

Sisters for Yah

Be Modest—*without and within!*

We ladies are surely familiar with the idea of dressing modestly, as one Elder recently put it, “Neck to knees—nobody sees.” It is not difficult to understand how to dress modestly with a rhyme like that! Of course there are Scriptures to back this up, such as 1 Timothy 2:9 which states, *In like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing.* Also see 1 Peter 3:1-5: *In the same way, wives, be subject to your own husbands, so that if any are disobedient to the Word, they, without a word, might be won by the behavior of their wives, having seen your blameless behavior in fear. Your adornment should not be outward—arranging the hair, wearing gold, or putting on dresses—but the hidden Man [Yahshua living in us through the Holy Spirit we received at baptism], of the heart, with the incorruptible ornament of a meek and peaceable spirit, which is of great value before Elohim. For in this way, in former times, the set-apart women who trusted Elohim also adorned themselves, being subject to their own husbands.* Notice verse 6a, “as Sarah obeyed Abraham, calling him master” (symbolic of Yahshua submitting to Yahweh).

As we know there are countless other Scriptures in the Bible that teach us what modesty is, as far as what we wear, to dress in an appropriate way, which is not always so simple or easy if we’re just “buying off the rack.” We may need to use a little creativity sometimes, such as sewing in some fabric or lace at necklines or layering, etc. and that is good, as we should be caring to, “abstain from every form of wickedness,” (1 Thess. 5:22), and “not put a stumbling block in our brother’s [or sister’s] way,” (Rom. 14:13b).

Now we’ve talked about how to appear modest before others, but what about BEING modest? Or in other words, being a modest being? I’m mean from within ourselves; the way we think, what we might dwell or meditate on, what we look at, where we look at it, what or who we listen to, etc.? In other words, walking on the Way with a “modest state of mind.”



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Be Modest..., cont.

Some “for-instances” might be: Am I being modest if I am viewing immodesty? And immodestly could conceivably include repulsive and gory things, not just the state of undress. We might see these things on a website, such as Facebook, a movie, or television program (including even several commercials). If you encounter these situations, unfollow or change the channel!

Other instances could include billboards or someone in a store aisle or walking along the sidewalk or beach. Let us take but a second to blink and turn our eyes away immediately, praising Yahweh for helping us, and turn our attention back to Him in our thoughts and praise, “taking captive every thought to make it obedient to the Messiah” (2 Cor. 10:5b). This is not even a potential “thought-problem” if we turn our eyes away, lest we be tempted to sin. No ...this isn't something that “comes naturally” to the natural man/woman; we must work at it until it becomes habit; part of us. *But the natural man receiving not the things of the Spirit of Elohim: for they are foolishness unto him: neither can he know them, because they are spiritually discerned,* 1 Corinthians 2:14.



What if I'm listening to immodesty? This could be song lyrics that contain fornication, profanity, violence, or rebellion. Turn the channel. If our job is in a workplace that plays this kind of music, we may want to pray about this, even asking out brethren to join us in prayer about it. Yahweh has ways of working things like this out that we haven't even thought of!

Suppose you meet someone at Sabbath service who is there for the first time and has dressed immodestly. Often what we might consider immodest is not at all thought to be so by those in the world. Do we shun them? Become annoyed? NO! Just be loving and kind; if need be, say a prayer and concentrate on their face and smile, not on their clothing—showing them the love of Yahshua in mercy and compassion. A modest state of mind is a loving and humble state of mind. *Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but all the interests of others,* Philippians 2:3-4. If Yahweh is calling them (John 6:44, 65), they will learn by example as they continue to attend and as we pray for them. Yahweh already loves them very deeply, just as He loves us now, and did also before we were called to Him: “And such were some of you; but ye are washed, but ye are sanctified.” (1 Cor. 6:11a).

One thing to surely remember is not to fall for the enemy wanting you to be angry at and/or blame “them.” “Them” are the ones writing movies, songs, commercials, etc. or laughing at or with them. “Them” are the truly ignorant, (the best definition of the word ‘ignorant’ I’ve ever heard was, “They don’t know—and they don’t know that they don’t know.”). Someday our loving Abba (Father) will call them too, and they’ll have the opportunity to choose this Way of Life. Our job now is to be a loving light, to overcome and prepare; *The voice of him that crieth in the wilderness, Prepare ye the way of Yahweh, make straight in the desert a highway for our Elohim,* Isaiah 40:3. HalleluYah!

Sister Melodie Illgen

Prepare for Yahweh's New Year!

Winter is almost over, and Yahweh's New Year will begin. Along with His New Year, we will be observing His spring observances of Passover and the Feast of Unleavened Bread. We do not eat anything containing leavening during this time. Leavening is anything that causes a food item to "puff up." Start cleaning out your cupboards or using up leavening before Passover. Read labels carefully and plan to use up or discard the items containing the following: **Yeast, baker's yeast, active dried yeast, baking powder, baking soda, sourdough, ammonium carbonate, ammonium bicarbonate, potassium carbonate, potassium bicarbonate, dipotassium carbonate, cake flour, self-rising flour.**

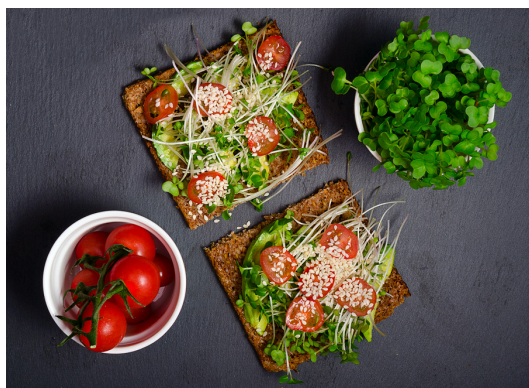
The above leavening agents can be found in most breads, crackers, pancakes, waffles, rolls, muffin mixes, some cereals, store bought flour tortillas, biscuits, cakes, cookies, pizza crusts, some breaded meats, fish, and poultry, and even some ice creams.

Of special note, the following items are NOT considered leavening: Brewer's yeast, yeast extract, autolyzed yeast extract, nutritional yeast flakes, egg whites, and torula yeast. These are used for either flavoring or binding. The following are safe to eat during the days of unleavened bread: Matzah, corn tortillas, Triscuit crackers, fruits, vegetables, un-breaded meats, fish, and poultry, rice, pasta, beans, eggs, and dairy products, and most cereals. Try your hand at making some homemade unleavened bread! It's easier than you think. We've included some simple unleavened recipes in this issue to get you started. Enjoy!

Our Favorite Unleavened Bread

4 cups flour
1 t. salt
2/3 cup cooking oil
1 1/3 cup milk

Preheat oven to 400 degrees. In a large mixing bowl, mix the flour and salt. In another bowl, mix the oil and milk. Pour into flour mixture. Stir into a large ball. Divide in half. Roll each ball between waxed paper, making it as thin as pie crust. Place on two baking sheets. Bake until slightly golden, about 13 minutes. Break into pieces when cool. This bread is very versatile. It tastes wonderful with cream cheese or peanut butter and jelly.



Unleavened Sandwich Bread

3 cups flour
1 t. salt
1 1/2 cup milk
3 eggs, beaten
2 T. oil

Preheat oven to 450 degrees. Mix all the ingredients in a large bowl. Beat hard for 3 minutes. Pour onto a greased sheet or pan. Bake about 20 minutes.

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Easy Unleavened Pancakes (makes 30)

- 1 1/2 cups flour
- 1/4 cup wheat germ, optional
- 1/2 t. salt
- 2 eggs
- 2 cups milk

Combine all ingredients. Grease skillet. Place 2 T. batter in skillet and use back of spoon to make a 5 inch circle. Brown both sides. Serve with syrup, jam, honey, or your favorite toppings.



Brown Sugar Bars

- 1/3 cup softened butter
- 1/3 cup brown sugar (packed)
- 1 package cream cheese (8 oz.)
- 2 tablespoons milk
- 1 cup flour (sifted)
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla
- 1/4 cup white sugar
- 1 egg



Preheat oven to 350 degrees. In a small bowl, cream the butter and brown sugar together until light and creamy. Add flour and nuts, mix until crumbly. Reserve 1 cup of the mixture for the topping. Press the remainder into the bottom of a ungreased 8 in. square pan. Bake for 12-15 minutes or until lightly brown. Combine sugar and cream cheese, mix until smooth. Add milk, lemon juice, vanilla and egg. Beat well and spoon over baked crust. Top with reserved mixture. Bake for 20-25 minutes. Cool and cut into squares. Makes 12 bars.

Unleavened Cheese Snacks

- 8 ounces cheddar cheese, grated
- 8 T. butter, softened
- 1 cup flour
- 1/2 t. Worcestershire sauce, or to taste
- 1/2 t. garlic salt, or to taste

Combine ingredients. Roll into 24 walnut sized balls. Bake at 325 degrees for 25-25 minutes.

