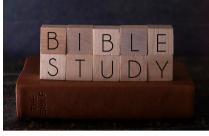


Sunday Order of Service SUNDAY MORNING WORSHIP @ 8:00AM SUNDAY SCHOOL @ 10:00AM SPANISH MINISTRY @ 11:30AM



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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



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



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



Insomnia

Insomnia is a common sleep disorder that can make it hard to fall asleep or stay asleep. It can also cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can drain your energy level and affect your mood. Prolong insomnia will seriously affect your health, interfering with work performance and quality of life. The question is how much sleep is enough? It varies from person to person, but most adult need seven to nine hours a night. Continuously, insomnia will cause high blood pressure, heart attacks, depression or some other kind of mental disorder. At some point, many adults may have short term insomnia, lasting for days or weeks.

eceo

- Kermit Wyche 4/7
- Desiree Higgs 4/23
- Brittney Black 4/29



This is usually due to some type of stress event. However, long term insomnia can last for three months or longer. **Remember: you do not have to put up with sleepless nights, just change your daily habits.** Risk factors; having a hard time paying attention, unable to focus on a task or have problems remembering. Also making more errors or having more accidents with ongoing worries about sleep. Some causes could be the results of alcohol, illegal drug abuse, pain, breathing problems, caffeine and frequent noisy close environment. Notify your doctor for sleep aid.

Meet us at CAL & DAR

4/13 Sister's Bible Class & Brother's Empowerment Class After worship 4/19 Brother's Business Meeting

9:00AM

4/19 CPR Class 4/20 Congregation Food Distribution After worship 4/20 Treasure Hunt @ LCCC Building 4/26 Community Food Distribution 1:00PM At the Corner of

race É

Home Bound/Hospital

Ingrid T. Anfield Rhonda Brown Alvin Davis Earnestine Doss Francenia Durant Gregory Howard Lizzie Hutton Tawanna Ingram Sandra Jones Vincent (Buck) Lee

Brianna Mazyck Horatio McKenzie K'Anna Preston Zandra Smith Renee Stevenson Clifford Thomas Sonya Thomas 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



SAFE TRAVELS TO ALL THE LADIES TRAVELING THIS WEEKEND TO CHICAGO, IL FOR THE ANNUAL LADIES' LECTURESHIP RETREAT. WE HOPE EVERYONE ENJOYS THEIR TIME





If you don't have a shoulder to cry on, there's a floor to kneel on.

