

Sisters for Yah

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Keeping the Peace in Your Family

It is always nice when an entire family comes into the knowledge of Yahweh, but let's face it, this is a rare occurrence. The vast majority of us have unbelieving parents, spouses, grown children, and other relatives. So what is a believer to do? How should we be a good witness for Yahweh?

The first thing we should realize is that Yahweh is the One who does the calling of an individual. You will not convince your relatives of Yahweh's truth unless Yahweh is working with that individual. The best arguments in the world will not win anyone over. Of course we are expected by Yahweh to be ready to give an answer to anyone who wants to know about our beliefs, but do so in a calm, respectful way. If it is clear that the other person is trying to pick a fight, don't allow yourself to be pulled into it. Even Yahshua remained silent in certain circumstances. Let's follow His example. Sometimes silence can be a powerful testimony.



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Believers with unbelieving spouses can be particularly challenged being that they have to live with the person on a daily basis. Our good example can go a long way. One unbelieving husband made the comment that he got along with his wife better after her conversion to Yahweh. The wife learned to be a peacemaker rather than the cause of conflict as was common to her before her conversion.

Never force your beliefs on another individual. You can drive them even further away from Yahweh if you do. Many new believers make the mistake of trying to "save the world." They quickly learn that it is not possible for a human to do what only Yahweh can. Instead, pray for Yahweh's will to be done and also for Him to show you what He wants you to do. Let's all do our part to be peacemakers and not hinder Yahweh's purpose.

Yet Another Reason to Lose Weight!

By now everyone has heard of the obesity epidemic that is gripping many parts of the world, and mainly western nations. We all know the devastating health problems triggered by weight gain, but did you know that more fuel is being consumed as well? According to studies done by the University of Illinois and the Centers for Disease Control, weight gain is partly to blame for our increasing fuel consumption. For instance, consider the following points discovered in these studies:

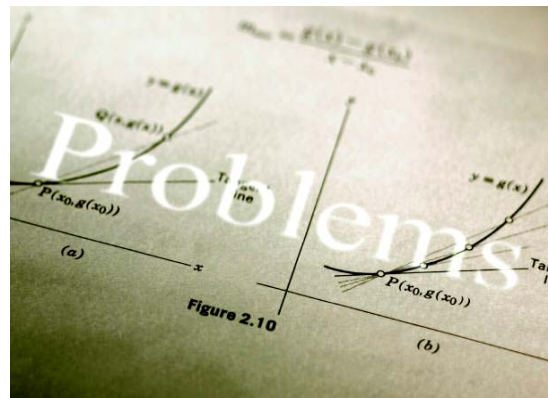
1. Cars consume 938 million extra gallons of fuel per year now that people are heavier.
2. Airplanes use 350 million extra gallons of fuel per year too since waistlines have expanded!
3. \$2.2 billion extra money each year is spent on gasoline for cars, and \$275 million extra on airplane fuel. Good reason to skip that order of extra large French fries!



CREATIVE SOLUTIONS TO EVERYDAY PROBLEMS

Here are some of the many uses of a coffee filter:

- use it to cover food while microwaving to prevent splatters.
- wipe off glass tabletops and mirrors without leaving lint.
- slit the middle and slide up a paintbrush or ice cram stick to catch drips.
- put between stacked cast iron or non stick cookware to prevent scratches.



Other “double-uses” for everyday household items:

- Use a plastic soda bottle if you don’t have a funnel. Simply cut off the bottom and turn upside down.
- Use an emery board if you need to sand small or hard-to-reach areas.
- If you can’t find your Phillips head screwdriver, use the tip of a vegetable peeler instead.

Today I will...

TODAY I WILL NOT STRIKE BACK:

If someone is rude, if someone is impatient, if someone is unkind...I will not respond in like manner.

TODAY I WILL ASK [YAHWEH] TO BLESS MY "ENEMY":

If I come across someone who treats me harshly or unfairly, I will quietly ask Yahweh to bless that individual. I understand the "enemy" could be a family member, neighbor, co-worker, or stranger.

TODAY I WILL BE CAREFUL ABOUT WHAT I SAY:

I will carefully choose and guard my words being certain that I do not spread gossip.

TODAY I WILL GO THE EXTRA MILE:

I will find ways to help share the burden of another person.

TODAY I WILL FORGIVE:

I will forgive any hurts or injuries that come my way.

TODAY I WILL DO SOMETHING NICE FOR SOMEONE, BUT I WILL DO IT SECRETLY:

I will reach out anonymously and bless the life of another.

TODAY I WILL TREAT OTHERS THE WAY I WISH TO BE TREATED:

I will practice the golden rule—do unto others as you would have them do unto you—with everyone I encounter.

TODAY I WILL RAISE THE SPIRITS OF SOMEONE WHO IS DISCOURAGED:

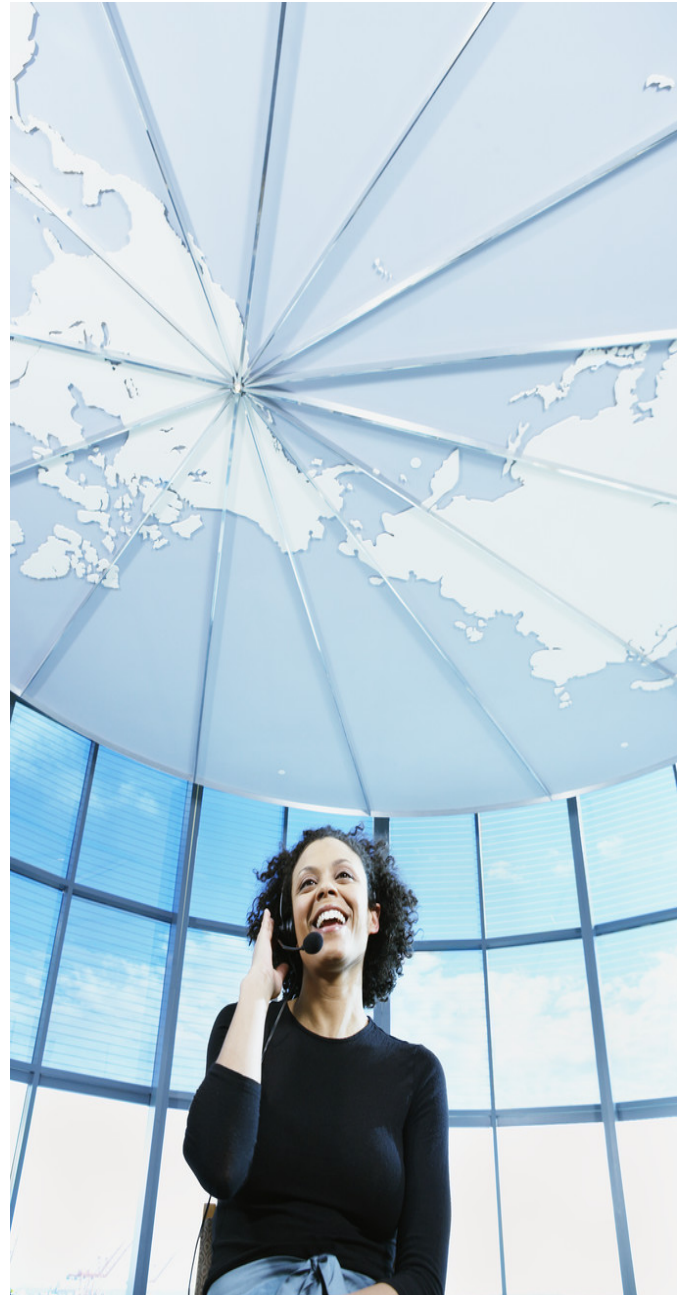
My smile, my words, my expression of support, can make the difference to someone who is wrestling with life.

TODAY I WILL NURTURE MY BODY:

I will eat less; I will eat only healthy foods. I will thank Yahweh for my body.

TODAY I WILL GROW SPIRITUALLY:

I will spend a little more time in prayer today: I will begin reading something spiritual or inspirational today: I will find a quiet place at some point during this day and listen to Yahweh's voice.



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

Coming Soon!
www.sistersforyah.org

Chicken Green Chili

3 to 4 pounds chicken, finely diced
1 quart onion, chopped
3-6 oz. can green chilies, chopped
2- 30 ounce can tomatoes, diced
2 T. cumin
1 T. garlic powder
1 T. onion powder
1 T. salt, then add to taste
2 T. red pepper, crushed
2 Quart water
Thicken with corn starch water mixture



Saute chicken and onions until brown. Put in large cooking pot; add all the other ingredients listed above. Simmer for 2 hours. Thicken after chili is done.

Baking Powder Substitute

Baking powder is generally just baking soda mixed with an acid, and a number of kitchen acids may be mixed with baking soda to simulate commercial blends of baking powder. The most common suggestion is to use two parts cream of tartar with one part baking soda. Where a recipe already uses buttermilk or yogurt, baking soda can be used without cream of tartar (or with less). Alternately, lemon juice can be substituted for some of the liquid in the recipe, to provide the required acidity to activate the baking soda.



(This page submitted by
Twila Rawson)