

October 8, 2023, Vol. 41
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 8th - 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
Lana Doss	Gregory Howard	Carlton Hunter
Lizzie Hutton	Charles (Tony) Ingram	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.

Constipation

Submitted by: **Beatrice Ramsey**

Most people think constipation means not having regular bowel movements. In reality **CONSTIPATION** is more complicated, with a range of symptoms that you may not always recognize. But you can meet the medical definition of constipation with just one of these symptoms: fewer than three bowel movements per week *straining to start or complete a bowel movement * a feeling of incomplete stool removal. Depending on the severity, constipation can cause problems with abdominal pain. Excessive straining during bowel movements may cause hemorrhoids, anal skin tears and rectal prolapse ---- part of the rectum sticks out through the anus opening. One in five people will experience chronic constipation. A health problem that is more common in women as they get older. It is something that can easily creep up on you, if you are not paying attention, with many factors from diet to other health conditions contributing to the problem.

PREVENTION: Increase fiber intake eating foods high in fiber such as fruits, vegetables, and whole grain products. Daily regular exercise can help keep stool moving through the colon, using a wave like motion provided by the muscular system. Drink six to eight glasses of water daily, to help prevent dehydration. Go to the bathroom when you feel the urge to go – **DON'T WAIT**. Constipation takes up a large amount of space in the abdomen, often leads to dysfunction of the bladder. About 10% of the children with constipation have recurrent urinary tract infection that can also cause daytime or nighttime urinary accidents. Behavioral changes can occur in a child with constipation such as irritability, temper tantrums, disrupted sleep patterns. There are three red flags affecting children with constipation (1) failure to thrive (2) distended abdomen (3) blood or mucus in their stool. It is safe and not too traumatic for a parent to give natural laxatives, to help eliminate constipation. **GOOD TO KNOW:** Foods that will help with constipation, in kids include – prunes, apples and pears.

Announcements and Upcoming Events

October's Monthly Theme: Safe In His Arms

- 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**

- 10/14 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

October Birthday Shoutout (Celebrating This Month)

May God always provide you the most precious thing in life: Health, Love, Joy, Peace and Prosperity

Happy Birthday !



William Brown	10/7
Johnnie Lamb	10/13
Kathy Thomas	10/14
Nancy Walker	10/16
Bernadette Wiggins	10/16
Briana Ripert	10/19

Not all storms come to disrupt your life. Some come to clear your path...



Announcements



This year's holiday (Thanksgiving) baskets

Deadline to request a basket for yourself and/or someone is Sunday
November 5th



Distribution November 18th Time TBA
See Sis Theresa Davis



OCT 20 THRU OCT 22

Brownsville Church of Christ

50TH CHURCH ANNIVERSARY & MINISTERS Appreciation Weekend

GUEST WORSHIP LEADER
DORIAN PAUL WILLIAMS

GUEST MINISTER
DAVID WATKINS III
NORTH PEORIA COC

SENIOR MINISTER
HARRELL L. HENTON

LADIES CONFERENCE SPEAKER
SHAWNA WATKINS
NORTH PEORIA COC

WAYS TO PURCHASE
\$LadyGMcs
Eventbrite QR CODE

SONG FEST
October 20, 2023
6:30pm - 9:30pm
FREE

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

WOMEN'S CONFERENCE
October 21, 2023
9am-12pm
COST \$20.00

WORSHIP SERVICE
October 22, 2023
11am

WWW.BROWNSVILLECOC.COM
FOR MORE INFO: 305.343.4606

CHURCH OF CHRIST
37TH ANNUAL LADIES LECTURESHIP RETREAT

Church of Christ 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

Youth

Located at the corner of
Growing & Up

- Come out and support the Sunday Youth Fellowship

JOIN US!

5th Sunday
YOUTH
Fellowship

"Love The Journey"

SUNDAY, OCTOBER 29
STARTS AT 2:30PM

"WEAR YOUR FAVORITE JERSEY"

LIBERTY CITY CHURCH OF CHRIST
1263 NW 67 ST | MIAMI, FL 33147
305-836-4555

TOP TALENT

Youth Educational MINISTRY

FUN!

- Friends & Family Day; worship services located on church property
 - Family & Friends Fall Fest has been rescheduled for November 19th 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. *Everyone is invited. We are asking you to RSVP please*
 - November 5th 10:00AM

