and Worship
Congregational Hymn	Welcome
Welcome	Pastoral Reflections
Pastoral Reflections	Worship through Giving
Worship through Giving	Doxology
Doxology	Hymn of Preparation
Hymn of Preparation	Sermon
Sermon	Invitation
Invitation	Communion
Communion	Benediction
Benediction	

## Announcements

### Sunday School & the Nursery

Sunday School classes and the Nursery will resume their regular schedules **TODAY**.

### Volunteer Servant 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).

**AWANA Ministry:** Ministry servants needed as listeners, parent volunteers, large group teachers, game time assistants, and administrative skills.

For more information (requirements, time obligations, etc.), please contact Sis. Robyn Ausberry at [rausberry@gmail.com](mailto:rausberry@gmail.com).

### Holy Land Trip

Thinking about journey to the Holy Land? There is still time to register and have a journey of a lifetime walking in the footsteps of Jesus and seeing the Bible in living color. You can register on the church website and/or contact Sister Rochella Marable at [rcmarable@cox.net](mailto:rcmarable@cox.net) or 703-690-4433 for more information.

## Announcements

### Youth Emphasis Week #YEW2018

TODAY is the last day to register! Students in grades 7 - 12, join us for this year's "Youth Emphasis week" which will take place July 9-13. The week will feature a Service Project on Monday 10:00 a.m. - 1:00 p.m. Tuesday - Thursday dinner at 6:30 p.m. and class 7:00 - 8:30 p.m. We will close out the week with a trip to Kings Dominion on Friday. The cost for the week is \$35.00 per youth. Register at [www.antioch-church.org](http://www.antioch-church.org). For more information, contact Rev. Alan Harris at [aharris@antioch-church.org](mailto:aharris@antioch-church.org).

### Antioch Bowling Night

Please join us for our 2018 Antioch Church-Wide Bowling Night on August 3 from 7:00 p.m. - 10:00 p.m. at the Fort Belvoir Community Center, 5975 Middleton Road, Fort Belvoir, VA 22060. The cost is \$10.00 per person (Children 4 and under are \*FREE\*) and includes bowling, shoe rental, buffet dinner, and soda. All are invited, however you must register as space is limited! Register at [www.antioch-church.org](http://www.antioch-church.org) or contact Bro. Wayne C. Williams at [wwilliams@antioch-church.org](mailto:wwilliams@antioch-church.org) for more information.

## Antioch's Parking Lot Repair Update

Workers are preparing to begin installation of the new storm water management system. Please keep those working on this project in your prayers. If you have questions, please contact Rev. Melvin Jones at [mjones@antioch-church.org](mailto:mjones@antioch-church.org) or (571) 732-4257.

## Prayer Focus

Please join us in praying for the Nation and all of our National, State, and Locally elected officials. And please pray for God's continued hand upon America!

## 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** is on break and resumes September 9
- ♦ **Baptism Class** meets 4<sup>th</sup> Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ♦ **Cancer Exchange Ministry** is on break and resumes September 16
- ♦ **Divorce Care** is on break and resumes in September
- ♦ **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** is on break and resumes in September
- ♦ **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** will resume in the Fall

### Monday

- ♦ **Antioch Bible Institute** is on break and resumes September 10

### Tuesday

- ♦ **Academic Tutoring** is on break and resumes in September
- ♦ **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** is on break and resumes September 12

### Thursday

- ♦ **Sonrise Bible Study** meets at 6:00 a.m. (Room 400)

### Friday

- ♦ **Friday A.M. Bible Study** is on break and resumes September 7
- ♦ **Friday Fun Night** is on break and resumes September 21
- ♦ **Marriage Ministry** is on break and resumes September 21

### Saturday

- ♦ **Dance Ministry Rehearsals** - will resume Sunday, September 2 at 1:00 p.m.
- ♦ **Elderly Care Ministry** meets on the 3<sup>rd</sup> Saturdays at 10:00 a.m. (room 411)
- ♦ **Men's Forum** is on break and resumes September 22
- ♦ **Military Ministry** is on break and resumes in September
- ♦ **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 & Teen Talk (ages 13-18)** is on break and resumes in September