

PRAYER REQUESTS

Family of Sister Iquo Udosen — Bereavement & Wisdom

Family of Brother & Sister Luttrell — Kathy's Mom

Mother of Sisters Bonnie Maddoux
& Glenda Maldonado — Health Issues

Family of Brother & Sister O'Neal — Mother Willie Louise O'Neal

Daughter and Granddaughters of Brother & Sister Ynacay
Wisdom, guidance, protection, and peace

Mother of Sister Tonya McKinney — Health Issues

Sister Karen McKinney—Medical Procedure

Family of Sister LeShea Nixon — Prayer request for self and family

*But we will give ourselves continually to prayer
and to the ministry of the word. Acts 6:4*



NORTH FORT BEND
CHURCH OF CHRIST

Come Grow With Us

In Sound Doctrine

Sunday Worship 10AM

BIBLE
STUDY

Sunday Mornings at 9:00 A.M.

Before Worship Service at Tom Wilson Elementary

Wednesday Evenings at 7:00 P.M.

Join Our Weekly Bible Study On "ZOOM"
We Are Currently Studying The Book of Proverbs

IN-PERSON SERVICE

Tom Wilson Elementary School Gymnasium
5200 Falcon Landing Blvd. — Katy, Texas 77494
Email: info@nfbcoc.org

SERMONS LIVE-STREAMED

*Services Live-Streamed on Facebook and YouTube
Sermon Audio Online at NFBcoc.ORG*

BROTHERS' PRAYER CALL
Every Monday @ 8PM

Zoom Conference:

ID: 817-1996-9456

Passcode: 1111

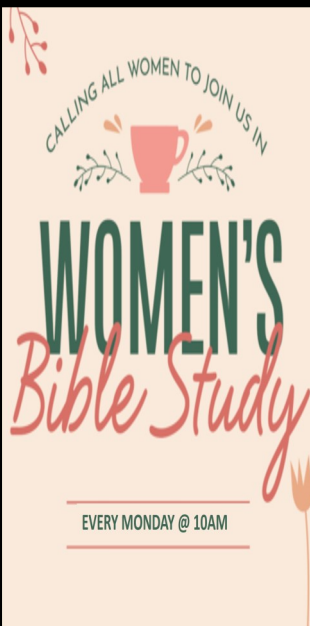
or

Dial In Number:

346-248-7799

ID: 817-1996-9456#

Passcode: 1111



Conference
Call #
978-990-5276

PIN Number
644431#

EVERY MONDAY @ 10AM

How We Worship

We are a group of imperfect people who come together to help each other strengthen our connection with God and each other. In worship we do this by greeting each other with genuine interest and care for one another.

- * **We sing** to God with a spirit of thanksgiving.
- * **We pray** together to give thanks to God for what he has done for us and to ask for His help for those who are in need.
- * **We take communion** to celebrate the life of Christ, remember His sacrifice, and take comfort in His promise to come back for us.
- * **We listen to the preaching of God's Word** to deepen our knowledge and challenge us to better reflect Jesus in our lives.
- * **We give from our hearts** to support God's mission of reaching our community for Christ.

"God is spirit, and those who worship him must worship in spirit and truth." John 4:24 (ESV)



2024 THEME
Colossians 1:28

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. (ESV)

Spiritual Maturity is the continuous process of spiritual growth into the image of Christ.

HEALTH HIGHLIGHT!!!

March is Colorectal Cancer Month.

Screening saves lives.

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

[What Is Colorectal Cancer?](#)

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short.

[What Are the Risk Factors for Colorectal Cancer?](#)

Your risk of getting colorectal cancer increases as you get older, and there are other risk factors.

[What Can I Do to Reduce My Risk of Colorectal Cancer?](#)

The most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 45.

[What Are the Symptoms of Colorectal Cancer?](#)

Colorectal cancer doesn't always cause symptoms, especially at first. Symptoms may include—

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.

Weight loss and you don't know why.

[What Should I Know About Screening?](#)

Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

[Screening Tests](#)

Several screening tests can be used to find polyps or colorectal cancer. Each test has advantages and disadvantages. Talk to your doctor about the pros and cons of each test, and how often to be tested.



***National Nutrition Month®** (eatright.org) is celebrated annually in **March**. This year's theme "Beyond the Table" addresses: the farm-to-fork aspect of nutrition, from food production and distribution, to navigating grocery stores, and farmers markets.

***This theme also includes sustainability**, such as decreasing food waste from school, work, home, and beyond.

***Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and to protect the environment**

Weekly Themes for National Nutrition Month®

Week 1: Stay nourished on any budget.

- Learn cooking, food preparation, and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources, such as SNAP, WIC, and local food banks.
- Practice home food safety.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to a RDN.
- Find a RDN who specializes in your unique needs.
- Receive personalized nutrition information to meet your health goals.
- Learn about the many ways RDNs can help people live healthier lives.

Week 3: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned, and dried.
- Experiment with recipes using different ingredients.
- Try new foods or global cuisines.

Week 4: Eat with the environment in mind.

- Get creative with leftovers and ways to reduce food waste.
- Enjoy more plant-based meals and snacks.
- Buy foods in season and from local farmers when possible.
- Grow food at home or in a community garden.

ORDER OF SERVICE
MARCH 31, 2024 — 10:00 A.M.

WELCOME	David Jones
SONG LEADER	David Jones
OPENING PRAYER	Ronald O'Neal
LORD'S SUPPER AND OFFERING	Richard Ynacay
SERMON & INVITATION	"Jesus Is Alive" (Acts 1:1-3) Vincent McKinney
RESPONSES	Rob Luttrell
CLOSING PRAYER	David Jones
ANNOUNCEMENTS	Vincent McKinney

Announcements

April 7, 2024 Bro. Brock Mayberry is our guest speaker.

April 7, 2024 Bro. Vincent McKinney is the guest speaker for the morning worship service at the Church of Christ in Fifth Ward.