

**BLESSED
TO
SEE
ANOTHER
YEAR**

Sept 2nd ~ Javon St-Fleurose
Sept 13th ~ Johnny Anderson
Sept 16th ~ Braxton O'neal
Sept 19th ~ Jimmie Howard
Sept 28th ~ Clearance Webster
Sept 29th ~ Sharon Wiggins
Sept 29th ~ Brian Mazyck

Boundaries are biblical. Jesus walked away from crowds. He said no. He rested. He protected His assignment. Setting boundaries isn't unloving, it's wise. You can be kind without being constantly available. You can forgive without giving access. Boundaries protect your peace, your calling, and your capacity.

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

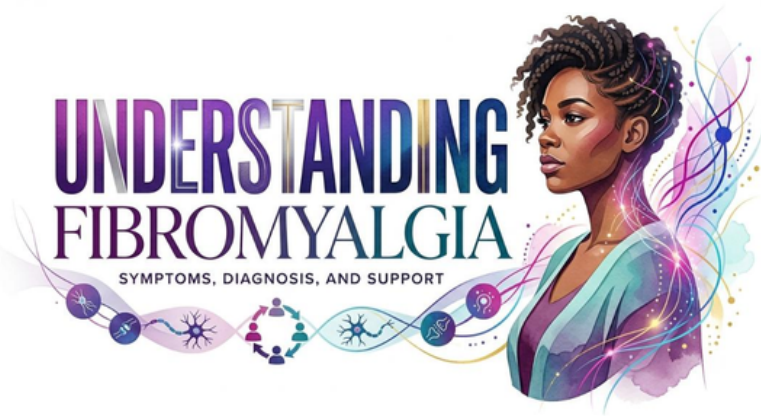


August 30, 2026

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



Fibromyalgia is a chronic health illness that interfere with pain messages, coming from the nervous system. The exact cause of Fibromyalgia is unknown. Researchers believe it involve changes in how the brain and the spinal cord process pain signals. This illness, drown out messages about more pleasant experiences. Eventually, it's almost as if your brain isn't hearing about anything else but pain and discomfort. **GOOD TO KNOW:** Your body is covered with sensor cells. They keep track of every sensation in your body and send that information, through your spinal cord to the brain. However, increase continuous sensitization signals from the sensor cells will cause the brain's response to become worse. Meaning your body will feel pain more strongly. Unfortunately, this chronic health illness affects women more than men. There is no cure, but symptoms can be managed with medications, exercise and relaxation treatments.

SYMPTOMS: Widespread (both side of the body) constant dull aching pain. Fatigue (tiredness), people with Fibromyalgia often wake up tired, even though they say they slept for a long time. Insomnia, due to pain and stress from unresolved life problems, with depression. Also diarrhea or constipation and urinary frequency. *Flare* – ups are symptoms that come and go at any given time. Such as headaches, muscle pains and face or jaw pains. During this time your symptoms may suddenly get stronger or harder to manage. *Risk Factors* – anyone can develop Fibromyalgia, having a chronic pain disorder or having a family history of Fibromyalgia. Remember, to notify your doctor of any type of prolong uncontrolled pain.

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

Tuesday Night Bible Study/Prayer Meeting

Weekly @ 7:00PM

9/7 Labor Day

9/7 Virtual Education/Teachers Meeting 7:00 PM

9/19 Brother's Business Meeting 9:00AM

9/27 Youth 4th Sunday