

**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

Some of the battles
I survived don't even
make sense on paper.
That's how I know
God was involved.

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.

Psalm 118:24



September 13, 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

THE HIDDEN RISK OF VITAMIN B-12 DEFICIENCY

Small Nutrient. Big Impact.

Vitamin B-12 plays a vital role in your energy, brain, and overall health. Don't let a deficiency slow you down.

Know Your Levels.

LOW ENERGY, MEMORY PROBLEMS, NUMBNESS & TINGLING, WEAKENED IMMUNE SYSTEM, MOOD CHANGES, ANEMIA

Vitamin B 12 deficiency happens, when your body is either not getting enough or not absorbing enough vitamin B 12, which comes from eating foods and drinking liquids containing vitamin B 12. This nutrient helps your body make and maintain healthy red blood cells and nerve cells. It is also responsible for maintenance of your DNA. **GOOD TO KNOW:** Vitamin B 12 is essential for how your body functions. Without treatment, vitamin B 12 deficiency will cause physical, neurological and psychological problems. Your body doesn't make vitamin B 12, on its own. It is found mainly in meats, fish, dairy products and eggs. Vitamin B 12 is also found in fortified foods (added vitamins and minerals), such as cereals, bread, plant based milk and nutritional yeasts.

According to researchers, adults need 2.4 micrograms of vitamin B 12 daily. Woman who are pregnant, need 2.6 micrograms daily to help build the baby's brain, spinal cord, red blood cells and support healthy DNA development. When breastfeeding, a mother needs 2.8 micrograms daily to secure both the mother's and baby's health. Now that the baby is a person, vitamin B 12 comes through food or drinks.

REMEMBER: Two things must happen before your body can absorb vitamin B 12, from foods eaten. (1) The stomach acid (Hydrochloric Acid) , removes vitamin B 12 from all foods with vitamin B 12. (2) After removal of vitamin B 12, it combines with a protein that the stomach makes. Then your digestive system can absorb vitamin B 12. However, vitamin B 12 deficiency anemia happens when your body, doesn't have enough healthy red blood cells. But, you can also have vitamin B 12 deficiency without having anemia. This can happen when the body's protein factor, that helps with vitamin B 12 absorption, is low and not completely effective. **SYMPTOMS:** Weakness, nausea, vomiting, diarrhea, decrease appetite, pale skin, mouth or tongue sores, numbness of hands or feet, memory loss.

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 Rolлие
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

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

9/27 Youth 4th Sunday 2:30PM

10/24 Community Truck or Treat TBD – See Bro Tim Belcher for details on how you can support/assist

10/25 Youth 4th Sunday @ LCCC 2:30PM – See Sis Tamekia Daniels for details on how you can support/assist