

# Sisters for Yah

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## HOW I AM COPING WITH SINGLE PARENTING

When I got married 8 years ago, I never even considered the possibility that I would one day be raising my 7 year old daughter and my 5 year old son all alone. My husband was unexpectedly killed in a car accident and our lives changed forever. I had always enjoyed being a stay-at-home mom and homeschooling the children, but now I had to enter the workforce to support my little family. I had to put my children in public school so I could go to work. Loneliness is an emotion I feel quite often. The children have suffered also. My daughter says she hardly gets to see me anymore, and my son has been "acting out" in school. Sometimes I don't know what to do.

But things are getting better. I have learned to ask for help. People at my [assembly] have been wonderful during this trying time. For instance, recently, a nice couple with 3 children similar in age to mine invited my children to see a movie and get ice cream. My children came home bubbly and excited and all 3 of us seemed to be in a better mood.

I stopped feeling guilty. It was not my fault that my husband was killed. I am doing everything I can to hold my family together. I know that I can never be both mom and dad to the children, but I can try to be the best mom I can. I learned to stop being resentful and feeling sorry for myself. After my husband was gone, I often would fall into a slump of "Why did this happen to me?" So things are looking up.



If you are going through a similar situation, realize that Yahweh will remain faithful to you as long as you remain faithful to him. Nurture your faith. Don't forsake the assembling of yourself with believers of like faith. Pray often and forgive yourself when you make mistakes. Spend lots of time with your children and let them know you are there for them. Talk about things as a family. Your children may feel the need to open up about difficult feelings they are experiencing. Things will get better!

(Anonymous)

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## Important Health News

Learn to recognize the signs of a heart attack so that you can get the help you need:

1. Shortness of breath
2. Weakness and/or fatigue
3. Lightheadedness or dizziness
4. Nausea or vomiting
5. Cold sweats
6. Pain located in the back, jaw, neck or arm



Heart attacks can sometimes come on slowly, but if discomfort persists more than 3 minutes, or goes away then returns within a few hours, take immediate action. Call 911. Only if you can't reach emergency medical services should you have someone drive you to the nearest hospital.

### You can take steps to help your heart stay healthy:

1. Avoid stress. Studies from the University of Utah have actually proven that stress can hurt your heart.
2. Obesity and inactivity : a bad combination. Eat a sensible diet and get moderate physical activity at least 3 times per week. Even walking briskly can strengthen your heart. Check with your doctor before starting any exercise program.
3. Get your cholesterol tested. Total cholesterol should be under 200 mg.
4. Studies are showing that eating fish high in omega-3 fatty acids like salmon and tuna are extremely heart healthy!
5. Get your blood pressure tested. Make sure yours is under 120/80 mmHg.
6. Cut salt intake. Many physicians recommend consuming no more than 2,300 mg. per day. Your individual physician may recommend less depending on your health.
7. Get adequate sleep. People who sleep less than 5 hours per night were more likely to have hypertension.

***“A cheerful look brings joy to the heart, and good news gives health to the bones.”***

—Prov 15:30 (NIV)





## Always Remember

Always remember to forget  
The things that made you sad  
But never forget to remember  
The things that made you glad

Always remember to forget  
The friends that proved untrue  
And don't forget to remember  
Those who have stuck by you

Always remember to forget  
The troubles that come your way  
But never forget to remember  
The blessings that come each day

(Anonymous)



The rod of  
correction  
imparts wis-  
dom, but a  
child left to  
himself dis-  
graces his  
mother.

—Prov 29:15

## Safe Seafood

Is fresh tuna better than canned? Believe it or not, canned is better. The tuna used for canning is typically younger than the tuna sold in the fresh and frozen markets. The younger the tuna, the less harmful mercury they contain. Also, choose water-packed tuna instead of oil-packed.



## Building up a child

Building a child's intellect is important, but strengthening his character is the highest of all priorities. In today's world of twisted values, it is more essential than ever that boys and girls be instilled with the character that enables them to act morally.

The education they receive should broaden the mind while deepening the spirit.



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Coming Soon!  
[www.sistersforyah.org](http://www.sistersforyah.org)



### SALTINE CHOCOLATE PIECES

1 sleeve Saltine crackers (about 37)  
3/4 cup brown sugar  
1 cup butter  
12 oz. semi-sweet chocolate chips  
3/4 cup chopped nuts

Preheat oven to 400 degrees. Line a 10x 15 inch cookie sheet with saltines. Boil sugar and butter for 3 minutes. Pour mixture over saltines and spread evenly. Bake at 400 degrees for 5 minutes. Remove from oven.

Sprinkle with chocolate chips. Let set 1 minute, then spread melted chips with spatula. Sprinkle 3/4 cup chopped nuts over this and press down lightly. Cut on diagonal immediately or cool until firm, then break up: pieces can be frozen. Yield: 30 pieces.

### A Parent's Obligation

Parents have an obligation to make their home a strong and stable environment for their children, as well as for each other. Parents usually learn quite fast that they should never make promises to their children that they cannot keep. Children usually learn by example, and they take things at face value. So if we tell them we are going to do something, they usually expect us to do it. Teaching and displaying good morals and beliefs at home, will help us to stem unfavorable peer pressure in their daily lives. A loving and caring home should be a refuge from the outside world, that at times, can be somewhat demanding. Being a good mother or father can, at times, also be quite stressing, and a parent may occasionally become upset and angry in certain situations. This may not necessarily be wrong as long as it is not malicious or hateful anger, but rather a determined, disciplined attempt to provide the best guidance for one's family. Yahweh wants the family to be loving and righteous, and parents have the obligation to instill in their children righteous principles to live by.