

**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

THE LIONS WERE STILL THERE.
THE PRISON DOORS WERE STILL
LOCKED.
THE STORM WAS STILL RAGING.

YET DANIEL SLEPT.
PETER SLEPT.
JESUS SLEPT.

WHEN YOU KNOW GOD IS IN
CONTROL, YOU DON'T HAVE TO
LOSE SLEEP OVER WHAT HE'S
ALREADY HANDLING.

God's Armour

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.

Psalms 118:24

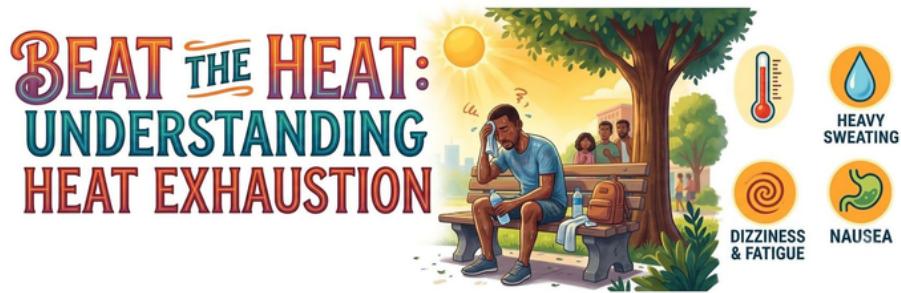


July 19, 2026

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 • LCCCMIAAMI.ORG



Heat exhaustion is the most common type of heat related illness. It can occur whenever you over exert yourself, especially in hot weather doing exercise or manual labor. At this time, your body struggles to cool itself down and your internal body temperature maybe abnormally high. Symptoms includes heavy frequent sweating with fast heart rate, weakness and possible headache. Mentally you are aware of your surroundings and you don't have persistent disruptions with brain functions. However, **GOOD TO KNOW:** Heat cramps are often the first warning sign that you could develop heat exhaustion, if you don't cool down. Your sweat is 99% water and the remaining 1% includes electrolytes and low levels of toxins. **REMEMBER:** Your liver and kidneys are responsible for removing toxin and waste from the blood, in the form of urine and stool. Sweat only play a very minor role in cleansing your body of harmful substances. But, sweating is a normal part of life. It prevents your body from overheating.

THINGS TO REMEMBER: Recovering from heat exhaustion, depends on how quickly you receive treatments. Immediately stop what you are doing and move to a cooler area. Treatments often begins on site, where ever heat exhaustion occurred. Try to stay hydrated, slowly drink sips of water because of mass body water leaving by sweating. But don't drink anything, if you suspect you may have a heat stroke. People with heat stroke are at risk for aspiration/choking, which can be dangerous. Call for medical help, loosen or remove excess clothing. Lie down with your legs elevated for better blood circulation. Use any available means to cool your body, like fanning or soaking a towel in ice water and applying to your skin.

OUR PRAYER & CARE LIST

"Cast all your anxiety on Him because He cares for you." — 1 Pet. 5:7

HOMEBOUND / HOSP.	PRAYER LIST	OUTSIDE MIAMI-DADE
Ingrid T. Anfield	Alvin Davis	Dora Ayala
Rhonda Brown	Emma Garvin	Abraham Bassie
Quintin Davis	Twanna Ingram	Valerie Brown
Gregory Howard	Michael Jones	Lorinda Crumity
Lizzie Hutton	Sandra Jones	Emma Davis
Jackie Jones	Vincent (Buck) Lee	Jason James
Brianna Mazyck	Aston Mitchell	Deshawn Morris
Horatio McKenzie	Lapeer Ramsey	Rhonne Rollie
K'Anna Preston	Tammy Scott	Paula Shannon
Zandra Smith	Clifford Thomas	Renee Stevenson
Sonya Thomas	Kermit Wyche	Ella Trice
Margaret Wiggins		
Sharon Wiggins		



Please contact the church office to submit updates, additions, or removals.



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

7/25 Community Food Distribution 1:00PM

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

7/26 Youth 4th Sunday @ Goulds CoC 2:30PM

7/27 Parent's Day