

**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

Lord,
keep your arm around
my shoulder and your hand
over my mouth

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**

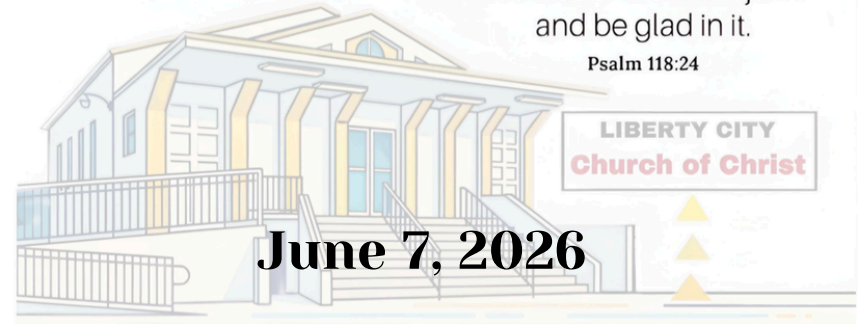


Welcome
Home

God Loves You & We Love You Too!

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

1263 NW 67 Street, Miami, Florida 33147
(305)836-4555 • LCCCMAMI.ORG



June is prime time for picnics, barbecues and all kinds of outside enjoyable feasts. But with all this exciting fun, there seem to be an unwanted guest among the crowd, Food Poisoning. Nothing ruins a beautiful event faster than an episode of nausea, vomiting or a fast rush to the nearest restroom, because of diarrhea. No one wants their family or friends to become sick, but we have a tendency to forget or over look the known or unknown reason for food poisoning. It is a type of food borne illness, people get from something contaminated they ate or drank.

Bacteria is the most common cause of food poisoning. Bacteria can grow in food when it isn't: fresh, washed properly, handled in a sanitary way or kept at a proper temperature and cooked to a safe internal temperature. There are other less common causes, such as viruses, parasites and fungi. But we will focus our attention on five common causes: Salmonella – the most common cause of food poisoning in the United States. Also the most causes for hospitalizations, deaths and arthritis with joint damage. Raw eggs and under cooked poultry are common sources. E. coli – a bacteria that produce a toxin causing irritation to the small intestine and kidney failure. They are often found in under cooked meats and raw vegetables. Listeria – live in soft cheeses, raw spouts, deli meats and hot dogs. Staphylococcus occur when the bacteria is transferred from an infected person to food they handle. Shigella is often found in cream or mayonnaise – based salads like tuna, potato, macaroni or chicken. It can cause blood or mucus in your diarrhea. Anyone can get food poisoning, it depends on how much of the toxin you ingest and your over all health status, will determine your severity. In most cases you can manage food poisoning at home, staying hydrated. Your doctor will determine if you need antibiotic medication.



“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		Not Residing in Miami-Dade	
Ingrid T. Anfield	Brianna Mazyck	Dora Ayala	Jason James
Rhonda Brown	Horatio McKenzie	Abraham Bassie	Ashton Mitchell
Alvin Davis	K'Anna Preston	Valerie Brown	Gwen McQueen
Quintin Davis	Carmen Smith	Lorinda Crumity	Deshawn Morris
Victor Flores	Zandra Smith	Anaya Daniels	Rhonne Rollie
Gregory Howard	Clifford Thomas	Emma Davis	Paula Shannon
Lizzie Hutton	Sonya Thomas	Emma Garvin	Renee Stevenson
Tawanna Ingram	Clarence Webster		Ella Trice
Jackie Jones	Margaret Wiggins		
Michael Jones	Nicaise Wiggins		
Sandra Jones	Sharon Wiggins		
Vincent (Buck) Lee	Kermit Wyche		



- Sister's Bible Class & Brother's Empowerment**
Class Weekly Following Worship
6/20 Brother's Business Meeting 9:00AM
6/21 Congregation Food Distribution AFTER
WORSHIP
6/21 HAPPY FATHER'S DAY
6/27 Community Food Distribution 1:00PM
6/27 VBS Kickoff Picnic TBD
6/29 – 7/1 VBS Nightly @ Brownsville CoC 7:00PM

