

Health & Wellness Corner

What's Shakin' Bacon?

Processed meat is that which has been preserved by curing, salting, smoking, drying, or canning. Products in this category include: sausages, hot dogs, salami, bacon, ham, corned beef, and jerky. It usually contains various chemical compounds that are not naturally present in fresh meat. Eating a lot of processed meats over many years or decades may increase the risk of chronic diseases like hypertension, heart disease, COPD, and digestive tract cancers. Another contributing factor is that it is often prepared over high heat, like frying or char-grilling – which releases nitrosamines (products of nitrites). Bacon usually comes from pork bellies (the fattiest part of the hog), it is one of the most highly processed foods we eat in the U.S. Eating it occasionally is fine; but we should avoid allowing it to dominate our diet. One cooked slice has 41 calories, and 1 gram of saturated fat. We can think of bacon as a flavored meal accent, instead of the focal point. Round it out with fruits and veggies; and limit the addition of other fats. Center cut slices are less fatty, and bacon labeled "uncured" reduces the exposure to nitrites. When saturated fat is a major concern (hypertension, heart disease), consider turkey bacon or Canadian bacon – which is cut from the leaner pork loin. At the end of the day, let's try to limit our intake of processed foods by increasing fresh and whole foods.

~Psalm 111:5; Deuteronomy 12:15~

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 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).

Bereavements

Sis. Teresa Dundy
Sis. Earnestine Ballard
Passing of her brother

Sis. Anna Middlebrook
Passing of her mother

Sis. Bea Parham
Passing of her sister

Sis. Chandra Snowden
Passing of her father

Bro. Curtis Wilson
Passing of his sister

Today's Sermon

Rev. Dr. Marshal L. Ausberry, Sr.

Book of Galatians

Topic: _____

Text: _____

Have a question about today's sermon? E-mail your questions to Bible@antioch-church.org.

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6531 Little Ox Road
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(571) 732-4357

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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 7, 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 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 and Worship
Pastoral Reflections	Welcome
Worship through Giving	Pastoral Reflections
Doxology	Worship through Giving
Hymn of Preparation	Doxology
Sermon	Hymn of Preparation
Invitation	Sermon
Benediction	Invitation
	Benediction

Announcements

Military Care & Share Ministry

Military Care and Share Ministry will be held on Saturday, October 13 from 10:00–11:30 a.m. in the Ministry Center Multipurpose Room. Bro. Curtis Taylor will be the Speaker. Register at www.antioch-church.org.

Personal Financial Stewardship Ministry (PFSM)

PFSM is sponsoring a Create a Spending Plan workshop on Saturday October 20 from 9:00 a.m.–12:00 p.m. in the Ministry Center room 401. The workbook cost is \$12.00. Register at www.antioch-church.org. For more information contact Sis. Valerie Purvis at abcfinancialministry@cox.net.

Oasis Student Ministries (Back IN School Drive)

Although school has resumed, many students are still in need of a plethora of items. We are collecting various toiletries (soap, deodorant, toothpaste, etc), canned food (non-perishable), socks, undergarment and sweat shirts (preferable hooded for cooler/colder months) of all sizes for both males and females. You may drop off your donations until October 22 in the bins located in foyers of the Ministry Center and Worship Center. For more information, please contact Rev. Alan Harris at aharris@antioch-church.org or at (703) 732-4254.

Antioch's Annual Hallelujah Harvest

Kids ages 4-12 are invited to join us for our annual "Hallelujah Harvest" on Wednesday, October 31 from 6:00 p.m. - 9:00 p.m. at the Ministry Center. The night will be filled with carnival rides, interactive games, and food. For more information, contact Rev. Alan Harris at aharris@antioch-church.org.

Attention Parents of Children and Youth

Is your child/youth in a ministry? Join us for our **ServantZ (ages 4-18)** Ministry Fair on October 21 immediately following the 9:30 a.m. and 11:30 a.m. worship services in the Ministry Center Multipurpose Room. Children and youth ministry representatives will be available. There will be a short demonstration from our puppet and step ministries.

Announcements

In addition to looking for children and youth to serve, we are seeking adult volunteers to serve. For more information contact Sis. Gwen King at abcpraisingsaintschoir@gmail.com.

Community Awareness Ministry (CAM) "Every Vote Counts!"

Verify your voter registration status before the deadline: NLT October 15 in VA, and October 16 in DC & MD. Our next CAM meeting is Tuesday, October 9 at 7:00 p.m. in Ministry Center Room 400. For more information, contact Bro. Kevin Tann at ktann@antioch-church.org.

Administrative Office Closure

In recognition of the Columbus Day holiday, the Administrative Office will be closed on Monday, October 8.

Thanksgiving Basket Project

If you know of families who would be blessed by receiving a Thanksgiving basket, please submit their names to Sis. Patricia Mackey at pmackey@antioch-church.org by Wednesday, October 31.

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.

Save The Date

Annual VETERANS Day Tribute

Monday, November 12 at 9:00 a.m. in the Worship Center

Antioch's Parking Lot Repair Update

Paving will begin this week and striping will soon follow. We are nearing completion – PTL! Please continue praying for favorable weather and for the safety of the workers. If you have questions, please contact Rev. Melvin Jones at mjones@antioch-church.org or (571) 732-4257.

Prayer Focus

Pray for the safety of the first responders, safety personnel, and those affected by Hurricane Florence. Also please pray for our local and nationally elected officials.

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 4th Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ♦ **Cancer Exchange Ministry** meets 3rd Sunday at 1:30 (Gibbs Hall)
- ♦ **Divorce Care** meets at 11:30 a.m. (room 207)
- ♦ **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** meet at 11:30 a.m. (room 405)
- ♦ **Married Couples Sunday School** meets 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** meets Sundays October 7 thru November 25 at 1:30 p.m. (rooms 208 & 209) *registration required*

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** meets 2nd Tuesdays at 12:00 p.m. (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 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. (Multipurpose Room)
- ♦ **Friday Fun Night** meets on the 3rd Fridays at 6:30 p.m. (rooms 201 & 203)
- ♦ **Marriage Ministry** meets on the 3rd Fridays at 6:30 p.m. (Multipurpose Room)

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 411)
- ♦ **Men's Forum** meets on 4th Saturdays 8:00 a.m. (Multipurpose Room)
- ♦ **Military Ministry** meets monthly on 2nd Saturdays at 10:00 a.m. (Multipurpose Room)
- ♦ **We Care Ministry (HIV/AIDS Ministry)** meets on the 2nd Saturdays at 9:00 a.m. (room 406)
- ♦ **Women's Ministry Fall Fellowships** meets on 1st Saturdays (Multipurpose Room)