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

Family of Sister Iquo Udosen — Bereavement & Wisdom

Family of Brother & Sister Luttrell — their son, Landon

Karley daughter of Chereece and Monte—Health issues

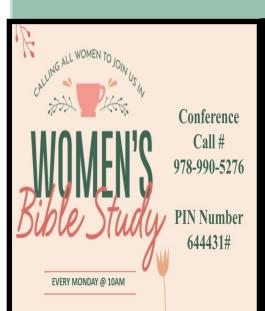
Mother of Sisters Bonnie Maddoux & Glenda Maldonado — Health Issues

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

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

Sunday Worship 10AM

In Sound Doctrine



Sunday Mornings at 9:00 A.M.Before Worship Service at Tom Wilson Elementary

<u>Wednesday Evenings at 7:00 P.M.</u> 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

What: Men's Breakfast

When: Saturday, September 7, 2024

Time: 9:00 a.m.

Where: "First Watch" 9778 Katy Fwy, Unit 600, Houston, Tx 77055

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—David & Teresa

September 29—Vincent & Tonya

October 6—Brandt & Corie

October 13—Sonya, Tonya, & Nic

October 20— Cara & Carli

Happy Birthday/Happy Anniversary

Birthdays:

August 5—Nikki Nixon

August 22—Carli O'Neal

August 26—Iquo Udosen

Anniversaries:



ORDER OF SERVICE

AUGUST 25, 2024 - 10:00 A.M.

WELCOME	David Jones
Song Leader	David Jones
OPENING PRAYER	Rob Luttrell
Lord's Supper and Offering	Richard Ynacay
SERMON & Invitation	"Praise From A Cave" "Psalm 34:1-4" 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:

Notes:

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



The Real Dangers of Heat Stroke

Summer is here, and that means it's hot, it's humid, and it's the time of year when you're at a higher risk for a heat-related illness. The most severe of these heat illnesses is heat stroke, which happens when the body's temperature-regulating system is overwhelmed. This can cause the body's internal temperature to rise to 103 degrees Fahrenheit or higher. Humidity increases this risk by making it harder for sweat to evaporate and cool the body.

Heat stroke can also occur indoors or in vehicles, even with open windows. In fact, the leading cause of heat-related deaths in children is being left in parked cars during hot weather.

Top Factors Contributing to Heat Stroke:

- Wearing excessive or heavy clothing in hot conditions, preventing sweat from evaporating and cooling the body.
- Drinking alcohol in the heat, which can disrupt the body's temperature regulation.
- Not hydrating adequately while sweating, which leads to dehydration.

How Serious Is Heat Stroke?

Heat stroke ALWAYS requires emergency treatment. Without immediate cooling, it can cause the brain, heart, kidneys, and muscles to swell and become damaged. If left untreated, heat stroke can lead to severe complications or death.

Signs of Heat Stroke

When someone is experiencing heat stroke, they may exhibit one or more of these symptoms:

- Body temperature of 103 degrees Fahrenheit or higher
- Throbbing headache
- Altered mental state (confusion, slurred speech, delirium)
- Hot, dry skin or hot, damp skin that may also be red
- Dizziness
- · Rapid, shallow breathing
- Nausea or vomiting
- Fast, strong pulse
- Loss of consciousness

What To Do in Case of Heat Stroke



If someone shows signs of heat stroke, call 911 immediately. While waiting for help, remove excess clothing, move the person to a shaded or cooler area, and try to cool them down by getting them into a cool shower, spraying them with cool water, fanning them, or placing ice packs or cool towels on their head, neck, armpits, and groin.