

THE SPICE

A taste of what's happening for women.

Celebrating Red-Letter Days

If there was a color-of-the-month club, this month would definitely be all about red. From red hearts, red roses, and red candy boxes to the infamous red carpet at the Academy Awards, February has us all seeing red. Valentine's Day may be the most famous red day of the month, but did you know you can make every day a red day this month? That's right, you can forget what your calendar says are holidays, because you can change any ordinary day into a "red-letter day"—another day to celebrate!

Perhaps you've heard the expression "red-letter day" before, but do you know what it really means? The significance of "red-letter days" developed in the early 1700's from a long-term practice of using red ink to indicate high days and holidays on church calendars. In a year dominated by black-inked days, these few were boldly proclaimed in bright red as the most special, most memorable, and most joyful days in a Christian's life. Red-letter days were the best of the best days!

If you had lived in the 1700's, your calendar would have had the red days all scheduled and marked in advance. But now your red-letter days can happen *any* day. Because every day of your life, God takes out a red pen—more like a thick red *marker*—and wants to boldly edit your black-inked expectations. God delights in showing himself off in your life—boldly, joyfully, and memorably!

So "go red!" this month, and allow God to change your daily expectations. Take a red marker to your calendar, and make every day a day to celebrate. Write Psalm 118:24 in bold red letters, and stick it on your mirror: "This is the day the Lord has made. I will rejoice and be glad in it." Wear something red every day to help you celebrate how God loves and cares for you. Keep a daily journal (written in red ink, of course) of the ways God has shown his love to you. Throw a "Go Red" or "Jesus Loves Me" party with a group of friends—complete with red outfits, décor, food, and readings from your favorite "red-letter words" of Jesus.

Celebrate every day this month as a red-letter day, and maybe by the end of the month you'll want to change the rest of the 337 days left in the year!

girlfriends
unlimited™



Central Church of Christ
Women's Ministry



THE WORD

"I will praise you every day; yes, I will praise you forever."

—Psalm 145:2 (NLT)

VALENTINE FROM GOD

A valentine sends flowers, gives chocolate, takes you out to dinner, and plays you a love song. God wants to give you all that and more!

Flowers: The most beautiful rose of all—Jesus. (Song of Solomon 2:1)

Chocolate: Something even sweeter—God's Word. (Psalm 119:103)

Dinner: The most amazing dinner ever—the wedding feast of the Lamb. (Revelation 19:9)

Love song: He sings the sweetest song in the universe over you. (Zephaniah 3:17)

Love: He loved you before you were born and will love you forever. (Jeremiah 31:3)

Go Red for Your Health

Your heart works hard for you, so show it some love this month! February 4 is National Wear Red Day to show support for the Go Red for Women campaign of the National Heart Association. The campaign helps raise awareness of the number one cause of death in women—heart disease.



www.goredforwomen.org

Could your heart use a little more love and attention? Consider these statistics from the American Heart Association:

- Ninety percent of women have one or more risk factors for developing heart disease.
- Eighty percent of cardiac events in women could be prevented if women made the right choices for their hearts, involving diet, exercise, and abstinence from smoking.
- Only 1 in 5 women believes that heart disease is her greatest health threat.

Join the campaign, and *Go Red* for your health this month. You can take a Go Red Heart Checkup, find heart-healthy food recipes, download a Go Red for Women Knowledge Toolkit, and even shop for jewelry at www.goredforwomen.org. Love your heart, and live the healthy life God desires for you!

Red Shoes and Religion

Red shoes are not just for the runway anymore. Did you know the Pope wears red shoes? Pope Benedict XVI's bright red loafers have drawn plenty of attention the past few years, making a bold fashion statement next to his crisp white robe. But why does he wear them?

Turns out it has nothing to do with fashion and everything to do with faith. Red is a liturgical color symbolizing fire and blood—the presence of God and the shed blood of Jesus and the martyrs. The tradition of popes wearing red shoes goes back centuries, with some historians tracing it back to the Roman emperors. So the red shoes of Pope Benedict XVI are nothing new. But they do make a statement—about faith, not fashion.



Win McNamee/Getty Images

What statement do your shoes make? Black, brown, and boring? Why not go red instead?

Sunrise at Red Rocks

Originally known as the Garden of the Angels, Red Rocks Amphitheatre in Morrison, Colorado, was once listed among the Seven Wonders of the World. This geologic formation, the only one like it in the world, consists of two 300-foot rocks (red ones, of course) that create a natural open-air amphitheatre. These rocks, taller than Niagara Falls, provide a magnificent backdrop and the perfect acoustics for any performance.

Since the first occurrence in 1947, the Easter Sunrise Service at Red Rocks has become a very special annual tradition. Over 10,000 people a year travel to the park to witness the magnificent scenery and take part in a heart-stirring worship experience as the sun rises over the breathtaking landscape on Easter morning.

Witness Red Rocks for yourself! Take the virtual tour online at www.redrockonline.com, and check out all the activities, hiking, and concerts available.

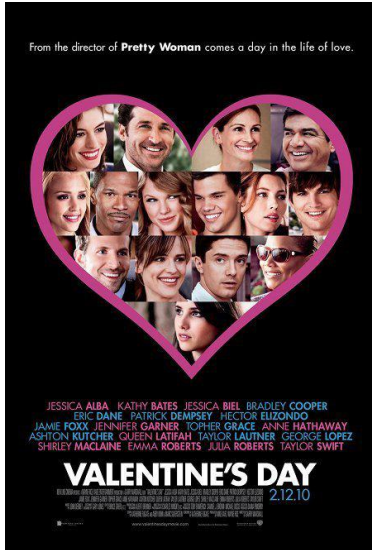


clubZone.com

Media Morsels



Movie Review



Valentine's Day

Rating: PG-13

Release Date: DVD release May 2010

Genre: Comedy, Romance

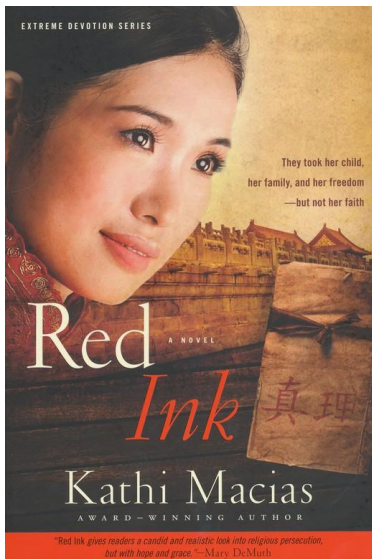
Runtime: 125 minutes

Valentine's Day boasts a whopping 21 star actors breaking up and making up as they struggle with their love lives and the pressures and expectations of Valentine's Day. From proposals to "I hate Valentine's Day" dinners, *Valentine's Day* explores the challenges of young love, old love, and new love within the 24 hours of the love-themed holiday. Each story plays out like a different flavor in a box of chocolates—and you never know what you'll get!

Talk about it:

- Do you enjoy Valentine's Day? Why or why not?
- What "love lessons" are learned (or not learned) by the characters in the movie?
- Is the love described in 1 Corinthians, chapter 13, on display in this movie? How is God's definition of love similar or different?

Book Review



Red Ink (Extreme Devotion Series, Book 3)

Author: Kathi Macias

Publisher: New Hope Publishers, 2010.

"Yang Zhen-Li was nearly thirty but at times felt twice that old...There had been a time when she'd been acclaimed as a beauty, but she could scarcely remember why...or imagine that it would matter."

Zhen-Li was raised to observe the party line, including its one-child-per-family doctrine. But the young Chinese woman falls in love with and marries a Christian, adopting his faith. When she becomes pregnant for the second time and refuses to have an abortion, Zhen-Li's parents pay to have Zhen-Li kidnapped and the baby aborted. But the persecution only strengthens Zhen-Li's resolve to live up to her name—"Truth"—and she starts sharing about Zhu Yesu ("Lord Jesus") every chance she gets.

Red Ink is loosely based on the life of Christian magazine editor Li Ying, currently serving a prison sentence in China for her role in the publication of an underground church magazine. It's a story of persecution and redemption, told through the experiences of her family members, persecutors, and a devoted prayer warrior living in a senior center halfway around the world.

To read more about Li Ying and other persecuted Christian prisoners around the world, go to www.prisoneralert.com.

This page is designed to inform and educate you and is not an endorsement. Our prayer is that you will make informed decisions on what you see, read, and listen to.

February

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1 Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>	2	3 Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>	4	5
6	7 Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	8 Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>	9	10 Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>	11	12
13	14 Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	15 Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>	16	17 Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>	18 Girlfriends Pajama Party 6:30 p.m. <i>Upper Room</i>	19
20	21 Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	22 Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>	23	24 Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>	25	26
27	28 Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>					
Contact for more information						

Name: Susan Cline

Phone: 815-672-7919

E-mail: susan.cline970@gmail.com

THE SPICE

Design and base content © 2011 Group Publishing, Inc.

Copyright © 2011 Group Publishing, Inc., Loveland, CO, group.com/women. Permission to photocopy granted for local church use only.