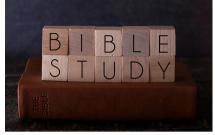
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Sunday Order of Service SUNDAY MORNING WORSHIP @ 8:00AM SUNDAY SCHOOL @ 10:00AM SPANISH MINISTRY @ 11:30AM



Tuesday Night Prayer/Bible Class Tuesdays @ 7:00PM Dial: 305-402-4522



Oh What A Fellowship (OWAF)
Thursdays @ 10:00AM
1263 NW 67th ST.
Miami, Florida 33147
Dial: 305-402-4522

# LIBERTY CITY CHURCH & CHRIST

#### TO OUR DISTINGUISHED VISITORS

We are honored to have you worship with us! It's our joy to get to know you better, share the mission and vision of our church, and explore how you can become a part of our growing family. If you, any member of your family, or friends you know are interested in becoming a member of Liberty City Church of Christ, please reach out to any member of our church, and they will direct your request to our Evangelism Ministry Leaders. Alternatively, you can reach me directly at (786) 491-5072. We are regular people from all walks of life—imperfect with strengths and weaknesses. But we serve a perfect God who sent the greatest example, Jesus Christ, and we desire to spend eternity with Him.

We invite you to join us on this transformative journey!
-Evangelist, Eric W. Doss



**EVANGELIST ERIC W. DOSS. MFT** 

A licensed Prepare & Enrich Marriage Consultant. Has preached across the country and on foreign soil conducting meetings, workshops, lectures, symposiums, and conferences. Has been a cherished shepherd with embodying unwavering commitment and leadership



## How Cold Weather Affect Certain Illnesses

TCold weather can significantly impact heart health, by causing blood vessels in the skin and extremities to constrict (narrow) for conserving body heat. This reaction put extra strain on the heart. Because the heart has to work harder to pump blood through constricted blood vessels. Resulting in high blood pressure from reduced blood flow to the heart. This can activate a potential heart attack or stroke for people with existing heart problems. **Good to know:** Cold weather can increase the risk of blood clots, also interfering with normal blood flow.

Cold weather can worsen arthritis pain, by causing the synovial fluid in joints to thicken, leading to increase stiffness and reduce mobility. This occurrence make joints feel 'sluggish' and more prone to pain. Normally, synovial fluid keep all joints lubricated to prevent friction for easy movements eliminating pain.

Cold weather can affect people with diabetes, by causing blood sugar levels to rise from the body releasing stress hormones, that reduce insulin production and increase blood sugar levels. Stay warm at your comfortable body temperature, to manage cold weather illnesses.

Piece of

- Tammy Carter 1/5
- Naffaterrier Doss 1/6
- Patsy Graham 1/7
- Barbara Brantley 1/8
- Anthony (Cricket) Crumity 1/8
- Desiree Ingram 1/10
- Melanie Luster-Capron 1/13
- Linda Bryant 1/16
- Alice Moody 1/17
- Paul Coleman 1/18
- Timothy Belcher Jr. 1/18
- Lana Doss (First Lady) 1/20
- Gina Lampley 1/22
- Quintin Davis 1/24
- Deja Weston 1/26
- La Niah Ortiz 1/28
- Amir Johnson 1/28
- Theresa Davis 1/28
- Ahman Rolle 1/29
- Adrian Dunlap 1/30
- Aaliyah Dunlap 1/30

In all the world,

there's only one you

so today is for celebrative the

One-of-a-kind

blessing God made your life to be!

HAPPY BIRTHDAY!

## Meet us

at

## CAL & DAR

1/12 Sister's Bible Class & Brother's
Empowerment Class
1/18 Brother's Business
Meeting - 9:00AM
1/19 Congregation Food
Distribution - following morning
worship service

1/20 Martin Luther King Day

1/25 Ladies' Day 8:00AM 1/25 Community Food Distribution - 1:00PM

## At the Corner of Arace & Mercy

#### **Home Bound/Hospital**

# Ingrid T. Anfield Rhonda Brown Earnestine Doss Francenia Durant Gregory Howard Lizzie Hutton Tawanna Ingram Sandra Jones Vincent (Buck) Lee Brianna Mazyck Horatio McKenzie

Lourdes O'Neal K'Anna Preston Zandra Smith Renee Stevens Clifford Thomas Sonya Thomas Yolanda Thompson Margaret Wiggins Sharon Wiggins Kermit Wyche

## **Not Residing in Miami-Dade**

Peyton Allison
Dora Ayala
Annie Brown
Valerie Brown
Carolyn Cephas
Lorinda Crumity
Anaya Daniels
Emma Davis

Emma Garvin
Jason James
Gwen McQueen
Rhonne Rollie
Paula Shannon
Margarette Simmons
Ella Trice

"So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

-2 Corinthians 4:18

## Community Information



Scan QR Code for Online Giving

Intersection of Browing & Op



Dear God,
I'm trusting you.
I know you
heard my prayer.
Your time, not mine.

### Talk To Us

(305) 836-4555

dossewed@aol.com https://lcccmiami.org/

1263 NW 67th ST. Miami, Florida 33147