

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 17th - 8:00AM

- A. In-Person Worship**
(CDC Recommends you wear a mask)
- B. Live on YouTube**
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

Ways To Give

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

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.

Muscle Cramps

Submitted by: Beatrice Ramsey

Muscle cramps are painful spasm of a muscle. It can be quite a party crusher, an unwanted painful intruder. Any muscle can be affected, but the muscles of the leg calves, thighs and feet are more susceptible than other muscles in the body. A cramp can last for different periods of time and generally resolved by self-help. But what triggers these unwelcome visitors? Risk factors *MAY* stimulate the onset of a cramp such as, poor physical condition, decrease minerals and electrolyte imbalances also tight inflexible muscles and side effects of certain medications. Cramps may be the result of an underlying medical disorder, such as narrowing of the arteries. This cause decrease blood supply and decrease nutrients to the affected cramping area. **REMEMBER:** regular cramping or severe cramping that last longer than a few minutes should always be **INVESTIGATED BY YOUR DOCTOR.** A complete physical examination with labs will help determine the underline medical cause. Muscle tissue relies on a range of minerals, electrolytes, and other chemicals, in order to contract and relax. Some of these important substances include calcium, magnesium, potassium, and sodium.

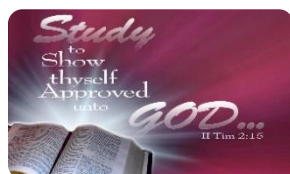
Inadequate diet, dehydration, vomiting and diarrhea are just some of the factors that are thought to disturb the body's balance of minerals and electrolytes, making muscles more susceptible to cramping. Tetany is a special form of cramping. It can be brought on **BY OVER BREATHING,** resulting in a low level of carbon dioxide, in the blood. This is usually caused by anxiety. **GOOD TO KNOW:** Recent estimates show that up to 80% of adults are deficient in magnesium. This is due to several factors: reduced nutrient density in modern diets --- greater reliance on per-packaged foods. Increased magnesium excretion (reduced absorption) caused by stress, caffeine, sugar intake, and certain medications. **REDUCING THE RISK OF GETTING CRAMPS:** It's not always possible to get rid of cramps **FOREVER.** But these steps might lower your risk: 1) make sure that you stay hydrated --- drink six to eight glasses of **WATER** each day. 2) Adjust how you sleep. Use a pillow to keep your toes pointed upward, if you sleep on your back. 3) Gently stretch your leg muscles before you go to sleep, stretch your muscles before and after you exercise. 4) Wear shoes that fit well and support your feet.

Announcements and Upcoming Events

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

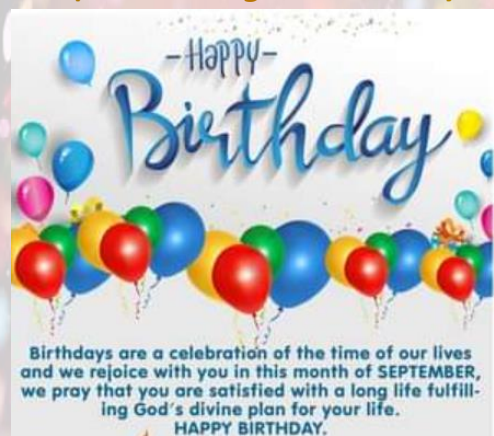
9/17-National Singles Week (23rd-70's Event Singles)
 9/16 Men's Trustee & Business Meeting **9:00AM**
 9/24 Youth 4th Sunday @ Brownsville COC **2:30PM**

9/18 Virtual Educational Meeting **7:00PM**
 9/23 Community Food Distribution **1:00PM-3:00PM**
 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

God found Gideon in a hole. He found Joseph in a prison. He found Daniel in a lion's den. He has a curious habit of showing up in the midst of trouble, not the absence. Where the world sees failure, God sees future. Next time you feel unqualified to be used by God remember this, He tends to recruit from the pit, not the pedestal.

GOVERN
YOURSELF
ACCORDINGLY

Announcements

GOVERN
YOURSELF
ACCORDINGLY

Brownsville Church of Christ

BCOC WOMEN'S MINISTRY PRESENTS...

"Greater is Ahead"

WOMEN'S

Conference

2023




FRI. SEPT 22th & SAT SEPT 23th

SAVE THE DATE

MORE DETAILS WILL BE FORTHCOMING

CHURCH OF CHRIST

37th ANNUAL LADIES LECTURESHIP RETREAT



CHRISTIAN WOMEN:

A Steadfast EXTRAORDINARY JOURNEY

1 CORINTHIANS 15:58
PSALM 77:13

MARCH 28-31, 2024 - ORLANDO, FLORIDA

SPONSORED BY: COUNTRY CLUB DRIVE CHURCH OF CHRIST
MINISTER CHRIS COVINGTON 651 COUNTRY CLUB DRIVE, FAYETTEVILLE, NC

ROSEN SHINGLE CREEK HOTEL RESORT

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 

BROWNSVILLE COC
4561 NW 33RD CT
MIAMI, FL 33142

   @BROWNSVILLECOC

www.brownsvillecoc.com

Our Youth ... Our Future

- *Upcoming Trunk or Treat event. Additional details forthcoming 10/28 6:00PM*



- *Friends & Family Day; worship services located on church property, 10/29 10:00AM*
 - *Picnic immediately worship. Additional details forthcoming*

