

Sisters for Yah

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No pruning, no fruit!

Read Roman's 8:28, which says, *"And we know that Yahweh causes all things to work together for good to those who love Him, to those who are called according to His purpose."*

Do you believe that Yahweh works for good in all things? If you're like me, you might struggle with this one. I have yet to learn to "count it all a joy" when I fall into various struggles, even though I have been following Yahweh for over thirty years. I think the ultimate problem is that as humans, we don't know His plan. We would love to know the reason for our trials. Humans love certainty and routine. When something unexpected happens, it can leave us feeling vulnerable and unstable.

Over the past 30 years, I've met so many believers that have truly inspired me. I've met people who've been in debilitating accidents, have had to deal with life-threatening illnesses, lost their entire homes and families, have been the victims of horrendous natural disasters, have watched their children die painful deaths, have had marriages fail, and on and on it goes. Most of these individuals have come through not only stronger, but more compassionate too! Many of them have said they were thankful that they went through their trials because it made them better people.

We can think of trials as a pruning process. We know that with plants, pruning is very necessary to experience growth. Likewise, we often experience the most growth when we are "pruned." No, it does not feel good while we are suffering, but if we put our complete trust in our Heavenly Father, our trials will not be for nothing. Instead of complaining, why not ask Yahweh if there is something you need to learn from this experience? One believer asked in prayer why she was suffering, and Yahweh placed it in her heart that He wanted her to know what Messiah felt like, and therefore she would no longer take His sacrifice for granted! This was a powerful answer to her prayer, as indeed she had been taking Messiah for granted! So, let us move forward in our trial, never taking our eyes off our Heavenly Father.



Inside this issue:

| | |
|-------------------------|---|
| No pruning, no fruit! | 1 |
| Clever ideas for summer | 2 |
| "Mom, I'm bored!" | 3 |
| Summer Recipes | 4 |

CLEVER IDEAS FOR SUMMER

Make your own mosquito repellent! No need to buy chemical repellents. Not with this amazing, natural remedy.

Step 1:

Fill a spray bottle (that has never contained any toxic chemicals) to half full with distilled, boiled, or filtered water.

Step 2:

Fill with witch hazel to almost the top. You can buy witch hazel at any store in the area that sells rubbing alcohol and hydrogen peroxide.

Step 3:

Add 30-to 50 drops of essential oils. Choose one or more of the following: peppermint, cedar wood, citronella, clove, cypress, lavender, lemongrass, rosemary, tea tree, eucalyptus, or catnip.

Brilliant uses for vinegar!

1. Clean your garbage disposal. Keep a stash of vinegar ice cubes in the freezer. Every few weeks, grind six ice cubes in the disposal, then then flush with water. The ice will actually sharpen the blades, while the vinegar will deodorize it.
2. Remove calcium deposits from shower head. Before bed, fill a plastic bag with vinegar and use a rubber band to secure the bag to the shower head, making sure the head is fully submerged. By morning, the calcium deposits will be gone!
3. Make a bacteria-killing spray for fresh produce. Mix one part vinegar with 3 parts water. Use this solution to “clean” your veggies. Then rinse in fresh water.
4. Soothe a painful sunburn. Soak a few paper towels in vinegar then press them onto the affected areas. Vinegar contains acetic acid, which is known to restore acid balance to skin. In addition, it can reduce blistering and peeling.
5. Soften stiff new towels. Add half a cup of vinegar to the rinse cycle.
6. Relieve swimmers ear. Mix equal parts white vinegar and rubbing alcohol. Place a few drops in ear, using an eyedropper. Wait 30 seconds then tilt head to drain. It will kill bacteria and help dry out the ear canal.
7. Clear the air of paint fumes. Place a few bowls filled with vinegar around the room and allow to sit overnight.
8. Extend the life of your manicure. Swipe bare nails with a cotton ball soaked in white vinegar. Allow to dry, then proceed with your manicure.



“Mom, I’m bored!”

Oh, the dreaded three words of summer. Seriously, what parent hasn’t heard this common complaint? We’ve scoured the web for fun, (and cheap) ways to entertain your little ones this summer!

1. **Rock Stars**—start by collecting rocks of various sizes and shapes (this can be an activity all on its own!). Grab some acrylic paint and have the kids paint faces on half the rocks and bodies on the rest. After the rocks dry, let the kids mix and match the heads and bodies. The combinations are endless! Believe it or not this has actually kept kids entertained for hours.
2. **Marbled bookmarks**— encourage your children to read more by having them design their own bookmarks. This is a super easy project. Grab a cutting board from your kitchen and spread shaving cream on it. Then use a squeegee to smooth it out. Next, dot the cream with two or three colors of paint. Drag a stick through it to squiggle the colors together. Cut some plain white cardboard to the size of a bookmark lay the cardboard on top of the shaving cream and press gently. Lift it and let it dry completely. Finally, punch a hole at the top and tie on a tassel or ribbon!
3. **Giant Bubbles**—kids absolutely love this! First mix up your bubble solution. Grab a small, cheap wading pool. Pour in 6 gallons of water, 3 bottles of Dawn original dish soap (24 ounces each), and 2 bottles of plain glycerin (6 ounces each). Mix it gently. Cover the pool and let sit overnight. Use a hula hoop as a “wand.” Dip the “wand” into the pool and lift it up gently. This may take two people. The bubbles will be huge—even much bigger than a child!
4. **Easy volcanoes**—here’s a great science experiment! Make a dough by combining 6 cups flour, 2 cups salt, 4 T. cooking oil, food coloring of your choice, and 2 cups water. Mix until smooth and firm. Place an empty soda bottle on a cookie sheet and mold the “volcano” around it. Leave the mouth of the bottle uncovered. Allow to dry overnight. Then, using a funnel, pour warm water into the bottle until nearly full. Next add 6 drop of dish detergent and 2 T. of baking soda. Finally, slowly pour in some vinegar and watch it erupt!
5. **Makeshift basketball!**—you don’t even need a full sized court or even a hoop! Just use some trash cans or recycling bins, placing one at each end of the driveway.
6. **Ring toss**—feeling nostalgic? This old fashioned game can provide hours of fun. Make your own ring-toss by spray painting glass bottles in bright fun colors (optional). Then use multi colored diving rings (also called dive rings) to try to “lasso” the bottles. Place the bottles at various distances for variety.



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Summer Slushes

Citrus Slush

1 orange, peeled and chopped
1 lime, juiced
12 ice cubes.

Blend it all up!

Creamy Strawberry Orange Slush

1/2 cup milk
1 T. sugar
10 oz pkg. strawberries
2 cups orange juice
2 cups ice cubes



Summer Cold Soups!

Chilled Fruit Soup:

*1 cantaloupe, inner flesh removed
1 cup fresh strawberries
2 cups orange juice
1/4 cup honey
Nutmeg and cyenne pepper, to taste
1/2 cup plain yogurt
Dash dried basil
1 lime, juiced
Mix it up in a blender and enjoy!*

Cold Melon Soup:

*2 cups plain yogurt
1/4 cup milk
1 cup chopped fresh mint leaves
1 melon, inner flesh removed
2 T. lime juice
1 T. chili powder
Chopped pistachios, to garnish.*

Blend and chill 2 hours.

