

UNCOMMON *Beauty*



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*7 qualities of a
beautiful woman*

CYNTHIA HEALD

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Uncommon Beauty: 7 Qualities of a Beautiful Woman

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*I lovingly dedicate this book on inner beauty
to the lovely young women in our family:*

My daughters, Melinda and Shelly, and
My daughters-in-law, Cathy and Brenna.

How blessed I am that each of you is uncommonly beautiful.

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❖* *A Certain Something*

*You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing.*¹

MARIE STOOPS

In a delightful scene in my favorite novel, *Pride and Prejudice*, the characters discuss the attributes of an “accomplished” woman. Miss Bingley observes, “A woman must have a thorough knowledge of music, singing, drawing, dancing, and the modern languages, to deserve the word; and besides all this, she must possess a certain something in her air and manner of walking, the tone of her voice, her address and expressions, or the word will be but half deserved.”²

While Miss Bingley was rarely insightful, in this

instance I agree with her statement. To be considered truly accomplished—talented, cultured, elegant, or competent—a woman must have “a certain something” in her air: an air of dignity or an air of security in who she is as a person. She is set apart as special, not only by what she has achieved, but also by her conduct or bearing. She has an indefinable quality, “a certain something,” that enhances her accomplishments.

The same can be said of the attributes of a “beautiful” woman. For just as Jane Austen reminds us that performance alone does not necessarily make us accomplished, I think that physical beauty alone does not necessarily make us beautiful.

Growing up, I remember hearing the old adage “Beauty is as beauty does.” What I understood from that saying is that although someone might be attractive physically, how that person lived really determined whether or not she was beautiful. Often a woman’s actions and reactions can easily negate any outward beauty she might have.

Just as a woman’s lack of inner character can mar her good looks, a beautiful soul can render a plain face lovely. Ruth Graham’s Chinese nanny is a good example. Wang Nai Nai was depicted as “a homely old soul.” Ruth



describes this plain-featured woman: "Her nose was unusually broad and flat, and there was a mole on the side of it. Her eyes were little slits with short eyelashes, framed by laugh wrinkles. Her mouth was wide and kind. A peasant's face. A pleasant peasant's face. Mother was right. She was a homely old soul. But what did that matter; she was loving. I would have sworn her beautiful."³

The truth of Ruth's perceptions is reflected in Shakespeare's writings: "O! How much more doth beautyauteous seem, by that sweet ornament which truth doth give!"⁴ Indeed true beauty is recognized by authenticity and sincerity of character.

A French proverb also echoes that thought: "Beauty, unaccompanied by virtue, is a flower without perfume."⁵ Beauty that blesses is beauty that leaves a sweet fragrance. Decades later Ruth Bell Graham remembered Wang Nai Nai with tenderness: "We children loved her. Everyone did."⁶

*Beauty that blesses is beauty that
leaves a sweet fragrance.*

Probably since the beginning of time, outward beauty has been extolled and prized. Even the Bible



tells us that “People judge by outward appearance.”⁷ Our culture is no different.

I remember my high school yearbook had a special section titled, “You’d know our school by its beauties.” Over one hundred photographs were sent to Joe Pasternak, a Hollywood motion picture producer, and he had the assignment of choosing the nine most beautiful girls for the year. These nine photos were probably the most popular section of our yearbook, more so than the pictures of the different classes, sports teams, and various clubs and activities. Beauty was clearly valued and defined by physical attributes alone.

Today we publicize and honor the “100 Most Beautiful.” Every facet of the beauty industry advertises and entices women to become as beautiful as possible. If we do not consider ourselves attractive, then we have the options of cosmetic surgery, makeovers, diets, and beauty treatments of every description.

We have even become a society accustomed to “air-brushed” beauty. I smiled at the story of Elizabeth the Queen Mother, who was selecting a photograph from a recent sitting. Cecil Beaton, the photographer, suggested that he could have the picture discreetly retouched to conceal a few wrinkles. The Queen Mother rejected his



suggestion. "I would not want it to be thought that I had lived for all these years without having anything to show for it," she explained.⁸ Her response is refreshing in light of our seeming obsession with looking young at all costs.

We need to pay attention to our outward appearance, but not to the extent that it overshadows our concern for inner beauty. Herbert Spencer remarked, "The saying that beauty is but skin deep is but a skin-deep saying."⁹ Inner beauty bestows on us that "certain something" that sets us apart, gives our life meaning, and graces us with beauty even when we are sixty.

Inner beauty bestows on us that "certain something" that sets us apart, gives our life meaning, and graces us with beauty even when we are sixty.

It is this inner loveliness that I have chosen to call *uncommon beauty*. It is uncommon because it is rare and not readily discerned. It can be sensed and observed only in a woman's conduct or bearing. It is a refreshing "air" that attracts and causes others to look past our physical attributes and appreciate who we really are inside.



Perhaps it is time again to examine several “sweet ornaments of truth” that will encourage women to pursue and cultivate that elusive beauty or special *air* that can spring only from our character—the “beauty beauteous.”

When I think about a woman whom I admire and consider to be beautiful, I tend to think first of her inner qualities—whether she is gracious, considerate of others, courageous, wise. Beauty, to me, is seen in a woman whose face mirrors her acceptance of who she is, her contentment with where she is, and her enthusiasm for people and life.

*Beauty, to me, is seen in a woman
whose face mirrors her acceptance of who
she is, her contentment with where she is,
and her enthusiasm for people and life.*

Because I value inner beauty, I have chosen to examine seven qualities that I think make a woman beautiful: passion, wisdom, integrity, selflessness, graciousness, contentment, and courage. I chose seven because the number represents wholeness and



completeness. The traits I chose came from my own reflections as well as conversations with women and men in response to my question, “What comes to your mind when you hear the phrase *a beautiful woman*?” Certainly other qualities could be considered, but after careful contemplation I felt that these seven characteristics are at least a good foundation for a discussion about inner beauty.

To make these seven qualities come to life, I have chosen key women from history, literature, the Bible, and our society to illustrate each of these attributes. It was a painstaking process to choose representative women for each section, for if I have learned nothing else, I have discovered the incredible impact that so many “beautiful” women have made on our world. I also realized that most of the women I chose exemplified several if not all of the qualities. It seems that each attribute tends to strengthen and encourage the growth of the other qualities.

I tried to narrow most of my choices to what I would call “ordinary” women—women with whom I could readily identify. I avoided choosing women who were unusually gifted in music, art, or literature. I wanted women who could be easily emulated, for



my desire is that the lives of these women will inspire anyone, no matter how young or old, to say, "I want to develop these qualities in my life. I want to be in the process of becoming a woman of uncommon beauty."

Although the women we will discuss were ordinary, they became beautiful by choosing to live extraordinarily. They were comfortable with who they were, they rose above their circumstances, and they persevered. Their lives have encouraged me to take risks, to seek wisdom, and to live selflessly. It is so easy for me to get caught up in my own world and to seek comfort for myself alone. It is easy for me to focus more on my outward appearance than to develop gracious character. But as I have studied the lives of these women, I have learned that lasting beauty is bestowed on those who possess qualities that impart "a certain something," qualities that are the "soul's own doing," which can only be described as uncommonly beautiful.

*Though we travel the world over to find the beautiful,
we must carry it with us or we find it not.*¹⁰

RALPH WALDO EMERSON



Questions for Reflection and Discussion

1. Complete this sentence: A beautiful woman is someone who . . .
2. When you think about beauty, what qualities come to mind?
3. What are your thoughts about the emphasis our society places on physical beauty?
4. What stereotypes does our culture give us of beauty?
5. To what extent do you think we should be concerned about our physical attributes?
6. In your experience, who models or has modeled uncommon beauty for you?



7. Are you comfortable with your physical appearance?
Why or why not?

8. How do others view your inner qualities?

9. In what ways would you like to become an uncommonly beautiful woman?*

*To facilitate group discussion and personal study, see pages 171-74 for Scripture verses related to each chapter in the book.





CHAPTER 1 *Passion*

*Far away, there in the sunshine,
are my highest aspirations. I may
not reach them, but I can look up
and see their beauty, believe in
them, and try to follow them.¹*

LOUISA MAY ALCOTT

Linda was not what you would call pretty, but she was attractive because of the warmth and energy I sensed as I talked with her. I met her several years ago at a conference and was immediately captivated by her spirit of adventure and zest for life.

As a young adult, Linda determined that each year she would explore a new challenge. She wanted to expand her horizons, to experience life to

its fullest. She hiked popular trails, took a variety of courses at a nearby college, learned to fly-fish, traveled to prominent historical and recreational sites, and learned a new language. The year I met her, she had signed up to skydive. As I left her, I thought, *She has uncommon beauty.*

It was refreshing to meet someone who was adventurous and eager to grow. As I reflected on Linda's life, I realized it was *passion* that propelled her beyond her comfort zone to experience the world around her. She was not willing to let life settle into a tedious routine. I think Linda's desire to embrace life is what drew me to her and is what made her beautiful in my eyes.

It resonates with Linda's passion. I, too, want to make the most of the life I have. If it's possible to have a new experience or to learn something interesting, then I want to do it. I don't want life to pass me by. I don't want to come to the end of my life and have regrets for not living as fully as I could have lived.

A few years ago my husband, Jack, and I hiked the thirty-three-mile Milford Track through the wild fjord country of New Zealand. The challenging trail is considered to be one of the finest walks in the world. Although the three-day hike was strenuous, the majestic



scenery was well worth our effort. The cascading waterfalls, glacially carved valleys, alpine flowers, and native birds left us with treasured memories. Jack and I are so glad we made the trip—before we were too old to walk!

The word *passion* is commonly equated with ardent romance, but this strong, energetic word can be used to describe the intense feelings and convictions we

Main Entry: pas-sion

Pronunciation: 'pa-shən

a: emotion **b:** ardent affection **c:** an intense desire, feeling, or conviction **d:** fervor
e: zeal **f:** ardor **g:** enthusiasm

have about life. When I think of a woman who has passion, I think about her zest for living, her sense of purpose, and her desire to grow. A passionate woman radiates a confident “aliveness,” an underlying excitement for life.

A woman who is passionate knows why she gets up in the morning. She is motivated to experience life as fully as she can and to remain hopeful in the midst of a busy and discordant world. Her passion propels her to reach for her highest aspirations, and it is this desire that produces a sparkle of inner beauty—the “beauty beauteous,” as Shakespeare wrote.

I have an acquaintance who differs from Linda in every way. This woman is physically very attractive. Her



hair shines, her clothes are stylish, but she lacks passion. When I am around her, she seems to be apathetic and bored with life. For various reasons this woman has chosen to create her own little world within herself. She expects life to come to her. She is not proactive but is complacent and complaining. She projects an “air” of indifference and pessimism. Her physical beauty pales in the presence of her joyless and purposeless spirit. Because her heart is without passion, her world is small.

*The world stands out on either side
No wider than the heart is wide;
Above the world is stretched the sky,
No higher than the soul is high.²*

EDNA ST. VINCENT MILLAY

Passion to Explore

I vividly remember the January morning in 1986 when the space shuttle *Challenger* exploded just seventy-three seconds after blastoff. I had just dropped off my parents at the airport, turned on the radio, and heard the stunning, tragic news. Along with the rest of the nation, I was more aware and interested in this shuttle launch because of Christa McAuliffe, the first civilian and



teacher to fly aboard a shuttle. I was intrigued with this adventuresome and engaging young woman. Because I had also been a teacher, her passion for learning and her willingness to widen her world captured my heart.

In 1984, when the National Aeronautics and Space Administration wanted to revive interest in the space program, they considered allowing an ordinary citizen to be trained as an astronaut. They wanted a person who could communicate enthusiasm and the significance of space travel. President Reagan decided it should be “one of America’s finest, a teacher.”

Christa’s friends encouraged her to apply to the Teacher in Space program. After completing an eleven-page application, she became one of 11,500 applicants. She was surprised when she was chosen because many of the people who applied were accomplished scholars. She considered herself to be just an average woman. And in a way she was. This mother of two children was a typical suburban woman who taught in high school, played tennis, and volunteered at the local hospital.

But Christa had “a certain something” that set her apart from others. The students of Concord High School in Concord, New Hampshire, flocked to her



social studies classes in order to learn from this enthusiastic, passionate teacher. They considered her an “inspirational human being, a marvelous teacher who made their lessons come alive.”³ Because Christa believed in providing hands-on learning experiences, she was known as the “The Field Trip Teacher.”

Christa was eager to go on the shuttle mission. When she was interviewed, she said, “I think just opening up the door, having this ordinary person fly, says a lot for the future.” Christa began training in the fall of 1985, and after 114 hours of instruction she was ready to take, in her own words, the “Ultimate Field Trip.”

Christa McAuliffe personified passion: a zest for life, a desire to grow, a confident aliveness. Her mother, Grace Corrigan, wrote, “Christa lived. She never just sat back and existed. Christa always accomplished everything that she was capable of accomplishing. She extended her own limitations. She cared about her fellow human beings. She did the ordinary, but she did it well and unfailingly.”⁴

*Passion is doing the ordinary well
and unfailingly.*



What an ideal definition of passion: doing the ordinary well and unfailingly. These words perfectly describe Christa. Her zeal for making her life count reinforced her legacy of doing the ordinary thoughtfully and faithfully. Like Edna St. Vincent Millay, Christa knew that her world could be no wider than her heart and that she could experience life only as fully as her soul would allow. Although Christa lived to be only thirty-seven years old, she will be remembered as a passionate young woman who far away there, in the sunshine, reached for her highest aspirations.

You don't get to choose how you're going to die. Or when. You can decide how you're going to live now.⁵

JOAN BAEZ

Passion for What Is Right

One woman who decided how she was going to live was Mary Harris "Mother" Jones. Around the turn of the twentieth century this widow and seamstress unrelentingly worked to better conditions for the common laborer, particularly miners. She was called the "miner's angel" because she tirelessly fought for shorter hours, better pay, and the right of workers to unionize. "She was a true



folk heroine, the 'Jeanne d'Arc of the miners.'" Mary "was a benevolent fanatic, a Celtic blend of sentiment and fire, of sweetness and fight." She believed that "the militant, not the meek, shall inherit the earth."⁶ Mother Jones was passionate!

Another woman with a passion for what is right was Ida Bell Wells-Barnett. Ida was born into slavery six months before the signing of the Emancipation Proclamation. She was an ardent and outspoken advocate for black civil and economic rights as well as women's rights. "Her fiery and fearless one-woman crusade to end the infamous practice of lynching makes her especially worthy of recognition. . . . Her courage and lifelong commitment to racial justice have made her one of the most preeminent black leaders of all time."⁷ Certainly Ida left the world better and more beautiful because of her passion for human rights.

Another woman whose passion had an impact on issues of human rights was Dorothea Lange, a photojournalist hired by the War Relocation Authority during World War II to take pictures of the Japanese-Americans sent to internment camps after the bombing of Pearl Harbor. Dorothea used



her passion for photography to capture not only the stark realities of the armed camps but also the raw courage of the detainees. Her photos were so real that the government—her employer—censored many of them. After her death, her photographs were exhibited in the Whitney Museum. When A. D. Coleman, a *New York Times* art critic, visited the exhibit, he wrote, “Lange’s photographs . . . convey the feeling of the victims as well as the facts of the crime.” Dorothea’s passion helped people see the truth.

These passionate women not only helped others to see the truth but also *lived* the truth. Passion is like that. When we are deeply passionate, we take on the world and take no thought about ourselves. We willingly strive and even sacrifice for what is good and right, and in the process we become uncommonly beautiful.

*When we are deeply passionate,
we willingly strive and even sacrifice
for what is good and right.*

What if you believed something passionately but knew that if you followed your belief, you would be



defying authority and could die as a result? What would you do? Would you have the courage to follow your conscience?

Antigone, the main character in Sophocles' ancient play *Antigone*, was caught in a moral dilemma. Both of her brothers had died, but the king decreed that only one of the brothers could receive a proper and honorable burial. Antigone could not bear the thought that her other brother, whom the king perceived to be a traitor, would not be buried. His body would be left to decay, exposed to the animals and sun. To complicate matters, the king ordered that anyone who buried this man would be put to death.

What was Antigone to do? Compelled by her belief that moral law is higher than human law, she chose to violate the king's command and bury her brother, knowing she might die as a result.

When confronted with unfairness and a violation of rights, Antigone nobly chose to value what was right over what was decreed. Her passion compelled her to commit what she called a "crime of devotion."

Although Antigone ultimately took her own life, she had no second thoughts. These are among her last words:



No, I do not suffer from the fact of death,
But if I had let my own brother stay unburied
I would have suffered all the pain I do not feel now.⁸

Antigone's sacrifice may seem extreme and unmerited in today's world, but her burning desire, her passion to remain true to her conscience rather than conform to society, challenges me to live truly and boldly in my world.

It is interesting that during World War II, a version of *Antigone* was rewritten and used to strengthen and encourage the resistance against the Nazis. Her courage, her fervency to stand for what is right, emboldened the spirits of those who were fighting injustice.

*People living deeply have no fear of death.*⁹

ANAIS NIN

Passion for People

Just as the Japanese-Americans whom Dorothea Lange photographed were forced to leave their homes because of their racial and ethnic heritage, Priscilla was forced out of her home because she was a Jew. In AD 50, the Roman emperor expelled all Jews from



Rome, creating chaos in the lives of Priscilla and her husband, Aquila.¹⁰

Feeling the sting of persecution, she packed her belongings and left everything she knew—her home, her friends, and her familiar surroundings—to find refuge in a foreign country. After a thousand-mile journey, she and her husband settled in Corinth, a Greek city known for its wealth, luxury, and immorality. They knew very few people in the city and were forced to start over.

Instead of bemoaning her fate, Priscilla turned to the things she was passionate about: her faith and her love for people. She opened her heart and her home to people who needed friendship and encouragement.

Priscilla and Aquila were successful tentmakers by trade, and they immediately set up shop in their house. They met another tentmaker, a Jew named Paul, who was unmarried and needed the comfort of a home. He experienced Priscilla's warm hospitality when he lived and worked with them for a period of time. I can only imagine the number of people who knocked on her door—those coming to have tents made or mended, and those who came to visit with the great teacher, the apostle Paul.

After traveling with Paul to the city of Ephesus,



Priscilla and her husband established a church that met in their home. They later returned to Corinth and eventually to Rome, where in both places they welcomed into their home a congregation of believers. Persecution was still a real threat, and the couple faced great risk as they ministered to many people. I believe that it was Priscilla's passion for life that enabled her to graciously labor alongside her husband, to entertain, and to encourage many people in their faith.

Paul mentioned in his letter to the Roman church that Priscilla and Aquila had risked their lives for him. It is not clear what Paul was referring to, but it has been suggested that perhaps during the Ephesian riots, Priscilla and her husband had saved Paul from harm or death. A loving wife, a humble tentmaker, an ardent follower of Christ, Priscilla personified passion throughout her life.

Each in her own way, Christa, Antigone, and Priscilla rose to the occasion and reached for their highest aspirations. Each was defined by passion. Each illustrated the truth that a woman does not have to be known as a beauty to be considered beautiful. Passion adorns when it is deeply embedded in the heart and arises freely to grace its bearer.



*We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies.*¹¹

EMILY DICKINSON

Passion out of Balance

The women whose stories we've examined are remembered with affection because their passion consisted of a courageous fervency that enriched their lives and the lives of others. Their passion did not *dominate* their lives, but it permeated and guided their everyday decisions. Their zest for life—kept in balance—produced an uncommon beauty.

Sometimes the beauty of passion is its subtlety. An overly passionate woman is often too eager, too forceful, and extreme in her beliefs. I am not especially drawn to excessive personalities who tend to focus exclusively on their wants and special interests.

Barbara became just such a person after she volunteered with a certain charity. Her admirable desire to help soon dominated her life, and she lost all sense of perspective. She neglected her family. She ignored her friends and turned every conversation into a commer-



cial for her cause. Her extreme drivenness did not beautify; it actually made her unattractive.

Another woman whose passion was out of balance was Queen Jezebel. Driven by her self-centeredness, this queen used her passion to get whatever she wanted. She had an innocent man killed because he would not sell some land her husband wanted. She was so intimidating that the prophet Elijah ran for his life because the queen had sworn to have him killed within twenty-four hours. In writing about women in the Bible, Herbert Lockyer said of Jezebel, "A gifted woman, she prostituted all her gifts for the furtherance of evil, and her misdirected talents became a curse."¹² Jezebel's passion was tragically out of control, and it produced a woman who is remembered with contempt.

Becoming a Passionate Woman

How can we become passionate women? How can we acquire or develop a poised, passionate spirit? Unfortunately, we can't just decide, "I will now be a passionate woman." But we can examine our lives by asking a few questions: What do I get excited about? Why do I get up in the morning? What social concerns or causes stir my



passion? In what aspects of my life do I want to grow? What have I always wanted to do?

As we answer these questions, we can begin to awaken a passionate spirit. Passion is choosing to do what you really are enthusiastic about. And sometimes the fulfillment of your passion may take a lifetime. My friend Suzanne has taken almost twenty years to get a graduate degree in archaeology. As time allowed, in the midst of raising her children, she studied, took classes, and pursued her passion. At age seventy-five Marie, a widow, enrolled in a ballroom dance class, thus fulfilling a lifelong desire. Linda determined to pursue one new interest a year—a skill, a craft, a language, a trip. She was flexible so that her choices were determined by the circumstances of her life at the time.

Passion is choosing to do what you really are enthusiastic about.

Passion is realizing you don't want just to exist; you want to be engaged in life in some way. When I was a young woman, I wanted to become accomplished in some field, possibly literature or history. So, newly



married and recently graduated from college with a degree in English, I convinced my veterinarian husband to accompany me to a Great Books course at the local library. This was the beginning of my lifelong enthusiasm for reading and studying. My passion to read is most accommodating, for I have been able to read in the midst of raising four children, helping my husband deliver puppies, traveling, and being involved in various activities.

You can nurture a passionate spirit by deciding to embrace your life and to live as fully as you can. Listen to Sara's philosophy about life: "I pursue what scares me. I always ask myself, 'If you were afraid, would you do it?'" And if the answer is yes, I take a breath and go for it.' Such thinking led Sara to pursue stand-up comedy when she was afraid of public speaking and climb the side of a hot air balloon at 10,000 feet when she was scared of heights."¹³

Passion is knowing what your purpose is and being true to what you know is right. It is allowing an inner fire to ignite your spirit and warm your soul and all others that you touch. After Christa McAuliffe married, she continued her education by earning a master's degree. She taught law, economics, and



American history to her students. She also developed a course entitled “The American Woman.” She had no idea at the time that she would become an American woman who would be remembered and honored for decades.

Passion is knowing what your purpose is and being true to what you know is right.

Each of the women we have read about in this chapter reached for her highest aspirations, and in her own unique way her stature “touched the skies.” Any woman who grasps the “sweet ornament” of passion is in the process of becoming uncommonly beautiful.

Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather a skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming, “Wow! What a Ride!”¹⁴

HUNTER S. THOMPSON



Questions for Reflection and Discussion

1. Do you agree that passion can make a woman uncommonly beautiful? Why or why not?
2. When you think about passion, what qualities come to mind?
3. What stereotypes does our culture give us of passion?
4. In your experience, who models or has modeled passion for you?
5. In what ways do other people consider you to be a passionate woman?



6. In what ways would you like to become a passionate woman?

7. What steps can you take to nurture passion in your life?



Notes

A Certain Something

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4. William Shakespeare, *The Sonnets* (New York: Gramercy Books, 1991), Sonnet LIV, 52.
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7. 1 Samuel 16:7.
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2. Edna St. Vincent Millay, "Renaissance," in *The Last Word*, comp. Carolyn Warner (Englewood Cliffs, N.J.: Prentice Hall, 1992), 306.
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7. *Ibid.*, 96–97.
8. Sophocles, *Antigone*, trans. Richard Emil Braun (New York: Oxford University Press, 1973), I. 571–73.
9. Anais Nin, in *She Said, She Said: Strong Words from Strong-Minded Women*, comp. and ed. Gloria Adler (New York: Avon Books, 1995), 40.
10. Read Priscilla's story in Acts 18.
11. Emily Dickinson, "XIV. Aspiration," in *The Last Word*, comp. Carolyn Warner (Englewood Cliffs, N.J.: Prentice Hall, 1992), 53.
12. Herbert Lockyer, *All the Women of the Bible* (Grand Rapids: Zondervan, 1996), 74.
13. Sara Blakely, in *The Trident* 115, no. 3 (Spring 2006): 41.
14. Hunter S. Thompson, see www.quotationsandsayings.com.

Chapter 2: Wisdom

1. Sandra Carey, in *She Said, She Said: Strong Words from Strong-Minded Women*, comp. and ed. Gloria Adler (New York: Avon Books, 1995), 154.
2. Proverbs 11:22.
3. Proverbs 8:11.
4. William Richmond, *The Richmond Papers*, in Deborah G. Felder, *The 100 Greatest Women of All Time* (Oxford, England: Past Times, 1998), 76.
5. Quoted from *Selections from The Arabian Nights*, trans. Sir Richard Francis Burton (Garden City, N.Y.: International Collectors Library, nd), 12.



✿* *About the Author*



Cynthia Heald uses her speaking engagements, Bible studies, and books to encourage women around the world to deepen their relationship with God. In addition to her popular *Becoming a Woman Of . . .* Bible study series, which includes the best-selling *Becoming a Woman of Excellence* and *Becoming a Woman of Freedom*, Cynthia has also written *Abiding in Christ: Becoming a Woman Who Walks with God*, a Gold Medallion-winning devotional. Her husband, Jack, joined her in writing two Bible studies about marriage: *Loving Your Wife* and *Walking Together*. Cynthia's

other nonfiction books include *Maybe God Is Right after All*, *A Woman's Journey to the Heart of God*, and *When the Father Holds You Close*.

When Cynthia is not writing or speaking, she loves to spend time with Jack and their four children and eight grandchildren. She is an avid reader, especially of the classics. Cynthia enjoys taking bubble baths, having tea parties, and eating out.

Cynthia and Jack are full-time Navigator staff members in Tucson, Arizona.

