

**MISSION:** "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!

**September's Monthly Theme: Fall-Ing in Love with Him**

**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 September 3<sup>rd</sup> - 8:00AM**

- A. In-Person Worship**  
*(CDC Recommends you wear a mask)*
- B. Live on YouTube**  
Go online at [www.lcccmiami.org](http://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**

**Ways To Give**

Online at [www.lcccmiami.org](http://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

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

### Not Residing in Miami-Dade

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

### No Calls/Visitors

Mittie D. Fowler



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

## Dyspnea (Shortness of Breath)

Submitted by: Beatrice Ramsey

Shortness of breath is the uncomfortable sensation of not getting enough air to breathe. This may occur when walking, climbing stairs, running or even sitting still. Shortness of breath is a subjective feeling; only the person feeling it can decide if, it is present and a need for concern. Effective breathing is an essential component in maintaining our daily lives. **REMEMBER:** When God breathed oxygen into man, then he became a living person. There are other required health components needed for sustaining life. Today we will focus our attention on oxygen. The lungs work hard, and each breath counts. Even when you are sleeping, the lungs are transporting oxygen into your bloodstream and removing carbon dioxide (something the body doesn't need), from your bloodstream. Carbon dioxide is an odorless and colorless gas. It is a waste product that the cells make when it uses food for energy. All cells, no matter where they are located, in the body, are considered the hardest working system in the body. To keep you alive and breathing, your lungs are on the clock 24/7, 365 days a year, with no vacation days.

**CAUSES:** Shortness of breath is often a symptom of heart and lung problems. But it can also be a sign of other health illnesses like asthma, allergies or anxiety. Anemia ( low hemoglobin / red blood cells ), keep in mind red blood cells carries oxygen to all cells throughout the body. If the red blood cells are low, then the oxygen is low – the body is in serious trouble. Obesity can cause poor breathing, leading to lower oxygen level and higher carbon dioxide level. Sometimes, mild breathing difficulty may be normal and not a cause for concern. For example, exercise especially when you do not exercise but once or twice a week, for several minutes. If breathing difficulty is new or is getting worse, it maybe due to a serious health problem. Although many causes are not dangerous and are easily treated, contact your health care provider giving update information on your breathing problem. Treatments that can improve your breathing includes: Exercise strengthen your heart and lungs, so they don't have to work hard. Relaxation and breathing exercise to help with anxiety. Medication and oxygen therapy to improve blood oxygen levels.

# Announcements and Upcoming Events

## September's Monthly Theme: Fall-Ing in Love with Him

9/10 Ladies Bible Class **10:00AM**

9/16 Men's Trustee & Business Meeting **9:00AM**

9/17-National Singles Week (23rd-70's Event Singles)

9/18 Virtual Educational Meeting **7:00PM**

9/23 Community Food Distribution **1:00PM-3:00PM**

9/24 Youth 4<sup>th</sup> Sunday @ Brownsville COC **2:30PM**

9/30-10/6 Southeastern Lectureship Augusta, GA



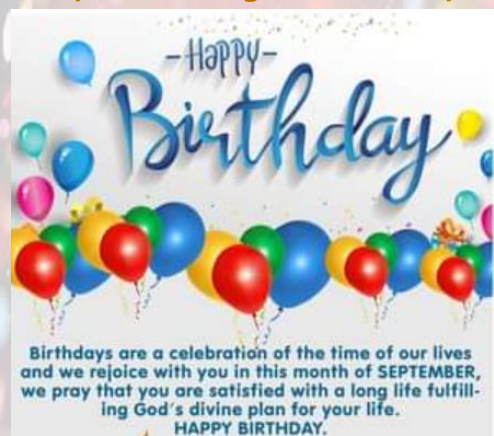
Zoom Meeting ID., & Passcode have been sent via Email or Text for Zoom Conferencing

OR

Dial: 305-402-4522

### September Birthday Shoutout

*(Celebrating This Month)*



Anaya Daniels 9/9

Sonya Powell 9/19

Clarence Webster 9/28

Sharon Wiggins 9/29

**BE HAPPY WHEN GOD  
ANSWERS YOUR PRAYERS  
BUT BE MORE THANKFUL  
WHEN GOD MAKES YOU THE  
ANSWER TO SOMEONE  
ELSE'S PRAYER**

GOVERN  
YOURSELF  
ACCORDINGLY

# Announcements

GOVERN  
YOURSELF  
ACCORDINGLY

SATURDAY 16TH SEPTEMBER

HOPE CHURCH OF CHRIST **10th Anniversary** CONCERT

WILL FEATURE...

MATTHEW JOHNSON

FOCUS R.A.I.N MAJESTIC VOICES



Brownsville Church of Christ

BCOC WOMEN'S MINISTRY PRESENTS..

"Greater is Ahead" **WOMEN'S** Conference 2023

SAVE THE DATE

FRI. SEPT 22<sup>th</sup> & SAT SEPT 23<sup>th</sup>

MORE DETAILS WILL BE FORTHCOMING



Brownsville Church of Christ

PRESENTS...

Theme: "GOD'S PLAN; GREATER IS AHEAD" Jeremiah 29:11

**Youth** 4TH SUNDAY FELLOWSHIP

2:30 PM 24th SEPTEMBER

Live on LIVE YouTube

BROWNSVILLE COC  
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MIAMI, FL 33142

@BROWNSVILLECOC

www.brownsvillecoc.com



# Our Youth ... Our Future



Celebrating OUR Youth and a successful start to the new 2023-2024 school year.

