

Sisters for Yah

The Problem with Pride

A Soviet dissident once said that "pride grows in the heart like lard in a pig." If you think you are immune, think again! The problem of pride plagues all of mankind. It can grow in our hearts with little or no sustenance. Pride has many faces. It can make people try to have things their own way, while placing Yahweh in a subordinate position in their lives. I've also heard atheists say, "I don't need [Yahweh]. I'm perfectly happy leading my life the way I see fit."

But what about people who believe in Yahweh? Can they possibly suffer from pride, too? Of course they can! Many years ago, I was at an open bible study and a well-learned believer stood up and shouted to another person, "I know more about the Bible



than you do, so you shouldn't even be speaking at this table!" The other person timidly answered, "But I'm just here to learn." I was shocked and embarrassed at the behavior of the person who claimed to be a believer. Everyone there witnessed his pride problem in a powerful way. In my opinion, that "believer" made Yahweh look bad in the eyes of the unbeliever. He had set the wrong example. People are often turned off when they see believers behaving improperly. I saw a bumper sticker not too long ago that said something like, "[Yahshua], save me from your followers!" While it was meant to be humorous, we all can sadly see the truth in it.

We all know the Israelites had a pride problem because repeatedly they were called "stiff-necked" and "hard-hearted." We don't want to follow their example. Yet, how easy it is to give in to our human tendencies. There was a well-known evangelist who rightly said that, "Yahweh sends no one away empty, except those who are already full of themselves!"

So let's not let our guards down! Pray that Yahweh will always keep us humble.



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Wives were meant to soar!

I heard an interesting story recently that illustrated what can happen when marriage roles get blurry. A kite was soaring high in the sky when it happened to see a field of flowers far away. The kite thought to itself, “It sure would be fun to fly over there and look at all the beautiful flowers.” So it began tugging in that direction. But the string attached to the kite wasn’t long enough to let the kite fly wherever it wanted. So the kite kept tugging until the string broke. Happily, the kite soared over the field of flowers. But very soon, the kite came crashing down to the hard ground and got damaged. The kite realized that what had seemed to be holding it back actually was enabling it to fly.

The wife is the kite in this story. The string symbolizes the scriptural principles of a man’s responsibility to lead his family. The string was not meant to be a hindrance. In 1 Peter 3:5, wives are told to be submissive to their husbands.

A husband can help his wife soar by reminding her of how much he loves and appreciates her. Husbands need to learn the kind of servant-based leadership that uplifts their wives like the wind uplifts a kite. A husband needs to provide security and stability so that his wife may soar in the relationship! Wives, be respectful to your husbands. This will help them to give you the love you want and need. And husbands, show your wives you love them. It will help them to properly submit to you. Become real partners in your marriage.



Bad consequences of redefining Biblical marriage!

Our world is getting worse by the minute. Lately, you probably have been hearing a lot on the news about “alternative” marriages. The Bible is very clear about what real marriage is. But you may not have heard the following TRUE headlines:

- In England, a husband and wife were denied the opportunity to be foster parents simply because they stated in the interview process that they would NOT tell children that alternative lifestyles are acceptable. These were Bible-believing people!
- In Europe, a pastor was jailed for preaching about the Biblical definition of marriage!
- In Canada, several people were fired for expressing their support for traditional marriages. And hundreds of people, including an archbishop, were hauled before administrative boards and commissions being accused of so-called “hate speech” for simply expressing their views on Biblical marriage! This is outrageous!
- Wedding professionals have been fined for refusing to participate in a same-sex ceremony.
- In Massachusetts, children as young as seven were taught about alternative lifestyles in class. The courts ruled that the parents had no right to prior notice, and also did not have the right to refuse their children being instructed as the school saw fit. Can you believe this? These are just a small example of what is happening right now. Prayer is needed strongly, Brethren!

Money-saving household tips!

1. Make your own carpet freshener! Just mix baking soda with some ground cinnamon or cloves. Sprinkle on your carpet and allow to sit for 15 minutes, then vacuum. But first test a small hidden area of the carpet for color fastness before you do the entire area.
2. Safer stain removal for carpet: mix 1 T. vinegar with 1 T. cornstarch. Work it into the stain and leave it for 2 days. Then simply vacuum.
3. Dull scissors? Not anymore. Simply cut through a sheet of sandpaper a couple times. They'll be like new!
4. Regular cooking oil can make your furniture look new again. You can also use pecan nuts to "re-stain" wood furniture.
5. Clean your bathroom mirrors with shaving cream and it will stop fogging up and be streak free.
6. Refrigerator odors? Simply crumple a few brown bags and place them at the back. Change the bags when they start to smell. In no time, the bags will have absorbed all the odor.
7. Safer air freshener: boil some water, cloves and orange peel. The citrus smell will permeate the air. Numerous studies are showing that conventional air fresheners are not safe!
8. Remove hard water buildup on a shower head. Pour vinegar in a plastic bag and place the bag around the shower head, making sure it is submerged. Tie it on tightly. Soak it overnight.
9. The best window cleaner! Mix a handful of cornstarch with 4 quarts of water. Dry with paper towels. Dries much faster than store bought cleaning solutions!



YAHWEH CAN

When you feel unlovable, unworthy and unclean
 When you think that no one can heal you
 Remember, Friend,
 Yahweh can!

When you think you are unforgivable
 For your guilt and your shame
 Remember, Friend,
 Yahweh can!

When you think that all is hidden
 And no one can see within
 Remember, Friend,
 Yahweh can!

And when you think you have reached the bottom
 And you think that no one can hear
 Remember, Friend,
 Yahweh can!

And when you think no one can love
 The real person deep inside of you
 Remember, my dear Friend,
 Yahweh does!



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Make your own no-salt herbal blend!

If you are trying to reduce your sodium intake, try the following recipe. You don't have to sacrifice flavor. Sprinkle liberally on food.

Blend the following:

- 1/2 cup dried oregano
- 1/2 cup onion powder
- 2 t. garlic powder
- 2 t. dried basil
- 2 t. dried marjoram
- 2 t. dried rosemary
- 2 t. dried thyme
- 3/4 t. dried sage
- 3/4 t. black pepper, opt.



Place in a shaker container and use instead of salt.

Food Facts

1. Look at the ingredient list instead of the nutritional profile. Look for real food in the ingredient list. If you can't pronounce it, don't eat it. It's not real food.
2. Avoid trans-fat or processed oils. Eat oils and fat in their natural form like butter and olive oil. Stay far away from margarine, including the so-called "healthy" margarines.
3. Eat foods that your great-grandparents would recognize. Diet has changed dramatically in the last 50 years. Your great grandmother wouldn't recognize much of what is on store shelves today.
4. Drink lots of water. You can tell whether or not you are hydrated by the color of your urine. Anything darker than pale yellow means you are dehydrated.
5. Chew! Your stomach doesn't have teeth. Digestion begins in the mouth. Take the time to chew properly. It will go a long way toward good digestion.
6. Avoid marketing strategies. If a food is advertised as being "healthy" it probably is not. Real food such as fruits, and vegetables, don't have marketing companies telling you they are healthy. Any foods with a slogan (low fat, high fiber, etc.) is a "product" rather than a whole food.
7. Life can be sweet—but avoid refined sugar. Try honey or maple syrup in very small amounts. The problem with refined sugar is that it is devoid of any nutrients and difficult for the body to metabolize. Both honey and maple syrup have an impressive nutritional profile and is much easier for the body to metabolize and is less likely to cause blood sugar to crash.

