

# Sisters for Yah

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## How Have you Grown?

As Yahweh's people, we know that the Scriptural New Year will begin in April with the sighting of the New Moon. A new year is full of new possibilities. As we approach Passover, it is a great time to reflect on the past year and ask ourselves some serious questions. Every year we renew our commitment to Yahweh by partaking of the emblems of Messiah's sacrifice for us. Be sure to meditate on what this has meant for you personally. Below are some questions you can ponder:



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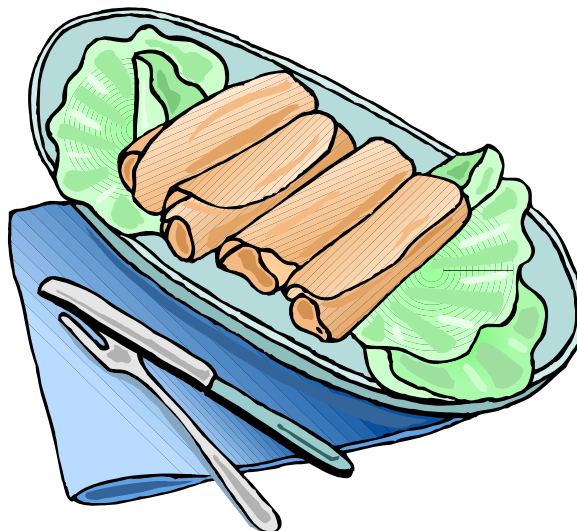
1. In what ways have I grown spiritually in the past year?
2. Have I become a better spouse, parent, friend, etc.?
3. Am I becoming a better servant of Yahweh?
4. Do I pray, study, fast, meditate, and tithe as I should?
5. Am I actively repenting of and overcoming personal sins?
6. Am I allowing anything to come between me and Yahweh?
7. Am I taking better care of myself so that I can more fully serve Yahweh in a healthier body?

This year when you de-leaven your house, do a personal "spring cleaning" too. Get rid of old bad habits, false doctrines, and other things that may be hindering your walk with Yahweh. Make this the year that you actually make progress. Stop procrastinating. Life will not get any easier. Now is the time to change your life. While we do not know the time or day of Yahshua's return, we need to live our lives as if he is returning tomorrow. Happy New Year!

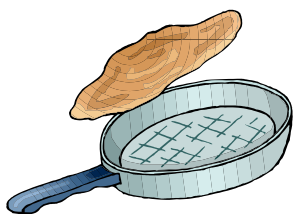
## More Unleavened Recipes!

### **Bean Enchiladas:**

- 1 can refried beans
- 1 t. chili powder
- 1 t. ground cumin
- 1 t. garlic powder
- Salt and pepper, to taste
- 12 corn tortillas (do not use flour tortillas; most contain leavening)
- 2 cups salsa
- 1 cup shredded cheese (your favorite, but cheddar is best)
- Sour cream, if desired



Preheat oven to 350 degrees. Spread a little salsa on the bottom of a 9 by 13 inch pan. Mix the beans with the seasonings and spread on the tortillas. Fold them in half and place in the pan (a little overlapping is fine). Cover with salsa and cheese. Bake 20-30 minutes. Serve with sour cream. **INGREDIENT NOTE: You may use 4 cups shredded chicken instead of the refried beans. Just mix the chicken with the seasonings; then proceed as usual.**



### **Kropsu (Swedish Pancakes):**

- 3 T. butter
- 1/2 t. salt
- 1 cup milk
- 3 eggs, beaten
- 1 1/2 T. sugar
- 1/2 cup flour
- Maple syrup, honey, or jam, to serve



Preheat oven to 400 degrees. Mix flour, sugar, and salt. Whisk in the milk; blend in the eggs. Melt the butter in a heavy glass pan. Pour in the batter and bake for 20 minutes. Cut in wedges. Serve with the maple syrup, honey, or jam.

## More Unleavened Recipes! ...cont.

### Unleavened Brownies:

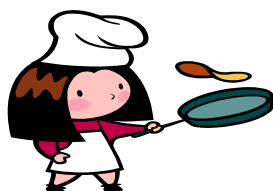
1/2 cup butter  
2 cups sugar  
4 eggs  
4 packets of choco-bake  
1 cup flour  
1 t. vanilla

Mix the butter and sugar together well. Add the eggs and beat well. Add the choco-bake and mix. Then add flour and vanilla. Mix well and pour into a 9" by 13" pan. Bake 20 minutes at 350 degrees.



### Applesauce Pancakes:

1 1/2 cups flour  
1 cup milk  
4 eggs, well beaten  
2 T. Melted butter  
3/4 cup applesauce



Combine milk, eggs, butter and applesauce, beating well. Add flour and stir well. Drop on greased grill, cook until brown on both sides.

## *Easy Ways to Lighten up*

Since it is a new year, many ladies have expressed an interest in losing weight and getting healthier. Try the following to help you reach your goal:

1. When cooking, follow the three B's: Broil, bake, or boil. Avoid deep frying!
2. Trim all visible fat from foods. One tablespoon of fat contains 100 calories.
3. Steer clear of all fried foods.
4. Use only extremely small amounts of butter when sautéing. Olive oil is a better choice, but use it sparingly also since it is high in fat.
5. Avoid gravies or cream sauces unless you make them yourself using lower fat recipes.
6. You can remove fats from braised foods, soup, stews, etc. by refrigerating. The fat will congeal on the surface where you can easily remove it.
7. Eat slowly and chew well.
8. Sit down when eating. Do not eat while standing or talking on the telephone.
9. Switch to low fat or skim dairy products.
10. Use cornstarch instead of flour to thicken your soups or gravies.
11. Buy tuna packed in water instead of oil.

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## BEAUTY SECRETS FROM THE BIBLE

If you walk into any department store today, you'll likely see aisle after aisle of skin care products, treatments, lotions, facial scrubs, etc. Sometimes you need look no further than your kitchen for inexpensive and highly effective skin treatments with ingredients that were found abundantly in Bible times. There is no need to buy costly products from a store when you can make your own. Another benefit of making your own is that there are no added harmful chemicals that can make your skin break out. Try the following for softer skin.

### HONEY

Honey is very hydrating and can help heal blemishes. All skin types can benefit. Try mixing a little water into honey and spread a thin layer on your freshly cleansed face and neck. Leave on for 10 minutes then rinse.

### OLIVE OIL

People in the Bible rubbed olive oil into their skin to prevent it from drying out in Middle Eastern desert climates. Apply olive oil to damp skin after bathing. Put on your pajamas and wake up to smoother, hydrated skin. To make the oil smell better, add a few drops of citrus essential oil. Do not rub oil on the bottoms of your feet (unless you will be wearing socks or slippers) as it will make the floor too slippery!



### CUCUMBERS

The cool juice of the cucumber can help relieve puffy eyes. Lie on your back and place slices over your eyes. Relax for 10 minutes.

### YOGURT

Full-fat yogurt is an excellent moisturizer. Apply to clean face and body. Leave on a few minutes then rinse off.

### SALT BODY SCRUB

Once in a while, it is nice to use a good scrub to remove dead skin cells. Mix a tablespoon or two of sea salt with any light vegetable oil. Massage into skin then wash off with a gentle cleanser. Do not use on your face.