

**BLESSED  
TO  
SEE  
ANOTHER  
YEAR**

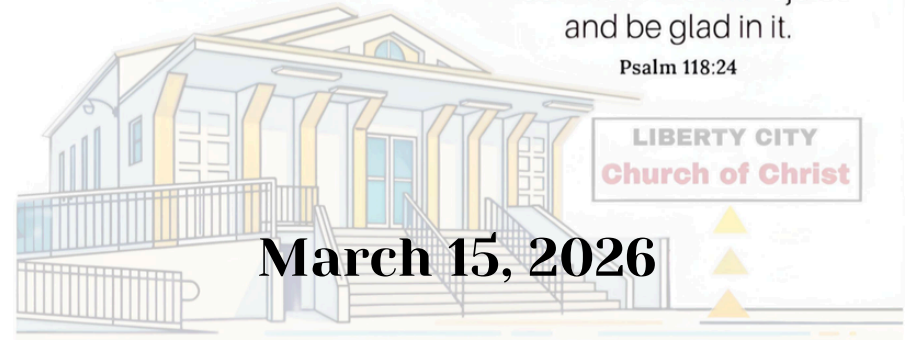
Zaria Brown 3/1  
Renaë Stevenson 3/2  
Joi Crockett 3/3  
Anthony Ramsey 3/8  
Tawanna Ingram 3/15  
Timothy Belcher Sr. 3/16  
Eli Cutler 3/20

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



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

Psalm 118:24



**March 15, 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 • LCCCMIAAMI.ORG

World War III is  
Spiritual.  
Prepare your  
Hearts.

## 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.

# Urinary Tract Infection



## Urinary Tract Infection

A urinary tract infection (UTI) is an infection that can occur in any part of the urinary system. Let's take a deeper look at the main functions of the urinary system. The kidneys first filter waste from the blood making continuous sterile urine and storing urine in the bladder. When the bladder is full, it will release urine through the urethra, a tube. That is a passageway, that carries urine to be eliminated from the body. When this occurs, you will feel the urge to urinate. Even though urine is made all the time, most people urinate about 6 – 8 times daily. This can vary depending on how much water / fluids you drink, body temperature, medications and current health conditions. However, there is a great difference between female and male urinary tract system. In the woman the urethra is 1.5 inches long and in the man the urethra is 8 inches long. Because a woman has a shorter urethra, bacteria can reach the bladder more quickly and easily, thereby causing a UTI. However, another main reason is wiping from the back to the front, after urination and stool elimination. UTI is less common in man, until an older age. After 50, a man may develop UTIs more often due to prostate problems. When this occurs, the enlarged prostate gland will press against the urethra, causing a narrow urine passageway. Urine flow will slow down, making it harder for the bladder to empty completely. This delays the starting of urine flow. Remember, delayed urine is a good way for bacteria to grow. To help increase urine flow a urinary catheter will be inserted, placing the person at a high risk for a UTI. Symptoms: burning or painful urination, frequent urge for urination with only little urine coming out, cloudy strong-smelling urine and urine that looks reddish. Contact your doctor immediately. Treatments will include antibiotics, increase daily water/fluids intake to help flush out bacteria.



“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  
Jackie Jones  
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  
Rhonnie Rollie  
Paula Shannon  
Renee Stevenson  
Ella Trice



**Our deepest condolences to those impacted by the passing of Brother Julian Mandel Cobb.**

**Let us keep his daughters Mandeliece and Netilya in our thoughts and prayers, along with a host of family and friends.**

**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!