

**BLESSED
TO
SEE
ANOTHER
YEAR**

Willard Dawson 2/2
Melanie Lowe 2/3
Rory Black 2/5
Jackie Dunn 2/5
Tamekia Daniels 2/6
Florine Stacks 2/8
Rooshay Bragg 2/10
Lizzie Hutton 2/12

Geraldine Anfield 2/14
Anna Humphrey 2/14
Michael Daniels 2/21
Lapeer Ramsey 2/21
Michael Jones 2/21
Ahmir Troy 2/21
Jaheim Cordy 2/23
Marcilla Tucker 2/28

Brokenness Births
Compassion:

A woman who has bled
knows how to bandage
others. You can't minister to
the broken if you've never
been broken. Your tears are
training. Your pain is
preparation.

**SCAN
TO
GIVE**



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.



Welcome
Home

God Loves You & We Love You Too!

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

Psalm 118:24



February 1, 2026

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

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

G
O
D

"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

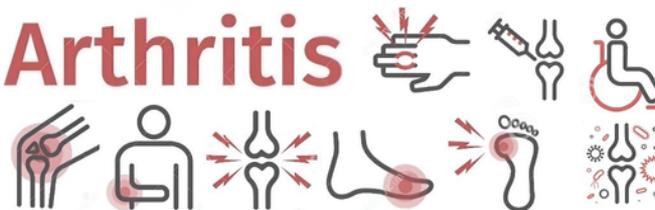
Rhonne Rollie

Paula Shannon

Renee Stevenson

Ella Trice

Arthritis



It's that time of the year, when temperatures drop severely below normal degrees, causing a flare up of an unwanted health problem – arthritis (inflammation of the joints). Anyone can feel joint stiffness during colder months. However, it is more common with older adults and people with poor health problems. **GOOD TO KNOW:** Any place in your body where two bones meet is called a joint. Some joints naturally wear down as you age. Many people develop arthritis after a normal lifelong wear and tear doing movements. Inside every joint, we have a special fluid called synovial fluid. This fluid lubricates joints preventing friction between the two bones by keeping them from rubbing together, doing movements. Cold temperature may cause this fluid to thicken, leading to increase stiffness, pain and difficult in movements, particularly in smaller joints such as fingers and wrists. Winter months often leads to decrease movements and more time indoors. Cold weather can cause muscles and joints to stiffen, reducing flexibility and increasing discomfort. Additionally, the body's blood circulation slows down in response to cold weather, which may increase winter joint pain and prolong recovery from everyday movements. Especially in the mornings after a night of sleep or after sitting for a long period of time. **REMEMBER:** Cold weather-related discomfort is expected, but if you experience sharp or worsening pain, swelling with excessive warmth in a joint notify your doctor for medical evaluation.