June 30, 2024 Vol. 26 Genior Minister, Evangelist Eric W. Doss

<u>MISSION:</u> "To proclaim and teach the message of Jesus Christ, live for God, love one another and minister faithfully to people."

<u>MEMORY VERSES:</u> "God is our refuge and strength, a very present help in trouble." <u>Psalms 46:1</u> "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." <u>1 Peter 5:6 & 7</u>

MOTTO: GOD LOVES YOU AND WE LOVE YOU TOO!

JUNE (EDIFY TO GLORIFY)

From the Minister's Desk

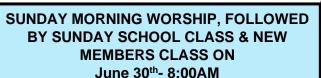
To our distinguished visitors:

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 (786) 491-5072

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.



A. <u>In-Person Worship</u> (CDC Recommends you wear a mask)

B. <u>Live on YouTube</u> Go online at <u>www.lcccmiami.org</u> Scroll down and click: GO TO LIVE YOUTUBE CHANNEL AND CLICK

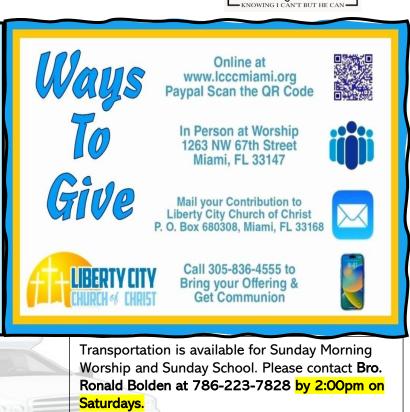
C. Facebook Live Search: Libertycity COC

D. <u>Conference Call</u> Dial 305-402-4522

LCCC

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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

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			Not Residing in Miami-Dade	
Ingrid T. Anfield Annie Brown Earnestine Doss Gerri Jones Vincent (Buck) Lee Clifford Thomas Margaret Wiggins Kermit Wyche	Earl Allen Rhonda Brown Gregory Howard Michael Jones Brianna Mazyck Sonya Thomas Sharon Wiggins	Abraham Bassie Matilda Clark Lizzie Hutton Sandra Jones K'Anna Preston Yolanda Thompson Freeman Wyche Sr.	Peyton Allison Carolyn Cephas Anaya Daniels Emma Garvin Gwen McQueen Margarette Simmons Joe Wiley	Valerie Brown Lorinda Crumity Emma Davis Jason James Rhonne Rollie 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

God didn't promise days without pain, laughter without sorrow or sunshine without rain. But He did promise strength for the day and light for the way.

deepest heart-felt sympathy

Our thoughts and prayers are with those in their times of

mourning

Muscle Cramps

Submitted by: Beatrice Ramsey

One of many things to go wrong, as we age is the unwanted painful involuntary contraction of muscles in our legs and sometimes other areas. This medical unintentional occurrence is called muscle cramps. Muscles cramps can affect anyone, but they are more common in seniors and athletes. It is estimated that 60 percent of adults have cramps from time to time. Women suffer more than men with nighttime cramps. Fortunately, muscle cramps are typically not dangerous and are effectively manageable. Some treatments includes: stretching, gentle massaging, hot or cold therapy. However, muscle cramps can last from seconds to longer than 15 minutes. Once healed the contraction may reoccur several times. Also, the longer the cramp lasts the more likely the muscle will be sore, for a prolonged period of time, after the acute pain has subsided.

Some causes of muscle cramps includes: dehydration, staying in one position for a long period of time, high intensity exercise, malnourished not getting enough calcium, potassium and magnesium will lead to leg cramps. GOOD TO KNOW: yellow mustard is known to relieve night time leg cramps.





JULY (FAMILY MATTERS)

- 7/1 Virtual Educational Meeting 7:00PM
- 7/13 Ladies Bible Class 9:30AM

7/4 Fourth of July

7/15-7/19 SE Youth Conference (Valdosta St. U.)

- 7/20 Men's Business Meeting & Men's Empowerment 9:00AM
- 7/21 Congregation Food Distribution After Worship
- 7/27 Community Food Distribution 1:00PM 7/28 Y

7/28 Youth 4th Sunday 2:30PM





Zoom Meeting ID., & Passcode have been sent via Email or Text for Zoom Conferencing OR Dial: 305-402-4522

Daniel slept in a lions den

Peter slept in a prison

Jesus slept in a storm

No matter your circumstance, you can take a nap.

June Birthday S (Celebrating Thi Second Second Seco	is Month)
Zandra Smith	6/1
Frank Martin	6/4
Kyree Capron	6/9
Alva Whiteside	6/13
Diane Davis	6/14
Kenya Hamilton	6/26
Robin Ward	6/28
Toryan Dunlap	6/30

Happy Anniversary

Alvin & Teresa Davis 6/25

SONG OF SOLOMON 3:4



Announcements



Back to the Bible Series



WHAT: "The Study of the Book of Revelations" WHEN: First week of July thru May 2025 WHERE: Weekly at the church building WHO: Brother Franklin Florence, teacher HOW: ALL SURVEY FORMS MUST BE RETURNED BY SUNDAY by JUNE 30, 2024. *Please see Sister Bea Ramsey or Sister Barbra Brantley*

<u>yem</u>

(Youth Educational Ministry)

Located at the corner of

Growing & Up



Miami-Dade County Public Schools (M-DCPS) is partnering with Florida s Summer BreakSpot program to keep children well-nourished while school is out. During the summer, children up to age 18 can enjoy breakfast and lunch at no cost.

Between June 10 and August 2, breakfast and lunch will be served at more than 180 schools in Miami-Dade County, including Key Biscayne K-8 Center and MAST Academy. There are no income requirements or registration. Meals must be consumed on-site, as there is no longer any grab-and-go service.

Institutions serving meals are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.