



THE SPICE

A taste of what's happening for women.

Central Church of Christ
Women's Ministry

girlfriends
unlimited



THE WORD

“Sing a new song to the Lord, for he has done wonderful deeds.”

—Psalm 98:1 (NLT)

THINK ABOUT IT

Two of the most popular Christian songs of all time are “Amazing Grace” and “How Great Thou Art.” List your favorites here—then round up your friends for a sing-a-praise-along!



The Music of Spring

“Hope is hearing the music of the future. Faith is dancing to it now.”
—Unknown

Can you see the buds of April flowers and hear the splash of April showers? Hurray, it's time to celebrate the hope of spring! Green tulip shoots are poking through the melting snow in the north, and the cherry and peach blossoms are popping open in the south. Bye-bye, gray days of winter. Hello, red, yellow, pink, and blue!

“Hope springs eternal” would be an appropriate title for the display happening outside our windows...and inside our hearts. Because, thankfully, Jesus, our eternal hope, never goes out of season. He's always encouraging our hope to grow and our faith to bloom—especially through the dry and difficult seasons of our lives:

“Even the wilderness and desert will be glad in those days. The wasteland will rejoice and blossom with spring crocuses. Yes, there will be an abundance of flowers and singing and joy!” (Isaiah 35:1-2, NLT)

“Flowers and singing and joy!” Hope is the music of spring, the joyous melody of God's eternal love and his promises of blessings given to us.

So let's sing along!

Wait, are you too shy to sing? Don't be, because singing praises to God is not about the quality of the voice, it's about the quantity of the heart. Can't hold a tune? No problem, because faith, hope, and love are the notes God listens to. And singing, an outward expression of faith, also strengthens your inward faith. How? As American evangelist Dwight Moody put it, “If we can only get people to have the words of the love of God coming from their mouths, it's well on its way to residing in their hearts.”

Rejoice with the blooms of spring, sing a new song of praise, and let your heart dance with joy. For God's hope springs eternal!

A Woman of Note



Do you know which Christian woman wrote over 8,000 songs but never made it to the top of the billboard charts?

She may not be famous by today's standards, but **Fanny Crosby** is certainly in the top by God's standards!

Left blind at six weeks of age due to poor medical care, Fanny felt the loss of her sight was a gift from God so she could write songs for his glory. "Blessed Assurance" and "To God Be the Glory" are two of the most popular hymns she penned. Paid on average about two dollars for every song, Fanny never became rich but was certainly rich in her faith. Her first poem, written at age 8, reveals the joy that lived in her heart:

*Oh, what a happy child I am,
Although I cannot see!*

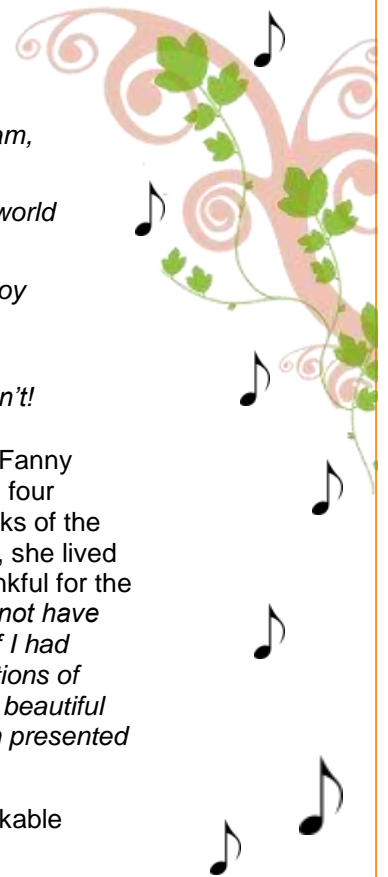
*I am resolved that in this world
Contented I will be.*

*How many blessings I enjoy
That other people don't!*

*So weep or sigh because
I'm blind, I cannot, or I won't!*

When she was 10 years old, Fanny could recite from memory the four gospels and the first four books of the Old Testament! Born in 1820, she lived to be 95 and was always thankful for the gift of her blindness: "I could not have written thousands of hymns if I had been hindered by the distractions of seeing all the interesting and beautiful objects that would have been presented to my notice."

Fanny Crosby—truly a remarkable woman of note.



Music as Medicine

"Take two CDs, and call me in the morning."

Your doctor may not give you a prescription like that anytime soon, but new research is confirming that music is good medicine!

According to U.S. News & World Report, new advances in brain imaging and recent studies show that listening to calming music can actually lower blood pressure, heart rate, and stress levels—and more.

Tess Krappes, a speech language therapist, uses rhythm and music to help people with neurologic problems (like stroke, Parkinson's disease, and dementia) regain their lost ability to speak. She explains, "I will often have a person sing 'Hi, my name is Mary' to the tune of 'Row, Row, Row Your Boat.' It helps them get started and gives them a sense of success."

Actually playing music can have healing benefits too. The U.S. News article reported that one patient who couldn't speak or move

after suffering a spinal injury and stroke received therapy that included vocal and piano training and a few years later had written over 400 songs and recorded three CDs!

So the next time you're overstressed, under the weather, or experiencing a physical health challenge—take your medicine. Listen to, sing, or play music (Christian music is highly recommended for additional benefits), and you'll feel better too!



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Media Morsels



Music Review

Scripture Lullabies: *Hidden in My Heart*

"Of all the enjoyable music written to bring Scripture verses to auditory life, I have never heard one like this...one so absolutely stunning..."

—Jessica Heights, blogger and "Relevant" conference co-host

Take a lullaby journey through Scripture! The powerfully peaceful music of Scripture Lullabies is helping children sleep free from nightmares and is ministering hope and healing to men and woman of every age. Each song communicates the essence and heart of God's Word by weaving Scriptures into music that sounds more like a movie score than a nursery song.

Scripture Lullabies is also music with a mission—a mission to write the Word of God on the hearts of listeners and to help women and young children receive the love of God. To further accomplish this mission, one CD is donated to a crisis pregnancy center for very ten CDs sold.

You can listen and learn more about this music at scripture-lullabies.com.



Movie Review

Amazing Grace

Rating: PG for thematic material involving slavery, and some mild language

Release Date: 2006

Genre: Biography/History/Drama

Runtime: 117 minutes

Amazing Grace is more than just a hymn—it's a life story...

In the late 1700s, William Wilberforce was a great crusader against slavery in Britain. Based on a true story, this movie dramatically portrays the challenges, criticisms, and frustrations he encountered in his attempts to pass a bill in Parliament to abolish the slave trade in the British empire forever. Throughout his twenty-year fight, Wilberforce was supported by his wife, as well as his mentor, John Newton, the slave captain turned priest who wrote the great hymn "Amazing Grace."

Gather a group of friends to watch this inspiring movie and then discuss these questions.

Talk about it:

- If you had faced the challenges that William faced, how do you think you would have responded? What do you think gave him the courage to persevere?
- After watching this movie, what new personal insights do you have about the words of John Newton's hymn "Amazing Grace"?
- How important is William's wife, Barbara, in his continued perseverance for his cause? How is she a portrayal of a Godly wife and friend?

April

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
	Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>		Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>		
10	11	12	13	14	15	16
	Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>		Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>		
17	18	19	20	21	22	23
	Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>		Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>		
24	25	26	27	28	29	30
	Hiker Chicks 5:45 p.m. <i>Upper Room Ministry Center</i>	Women's Bible Study 9 a.m. <i>Upper Room Ministry Center</i>		Women's Bible Study 6:30 p.m. <i>room 2 lower level ministry center</i>		

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