

Inspired

Faith at Work

STARTS RIGHT HERE
WILL KEEPS

10 HEALTH
BENEFITS OF MUSIC

GIFT OF MY MOM
KARI SCHULTE

MUSIC SOOTHES YOUR BEAST
HEIDI VERMEER QUIST



**"Beautiful music is the art of the prophets
that can calm the agitations of the soul;
it is one of the most magnificent gifts
God has given us."**

Martin Luther





A Higher Revelation...

MUSIC

Where words fail, music speaks.
- Hans Christian Anderson

Virtually every writer I know would rather be a musician.
- Kurt Vonnegut

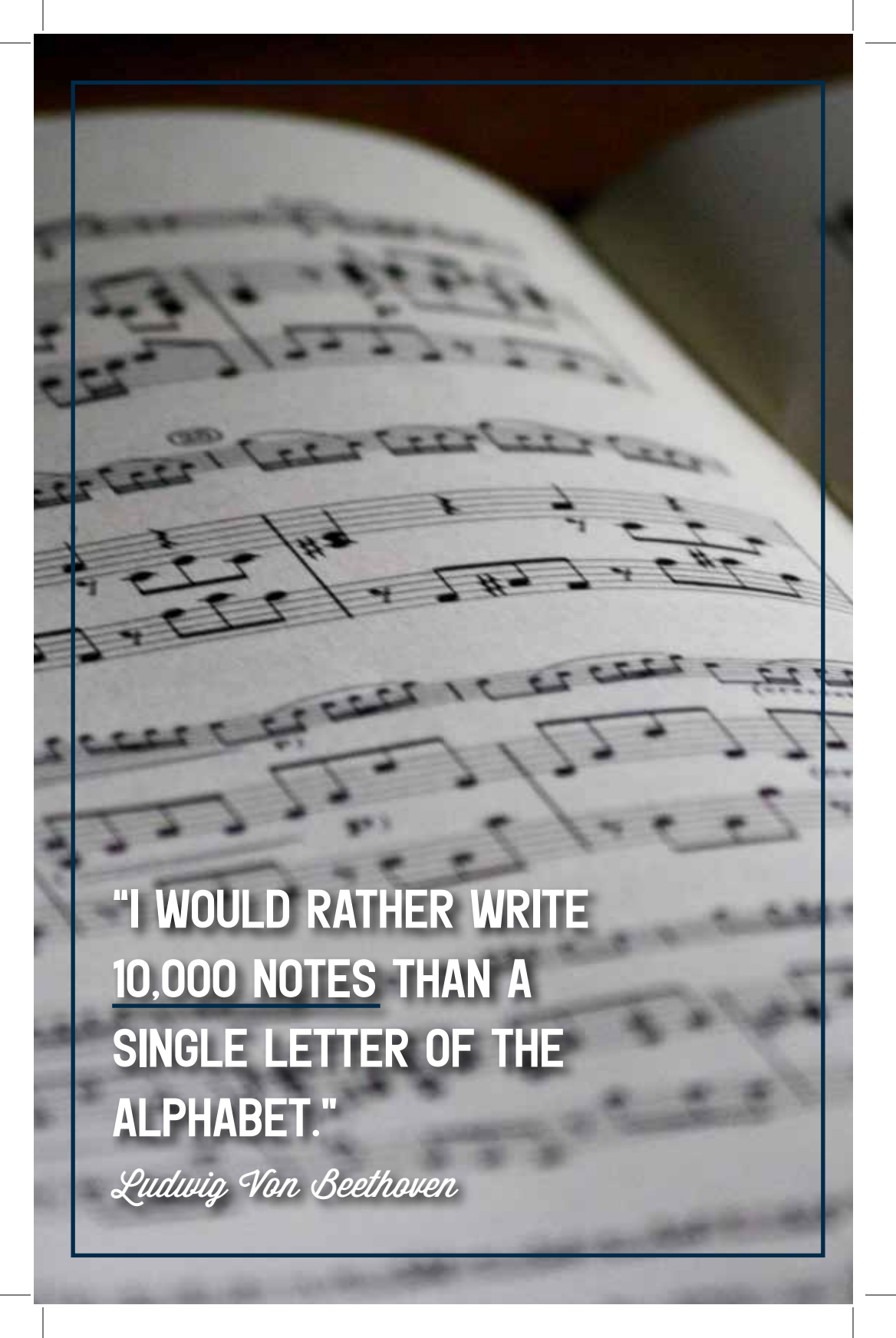
If music be the food of love, play on, give me excess of it...
- William Shakespeare

Easiest way to avoid wrong notes is to never open your mouth and sing. What a mistake that would be.
- Pete Seeger

Music is an agreeable harmony for the honor of God and the permissible delights of the soul.
- Johann Sebastian Bach

Music is... a higher revelation than all Wisdom & Philosophy.
- Ludwig van Beethoven

"Sing and make music from your heart to the Lord." Ephesians 5:19



**"I WOULD RATHER WRITE
10,000 NOTES THAN A
SINGLE LETTER OF THE
ALPHABET."**

Ludwig Von Beethoven



Inspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in God and living a life of integrity every day at home, work and in the community.

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Winter 2019

INSIDE

8

Will Keeps /
Starts Right Here



16

Heidi Vermeer Quist /
Soothe Your Beast



23

Kari Schulte /
Gift of My Mom



28

10 Health Benefits
of Music



In Music and Life...

JESUS IS KING

I know my love of music is not unusual. Millions of us listen to it every day. Some of the world's biggest stars are known for the songs they have composed or for their musical talents and performances. We eagerly spend hundreds of dollars to purchase tickets to see our favorite artists sing our favorite songs.

There's power in music. Love, joy or virtually any emotion can be stirred in your heart through a song in three minutes or less — having you dancing in the aisles or shedding more than a tear or two. Amazing.

Many of us have great memories of music. I still remember my one-line solo in a first-grade elementary concert. (Listening to my brother's transistor radio pulling in WLS radio from Chicago while milking cows on our Eastern Iowa farm. Active in high school band and choir. Attending hundreds of concerts – school, rock, jazz, blues, symphony and opera. Listening with pride to my own gifted kids in school, including a son who now performs opera professionally and teaches voice.)

Even today, church hymns and Christmas carols or playing guitar and singing gospel songs as part of a “band of brothers” we call the Jordan Creek Boys is a highlight. Just in case you were wondering if we are any good, that's not the point.



October 28, 2019 Kanye lighting up NYC Times Square telling the whole world JESUS IS KING!

I like to think of Psalm 95:1 “Let us make a joyful noise to the Rock of our salvation.” Or a quote by Pete Seeger, “The easiest way to avoid wrong notes is to never open your mouth and sing. What a mistake that would be.”

Although no one knows the number, some believe it is not uncommon to know as many as 3,000 songs. How do you explain recognizing songs not heard in years in just a few notes based on the tone and rhythm, bringing back memories of its lyrics and the emotions that go with it?

Then there are those songs that you can't get out of your head — called an earworm, sticky music or stuck song syndrome. A catchy song or tune that repeats in your mind, even though it is no longer playing and you can't shut it off.

Most likely, your favorite song isn't the same as mine nor your favorite artist — but if you are like me, there isn't just one song you could choose as your favorite anyway.

I am excited to see some of the world's greatest performers who have millions of fans following them who are themselves following Jesus — including most recently Kanye West, arguably one of the best-known personalities on the planet. Kanye, who has dedicated his life to follow God, recently released an album titled “Jesus is King.” Not only is he turning heads but also hearts to God and said in an interview, “the only Superstar is Jesus.”

I am proud of my friend Will Keeps who is impacting lives through his testimony and hip-hop music that's reaching our youth in Des Moines. Thanks Will for who you are and what you are doing... and Kanye has it right — Jesus is King!

Reaching Youth for Good...

HIP-HOP MUSIC

Are you hip — you know, “in the know”? Some of us remember that term when we were young...and we wanted to think that at one time or another in our life, we were hip — we knew what was going on. That may have changed as we have grown older...and so it is for some of us when it comes to hip-hop or rap music.

There are so many musical styles in the world, and we have our preferences or favorites. It's easy to quickly judge some styles not particularly cared for simply because we do not understand its roots and appeal.

Hip-hop combines two slang terms. Hip, which means “in the know,” has been a part of African American lingo since the late nineteenth century. Hop represents the hopping movement displayed by hip-hop performers.

Rap is more about the poetry of words and word styles and Hip Hop is more about the music (beats). Still a little confused? So am I and that's okay...

Just as some songs in different genres were about social injustices (i.e. If I had a Hammer / Pete Seger (folk music), Imagine / John Lennon (rock), Black and White / Michael Jackson (pop) and many others... so it is with hip-hop. Songs may be about social injustice, and unfortunately some songs may cross the line with their dark message. But many hip-hop songs are beautiful — about life and love and faith in God.

Let's all be “hip” and see the purpose and positive message in all kinds of music! Will Keeps is reaching youth through hip-hop in Des Moines... and Kanye West is reaching the world in proclaiming his faith in Jesus Christ.

Will Keeps...

IT STARTS RIGHT HERE



William Holmes, aka “Will Keeps,” is from Chicago, Illinois. He was born into a life where at age 7, he was sexually abused by his stepfather and his home was no longer a safe place that he could call “home.” Will was confused, sad, angry and searching for answers. He wanted a loving father and mother who would protect and love him unconditionally.

Unfortunately, like many young boys in similar situations, Will left looking for love and protection by joining a gang called the Blackstones. At just 13, he found himself living the lifestyle of a gang member — going from feeling powerful, cared for and protected to seeing others die.

At age 15, Will witnessed his friend being murdered by a rival gang. When the gun was pointed to Will's head and the trigger pulled, the gun jammed. He was instead almost beaten to death with a baseball bat and cut with knives. Will thankfully survived and that day was the beginning of his journey to save the lives of others.



Will moved to Des Moines in his twenties and began a new life to focus on his legacy. He found his true God-given abilities were helping young people and empowering them to choose a better path — one he wishes he would have had the opportunity to go down when he was younger.

Will is impacting at-risk youth in the Des Moines Public Schools through speaking events that often includes performing songs that inspire and speak truth. His hit song “Wake Up Iowa” means the most to him because it sends a message that violence and hate is not the Iowa way. Instead, we need to learn from other cities, so we don’t end up being ravaged by violence and crime.



Most recently, Will has been making the news with his work through the new nonprofit “Starts Right Here” (SRH). Using

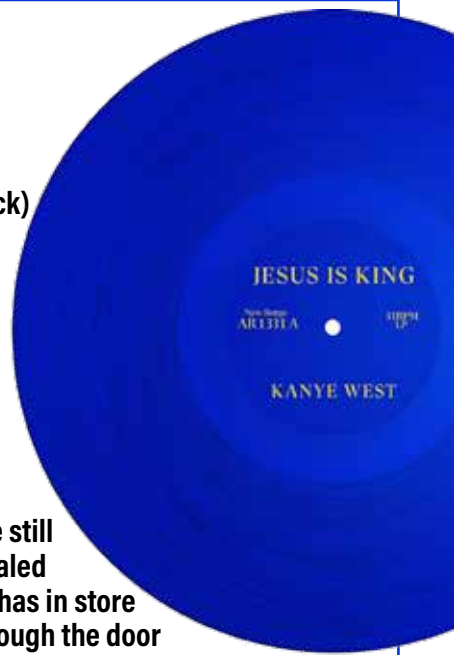
"GOD IS" BY KANYE WEST

God is

My light in darkness, oh \ God, God is
He, He is my all and all (And I'll never turn back)
God is

[Verse]

Everything that hath breath praise the Lord
Worship Christ with the best of your portions
I know I won't forget all He's done
He's the strength in this race that I run
Every time I look up, I see God's faithfulness
And it shows just how much He is miraculous
I can't keep it to myself, I can't sit here and be still
Everybody, I will tell 'til the whole world is healed
King of Kings, Lord of Lords, all the things He has in store
From the rich to the poor, all are welcome through the door
You won't ever be the same when you call on Jesus' name
Listen to the words I'm sayin', Jesus saved me, now I'm sane
And I know, I know God is the force that picked me up
I know Christ is the fountain that filled my cup
I know God is alive, yeah \ He has opened up my vision
Giving me a revelation \ This ain't 'bout a dead religion
Jesus brought a revolution \ All the captives are forgiven
Time to break down all the prisons \ Every man, every woman
There is freedom from addiction \ Jesus, You have my soul
Sunday Service on a roll \ All my idols, let 'em go
All the demons, let 'em know \ This a mission, not a show
This is my eternal soul \ This my kids, this the crib
This my wife, this my life \ This my God-given right
Thank You, Jesus, won the fight



Released October 25, 2019, and debuting at the top of the Billboard 200, Kanye West's "Jesus is King" album is number 1 in the country. Calling this "an expression of the gospel" Kanye's album had the equivalent of 264,000 sales in the United States in its opening week, including 197 million streams and 109,000 copies sold.

the arts, hip-hop music and other programs, Will is breaking down barriers — encouraging and educating young people living in disadvantaged circumstances — to know that they can rewind and start over. SRH recently signed a lease to a building south of Des Moines' downtown to call its home — a place where students can come for help that offers a safe space and education, as well as a place to perform and talk about their problems.

Will's passionate spirit is infectious and has Governor Kim Reynolds, Lt. Governor Adam Gregg, Mayor Frank Cownie, Des Moines Police Chief Dana Wingert, Pastor Al Perez and many other leaders supporting his vision to change the direction of kids' lives through SRH and his music.

To learn more, or join Will and support the "Starts Right Here" movement, go to startsrighthere.org.





THE GIFT OF MUSIC

Of all the gifts God has given us, music is one of my absolute favorites. There's something very pure about the gift of music. God didn't have to make it sound so good when a bunch of guitar strings vibrate in very specific ways, but I'm so thankful he did.

The sound of music itself speaks directly to our hearts. You can hear a handful of notes from a song, and before you've even heard a single lyric, you know how the song will make you feel.

When songwriters put the right lyrics to music, something really special happens. You end up with a piece of art that speaks directly to your heart and mind at the same time. The music makes you feel a certain way, and then the lyrics direct your thoughts.

In the case of the music on Life 107.1, I hope the lyrics direct your thoughts toward the truth, hope and encouragement of whom we are in Jesus Christ.



I saw this happen firsthand the day I learned my cousin — and one of my best friends — died in a car accident. I took the call at 4:45 a.m. and rolled into the studio at Life 107.1 to start a morning show, still feeling stunned and in shock.

And what did I hear?

I heard Colton Dixon, singing, “I bet you feel you’re finally home, walking down those streets of gold.”

In that moment of grappling with the reality of a world without my cousin, I didn’t feel like there was a whole lot of hope. But then there was this song, with words offering such a clear picture of where my cousin was, combined with Colton Dixon’s sad, yet hopeful melody.

I’d be lying if I said the minute I heard that song, all my pain went away. But I will say every time that song comes on Life 107.1, the words remind me that Josh’s story didn’t end at that intersection, and the melody breathes hope into my soul that his story is continuing in a bright and hopeful place.

If you listen to Life 107.1, or if you donate, call the show, fill out music team surveys, and show up at events, thank you. One song at a time, we’re seeing lives changed in Des Moines and central Iowa...mine included!

written by Taylor Hohulin



Mornings at Life 107.1 are here to help you get ready for your day of spreading the hope of Christ in central Iowa. Taylor and Jen are here to uplift you, make you think and make you laugh.



WINTER JAM IS COMING BACK TO DES MOINES!

On Thursday, January 23th at Wells Fargo
Arena, you can see ten bands take the
stage for only \$15!



107.1

life1071.com

What Music Soothes...

YOUR SAVAGE BEAST



“Music soothes the savage beast” is a quote often used to describe how music can sooth our inner turmoil. There is no doubt. Music does soothe. We all have a beast inside our emotional mind, triggered by — real or imagined — threats to our well-being, or perhaps triggered by habits of thinking and behaving, or perhaps triggered by powerful memories. Music can be very soothing, calming and inspiring.

Often people share with me how music helps to calm their emotions and pull them out of their negative funk. A young woman — who never really knew the security of a safe father and more recently bounced around with difficult jobs — described her anxiety as “unmanageable and overwhelming.” When we would talk about her music, however, her anxiety would quickly dissolve. She would breathe slower and join in the sounds and words of songs. I witnessed tears of comfort and smiles of assurance and love she felt through several songs by Casting Crowns, or the song “Control” by Tenth Avenue North.

■ A young man told me that he finds more comfort and counsel from old hymns sung in church than anything. He often reads or plays songs from the hymnbook during his alone time or silently recalls them when driving. He feels hymns like “What A Friend I have in Jesus” and “Great Is Thy Faithfulness” connect him to God and soothes his soul.



In my own life, music has been a great source of peace, joy and connection to God. In fact, I began pursuing music as a profession but then painfully realized that it could not become my “work” and instead needed to remain my “therapy” and way to worship.

Do you find music soothes your savage beast, too? If so, that is wonderful. Just let me give you one recommendation: please be mindful about the music you choose, especially when your emotions are high. I don’t encourage spending time listening





to angry, heart-breaking or depressing music. While that music may feel “right” when we are suffering, generally it’s not as helpful as music that could bring you to a more neutral or — even better — hopeful place. Although that kind of music may be expressive, you may not do well in managing your “beast” if repeatedly exposed to dark, hopeless music. Choose uplifting music that encourages and connects you to the God who made you and loves you, and helps you see the life and love that is right here for you right now.

Playing, singing or just listening to music has consistently been personally and spiritually helpful and therapeutic for me all of my life. During a very difficult transition a few years ago, songs like “Hold Me Jesus” (Rich Mullins), “Breathe” (Johnny Diaz), and “Thy Will Be Done” (Hillary Scott) helped anchor me. Changes in life, losses, worries and grief were



spinning in my mind and choosing to listen to Christian radio or to a comforting or inspiring CD or play list seemed to always help!


How about you? Do you listen to music? Play an instrument or sing? What songs might you add to your playlist that help to ground and encourage you? Maybe ask for some recommendations from someone you trust and respect, and discover new music that has helped others.

God gave us music. As humans we simply take the sounds he made and organize them in beautiful ways. Music is a gift. Be sure to participate in this harmonious gift!



Heidi has released the first two books of a three-book personal growth series called Gardening Your Life (gardeningyourlife.com). Faith and family come first, and Heidi enjoys singing, raising their three kids with her husband, Chad and the joy of each God-given moment.

For more information, please contact
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**"The music is not in the notes,
but in the *silence* between."**

WOLFGANG AMADEUS MOZART

SINGING OR LISTENING, MUSIC BRINGS JOY TO THE WORLD

There's power in music, and that's not just an opinion but from numerous scientific studies. This same gift from God intended to praise Him can calm our spirit and do so much to impact our life.

It is unknown how many songs the average person knows — either memorized or knows well enough to recognize — but it

is well-over one thousand, with some believing it to be several thousand.

Singing in a group has been proven through research to lower stress, relieve anxiety and elevate endorphins — natural hormones that fight pain and bring about a sense of well-being. Music can help severely brain-injured people or those with dementia recall personal memories. Babies remain calm twice as long when listening to a song as they do when listening to a speech.



Even your heartbeat can change and mimic the music you listen to — and listening to music while working out measurably improves physical performance.

There is power in singing, playing or listening to music. The type of music you listen to can affect the way you perceive the world — whether you see the world through the lens filled with hope or hopeless. During the holidays, as Christians we rejoice and sing songs of praise knowing that Jesus is King, and He is the Hope of the world.

Isn't it amazing what a few musical notes arranged with rhythm played on a musical instrument or song with words can do? Especially if we remember Who gave us this gift of music and life!

Joy to the world!

...Jesus said, "...You say I am a king. Actually, I was born and came into the world to testify to the truth. All who love the truth recognize that what I say is true." - John 18:37



The Gift of... **MY MOM**

This story was prepared in a Faith Storytellers Workshop.

An edited version is shared below. Learn more at faithstorytellers.com.

By Kari Schulte



“Your mom has dementia.”

My heart sunk. I sat expressionless, trying to be strong for my mom. I wasn’t surprised. We were already three years in on a journey of confusion and difficulty with everyday tasks.

I guess I just didn’t want to know, or as my husband calls it, “Team Ostrich.”

I was filled with questions. How do we figure out the best treatment for her? How do I tell her she can’t drive anymore? Where do I start to find a safe place for her to live, not to mention cleaning out the home she’s lived in for 26 years?

What about her finances? How will I handle this gracefully, so I don’t upset her? And how am I physically and mentally going to do all of this?

I was so scared — for both of us.



TAKING CARE OF MOM

We went to the car, and I attempted to gently recap the conversation we had with the doctor. She had already forgotten the diagnosis.

I tried to discuss it with an “everything’s gonna be alright” and “we’ve got this” attitude.

The conversation was so sad, and we sat in the car and cried. This was one of those times when I needed my mom, but now she needed me more.

I powered ahead with all the faith I could muster up. And I prayed. Knowing God is the great healer, I asked Him to heal my mom. It was a stretch, but I know God wants us to ask, and I knew it was worth asking.

I had so many emotions. I was full of anger and frustration. I was overwhelmed and exhausted. I was conflicted about spending so much time with my mom and not my own family. And I was sad. So sad that my mom was slipping away.

A NEW ROLE TO FILL

I now had a new identity; in addition to being a daughter, wife and mother, I was a caregiver. This wasn't the "job" I wanted, but a job I knew I needed to fill.

So I left a career I enjoyed to take care of the woman who had always been there for me.

I tried to educate myself about dementia and Alzheimer's disease; I read books and attended seminars and support groups. I talked to anyone I could find who had experience with Alzheimer's to help me understand the disease and where we were headed.

With that knowledge, I actually began to feel empowered to handle my new role!

There are still moments, though. During a recent trip to Minnesota, spending time with my mom was heart wrenching. Most of the time she thought I was her cousin and could not believe I was her daughter. We shed many tears.

At one point she did say "I'm so glad I know that you're my daughter, I've always liked you."

Thank you God for humor!

THE GIFT OF MY MOTHER

For my birthday this year, my husband Rich and I picked my mom up and met my dad to celebrate. My mom didn't really remember it was my birthday leading up to that day, but she handed me a card during dinner.

On the inside she wrote "You are a very special daughter. I love you so much. Thank you God for giving me Kari. Mom"

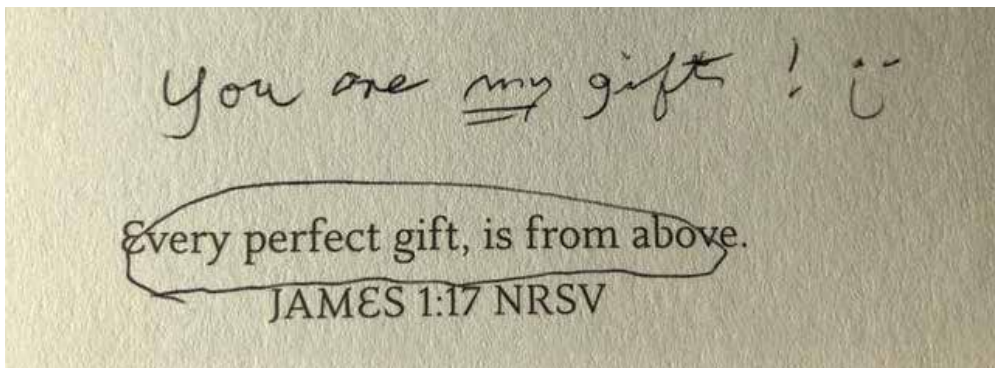
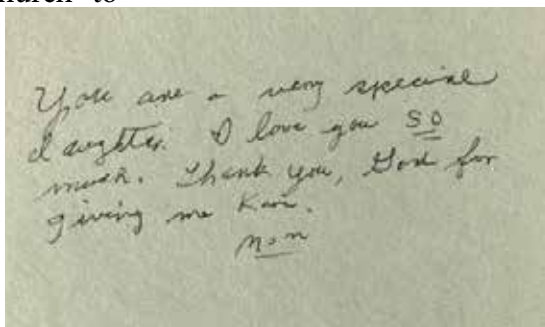
I was overwhelmed. My mom wasn't talking to me — she was talking to God. The lady who I thought only went to church to socialize was talking to God!

She was thanking Him for the gift He gave her 56 years ago. Me!

There may be days when I think I can't go on as a caregiver, and then God shows up in His perfect timing.

My mom's memory is still deteriorating. We recently moved her to memory care, but despite the decline, I believe God will answer my request for healing — when we meet again in heaven.

Until then, I thank God for the gift He has given me. The privilege of taking care of my mom.



EVERYONE HAS A STORY TO SHARE.

In the Faith Storytellers Workshop, which will be released as a Bible Study in 2020, we guide individuals in an intentional storytelling process.

Want to try? Take a moment to prepare a three-part story by reflecting on a time you felt grateful:

1. What prompted you to feel grateful?
2. What does the memory mean to you?
3. Looking back, what do you know to be true about God?

Want to go deeper? Download a complimentary faith storytelling guide at faithstorytellers.com



Mackenzie Ryan is an award-winning journalist, speaker and founder of the Faith Storytellers Workshop, which guides everyday people to tell a story about their faith. Contact her at mackenzie@faithstorytellers.com

faith
STORYTELLERS

A person is seen from behind, standing on a rocky outcrop and looking out over a vast, mountainous valley. The person is holding an acoustic guitar. The valley is filled with green pine trees and winding roads, with distant mountains visible under a dramatic, cloudy sky. The overall mood is contemplative and inspiring.

"MUSIC ACTS LIKE A
KEY TO WHICH THE
MOST TIGHTLY CLOSED
HEART OPENS."

MARIA VON TRAPP

Get Healthy Stay Healthy...

10 HEALTH BENEFITS OF MUSIC

Isn't it interesting how hearing a particular song can bring back a special memory or make you feel happy or calm or pumped up? People are born with the ability to tell the difference between music and noise. Our brains actually have different pathways for processing different parts of music including pitch, melody, rhythm and tempo. And, fast music can actually increase your heart rate, breathing and blood pressure, while slower music tends to have the opposite effect.

While the effects of music on people are not fully understood, studies have shown that when you hear music to your liking, the brain actually releases a chemical called dopamine that has positive effects on mood. Music can make us feel strong emotions, such as joy, sadness or fear — some will agree that it has the power to move us. According to some researchers, music may even have the power to improve our health and well-being.

Though more studies are needed to confirm the potential health benefits of music, some studies suggest that listening to music can have the following positive effects on health.

(Authored by Pfizer Medical Team)



1. IMPROVES MOOD

Studies show that listening to music can benefit overall well-being, help regulate emotions and create happiness and relaxation in everyday life.



2. REDUCES STRESS

Listening to 'relaxing' music (generally considered to have slow tempo, low pitch and no lyrics) has been shown to reduce stress and anxiety in healthy people and in people undergoing medical procedures (including surgery).

3. LESSENS ANXIETY

In studies of people with cancer, listening to music, combined with standard care, reduced anxiety compared to those who received standard care alone.



4. IMPROVES EXERCISE

Studies suggest that music can enhance aerobic exercise, boost mental and physical stimulation and increase overall performance.



5. IMPROVES MEMORY

Research has shown that the repetitive elements of rhythm and melody help our brains form patterns that enhance memory. In a study of stroke survivors, listening to music helped them experience more verbal memory, less confusion and better focused attention.



6. EASES PAIN

In studies of patients recovering from surgery, those who listened to music before, during or after surgery had less pain and more overall satisfaction compared with patients who did not listen to music as part of their care.





7. PROVIDES COMFORT

Music therapy has also been used to help enhance communication, coping and expression of feelings such as fear, loneliness, and anger in patients who have a serious illness, and who are in end-of-life care.

8. IMPROVES COGNITION

Listening to music can also help people with Alzheimer's recall seemingly lost memories and even help maintain some mental abilities.



9. HELPS CHILDREN WITH AUTISM SPECTRUM DISORDER

Studies of children with autism spectrum disorder who received music therapy showed improvement in social responses, communication skills and attention skills.



10. SOOTHES PREMATURE BABIES

Live music and lullabies may impact vital signs, improve feeding behaviors and sucking patterns in premature infants, and may increase prolonged periods of quiet-alert states.

MEMORY AND MUSIC THERAPY

Scientists have long suspected a relationship between memory and music, and there have been some interesting findings to support this idea. Recently, there has been growing interest in the idea that listening to music may benefit people who have memory disorders, such as Alzheimer's disease.

Studies have shown that our memory for music is not centralized in one specific place in the brain but rather it activates a broad network across the brain. This could be why neurodegenerative diseases may leave musical memory intact. In addition, the ability to play music is typically preserved in mild cognitive impairment and the early stages of dementia, due to the fact that this is a skill, based largely on procedural memory (also known as "habit" memory).

While research on this topic continues, there have already been some interesting findings about how music affects both behavior and understanding in people with Alzheimer's. For example, one study found that listening to music seemed to stimulate verbalization, improve recall of some memories and increase relaxation. Another group found that music may improve sleep by increasing levels of melatonin in the body.

Perhaps one of the most common findings across studies is that effects were stronger when researchers played music that was individualized for the listener instead of randomly chosen music. When researchers played music for those with Alzheimer's and chose songs from relevant time periods and the person's favorite songs, people reported less anxiety and depression. In addition, they showed improvement on cognitive tests in terms of overall orientation, language skills and memory!



Excerpt from connect.mayoclinic.org



GRATEFUL FOR... READER'S ENCOURAGEMENT

Our thanks to all readers who voice their support of *Inspired* magazine or contribute to its printing. Encouragement is a good thing and reassures and inspires us!

Following are two recently received... one by mail and the other a voicemail message.

Thank you so much for your Faith at Work Inspired magazine. I pass it on or just mention it to a fellow shopper or wherever I am led to share it with in an instant. We simply love the articles, art / photography and opportunities. Keep up the goodness!
- Jan, Polk City



I was in the doctor's office and had the opportunity to read that little magazine called "Inspired" ... Can you subscribe? If so, I would be interested. This is one of the neatest magazines I have ever read, and its truly inspiring. Who publishes this, I'm not sure — but they do a wonderful job! – Phillip, Des Moines

Phillip has been added to our mailing list, and you can be, too! Always at no cost, *Inspired* relies on donations and other sources of revenue to keep the magazine freely distributed throughout the community and mailed to those who request it!

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Copies are FREE to pick up and take home... as well as mailed to a growing list requesting the magazine to be sent to their home or business. *Inspired* is sponsor supported through charitable gifts.

Inspired is published by Faith at Work, a Christian nonprofit.



THANK YOU

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- Visit FaithatWorkIowa.org to donate online
- Mail your gift to: Faith at Work
5585 NE 16th Street
Des Moines, Iowa 50313

For more information, please contact
Scott@FaithatWorkIowa.org or call (515) 974-5415.

MUSIC FOR THE CLOUDS

There was once a tiny country that was suffering from a long drought. It had gone so long without rain that the people there were starting to go hungry...

It just so happened that a group of musicians were travelling the country, trying to make a living from their concerts. But with so many problems in the land, no one felt like listening to music.

“But music can help overcome any problems,” objected the musicians, without anyone paying them the slightest attention.

So the musicians tried to find out the reason it wouldn’t rain. It was very strange because the sky was overcast, but no one could provide an answer.

“It’s been cloudy like this for many months, but not a single drop of rain has fallen,” people would tell them.

“Don’t worry, we’ll bring rain to the country,” the musicians responded, and they began rehearsing for a concert at the summit of the highest mountain.

Everyone who heard the music was seized by curiosity and went up the mountain. And the conductor of this strange orchestra gave the order, and the musicians began to play.

From their instruments came small, playful musical notes that rose and rose into the clouds. The music was so joyous, happy and fun, and the notes started playing with the clouds’ soft, fluffy bellies, running here and there, up and down and the whole sky turned into one big game of tickle torture. Before long, the giant clouds were thundering with laughter.


The musicians continued playing joyfully, and a few minutes later the clouds, crying with laughter, soaked the little country below with their precious tears, bringing happiness to all.

And in memory of that musical rain, everyone in the land learned how to play an instrument and, taking turns, would go up the mountain every day to bring joy to the clouds with their beautiful songs.

By Pedro Pablo Sacristan

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“...LET US MAKE
A **JOYFUL NOISE**
TO THE ROCK OF
OUR SALVATION.”

(Psalm 95:1)



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