

# Sisters for Yah

## What can we learn from suffering?

We all go through trials, whether we are a believer or not. But for Yahweh's people, there is no such thing as pointless pain. Since suffering is so common to all mankind, let's look for lessons we can learn. The book of Job is the epitome of a believer suffering for reasons he at first didn't understand. I'll never forget the first time I read the book of Job. It was scary and oddly comforting at the same time. Scary, because of the depth of what Job suffered, and comforting because Yahweh was in control the whole time.

Suffering produces mercy and compassion for others who are suffering. It's been said that believers live for the "mountaintop experiences, but growth comes when they are in the valley." This makes sense. When everything is good in a person's life, they can become complacent.

Oftentimes, they may reduce their Bible study time, and regular prayer sessions are moved to the back burner. Then it takes a crisis to drive them back into Yahweh's arms.

Yahweh's people are training to be the "Bride of Messiah." A bride always wants to present her best self on her wedding day. But there is quite a bit of planning and preparation before the big day. A bride wants her beautiful dress to be clean and without any flaws or imperfections. Likewise, the Bride of Messiah must be presented without spot or wrinkle. Many times, trials can show us where we are in our spiritual journey and what we need to work on. Years ago, I read an article about the Great Depression of the 1930's. It surprised me to read that in many cases, it was the wealthy people who were committing suicide when they lost their riches. Many poor families survived because they were accustomed to struggling, and it had made them stronger and able to handle adversity. For them, challenging life circumstances was "business as usual."

Sometimes Yahweh does test us. Remember when he tested Abraham? I wasn't there, obviously, but I'm willing to guess that Abraham struggled greatly with Yahweh's command to sacrifice Isaac. As mentioned before, Job was put to the test as well. I pray we will all pass the tests that Yahweh sends to us.



### Inside this issue:

What can we learn...?	1
Helpful Advice	2
Encouraging articles	3
Recipes	4

## Tips for Frugal Living



1. Try price matching! Cut coupons or save ads from other stores. Most grocery stores will match a competitor's discounts.
2. Buy in bulk if possible. Items such as grains, flour, and spices really are cheaper if you buy in bulk. Most can be stored in your freezer to prevent them from spoiling.
3. Stock up. When you notice something on sale, consider buying multiple items. In the long run, this can save you quite a bit of money. This, of course, depends on whether or not you have enough storage space.
4. Try off-brands. Numerous studies show that generic brands are just as good as name brands, and sometimes even better. Stop spending money for a name on a fancy box.
5. If possible, try to make your own. Many things can be made from scratch. You can even make your own cleaning supplies with non-toxic ingredients, baking mixes, and anything else. Learn to love vinegar. It cleans almost anything.
6. Raise your own, if you can. Gardening can be an amazing hobby with wonderful benefits. There's nothing like a ripe juicy tomato right from your garden!
7. Buy used items when possible. Used cars in particular might be a better deal. New cars depreciate very quickly.
8. Use it up, wear it out, make it do, or do without. Learn the difference between wants and needs. Take care of your things so that they last longer.
9. Shop at thrift stores or garage sales.
10. Most of all, be a good steward of what Yahweh gives you! Save energy by turning off lights when not in use. Use the library for entertainment instead of going to the movies. You can borrow books and movies for free.

## Old fashioned remedies that really work!

1. Got blisters? Try petroleum jelly. Clean a blister with soap and water then apply petroleum jelly to the inflamed area. Keep it covered with a bandage.
2. Bug bites? Try oatmeal. Studies show that oatmeal indeed has anti-itch properties. Just make a paste of dry oats and water. Apply it to the bite, then rinse after 10 minutes.
3. Want smoother skin? Try buttermilk. It contains lactic acid which can remove dead skin. Apply to your face with cotton balls. Rinse after 20 minutes.
4. Ease a urinary tract infection by sipping unsweetened pure cranberry juice (not cranberry juice cocktail). A recent study showed that it can reduce symptoms by 40 percent.



## Overcoming Fear in a Scary World

I'm writing this article even as the USA is still locked in a government shutdown. These are scary times, Brethren. The world is a mess, as anyone can see. I've heard people express feelings of anxiety and frustration, "I know the Bible says we are not to fear, but I can't help but worry about what I see happening in the world!" Our human emotions are, of course, natural and expected, but there is a reason that Scripture tells us to "fear not."

Fear can immobilize us and blind us to the blessings we have in our lives. It can also make things seem worse than they really are. Years ago, I remember casually mentioning to a friend that I'd love to visit Israel. She replied in a panicky voice, "Are you kidding me? People are getting blown up by terrorists over there. You can't go there! It's too dangerous." I laugh now, because since then, I've known numerous people who have vacationed in Israel. They all confirmed the same thing: that they felt completely safe there, and that the media regularly blew things out of proportion with regard to the actual living conditions in Israel. Some even told me that they actually felt safer in Israel than in some parts of the United States.

It's a good idea to try to stay in the present. Some people make themselves sick thinking of the future. I love Matthew 6:34, which says, "Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." There's nothing wrong with preparing for the future but the truth is, none of us can say for certain what will really happen because only Yahweh knows. That's why it's important to put our trust in Yahweh. Some people find that they need to turn off the news now and then. They can become depressed by constantly being bombarded by bad news and scary images. I'm not suggesting we "bury our heads in the sand," but I am encouraging everyone to put world events in perspective. Most of all, always remember that Yahweh is in control.

### **Yahweh can use ordinary people like you and me**

I love reading about Gideon because Yahweh used him to do great things, even though Gideon was just an average guy like the rest of us. Gideon was a farmer, and a timid one at that. When Yahweh called him to deliver Israel from the Midianites, his first response was, "My clan is the weakest! I am the least important person in my family." (See Judges 6:15). With Yahweh, anything is possible. He can work with the weakest, most insignificant person. That gives me great hope. Gideon's obedience brought victory to Israel. He was even listed as one of the "heroes of faith." (See Hebrews 11:32). So the next time you feel like a nobody, remember Gideon!





Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104  
Website: www.SistersForYah.org



## Easiest Hot Open-faced Turkey Sandwiches



- 1 1/2 pounds chopped (or sliced) leftover cooked turkey (or chicken)
- 1/2 cup of turkey gravy (homemade or store bought)  
Extra broth or water to thin gravy, if needed. Cranberries are optional.
- 4 large slices rustic bread (or French or Italian bread)  
Heat the turkey and gravy till bubbly. Place the bread on plates. Pour the turkey and gravy over the bread evenly. (Serves 4)

## Creamy Baked Potato Soup

2 T. butter  
6 slices turkey bacon, cooked and crumbled  
1 yellow onion, diced  
3 cloves garlic, chopped  
3 T. flour  
4 cups chicken broth, homemade or store bought  
1 cup milk  
1 cup half and half  
3 pounds potatoes, diced  
1 1/2 t. salt  
1/4 t. pepper  
1/3 cup sour cream  
1 cup sharp cheddar cheese, shredded

### Optional toppings:

Sliced green onions  
Additional cooked and crumbled turkey bacon  
Shredded cheese  
Sour cream



Melt the butter in a skillet and cook the onion and garlic until soft and fragrant. Cover the potatoes with just enough water in a large stock pot. Bring to a boil and cook till tender. In a separate bowl, whisk the flour with the milk and half and half. Add to pot of potatoes along with broth, salt and pepper, cooked turkey bacon, and sour cream. Heat until hot. Stir in the cheese. Ladle into bowls and garnish with your favorite toppings.

