

## 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	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](mailto: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](mailto:trinitycoc@msn.com). ~Thanks~

## Ministries Meetings Schedule

**Joseph Storehouse Hours: 9:00-11:00 A.M. Every third Saturday. Next food distribution is April 18<sup>th</sup>, 2015.**

## 2015 Baptism Preparation

### April Worship Service

8:00 am	Nikki Berry/Edith Walker & Cedrick Jackson
10:00 am	Delic Sapp/Diane Edwards & Rinthian Pinkney

### Online Giving at Trinity Gardens

**Online Giving** is now available on the Trinity Gardens Church of Christ website. [www.trinitycoc.org](http://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

*April 5, 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](http://www.facebook.com/TGTeens)

### Trinity Gardens Church of Christ

[www.facebook.com/TrinityGardensCOC](http://www.facebook.com/TrinityGardensCOC)

### Email

[trinitycoc@msn.com](mailto:trinitycoc@msn.com)

### Website

[www.trinitycoc.org](http://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](mailto: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 31<sup>st</sup>, 2015.

**Membership Update Cards:** If you have not completed an update membership card, please do so as soon as possible.

**Children's Bible Hour:** April's lesson "The Resurrection of Jesus." Ages 4-12. 8:00 a.m. & 10:00 a.m. Come join us!

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

**Sister to Sister:** April 5<sup>th</sup>, 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 12<sup>th</sup>, 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 24<sup>th</sup>-26<sup>th</sup>. Get ready to join us at Camp Allen in Navasota, TX. Money due by April 1<sup>st</sup>, 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 29<sup>th</sup>-31<sup>st</sup>, 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 31<sup>st</sup>-August 2<sup>nd</sup>, 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

*Almost any fruit makes a great snack, but it's best to pair it with a bit of protein to make more satisfying. Dr. Susan Bowerman, RD assistant director of UCLA Center for Human Nutrition, says "unlike carbohydrates, which get used up relatively quickly, protein will help sustain your energy and hunger levels for a couple of hours." A good protein-fruit pairing is one large apple and one cup of skim milk. This duo will give you 10 grams of proteins, and 5 grams of fiber for just over 200 calories.*

## Quick & Easy Financial Tip

**Start Saving:** Pay yourself first. A part of all you earn is yours to keep. Those are the words of Algamesh in 'The Richest Man In Babylon.' Read that book, and follow the principles in it. Every time you get paid, pay yourself 10%, and watch how your savings begin to grow. Also, you'll notice how your overall emotional state becomes a lot more balanced.

## Daily Bible Reading

For the next five days, meditate on these daily bible readings.

Monday: Psalm 23  
Tuesday: Isaiah 56: 1-5  
Wednesday: Matt 27  
Thursday: Isaiah 9: 1-7  
Friday: John 19

## Healthy Smoothie Recipe

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

- 2 handfuls of greens
- ½ cup of ice
- 4 cups of watermelon chunks
- 2 tablespoons of chia seeds
- 1 inch of fresh ginger, peeled

*This Healthy smoothie recipe is provided by Michelle Watts*

## The MindSnack Corner

*"Fear defeats more people than any other one thing in the world."*

— Ralph Waldo Emerson —

OkDay.com

It is no secret that fear is the reason why many of us never take advantage of the opportunities that come our way. In fact, fear is so debilitating that it often prevents us from ever being able to see the opportunities in the first place. It is paralyzing. It prevents us from taking steps in any direction, and lowers our quality of life dramatically. Emerson said, "Fear defeats more people than any other one thing in the world." Does this sound like you? Is there something you have been wanting to do, for the longest time, but fear, or some form of it, has prevented you from moving forward? Well then, this *MindSnack* is for you. Today we will discuss how to overcome the fear factor. To overcome the fear factor we must understand that fear, simply, isn't real. In short, the definition of fear is **THE ANTICIPATION OF PAIN**. If we are anticipating something, then that we are anxiously expecting it. If we are expecting it, then it has not yet happened. Now take a moment to think about all the times you almost took that risk. You ALMOST made a decision. You ALMOST went back to school. You ALMOST started that business. The reason you didn't was fear spoke to you. Here is the reality. Your mind told you that pain was on the other side of the door. Fear finds all of its evidence in our beliefs (which are simply the histories and happenings in our lives). Fear is a defense mechanism that our mind uses to protect us from danger. Any information, or experience, which does not already have a place in our memory, is, by default, categorized as danger. So the next time you find yourself paralyzed by fear, just remember the pain you are expecting only exists in a false future. Come to the present moment. Ask yourself what you are physically feeling, hearing, seeing, & smelling. Next, focus on the thing it is you want to do, then, as NIKE said, "Just Do It!" Perfect love casts out all fear. 1 John 4:18. Love is present. Fear is not. Therefore, when you are present, fear can't find you. Fear is the myth that paralyzes your will to perform, but faith is the myth that propels you into your peak potential. As Henry Ford said, "Whether you think you can, or you think you can't, you're right."

*This MindSnack has been brought to you by Joseph Bradley*