

Health & Wellness Corner

Tips for a Healthy & Happy Life

Sometimes the simplest things can make a tremendous difference in our physical wellness. We can lessen our risk for cardiovascular disease, mental illness, obesity, and infection – just to name a few. On average, it takes about 2 months to develop a new habit. Try these:

- Make time for prayer and reflection each day.
- Exercise for at least 30 minutes daily. A walk is refreshing and low-impact.
- Drink at least 8 glasses of water every day.
- Try to smile and laugh more.
- Live with 3 E’s – Energy, Enthusiasm, & Empathy.
- Eat breakfast like a king/queen, lunch like a prince/princess, and a colorful dinner on a smaller plate.
- Buy more foods that grow on trees & plants, and less that are manufactured in plants.
- Sleep at least 7 hours.
- Stay connected with those you care about and who care about you.
- Do not compare your life to others’; you have no idea what their journeys are.
- Do something nice for someone else when you feel sorry for yourself.
- Try something new, engage your brain; still your spirit, practice yoga. See your doc, get your flu shot. Don’t add sugar & salt, stay far from soda.
- Be the change you want to see. Use your actions for education, compassion, and positivity.

~Isaiah 58:11; Timothy 4:7b -8; Galatians 6:4; Proverbs 20:21; 1 Corinthians 10:31~

Interested in joining the Health & Wellness Ministry? Contact Sis. Brenda Moore at bmoore@antioch-church.org.

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 help? Just text the word “CONNECT” to the number 855-11 and a PRS CrisisLink crisis worker will send you a text response within minutes. You can also call the hotline at 1-800-273-TALK (8255) or (703) 527-4077 to speak with a trained crisis worker.

Notice

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

Bereavements

Sis. Pam McCamey
Passing of her brother

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
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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: ABCBOTSPOT
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.



Our purpose

Loving God, Loving Others, as we...

*Gather to **Worship**,
Study the **Word**,
Commit to **Work**, and
Reach the **World** for Jesus Christ.*

Baptism
1st Sunday - 8:00 a.m.

Holy Communion
2nd Sunday - All Services

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

Trustee of the Week
Bro. Rick Jenkins
(571) 216-3577

October 8, 2017
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	Praise & 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	†Right Hand of Fellowship
Communion	Communion
Benediction	Closing Prayer
	Choral Benediction

† During the 11:30 a.m. worship service

Announcements

Sunday School

Our Sunday school classes are currently looking for teacher assistants. As a teacher assistant, you are not required to teach. In this role you will assist the teacher during Sunday school (9:30-11:00 a.m.) with various administrative tasks, monitor behavior, serve snacks and assist with other needs which may arise. If interested and to find out more information regarding the requirements to serve in this capacity, please contact Rev. Alan Harris at aharris@antioch-church.org.

Community Awareness Ministry

Register to Vote by Oct. 16 to participate in Virginia's Nov. 7 General Elections. The next CAM meeting is Tues, Oct. 10 at 7:00 p.m. in the Ministry Center in Room 400. For more information, contact Bro. Kevin Tann at ktann@antioch-church.org.

ACE Ministry

Vacation Bible School for those with special needs will be held on October 20-22 at Eagle Eyrie. November's meeting will be held on Saturday, November 18. Please mark your calendar accordingly.

Youth/Child Protection Orientation (YCPO)

Youth/Child Protection Orientation will be held October 15 at 11:30 a.m. in room 205 A & B. YCPO is required every 2 years for all volunteers working with our Children & Youth ministries. Please register at www.antioch-church.org. For more information, contact Sis. Patricia Mackey at pmackey@antioch-church.org or (571) 732-4258.

Elderly Care Ministry (ECM)

Medicare Presentation by Healthcare and Medicare Advocate Ridge Multop

Everyone knows that Medicare is health insurance that helps pay for preventive care, doctor visits, hospital stays, and prescription drugs. How does it work for you? Please join the Elderly Care Ministry for a presentation on Medicare by Health Advocate, Ridge Multop, on Saturday October 21 at 10:00 a.m. in the Antioch Ministry Center Multipurpose Room. All are welcome and admission is Free!

Announcements

Golf Outing & Fellowship

Antioch's Golf Fellowship, is open to both men and women. The next outing will be held on Friday, October 13 at the Reston National Golf Course, 11875 Sunrise Valley Drive, VA 20191. Tee time is at 12:00 p.m. The cost is \$75.00 per player. Cost includes driving range, golf, cart, meal, and prizes. ALL ARE WELCOME! Register at www.antioch-church.org. For more information, contact Bro. Wayne Williams at wwilliams@antioch-church.org.

Antioch's Annual Veterans Day Program

Antioch will host its annual Veterans Day Program on Friday, November 10 at 9:00 a.m. in the Sanctuary. Our keynote speaker will be LTG Darrell K. Williams. Military members are encouraged to wear their uniforms. All civilians are encouraged to wear patriotic lapel pins. Breakfast will be served immediately after the program in the Multipurpose Room. The event is FREE, but you must register at www.antioch-church.org no later than November 6. For more information, contact Bro. Lonnie Williams at (703) 898-8898 or londel6500@aol.com or Bro. Ken Tarrant at (571) 276.8573.

Holy Land Trip

Journey to the Holy Land October 15-25, 2018 and walk in the footsteps of Jesus. An information briefing to learn more about this journey will be held, Saturday, October 14 at 10:00 a.m. in the Ministry Center room 205. For more information please contact Sister Rochella Marable at rcmarable@cox.net

Congratulations to Our College Graduates

Marquitta L. Foster, Bachelors of Science in Nutrition and Dietetics, Radford University. Marquitta has accepted a full time position at Inova Fair Oaks Hospital as a Nutrition Operator and preparing to start a masters program in Public Nutrition.

Morgan Lataillade, Bachelor of Science in Biomedical Engineering, University of Virginia. Morgan has accepted employment with Genentech in San Francisco, CA as an Operations Rotational Development Program Analyst.

Taylor McManus, Bachelor of Fine Arts in Illustration, Maryland Institute College of Art (MICA). Taylor will continue at MICA and pursue a Masters in Art teaching degree.

Pearson S. Wheatley, Bachelor of Science, Magna Cum Laude in Agribusiness Management and Marketing Option, Tuskegee University. Pearson will be pursuing a graduate degree.

Antioch's Annual Hallelujah Harvest

Kids ages 4-12 are invited to join us for our annual "Hallelujah Harvest" on Monday, 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 or (703) 425-0710.

Administrative Office Closure

In recognition of the Columbus Day holiday, the Administrative Office will be closed on Monday, October 9.

Prayer Focus

Please pray for those affected by the Las Vegas shooting. Also, please continue praying for those impacted by Hurricane's Harvey and Irma and Maria.

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 Sundays at 1:00 p.m. (Gibbs Hall)
- ♦ **Divorce Care** resumes in February 2018
- ♦ **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** 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
- ♦ **Young Men's Forum** (formerly Male Mentoring Ministry) meets 4th Sunday at 1:00 p.m. (Multipurpose Room)
- ♦ **SAT Prep Course** meets at 1:30 p.m. (rooms 208 & 209)

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 at 7:00 p.m. (Multipurpose Rm)

Thursday

- ♦ **Sonrise Bible Study** meets at 6:00 a.m. (room 400)
- ♦ **Prayer Partners Ministry** will meet on October 12 at 7:00 p.m. (room 400)

Friday

- ♦ **Friday A.M. Bible Study** 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 Rm)

Saturday

- ♦ **Dance Ministry Rehearsals - excluding 1st 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 3rd Saturdays at 10:00 a.m. (room 411)
- ♦ **Library Ministry** resumes October 14 at 10:00 a.m. (room 204)
- ♦ **Men's Forum** meets on 4th Saturdays at 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 Bible Study** meets on 1st Saturdays at 9:30 a.m. (Multipurpose Room)