

Sisters for Yah

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Yahweh never leaves His own

Years ago I knew a young woman with a child who was unexpectedly abandoned by her husband. She was understandably traumatized at being on her own to raise her infant son. To make matters worse, this woman herself was abandoned as a child by her own father. With her history of being the victim of abandonment, she began to worry that maybe Yahweh might leave her too.

I pointed out the following comforting Scripture to her in Psalm 27:10, which reads, "Even if my mother and father abandon me, Yahweh will hold me close."

As believers we go through many sorrows and persecutions. This is not an easy walk. But try to remember 2 Corinthians 4:9, which tells us, "We are hunted down, but Yahweh never abandons us. We get knocked down, but we get up and keep going."

If a person sincerely seeks Yahweh, He will never abandon him or her. We read this in Psalm 9:10: "Those who know Your Name trust in You, for You, O Yahweh, have never abandoned anyone who searches for you."

Now there are things that *we* must abandon. Ephesians 4:1 says, "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior." Persistent sin can cause us to abandon Yahweh. But persistent righteous behavior will cause us to abandon evil.

Finally, a most comforting Scripture we find in Hebrews 13:5, which promises, "Yahweh has said, 'I will never leave you. I will never forsake you.'"



GET REAL SIMPLE

I had a conversation with someone the other day who was frustrated because there didn't seem to be enough time in a day to accomplish everything one wishes one could. Of course, I agreed wholeheartedly! Years ago I once saw a bumper sticker that read, "Live simply, so you can simply live." How very true, I thought, but easier said than done, right? So I decided to try to find ways to get things done without taking away too much from enjoying life.

One thing I learned is that women have a hard time asking for help. They want to do it all themselves. This isn't always healthy. Yahweh never intended for women to do it all. It's okay to divide household family duties. Even young children can learn to pick up their toys. Make it fun for them. "Let's see how fast we can put these toys away!" Kids love challenges.

Sometimes we even have to say "no." Our schedules sometimes are so full that we can't fit one more thing into it. Learn to cut back, too. Some women think they have to be gourmet chefs to please their families. I think back to when I was a child, and I remember my mother making a double batch of meals. You can freeze one batch for a quick meal at a later date such as chili for today, then chili-topped spuds for next week. I knew one lady who would spend hours cooking fancy meals. I asked her one day, "Don't you ever get exhausted from being in the kitchen so much?" She sighed, "I'm exhausted all the time, but I don't know how to stop doing what I've always done!" For her health and sanity, I hope she eventually did take time off from the kitchen.

One of the best investments I've ever made was a slow-cooker. Let it cook for you. Throw in your favorite ingredients, then you can deal with other pressing matters. We can do this, sisters!

Grill Safe

Since the weather's been so warm, I've been seeing many people grilling outdoors. But I also read a scary news report that said that thousands of people get really sick every year from improper grilling habits. Some are hospitalized and even die from complications. Here's what the food safety experts are recommending:

1. Keep a clean grill. Get rid of debris from the last cookout.
2. Keep raw meat, poultry and seafood juices away from cooked foods, vegetables and fruits. Bacteria can easily be transferred.
3. Serve as soon as possible. On hot days, food can spoil in as little as an hour.
4. Cook thoroughly on both sides. In meats and poultry, you want the juices to run clear when poked.
5. Also, try to marinate your meats and poultry in the fridge, not on the countertop. You can use any fresh, unused marinade for basting. Discard the liquids that you marinated the meat and poultry in.



How many of these do you know about the Bible?

1. What is the only New Testament book of prophecy?_____.
2. What Old Testament book was burned and rewritten?_____.
3. What is the longest book of the Bible?_____.
4. What is commonly known as the book of laws for the nation of Israel?_____.
5. What book is considered by many to be a songbook?_____.
6. What book means “beginnings”?_____.
7. What four New Testament books have only one chapter?_____.
8. What book tells of Jeremiah’s sorrow over the capture of Jerusalem?_____.
9. What book is a “diary” of Nehemiah and tells about the rebuilding of the walls of Jerusalem?
_____.
10. What book is the story of Naomi, Ruth, and Boaz?_____.
11. What book is a letter to a man about his runaway slave?_____.
12. What book is the story of a man who suffered greatly and still loved Yahweh?
_____.
13. What 2 books were written by a doctor?_____.

(Answers: 1. Revelation; 2. Jeremiah; 3. Psalms; 4. Leviticus; 5. Psalms; 6. Genesis; 7. Philimon, 2 John, 3 John, Jude; 8. Jeremiah; 9. Nehemiah; 10. Ruth; 11. Philimon; 12. Job; 13. Luke and Acts.)

Neat Frugal-living Ideas

A box of baking soda is so inexpensive, but you can use it for so many things! Try the following (after the Feast of Unleavened Bread, of course):

1. Tenderize a cut of tough meat. Rub it on and let it sit in the fridge for 3 hours. Cook as you normally would.
2. Ever wonder how to remove that fishy smell from store-bought fish? Soak the fish for an hour in a quart of water with 2 T. baking soda.
3. You can even lower the acidity of tomato-based recipes by adding a pinch to the pot!
4. Baking soda is magnificent dish de-greaser. Add a few sprinkles to the detergent you use in the sink or dishwasher.
5. You can even brush your teeth with it, but since it does have leavening type properties, it should be gotten rid of during the days of Unleavened Bread.



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Breakfast Fruit Salad

- 2 cups cantaloupe, cubed
- 2 large red apples, chopped
- 1 cup green grapes, halved
- 1 cup strawberries, halved
- 1 kiwi, peeled and sliced
- 1 banana, sliced
- 1/2 pineapple tidbits, well drained
- 1 cup your choice of yogurt
- 2 T. orange juice concentrate

Blend all ingredients well.



GOOD MORNING!

Studies show that most people skip breakfast because they feel too busy to eat. But your mother was right—breakfast really is the most important meal of the day. No more excuses! Try the following super-easy morning ideas.

Healthy Blueberry Muffins:

- 6 T. butter softened
- 3/4 cup sugar
- 2 large eggs
- 2 cups whole wheat flour
- 2 t. baking powder
- 1/2 t. cinnamon
- 1/2 t. salt
- 1/2 cup milk
- 2 t. vanilla
- 1/4 t. almond extract
- 1 1/2 to 2 cups fresh blueberries



Cream the butter and sugar. Add the eggs one at a time, beating well after each. In a separate bowl, mix the dry ingredients, then add to the creamed mixture. Blend well. Stir in the milk, vanilla, and extract. Gently stir in the berries. Place muffin cup liners in pan. Fill cups until about 3/4 full. Bake at 375 for about 30 minutes.

Get up and go Smoothie:

- 2 cups fat free plain yogurt
 - 8 ounces undrained crushed pineapple
 - 1 banana
 - 1 cup ice
 - 1 t. vanilla extract
 - 1/8 t. nutmeg
- Sweetener of your choice, but raw honey is most nutritious.
....Blend until smooth.

