

# Sisters for Yah

## Lessons from the Day of Atonement

For some of you, this will be your first experience with fasting on the Day of Atonement. If you've never gone a full 24-hours without food and water (providing you are healthy enough to do so), you may find it very uncomfortable, especially the first time. Some helpful hints can make your fast more bearable. For instance, a few days before fasting, you may want to slowly wean yourself off caffeine to avoid an often-severe withdrawal headache. Also, try not have a particularly heavy meal before sundown right before starting your fast. Heavy foods are hard to digest and can sit in your tummy overnight, causing quite a bit of abdominal distress. Some people find it helpful to consume extra liquids (non-caffeinated) the day before to prepare their systems.

The Day of Atonement is the perfect day to relax, pray, and study Scripture. Those of you who are able, can attend services with us or join us long-distance on our live streaming service. After sundown, when Day of Atonement is over, you may resume eating and drinking. Again, we do not



advise breaking your fast by consuming an overly heavy and/or greasy meal. Some people find that drinking juice at first can prepare their digestive systems for normal foods and beverages. Light soups or broths are also soothing. Likewise, a healthy vegetable salad may be easier to digest after fasting.

The Day of Atonement is about reconciliation with Yahweh. In fact, if you break down the word you get at-one-ment. Being "at one" with Yahweh. Since Adam and Eve, mankind has had a broken relationship with their Creator. Yahshua's shed blood brings us back into a right relationship with Yahweh. The Day of Atonement also symbolizes the putting away of Satan. Just think how much easier it will be to worship Yahweh fully without Satan constantly trying to devour us like a roaring lion! May your Day of Atonement be peaceful and meaningful.

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## A good attitude goes a long way

This might be your very first Feast of Tabernacles coming up! You may find yourself nervous, not knowing what to expect. Have no fear, we're here to help. If you have any questions feel free to call us. The Feast is meant to be a spiritually uplifting experience, but many people are not used to "roughing it" in campgrounds. Truth is, Feast accommodations are not luxurious, but your needs will be adequately met. Running water, hot showers, electricity, and modern kitchens are available. No, it won't be "just like at home" but it's not supposed to be. We get a sense of what it must have been like for ancient Israel. If you feel yourself starting to complain, just remember that they had it a lot harder than us spoiled modern Feast-goers!

Perhaps the most important thing is to pack well. See the handy guide on the next page. But even if you forget to pack something (such as your toothbrush), stores are nearby, so you can purchase what you need. We've been keeping the Feast for many years and we have seen many humorous situations. One year, a dear lady accidentally packed one black shoe and one navy shoe, so she had to wear two different colored shoes for the whole eight days! Another gentleman packed his tent, but forgot the pegs. The next year he packed the pegs, but forgot the tent. Still another man forgot to pack dressy shoes, so he had to wear his sneakers with his suits. And there was that one campground that was crawling with tarantulas, of course. And almost everyone at some point has forgotten to bring pillows and towels. Don't despair! We now look back and laugh at these situations.

Having a good attitude makes all the difference. We'll be in close contact with other brethren for a whole 8 days, so even the best attitudes can turn sour as the feast continues on. People eventually miss their own beds and feel homesick, but we must always choose to stay in the right frame of mind. Let's try to be understanding of one another, especially new attendees. For some, the Feast can be traumatic as people are way out of their comfort zones. But Yahweh has a reason for us keeping His Holy Days. They teach us profound spiritual lessons, and keep us mindful of His Word as we do stay obedient each year!



## Neat substitutes for common household supplies

- If you run out of laundry stain remover, don't panic! Just rub some liquid dish soap or some hydrogen peroxide on the stain. Both work as well as color safe bleach.
- No window cleaner? Make your own. Just mix 2 T. of ammonia with 4 cups of water in a spray bottle.
- No hand-wash-only fabric detergent? Swap gentle shampoo. Use cool water.
- Used up the last of your toilet bowl cleaner? Try pouring in a cup of bleach. Let sit in the bowl for 10 minutes, then swish with a brush. Stains will vanish.
- Try using baking soda to clean your tub or shower. Works as well as a fancy store bought cleaner.
- Finally, if you run out of carpet stain remover, try 1/4 t. of dish liquid in 1/2 cup of warm water.

## PLAN NOW! FEAST PACKING LIST

The Feast of Tabernacles is next month! It's not too early to plan. Use this handy packing guide:

1. Casual and dressy clothing. We do encourage modest clothing. Short skirts and shorts are not appropriate (one year a lady attended services in a mini skirt and stiletto heels; needless to say, many people were deeply offended).
2. Light jacket or sweater. The Feast is in September this year, so mornings may be cool.
3. Dressy and casual footwear.



4. Socks, night clothes, underwear.
5. Head coverings for ladies.
6. Bibles, pens, and notebooks.
7. Personal items and toiletries, such as soap and shampoo.
8. Toothpaste, floss, toothbrush, and denture supplies if applicable.
9. Any items you are donating to the fund raiser.
10. Plane tickets, train or bus tickets, passports.
11. Bedding or sleeping bags. Campground does not provide.
12. Pillows.
13. Clothes hangers.
14. Towels and wash cloths.
15. Chair cushion if you need extra comfort. Camp chairs are usually hard.
16. Medications.

17. Breakfast and snack foods to tide you over until the first High Day meal.
18. Put mail on hold as your local post office.
19. Stop any newspaper deliveries while you are away.
20. Empty your trash bins. You don't want to come home to a stinky house!
21. Use up any perishable food in your fridge.
22. Service your vehicle or travel trailer, if needed.
23. Tent supplies, if you are tenting.
24. Most of all, bring a good attitude!



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## Refreshing Melon Popsicles

3/12 cups diced watermelon

5 1/2 T. sugar

1 lemon, juiced

1/2 cup milk

6 peeled kiwis

1 T. mini chocolate chips.



Puree first 5 ingredients. Stir in chocolate chips. Pour into 10 popsicle molds.

## Trying to eat more fruits and veggies? Try these!

### Vegetable Slab Quiche:

- 1 package refrigerated pie crusts (15 oz.)
- 2 T. oil or butter
- 1 cup chopped asparagus
- 1/2 cup chopped red bell peppers
- 1/2 cup chopped red onions
- 7 large eggs
- 1 cup milk
- 3/4 t. salt
- 1/2 t. black pepper
- 1 cup cheese (whatever you have on hand)



Preheat oven to 450 degrees. Melt oil or butter and sauté veggies lightly until crisp-tender. Coat a large baking pan with nonstick spray. Press pie crusts into pan. Fold edges over to form a stand-up edge. Line crust with foil. Bake 8 minutes. Remove crust. Lower oven to 375 degrees. Remove foil. Spread veggies over crust. Whisk eggs, milk, salt, and pepper. Pour over veggies. Scatter cheese on top. Bake about 35 minutes or until puffed and set.

### Easiest fruit cobbler:

In a 2 quart baking dish, combine 4 cups of mixed berries and 1/4 cup of flour. Top with 1 can of biscuit dough. Bake at 375 degrees for 25 minutes.

