

**BLESSED  
TO  
SEE  
ANOTHER  
YEAR**

Tammy Eubanks 1/5  
Patsy Graham 1/7  
Anthony Crumity 1/8  
Barbra Brantley 1/8  
Desiree Ingram 1/10  
Melanie Luster-Capron 1/13  
Jerome Lee 1/14  
Linda Bryant 1/16  
Alice Moody 1/17  
Tim Belcher Jr. 1/18  
Paul Coleman 1/18

Gina Lampley 1/22  
Quintin Davis 1/24  
Kisa Humphrey 1/26  
De'ja Weston 1/26  
Theresa Davis 1/28  
La'Niah Ortiz 1/28  
Amir Johnson 1/28  
Ahman Rolle 1/29  
Adrian Dunlap 1/30  
Aaliyah Dunlap 1/30



*Welcome*  
Home

God Loves You & We Love You Too!

We invite you to connect with us on our NEW Facebook page at Liberty City Church of Christ! It's the perfect place to stay updated with our latest events, worship services, and community activities. Whether you're looking to deepen your faith, find support, or engage with others, our page offers a welcoming and nurturing environment for everyone. Join our online community today and be part of our journey as we grow together in faith and fellowship. We look forward to seeing you there!

**LORD, PLEASE,  
CORRECT ME WHEN I'M WRONG  
GUIDE ME WHEN I'M LOST  
STRENGTHEN ME WHEN I'M WEAK  
AND GIVE ME A PUSH  
WHEN I START TO GIVE UP  
JESUS, I NEED YOU EVERY MOMENT OF EVERY DAY.**

This is the day the LORD  
has made. We will rejoice  
and be glad in it.

PsaIm 118:24



## SCHEDULE OF SERVICES

Sunday Morning Worship	8:00am
Sunday School	10:00am
Spanish Ministry	11:30am
Tuesday Night Prayer/Bible Class	7:00pm
Thursday Oh What A Fellowship	10:00am

## Thank You

We are glad you joined us today. We pray that you will experience God's presence as we share the wisdom found in HIS WORD.

# Mark Your Calendar

1/18 Congregation Food Distribution **After worship**

1/24 Ladies' Day Program **9:00AM**

1/24 Community Food Distribution **1:00PM**

1/24 Youth Gala "Champions of Christ" **6:00PM**



**LIBERTY CITY**  
**LADIES DAY Program**  
**SATURDAY, JANUARY 24, 2026**  
**'The Growing Power of Spirituality'**  
 8:00AM CONTINENTAL BREAKFAST • 9:00AM PROGRAM • 12:00PM LUNCH

Miami Police Benevolent Association  
 2300 NW 14th Street  
 Miami, Florida 33125

Connie W. Kinward  
 Liberty City Church of Christ

Brihney M. Harris  
 Hollywood Beach Church of Christ



**Youth GALA**  
 SATURDAY JANUARY 24<sup>TH</sup>  
 AT HOLLYWOOD BEACH COMMUNITY CENTER  
**CHAMPIONS OF CHRIST**

TICKETS \$20 Per Adult  
 KIDS 12 & UNDER FREE

FROM 6PM TO 9PM  
 DOORS OPEN AT 5:30PM

1301 SOUTH OCEAN DR, HOLLYWOOD, FL 33019

The homegoing service for **Juanita Jones Baughtman** will be on Friday January 23, 2026 @ 12:00 noon Browns Funeral Home 2361 Broad Ripple Avenue Indianapolis, IN 46220 *Services will stream online as well.*

We are seeking photos you would like to share of events held at the Liberty City CoC building and/or property, as well as events that any of our members/youth have participated in. Our goal is to build out our website and social media platforms. Please share them with Melanie Luster-Capron in person or you can send them via email: [MELANIELUSTER@YMAIL.COM](mailto:MELANIELUSTER@YMAIL.COM)



"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

## Home Bound/Hospital

Ingrid T. Anfield  
 Rhonda Brown  
 Alvin Davis  
 Quintin Davis  
 Wendy Doss  
 Lana Doss  
 Victor Flores  
 Gregory Howard  
 Anna Humphrey  
 Lizzie Hutton  
 Tawanna Ingram  
 Michael Jones

Sandra Jones  
 Vincent (Buck) Lee  
 Brianna Mazyck  
 Horatio McKenzie  
 K'Anna Preston  
 Zandra Smith  
 Clifford Thomas  
 Sonya Thomas  
 Clarence Webster  
 Margaret Wiggins  
 Sharon Wiggins  
 Kermit Wyche

## Not Residing in Miami-Dade

Dora Ayala  
 Valerie Brown  
 Carolyn Cephas  
 Lorinda Crumity  
 Anaya Daniels  
 Emma Davis  
 Emma Garvin  
 Jason James

Ashton Mitchell  
 Gwen McQueen  
 Deshawn Morris  
 Rhonne Rollie  
 Paula Shannon  
 Renee Stevenson  
 Ella Trice

## Understanding The Need For Sleep

Sleep is a state of reduced mental and physical activities, which consciousness is altered at rest and certain sensory activities are inhibited. Sleep is an important part of your daily routine. Normally you spend about one third of your time sleeping. Quality sleep or getting enough of sleep at the right time, is essential to survival as food and water. Without sleep, you can't form or maintain the pathways in your brain, that let you learn and create new memories. Lack of sleep makes it harder to concentrate and respond quickly. **GOOD TO KNOW:** sleep is important to a number of brain functions, including how effectively brain cells communicate with one another. One of the brain's unique functions while sleeping, is a self-cleaning process. The brain's fluid removes all toxins and metabolic waste that accumulated during hours of wakefulness. These toxins and waste consist of dead cellular particles and unneeded proteins. Another brain function that occurs during sleep, is memory consolidation. This process is not possible during wakefulness. The brain reorganizes and stores all memories from the day. The brain also processes emotions during sleep, by decreasing the intensity of emotional memories, providing emotional balance and resilience. During normal healthy sleep, blood pressure drops around 10 – 20 percent. The lack of sleep can increase blood pressure. People who work long hours in high stress jobs are more likely to have raise blood pressure, after poor sleeping time. Maintaining this lifestyle can lead to possible heart, stroke and kidney problems.