

Sisters for Yah

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Affirmation

How do we affirm one another, and why is it important? Consider the following Scripture:

"Let us aim for harmony in the assembly and try to build each other up." Romans 14:19.

Read also 1 Thessalonians 5:11,13, which reads, *"Encourage each other and build each other up, just as you are already doing...Think highly of them, and give them your wholehearted love because of their work. And remember to live peaceably with each other."*

Do you consider yourself an encouraging person? Everyone needs encouragement in this difficult life!

We read in Hebrews 7:7, *"Without question, the person who has the power to bless is always greater than the person who is blessed."*

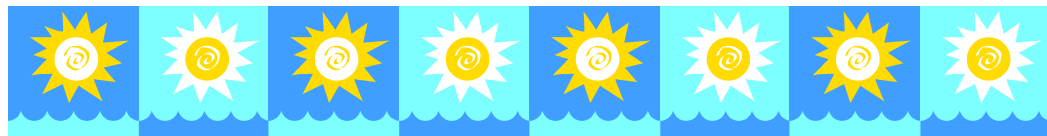
You'd be surprised at the power of kind words. Years ago, a kind, elderly gentleman used to regularly call the assembly just to encourage us. We enjoyed his phone calls immensely. This went on for years, then we got a sad phone call from his son informing us that his father had passed away peacefully. The son's voice was choked with deep emotion as he said, "My family is going to miss Dad so very much. He was such a joy to us." We agreed wholeheartedly that we were going to miss him too!



Even Yahweh gives us affirmation. Check out Psalm 5:12, which tells us, *"You bless the righteous, O Yahweh, surrounding them with your shield of love."* You can't do better than that! That verse should comfort us and make us strive to serve Yahweh and our fellow man in a mighty way. Yahweh affirms us through His love, His blessings, and His gift of Salvation. There is no greater affirmation we can receive!

HELP FOR WORRYWARTS!

“Because of this I say to you, do not worry about your life, what you shall eat or drink, or about your body, what you shall put on. Is not life more than food and the body more than clothing? Look at the birds of the heaven, for they neither sow nor reap nor gather into storehouses, yet your Heavenly Father does feed them. Are you not worth more than they? And which of you by worrying is able to add one cubit to his life’s span? So why do you worry about clothing? Note well the lilies of the field, how they grow. They neither toil nor spin, and I say to you that even Solomon in all his esteem was not dressed like one of these. But if Elohim so clothes the grass of the field, which exists today, and tomorrow is thrown into the furnace, how much more you, O you of little faith? **DO NOT WORRY THEN**, saying ‘What shall we eat?’ or ‘What shall we wear?’ For all these the gentiles seek for. And your Heavenly Father knows that you need all these. **BUT SEEK FIRST THE KINGDOM AND HIS RIGHTEOUSNESS**, and all these shall be added unto you. Do not then worry about tomorrow, for tomorrow shall have its own worries. Each day has enough evil enough for itself.” (Matthew 6:25-34)



Be Not Afraid



Have you come to the red sea place in your life? Where, in spite of all you can do, there is no way out? There is no way back. There is no way but through. Then wait on Yahweh with a trust serene. Till the night of your fear is gone. He will send the winds, He will heap the floods. When He says to your soul, “Go on!” His hand shall lead you through, clear through. Ever the watery wells roll down; no wave can touch you, no foe can smite. The tossing billows may rear their crests, but over their bed you shall walk dry. Shod in the path that your Master Yahshua shall make.

Feeling forgetful?

Have you ever walked into a room and forgotten what you went in there for? Don't fret, this happens to almost everyone! Short memory lapses are not likely to be anything serious. More likely, it is normal aging that causes it. Studies show that memory declines starting in early adulthood.

But the good news is that studies also show that diet can help slow down age-related memory problems. Experts advise diets rich in green leafy vegetables, legumes, and whole grains. In addition, high anti-oxidant foods like fruit can keep nerve cells healthy. You may be surprised that there are also many promising studies that indicate certain easy methods can keep you sharp mentally as you age. Consider the following:

1. Read a challenging book and do crossword puzzles. This forces your brain to use underused brain connections.
2. Avoid a high sugar diet.
3. Control diabetes, heart disease, and high blood pressure.
4. Stay physically active. Aerobic activity keeps blood vessels open so oxygen can get to the brain
5. Sleep enough and reduce stress. Studies show that stress may be the main cause of memory lapses!



Yes, you can beat your cravings!

Overeating is unhealthy in general, but did you know that food manufacturers actually add ingredients to their products that cause your body to crave more? In fact a popular chip uses as its catch phrase, "You can't just eat one!" The only way to tame a craving, which really is a habit, is to put a new healthy habit in its place. Here's what the nutrition experts are saying:

1. If you are trying to break a snack addiction, find a distraction. Oftentimes, the craving may disappear once the stimulus is removed.
2. Choose a better-for-you version of your favorite item. For instance, if you find yourself downing ice cream every night, try a lower fat version of it. Many manufacturers are now offering healthier versions of their products, without sacrificing any flavor.
3. Listen to your body's cues. Maybe you're not really even hungry, but bored instead. You'd be surprised how many people mindlessly eat without even being aware of it.
4. Drink a glass of water. You might not be hungry, but dehydrated. We've trained our bodies not to recognize their natural signals. Many people confuse thirst for hunger.
5. Brush your teeth and gargle with mouthwash. The minty taste can extinguish your craving.
6. Gradually replace your habit with a new healthy one. Instead of salty chips, try low fat pretzels. Don't get discouraged if you don't overcome your cravings overnight. Just keep at it and eventually your efforts will pay off. You can do it!

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Better Shopping Strategies

1. Plan ahead. Make a list and stick to it.
2. Snack beforehand, or drink bottled water for a temporary full feeling. Hungry people tend to buy more junk food.
3. Steer clear of the cookie and chip aisle.
4. Try to shop the perimeter of the store where the healthier options are located.



Faster than fast food!

Do you ever find yourself too busy to cook and you end up resorting to quick, but often unhealthy fast food? Has driving through the drive-through window become a regular habit for you and your family? We all know that fast food restaurants are not known for serving healthy meals. And the fast food habit can cost you a lot of money in the long run. Try whipping up a few of the below wraps. They're quicker and cheaper than fast foods. Serve with a side salad for a satisfying and nutritious meal:

Southwest Tortilla Wraps

- 2 T. low fat salad dressing or mayo
- 4 ten inch flour tortillas (whole grain is best)
- 1/2 cup chunky salsa
- 4 ounces lean sliced turkey, chicken, or roast beef
- 1/3 cup shredded low fat cheddar cheese
- 1/2 cup thin strips of red bell pepper
- 1/4 cup sliced green onions
- 2 T. sliced black olives
- Pinch of cayenne pepper, optional



Spread the dressing or mayo on the tortillas, then spread the salsa over the dressing. Top with the meat, cheese, veggies, and cayenne. Roll and serve. Each tortilla can be wrapped in plastic wrap after rolling, then refrigerated and eaten later.