

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

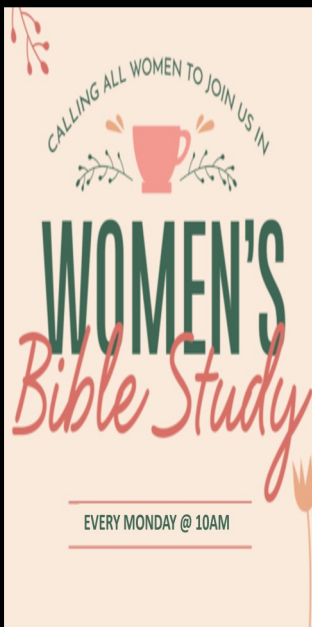
or

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.

- **Avoid heavy drinking.** Heavy drinking can lead to many problems, including high blood pressure, various cancers, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day.
- **Manage stress.** Balancing work and family obligations can be challenging. But it's important to protect your mental and physical health.
- **Get enough sleep.** Not getting enough sleep can affect your mood and your health. See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly. This can lead to other medical problems and even death.
- **Know your numbers.** Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range.
- **Stay safe.** Safety means many things, like wearing seatbelts and helmets, having working smoke detectors, and following safety rules at work. It also means washing your hands, taking care of your teeth, and wearing sunscreen and other layers of protection.

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.

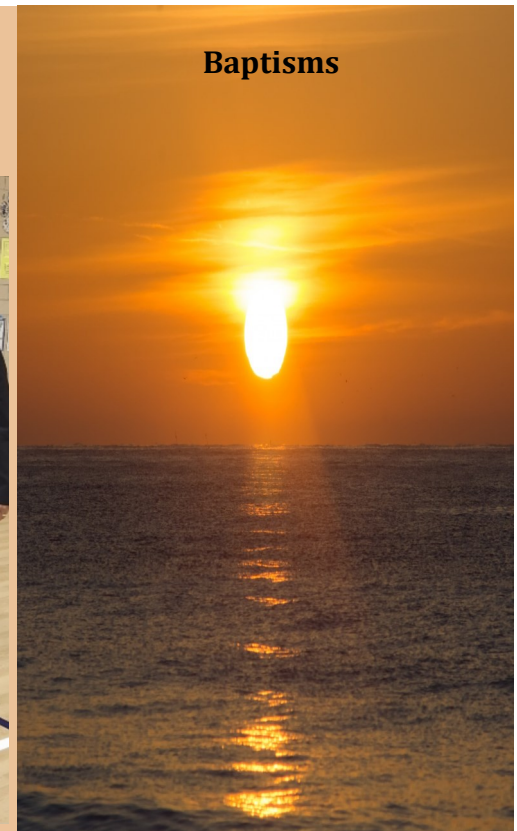
Placed Membership

Cara O'Neal 3-17-24

Caitlin O'Neal 3-17-24



Baptisms



Announcements

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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