

**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



**SCAN
TO
GIVE**



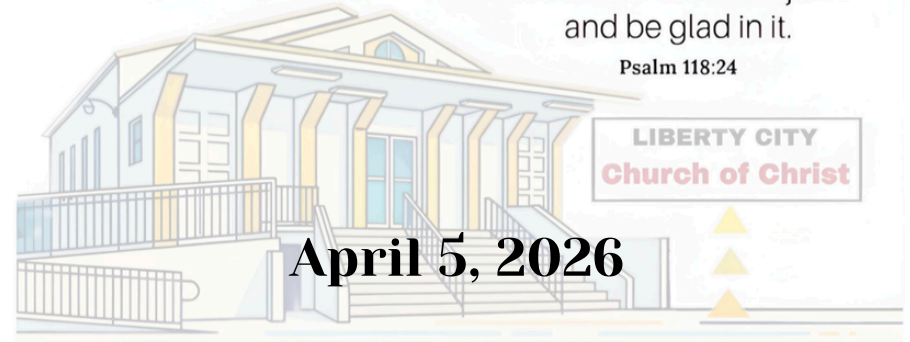
Thank You

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.



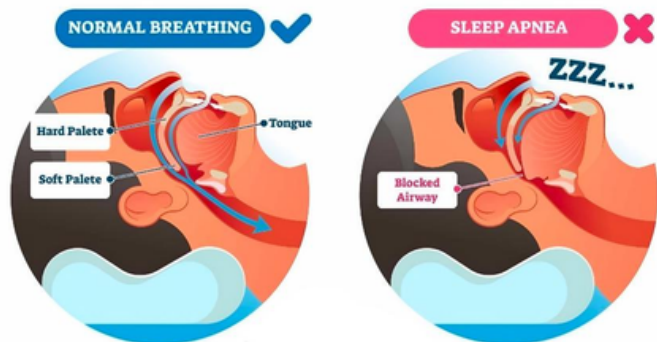
This is the day the LORD has made. We will rejoice and be glad in it.

Psalm 118:24



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



GOOD

“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
- Rhonne Rollie
- Paula Shannon
- Renee Stevenson
- Ella Trice



Sister’s Bible Class & Brother’s Empowerment Class

Weekly following Worship

4/6 Virtual Education/Teachers Meeting 7:00PM

4/18 Brother’s Business Meeting 9:00AM

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!

Sleep apnea is a serious health condition, causing you to repeatedly stop breathing or have shallow breaths while you sleep. When this happens, you may snore loudly or make choking noises as you try to breathe. Your brain and body become oxygen deprived and you may wake up. This may happen a few times at night or in severe cases, multiple during the night.

GOOD TO KNOW: This occur more often affecting men. There are several types of sleep apnea.

Obstructive sleep apnea is the most common form of sleep apnea. This occurs when the throat muscles relax, and the airway becomes narrow or closes with difficult getting adequate breath. This may lower the level of oxygen in your blood. Your brain senses this inability to breathe and briefly awakens you from sleep, so you can reopen your airway. This awakening is usually so brief that you don't remember it. While sleeping, you may make a snorting, choking or gasping sound. This pattern can repeat itself five to thirty times or more each hour, all night long. These disruptions impair your ability to reach the desired deep, restful phase of sleep, and you'll probably feel sleepy during your waking hours.

Central sleep apnea is less common than obstructive apnea. Occurring when the brain doesn't send proper signals to the muscles that control breathing. This means you make no effort to breathe for a short period of time. You may awaken with shortness of breath or have difficult time falling or staying asleep. Notify your doctor whenever you have problems with normal sleeping patterns.