LIVING OUT LOUD
LIVING, LOVING, LAUGHING, LEARNING, LOBBYING

EDITOR'S NOTE
It's spring—that wonderful time of the year when things start to bloom and the birds are singing. The April showers bring the May flowers although lately, this hasn't been happening because of the climate change. Anyway, soon we will be enjoying temperatures in the double digits. Have a safe and happy spring!

DEVOTION
“Today salvation has come to this house, because he also is a son of Abraham; for the Son of Man has come to seek and to save that which was lost” - Luke 19:9, 10.
Salvation is free and it's for everyone, no matter who you are or what you have done. All you have to do is repent and live your life for God.

TAKE ACTION
Add your voice today to the 118 women's rights and human rights organizations and activists from the Muslim world who have written to the leaders of Muslim-majority countries urging them to stand in unity against the persecution of women's rights defenders. Help make equality a reality for Muslim Women by visiting Equality Now.

HEALTH WATCH
Lately we have been adding radishes to our salads. They not only add color but they have these 5 health benefits:

- They are a good source of Vitamin C
- They have anticancer properties
- They support a healthy digestive system
- They have antifungal properties
- They help to reduce Zen effects

Source: Healthism
LEARN A NEW CRAFT

Have you thought of learning a new craft? How about stepping out of your comfort zone and trying one of these ten crafts this year or next? Ten fun crafts you can try are pottery, beadwork, woodworking, jewelry making, miniatures, candle and soap making, paper crafting, knitting, Crochet and Embroidery. Maybe there are other crafts you’re interested in that are not on this list. Find out that interests you and go for it!

Source: The Spruce Crafts

IN THE SPOTLIGHT

Angela Burdett-Coutts was a nineteenth-century philanthropist. She became the wealthiest woman in 1837 when she inherited her grandfather's fortune of around £1.8 million following the death of her stepgrandmother, Harriot Mellon.

She collected paintings and among them was Robert Scott Lauder's Christ Walking on the Sea. She received many marriage proposals. She was a great friend of Charles Dickens and the Duke of Wellington whom she proposed to although there was a great age difference between them. Three years later at the age of 67 she shocked society by marrying her 29 year old American born secretary, William Lehman Ashmead Bartlett, who became MP for Westminster and changed his surname to Burdett-Coutts.

Angela spent most of her wealth on scholarships, endowments, and different philanthropic causes. The most notable cause was Urania Cottage the home she co-founded with Charles Dickens for young women who had "turned to a life of immorality", including theft and prostitution. And she took great interest in improving the condition of indigenous Africans, the education and relief of the poor and suffering in any part of the world. In 1871, she was made a baroness by Queen Victoria for her work on behalf of her charitable work.

She died of acute bronchitis. Her friend, Charles Dickens dedicated his novel Martin Chuzzlewit to her.