

**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

**DUE TO
DIVINE
REASONS THIS
LIGHT CANNOT
BE DIMMED.**

**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.

LIBERTY CITY CHURCH OF CHRIST Liberty City Church of Christ Miami FL



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

Psalm 118:24

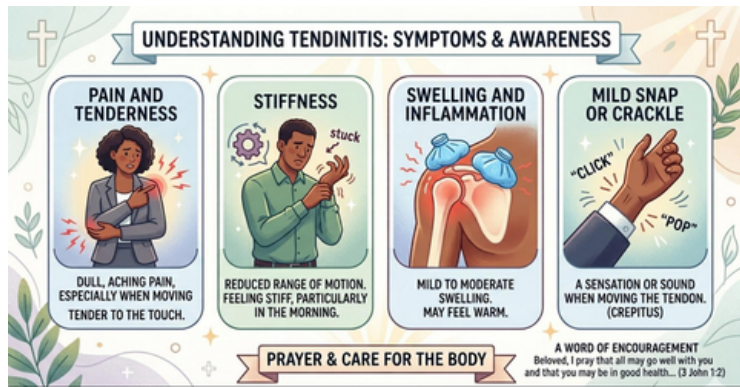


April 26, 2026

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



Tendinitis: Causes, Symptoms And Treatments

Tendinitis is irritation and inflammation of a tendon. They play a vital role in how the body moves. Tendons are thick fibrous flexible cords that attach muscles to bones. When your muscles contract, they pull the attached tendons, which in turn move the bones. Allowing us to perform everyday activities like walking, lifting, reaching and even writing. Tendinitis can occur in any tendon. But it's more common around the shoulders, elbows, wrists, knees and heels. Once the tendon becomes inflamed, it can rub against bones, causing pain and affecting joint mobility. When a tendon is overused or strained from repeated movements or excessive activities, severe problems will occur. Muscles are larger than tendons and have a better blood flow that carries more oxygen, nutrients and healing factors which increase their healing ability. Tendons are smaller, less blood flowing with oxygen, nutrients and healing factors. Putting them at a disadvantage with slow healing and placing a strain on them, that would develop into tendinitis. That's why it is necessary to take rest periods allowing the tendons to heal themselves. Another cause of tendinitis is poor technique during physical activities such as improper body mechanics doing lifting of objects. Skipping warm – up exercise can make tendons more susceptible to injury. Weak or tight muscles can place extra strain on tendons. **REMEMBER:** rest and avoidance of repeated strenuous activities help tendons to heal. Pain the main symptom, especially when moving the hurt body part. Another symptom, tenderness around the affected area, with skin discoloration and swelling.

Treatment includes pain medication, physical therapy and possible surgery for a replacement of a torn tendon. Contact your doctor, if pain medication is ineffective.



“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
Nicaise Wiggins
Sharon Wiggins
Kermit Wyche

Not Residing in Miami-Dade

Dora Ayala
Abraham Bassie
Valerie Brown
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 thoughts and prayers are with Brother Clarence Webster, family, friends and those impacted by the passing of our beloved Sister Martha Webster. Arrangements will be announced at a later time.



Sister's Bible Class & Brother's Empowerment Class

Weekly following Worship

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

5/4 Virtual Education/Teachers Meeting 7:00PM

5/7 Visit Jesse Trice Comm. Hlth. Ctr.

5/10 Mother's Day

5/10 Baccalaureate Packet Due See Sis. Robin Ward

5/16 Brother's Business Meeting 9:00AM

5/17 Congregation Food Distribution After Worship

5/23 Community Food Distribution 1:00PM

5/25 Memorial Day