

**BLESSED
TO
SEE
ANOTHER
YEAR**

July 9th ~ Deborah Carter
July 10th ~ Don-E Holloway
July 12th ~ Alicia Mitchell
July 13th ~ John Herriott
July 17th ~ Vincent "Buck" Lee
July 18th ~ Ivenette Black
July 18th ~ Ailea Cutler
July 18th ~ Juliette Jean-Jacques
July 20th ~ Jacqueline Anfield
July 25th ~ Kandys Thomas-Johnson

God won't multiply what you mismanage.

@saltandlightwords

God doesn't multiply disorder—He multiplies what is honored, stewarded, and brought into alignment with His heart. Before God increases anything in your life, He brings it into order, because increase without structure becomes overflow that you can't carry.

Many of us aren't blocked, we're leaking. Leaking time, leaking focus, leaking grace, leaking what God already entrusted to us. And heaven won't pour more into hands that won't hold what's already there. When you steward well, you make room for God to breathe increase.

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



July 12, 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

HEALTHCARE TEAM

DISCOVER THE AMAZING HEALTH BENEFITS OF BEET JUICE

NOURISHING YOUR BODY, STRENGTHENING YOUR FAITH

BOOSTS ENERGY & ATHLETIC PERFORMANCE
Increases stamina & oxygen flow

DETOXIFIES THE BODY
Supports liver function, aids natural cleansing

SUPPORTS HEART HEALTH
Lowers blood pressure, improves circulation

HIGH IN NITRATES & VITAMINS
Nutrient-packed superfood

RICH IN ANTIOXIDANTS
Fights inflammation, protects cells

Read the incredible healthcare article below.

Beets are round shaped vegetable roots, that most people love or hate. It is not new, but it has risen to a superfood status over the past decade. Researches empathizes drinking beet juice will benefit your health. Let's see how this will happen. Beet juice will lower your blood pressure. It contains nitrate oxide, a molecule that helps widen and relax blood vessels. There by lowering your systolic blood pressure, in adults with hypertension. The results of a 2016 study, suggested that drinking 70 ml or one third cup of beet juice daily for one week, will improve exercise, muscle power tolerance in older adults with heart failure. Also beet juice will boost physical performance, by increasing the amount of time to reach physical exhaustion. Another benefit, may help you maintain a healthy weight. Pure beet juice is low in calories and has no fat. It is a great option for your morning smoothie. However, researchers noted combining beet juice with caffeine may decrease your benefits. As you start your day, it give you a energy boost. Remember, beet juice is high in natural sugar, no man made chemicals additives. The body need sugar in order to function effectively. Beet juice may help reduce the risk of cancer. They contain antioxidants and anti-inflammatory properties. Beet juice is a good source of potassium, helping nerves and muscles function properly. It is also a good source of other minerals, such as iron, magnesium, sodium, zinc and selenium. These minerals boost your immune system and support healthy bones and teeth. **Good To Know:** If you are prone to having kidney stones, you should avoid drinking beet juice. They are high in substances that form crystals in your urine. No doubt, beet juice is healthy, but it leaves a earthy taste in your mouth. To eliminate that taste, eat sliced apples or eat mints.

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“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

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| Ingrid T. Anfield | Brianna Mazyck |
| Rhonda Brown | Horatio McKenzie |
| Alvin Davis | K'Anna Preston |
| Quintin Davis | Lapeer Ramsey |
| Victor Flores | Carmen Smith |
| Gregory Howard | Zandra Smith |
| Lizzie Hutton | Clifford Thomas |
| Tawanna Ingram | Sonya Thomas |
| Jackie Jones | Clarence Webster |
| Michael Jones | Margaret Wiggins |
| Sandra Jones | Sharon Wiggins |
| Vincent (Buck) Lee | Kermit Wyche |

Not Residing in Miami-Dade

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



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

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

7/19 Congregation Food Distribution

Following Worship

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

7/25 Youth Support Meeting **See Sis. Tamekia**

7/27 Parent's Day