# July 16, 2023 Vol. 29 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!

# **July's Monthly Theme: Family Matters**

#### 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.

### SUNDAY MORNING WORSHIP, FOLLOWED BY SUNDAY SCHOOL ON July 16, 2023 -8:00AM

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

B. Live on YouTube

CHURCH OF CHRIST

Go online at <a href="www.lcccmiami.org">www.lcccmiami.org</a> Scroll down and click: GO TO LIVE YOUTUBE CHANNEL AND CLICK

C. Facebook Live

Search: Libertycity COC

D. Conference Call Dial 305-402-4522



Online at www.lcccmiami.org Paypal Scan the QR Code



In Person at Worship 1263 NW 67th Street Miami, FL 33147



Mail your Contribution to Liberty City Church of Christ P. O. Box 680308, Miami, FL 33168





Call 305-836-4555 to Bring your Offering & Get Communion





Transportation is available for Sunday Morning Worship and Sunday School. Please contact **Bro**. Lapeer Ramsey at 786-656-6393 by 2:00pm on Saturdays.

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 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** 

Patton Allison Ingrid T. Anfield Annie Brown Rhonda Brown Michelle Davis **Earnestine Doss** Andrew (Andy) Frazer) Gregory Howard **Carlton Hunter** Lizzie Hutton **Charles (Tony) Ingram Sandra Jones** Brianna Mazyck **Anita Luster K'Anna Preston Clifford Thomas Sonya Thomas** Earnest Salter **Henry Ward Troy Walker Yolanda Thompson Margaret Wiggins Sharon Wiggins Kermit Wyche** 

**Not Residing in Miami-Dade** 

Dora Ayala
Carolyn Cephas
Emma Davis
Betty Kendall
Troy McQueen
Margarette Simmons
Valerie Brown
Lorinda Crumity
Emma Garvin
Gwen McQueen
Rhonne Rollie
Ella Trice

No Calls/Visitors

Mittie D. Fowler

Love gives us memories. Faith gives us strength. Our hearts and prayers are with our bereaved sisters and brothers in Christ. Praying for peace and comfort to everyone impacted by loss. Our deepest heart-felt sympathy



Praying for the family of Ruby Jean Pratt, mother to Sis Kellee Pratt-Henton of Brownsville Church of Christ. Homegoing celebration will be July 22<sup>nd</sup>, 11:00AM at Hallandale Beach Church of Christ

# The Advantage & Disadvantage of Daily Hydration (Water)

Submitted by: Beatrice Ramsey

In this lesson, we will discuss water's daily functions with disadvantages. Water makes up 60% of the human body and is needed to help maintain a healthy weight. Disadvantage of hydration will cause unusual and sudden sugar craving. Although you had recently eaten a meal. Water also flush toxins from the body. Disadvantage of hydration will cause weakened immunity, the body's ability to fight off infections. Water produces bodily fluids like saliva to help with food digestion. Water contributes to regular bowel movements by keeping the stool moist for easy elimination, preventing constipation. Water also provides for lubrication doing optimal muscles and joints performance. Another daily function of water is the stimulation of skin cells for a vibrant and more youthful look. The disadvantage of hydration over a period, will cause the skin to lose its elasticity leading to dryness, wrinkles, and sagging skin.

Adult's bodies are 60% water, and our blood is 90% water. A disadvantage of hydration causes the blood to become thicker increasing blood pressure. When minerals and nutrients are dissolved in water, they become more accessible to reach different areas of the body. Did you know there are certain foods, that will help with daily hydration? Listed below is a short list of fruits and vegetables containing a certain percentage of water.

Vegetables	
Cucumbers	96%
Cabbage	92%
Spinach	92%
Broccoli	91%
Bell Peppers	91%
Carrots	87%
	Cucumbers Cabbage Spinach Broccoli Bell Peppers

Remember: Water intake is individualized; everyone can't drink 6 or more glasses of water daily. Talk with your doctor about how much water you need to drink daily.

# Announcements and Upcoming Events

**July's Monthly Theme: Family Matters** 

- 7/22 Community Food Distribution 1:00PM
- 7/22 Evening of Courageous Men 5:00PM
- 7/23 Parents' Day
- 7/29 Back to School Prayer Service & Giveaway 10:00AM
- 7/29 Lectureship Kickoff-Cookout 11:00AM
- 7/29-7/30 Family Empowerment Weekend







Zoom Meeting ID., & Passcode have been sent via Email or Text for Zoom Conferencing OR

Dial: 305-402-4522



# July Birthday Shoutout (Celebrating This Month)



7/3
7/9
7/12
7/17
7/18





# **Announcements**



**Dear Liberty City Family** 

We need as many hands as possible to assist with the Back to School prayer service.

We have over 200 children registered for the event. If you are available to give out supplies, serve food, set up and or clean up, please let Sis Tamekia Daniels know.

There will be a sign up sheet in the foyer.

Thank you in advance for any assistance provided.





PLEASE DONATE NEW OR GENTLY USED SHOES TO HELP CHILDREN IN NEED

Collection Dates 5/13/2023 to 7/15/2023 **Drop Off Location** 1263 NW 67th Street Miami, Florida 33147





Help us by donating gently used or new shoes (All Sizes) for those children in need in our community.

For More Info Call (305)836-4555 or (786)556-4615

# form Dri Donations Needed:



New or gently used uniforms to benefit students in need. Items include: Youth/Adult polos (All Colors), Khakis, Navy Blue Pants or Shorts & Youth Belts.

K-8 Grade Students

outh Educational

2023 **Collection Period:** May 13th - July 15th **Drop-Off Location:** 

1263 NW 67th Street Miami, Florida 33147

For more info call (305)836-4555 or (786)556-4615



# PLEASE JOIN US

WHO? All Members of Liberty City

**Church of Christ** 

FOR? Our LCCC Brothers

WHEN? Saturday, July 22nd at 5:00pm

WHERE: 1263 NW 67th Street

Miami, Florida 33147

WHY? To Support & Encourage Our

**Brothers** 

# **2023 FLORIDA STATE LECTURESHIP**





**REGISTER BRING YOUR OWN TEAM CALL 1-800-913-5481** 



**Pierce Street church of Christ** 2210 Pierce Street, Hollywood, FL 33020 To RSVP or for more INFO call 1-800-913-5481 Email SENETTACAR@AOL.COM





Visit us on Facebook @PierceStreetChurchOfChrist Tickets Ages 5-12 \$5 Ages 13 & Up \$10 FOR TICKETS SEE YOUR LECTURESHIP REPRESENTATIVE CALL 1-800-913-5481 or visit

https://www.eventbrite.com/e/372334090287?aff=efbneb

