

**BLESSED
TO
SEE
ANOTHER
YEAR**

Aug 1st ~ Anthony Cutler Sr
 Aug 1st ~ Endia Jackson
 Aug 1st ~ Catherine Daniels
 Aug 2nd ~ Henrietta Crumity
 Aug 7th ~ Tammy Scott
 Aug 7th ~ Gladstone Day
 Aug 8th ~ Kayla Belcher
 Aug 8th ~ Percy Jones
 Aug 14th ~ Debra Bolden
 Aug 17th ~ Ana Cristina de Leon
 Aug 18th ~ Daniel Nabiam

Aug 19th ~ Barbara Belcher
 Aug 20th ~ Jackie Jones
 Aug 20th ~ King Threatt
 Aug 22nd ~ Geneva Martin
 Aug 24th ~ Issac Staples
 Aug 25th ~ Freeman Wyche Sr.
 Aug 27th ~ Abbie Mitchell
 Aug 28th ~ Cynthia Stacks
 Aug 29th ~ Nancy Romer
 Aug 29th ~ Donisha Holloway
 Aug 30th ~ Benjamin Mazyck

"You should exercise daily"

First of all, I walk with the Lord
 everyday

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 9, 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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MUSCLE SPASMS / MUSCLE CRAMPS

Muscle spasms, also known as muscle cramps, are sudden, involuntary contractions of a muscle that can cause pain and tightness.



Muscle spasms/muscle cramps are painful contractions and tightening of your muscles. They are common, involuntary and unpredictable. However the contractions are force uncontrollably and can't relax. The cramps can involve a part or the entire muscle and sometimes several muscles that is in a group, such as the leg muscles. Acute muscle cramps last from a few seconds to several minutes, with the pain subsiding as the muscle relaxes. But in some cases, residual soreness or stiffness may continue for hours or even days. Particularly if the affected muscle is frequently used such as your back muscles, lifting frequent objects during work.

GOOD TO KNOW: Muscle cramps can happen to anyone – athletes, children, adults, elderly people over 65 and obesity – at any time. There are steps you can take to prevent a muscle cramp and treat it when it attacks. But certain methods are not always dependable such as stretching and massaging exercise. However, muscle relaxant medications, pain relievers like ibuprofen or acetaminophen and application of heat or cold compress are effective. Preventive measures include – keep well hydrated, avoid stressful situations, avoid electrolyte imbalance by adding salt, potassium, magnesium and calcium to your daily diet. In some cases, muscle cramps can indicate an underlying neurological condition, affecting the brain. This interference can block the brain's signal to move or stop moving. When this occurs, a person has uncontrollable muscle movements, in one or more parts of the body (dystonia) there no cure. *REMEMBER, notify your doctor whenever there is a prolong health issue.*

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

8/9 Prayer Breakfast **Following Worship**

8/10 Broward County Back-to School

8/13 Miami-Dade County Back-to-School

8/15 Brother's Business Meeting **9:00AM**

8/23 Youth 4th Sunday **2:30PM @ HOPE CoC**

