

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

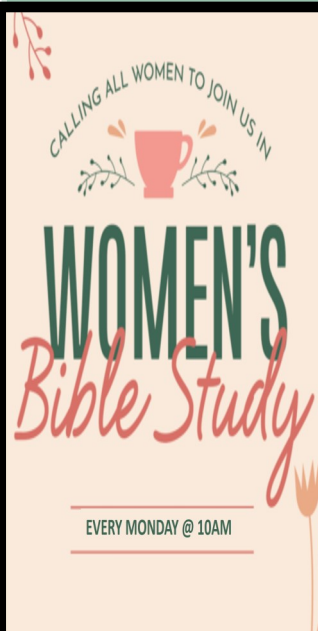
Daughter and Granddaughters of Brother & Sister Ynacay
Wisdom, guidance, protection, and peace

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

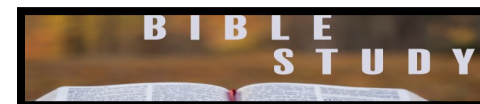


NORTH FORT BEND
CHURCH OF CHRIST

Come Grow With Us

In Sound Doctrine

Sunday Worship 10AM



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

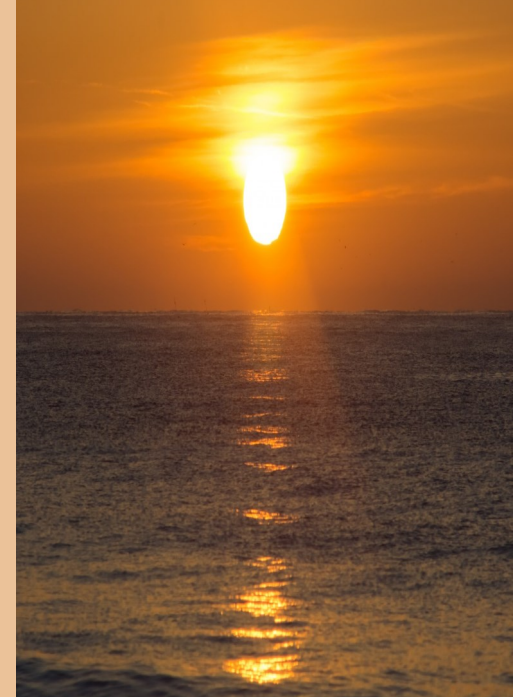
Sis Patryce

Sis Tonya's Grandmother

Bro Landon Luttrell

Baptisms:

Sis Serrina Laws



Announcements

Dear NFBC Family,

I've accepted the job as Chief of Nursing Operations in Atlanta, GA. I will be reporting on Sept 24, 2024. My last day of worship with NFBCOC will be on Sunday, September 15, 2024.

I thank you all for your prayers and support given and offered. I'll be praying for NFBCOC and will miss everyone.

Sis LeShea Nixon



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.

August 4—Richard & Donna
August 11—Glenda & Lily
August 18—Carol & Caitlin
August 25—Roland & Lisa
September 1—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

September 10—Karen McKinney

Anniversaries:

SEPTEMBER 15, 2024 — 10:00 A.M.

WELCOME	David Jones
SONG LEADER	David Jones
OPENING PRAYER	Rob Luttrell
LORD'S SUPPER AND OFFERING	Ron O'Neal
SERMON & INVITATION	"Persistent Prayers" "Acts 2:41-42" Vincent McKinney
RESPONSES	Ron O'Neal
CLOSING PRAYER	Richard Ynacay
ANNOUNCEMENTS	Vincent McKinney

Notes

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

After assembling your kit remember to maintain it so it's ready when needed: Keep canned **food** in a cool, dry place.

- Re-think your needs every year and update your kit as your family's needs change.

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and cars.

Work: Be prepared to shelter at work for at least 24 hours. Stored in a “grab and go” case.



- ☐ **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**



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.

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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