

Order of Service

◆◆◆◆◆◆◆◆◆◆
 Devotional Praise
 Words of Meditation
 Acknowledgement of Sick & Shut-in
 Prayer

Recognition of Guests
 Communion and Offering
 Annoucements
 Message

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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	Willie Young	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~

Ministries Meetings Schedule

Joseph Storehouse Hours: 9:00-11:00 A.M. Every third Saturday. Next food giveaway is April 18th, 2015.

2015 Baptism Preparation

March Worship Service

8:00 am	Dorris Henderson/Tanya Stanley & Hershey Dunn
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 29, 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.
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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.

Joseph's Storehouse: Joseph's Storehouse is collecting baby items: baby food, formula, baby cereal, and diapers. The age ranges from newborn to toddler.

Home Bible Study: Hosted by Arthur & Gloria White. Sunday, March 29th, 2015 @ 3:00 pm. Discussion topic is from the book "Experiencing Father's Embrace." Chapter 11 by Jack Frost. For more information, call Arthur @ (281)235-3264

Sister to Sister: April 5th, 2015 @ 9:30 am. Anita Mark presents "Women of the Bible: The story of Ruth"

Singles: The Singles will be attending the play, "What I Learned In Paris," on April 12th, 2015 @ 3:00 pm. After the 10:00 am service, they will go out to eat, then to the play. For more info please call the church, (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. Money due by April 1st, 2015. Contact Andre Allen (713)631-9601.

Singles' Retreat: The Fifth Ward Church of Christ is hosting the Singles' Retreat in San Antonio, TX @ the Wyndham Gardens, Riverwalk May 29th-31st, 2015. For more information call A'Ina Henry (832)326-2137

Couples' Retreat: The Couples' Ministry will be hosting its annual couples' weekend retreat July 31st-August 2nd, 2015 @ the Westin Hotel Memorial City. The theme is "Falling In Love Again." For more information see Hershey & Cynthia Dunn, or call the church (713)631-9601.

Healthy Living

Plant foods, high in soluble fiber are especially beneficial in lowering total and LDL bad cholesterol levels. Good sources include beans (pinto beans, black beans, etc.), yams, oats (yes, eat your oatmeal!), barley and berries. For simple tips on bringing more fruits, vegetables, whole grains, and beans into your life, go to www.pritikin.com.

Quick & Easy Financial Tip

Start Saving: Aim for short-term savings goals, such as setting aside \$20 a week or month rather than long term savings goals, such as \$200 over a year. People save more successfully when they keep the short-term goal in sight.

Daily Bible Reading

"Prayer is you speaking to God. Meditation is allowing the Spirit to speak to you." ~Deepak Chopra. For the next five days, meditate on these daily bible readings, and listen as the Spirit speaks to you.

Monday: Psalm 22
 Tuesday: Isaiah 53
 Wednesday: Matt 26
 Thursday: Isaiah 40
 Friday: John 18

Healthy Juicing Recipe

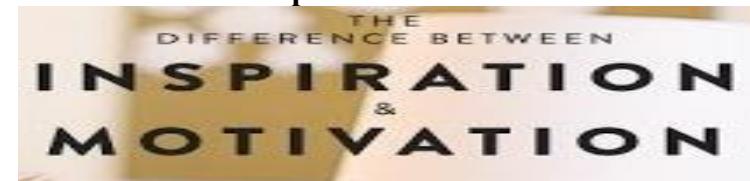
This week's juicing recipe is called the Strawberry Green Patch. If you are looking for more energy, and healthy nutrients, then this the juicing recipe for you. On top of that, it is extremely tasty.

- handful of spinach
- handful of kale
- handful of dandelion
- 2 slices of green apple
- 1 banana
- 5 strawberries
- Lemon

This Healthy juicing recipe is provided by Michelle Watts

The MindSnack Corner

"Motivation vs Inspiration: What's the difference?"



When we think of motivation and inspiration, we assume they are synonyms, and we often use them interchangeably. After taking an in depth look at both words, I can honestly tell you that there is a world of a difference between them. Understanding this difference may just be the final number you need in the combination that unlocks the life you desire and deserve. So this 'MindSnack' will take a deeper look, and, hopefully, you can walk through the door that stands open for you! (Rev 3:8). Motivation is always external, while inspiration is internal. Motivation usually focuses on looking better, making it to the next level and faking it until you make it. One term that is often used is 'perception marketing,' but the problem is if you start off faking, then your foundation never becomes authentic. Motivation focuses on **what you should do, and never asks why!** It almost always leads to something that may seem like a great idea, but doesn't really matter all that much. It leads to fake growth, meaningless improvements, and next level stuff that is absent of fulfillment. It's seeing someone who just made \$100k in a month selling T-shirts, and so now you go and decide to sell T-shirts. It has **absolutely NOTHING** to do with passion. Inspiration, on the other hand, IS passion! It connects directly with our purpose, and the whole reason why we showed up in this world. The word inspiration literally means to be in spirit. When you are inspired you are naturally drawn to whatever *feels* best to you. You accomplish things effortlessly, and, although it may not seem like much to those around you, it is always fulfilling. Inspiration never wanes! No one has to push to follow your passion! Instead, they have to hold you back from starting right away! The life you desire and deserve rests inside your inspiration, but sometimes you have to be still, and meditate to hear the Spirit speaking to you. What we **THINK** we want is often what someone else has **TOLD US** we are "**SUPPOSED**" to want. Inspiration peels the layers of other people's assessments of us, and takes us to our essence. Once you live the inspired life, you will **FOREVER BE FREE** to impact the world with your **UNIQUELY NEEDED TOUCH!** BE INSPIRED!!

This MindSnack has been brought to you by Joseph Bradley