### October 1, 2023, Vol. 40 Senior Minister, Evangelist Eric W. Doss

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!

#### October's Monthly Theme: Safe In His Arms

#### 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. corner

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 October 1<sup>st</sup> - 8:00AM

A. <u>In-Person Worship</u>

(CDC Recommends you wear a mask)

B. Live on YouTube

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

Ingrid T. Anfield
Rhonda Brown
Lana Doss
Lizzie Hutton
Vincent (Buck) Lee
Joan McIntosh
Clifford Thomas
Troy Walker
Sharon Wiggins

Patton Allison **Annie Brown** Michelle Davis **Earnestine Doss Gregory Howard Carlton Hunter Charles (Tony) Ingram Sandra Jones Anita Luster Brianna Mazyck** K'Anna Preston **Earnest Salter Sonya Thomas Yolanda Thompson Henry Ward Margaret 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

God didn't promise days without pain, laughter without sorrow or sunshine without rain.

But the did promise strength for the day and light for the way.

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

#### <u>Crohn's Disease</u>

Submitted by: Beatrice Ramsey

Crohn's Disease is a chronic (ongoing) inflammatory disease of the gastrointestinal (GI) tract. However, Crohn Disease (CD) can affect any part of your digestive tract, from your mouth to your anus. Although this disease most often begins gradually and can become worse over time. People with this disease, have periods of remission that can last for weeks or years. There is no known cause for CD. However, risk factors includes bacteria in the digestive tract, may cause the body's immune system to attack healthy cells. Also, heredity from close family members with this disease and a history of smoking. CD has become more common in the United States and other parts of the world. Researchers estimate more than half a million people in the USA have CD and the numbers are increasing. It affects both male and female equally and may happen at any age, including children. When the disease is active symptoms includes: diarrhea, nausea / vomiting, fever, weakness, stomach or gas pains, loss of appetite, mouth sores and occasional bloody stools from constant irritation of the intestinal walls.

**PREVENTION:** Healthy lifestyle changes can ease symptoms and reduce flare – ups. **UNDERSTAND** there is no cure for CD. However, medical treatments, dietary restrictions, exercise and stress management can keep the disease in remission and prevent complications. Such as gastric ulcers, malnutrition, bowel obstruction and colon cancer. The key to avoiding flare-ups is mainly the results of dietary restrictions. Keeping a record of all the foods that will cause gastrointestinal symptoms, is one way to help manage CD. **REMEMBER**: Foods that might be a problem for one person, can be totally fines for others. However, people with CD should remember what foods to avoid, when your stomach is giving you grief. Beans are a wonderfully nutritional food when you are feeling good. But during a flare-up they have a tendency to cause gas pains. Spicy foods carries added heat to a irritated GI track. Foods high in fiber is harder to pass through the intestines without causing pain and irritation on the intestinal walls. Notify your doctor immediately, if you have a flare-up with uncontrollable symptom

## Announcements and Upcoming Events

#### October's Monthly Theme: Safe In His Arms

10/2 Virtual Educational Meeting 7:00PM

10/8 Ladies Bible Class 10:00AM

10/21 Men's Trustee & Business Meeting 9:00AM

10/28 Trunk or Treat 6:00PM

10/29 Virtual Game Night 6:00PM

10/7 Personal Evangelism Class 10:00AM

10/14 Men's Leadership G&D 10:00AM

10/28 Community Food Distribution 1:00PM-3:00PM

10/29 Youth 5th Sunday Fellowship 2:30PM

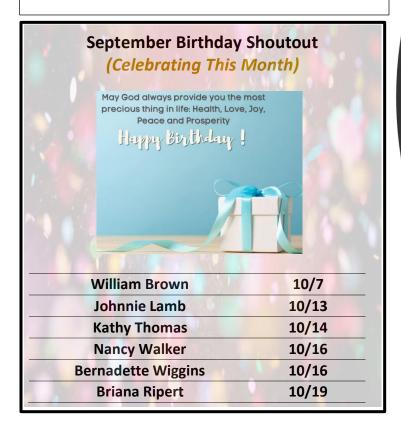






Zoom Meeting ID., & Passcode have been sent via Email or Text for Zoom Conferencing OR

Dial: 305-402-4522



Sometimes your plans don't work out because God has better ones.



### **Announcements**

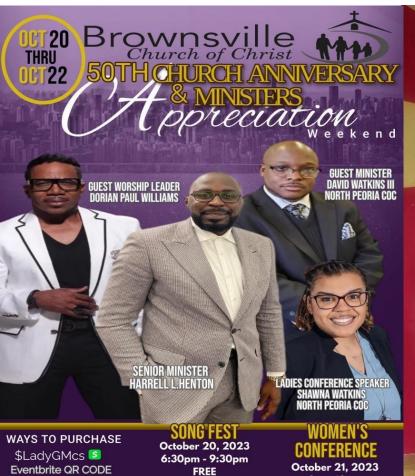


This year's holiday (Thanksgiving) baskets

Deadline to request a basket for yourself and/or someone is Sunday

November 5th

Distrubution November 18th Time TBA See Sis Theresa Davis





FOR MORE INFO: 305.343.4606

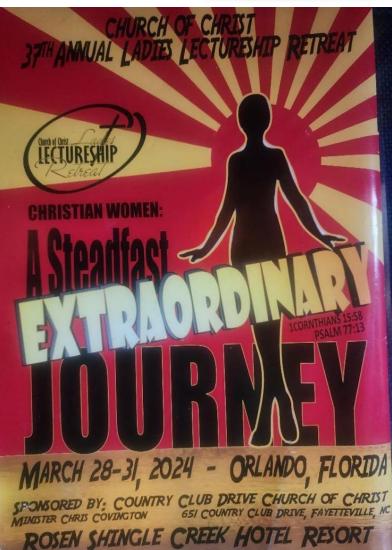
FREE BANQUET

October 21,2023 6pm-9pm COST: \$50.00

9am-12pm COST \$20.00

**WORSHIP SERVICE** 

October 22, 2023 11am



## **Youth**

# Located at the corner of Growing & Up

Come out and support the Sunday Youth Fellowship



- Friends & Family Day; worship services located on church property
  - Family & Friends Fall Fest has been rescheduled for November 19<sup>th</sup>10:00AM. Guest Speaker Minister Bro.
     Trevonte Peterson, of Sweetwater CoC in Jacksonville, FL

• Annual Trunk or Treat event. October 28th 4:00PM. Located in

parking lot of church building



• Teachers & Support Staff Appreciation Brunch

o November 5<sup>th</sup> 10:00AM

