BLESSED TO SEE ANOTHER YEAR

Oct 13th ~ Johnnie Lamb
Oct 14th ~ Kathy Thomas
Oct 16th ~ Nancy Walker &
Oct 16th ~ Bernadette Wiggins
Oct 19th ~ Briana Belcher-Ripert
Oct 19th ~ Timothy Ville
Oct 29th ~ Bro. Horacio Mckenzie



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

LIBERTY CITY CHURCH of CHRIST

Welcome Home

God Loves You & We Love You Too!

This is the day the LORD has made. We will rejoice and be glad in it.

Psalm 118:24

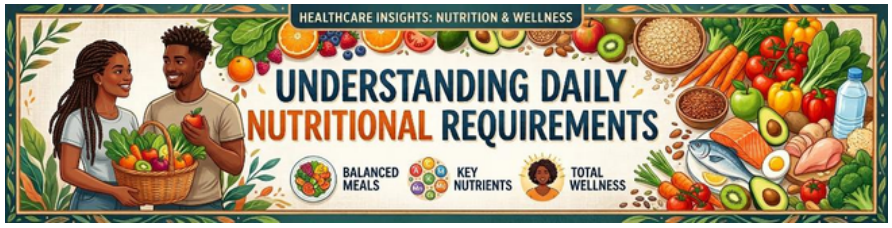


October 18, 2026

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 • LCCCMIAMI.ORG



Understanding Daily Nutritional Requirements (Part 1)

Nutritional requirements refer to eating wholesome foods that support your daily health. What you eat / drink can affect how your body feels, function and heals. The correct daily nutritional intake will reduce frequent doctor's visits, hospitalizations and decrease the need for daily prescribed medications. To keep your body functioning correctly, there are foods designed to meet that need. Foods high in protein, potassium, calcium and magnesium, the body also requires help from several other essential daily nutrients. Carbohydrates, the primary source of energy with other bodily functions. Help spare protein from being used as an energy source. This allows protein to focus on their primary roles, building and repairing the same tissues. Protein gives structure to muscles, connective tissues, organs, hair, skin, and nails. Cooked oats are packed with protein and has a special type of fiber that will reduce cholesterol levels. **DID YOU KNOW:** protein and calcium together make cottage cheese taste great when paired with fruit. But a tuna and cheddar wrap is high in protein can make a great lunch.

Daily nutritional requirements varies with age and health status. Children and teens require more calories and nutrients for growth. Older adults may need fewer calories, but more specific nutrient like calcium and vitamin D for stronger bones. Magnesium is a mineral well needed. It helps control how your muscles and nerves work. It keep your blood sugar normal, by boosting your energy level. Magnesium is found in many foods and drinks.

Best source of magnesium is nuts –almonds, peanuts, pecan and cashew. How about this meal for a magnesium breakfast: Oatmeal topped with almonds and pumpkin seeds or bananas, spinach and almond milk smoothie. Part 2 will be given next week – 10/25/26.

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	Anthony Crumity	Dora Ayala
Barbara Brantley	Alvin Davis	Abraham Bassie
Rhonda Brown	Emma Garvin	Valerie Brown
Quintin Davis	Twanna Ingram	Lorinda Crumity
Gregory Howard	Jackie Jones	Emma Davis
Lizzie Hutton	Michael Jones	Jason James
Brianna Mazyck	Sandra Jones	Deshawn Morris
Horatio McKenzie	Vincent (Buck) Lee	Rhonne Rollie
K'Anna Preston	Aston Mitchell	Paula Shannon
Zandra Smith	Lapeer Ramsey	Renee Stevenson
Sonya Thomas	Tammy Scott	Ella Trice
Margaret Wiggins	Clifford Thomas	
Sharon Wiggins	Kermit Wyche	



Church News

Sister's Bible Class & Brother's Empowerment Class

Weekly Following Worship

Tuesday Night Bible Study/Prayer Meeting

Weekly @ 7:00PM

10/18 Congregation Food Distribution Following Worship

10/24 Community Food Distribution 1:00PM

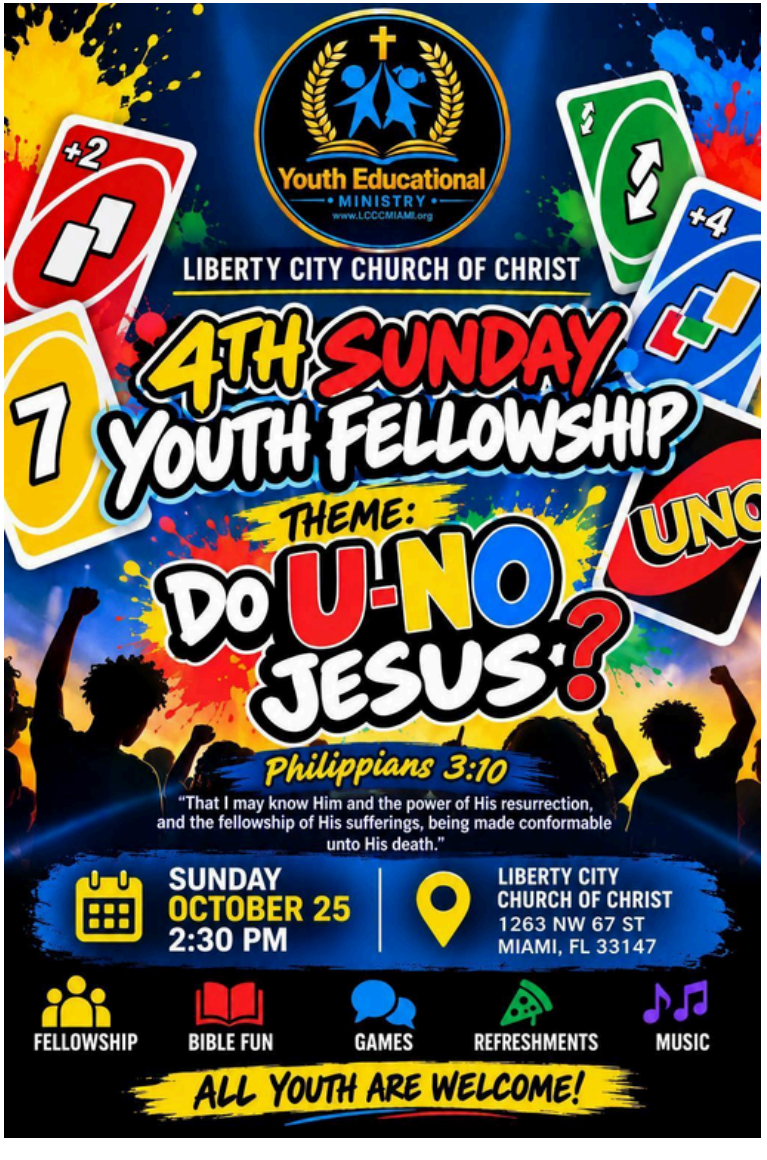
10/24 Community Truck or Treat TBD

10/25 Youth 4th Sunday @ LCCC 2:30PM

11/8 Turn in names for Thankgiving Basket See Sis. Teresa Davis

11/14 Bowser Women & Men National Dinner Day 2:00PM


TRUNK OR TREAT
COME JOIN US FOR A SAFE, SECURE & FUN EVENT
FREE TREATS • GAMES • REFRESHMENTS
CANDY & MORE
Saturday,
OCTOBER
24th
OCTOBER
HOSTED BY:
LIBERTY CITY
CHURCH of CHRIST
1263 NW 67th Street,
Miami Florida 33147
Starts At
4:00
PM


Youth Educational
MINISTRY
www.LCCCMIAMI.org
LIBERTY CITY CHURCH OF CHRIST
4TH SUNDAY
YOUTH FELLOWSHIP
THEME:
DO U-NO JESUS?
Philippians 3:10
"That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being made conformable unto His death."
SUNDAY
OCTOBER 25
2:30 PM
LIBERTY CITY
CHURCH OF CHRIST
1263 NW 67 ST
MIAMI, FL 33147
FELLOWSHIP
BIBLE FUN
GAMES
REFRESHMENTS
MUSIC
ALL YOUTH ARE WELCOME!


SOUTHWESTERN
CHRISTIAN COLLEGE
INSPIRING EXCELLENCE, BUILDING CHARACTER
NATIONAL
Dinner Day
NOVEMBER 14TH
2026
2:00 p.m. - 5:00 p.m.
OPEN DOOR BANQUET HALL
(Near Tacolcy Center)
6001 N.W. 8th Avenue
Miami, Florida, 33147
Speaker
Dr. Justin Felder
Assistant Minister to
Dr. Ervin D. Seamster, Jr., President of SWCC
Graduate of SWCC & Professor of Bible @ SWCC
$35 ADULT | $20 CHILDREN
Donation Includes Dinner
THEME:
A CHANGE IS GOING TO COME
(Faith, Courage, Growth, Unity, Trusting God)
Fashion Show: Walking with Purpose
Hosted by
South Florida Tri-County Bowser Men / Women


MIAMI-DADE COUNTY
Community Services Department
You are cordially invited to
A COMMUNITY JOB FAIR
In Honor of
VETERANS DAY
November 13, 2026 | 9 a.m. - 2 p.m.
Joseph Caleb Meeting Room
No Wrong Door Community Resource Center
5400 NW 22nd Avenue • Miami, FL 33142
FOR INFORMATION & EVENT DETAILS
Darryl K. Baxter
(305) 756-2830
dbaxter@miamidade.gov
To request materials in an accessible format, sign language interpreters, CART and/or any accommodation to participate in any County-sponsored program or meeting, please contact Patricia Thomas at 786-469-4740 or patricia.thomas2@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).


MAYOR RODNEY HARRIS
VICE MAYOR ROBERT STEPHENS, III
COUNCILWOMAN KATRINA BASKIN
COUNCILMAN PAUL V. WILSON SR.
COUNCILWOMAN MICHELLE C. POWELL D.O.
COUNCILWOMAN LATOYA D. PORTER
COUNCILWOMAN LINDA JULIEN
THE CITY OF MIAMI GARDENS AND THE MIAMI GARDENS VETERANS AFFAIRS ADVISORY COMMITTEE PRESENT
OPERATION
VETERANS STAND DOWN
"COMMUNITY MISSION TO SERVE OUR VETERANS"
2026
Free Services
Legal Services
VA Benefits and Services
Emergency Shelter and Social Services
Housing Assistance for Homeless Veterans
Counseling and Referrals
Haircuts
Mental Health Services
Dental and Health Screenings
Employment Services
Food Distribution
FRIDAY
NOVEMBER 6, 2026
11 AM - 3 PM
Betty T. Ferguson Recreational Complex
3000 NW 199th Street, Miami Gardens, FL 33056
PLEASE BRING ID
(VA CARD OR DD214)
IF AVAILABLE
To Register Visit: OperationVeteransStandDown26.eventbrite.com
FOR MORE INFORMATION, PLEASE CONTACT VAAB@MIAMIGARDENS-FL.GOV