June 4, 2023

Vol. 23

Senior Minister, Evangelist Eric W. Doss

<u>MISSION:</u> "To proclaim and teach the message of Jesus Christ, live for God, love one another and minister faithfully to people."

MEMORY VERSES: "God is our refuge and strength, a very present help in trouble." Psalms 46:1 "Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: Casting all your care upon Him; for He careth for you." 1 Peter 5:6 & 7

MOTTO: GOD LOVES YOU AND WE LOVE YOU TOO!

lune's Monthly Theme: Edify to Glorify

From the Minister's Desk

To our distinguished visitors:

We are honored to have you worship with us! We'd love to get to know you better, share our mission and vision as a church and explore how you can become a part of our family.

If you, any member of your family or friends you know of are interested in becoming a member of the Liberty City Church of Christ, please contact any member of the Liberty City Church of Christ and they will direct your request to our Evangelism Ministry Leaders or you may call our Evangelist directly, Eric W. Doss (813) 451-0121.

We are regular people from all walks of life. We are imperfect. We have strengths and weaknesses. But we love a perfect God, who sent the greatest example, Jesus Christ, and we want to spend eternity with Him.

We hope you will join us on this journey.

God fidence

SUNDAY MORNING WORSHIP, FOLLOWED BY SUNDAY SCHOOL ON June 4, 2023 -8:00AM

A. <u>In-Person Worship</u> (CDC Recommends you wear a mask)

B. <u>Live on YouTube</u> Go online at <u>www.lcccmiami.org</u> Scroll down and click: GO TO LIVE YOUTUBE CHANNEL AND CLICK

C. Facebook Live Search: Libertycity COC

D. <u>Conference Call</u> Dial 305-402-4522

C

P

K

CHURCH OF CHRIST





A MASK COVERING YOUR NOSE AND MOUTH IS RECOMMENDED PER THE CDC.



Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jacus, Philippians 4:6.7

Christ Jesus – Philippians 4:6-7 🚮

Prayers / Special Prayers



Continue to pray for our families in bereavement, our students, our teachers, cities & countries in turmoil, cities and countries devastated by natural disasters, our government officials, our first responders, and all hospital staff

Sick and Shut-In

Home Bound/Hospital			Not Residing in Miami-Dade	
Ingrid T. Anfield Rhonda Brown Andrew (Andy) Frazer) Lizzie Hutton Sandra Jones K'Anna Preston Florrie Thomas Troy Walker Sharon Wiggins	Patton Allison Michelle Davis Gregory Howard Charles (Tony) Ingram Anita Luster Earnest Salter Sonya Thomas Henry Ward Kermit Wyche	Annie Brown Earnestine Doss Carlton Hunter Patricia Jones Brianna Mazyck Clifford Thomas Yolanda Thompson Margaret Wiggins	Dora Ayala Carolyn Cephas Emma Davis Betty Kendall Troy McQueen Margarette Simmons <u>No Ca</u> Mittie D. Fowler	Valerie Brown Lorinda Crumity Emma Garvin Gwen McQueen Rhonne Rollie Ella Trice alls/Visitors

God didn't promise days without pain, laughter without sorrow or sunshine without rain. But He did promise strength for the day and light for the way. Our thoughts and prayers are with those in their times of mourning.

<u>SINUSITIS</u>

Submitted by: Beatrice Ramsey

Sinusitis is inflammation and swelling of tissue lining your sinuses. Your sinuses are cavities in the skull that connects to your nasal passages by small channels. The channels let air flow from your nose into the sinuses after mucus is drained from every sinus into the nose. There are four sinus cavities located behind the cheek bone, in the middle of your forehead, between the ears and nasal cavity. The main function of the sinuses is the production of mucus, for lubricating the lining of the nose and coating the hairs of the nose with a sticking effect. This process helps to protect the nose from invasion of microorganisms inhaled from pollution, dust, and airborne germs. The purpose of the hair in your nose, during inhalation is to collect and block particles, that could make their way to the lungs. Your nose is an ideal environment for germs and sickness. It is very important to clean your nose daily. The most common way is blowing your nose and wiping with a clean tissue. Nasal irrigation is the most effective way of cleaning your nose.

DID YOU KNOW: Mucus and tiny hairs warm and humidify the air you breathe before reaching your lungs? Breathing in warm moist air is excellent for your health. However, breathing in **COLD AIR** can cause the onset of negative symptoms such as coughing, shortness of breath and wheezing. These symptoms can interfere with the normal flow of air. The production of thin mucus in the sinus, will help drain out pollutants from the sinuses into the throat. Once swallowed, these pollutants will be destroyed by your stomach acid. However, your sinuses may become blocked by viruses, bacteria or fungi causing swelling and inflammation. You may experience symptoms such as headaches, nasal congestion, snoring, mouth breathing, discolored or thick nasal discharged and loss of taste and smell. Treatments includes – nasal sprays, pain relief medication and antibiotics. **GOOD TO KNOW:** The sinuses are the body's air filtering system. Today we have studied another way of the body's defensive protection against harmful invaders.

Announcements and Upcoming Events

- 6/5 Back to School Planning Committee Meeting 7:00PM
 6/6 Tuesday Night Prayer & Supplication 7:00PM
 6/8 Oh! What a Fellowship (OWAF) 10:00AM
 6/10 Men's Leadership Growth & Development 10:00AM
 6/10-6/11 2023 Ladies Inspirational Lem Turner Circle CoC Jacksonville, Fl.
 6/11 Ladies Bible Class 9:30AM
 6/17 Men's Trustee & Business Meeting 9:00AM
 6/17-6/22 National Lectures Houston, Tx.
 6/18 Father's Day
- 6/18 Congregation Food Distribution After Service
- 6/24 Community Food Distribution 1:00PM
- 6/23-6/24 Florida Youth Conference
- 6/25 Florida State Lectureship Rally @ LCCC 3:00PM







Saturday, June 10, 2023 8:30 AM - 12:00 PM © Continental Breakfast & Lunch Free Health Fair Screening & Education by UF Health Jax

Location

7144 Lem Turner Circle (195 I Lem Turner Rd) Jacksonville, FL 32208 Clayton E. Kinson, Sr, Minister/Elder

Colors

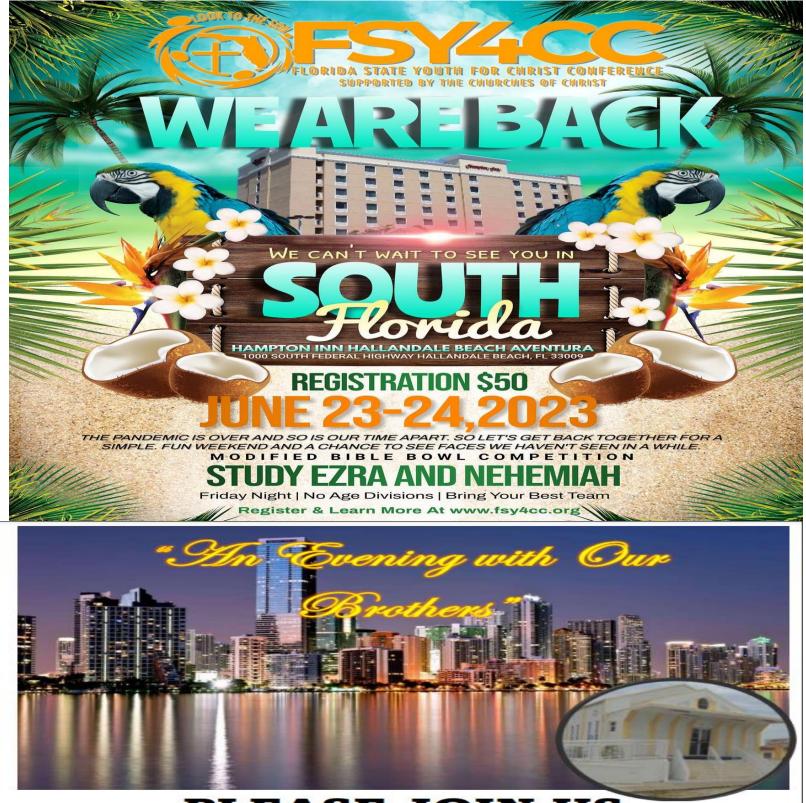
Leopard Print

For More Information, Contact Sis. Cheryl Kinson 924-2060 (church)/765-0770 (home) Sunday, June 11, 2023 10:00 AM - 11:00 AM 3 Wrap-up Session



Keynote Speaker Sis. Linda Adams Southside Church of Christ Orlando, FL





PLEASE JOIN US

WHO?	All Members of Liberty City Church of Christ	
FOR?	Our LCCC Brothers	
WHEN?	Saturday, July 22 nd at 5:00pm	
WHERE:	1263 NW 67 th Street Miami, Florida 33147	
WHY?	To Support & Encourage Our Brothers	