

Order of Service



Devotional Praise
 Words of Meditation
 Acknowledgement of Sick & Shut-in
 Prayer
 Recognition of Guests
 Communion and Offering
 Announcements

Message



Join Us for Bible Study

Today @9:30 A.M.
In M.C. Daniels Community Center

Special Prayer

Christina Wade	Inell Melton	Bonnie Holden
Laura Charles	Helen Lindsey	Frank Lindsey
Quinton Wright	Marvin Winfrey	Reba Fleming
Frank & Theola Preston	Raymond Edwards	Cordellia Tennard
R.D. Steptoe	Addie Melton	Billy Mosley

Encompass Prayer Ministry

Prayer line – 712-432-0075 - Every Friday at 6:00 am
 Access code: 895269
 Email prayer request to encompassprayer3@gmail.com
 For more information, contact Brenda Jackson 832-305-7729

Welcome Visitors!

We are excited to have you here!
Fill out the yellow visitor's card, so we
can acknowledge you.

Message from the Office

*Ministry Coordinators, it is imperative to turn in the Event Coordination and Requisition Form (if applicable) eight weeks prior to the event.
 *Please send all church announcements by Wednesday 8:00a.m. Any announcements received after that will be posted the next week.
 *Announcements such as prayer requests, birthdays, anniversaries, graduations, etc., will be celebrated on the screens. Please email it to trinitycoc@msn.com. ~Thanks~

Message from the Education Department

We have dynamic Bible Classes.
 Adult Bible Class
 Sunday Adult Bible Class ◊ A Journey through the Book of Acts ◊ Teacher-Craig Joseph
 Wednesday ◊ “Who Is This Man? To know him is to love him” A Study of the Gospel of Mark ◊ Teachers-Tim Daniels & Robert Green
 “The Grip of Grace” A Study of Galatians ◊ Teacher-Joe Bradley
 Bible Hour for all ages. Please register your child in the Education Building before worship service.
 Ages 4-12 Welcome back to Wednesday Bible School ◊ Children Bible Stories, Arts and Crafts ◊ Teacher-Marie Sampay

2015 Baptism Preparation

March Worship Service

8:00 am	Dorris Henderson/Tanya Stanley & Willie Young
10:00 am	Jennifer Clebourn/Brenda Cook & Winslor Smith

Online Giving at Trinity Gardens

Online Giving is now available on the Trinity Gardens Church of Christ website. www.trinitycoc.org. If you have an offering to give after service, please place it in the 'Tithes and Offering' box as you exit the auditorium.



7725-A Sandra Street
 Houston, Texas 77016

713.631.9601
 713.633.3326
 713.631.9638 FAX

March 1, 2015

Sunday Services

MORNING WORSHIP	8:00 A.M.
BIBLE CLASS	9:30 A.M.
MORNING WORSHIP	10:00 A.M.

Mid-Week Service

WEDNESDAY BIBLE CLASS 11:00 A.M & 7:00 P.M.

Trinity Gardens Teens

www.facebook.com/TGTeens

Trinity Gardens Church of Christ

www.facebook.com/TrinityGardensCOC

Email

trinitycoc@msn.com

Website

www.trinitycoc.org

Senior Minister: Timothy Daniels

Elders: Brother Julius Clebourn
 Brother George Nimmer

Deacon: Brother Jerry Antoine

Announcements

2014 Contribution Statements: If you need your 2014 contribution statement, then please email La Trina Jones @ latrina_jones@att.net, or call (281)961-8438. In your email, please provide your name (as it appears on the envelop) your address, contact phone and your email address. All statements have been emailed or mailed on, or before, January 31st, 2015.

Sister to Sister: Sandra Bennett Presents “Women of the Bible” Sunday March 1st, 2015 @9:30 am. For more info call the church (713)633-3326

Home Bible Study: Home Bible study hosted my Sis. Anita Mark, Sunday March 1st, 2015 @ 5:00 pm. Topic: Experiencing Father’s Embrace by Jack Frost (Chap 11) for more information, call Arthur (281)235-3264

Navy Blue Sunday: For Colon cancer awareness month, the couples’ ministry is wearing navy blue on March 8th. We invite you to wear your navy blue as well. For more information see Hershey & Cynthia Dunn, or call the church.

Seasoned Saints: You are invited to join the Seasoned Saints at the Ensemble Theatre “*What I Learned in Paris*” on Wednesday, March 25th. The bus leaves the church @ 9:00 am. For more information contact Sister Vivian Green (713)633-3326

Men’s Retreat: Brothers of Trinity Gardens, get ready for an awesome time as we prepare for our Men’s Retreat April 24th-26th. Get ready to join us at Camp Allen in Navasota, TX. We are looking forward to bonding, and growing closer to one another, as we continue to grow in our walk with the Lord. For more information, contact Andre Allen (713)631-9601.

**In Other Cities and Around the Area*

2nd Annual Break of Day Colectoral Walk: Join the Crusaders for Colon Cancer Inc., in their fight against in their fight against colon cancer. March 7th 2015, @ 6:00 am @ Sylvester Turner Park 2800 W. Little York, Houston, 77091. Keynote speaker: Joie Raspberry. Special guest: Cornelius “The Strong” Edwards. Face painting, moon walks and much more. For more information contact Valerie Gardner-Smith, Regina Washington-Redmon or Jackie Hopkins @crusadersforcoloncancer@gmail.com. (832)901-9307

Sympathy

The Trinity Gardens family would like to take this time to extend our deepest sympathy to the families of Alma Hines, Michael Battle & Michael Smith. We pray for the God of all comfort to comfort you in this very difficult time.

Thank You

Just a note of thanks for prayers and the cards received during the time I was healing. Words cannot really express my gratitude. God bless you!

Rutha Kemp & Family

Thanks to Sister Evelyn Nimmer & Sister Rosie Antoine for coordinating the beautiful program, celebrating the life of our very own Sister Verna O’Quinn. The youth choir, and all of the presentations, were wonderful. The honor was well-deserved for this faith-filled woman of God.

Trinity Gardens Church Family

Healthy Juicing Recipe

Everything we eat is either going to cost us, or benefit us. Juicing has become widely known as a healthy benefit for meal replacements. Here are just a few of the benefits that come from juicing: weight loss, blood pressure regulation, cholesterol, an increase in energy, restful sleep and many more. Here is a recipe that you can use this week.

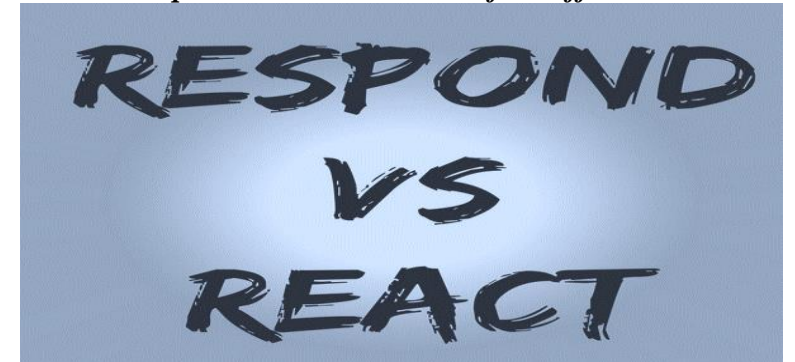
- Kale
- Spinach
- Romaine Lettuce
- Cucumbers
- Celery
- Parsley
- Fresh lemon
- Ginger
- Green apple

Blend together, and enjoy

This Healthy juicing recipe is provided by Michelle Watts

The MindSnack Corner

“Respond Or React? A Mindful Difference”



There may be a slight difference between the words “*react*” and “*respond*,” but there is a contrasting difference, between the two, in practice. Last week we discussed the meanings we assign to things, and in this week’s *MindSnack* we will discuss the mindful difference between reacting and responding. Reaction is always negative, and response is always positive. Notice, if you’ve ever been to the doctor, after taking medicine that was prescribed to you, and you experienced negative side effects, the doctor says your body is **REACTING** to the medicine. In the same sense, if you made improvements after taking the medicine, then the doctor says you’re **RESPONDING** to the medicine. There are many things we simply cannot control, but one thing we always have control over, is whether we react or respond. So what is the difference between the two? Over the next few weeks, we will dive into their distinct differences. Remember, last week we talked about **FOCUS**, and “*wherever focus goes, energy flows.*” The first thing we must understand is when we make the decision to react, or respond, we are literally deciding what to focus on, and, consequently, what we are dispensing our energy into. Roman Emperor, Marcus Aurelius (121AD-180AD) said, “*How much more grievous are the consequences of anger, than the causes of it.*” How many times have you done something, and then justified your action with the words, “*I really didn’t have a choice?*” Here is the reality: As human beings, we are responsible for our own lives. Our behavior is always a function of our decisions, not our conditions. We can subordinate feelings to values. We have the initiative, and the responsibility to make things happen. Because of the simple fact that we are human beings, we have a unique endowment, which elevates us above the animal world. Between stimulus and response is our greatest power—the freedom to choose.

This MindSnack has been brought to you by Joseph Bradley