



## 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!

## WOMEN'S MINISTRY GIRLFRIENDS

First Christian Church (DOC)  
16 E Platte Ave  
Colorado Springs, CO 80903



*"Sing a new song to the Lord, for he has done wonderful deeds."*  
—Psalm 98:1 (NLT)

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!

*When your days are filled with boring routines,  
It's time to gather at Buds 'n' Beans.  
We're not too fancy—just wear your jeans  
on Saturday for Buds 'n' Beans.  
Friends and coffee, that's the scene  
When you show up for Buds 'n' Beans.  
**Coming in May!**  
**Watch for more information!***

*gl* **Jewels of the Aisle**

Are you interested in learning to make jewelry?  
Easy projects and variety of materials

To express your interest

Contact:  
Malissa Mackin  
641-2835  
Mackin\_Malissa@hotmail.com

Lenna Fajerman  
719-429-0619  
coloradogirl@pcisys.net

*Changing Hearts  
Changing Lives  
One Day at a Time*



HEY GENTLEMEN! ARE YOU FEELING LEFT OUT? DO YOU HAVE AN INTEREST IN SOME OF THE SAME THINGS WOMEN DO? THEN ASK IF YOU CAN JOIN US! WE HAVE MEN ATTENDING ADDIE'S KITCHEN, TREASURES BY HAND, AND A CLOSET KNITTER FOR PRAYER SHAWLS. YOU ARE WELCOME TOO.

IF YOU HAVE IDEAS FOR DEVELOPMENT OF SMALL GROUPS, AN INTEREST IN DEVELOPING OR HELPING TO DEVELOP A GROUP, CONTACT THE CHURCH OFFICE OR ME, [NORMAN@FIRSTCHRISTINACOS.ORG](mailto:NORMAN@FIRSTCHRISTINACOS.ORG)



**God's  
Wonder  
FULL  
World!**

## SAVE THE DATE !

### CRMR WOMEN'S RENEWAL WEEKEND

"God's Wonder Full World:  
It's not so SMALL after ALL!"

**JOIN US!**

For a weekend of relaxation, rejuvenation and reinvention as we learn how God is working in our lives and the lives of women

**WORLDWIDE!**

Our sessions will highlight keynotes from our Transitional Regional Minister Jose Morales and Women of Faith from our National and Regional offices.

**What:**

CRMR Women's Renewal

**When:**

September 16 -18, 2011

**Where:**

Glen Eyrie Retreat Center, Colorado Springs, CO

**Cost:**

Weekend and Daily Rates Available

**Other:**

Yoga, Women's Workshops, Hiking, Sightseeing and Shopping  
ALL AVAILABLE TO YOU!

### Chick Flickers

**Join us the afternoon of May 7<sup>th</sup>**

**Let's go out as a group to a movie**

**Sign up on bulletin board or email**

**ColoradoGirl@pcisys.net**

## WOMEN'S MINISTRY AT FCC

*We BEFRIEND women, so they feel like they BELONG. Then they will be open to hear about what we BELIEVE, which will open their hearts to BECOME someone different ... a follower of Jesus! To complete the circle, we want women to BEFRIEND others, and help them BELONG, too.*

**Searchers Women's Group** The Wednesday, April 6, luncheon will be at the Colorado Springs Country Club from 12 to 3. RSVPs to Helen appreciated. Cost including tax and tip is \$15 CASH paid that day. Bring your booklets as we will be in a private room where Donna will lead our study. All church women are welcome at Searchers!  
Jan Haley, Searchers President 598-6920

The **Rebekahs Women's Group** will be meeting on Tuesday, April 5th at 7 PM, at Dorthy Smith's home. We will be continuing our Study on Revelation, Apocalyptic Hope for Today, Lesson 6, with Nancy Lingbloom being our leader. Come and bring friends!  
Ginny Grant, Rebekahs President 591-6434

**Card Sharks** are going to do a card and an Easter scrapbook page. Cost is \$5 on April 9th @ 9:30 a.m.  
RSVP with Sara Strawderman.



**Prayer Shawl Ministry at FCC** meets the first Wednesday @ 11:00 in the Parlor for prayer and fellowship. Shawls are created and given to console those who are grieving, comfort those who are ill, bring hope to those in despair and to celebrate life and its milestones.

**Donations to purchase yarn are welcome.**



**Treasures by Hand** are going to **GO GREEN!** We will make Market Totes for ourselves and to sell. Want to help out? All skills needed. We will work assembly line. Can't sew? Come cut or iron for the rest of us. Extras will be for sale. This is the perfect little take-along bag for strolling through open-air markets. The tote features five fat quarters on the outside, sturdy straps, easy construction, and two side pockets for stashing a water bottle and sunglasses.

Lenna Fajerman [coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net)  
719-429-0619  
April 16<sup>th</sup> @ 9:00 a.m.



**Red Hatters** meet one day a month for lunch & social time. Ladies having birthdays that month pick the place & day. All ladies 50 and over welcome. Wear Red Hats & Purple outfits. *Red Hats for the month of April will be hosted by Marilyn Patterson and Pat Barnes. They have chosen the Biaggi's Ristorante Italiano. It will be April 9th at 12:30 noon. RSVP required* Contact Beryl Folsom - 630-2240





**Dough Girls** – Learn to make pie crust, biscuits, pastries, and other baking skills. All while enjoying the fun and fellowship that is always part of the baking process. *Ever tried to make Scones and they turned out like stones? Then join us April 12<sup>th</sup> 7:00 p.m. for light and delicious Scones.* RSVP with Sue Hesser [suehesser@yahoo.com](mailto:suehesser@yahoo.com)



**Piece Makers** will continue to make a Fall table runner. Get supply list from Sue Hesser [suehesser@yahoo.com](mailto:suehesser@yahoo.com). This project will take multiple classes to finish. April 16<sup>th</sup> @ 1:00 p.m.

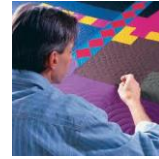


For beginners to intermediates. This class includes warm up exercises, and instruction in basic **Tai Chi** movements, centered breathing, some Chi Gung and Bah Gwa are included. This is a Chinese style of movement for basic good health and exercise. It is also beneficial for those who have joint problems as the movements are slow and controlled.

**Slimnastics** is a core strength building and stretching class for women, using exercises on a floor mat. (bring your own yoga style mat.) There is neither jumping nor aerobics  
Contact Bev Olson 573-2836



**Quilting Group** – 2<sup>nd</sup> and 4<sup>th</sup> Thursday – 9:30 a.m. Room 210



This group meets to make quilts. If you don't know how to quilt, they'll teach you. All the proceeds from the quilters' work are generously given to missions, especially ones that help children and youth.

**TOTS** - This is a unique group of parents that is a multi-congregational support group for parents (grands, dads, etc.), sponsored by First Christian Church and Grace & St. Stephen's Episcopal Church. We meet the first and third Thursdays of each month from 9:30-11:30a.m. **Complimentary childcare is provided.** We share brunch and time together. Our meeting topics vary from Bible Study and Devotional time to crafts and guest speakers.



**Have an idea for a small group? Let us know!**

**ANY TIME YOU NEED CHILDCARE FOR A GIRLFRIENDS EVENT YOU NEED TO CONTACT RAY KILLIAN ONE WEEK IN ADVANCE. PLEASE CALL HIM AT THE CHURCH OFFICE. 633-8888**

**INVITE YOUR GIRLFRIENDS AND NEIGHBORS TO OUR WOMEN'S PROGRAMS. ALL ARE WELCOME!**

*Changing Hearts. Changing Lives. One Girlfriend at a Time.*

## 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!*

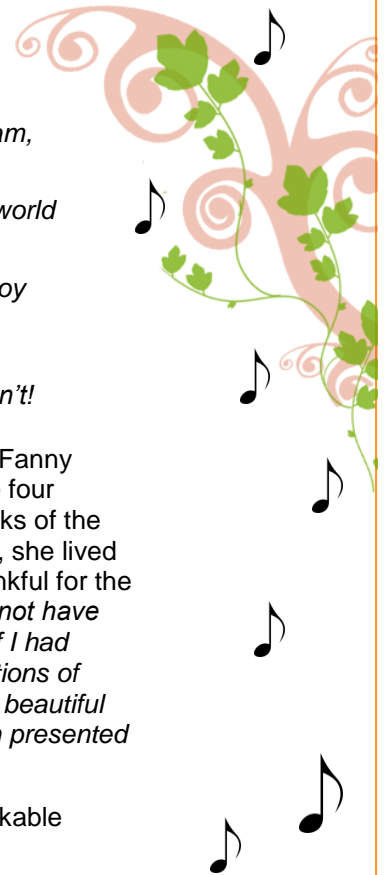
*I am resolved that in this world  
Contented I will be.*

*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

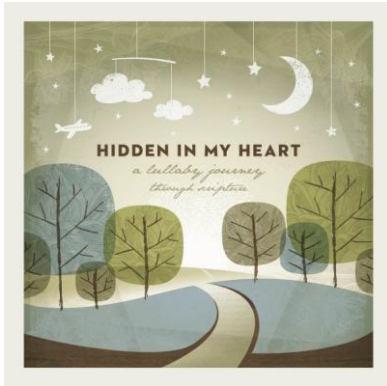
after suffering a spinal injury and stroke received therapy that included vocal and piano training and a few years later had written over 400 songs and recorded three CDs!

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](http://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
					<b>1</b>	<b>2</b>
					<b>6:00 PM</b> Parents' Night Out	<b>1:00 PM</b> Addie's Kitchen
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
		<b>7:00 PM</b> Rebekahs	<b>11:00 AM</b> Prayer Shawl Ministry  <b>12:00 PM</b> Searchers luncheon	<b>11:30 AM</b> Slimnastic <b>12:00 PM</b> Tai Chi  <b>9:30 AM</b> TOTS		<b>9:30 AM</b> Card Sharks Easter page & birthday card <b>12:30 PM</b> Red Hats Women with Attitude
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
		<b>7:00 PM</b> Dough Girls – Scones		<b>9:00 AM</b> Quilters  <b>11:30 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi		<b>9:30 AM</b> Treasurers By Hand – <i>Go Green!</i> <i>Market Bags</i>  <b>1:00 PM</b> Piece Makers – <i>Table Runner cont.</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
PALM SUNDAY				MAUNDY THURSDAY <b>11:30 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi  <b>9:30 AM</b> TOTS		<b>9:15 AM</b> EASTER EGG EGGSTRAVAGANZA <i>Program, crafts, FUN!</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
EASTER SUNDAY				<b>9:00 AM</b> Quilters  <b>11:30 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi		

Dates subject to change. Always check with Funicilator to confirm date and time.

*We can always use more Girlfriends!*

### Contact for more information

Name: Lenna Fajerman  
 Phone: 719-429-0619 (yes, this is a long distance number)  
 E-mail: [coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net)

**THE SPICE**