

**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

SUPPER → GOD SUPPER — SUPPER GOD → SUPPER	→ GOD — GOD	<b>RUM</b>	BUBURNSH
1	2	3	4
<b>+</b> <b>Outlet</b>	<b>BAL TIC</b>	Stop Run Go Walk Sit Wait Stay Come Quiet Speak	<b>Lazarus</b> ↑↑↑
5	6	7	8
<b>Dianthus IN Caryophyllus</b>	Banana X Mango X Orange X Potato ✓	<b>Grac</b> e	<b>SPEECH EVEREST</b>
9	10	11	12
Ever Ever Ever Ever EVER	<b>GOD</b> ↑ P		<b>READ</b> ↑
13	14	15	16
BCDEFG IJKLMN OPQRST UVWXYZ	↓ 	<b>SIN SIN Sin</b> Sin Sin Sin SIN SIN Sin Sin Sin Sin Sin Sin	
17	18	19	20

**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.

Psalms 118:24



**March 8, 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



“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  
Rhonne Rollie  
Paula Shannon  
Renee Stevenson  
Ella Trice



**3/8 Sister’s Bible Class & Brother’s Empowerment**

**After Worship**

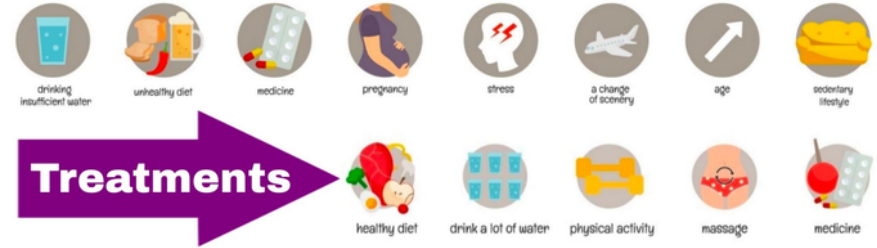
**3/15 Congregation Food Distribution After Worship**

**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!

**Reasons for Constipation**



Constipation is having a difficult time passing your stool. It could be the results of a decrease fiber diet, poor water intake, lack of routine exercise, other health illnesses and side effects of certain medications. Constipation is an illness; most people have had at one time or another. Let’s look at how the body function doing normal stool elimination. Remember, stool is the end or waste product of digestive food. **Good To Know:** We have two different types of involuntary muscle movements, that are activated for normal stool elimination. Whenever food or fluids are swallowed and enters the gastrointestinal tract, the nerves stimulate the muscles to initiate a series of contractions. There is a circular muscle contraction causing food to move back and forward, mixing food with digestive juices inside the intestine. This helps to break down food particles into smaller soft pieces for easy digestion and further movements. This process of food absorption slows down, while the other type of muscle contractions outside the intestines, move the waste product in a wave – like downward position toward the anus for elimination. Remember without this wave – like muscle contraction, we could not poop thereby causing constipation. This is a normal occurrence when there is no interference. But for some reason, when the waste material or stool moves too slowly throughout the large intestine, the body will absorb too much water from the stool. In this case, the stool becomes hard, dry and difficult to pass. It is very essential for all individuals to be well hydrated daily including, maintain a fiber diet and exercise daily. Notify your doctor when abdomen pains occur when straining and there is rectal bleeding.