### July 21, 2024 Vol. 30 Senior 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."

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

CHURCH OF CHRIST

#### MOTTO: GOD LOVES YOU AND WE LOVE YOU TOO!

### JULY (FAMILY MATTERS) 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.



SUNDAY MORNING WORSHIP, FOLLOWED BY SUNDAY SCHOOL CLASS & NEW MEMBERS CLASS ON July 30<sup>th</sup>- 8:00AM

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

LIBERTY CITY

URCH & CHRIST

C. Facebook Live Search: Libertycity COC

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



Transportation is available for Sunday Morning Worship and Sunday School. Please contact **Bro. Ronald Bolden at 786-223-7828** 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

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 Henrietta Crumity Lizzie Hutton Sandra Jones K'Anna Preston Yolanda Thompson Kermit Wyche	Earl Allen Rhonda Brown Earnestine Doss Gerri Jones Vincent (Buck) Lee Clifford Thomas Margaret Wiggins	Abraham Bassie Matilda Clark Gregory Howard Michael Jones Brianna Mazyck Sonya Thomas Sharon Wiggins	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

### HYPERTENSION

### Submitted by: Beatrice Ramsey

Hypertension (high blood pressure) is a long-term condition where high pressure forces the heart to work harder, pumping blood out of the heart to the rest of the body. Continuation of this act will cause the left ventricle, to thicken and become enlarge, resulting in severe heart, brain, kidney, eyes, legs, hips and stomach problems. Left untreated, hypertension will become fatal. However, many people with hypertension don't notice symptoms and may be unaware they have this illness. When symptoms do occur, they can include: early morning headaches, nosebleeds, irregular heart rhythms and vision changes. Lifestyle habits can contribute to hypertension, including eating unhealthy foods - high in salt and low in potassium, drinking too much alcohol or caffeine, poor physical activity, poor sleeping habits and repeatedly experiencing high stress situations.

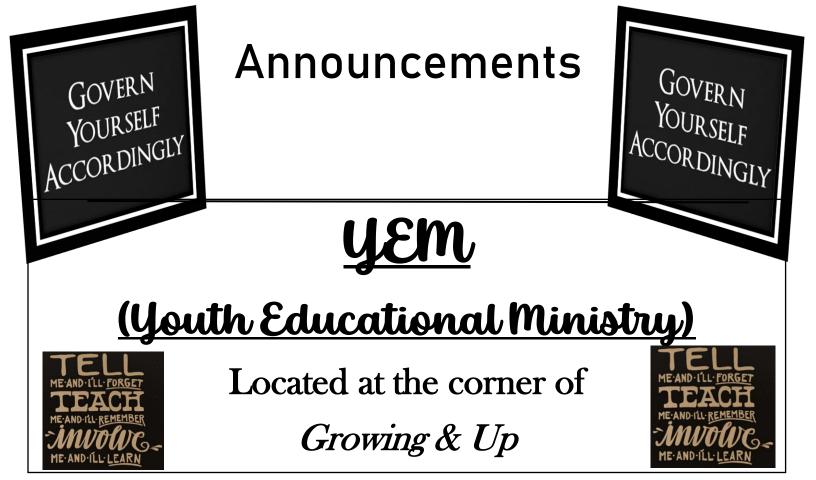
Unfortunately, the incidence of hypertension is increasing at an alarming rate of 1 in every 4 men and 1 in every 5 women. The normal book value is 120 over 80. However, everyone's blood pressure is not the same. What is normal for them, maybe different from the book value. Work with your doctor to control your blood pressure. Next week Hypotension



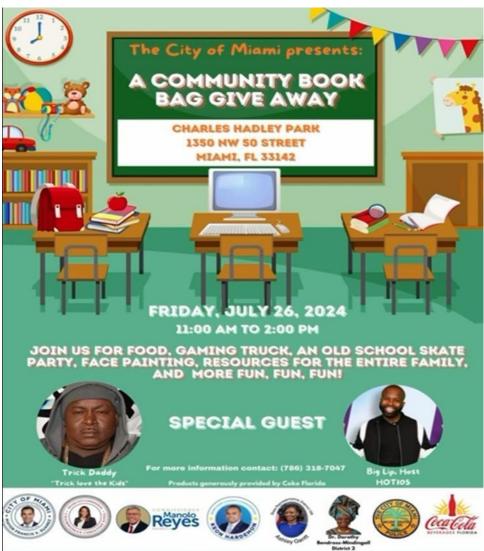
Do everything in love.

**CORINTHIANS 16:14** 

Not to spoil the ending, but everything is going to be ok



4<sup>тн</sup> Sunday has been moved to 15<sup>th</sup> Street CoC. Group LCYG will be singing - Come out and support.



# Chel Vanroy Anthony PRESENTS SUMMER MULTI CULTURE COOKOLT





CUISINE





### SATURDAY AUGUST 3, 2014 11AM TO 5PM

VOLLEYBALL | BASKETBALL | TUG OF WAR LAKESHORE PARK

8501 SHERMAN CIRCLE, MIRAMAR FL 33025

TICKETS AGES 5-12 \$5 AGES 13 & UP \$10 FOR TICKETS SEE YOUR BOWSER REPRESENTATIVE RSVP: LORNE EMMANUEL (386)205-4195 OR LORNEFIT@GMAIL.COM PERRY DOUGLAS (217)851-9019 1-800-913-5481 - SENETTACAR@AOL.COM MINISTER VANROY ANTHONY (954)461-4611

FREE SCHOOL SUPPLIES

CASHAPP: \$PIERCE2210 ZELLE: (786) 426-0113



## SCHOOL SAT, AUGUST 10TH &

GK

### SUN, AUGUST 11TH

STUDENT REGISTRATION: STYLESAVES.ORG

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