

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

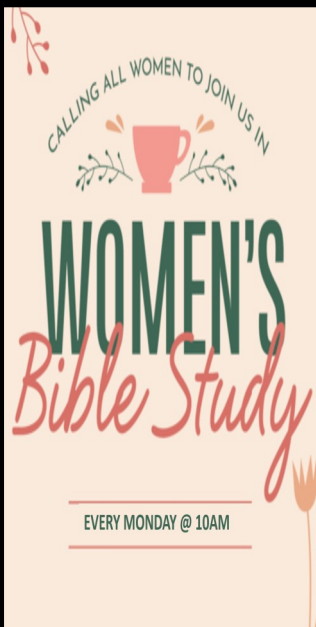
Daughter and Granddaughters of Brother & Sister Ynacay
Wisdom, guidance, protection, and peace

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*



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

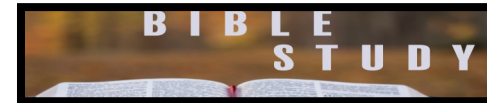


NORTH FORT BEND
CHURCH OF CHRIST

Come Grow With Us

In Sound Doctrine

Sunday Worship 10AM



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)

Signs and Symptoms:

- Osteoporosis is often asymptomatic until a fracture occurs.
- Common signs and symptoms of osteoporosis-related fractures include sudden back pain, loss of height over time, a stooped posture, and fractures resulting from minor falls or injuries.

Treatment and Management:

1. **Medications:** Several medications are available to treat osteoporosis and reduce the risk of fractures. These include bisphosphonates, hormone therapy, denosumab, and selective estrogen receptor modulators (SERMs).
2. **Nutrition and Supplements:** Adequate intake of calcium and vitamin D is essential for bone health. Supplements may be recommended for individuals who are unable to get enough nutrients through diet alone.
3. **Exercise:** Weight-bearing and muscle-strengthening exercises can help improve bone density and reduce the risk of fractures. Examples include walking, jogging, dancing, and resistance training.
4. **Fall Prevention:** Taking steps to prevent falls, such as removing tripping hazards from the home, using assistive devices as needed, and practicing balance exercises, can help reduce the risk of fractures in individuals with osteoporosis.

Osteoporosis is a serious condition that can have significant consequences, but it is not inevitable. By adopting healthy lifestyle habits, staying proactive about bone health, and working closely with healthcare providers, individuals can reduce their risk of osteoporosis and maintain strong and healthy bones for years to come.

For more information and personalized guidance on osteoporosis prevention and management, consult with your healthcare provider or visit reputable sources such as the National Osteoporosis Foundation (www.nof.org).

Remember: Strong Bones, Strong Life!

REFERENCES

U.S. Department of Health and Human Services. (2021, February 22). *Osteoporosis*.

<https://www.womenshealth.gov/a-z-topics/osteoporosis>



**Spiritual
Maturity**

**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!!!

OSTEOPOROSIS



Osteoporosis is a bone disease characterized by weakened bones that are more susceptible to fractures. It occurs when the body loses too much bone mass or doesn't make enough bone, leading to a decrease in bone density and strength. Often referred to as the "silent disease," osteoporosis may progress without symptoms until a fracture occurs.

Key Facts About Osteoporosis:

1. **Prevalence:** Osteoporosis is a common condition, particularly among older adults, affecting millions of people worldwide.
2. **Risk Factors:** Certain factors increase the risk of developing osteoporosis, including aging, family history, hormonal changes (such as menopause), low body weight, sedentary lifestyle, smoking, excessive alcohol consumption, and certain medications.
3. **Impact:** Osteoporosis can lead to fractures, especially in the spine, hip, and wrist. These fractures can result in pain, disability, loss of independence, and even premature death.
4. **Diagnosis:** Osteoporosis is diagnosed through bone density testing, such as dual-energy X-ray absorptiometry (DXA) scans, which measure bone mineral density and assess fracture risk.
5. **Prevention:** Strategies for preventing osteoporosis include maintaining a healthy diet rich in calcium and vitamin D, engaging in weight-bearing exercise, avoiding smoking and excessive alcohol consumption, and discussing bone health with healthcare providers.

ORDER OF SERVICE

JUNE 16, 2024 — 10:00 A.M.

WELCOME	David Jones
SONG LEADER	David Jones
OPENING PRAYER	Ron O'Neal
LORD'S SUPPER AND OFFERING	Rob Luttrell
SERMON & INVITATION	"Persevering Through Peer Pressure" (Jeremiah 35:1-6) Vincent McKinney
RESPONSES	Rob Luttrell
CLOSING PRAYER	Donald Nixon
ANNOUNCEMENTS	Vincent McKinney

Notes

[illegible]

Greeters:

May 12—Richard & Donna

May 19—Glenda & Lily

May 26— Carol & Caitlin

June 2—Roland & Lisa

June 9—Ron & Connie

June 16—Rob & Kathy

June 23—Don, LeShea, & Nikki

June 30—David & Teresa

July 7—Vincent & Tonya

July 14—Brandt & Corie

July 21—Sonya, Tonya, & Nic

July 28— Cara & Carli

Happy Birthday/Happy Anniversary

Birthdays:

June 5—LeShea Nixon

June 13—Cara O'Neal

Anniversaries:



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>



Helpful Tips:

Hurricane 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.

Placed Membership

Cara O'Neal 3-17-24

Caitlin O'Neal 3-17-24



Baptisms



Announcements

Sunday, June 19th at 7:00 p.m., Bro. Vincent Mckinney will be the guest speaker for the Church of Christ at Hidden Valley.

The Bible Class for Sunday, June 30th at 9:00 a. m., will split into two groups. Sis. Tonya Mckinney will teach the Women and our Young Lady's class.

Bro. Vincent Mckinney will teach the Men and our Young Men's class.

Attention Young Adults:

Beginning June 9th - 30th, Bro. Vincent McKinney will be doing a series for Young Adults, focusing on "Self-Discipline" (Proverbs 25:28).

Please invite your Friends, Co-Workers, Neighbors, and Family!

Notes:

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