

Sisters for Yah

AUGUST 2017

Make every day a good one!

An interesting study was recently conducted by researchers seeking to find which days of the week were the favorite and least favorite among participants. Unsurprisingly, the majority chose Monday as their least favorite day. In fact, researchers actually found that most auto accidents and heart attacks occurred on Mondays! Sequentially, Tuesdays and Wednesdays followed quickly behind Mondays as not-so-great days. There was a slight increase of happiness on Thursdays because the end of the secular work week was in sight.



The majority of participants chose Friday as their absolute favorite day, followed by Saturday. Many Sabbath-keepers would agree on that note! Researchers also noted that anxiety and depression began to increase on Sundays

as study participants began to feel stress as Monday was approaching. This was noted in students of all ages as well.

Yahweh knew that people would need a day of rest, which is one reason He instituted the Sabbath day. It is for our benefit! Our spiritual batteries get recharged, so to speak. Years ago, a popular book chronicled a non-religious man's life for a whole year as he decided to literally keep all the commands found in the Bible. At the end of the year, he was interviewed about his experience. I'll never forget his response. He said that keeping all the commands was challenging and difficult. However, the one thing he loved doing was keeping the Sabbath, and it had provided great benefit to him!

I do believe we need to make the most of every day of the week, because it was Yahweh that made every day, and we are to redeem the time while we can. Start every morning declaring to Yahweh that you will make the most of the time that He has given you. Beginning the day on the right foot can make a huge difference in your attitude and productivity!

Volume 11, Issue 8

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Get out of debt to increase happiness

Recently, many new books have hit the best seller list advising people how to be happier. Some of the books have mentioned that getting out of debt has been shown to increase happiness by reducing stress in a person's life. Many people who are in debt report feeling depressed and stifled by the inability to pay their bills on time. The credit card debt in this country alone is staggering, with some people owing tens of thousands of dollars in credit card debt.

This article is not meant to cause guilt in a person who is legitimately suffering financial problems. Loss of jobs, medical bills, unexpected emergencies, and school loans can indeed cause huge debt in people through no fault of their own. But financial counselors warn that too large a number of people are in debt due to their own poor choices. You've probably heard the phrase "keeping up with the Jones's." You know how it works. A man sees his neighbor buy a fancy new car, and then thinks to himself, "I deserve a new car, too." Once the new car is acquired, life goes back to normal (with a lot of debt, of course) until he sees some other new item he just "has to have." The cycle never ends. Before you know it, he is in so much debt that his current income cannot keep up with all the monthly payments. So out come the plastic credit cards.



It is time that people learned to live within their means. Others have written books about how downsizing has actually improved their lives considerably, especially where debt was concerned. Downsizing is not feasible for most people, but we all can admit that we have way too many material possessions. Do you have a closet full of clothes, but only wear your favorite items over and over? Why not make some extra money by going through unwanted items and having a garage sale? Not only will you de-clutter your house but earning some extra cash will allow you to perhaps pay down some bills or possibly start a savings account.

One author stated that a good way to find out if you really need a certain item that you already own is to ask yourself some hard questions: Do I have duplicate items just like this? Have I ever actually used this item in the past, or is it just taking up shelf space? Does this item spark joy in me, or am I keeping it just because I feel I might use it someday? If I donate this item, how easily can it be replaced if I really end up needing it someday? Most people never miss the items they sell at their garage sales.

Getting out of debt is really about taking baby steps and also being patient. It can take months or years to accomplish. There are many ways to save money. For instance, many people waste money on entertainment. There are many enjoyable free ways to entertain yourself and your family. Let's face it: the current economy is not good. Every little step you take toward getting out of debt will help! Most importantly, Yahweh should be your first priority. He is your provider!

LISTEN UP, DOG OWNERS!

Someone recently told me a sad story about a person's pet dog that had eaten something he shouldn't, and ended up dying. Dogs can provide companionship and often become like a member of your family. Being a animal lover myself, I asked for a list of food items that pets, dogs in particular, should never eat:

1. **Alcohol:** some owners have given their dogs sips of beer or other alcoholic beverages. Bad idea! This can actually cause poisoning or death. Some dogs are attracted to the taste of alcoholic beverages, so be sure to never leave any where your dog can reach it.
2. **Apples, apricots, cherries, and avocados:** the seeds contain toxins.
3. **Baby food:** some contain onion powder which is toxic to dogs.
4. **Bones:** when cooked, bones can become brittle or splintered causing tears in a dogs intestinal tract. They can also choke on them.
5. **Bread dough:** can expand in a dog's tummy and make them sick. Even a small amount is a bad idea.
6. **Broccoli:** large amounts can cause an upset stomach.
7. **Caffeine:** can cause heart issues in dogs, and even dangerous seizures.
8. **Candy and chocolate:** can cause dogs to become hyperactive. Chocolate can also dehydrate them.
9. **Cat food:** too high in protein for a dog's needs. They need much less protein than cats.
10. **Citrus oil extracts:** can cause vomiting.
11. **Corn cobs:** can cause death by intestinal obstruction.
12. **Dairy products:** dogs will have the same symptoms as lactose-intolerant humans, such as nausea, cramping, and vomiting.



(submitted by anonymous)

Cute jokes from 6 year olds!



1. Why do we dress baby boys in blue and baby girls in pink? Because babies can't dress themselves.
2. Why is it impossible to send a letter to Washington? Because he's dead.
3. Do they have a 4th of July in England? Of course, they also have a 3rd of July, and a 2nd of July, etc.
4. What kind of horses go out after dark? Night mares, of course.
5. What do you get when you cross a rooster and a duck? A bird that gets up at the quack of dawn.



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Healthier buttery spread

Do you love the taste of butter, but want a healthier spread for bread or other baked goods? Are you tired of your butter being hard like a rock when you try to spread it on your toast? Try melting 1/2 cup butter in a small saucepan on low heat. Mix in 1/2 cup extra virgin olive oil. Pour into a glass storage container with a lid and refrigerate. The olive oil keeps the butter soft and spreadable. And olive oil is extremely heart healthy! You can also use this in recipes.



Pizza burritos for kids (serves 6)



- 1 pound ground beef
- 1/3 cup onion
- 1 green bell pepper
- 1 cup pizza sauce
- 2/3 cup turkey pepperoni
- 1/2 t. dried oregano
- 6 flour tortillas (10 inch)
- 6 mozzarella string cheese sticks

Preheat oven to 350 degrees. Cook the beef, onion, and bell pepper. Drain. Add in the pizza sauce, turkey pepperoni, and oregano. Spoon filling evenly on each tortilla. Place one cheese stick on each and roll up. Place seam side down on ungreased baking sheet. Bake about 10 minutes or until heated through.

Cool fruit salad for a crowd (serves 16)

- 4 green apples (remove cores), chopped
- 4 red apples (remove cores), chopped
- 2 cups green grapes, halved
- 2 cups red grapes, halved
- 20 oz can pineapple chunks, drained
- 11 oz can mandarin oranges, drained
- 3 oz cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup sugar (or substitute)Blend all the ingredients and enjoy!

