

Sisters for Yah

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You Belong!

We all have a wonderful promise from Yahweh according to Romans 8:1, "There is no condemnation to those who belong to Yahshua Messiah." (NLT throughout)

Many people would agree that some of their most painful childhood memories were feeling like they didn't fit in or didn't belong. Indeed, most high school students feel this way still. Feeling like an outcast can make the four years of high school a nightmare to endure.

Then we grow up. And now we fit in and feel like we belong, right? Wrong! Oftentimes, when we come into the faith, we become targets of our unbelieving friends and family members. We sometimes no longer feel safe with people that we once trusted. They make snide comments and accuse us of being in a cult. These comments often hurt us deeply and we feel ostracized.

Believer, take heart! In Galatians 3:29, we see the following, "Now that you belong to Messiah, you are the true children of Abraham. You are his heirs, and now all the promises Yahweh gave to Him belong to you."



Wow! Read that again. Talk about really *belonging!*

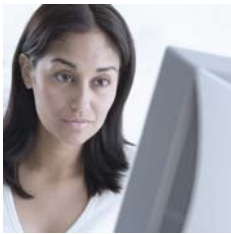
Belonging to Yahweh also means that we are no longer slaves to sin, therefore we are no longer guilty before Him, if we continue to overcome sin and live a life that is pleasing to Him. Now He freely pours down blessings on us like a loving Father to the children He adores! We therefore inherit the family privileges of the Creator of the Universe.

In closing, read Ephesians 1:3, which assures us that, "We should praise Yahweh, the Father of our Master Yahshua Messiah, who has blessed us with every spiritual blessing in the heavenly realms, BECAUSE WE BELONG TO MESSIAH." HalleluYah!

Don't let this happen to you!

A couple of weeks ago I had a major scare that landed me in the emergency room. I noticed chest tightness, numbness and tingling in my left arm, along with muscle spasms, and some dizziness. My first thought was that I might be having a heart attack. After being thoroughly examined in the emergency room, I tensely waited for the results of my blood work. A hour later, the doctor walked in with a smile and told me, "We found no evidence of a heart attack, but we did find evidence of a potassium deficiency." I was relieved, but also surprised because I assumed my diet was healthy. He released me from the hospital and instructed me to start eating a lot more fruits and vegetables. Truth is, I had been eating fruits and vegetables, but not the amounts recommended for optimum health.

When I got home, I did some research about potassium deficiency and was shocked at the long list of symptoms. Among the most common are the following:



1. Heart palpitations, and irregular heart beats.
2. Frequent urination and extreme thirst.
3. Tingling extremities.
4. Dizziness.
5. Intestinal symptoms such as bloating.
6. Severe muscle cramping and spasms.



Now, let me warn you, if you have the above symptoms, do not assume that you have a potassium deficiency. The above symptoms also can occur with other serious situations such as heart attack, angina, diabetes, and certain cancers. Please see your doctor to rule out these conditions.

So what should you do if you do find out you have a severe potassium deficiency? Take heart, Yahweh has created lots of yummy foods that combat this condition. Add the following to your diet:

1. Avocadoes.
2. Bananas, and most fruits.
3. Nuts of all varieties.
4. Dried fruits such as raisins. But try to buy the non-sulphite type at the health food store.
5. Leafy greens, spinach and peas.
6. Potatoes.
7. Beans.
8. Squashes, all variety.
9. Cook with certain spices, such as paprika and red chili powder (sparingly if you have heartburn).
10. Limit or eliminate caffeine which is a diuretic that can cause you to lose minerals when you urinate.
11. Most of all, thank Yahweh for the life He has given you and stay close to Him in prayer and Bible study.



You've got to try these!

Once you try these ideas, you'll be asking yourself "Why didn't I think of that?"

1. Hate hulling strawberries? Just grab a drinking straw and press it through the middle from the bottom.
2. If your wood furniture has scratches and dings, rub a walnut over them and the scratches will be disguised.
3. If you lose tiny items like dropping earrings on the floor, try using a vacuum with a stocking placed over the hose.
4. A muffin pan makes a great caddy for art or craft supplies. Place plastic cups in each hole.
5. Are electronic cords driving you crazy figuring out which is which? Try using bread tags to make cord labels—they are just the perfect size!
6. Bake cupcakes directly in ice cream cones.
7. Pop your own popcorn in plain brown paper bag. Cheaper and healthier than the stuff you see in stores.
8. Create more space under your kitchen cabinet with tension rods. You can hang your spray bottles on them.
9. In summer, you can freeze *aloe vera* in ice cube trays for sunburn relief.
10. Egg cartons make a great storage container to separate small office supplies like paperclips, and push pins.
11. De-clutter your linen closet by storing a complete set of sheets and pillowcases in one of their own pillowcases.
12. In winter, before you shovel snow, spray your shovel with cooking spray. The snow will slide right off without the need to keep tapping the shovel.

Breaking bad habits



1. Be patient. It takes about two weeks to break a bad habit
2. Replace it with a good habit. For instance, if you find yourself devouring a bag of potato chips after hearing upsetting news, call a friend to vent instead. Or go for a long walk.
3. Stick with it even if you waver from your plan. Just pick yourself up and keep going.
4. Evaluate your progress every week or two.
5. Reward yourself with something good if you accomplish your goal, such as splurging on that new book you've been wanting to read.
6. Be Yahweh's partner. So many people will agree that the power of prayer can be incredible!

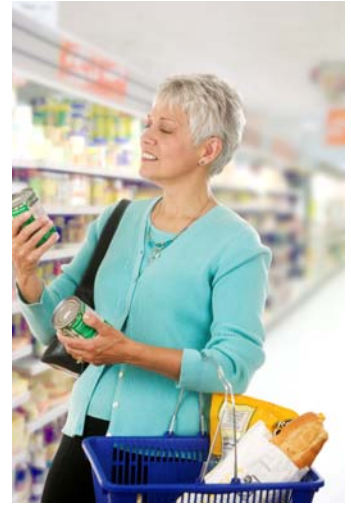
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Labels can be deceptive

Many people know the value of eating whole grains, but some are still confused when they see a bread bag label that says 100% wheat. It must say 100% whole wheat to be considered whole grain. An easy way to tell if something is whole grain, is to check the fiber content. It must have at least 2 grams or more of fiber. A slice of white bread, for example, can have less than half a gram of fiber. Experts recommend at least 25 grams of fiber per day.



Potassium-boosting recipes

Banana Bran Muffins (makes 12):

- 3/4 cup whole bran cereal
- 1/4 cup milk, skim, or substitute such as almond milk
- 3 ripe bananas
- 1 egg
- 1/4 cup molasses
- 2 T. vegetable oil
- 1 t. baking soda
- 1/4 t. salt
- 3/4 cup raisins
- 1 1/4 cup flour

Preheat oven to 375 degrees. Soften the cereal in the milk. Slice the bananas and puree in a blender. Combine with the egg, molasses, and oil. Mix well. Blend in the flour, baking soda, and salt. Fold in raisins. Spoon into well-greased muffin pan. Bake 25 minutes or until knife comes out clean.



Banana Smoothie:

- 2 cups milk, skim or substitute with almond milk
 - 2 bananas
 - 1/4 cup raw honey, optional
 - 1/2 t. vanilla extract
 - Handful of ice cubes, optional.
- Blend in a blender until smooth.
Throw in a few strawberries for added variety.

