

GENERAL INFORMATION

L&U Membership – Please help us serve you better: Please complete a contribution envelope each Sunday morning or evening you attend services, even if you don't contribute on that day.

If you are out of church ill or if you have any kind of tragedy in your life, including death in your family, please contact the church office-310-604-5900.

If you have been away from the ministry for a while, and you are not receiving mail or telephone calls from your church, please complete a Membership Update Card. (available in the north lobby)

Announcements for Sunday Bulletin must be submitted to the church office **NO LATER THAN 12 NOON WEDNESDAY.**

Baby Dedications are done on the 2nd Sunday of each month at the 11:30 a.m. service (unless changed by the office). An application must be given to the church office by Wednesday prior to dedication date. Applications are located in the north lobby. Once the form has been completed, it can be left in the **INCOMING TRAY** or turned in to the church office.

Water Baptism: If you have received Christ as Savior, and you need to get baptized in water, please sign up for baptism. Applications and instructions are available in the north lobby. **MUST BE 12 YEARS OF AGE OR OLDER.**

Transportation: Please contact the church office Mon -Wed. by 2:00 p.m. for Wednesday night service and Thursday - Friday by 2:00 p.m. for Sunday service.

All literature (flyers, cards, etc.) must be submitted to the church office before being placed on the information table.

Thinking About Getting Married? If you are planning to get married, and would like for Pastor Hill to participate in or perform the wedding ceremony, you must receive premarital counseling prior to setting your wedding date. To begin premarital counseling, contact the church office.

Do you have biblical questions? Submit them to the church office along with your name and Pastor Hill will address them on Wednesday night.

Looking for Employment? See our Employment Information Stand in the north lobby.

Lost and Found -- If you have lost items and would like to check the **Lost and Found**, please see one of the ushers or greeters after any of the Sunday services or Wednesday night Bible Study.

L&U STAFF DIRECTORY

	<u>EMAIL ADDRESS</u>	<u>*EXT</u>
Elder Raymond Branch – Outreach Coordinator	rbranch@loveandunity.org	104
Mrs. Angela Hill Goudy–Executive Administrator	agoudy@loveandunity.org	111
Mrs. Constance Hill-Laws - Pastor Hill's Admin Assistant	chill@loveandunity.org	102
Mrs. Osie Hill – Church Administrator	osiehill@loveandunity.org	116
Mr. Ronald C. Hill, Jr. – Finance Manager	rjhill@loveandunity.org	129
Mr. Salvador Lopez – Maintenance Director	slopez@loveandunity.org	
Ms. Carolyn Patterson – Outreach Support Staff	cpatterson@loveandunity.org	108
Mrs. Darlene Roberts – Office Manager	droberts@loveandunity.org	101
Ms. Shirley Terrell – Church Secretary	sterrell@loveandunity.org	107
Ms. Maxine Thompson - Membership Care/Music Admin.	mthompson@loveandunity.org	135
Mrs. Rosalind Tyus-Simon – Media Sales	rtys-simon@loveandunity.org	109
General Information	info@loveandunity.org	

LEADERSHIP MEETING TODAY @ 5:30 P.M.



Pastor Hill is asking all Love and Unity Leaders and Volunteers to be present.

IMPACT TELEVISION NETWORK SHOW COMING TO KJLH
STARTS JANUARY 5, 2020

WWW.LOVEANDUNITY.ORG

presented by
Love and Unity Christian Fellowship

"FOOD FOR YOUR SOUL WITH APOSTLE RONALD C. HILL"

SUNDAY @9:00PM WEEKLY

JANUARY 8TH - JANUARY 31ST

**1840 S WILMINGTON AVE
COMPTON, CA 90220
310-604-5900**

Love and Unity's

January Consecration

24/7 Daniel Fast or Water Only Fast Daily until 5pm



WWW.LOVEANDUNITY.ORG



Please join us for **Street Witnessing**, Saturday, January 18th @ 10:15am. We meet in the Meekness room promptly for prayer and instructions before leaving. Elder Ray Branch, Outreach Coordinator

Love and Unity Christian Fellowship Monthly Health Tip

Blood Pressure



The facts listed below can help you to maintain a healthy lifestyle.

- **Normal Blood Pressure (<120/<80 mmHg)**
- **Prehypertension (120-139/80-89 mmHg)**
- **Hypertension (140-159/90-99 mmHg)**

High blood pressure **can be treated** effectively with **lifestyle changes** and medicines that can reduce the risk of complications.

Some factors, like age and family history, can't be changed. But other factors can be managed.

Controlling high blood pressure:

- Knowing your blood pressure
- Checking it regularly can help save your life
- Choosing healthier, heart-conscious foods
 - Lowering sodium intake
 - Adding more vegetables to your diet
- Maintain a healthy weight (According to Age, Height, Gender)
- Get up and stay active (Cycling, Swimming, Dancing, Walking, Jogging)
- Daily prayer and meditation for guidance, self-discipline, and healing.

Control your goal:

It's up to you to successfully manage your blood pressure. But it doesn't have to be difficult:

- Engaging your health care team in order to understand your blood pressure reading
- Taking your medications faithfully
- Please keep in mind to consult your primary care doctor of your results, while taking the necessary steps in maintaining a healthier you.

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. 1 Cor 9:27 NLT

Love and Unity Christian Fellowship

Presents The Signs of the Times

2020 Regional West Coast Bible Prophecy Conference

January 19 - 20, 2020

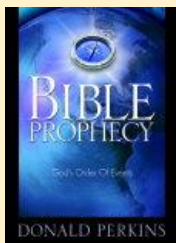
Conference Speakers:

Dr. David Reagan & Evangelist Donald Perkins

Conference Schedule:

Sunday, January 19TH @ 8:00am, 11:30am & 6:30pm

Mon, January 20TH 7:00pm – SPECIAL Q & A Session



Love and Unity Christian Fellowship

CHURCH-WIDE PRAYER RALLY

January 28, 30-31 – nightly at 7:30 pm. Please join us for this special time of prayer.

WWW.LOVEANDUNITY.ORG



“Real Prayer”
BREAKFAST

\$30 ADULTS
\$25 CHILDREN AGE 5 TO 10

FEBRUARY 1, 2020 @ 9AM

TICKETS AVAILABLE TODAY IN THE NORTH LOBBY AND ONLINE!
If you would like to reserve a table for 10 please email droberts@loveandunity.org

24-Hour Prayer Chain

It's Time to PRAY!

We're believing God to send revival to our local church, community, and families. Join us in selecting an hour on the 24 hour prayer chain. You can sign up in the north or east lobby as a “Lifer” or on the weekly list.

Auxiliaries please note the monthly prayer watch schedule:

Week 1: Elders/Ministers

Week 2: Deacons

Week 3: Ushers/Greeters

Week 4: Music and Worship Arts

Week 5: Youth and Young Adults