

**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



Some of you would have told David to pray for Goliath and 'not cause a scene'.

If God tells me to slay some giants that's what I'm going to do.

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

Psalm 118:24



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.

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

1263 NW 67 Street, Miami, Florida 33147
(305)836-4555 • LCCCMAMI.ORG

Mark Your Calendar

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

1/24 Youth Gala "Champions of Christ" **CANCELED**

2/1 **BLACK HISTORY MONTH**

2/2 Virtual Education **7:00PM**

2/8 Sister's Bible & Brother's Empowerment Class **After worship**

2/14 **HAPPY VALENTINE'S DAY**

2/15 Congregation Food Distribution **After worship**

2/21 Brother's Business Meeting **9:00AM**

2/28 Community Food Distribution **1:00PM**

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!

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



"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

Victor Flores

Gregory Howard

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

Symptoms of Rhinovirus Infection:



Also : Headache, Ear Pressure, Nasal Inflammation and Body Pain

Rhinovirus is a common viral germ, primarily responsible for the common cold and is contagious. It is spread through respiratory droplets, when an infected person coughs or sneezes. It can also be spread from touching a contaminated surface infected with the virus, then touching your facial area. **Key Information:** Rhinovirus can survive outside a host, ranging from varies times. In the air they are less stable, usually survive for a few hours. How ever, on a hard surface like wood, plastic or metal the virus can last up to 7 days. Although surface types made with cloth may reduce survival, due to pores inside the cloth causing several openings into the air. **Good To Know:** One of the most important plans employed by our nasal cells, in the battle against rhinovirus is the production of signaling protein cells. These cells alert neighboring cells to the presence of the virus and instruct them to activate their antiviral defenses. Additionally, viral infected cells undergo a process of programmed cellular death, to prevent the spread of the virus to neighboring cells. Unfortunately, some infected viral cells escape the dying process and attach themselves to the host cells for mutation of new viral cells. Symptoms include runny or stuffy nose, sore throat, coughing, sneezing, fever, mild headache and weakness. There is no cure for rhinovirus, only medical management for symptoms. Symptoms usually last about 7 to 10 days. Once symptoms are eliminated, rhinovirus will go away on its own. Practicing good hygiene, getting adequate rest and sleep, maintaining good hydration helps to clear excess mucus in the sinuses (nose).