

February 2014

# 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!



### Women's Ministry

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### THE WORD

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

—Psalm 145:2

### 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 7 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](http://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. Did you know that some Popes have worn red shoes? While Pope Francis opts for black shoes, Pope emeritus, Benedict XVI's bright red loafers drew plenty of attention during his years of service. 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.



Win McNamee/Getty Images

So the red shoes of Pope Benedict XVI were nothing new. But they do make a statement—about faith, not fashion.

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](http://www.redrockonline.com), and check out all the activities, hiking, and concerts available.



clubZone.com



# February

A Taste of What's Happening for Women at Living Hope

| Sun  | Mon | Tue | Wed  | Thurs                                       | Fri             | Sat   |
|--|-----|-----|--|---|-----------------|---|
|  |     |     |  |   |                 | 1   |
| Coming in April: Café Chocolat Ladies Beach Retreat<br>Details at the Women's Ministry Table or online at <a href="#">LHC Women's Ministry Facebook page</a><br>Sign up now before space runs out! |     |     |  |   |                 |   |
| 2  | 3   | 4   | 5  | 6   | 7               | 8   |
|  |     |     |  | Adult Bible Study<br>6pm: The Truth Project |                 |   |
| 9  | 10  | 11  | 12   | 13  | 14              | 15  |
|  |     |     | T.O.W.<br>10:30-noon<br>Ladies Craft Night 7pm | Adult Bible Study<br>6pm: The Truth Project | Valentine's Day | "Kids Night Out" Teen Fundraiser (a.k.a. babysitting) |
| 16   | 17  | 18  | 19   | 20  | 21              | 22  |
|  |     |     | T.O.W.<br>10:30-noon                           | Adult Bible Study<br>6pm: The Truth Project |                 | Supper Seven 5:30pm                                   |
| 23   | 24  | 25  | 26   | 27  | 28              |   |
|  |     |     | T.O.W.<br>10:30-noon                           | Adult Bible Study<br>6pm: The Truth Project |                 |   |

## March Upcoming Events:

Ladies Craft Night- Friday, March 14

Continuing since Feb 12—T.O.W. Training Older Women weekly women's bible study for women over 50, led by Judy Albin

Stay tuned for more details!

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