

THE CHANNEL (**Channel to Brazil for Christ**)
PO BOX 804, NEWPORT NEWS, VA, 23607
(757) 244 6852
email: cbc@thechannel.org
501(c)(3) est. 1995

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NEWPORT NEWS, VA
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RETURN SERVICE REQUESTED

Quality education and training for children living in poverty in the slums of Brazil.

www.THECHANNEL.org

September 2021



THECHANNEL
To Brazil For Christ



CBC TEXT ALERTS

We can share our newsletter and prayer requests straight to your phone.
Text START to 757 244 9055 (text stop to unsubscribe anytime).



Donate Online

www.thechannel.org/donate

Check Gifts

Payable to The Channel Inc.

Text to Give (text amount)

[757 280 2735](tel:7572802735)

Dreambuilders

It costs \$40 per month to support a child in Brazil. Each month we will send you a child photo and story.

COVID-19 in Fortaleza - Update

Thankfully there has been a dramatic decrease in COVID cases in Fortaleza in the last two months. The pressure on hospitals and particularly intensive care units has been reduced. However, the Delta variant is arriving in Fortaleza and the situation is being monitored by authorities. The public schools have been authorized to begin classes in person with 2nd, 3rd and 4th grade at 30% capacity, 5th and 6th grade at 50% capacity and 7th-9th grade, at 100%.

With teachers getting priority in the vaccination rollout, we too are planning on receiving students into the project on a regular basis from September to December which will be the end of this academic year. Our objectives will be to re-establish relationships with all our students and prepare them for a full return to the classroom learning in 2022.

Students have been out of school for over a year and a half. We will be creating a special timetable for this period to help children adjust to their return both to public school and CBC. We are all looking forward to being face to face again. Please pray for our staff as we gather to pray and prepare for the months ahead.

Marc Marques, Director



REGISTRATION NOW OPEN !

<https://www.charityfootprints.com/fitnessforfreedom/>

There is still time to REGISTER and invite friends to join you. You can register as an individual, create a team, or join an existing team. Registration: \$25/participant (proceeds go toward your overall fundraising goal). There are so many ways you can participate:



ACTIVITY TO MILES CONVERSION CHART: TIME TO EQUAL 1 MILE			
AEROBICS (LOW IMPACT)	16 MINUTES	RUNNING (8-MINUTE MILE)	8 MINUTES
AEROBICS (MODERATE)	13 MINUTES	SKATING	20 MINUTES
AEROBICS (HIGH IMPACT)	11 MINUTES	SKIING (CROSS-COUNTRY)	10 MINUTES
BASKETBALL	11 MINUTES	SKIING (DOWN-HILL)	15 MINUTES
BICYCLING (LEISURELY)	20 MINUTES	SOCCER	10 MINUTES
BICYCLING (MODERATE)	10 MINUTES	STATIONARY BIKE (LIGHT)	16 MINUTES
BICYCLING (VIGOROUS)	8 MINUTES	STATIONARY BIKE (MODERATE)	11 MINUTES
BOWLING	20 MINUTES	STATIONARY BICYCLING (VIGOROUS)	8 MINUTES
DANCING (ALL TYPES)	15 MINUTES	STRETCHING	3 HOUR 33 MINUTES
ELLIPTICAL	10 MINUTES	SWIMMING (LEISURE)	15 MINUTES
FENCING	15 MINUTES	SWIMMING (MODERATE)	12 MINUTES
FOOTBALL	15 MINUTES	SWIMMING (TREADING)	41 MINUTES
GARDENING	15 MINUTES	SWIMMING (VIGOROUS)	9 MINUTES
GOLF (WALKING)	20 MINUTES	TAI CHI	24 MINUTES
HIKING (GENERAL)	12 MINUTES	TENNIS	10 MINUTES
HIKING (20 — 42 LB. LOAD)	9 MINUTES	TREADMILL	1 MILE = 1 MILE
JUMP ROPE (SLOW)	11 MINUTES	VOLLEYBALL (GAME)	9 MINUTES
JUMP ROPE (MODERATE/FAST)	8 MINUTES	VOLLEYBALL (LEISURE)	23 MINUTES
KICKBOXING/KARATE	7 MINUTES	WALKING/JOGGING	20 MINUTES
PILATES	20 MINUTES	WATER AEROBICS	20 MINUTES
RESISTANCE TRAINING	27 MINUTES	WHEELING SELF IN WHEELCHAIR	30 MINUTES
ROLLERBLADING	10 MINUTES	WHEELCHAIR BASKETBALL	20 MINUTES
ROWING (KAYAKING)	27 MINUTES	WII FIT®	15 MINUTES
ROWING (MODERATE)	13 MINUTES	WEIGHTLIFTING	27 MINUTES
RUNNING (6-MINUTE MILE)	6 MINUTES	YOGA	40 MINUTES
RUNNING (7-MINUTE MILE)	7 MINUTES	YARD WORK	15 MINUTES



As much as you can, SHARE your fundraising page with others so they can support you through donations. Post the link to your web page on social media or send it in a text or email to friends and family. Invite them to join you, donate, pray, and learn more about CBC!

September 6-20 TRACK your steps/miles. If you have not already done so, set up your tracking plan...

1. Download the free Charity Footprints App or manually enter your miles on your event page.
2. Sync your fitness device (Fitbit, Apple Watch, Garmin, Google Fit, Misfit, Strava) or use the health app on your phone.

CONTINUE TO SHARE!!! Your team fundraising page will be active after the fitness portion is over to receive donations and support for the ministry through the beginning of October. Thank you for helping us put CBC in front of the next generation through our Fitness for Freedom Fundraiser. Any questions, please call or email the office, details on reverse.

