

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

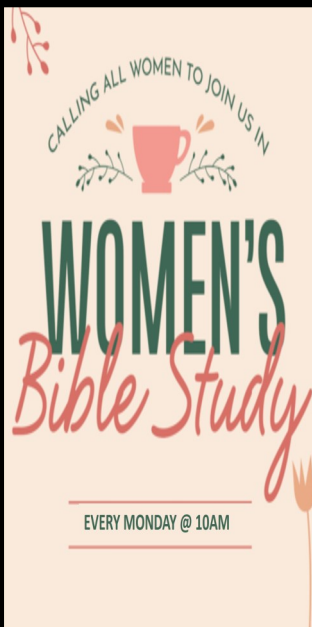
Daughter and Granddaughters of Brother & Sister Ynacay
Wisdom, guidance, protection, and peace

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)



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.

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 [in 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>

Greeters:

October 6—Brandt & Corie

October 13—Cara & Carli

October 20—Richard & Donna

October 27—Carol & Caitlin

November 3—Glenda & Lily

November 10—Roland & Lisa

November 17—Rob & Kathy

November 24—Sonya & Tonya

December 1—Don & Nikki

December 8—Ron & Nic

December 15—David & Teresa

December 22—Vincent & Tonya

Happy Birthday/Happy Anniversary



Birthdays:

October 12—Lisa Carmen

October 14—Carol Harris

October 16—Tonya McKinney

October 30—Corie Harris

Anniversaries:

**38th ANNUAL CHURCH OF CHRIST
LADIES LECTURESHIP RETREAT**

Church of Christ Ladies Lectureship Retreat

CHRISTIAN WOMEN
Surrendering

Philippians 3:7-16

www.ladiesretreat.org

APRIL 10-13, 2025
Sheraton Grand / Chicago Riverwalk

SPONSORED BY:
Country Club Drive Church of Christ, Fayetteville, NC
Minister: Chris Covington

HOSTED BY:
Sheldon Heights Church of Christ, Minister: Leonardo Gilbert
The Chatham Avalon Church of Christ, Minister: Daniel Harrison
And the Area-Wide Churches of Christ, Chicago, IL

The poster features a blue background with a subtle floral pattern. At the top left is a circular logo with a cross and the text 'Church of Christ Ladies Lectureship Retreat'. The main title is in large, bold, white letters. Below the title is a photograph of several hands raised in prayer, with the word 'Surrendering' written in a yellow, cursive font over it. The Bible verse 'Philippians 3:7-16' is in the bottom right of the photo. A yellow banner contains the dates and location. The bottom section, on a dark blue background, lists the sponsors and hosts.

“Most parents just think their kid doesn’t know or won’t discover, because that’s their wish,” Saltz added. “But really, by the time a kid is a tween, there is every possibility that they are being exposed to all of this and do know, and somebody around them is partaking. So it’s just naive to think, ‘If I don’t say anything, they won’t know about it and stumble upon it.’”

Talking with them before the tween years, rather than waiting until late high school — which is common — is best and won’t encourage them to misuse substances, Saltz said.

Always start with questions instead of a lecture that may cause kids to tune you out, she said. Those can include: Have you heard about this? What do you know, think and feel about it? What are you seeing on social media about this? Are any of your friends doing this?

The conversation should be mutually participatory, but you should share your concerns and answers to those same questions, Saltz said. Remind them that the videos they see of teens having fun while misusing laughing gas together are just one piece of the puzzle — they don’t show the harm these activities sometimes cause, and just because those effects don’t happen to everyone, that doesn’t mean it won’t happen for them. Encourage your child to come to you before they try something they see online.

Be clear that you are always available to talk or answer questions, and that if they or their friends ever get into a concerning situation, you will always help first and ask questions later, Saltz said.

Signs your kid is misusing nitrous oxide can include empty canisters in their room, fits of laughter, inexplicably and bizarrely euphoric mood, not knowing where money has gone and hanging out with kids exhibiting similar issues, Saltz said. Other potential indicators include a decline in academic or athletic performance, or an unusual preference to be alone.

If your kid innocuously asks if the family can buy a whipped cream charger, or you find yours is missing, those are warning signs, too.

“If you think your child is regularly using anything,” she added, “taking them to a (mental health) professional is a good idea — somebody who has experience in substance use or abuse, because just asking your child to stop may not be possible.”

Placed Membership:

Sick & Shut-In:

Sis Karen McKinney

Sis Willie O’Neal

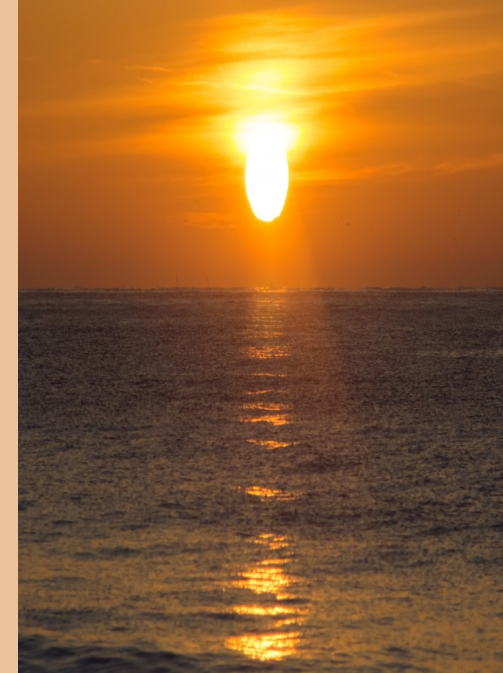
Sis Kathy’s Mother

Sis Patryce

Sis Tonya’s Grandmother

Baptisms:

Sis Serrina Laws



Announcements

Men’s Fellowship Breakfast

When: Saturday, November 2, 2024

Where: First Watch

9778 Katy Freeway Unit 600, Houston, Tx 77055

Time: 9:00 a.m.

Song Practice has been Postponed until further notice.

Health Alert!!!!!!!!!!!!!!!!!!!!!!

Kids are inhaling 'Galaxy Gas' to get high. Here's what parents should know

By Kristen Rogers, CNN

Published 7:17 PM EDT, Fri September 20, 2024



Some young people are misusing Galaxy Gas products to inhale nitrous oxide, which can cause serious health harms.

From Walmart

CNN —

For some young people, a popular method for getting a quick high is by misusing laughing gas — and lately, that's in the form of nitrous oxide from products sold by the company Galaxy Gas.

Those products are the Atlanta-based company's whipped cream chargers that are solely intended for culinary uses, including cold brew coffees, desserts, sauces and more. A whipped cream charger is a nitrous oxide-filled, stainless-steel cartridge that, upon dispensing, helps cream and other ingredients transform into a whipped state, according to the company. But without a food ingredient in the canister, dispensing the charger emits just the nitrous oxide.

Nitrous oxide misuse — or “doing whippets,” as older adults may call it — isn't new, said Dr. Gail Saltz, a clinical associate professor of psychiatry at Weill Cornell Medical College at Cornell University and associate attending psychiatrist at New York-Presbyterian Hospital.

But the practice has been “rapidly rising” throughout the United States and the United Kingdom, according to [a March 2018 study](#). There is also an uptick in the number of young people abusing laughing gas: Among people ages 16 to 24 in Britain — where possession [is now illegal](#) — nitrous oxide use was [second only to cannabis](#) in 2020. And spikes in use in the Netherlands have been linked to [a rising number](#) of young people arriving at the hospital with neurological complaints.

“All those things can motivate a teen toward trying a substance that makes them high,” she added. And “the route toward exposure of course is vastly expanded because of social media.”

TikTok, for one, now attempts to prohibit users from viewing any content that would result from searching “Galaxy Gas” on its platform by directing users to helplines and resources on the effects of substance misuse. But videos that circumvent censorship by omitting certain letters of the tag have millions of views. (It's worth noting that some social media videos tagged “Galaxy Gas” depict nitrous oxide products from other brands.)

And while the products themselves aren't nefarious, the availability of different flavors can be appealing to kids, Saltz said.

The unlawful misuse of nitrous oxide products poses serious health hazards, said a Galaxy Gas spokesperson in a statement.

“Galaxy Gas products are for responsible culinary use only, and we are deeply concerned about the recent news reports and social media posts of individuals illegally misusing our products,” the company spokesperson added. As a result, Galaxy Gas has paused all sales of its whipped cream chargers at this time.

“Both our terms of use and conditions of sale strictly prohibit unlawful use, misuse or appeal to children,” the spokesperson said. “If you or someone you know is misusing a nitrous oxide product, please call or text the Crisis Lifeline at 988 for assistance connecting with substance abuse resources.”

Here's what parents should know about the risks, the signs that indicate your child is using such products, and how to talk to them about substance misuse and social media trends.

Dangers of misusing nitrous oxide

The original purpose of nitrous oxide is for use in medical settings, such as relaxing patients for dental procedures, Saltz said.

In that context, “it's usually administered as a combination of oxygen with nitrous oxide, not pure nitrous oxide, and regulated under a setting,” Saltz said. “It's administered in a slow form ... so it's not obliterating the oxygen supply you would otherwise get. And it's also not a rush of it.” But inhaling quick blasts of pure nitrous oxide essentially replaces your oxygen intake, which can lead to loss of consciousness, heart attack, feeling ill, loss of coordination, headaches, nausea, vomiting and seizures, Saltz said. Other risks include brain damage, anemia, nerve damage, paralysis, vitamin B12 deficiency and nitrous oxide dependency.

Nitrous oxide misuse [can also be fatal](#), and how much exposure is required for that consequence depends on the amount and the individual. Educating your kids about substance misuse

Given the risks, it's important that guardians have ongoing and open conversations with kids about the misuse of nitrous oxide and substances in general, Saltz said.