

# Sisters for Yah

## Without

Without music our hearts would be hollow chambers of silence.

Without books our minds would be shorn of the challenge of achievement .

Without love our souls would be empty of joy.

Without children our future would be lacking the promise of peace.



Without prayer our days would be barren of beauty, our nights void of hope.

Without [Yahweh] our lives would be fraught with feelings of fear.

Without friends our years would be parched deserts of loneliness.

—by Wm. Arthur Ward

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## Practical Applications Of The Golden Rule

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it.
4. If you break it, repair it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you use it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to somebody else and you want to use it, get permission.
11. If you don't know how to operate it, leave it alone.
12. If it doesn't concern you, don't mess with it.

(Author unknown)

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## Forgiveness

### **Power of Forgiveness**

In Matthew 18, Peter asked [Yahshua] a question about forgiveness. [Yahshua's] response was a parable about the necessity and the benefit of forgiveness. Forgiveness is a must for a life worth living. A forgiving spirit conquers anger, hatred and bitterness.

### **Receive**

How do you receive forgiveness? First you admit you are wrong. You then ask for and accept forgiveness from the appropriate person. Admission and confession paves the way for receiving the freedom of forgiveness.

### **Give**

In Matthew, [Yahshua] describes forgiveness as a two way street. Not only do we need to receive forgiveness but we also need to grant forgiveness. Forgiving another is a by-product of genuine love.

### **Claim The Benefits**

Forgiveness is a divine ingredient for salvation (1 John 1:9). It is the only remedy for guilt. We receive [Yahweh's] forgiveness; we request human forgiveness; and then we grant self-forgiveness. Forgiveness also releases resentment. To forgive is an act of compassion, a sign of being [like Yahshua] and a necessary component for good health. Allow the power of forgiveness to bless your life!

(Anonymous)

*"Forgiving  
another is a  
by-product of  
genuine love."*



## Cream Soup Substitute

Have you noted the increase in cost of creamed soups? There's nothing like homemade soup. Note "fat calories" below.



2 cups nonfat dried milk  
 3/4 cup cornstarch  
 1/4 cup chicken or beef bouillon particles  
 2 tbsp dried, minced onion  
 1 tsp. thyme  
 1 t. basil  
 1/2 tsp. pepper



*"Our  
 good  
 example  
 can go a  
 long  
 way."*

Mix ingredients together and store in a covered container. Use as a substitute for creamed soups in casserole recipes. To use, mix 1 1/4 cup cold water with 1/3 cup of the mix in a small saucepan. Add 1 tsp. margarine. Cook till thick and substitute in recipes for one 15 oz. can of cream soup. The above recipe makes enough mix to substitute for 10 cans of cream soup. (1/3 cup mix equals 94 calories)

Store bought cream of chicken soup (1 can) contains 161 fat calories, 46 saturated fat calories. Home-made cream soup contains 2 fat calories and 1 saturated fat calorie. Enjoy and feel good about it!

## Witnessing To Unbelievers

Witnessing to unbelievers can be one of the greatest goals and toughest challenges for those who worship Yahweh. Many believers, though sincere, can actually turn people away from Yahweh by coming on too strong or appearing self-righteous. We should be friendly and concerned toward those who do not know Yahweh. Our good example can go a long way. Learn how to start a conversation by asking general, non-threatening questions such, "What do you like to do?" People sometimes open up if they feel you have a genuine interest in them and their hobbies. Also, take little clues from the other person. You can steer the conversation toward the spiritual if a person asks you a question like, "What do you think about the recent trend in school violence?" Use every opportunity to witness for Yahshua!



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## Extraordinary Chocolate Chip Cookies

- 1/2 cup Butter flavored Crisco
- 1/4 cup margarine—softened
- 2/3 cup white sugar
- 2/3 cup packed brown sugar
- 1 1/2 t. vanilla
- 1 egg
- 2 cups flour
- 1 t. baking soda
- 1 pkg. chocolate chips (12 oz.)

Heat oven to 350 degrees. Mix Crisco, margarine, sugars, and vanilla. Add the egg and mix well. Stir in flour and baking soda. Stir in chocolate chips. Drop dough by rounded teaspoonfuls about 2 inches apart onto un-greased cookie sheet. Bake 9 to 10 minutes or until light brown. Remove from cookie sheet to wire rack to cool. Makes about 6 dozen. These are a nice, thick cookie.



## Words To Live By

If you can't see the bright side, polish the dull side.  
Kind words make good echoes.  
Life is short, pray hard.  
The best things in life aren't things.  
No Yahweh, no peace. Know Yahweh, know peace.  
Life is a measure to be filled, not a cup to be drained.  
When you're green with envy, you're ripe for trouble.  
The tongue weighs practically nothing, but few can hold it.  
We stand tallest when we stoop to help others.  
Forbidden fruit creates many jams.  
The best way to have the last word is to apologize.  
Setbacks pave the way for comebacks.