

2019 Theme: Preparing For The Blessing

Monthly Newsletter



Term: Winter Issue 30 Date: December 2019

80% of Teens

Don't Get Enough Exercise

The World Health Organization (WHO) says that 80% of the world's teens don't get enough exercise to live healthy lives. The pattern of inactivity could have serious effects as these teens become adults.

The report, which was published in *The Lancet*, was based on research done with students aged 11 to 17 in 146 different countries. The WHO has been studying teen activity levels since 2001 and reports that not much has changed since then.

The WHO says that kids should get at least an hour of medium to vigorous (hard) exercise every day. This could include walking, running, biking, dancing, playing sports, or many other activities.

Doctors say 60 minutes of exercise is needed for teens to build up their bone and muscle strength. It's also hugely important for the health of the heart and lungs. Regular activity can help people control their weight, too.

More and more research is showing that exercise doesn't just help the body, it can help the brain, too, improving thinking, test scores, and school grades.

Trevor Shilton, who works for the Heart Foundation in Australia, says, "If this [exercise] were a medicine, we'd all be taking it."

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BIRTHDAYS

Bro Ernest Sewell
December 19, 2019

Sis Juana J.N. Hill
December 24, 2019

Sis. Nevaeh Peters-Keith
December 25, 2019



ADULT BIBLE TRIVIA

1. What shouldn't you muzzle when you "treadeth out the corn"?



2. The river Euphrates was located where?

3. Who was mount Seir given unto for a possession?

4. From the land of Kadeshbarnea until the Hebrews arrived at the brook Zered was how many years?

5. What people dwelt in the land of Seir before the children of Esau?

Please submit answers to:
ahenson2@comcast.net

HENSON MEMORIAL ANNOUNCEMENTS

Sunday Morning Prayer
9:00am EVERY SUNDAY

Sunday School
9:30am EVERY SUNDAY

Sunday Morning Worship Service
11:00am

Turkey and Toys Service
December 21, 2019 @ 5:00pm

Christmas Program
December 22, 2019 @ 11:00am service

Wisdom Wednesday
6:30pm---Prayer
7:00pm---Bible Study

No Wisdom Wednesday
December 25., 2019

Praise Team Rehearsl: 1st & 3rd Sundays

PLEASE SUBMIT ALL CHURCH
ANNOUNCEMENTS TO:
AHENSON2@COMCAST.NET

SUNDAY SCHOOL

SUNDAY SCHOOL LESSONS

December 1, 2019

DAVID WORSHIPS GOD
IN JERUSALEM

1 Chronicles 15:1-3, 14-16, 25-29

December 8, 2019

A HEART FILLED WITH GRATITUDE

1 Chronicles 16:8-12, 28-36

December 15, 2019

BUILDING GOD'S HOUSE

1 Chronicles 17:1, 3-4, 11-14

December 22, 2019

THE LORD IS WITH YOU

Luke 1:39-56

For in depth weekly teachings

on all the lessons visit:

<https://www.thatsundayschoolgirl.com>



PRAYER LIST



The World

Kansas East Jurisdiction

Suburban District

Henson Memorial Family

80% of Teens Don't Get Enough Exercise

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Activity levels were different in different countries, and they were also very different between boys and girls. In the US, for example, 64% of boys were not active enough, compared to 80% of girls.

One big reason for the lack of activity in today's teens is technology, such as smartphones, tablets, computers, and TVs. Many teens find it very hard to pull themselves away from their devices, whether they are texting, playing games, or watching videos or movies.

The WHO warns that young people need to do less playing in the digital world, and more playing in the real world.

Health experts want schools and families to encourage teens to be more active. Teens should take part in sports, whether on official teams or just playing around on the playground.

Exercise can also be built into a normal day's activities. For many people, walking or biking to school is one way to make that happen. Even those who have to drive to school can get more exercise by parking farther away.

GENERAL / PUBLIC ANNOUNCEMENTS

KSE Women's Dept. Business Meeting
December 12, 2019 @ 7:00pm

KSE Jurisdiction Business Meeting
December 13, 2019 @ 9:00am

Both Services To Be Held At:
Quidaro COGIC
2932 Hutchings St. / KCK 66104