

Sisters for Yah

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Now that it's a New Year...

The sighting of the new moon in March, and the early barley from Israel just before that, ushered in the Biblical new year for Yahweh's people. Passover and the Feast of Unleavened Bread are now behind us and many believers feel spiritually recharged as we've renewed our commitments to Yahshua the Messiah. Many of our houses are still sparkling clean after the de-leavening process done before the Feast of Unleavened Bread. Spring cleaning can be so "freeing"!

It is a great idea to reflect on what you've learned from the Spring Holy Days. One believer learned, while cleaning/de-leavening her house, that leaven can be found in unexpected places, just like false doctrine (symbolically represented by leaven)!



Most believers look forward to Yahweh's New Year because, in a sense, we get a fresh start—a brand new year to become better servants to Yahweh and each other. They reflect upon what their values are and strive to make this new year better than the last. Why not make a list of goals you want to work on and accomplish this year?

Goals don't have to be impossible or earth-shattering such as taking a trip around the world or losing 100 pounds in one year. Even the little goals add up to big results. Be specific about what you want. For instance, instead of writing on your list of goals that you want to eat healthier, make it more manageable by writing that you will eat at least one fresh salad per day. As another example: Don't just write that you want to be a better servant to Yahweh. Make a specific plan. Think about exactly *how* you can be a better servant to Yahweh. Do you need to pray more or spend more time studying the Bible? If so, jot it down! Make commitments. And for some goals, rewarding yourself can further motivate you. For instance, if your goal was to lose 5 pounds, and you accomplish it, you can maybe buy yourself a pretty new blouse (in a size smaller, of course!).

Really, the most important thing in any believers life is to make sure his or her life is right with Yahweh. When all is said and done, only this one thing will matter in the end: Have I lived my life fully for Yahweh?

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More Than Enough

Let's be honest. No matter what moral high ground we try to take, many of us still yearn for *more*. It could be more time, more money, more talents, more patience, or whatever "more" may be for you. Is enough ever really enough for human beings? What people sometimes don't realize is that there is a comfortable middle ground between having what you want and wanting what you already have.

Could it be that this vicious cycle begins early in life? One person aptly described how people are never satisfied, "When you graduate from high school, you're told to go to college. When you graduate from college, you're told to get a job. Once you get that job, you're then told you need to get a better job. When you get a better job, you're told you need to get married. After you're married, everyone tells you that you need to have a baby. When you have a baby, all of sudden everybody thinks your baby somehow needs a brother or sister and you have more babies. And then, because you had all those babies, and your body no longer is as thin as before, you're told you need to go on a diet. So you go on diet and start looking great, then people ask you why you're wasting your time trying to look so great. After your children leave home, people then tell you that you need to go back to college to "better" yourself."



None of the things above are wrong—getting good jobs, having babies, etc. are fine, except that people wrongly learn that unless certain things happen, they somehow can't be happy. In the Bible we are told that we should "be content in whatever state we find ourselves." The best way to overcome the tendency to be unsatisfied with our lot in life is to practice an attitude of gratitude. Every morning praise Yahweh for the blessings you already have. Even when suffering trials, everyone can surely find something to be thankful for.

It is good to think of the future as long as we remember that we make our plans, but Yahweh directs our steps. Happiness can seem elusive in this modern world with all its problems. But a very comforting thought is that while we cannot change the world, we can change ourselves. Even if we can't change everything about ourselves, we can at the very least change our attitudes even in the most distressing situations. We will wait forever if we are waiting for everything to be just perfect. Perfection will never happen in this world today. That is what Yahweh's kingdom is for. The Kingdom will solve all of mankind's problems once and for all.

Many people have actually found more peace in their lives by limiting physical possessions. Others keep everything and become packrats. They live cluttered lives and suffer from cluttered minds. Spring is a great time of the year to go through your closets and donate unwanted items to charity. Don't rely on buying more things for comfort and security. Let Yahweh comfort you and keep you secure.

FASCINATION WITH THE OCCULT?

Many believers know about the challenges facing them if their children attend public school. What is being taught nowadays often will be at odds with Yahweh's teachings. It's no longer just ideas such as evolution or "alternative" lifestyles that parents have to protect their children from, but a growing fascination with the occult. A concerned sister in the faith recently shared with us a listing of library books that public schools feel that children should read. We were shocked that many of the books involved sorcery and dabbling with spirits. Not every book on the list was necessarily occultic, but below are a few, we believe, that are dangerous ones that should be avoided. There were many more "questionable" books on the list. We've included a short description of each book:

Who Knew There'd Be Ghosts?

Three spunky youngsters join forces with two lively ghosts to save a historic mansion from being destroyed by a crooked antique dealer.



The Dark is Rising

On his 11th birthday Will Stanton discovers that he is the last of the Old Ones, destined to seek the six magical signs that will enable the Old Ones to triumph over the evil forces of the dark.

Harry Potter and the Sorcerer's Stone

A young boy attends a school for wizards and witches.



Ella Enchanted

A girl struggles against the childhood curse that forces her to obey any order that she's given.

Holes

As further evidence of his family's bad fortune which they attribute to a curse on a distant relative, Stanley Yelnats is sent to a hellish correctional camp in the Texas desert where he finds his first real friend, a treasure, and a new sense of self.

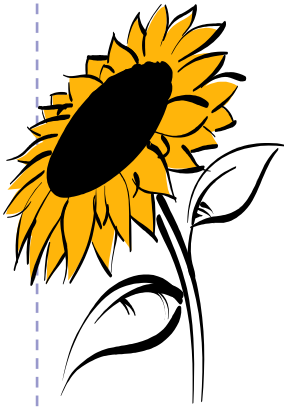
The Dollhouse Murders

A dollhouse filled with a ghostly light in the middle of the night and dolls that have moved from where she last left them, lead Amy and her disabled sister to unravel the mystery surrounding grisly murders that took place years ago.



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Lighten up with Spring Veggies!

Spring is a great time to overhaul your current eating habits. More often than not, in the cold winter months, people turn to “comfort” foods and by spring they notice their clothes are just a little bit tighter! Now is the best time to enjoy spring veggies like asparagus, snap beans, carrots, fennel, garlic, okra, onions, green onions, peas, rhubarb, shallot, spinach, and Swiss chard. Try the following healthy recipes for starters:

Asparagus Garlic Penne Chicken:

- 16 oz bag of penne pasta, cooked (according to package)
- 5 T. olive oil
- 2 chicken breasts
- 1/2 t. each of salt and garlic powder
- Dash pepper
- 1/2 cup low sodium chicken broth
- 1 bunch of asparagus, cut in small pieces
- 1 clove garlic
- 1/4 cup parmesan cheese



After cooking pasta, drain and set aside. Warm 3 T. of the oil and cook chicken along with the seasonings. Remove the chicken when juices run clear and drain on paper towels. Pour in broth and cook the asparagus and garlic for about 5 minutes. Return chicken to pan and stir in cooked pasta along with the remaining 2 T. of olive oil. Sprinkle with the parmesan and enjoy!

*For the
 child
 conceived
 in her is
 from the
 Holy
 Spirit.*

Turkey Spinach Wraps:

Spread a little low fat cream cheese on whole wheat tortillas. Top with low fat deli turkey slices and fresh spinach leaves. Spoon on little of your favorite salsa and roll it all up! This is a super quick and nutritious lunch.



Matthew 1:20
 NRSV

