

Sisters for Yah

June 2007



Volume 1, Issue 6

ARE YOU PREPARED?

The world can be a frightening place to live. Every evening on the news, we see often-graphic coverage concerning war, disease, famine, gas prices rising, global warming, etc. We can think of Yahshua's words in Matthew 24. But let us also not forget what He said in verse 42, "Watch therefore: for ye know not what hour your Master doth come." Many people believe that this verse only means to watch world events. Could it be that this also means we should watch ourselves? How many of us go about our daily lives and don't make time for Yahweh, the Creator of the universe?

Matthew 24 contains some sobering warnings. Besides earthquakes, religious deception, and related sorrows, we are also told that "iniquity shall abound and the love of many shall wax cold" (verse 12). Has our love grown cold? Let us remember our suffering brothers and sisters and pray for them. Things are only going to get worse as we get closer to Yahshua's return.



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There is nothing wrong with preparing for the future, but our real focus should be seeking first the Kingdom of Yahweh. It is okay to have extra food stored away in case of an emergency such as inclement weather, but we should not put all our time and resources into buying survival items. We all realize that times will get difficult, especially if we have disease pandemics such as an outbreak of Avian influenza. If such a pandemic occurs, one will not want to be around crowds of people too often. So it is a good idea to have emergency supplies already stored away. We can read about the famine that occurred during the days of Joseph. Joseph saved many lives by making emergency storage preparations of grain.

Yahweh promises to provide all our needs if we seek Him first. Let us focus on Him every single day. Praise Him as we prepare for Yahshua's return!

(Anonymous)

Forgiveness is a Gift

Yahshua knew what He was talking about when He told people to forgive. In a recent study, researchers discovered that people who forgive the most, tend to have more fulfilling lives. People who are forgiving also enjoyed lower levels of depression and lower blood pressure. The benefits seemed to be most striking in women, as studies showed that men tend to keep their anger and resentment bottled up, while women expressed their feelings openly.

(Anonymous)

Snap out of a Bad Mood

Every one of us goes through trials and tribulations. None of us are exempt from the pressures of daily living. The first step to feeling better is identifying what brought you down in the first place. Once you know what's really bothering you, you can take proactive steps in coping with the problem.



You feel sad and depressed, but are not sure why. Try to re-trace your steps, so to speak. Are you really upset about your husband leaving his dirty socks on the floor instead of in the hamper, or was it the argument you had with one of your co-workers that triggered your depression? We often get annoyed at the "little things", but they are usually triggered by a bigger

event. Find out what the bigger event was to get at the root of the problem.

Many people don't want to blame themselves or others, so they blame their problems on events beyond their control. For instance, some people would rather blame the traffic on the commute work, rather than admitting that they have an anger management problem and lack of patience. Sometimes just admitting the truth can lift a tremendous burden!

Once your problem is identified, pray about it. Ask Yahweh to help you deal with it His way, not your way. If possible, get out and exercise for a while and distract yourself. Or grab your Bible and head out to a peaceful park. These little hints can do wonders for a bad mood!

(Anonymous)

How to Survive a Heart Attack Alone

(By Daniel Rochman, MD)

This article was published a number of years ago, and someone recently asked to have it published once again as the information is very helpful.

If everyone who gets this sends it to at least 10 people, you can bet that we'll save at least one life. Let's say it is 6:15 p.m. and you're driving home (alone of course) after an unusually hard day on the job. You are really tired, upset, and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are about 5 miles from the hospital nearest home. Unfortunately, you don't know if you'll be able to make it that far—WHAT CAN YOU DO?

You've been trained in CPR but the guy that taught you the course neglected to tell you how to perform it on yourself. Since many people are alone when they suffer a heart attack, this article seemed to be in order:

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by **coughing** repeatedly and very vigorously.

A deep breath should be taken before each, and the cough must be deep and prolonged as when producing sputum from deep inside the chest, and a cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and the coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many others as possible about this. It could save their lives!



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

Do you have some suggestions or input for the Sister's new website? Please submit your ideas to webmaster@yaiy.org

Daily survival Kit



- 1) Toothpick—to remind you to pick out the good qualities in others. (Matthew 7:1)
- 2) Rubber Band—to remind you to be flexible, things might not always go the way you want, but it will work out. (Romans 8:28)
- 3) Band Aid—to remind you to heal hurt feelings, yours or someone else's. (Colossians 3: 12-14)
- 4) Pencil—to remind you to list your blessings everyday. (Ephesians 1:3)
- 5) Eraser—to remind you that everyone makes mistakes, and it's okay. (Genesis 50:15-21)
- 6) Chewing Gum—to remind you to stick with it, and you can accomplish anything—(Phil. 4:13)
- 7) Mint—to remind you that you are worth a mint. (John 3:16-17)
- 8) Candy Kisses—to remind you that everyone needs a kiss or a hug everyday. (1 John 4:7)
- 9) Tea Bag—to remind you to relax daily and go over that list of blessings. (1 Thess. 5:18)

(Author Unknown)



Banana Punch



Ladies, try this yummy recipe for a refreshing summer drink. Enjoy!

frozen **lemonade**, 46 ounces **pineapple juice**.
pour in 1 quart **ginger ale** and mix.

In a blender, combine 7 cups **water**, 3 1/2 cups **sugar**, 5 **bananas**, 1 can frozen **orange juice**, 1 can
Chill. Before serving,