

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.

Special Prayer

Christina Wade	Inell Melton	Frank & Theola Preston
Laura Charles	Helen Lindsey	Frank Lindsey
Quinton Wright	Marvin Winfrey	Reba Fleming
Bonnie Holden	Rosie Antoine	Cordellia Tennard
Annette Doublin	Willie Young	Billy Mosley
Audrey Metters	Lillian Douglas	Addie Melton

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

TIRR

After first service, today, we will go to visit The Institute for Rehabilitation and Research. For more information see Martha Alexander and Rose' Winfrey

Joseph's Storehouse

Joseph's Storehouse Hours: 9:00-11:00 A.M. Every third Saturday. Next food distribution is June 27th, 2015. Volunteers needed June 26th, from 6:30-8:30 P.M. The pantry is collecting canned tuna this month

Transition

Transition Ministry sick/shut-in visitation meeting after second service, June 21st, 2015.

2015 Baptism Preparation

June Worship Service

8:00 am	Doris Henderson/Tanya Stanley & Cedrick Jackson
10:00 am	Eva Chambers/Paula Green & Jevon German

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

June 21, 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

Children's Bible Hour: June's lesson: "The Prodigal Son" Ages 4-12. 8:00 & 10:00 a.m. come join us!

Couples Retreat: We are asking each couple to please submit a small photo by June 30th. See Sis Georgette Joseph 1st service, or Sis Paula Green 2nd service. Or email your photo to gljoseph60@yahoo.com.

Summer Basketball Thursdays: Every Thursday night between 6:00 & 8:00 p.m., in the family life center, we will have open gym time. Come join the fun.

Houston Area COC Bowling Tournament: Sugarland Church of Christ will be hosting a Houston area bowling tournament on June 27th. For more information, call the church and ask for Tracie. (713)633-3326

Men's Fellowship: Men's fellowship breakfast. June 27th, 9:00-11:00 a.m. in MC Daniels Community Center. For more information see Andre Allen, Marvin Jackson, or call the church office. (713)633-3326

Community Picnic: Saturday June 27th, 11:00 "Keep Kashmere Alive" community picnic. Mickey Leland Memorial Park 3701 Calvacade. Fun for the entire family. Special giveaways and more. Please bring a canned good donation for a local food bank.

Summer Series: June 28th, both services, Dr. Ralph Draper will be our guest minister. Invite family and friends.

Teens Super Sunday: Sunday June 28th, during both services in the MC Daniels Community Center. All teens are welcome.

Couples' Retreat: There is still time to register for the couples' weekend retreat July 31st-August 2nd, @ the Westin Hotel For more information see Hershey & Cynthia Dunn, or call the church (713)631-9601.

Thank You

Thanks for the nursing home visit & special thanks to those who were unable to attend, but fellowshipped by sending gifts to patients. *Nursing Home Ministry, Sis O'Quinn*

Sympathy

The Trinity Gardens Family would like to extend our deepest sympathy to the families of Ashlan Jeffers and Willie Camall. We pray that our God of Comfort touches you in this difficult time.

Healthy Living

Take your time to eat. Stop eating before you actually feel full. It takes a few minutes for your brain to send the message to your body that you you're full, so eat slowly.

Quick & Easy Financial Tip

Simple Money Saving Tip: Minimize your cable/satellite TV & internet package. Do you really *need* 500 channels? If you're willing to live like no one else will now, then you will be able to live like no one else *can* later.

Daily Bible Reading

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

Monday: Genesis, chapter 18
Tuesday: Genesis, chapter 19
Wednesday: Genesis, chapter 19
Thursday: Genesis, chapter 20
Friday: Genesis, chapter 21

Healthy Juicing Recipe

This week's juicing recipe is called the Beets to a Different Drum..

- handful of kale
- handful of romaine
- sliced beets
- 3 slices of cucumber
- Squeeze of lime

This Healthy smoothie recipe is provided by Michelle Watts

The MindSnack Corner



Last week we talked about the necessity of identifying your anchor, and the importance of not judging yourself in the process. The next step in this process is to come up with a plan of action. However, in this 'MindSnack' we are going to take a service stop on the way because the idea of not judging yourself is much easier said than done. In fact, the one thing that prevents us being able to take another step, once we realize what our anchor is, is letting go of the past. It is so easy to bang the gavel and spiral down a road of undeserved guilt and self-pity. How do you see yourself? When you look in the mirror...when someone gives you a complement...do you allow that compliment to actually find a home in your heart, or are you quick to diffuse it with a "Yeah, but," statement? The pain of being the villain is real, and oftentimes unbearable, and making a decision with this kind of negative, malignant energy will only render the results as worthless. So before developing a plan, take the time to participate in "THE GRATITUDE EXPERIENCE!" This is an *EXTREMELY* powerful experience, and it will literally change your life. **There is absolutely nothing that has happened in your life that can harm you, once you become grateful.** No matter where you are, or how you got to where you are, the reality is you are in the best place, and the best time, you can be, and that is **HERE AND NOW!!!** Remember, we already learned that once you become honest about where you are, you can get to wherever you want to go. Here and now is the best place and time to do anything. It's impossible to go anywhere from somewhere you wish you could go back to, or from somewhere you want to be. The Gratitude Experience allows you to take all of the pain, all of the trouble, the suffering, heartbreaks, let downs, disappointments, broken promises, setbacks, bad decisions, failures and everything else that, up until now, has prevented you from moving forward, and use it as fuel for your journey. Become grateful that you are HERE and NOW because **RIGHT HERE...RIGHT NOW...**you can change your story. And when you change your story...you change your world. Become grateful right now.

MindSnack brought to you by Joseph Bradley