July 30, 2023 Vol. 31 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 30, 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 www.lcccmiami.org
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** Michelle Davis Rhonda Brown **Earnestine Doss** Andrew (Andy) Frazer) Gregory Howard **Carlton Hunter** Lizzie Hutton **Charles (Tony) Ingram Sandra Jones** Anita Luster **Brianna Mazyck K'Anna Preston Earnest Salter Clifford Thomas Sonya Thomas Yolanda Thompson Troy Walker Henry Ward Kermit Wyche Margaret Wiggins Sharon Wiggins**

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

No Calls/Visitors

Mittie D. Fowler



Our thoughts and prayers are with those in their times of mourning.

Hemorrhoids

Submitted by: Beatrice Ramsey

Everyone is born with blood vessels (veins) in and around the anus and rectum. They don't cause any problems unless they become swollen and inflamed. This process is called hemorrhoids. Nearly three out of four adults will have hemorrhoids from time to time. There are two places, where a person may have hemorrhoids. 1) Internal: The rectum is a storage place for stool until time for defecation. It is located between the colon and anus. 2) External: The anus is the opening where stool leaves the body. **CAUSES:** The veins around your anus will stretch under pressure, continuously will lead to inflammation. The most common cause of hemorrhoids is constipation, excessive straining during bowel movements. Pregnant females in the third trimester may also experience hemorrhoids due to a combination of constipation and increased rectal pressure from a growing fetus. Older adults are more at risk for hemorrhoids due to weakness from aging, in their rectal tissue. Many people are surprised to learn that sitting on the toilet for a long period of time, will lead to hemorrhoids. The shape of the toilet seat puts extra pressure on the rectum and anus. The veins become red and swollen, when you sit for a long time, anticipating a bowel movement. Some people spend time, sitting on the toilet scrolling the websites on their cell phones or reading articles in their magazines, unaware of the danger. Frequent heavy lifting can cause hemorrhoids, from excess pressure on the rectum.

SYMPTOMS: External hemorrhoids, are located under the skin in the anal area. Symptoms will include itching or irritation in your anal region. Pain or discomfort from prolong standing, during bowel movements and inability to sit correctly due to swelling around the anus. Internal hemorrhoids are inside the rectum. You usually can't see or feel them because of the location. Bleeding during bowel movements from straining will occur. If you have bleeding during bowel movements, notify your doctor. Don't assume rectal bleeding is due to hemorrhoids, especially if you have changes in bowel habits or if your stool change color. Rectal bleeding can occur with other diseases, including colon and anal cancer. **REMEMBER:** Your doctor will prescribe medication that will shrink the hemorrhoids and eliminate discomfort. Also maintain a high fiber diet for regular normal bowel movements.

Announcements and Upcoming Events

August's Monthly Theme: Still Have Joy

8/5-10 Florida State Lectureship @Embassy Suites Miami Airport

8/13 Ladies Bible Class 9:30AM

8/19 Men's Trustee & Business Meeting 9:00AM

8/20 Congregation Food Distribution After Service

8/26 Community Food Distribution 1:00PM

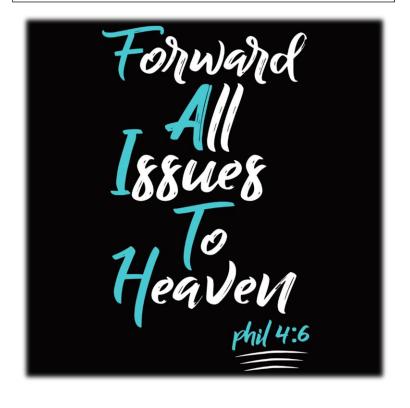






Zoom Meeting ID., & Passcode have been sent via Email or Text for Zoom Conferencing OR

Dial: 305-402-4522



July Birthday Shoutout

(Celebrating This Month)



Wille Frank Marshall	7/3
Deborah Carter	7/9
Alicia Mitchell	7/12
Vincent "Buck" Lee	7/17
Ivenette Black	7/18





Announcements



TSU and Meharry Medical College are now offering a 7-year combined undergraduate-MD or DDS degree program (similar to CUNY's Sophie Davis program). They have met their desired goal for enrollment of high school females; however, there are no black males enrolled.

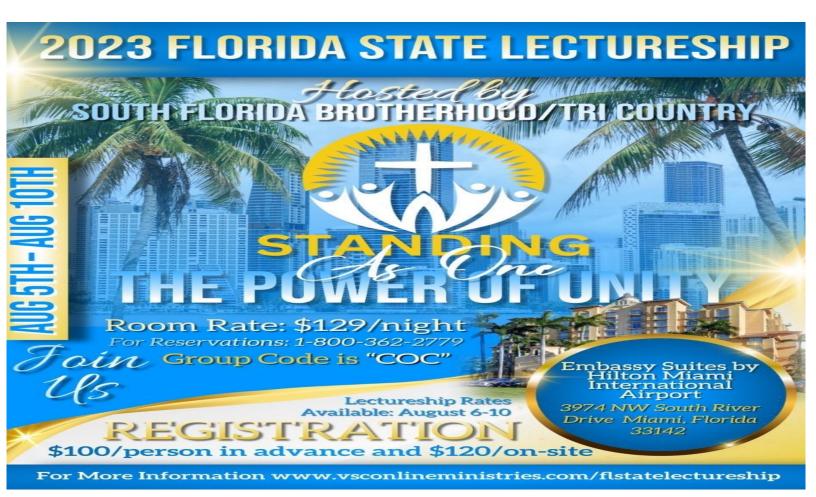
If you know black male high school seniors who are:

- Interested in earning an MD or DDS
- Have scored a 28 on the ACT
- Have a 3.5 GPA

there's an opportunity for them to obtain a 'free ride' at Tennessee State University.

Please forward information on prospective candidates to: Gussie.fuller@gmail.com.

This information will then be forwarded to TSU's President Glover and Mrs. Barbara Murrell.



2023 Florida State Lectureship Standing As One: The Power of Unity - Psalm 133:1

Saturday, August 5, 2023

5:30 PM - 9:00 PM - SONshine State Song Fest - Grand Ballroom

Master of Ceremonies: Demetrius Bryant

Groups and Artists: Majestic Voices for Christ; Impact Acapella Ensemble; 15th Street Choraleers; Hope Church of Christ Praise Team; Kim Ausby; Shano; Focus;

Sunday, August 6, 2023

2:30 PM - 6:00 PM - Worship and Praise Service - Grand Ballroom

Monday, August 7, 2023 "Understanding Unity"

11:00 AM - 9:00 PM - Registration/Check-in - Key Largo 1

12:00 PM - 1:30 PM - Opening Session - Grand Ballroom

Session Leader: Lloyd Bryant - Miami, Fl.

- Prayer
- Welcome
- Introduction of Speaker
 - A Call to Unity Philippians 2:1-2 Robert Smith; St. Petersburg, Fl.
- · Announcements and Benediction

6:30 pm - 9:00 pm - Evening Session - Grand Ballroom

Session Leader: Harrell Henton - Mlami, Fl.

- Congregational Singing
- Welcome
- Prayer
- Acknowledgment of Officials and Dignitaries
- Introduction of Speakers
 - The Blessing of Unity Psalm 133:1 Michael Dockery; Chiefland, Fl.
 - We Are Brothers Genesis 13:8 Adrian Harper; Gainesville, Fl.
 - No Means No 1 Corinthians 1:10 Joe Tucker; Tampa, Fl.
- · Announcements and Benediction



