

PRAYER REQUESTS

Family of Sister Iquo Udosen — Bereavement & Wisdom

Karley daughter of Chereece and Monte—Health issues

Mother of Sisters Bonnie Maddoux
& Glenda Maldonado — Health Issues

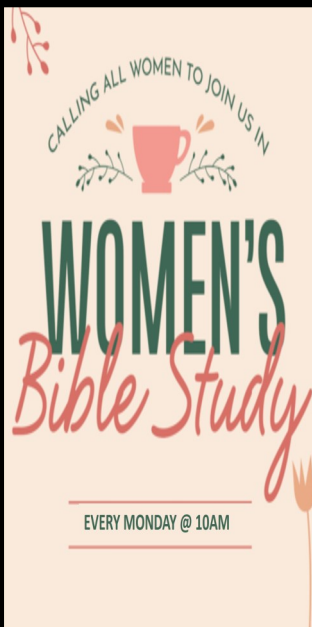
Daughter and Granddaughters of Brother & Sister Ynacay
Wisdom, guidance, protection, and peace

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*



Conference
Call #
978-990-5276

PIN Number
644431#

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



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*

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)

Placed Membership:

Sick & Shut-In:

Sis Karen McKinney

Sis Willie O'Neal

Sis Kathy's Mother

Sis Patryce

Sis Tonya's Grandmother

Baptisms:
Sis Serrina Laws



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



MENS BREAKFAST FELLOWSHIP



OCT 5, 2024 | 9 AM

9778 KATY FREEWAY, UNIT 600,
HOUSTON, TX 77055

JOIN US @ FIRST WATCH



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.



Conference



**SATURDAY,
OCTOBER 19, 2024
9-2 PM**

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

- *Door Prizes
- *Session for Parents/Guardians
- *Continental Breakfast and Lunch
- *Special Entertainment at Lunch

REGISTER NOW!



Keynote Speaker:
Cara O'Neal



Artist & Author

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