

RETIRED

MINISTRY RESOURCES



September 3, 2026

For Participants in LEA's Retired Ministries Network

Grandchildren ask lots of questions, and keeping your brain sharp is important. Emerging evidence suggests that only certain types of training produce meaningful benefits, and those benefits may differ between men and women. Find out more at [The New Science of Brain Workouts, Beyond Sudoku and Crosswords](#). (Ariana Eunjung Cha in *The Washington Post*)

From jalapeños on nachos to fiery Thai curries and smoky chipotle sauces, spicy foods are enjoyed in cuisines around the world. Beyond their bold flavor, spicy foods are popular for their potential health benefits. Read about [The Health Benefits of Spicy Foods](#). (Mary Anne Dunkin in *Mayo Clinic*)



Don't miss these weekly LEA resources...

[WOW Video](#)

[Weekly Devotion](#) by Ed Grube

[The LEArning Curve Blog](#)

[What Works For Me Podcast](#)

Disclaimer: LEA provides links for informational purposes only.

To unsubscribe, log in to your account at the LEA [Infohub](#):

To post or reply encouragenet@listserv.cuchicago.edu

Past Issues: Search the archive [HERE](#).

Contact LEA: 7400 Augusta Street, River Forest, IL 60305 | 708.209.3343 | lea@lea.org | lea.org

Linking, Equipping, and Affirming