

**BLESSED  
TO  
SEE  
ANOTHER  
YEAR**

Zaria Brown 3/1  
Rena Stevenson 3/2  
Joi Crockett 3/3  
Anthony Ramsey 3/8  
Tawanna Ingram 3/15  
Timothy Belcher Sr. 3/16  
Eli Cutler 3/20

Matilda Clark 3/23  
Kendra Simmons 3/23  
Patricia Richardson 3/24  
LaToya Troy 3/26  
Avery Mitchell 3/29  
Lourdes O'Neal 3/29  
Zonnie Brown 3/31

**LETTING GOD  
LEAD YOUR  
LIFE IS THE  
HIGHEST FORM  
OF SELF CARE.**

**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.



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

Psalm 118:24



**March 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



“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  
Carmen Smith  
Zandra Smith  
Clifford Thomas  
Sonya Thomas  
Clarence Webster  
Margaret Wiggins  
Sharon Wiggins  
Kermit Wyche

**Not Residing in Miami-Dade**

Dora Ayala  
Abraham Bassie  
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



**3/2 Virtual Education 7:00PM**

**3/8 Sister's Bible Class & Brother's Empowerment  
After Worship**

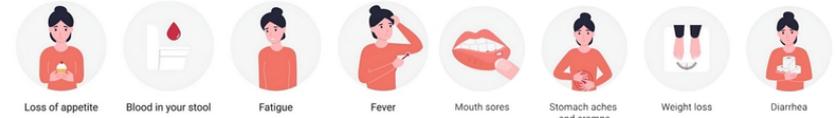
**3/15 Congregation Food Distribution After Worship**

**3/21 Brother's Business Meeting 9:00AM**

**3/28 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!

**Crohn's Disease Symptoms**



**Crohn's Disease**

Crohn's Disease is the result of an abnormal immune system response. Usually, your immune system dive into attack mode to destroy germs that enter your body. Inflammation is a sign letting you know, the body's immune system is fighting germs. Once the threat is gone, your immune system becomes calm and the inflammation disappears. But Crohn's disease is a lifelong condition that cannot be cured. It can affect any part of your digestive tract, from your mouth to your anus (the opening for stool passing from your body). Researchers believe that once your immune system is "turned on," it doesn't know how to "properly turn off." Crohn's disease is an inappropriate attack on bacteria, normally found in your digestive system. Let's briefly talk about the bacteria found in our digestive system. Believe it or not bacteria is needed to help with breaking down certain complex carbohydrates and dietary fiber, that your body can't break down on its own. This carbohydrate (fresh fruits) helps you to avoid constipation, stabilize blood sugar, lower cholesterol and stay fuller longer. Preventing the body's bacteria from preforming their duties will create symptoms such as, abdominal pain and distension, fever, weight loss and diarrhea. Also, outside the gastrointestinal system, you may have a skin rash, arthritis, inflammation of the eyes and weakness. Since there is no cure, your doctor will design a medication plan to maintain remission and prevent relapse.