Volume 2, Issue 4

October 2012

Triumphan Christian Center Church

# Triumphant News

## Changing Spaces & Meeting Places

Triumphant Christian Center Church is a Ministry of Excellence, and we are all about "Building Triumphant Families and Individuals to the glory of God;" that is our motto, our goal, our objective. The word 'building' implies structuring-- -and sometimes structuring involves restructuring to achieve optimum congruence. In order to achieve a more 'family friendly' congruency in our schedule, we have changed the days and times in which some of our groups meet.

Praise and Worship Team now meets for rehearsals on Fridays at 7:30 PM, and Prayer Ministry has moved to 2nd and 4th Sundays at 9:00 AM. Our Family Ministry will continue with Quarterly Family Focus Sundays, ***the next gathering is scheduled for December 9 at 11:00 AM***.

We are also planning to setup a few 'Cluster Groups' (Single's, Senior's Parenting etc.), which will alternately gather in Bi-monthly intervals. The format for these gatherings will vary based on group specifics. Discussions, Forums, Bible Studies and Workshops will employ topics geared towards edifying and enriching the people of God in our congregation and the community.

Yes, we are 'Changing Spaces and Meeting Places' to build triumphant families and individuals through Christ to the glory of God.

## Getting Ready For The Drama

The month of December is fast approaching, and we are knee deep in plans and preparations for our Annual Christmas Production. Parents, if you want your children to be a part of this great event that gives glory to God and joy to all involved, please seek out Sis. LaNita Kelley or Sis. Angela Reed who are assisting Lady Robinson with this project.

Anyone who has an interest in being a part of the Family Focus Worship Jesus Celebration's Film Clip, should contact Evangelist Mother Rose Watson for details- -don't worry no previous acting experience is required! But hurry time is getting short, and we want to present our best, because JESUS is worthy.

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***For those of you who have to start your day early, we will be on the Prayer Line 5:30 am to 6:00 am Monday-Friday, beginning October 8, 2012. The number is: 916-233-2999 code # 165311***

## Sowing & Reaping (Part 2 of 2): Major Principles By Nolan Johnson

*(Galatians 6:7) Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.*

There are three major principles about sowing and reaping we should all know very well, because we are each sowing seeds in our lives on a daily basis, which later on we will reap. That first principle was that what you sow, you reap. If you sow oranges, you'll get oranges, not apples.

The second principle is that you always reap more than you sow. When we plant flower seeds, we reap many blossoms from one seed. When the farmers plant one grain of wheat, they reap many more grains of wheat from the single grain. We reap more than we so, we also need to remember that when we sow the wrong seeds, they come back plentiful as well.

The third principle of sowing and reaping is that you reap in a different season than you sow. You know, lots of us forget this, and we need to keep reminding ourselves that just because we don't see the results of our actions today doesn't mean we won't yet reap that harvest.

So remember that if you're sowing seeds of sin and disobedience, you may not see that harvest for a while, and you may be thinking that you're getting by with it. But be assured of this, you will reap what you're sowing. The season for harvesting will come as surely as night follows day.

At some point, we all have made choices we've regretted. Since consequences never simply evaporate, we may find ourselves tormented by things we've done, said, or participated in. Yet God will forgive every sin you genuinely repent of, and He will work with you to redeem those past choices. The road to redemption often includes obstacles we've created. However, the Holy Spirit can enable us to overcome.

Ask yourself the following three questions: What kind of life do I want to live? What do I want my character to be like? Can I trust what the word of God says? ? Let the Holy Spirit speak to you about your choices--past, present and future--and His plans for you.

God's ways will never fail you….Amen!

## Scripture of the Month

*"For with God nothing shall be impossible"*

*Luke 1:37*

## NUGGETS

"An entire kingdom resides within the borders of your soul. You are the one who determines which forces will reign there- -you alone are captain and defender of the realm."

~~ Dr. Cindy Trimm (The 40 Day Soul Fast)

# Maintain God's Living Temple: Take Time To Rest (Part 3 of 3) The Benefits of Rest

In our last two discussions , we learned that "rest, relaxation and sleep are progressive in nature" (August 2012 Issue), and that rest is: (1) a necessity that we must make a priority, (2) deemed needful by God, and (3) beneficial to us (September 2012 Issue). It is imperative that we learn to relax, in doing so, we will be able to get proper rest and sleep- -this is how the body and all its faculties are refreshed and restored. Here is the progression: Relax→ Rest →Sleep→ Refresh→ Restore!

**The Benefits of Relaxation are as follows:**
*-helps the heart rest by slowing the beats*
*-slows breathing, thus reducing the need for oxygen*
*-increases blood flow to muscles*
*-decreases muscle tension*
*-reduces blood pressure*
**The overall results are:**
*-more energy*
*-better sleep*
*-enhanced immunity*
*-increased concentration and problem solving ability*
*-greater efficiency*
*-greater emotional control and stability*

**The Benefits of Rest are:**
*-helps to increase antibodies which fight infections*
*-helps the brain edit and sort sensations, thoughts, and feelings that bombard the body throughout the day*
*-enhances memory and mental faculties*
*-maintains a sense of mental happiness and well-being*
**The Benefits of Sleep are:**
*-reduced stress*
*-increased alertness and productiveness*
*-improved memory*
*-increased serotonin levels which suppresses depression*
*-strengthens the immune system*
*-improves heart health*
*-elevates the mood and emotional well-being*
*-restoration and regeneration of the body*
*-increased coordination*
*-heightened creativity*
*-promotes longevity*
(Rest or Fail, Joel Hoomes, "The Leading Edge" Vol. 4, Oct 2011)

As you can see when we fail to get proper rest, we miss out on many benefits, our bodies are not restored, and we jeopardize our health and well-being. Be imitators of our heavenly Father "God blessed the seventh day and sanctified it because that in it he had rested from all his work…" (Gen. 2:3). Take time to rest.

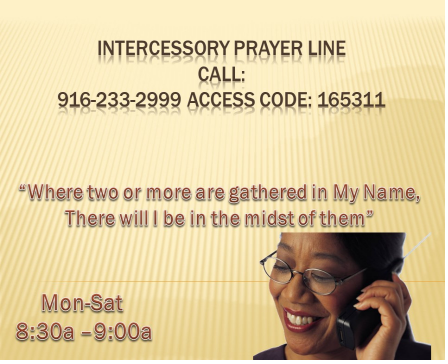
*Live Healthy- -Stay Whole!*

# ANNOUNCEMENTS

*Prayer Ministry Now meets on 2nd and 4th Sunday's at 9am. Dates for this Month are:*

*10/14/12 and 10/28/12*

*See You There!*




**VOTE! It is a God given Responsibility!**

**Last Day to Register to Vote = 10/9/12**

**Early Voting = 10/22/12-11/02/12**

**Election Day = 11/06/12**

**10/04 Sis. Chenee McGraw**

**10/22 Sis Angelica Cruiz**

**10/24 Sis. Jai Kelley**

**10/26 Evangelist Rose Watson**

# October 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 Mid-Wk Bible Study 7pm | 4 | 5 | 6 |
| 7 Perfect. class 10am Worship 11am | 8 | 9 | 10 Mid-Wk Bible Study 7pm | 11 | 12 | 13 |
| 14 Prayer Min. 9am Perfect. class 10am Worship 11am Lord's Supper 11am | 15 | 16 | 17 Mid-Wk Bible Study 7pm | 18 | 19 | 20 Men's Min. 7:30am |
| 21 Perfect. class10am Worship 11am | 22 | 23 | 24 Mid-Wk Bible Study 7pm | 25 | 26 | 27 |
| 28 Prayer Min. 9am Perfect. class 10am Worship 11am | 29 | 30 | 31 Mid-Wk Bible Study 7pm | | | |

Church Strategies Conference

*We would like to sincerely thank all of you who sow faithfully into The vision of Triumphant Christian center Church.*

*We stand in agreement for the one-hundredfold return on your Seeds sown into the Kingdom of God.*

*Because of your faithfulness we are able to accomplish so many Kingdom Assignments. Thank You!*

*In His Service,*

*Pastor Jerry and Lady Shawanda Robinson*

TCCC

**Triumphant Christian Center Church**

**To send your response to any article posted in the month's issue, please forward questions or comments to:**

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*"Building Triumphant Families & Individuals to the Glory of God"*