

**BLESSED
TO
SEE
ANOTHER
YEAR**

Avery Mitchell 3/29
Lourdes O'Neal 3/29
Zonnie Brown 3/31
Kermit Wyche 4/7
Kevin Pugh 4/10
Desiree Higgs 4/23

Joi Crockett 4/23
Jordan Crockett 4/23
Aaron Gibbs 4/25
Brittany Black 4/29
Emily Flores 4/29
Ana Maria Flores 4/30

**A plane can't land until
the coast is clear. Some
of our blessings are
stuck in the air b/c of
OUR ENVIRONMENT. Too
much mess on the
landing strip.**

**SCAN
TO
GIVE**



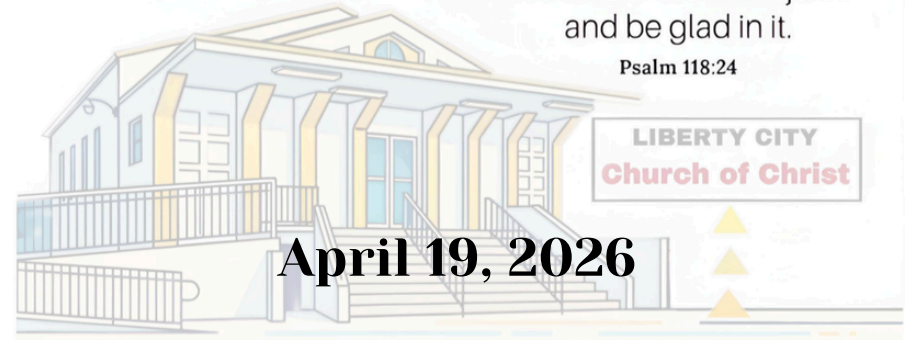
Thank You

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



April 19, 2026

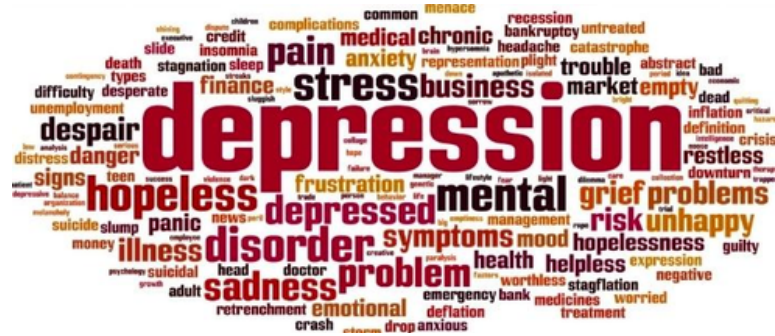
SCHEDULE OF SERVICES

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



Life’s Silent Burden: Depression

Depression is a persistent mental mood disorder, affecting how you feel, think and behave. Depression is often misunderstood as a normal part of getting older. It can affect children, teens, middle – age adults and older adults. Recognizing depression in these stages of life is critical. Because it affects the quality of life and can worsen existing medical illness and increase the risk of disability. Depression can lead to a variety of health problems. It can weaken the immune system, making individuals more susceptible to infections and slow down the recovery phase of illness. Most people with depression are also at higher risk for chronic conditions such as heart disease, diabetes and hypertension. In many cases, depression can worsen existing medical conditions by reducing motivation to follow treatment plans, attend medical appointments or maintain healthy habits. But don’t get discouraged, most people with depression feel better with medication, psychotherapy or both.

There are different phases of depression:

- **Manic Depression** (*bipolar 1 disorder*) is characterized by intense emotional high mood with thoughts moving very fast, jumping between ideas making it harder to retain details. This episode can last at least 7 days or require hospitalization.
- **Manic Depression** (*bipolar 2 disorder*) is characterized by depressive episodes of deep low moods. Concentration, memory and motivation often drop, making it feel like information just doesn’t “stick”. Remember, bipolar disorder is a lifelong mental health condition, many individuals manage symptoms effectively with proper treatment and support.

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

Not Residing in Miami-Dade

Brianna Mazyck
 Horatio McKenzie
 K’Anna Preston
 Carmen Smith
 Zandra Smith
 Clifford Thomas
 Sonya Thomas
 Clarence Webster
 Margaret Wiggins
 Nicaise Wiggins
 Sharon Wiggins
 Kermit Wyche

Dora Ayala
 Abraham Bassie
 Valerie Brown
 Lorinda Crumity
 Anaya Daniels
 Emma Davis
 Emma Garvin
 Jason James
 Ashton Mitchell
 Gwen McQueen
 Deshawn Morris
 Rhonne Rollie
 Paula Shannon
 Renee Stevenson
 Ella Trice



Sister’s Bible Class & Brother’s Empowerment Class

Weekly following Worship

4/19 Congregation Food Distribution After Worship

4/25 Community Food Distribution 1:00PM

4/26 Youth Sunday Fellowship @ Magnolia Park 2:30PM

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!