### November 26, 2023, Vol. 48 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

CITY CHURCH OF CHRIST

MOTTO: GOD LOVES YOU AND WE LOVE YOU TOO!

### **December's Monthly Theme: Holydays or Holidays**

### 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 & NEW MEMBERS CLASS ON

November 26th-8:00AM

A. In-Person Worship

(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 quard your hearts and your minds in

Christ Jesus - Philippians 4:6-7



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 Rhonda Brown **Earnestine Doss** Carlton Hunter Sandra Jones **Brianna Mazyck Earnest Salter Yolanda Thompson** 

**Sharon Wiggins** 

**Toya Burns** Nykki Doss Lizzie Hutton Vincent (Buck) Lee Joan McIntosh **Clifford Thomas Troy Walker Kermit Wyche** 

**Annie Brown** Michelle Davis **Gregory Howard** Charles (Tony) Ingram **Anita Luster** 

**K'Anna Preston Sonya Thomas Margaret Wiggins**  **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

Love gives us memories. Faith gives us strength. Our hearts and prayers are with our bereaved sisters and brothers in Christ. Praying for peace and comfort to everyone impacted by loss. Our deepest heart-felt sympathy

Praying for the Green family at the passing of Bro. Johnnie Green. Homegoing services are as follows:

> **Visitation:** Friday, December 1, 2023 @ 4:00 PM - 9:00 PM Royal Funeral Service, Inc. - 17475 N.W. 27 Ave, Miami Gardens, FL 33056

Funeral Services: Saturday, December 2, 2023 @ 12:00pm Liberty City Church of Christ - 1263 NW 67th Street, Miami, FL 33147

### **MEDICALLY SPEAKING**

Submitted by: Beatrice Ramsey

#### Nutrition: Life Sustaining Requirements --- Part 2

There are 6 basic nutrients that can help support your health, even in small amounts. **PROTEIN:** provides the building blocks of the body and not just for muscles only. Every cell from bone to skin and hair contains protein. It is used primarily for growth, health and body maintenance. All your hormones, antibodies and other important substances contains protein. CARBOHYDRATES: acts as an energy source, helps control blood glucose and insulin metabolism. It is very unique because in the mouth chewing with saliva begins breaking down carbohydrates into glucose, which is used for energy upon consumption. FATS: the most concentrated source of energy, providing double amounts of calories per gram. It insulate our bodies and provide shock absorption to protect different body parts, such as palms of our hands, the soles of our feet and around internal organs. Our cell membranes are made of fat and our brains are 60% fat.

VITAMINS and MINERALS are essentials for bodily functions, such as helping to fight infections, wound healing, making our bones strong and regulating hormones. \*\*vitamins and minerals can cause toxicity if taken in large amounts\*\*. WATER is absolutely crucial for every system in your body. You can go weeks without food, but you can't last more than a few days without water. It is also the main thing you are made of. About 62 % of your body weight is water.



# Announcements and Upcoming Events

### **December's Monthly Theme: Holydays or Holidays**

12/2 Personal Evang. Class 10:00AM

12/4 Virtual Educational Mtg. 7:00PM

12/9 Youth Gala Christ-Mas More Christ 6:00PM

12/16 Men's Trustee & Business Meeting 9:00AM

12/25 **Merry Christmas** – safe travels to all! Enjoy

12/3 Deadline for Donations to Jessie Trice Reaves House

12/9 Men's Leadership Growth & Dev. 10:00AM

12/10 Ladies Bible Class 10:30AM

12/16 Inner City CoC Toy Drive 10:00AM

12/26 First Day of Kwanza





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

Dial: 305-402-4522

Remember Shadrach,
Meshach and Abednego.
God didn't put out
the fire He just put
Jesus in there with them.
It's not about God
"putting out your fires"
Its about who is in
there with you.



"So they are no longer two har one flesh. Therefore what Catdrel & Quintrelle

M Daniels of Happy Anniversary!



## **Announcements**



# Jessie Trice Jefferson Reaves House



Interested in making a donation, please see Linda Bryant, Bernadette Wiggins, or Beatrice Ramsey

# **Youth**

# Located at the corner of

### Growing & Up



Inner City Church of Christ (CoC) Toy Drive
Liberty City & Brownsville Church of Christ *collaboration* 



Saturday, December 16th @ 10:00AM

**Location: Brownsville Church of Christ** 

Accepting unwrapped toys and monetary donations now

