

Sisters for Yah

True Beauty

American women spend millions of dollars every year attempting to halt the aging process with beauty products, cosmetics, and surgeries. We all seem to want to stay young and beautiful forever. There is nothing wrong with looking pretty and taking good care of ourselves. I would never suggest that little or no thought should be given to maintaining appropriate attention to one's appearance. Indeed, the world is looking to us as an example. Sadly, I've heard unbelievers judge righteous ladies as "women who go out of their way to make themselves unattractive."

We should not be "men-pleasers" obviously. But let's remember that our

Father is looking for a beauty that goes way beyond the physical. A woman who sets her mind to walk in the light of Yahweh's Word will manifest a Spirit-wrought beauty that is vastly different from the beauty that is expected by a Yahweh-rejecting world. The world expects women to measure up to standards set by Hollywood. The average woman can never live up to it, nor should she even try. It seems that clothing manufacturers are trying to get away with women wearing as little clothing as possible these days. It's especially sad that clothing makers are particularly targeting young girls and teenagers. They are preying on the natural tendency of young people to want to fit in with the crowd. No young person wants to be looked at as "lesser" than their peers.



Modest dress is considered old fashioned and undesirable, mostly in the western countries. Then you see the other extreme in some countries which impose harsh rules concerning women's attire, even requiring them to cover their faces. There must be balance somewhere in the middle. We must view true beauty the way Yahweh does. 1 Peter 3:3-4 discusses the "hidden man of the heart." Real beauty will affect everything about us—our character, attitude, speech, emotions, conduct—everything! Nothing makes a woman more "ugly" than a horrible, spiteful, mean attitude. True beauty is of a spiritual nature which is never fading. The flesh will eventually pass away. We all get old. But we can age gracefully with the help of Yahweh's Spirit. We can all direct our attention to cultivating an inner comeliness that pleases Yahweh

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A meek and quiet spirit

The spiritual life that Yahweh desires for all of us is of great price. It is certainly Yahweh's desire that our lives be filled with peace and joy. This does not mean that life will always be perfect. Yahweh's people are building character which sometimes only comes with great struggle. We are often faced with oppressive situations, but our responses should be Spirit-controlled. Don't misunderstand; the meek and quiet spirit does not mean bowing to ill treatment. But it does mean that our response to ill treatment be met with a humble, yet assertive demeanor. Yahweh's people should never resort to revenge as is common in the world. Everyone nowadays wants to "fight for their rights." And some do it violently. Violence does not reflect Yahweh. He calls us to peace. Many times we need to pray for personal peace in this fallen world.

Sisters in the faith are expected to be submissive to their husbands. The world considers submission to be weak. Meek does not mean weak! The present culture actually ridicules the very concept of compliance to Yahweh's instructions. But Yahweh gave us instructions for our own good. Ancient Israel was supposed to be an example to the nations. If they had obeyed Yahweh, things would have gone well for them. Then the other nations would have been drawn to Yahweh and His way of life. But instead, Israel wanted to copy the ways of the nations, contrary to the ways of Yahweh. What does the ways of the nations bring mankind? War, pain, suffering, illness, unhappiness, and ultimately death.

This is why it is so important for Yahweh's people to set the right example for unbelievers. It may be that they see the blessings in our lives and want to inquire of us the reason for our hope. Be ready to give an answer! It is also helpful to keep literature and tracts in your car. Many times we have had the opportunity to share our faith with someone unexpectedly, such as the clerk at the local post office who was sincerely interested in learning what we believe. In fact, she mentioned that one of our Beacon magazines had been returned to the post office because the recipient had moved and left no forwarding address. So on her lunch break, she started thumbing through it and was absolutely enthralled with the articles. The next time we went to the post office, she asked if she could have a personal copy for herself! You never know when Yahweh will open a door, so be prepared!

Do you love the Law?



Yahweh's Law is for our benefit. One cannot read Psalm 119 without being impressed with the author's deep love for Yahweh's Word. Do you treasure what Yahweh has said, and what He has given you? Does His Word hold a place in your heart and mind that could never be fulfilled by anything else? Read It, meditate on It, obey It, and declare It! Let's all say with the psalmist, "Oh how I love Your Law! It is my meditation all the day." (Psalm 119:97)

HOW TO HAVE AN OLD FASHIONED FAMILY DINNER

Let's bring back family dinners! Etiquette is sorely lacking nowadays. This was submitted by a lady who remembers the joy of sharing a meal with her loved ones:

1. Turn off phones and other distractions.
2. Consider playing some soft, calming background music, or even soft praise and worship music.
3. Set relaxing lighting and room temperature.
4. Offer sincere compliments and ask questions to let your loved ones know you care what's happening in their lives.
5. Make an effort to appreciate the experience and have fun.
6. Try to keep conversation to positive topics. It's better for digestion.
7. Experiment with fun recipes together.
8. Never schedule other events or calls around dinner time.
9. Avoid talking really in-depth about to-do lists.
10. If you can, completely avoid bringing up stressful topics, which can ruin appetites. It's okay to talk about painful situations, but you might wait till after supper when everyone is full and calm.
11. Never overlook the importance of smiling and laughter. Family dinner should be happy!
12. Never fail to say thank you to the cook.
13. Let your family know how important they are to you.
14. Don't forget the reasons you're all together.
15. And don't forget to plan the next dinner.



Get moving!

As we get older, we may notice aches and pain we never had before. The benefits of exercising are incredible! Read on for some helpful information.



1. Exercise can actually relieve pain and stiffness and even increase energy.
2. Exercise can improve your balance, and boosts your endurance which might help reduce inflammation.
3. It can also protect bones and joints, because stronger muscles may help compensate for cartilage loss. You may also find that your range of motion improves.
4. Exercise helps to control weight.
5. Some studies have found that regular exercise might reduce or delay disability.
6. One of the largest studies on the benefits of exercise is that it can immensely improve mood. We all want to be in a better mood, right?

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CREAMY WATERMELON SMOOTHIE

- 4 cups cubed watermelon
- 1/2 cup vanilla ice cream
- 1/2 cup milk (regular or non-dairy)
- 1 T. sugar or honey
- 6 fresh mint leaves (or dash of mint extract)

Blend until nice and smooth.
Pour into 4 glasses. Very refreshing on a warm spring day!

Refreshing



and

STRAWBERRY OAT BARS

- 1 1/2 cups flour
- 1 1/2 cups quick oats
- 1/2 t. baking powder
- 1/2 t. ground nutmeg
- 1 cup softened butter
- 3/4 cup brown sugar
- 1 (12 ounce) jar of strawberry preserves
- 1/4 cup sweetened coconut flakes

Heat oven to 350 degrees. Spray a 9 by 13 by 2 pan with nonstick spray. Combine flour, oats, baking powder, and nutmeg. Set aside. Blend butter and brown sugar until creamy. Add flour mixture until well-combined. It will be crumbly. Set aside half the crumb mixture. Press the other half of crumb mixture into baking dish. Spread evenly with strawberry preserves. Top with reserved crumb mixture. And garnish with the coconut flakes. Bake about 30 to 35 minutes. Allow to cool. Cut into squares.

Deliciously

Healthy!

