

H3 Monthly Newsletter

Just One Request

Dear Master for this coming year
 Just one request I bring:
 I do not pray for happiness,
 Or any earthly thing—
 I do not ask to understand
 The way Thou leadest me,
 But this I ask: Teach me to do
 The thing that pleaseth Thee.

I want to know Thy guiding voice,
 To walk with Thee each day.
 Dear Master make me swift to hear
 And ready to obey.
 And thus the year I now begin
 A happy year will be—
 If I am seeking just to do
 The thing that pleaseth Thee.
 --Unknown Author

Upcoming H3 Events

FREE Popcorn & a Movie Night
 Saturday, January 9, 6:00 p.m. @
 Trinity. H3 Ministry will host the
 viewing of a compelling, faith-drama
 movie which focuses on the family,
 morality, integrity, and is spiced with
 lots of humor. Hot, buttered popcorn
 and a beverage will be an added
 amenity!! Plan now to attend! Bring
 your entire family and a friend to this
FREE night out!!

HEAR YE!! HEAR YE!! HEAR YE!!

H3 Ministry is planning a
**Healthy Eating / Weight Loss
 Challenge** beginning in February
 and culminating with our **2016
 Health Symposium in April**.
 PLEASE complete the registration
 form located on the church foyer
 table no later than Sunday, January
 24th, if you are interested in
 participating.



News You Can Use

The color for January 10th
 (2nd Sunday) is **Off-White** or
Green to designate the New Year,
 a new beginning, a clean slate,
 AND cervical cancer awareness
 month.

Observances for January:

1. The New Year / A "Clean Slate"
2. Popcorn & a Movie, January 9th
3. Improving Indoor Air Quality
4. Cervical Cancer Awareness
5. Healthy Eating / Weight Loss Challenge Registration

Cervical Cancer

Cervical cancer starts in cells lining the cervix. The cervix is the lower part of the uterus (womb). It is sometimes called the *uterine cervix*. The body of the uterus (the upper part) is where a fetus grows. The cervix connects the body of the uterus to the vagina (birth canal).

Risk Factors

Human Papilloma Virus (HPV) can infect cells on the surface of the skin, and those lining the genitals, anus, mouth and throat, but not the blood or internal organs such as the heart or lungs.

HPV can be spread from one person to another during skin-to-skin contact. One way HPV is spread is through sex,

including vaginal, anal, and even oral sex.

Smoking and Cervical Cancer

Women who smoke are about twice as likely as non-smokers to get cervical cancer. Smoking exposes the body to many cancer-causing chemicals that affect organs other than the lungs.

Early Detection

All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 29, should have a Pap test every 2 years.

Seven Ways to Improve Indoor Air Quality this Winter

Especially in colder climates, many people tend to keep their windows and doors tightly shut in the wintertime. Without proper attention to indoor air quality, many homes become saturated with dust, mold, dead skin residue, pet dander, and pollutants both from outside, such as pesticides and herbicides, and from inside, such as fumes from new paint and residue from new drywall and other renovations.

The following are seven ways to easily improve the air quality in your home:

Keep your carpets and floors clean—Carpets notoriously trap indoor pollutants of all types. Mop hard floors often with a vinegar and water solution. Keep floor mats by the doors to trap pollutants which may get dragged in. Clean your floor mats regularly.

Check your heating and air conditioning system—Heating and air conditioning vents and filters that have not been cleaned in a while may trap a huge amount of dust, pollen, hair and other allergens.

Stay away from aerosols and chemical cleaning agents—Aerosol sprays, including deodorants and household cleaners, are famous for depositing chemical residues around the home for you and your family to inhale. These may include phthalates, which have been linked to hormone disruption. Many fragrances are derived from petroleum, which has not been tested for human safety when inhaled.

Keep the humidity in check—Air that is too humid can be a breeding ground for mold, mildew and bacteria.

Use fans and crack open windows—Once a week, crack open your windows and let the fans run for about half an hour, unless it is bitterly cold outside.

Get a houseplant or two—Houseplants have been shown to help filter out many indoor air pollutants.

Use essential oil diffusers—Essential oils are a great way to make your rooms smell wonderful, and many also have antibacterial and antifungal properties that can greatly boost the quality of your indoor air. Lavender, eucalyptus, peppermint, thyme and citrus oils are great choices.

-The Alternative Daily

In His Service,
H3 ministry

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (KJV)