

## Health & Wellness Corner

### Energize

Everyone needs to eat carbohydrates. They are an essential part of a healthy diet – the body’s primary energy source. There are 3 main types: sugars, starches, and fiber. All carbs are not created equal. It is important to know the difference between “good carbs” and “bad carbs”, which can be both simple and complex. Foods fall into those 2 categories based on their chemical makeup & what our bodies do with them. Because many foods contain one or more types of carbohydrates, it can be tricky determining what is healthy.

Simple carbs are made of easy-to-digest basic sugars – some found naturally in fruits, vegetables, and milk. Refined sources are found in baked goods, candies, and soda (not our friends). Complex carbs are found in whole grains, legumes, and starchy vegetables. They contain longer chains of sugar molecules that usually take longer for the body to use and break down; providing a more consistent amount of energy. Now, even though fruits & veggies are considered simple carbohydrates, many are rich in fiber – which changes the way their sugars are processed. This slows their digestion (just like the complex carbs), which keeps us going longer throughout the day.

So, when we make our carbohydrate choices, let’s lean towards buckwheat, whole wheat flour, quinoa, brown rice, barley, corn, oats, sweet potatoes, black beans, chick peas, lentils, bananas, oranges, blueberries, beets, and apples. Read the label; if the food is higher in fiber and lower in sugar, go for it! It’s likely to energize and sustain.

~Isaiah 40:28-31; Colossians 1:29~

*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).

## Bereavements

Sis. Angela Jenkins  
*Passing of her grandmother*

Sis. C. LaVerne Jones  
*Passing of her husband*

Sis. Rachel Jenkins  
*Passing of her great-grandmother*

Sis. Abby Taylor  
*Passing of her sister*

## Today’s Sermon

Rev. Dr. Marshal L. Ausberry

*Book of Galatians*

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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*  
Bro. Bobby Jackson  
(703) 314-8699

November 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 & 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 Baptismal Certificate	Invitation
Benediction	Benediction

## Announcements

### Annual Veterans Day Tribute

Antioch will host its annual Veterans Day Program on Monday, November 12 at 9:00 a.m. in the Sanctuary. Our keynote speaker will be LTG Gwendolyn Bingham. Military members are encouraged to wear their uniforms. All civilians are encouraged to wear patriotic lapel pins. A repast will be served immediately after the program in the Ministry Center Multipurpose Room. The event is FREE, but you must register at [www.antioch-church.org](http://www.antioch-church.org) no later than November 4.

### Thanksgiving Basket Project Volunteers Needed

Thursday, November 15 at 9:30 a.m. to assist with folding boxes, picking up food items, loading and unloading trucks.

Sunday, November 18 (volunteers ages 10 & above) after the 11:30 worship service to assemble food baskets.

Monday, November 19 at 9:00 a.m. to assist in picking up and unloading turkeys and distributing food baskets. **Basket pick-up 10:00 a. to 300 p.m.**

For project details and sign up, please contact Sis. Mackey at [www.antioch-church.org](http://www.antioch-church.org).

### Thanksgiving Eve Worship Service

Join us on Wednesday, November 21 for our annual Thanksgiving Eve Worship Service at 7:00 p.m. in the Sanctuary.

### Children's Christmas Choir

Children ages 4-9 years old are invited to sing with the Praising Saints Children's Choir during our Christmas Program on Sunday, December 9. The children's choir will sing during the 9:30 a.m. worship service. Rehearsal times are November 17, December 1 and 8 from 12:30 - 1:30 p.m. Prior to rehearsal dates, please contact Sis. Gwen King at [abcpraisinsaintschoir@gmail.com](mailto:abcpraisinsaintschoir@gmail.com) to receive the music.

## Announcements

### Joyful Praise Children's Dance Ministry Christmas Rehearsals

Starting on November 10 all dancers ages 5-9 years old are invited to praise dance with the Praising Saints Children's Choir during our church Christmas Program on Sunday, December 9th during the 9:30 am worship service.

Rehearsals are scheduled for:

Saturday, November 10 at 12 p.m.

Sunday, November 11 at 1 p.m.

Saturday, November 17 at 12 p.m.\*

Saturdays, December 1 and 8 from 12:00 p.m.-1:30p.m.\*

All rehearsals marked (\*) will be with the choir.

Any questions, please contact Sis. Elaine Chandler at [abcpraismovement@gmail.com](mailto:abcpraismovement@gmail.com).

### Women's Ministry Christmas Fellowship

The Women's Ministry invites all women to come celebrate and prepare for the Christmas season at our Annual Christmas Fellowship on Saturday December 2 from 9:30 a.m. to 12:30 p.m. in the Ministry Center Multipurpose Room. Our Guest speaker is Sis. Linda Stephens-Jones. Cost is \$15.00. Please register online by November 26 at [www.antioch-church.org](http://www.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 commitment, etc.), please contact Sis. Robyn Ausberry at [rausberry@gmail.com](mailto:rausberry@gmail.com).

## Antioch's Parking Lot Repair Update

The new lot is now available for use! PTL! Thank you for your prayers, patience, and faithfulness during this journey. If you have questions, please contact Rev. Melvin Jones at [mjones@antioch-church.org](mailto:mjones@antioch-church.org) of (571) 732-4257.

## Prayer Focus

Pray for the safety of the first responders, safety personnel, and those affected by Hurricane Michael and 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 4<sup>th</sup> Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ♦ **Cancer Exchange Ministry** meets 3<sup>rd</sup> 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 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** 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 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 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 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** - 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** 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 Fall Fellowships** meets on 1<sup>st</sup> Saturdays (Multipurpose Room)