P R A Y E R R E Q U E S T S

Family of Sister Iquo Udosen — Bereavement & Wisdom

Karley daughter of Chereece and Monte—Health issues

Mother of Sisters Bonnie Maddoux & Glenda Maldonado — Health Issues

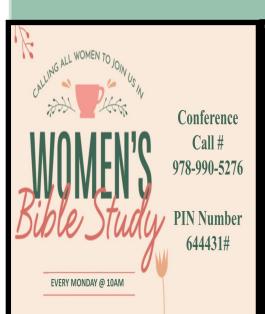
Daughter and Granddaughters of Brother & Sister Ynacay Wisdom, guidance, protection, and peace

Mother of Sister Tonya McKinney — Health Issues

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

Family of Sister Lisa Carmen—Prayer request for Jada and family

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



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





Come Grow With Us

In Sound Doctrine Sunday Worship 10AM



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

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.

Placed Membership:

Sick & Shut-In:

Sis Karen McKinney

Sis Willie O'Neal

Sis Kathy's Mother

Sis Patryce

Sis Tonya's Grandmother



Announcements

Brothers, we will meet at the same place that we met last month. The Luby's location that I checked does not serve breakfast anymore. Please refer to the Flyer for the address. Hope to see you there!!! We Serve A Good God!!!

Bro Vincent McKinney



Greeters:

August 4—Richard & Donna

August 11—Glenda & Lily

August 18— Carol & Caitlin

August 25—Roland & Lisa

September1—Ron & Connie

September 8—Rob & Kathy

September 15—Don, LeShea, & Nikki

September 22—Roland & Lisa

September 29—Vincent & Tonya

October 6—Brandt & Corie

October 13—Cara & Carli

October 20-Richard & Donna

October 27—Glenda & Lily

Happy Birthday/Happy Anniversary

Birthdays:

September 10—Karen McKinney



Anniversaries:

ORDER OF SERVICE

SEPTEMBER 29, 2024 — 10:00 A.M.

Welcome	Vincent McKinney
Song Leader	Lamar Davis
OPENING PRAYER	Don Nixon
Lord's Supper and Offering	Rob Luttrell
SERMON & Invitation	"The Mark of A True Disciple" "John 8:31-36" Vincent McKinney
Responses	Ron O'Neal
CLOSING PRAYER	Brandt Ford
Announcements	Vincent McKinney

Notes

Notes:

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed: Keep canned **food** in a cool, dry place.

- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.

Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and cars.

Home: Keep this kit in a designated place and have it ready. Make sure all family members know where the kit is kept.

Work: Be prepared to shelter at work for at least 24 hours. Stored in a "grab and go" case.

Car: In case you are stranded, keep a kit of emergency supplies <u>in</u> your car.

Additional Items to Consider Adding to an Emergency Supply Kit:
Prescription medications and glasses
Infant formula and diapers
Pet food, water and supplies for your pet
Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
Cash and change
Emergency reference material such as a first aid book or information from www.ready.gov
Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
Fire Extinguisher
Matches in a waterproof container
Feminine supplies, personal hygiene items and hand sanitizer
Mess kits, Paper cups, plates and disposable utensils, paper towels
Paper and pencil
Books, games, puzzles or other activities for children

https://www.ready.gov/kit



Helpful Tips:

Hurrican season is June 1—November 30 annually.

After a hurricane you may have to shelter in place for several days.

Recommended Items to Include in a Basic Emergency Supply Kit:
Water and non-perishable food for several days
Extra cell phone battery or charger
Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
Flashlight and extra batteries
First aid kit
Whistle to signal for help
Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
Moist towelettes, garbage bags and plastic ties for personal sanitation
Non-sparking wrench or pliers to turn off utilities
Can opener (if kit contains canned food)
Local maps

1 gal of water person a day for several days.

Notes:

OUNG Conference Success

SATURDAY, OCTOBER 19, 2024 9-2 PM

All participants (students and parents/guardians) can register for \$30 at www.yl-success.com via

*Door Prizes

*Session for Parents/Guardians

*Contintential Breakfast and Lunch

*Special Entertainment at Lunch

REGISTER NOW!



Sessions:

College is Possible

What's in "Yo" Closet?

Non-Traditional Career Success

What Can Artificial Intelligence Do For You?



DALLAS
COLLEGE
MOUNTAIN VIEW
4849 W Illinois Ave.
Dallas, TX 75211

Please email us at ylsuccessTX@gmail.com with any questions.

Health Highlight!!!!!!!!!!!!!!

"Healthy Aging Month"

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

Eat and Drink Healthy. Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less. Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.

Get Regular Checkups. It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

Be Aware of Changes in Brain Health. Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

Release Date: September 6, 2022