

**BLESSED
TO
SEE
ANOTHER
YEAR**

June 1st ~ Jorge Charadan
June 1st ~ Zandra Smith
June 4th ~ Frank Martin
June 9th ~ Kyree Capron
June 13th ~ Alva Whiteside
June 14th ~ Diane Davis
June 17th ~ Emmett Tyre
June 26th ~ Kenya Hamilton
June 28th ~ Robin Ward
June 28th ~ Jakkia Jawdia
June 30th ~ Toryan Dunlap



**COMPARISON IS SO
DANGEROUS BECAUSE
YOU COULD BE
COMPARING WHERE GOD
HAS YOU TO WHERE THE
DEVIL HAS THEM**

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

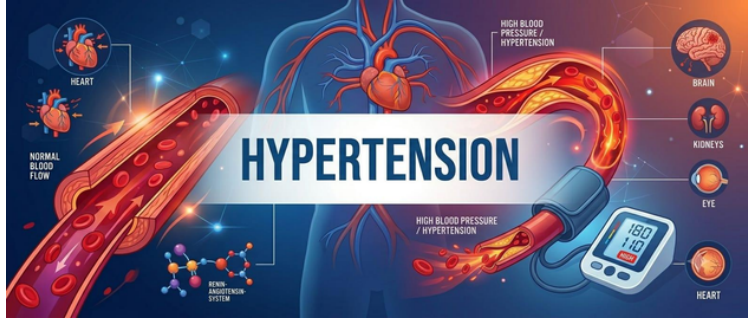


June 28, 2026

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
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Hypertension is a health condition, where the high force of blood consistently pushes against the walls of your arteries (blood vessels), resulting from constriction (narrow) of the arteries. The heart has to work harder, pumping the blood through narrow blood vessels causing high blood pressure. Left untreated can damage blood vessels and increase the risk of serious health problems. Let's look at some of the risk factors that cause high blood pressure: age over 55, genetics, frequent prolong cigarette smoking, obesity, eating high sodium foods, drinking too much alcohol and lack of physical activity. Remember, there are health conditions that will cause hypertension, such as sleep apnea- breathing either stops or become very shallow during normal sleeping time, causing constriction of blood vessels. Also Chronic Kidney Disease, Diabetes, Renal Artery Disease, Thyroid Disease and Stress Disorder. There are medications that would cause a high rise in your blood pressure, such as Ibuprofen, steroids, some antidepressants and decongestants. Many people may have high blood pressure and don't know it, that's why it is called the "silent killer," How long do you think your heart can continuously beat fast with high blood pressure?

You have two numbers indicating your blood pressure. The top number is your systolic pressure reading, when your heart beats. The bottom number is your diastolic pressure reading, when your heart relax between beats. Your normal blood pressure should be 120/70. However, some people normal blood pressure may be different from 120/70. Your doctor will tell you, what your normal blood pressure should be. Symptoms includes; chest pains, rapid heart beats, dizziness, headaches, seizures, confusion and eye problems.



"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
Emma Davis
Emma Garvin
Jason James

Ashton Mitchell
Gwen McQueen
Deshawn Morris
Rhonne Rolлие
Paula Shannon
Renee Stevenson
Ella Trice

Sister's Bible Class & Brother's Empowerment Class **Weekly**



Following Worship

6/29 - 7/1 VBS Nightly @ Brownsville CoC **7:00PM**

7/4 Independence Day

7/6 Virtual Education & Teachers Meeting **7:00PM**

7/18 Brother's Business Meeting **9:00AM**

7/19 Congregation Food Distribution **Following Worship**

7/25 Community Food Distribution **1:00PM**

7/27 Parent's Day



It is with heavy hearts that we announce the passing of **Sis. Anaya.**

Please keep her parents, Parker Daniels and Ashlee Hutchinson, her siblings, and a host of family and friends in your prayers during this difficult time. May God's love, comfort, and peace surround them as they navigate this tremendous loss. **#Sweet16**

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." -

Psalm 34:18