

# Sisters for Yah

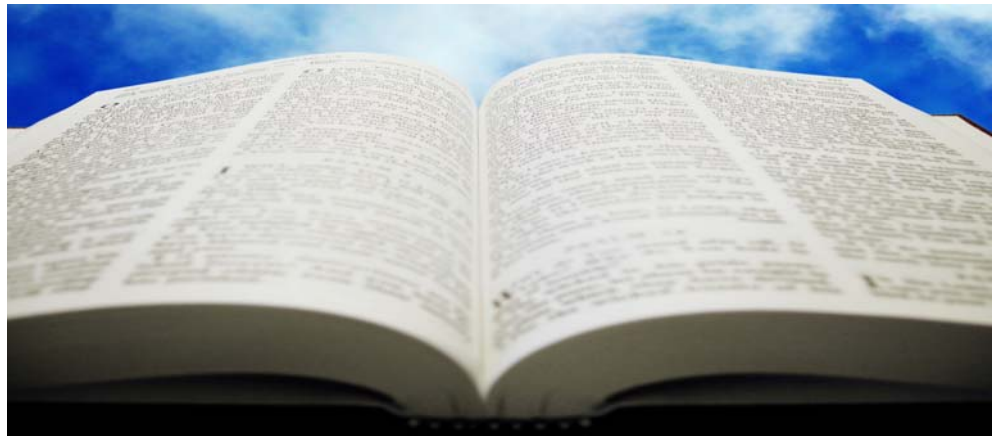
MAY 2008



Volume 2, Issue 5

## *When Faith Fades*

All believers are tested concerning their faith. We all remember the testing of Abraham when Yahweh commanded him to sacrifice Isaac. In Scripture, we have many examples of faith wavering even among those who had previously demonstrated boldness of belief. For instance, Peter had boasted that he would never deny Yahshua, yet that was the very thing that happened. Likewise, Elijah's faith had literally opened and shut heaven. Yet his faith crumbled upon receiving a death threat from Jezebel.



Most of us can't relate to these severe faith crises among the spiritual giants of Scripture. Many of us have never been pushed to the point of begging Yahweh to end our lives like Moses and Jeremiah. In fact, Jeremiah told Yahweh that He should've killed him in the womb (Jer. 20:7-8). Yet, our faith often has suffered in less dramatic ways. We can develop an equally despairing attitude stemming from a heart full of disappointment. Though we may not openly express it, we sometimes entertain thoughts that Yahweh has abandoned us.

Jeremiah went so far as to accuse Yahweh of deceiving him. As he collapsed in discouragement, he vented his dark feelings toward his Creator, "The word you gave me, Yahweh, has become a reproach. You have abandoned me so I am quitting you. I'm not going to speak your Word anymore."

The point of all this is that Yahweh never abandoned Jeremiah, Moses, Peter, or Elijah despite their lapses of faith. He will not abandon us either if we continue to cling to Him! We must rest in Yahweh's love for us. Yahweh is not shocked when we have doubts. These are the times we must cry out to Him as David did in Psalm 55. Read also Titus 3:3-4 for more encouraging words. No matter how deep our discouragement, Yahweh knows what we are going through. Praise Yahweh that His strength is so much greater than our weaknesses!

### Inside this issue:

When Faith Fades	1
Recipes	2
Children's Issues in the News	3
Amazing Lemons!	4

## Recipes

### Boiled Bagels

4 1/2 cups flour  
 5 T. yeast  
 1 1/2 cups warm water  
 3 T. white sugar  
 1 T. salt  
 1 T. white sugar

1. In large bowl, combine 1 1/2 cups flour and yeast. Mix water, 3 T. sugar and salt together, and add to dry ingredients. Beat with a mixer for half a minute at low speed, scraping the sides of the bowl clean. Beat at a higher speed for 3 minutes. Then, by hand, mix in enough flour to make a moderately stiff dough.
2. Turn out onto a lightly floured surface and knead until smooth and elastic (8-10 minutes). Cover; let rest for 15 minutes.
3. Cut into 12 portions, shape into smooth balls. Poke a hole in the center with your finger, and gently enlarge the whole while working the bagel into a uniform shape. Cover; let rise 20 minutes. Meanwhile, start a large pot of water boiling. Put 1 T. sugar in it; mix it around a bit. Reduce to simmering.
4. When bagels are ready, put 4 or 5 bagels into the water, and cook 7 minutes. Drain them. Place on greased baking sheet, and bake at 375 degrees for 30 to 35 minutes. Remove from oven. Eat hot or cold.



### Challah Bread

2 1/2 cups warm water  
 1 T. active dry yeast  
 1/2 cup honey  
 4 T. vegetable oil  
 3 eggs  
 1 T. salt  
 8 cups unbleached all-purpose flour  
 1 T. poppy seeds, if desired

1. In a large bowl, sprinkle yeast over barely warm water. Beat in honey, oil, 2 eggs and salt. Add the flour one cup at a time, beating after each addition, graduating to kneading with hands as dough thickens. Knead until smooth and elastic and no longer sticky, adding flour as needed. Cover with a damp clean cloth and let rise for 1 1/2 hours or until dough has doubled in bulk.
2. Punch down the risen dough and turn out onto floured board. Divide in half and knead each half for 5 minutes or so, adding flour as needed to keep from getting sticky. Divide each half into thirds and roll into long snake about 1 1/2 inches in diameter. Pinch the ends of the 3 snakes together firmly and braid from middle. Either leave as braid or form into a round braided loaf by bringing ends together, curving braid into a circle; pinch ends together. Grease two baking trays and place finished braid or round on each. Cover with towel and let rise one hour.
3. Preheat oven to 350 degrees. Beat the remaining egg and brush a generous amount over each braid. Sprinkle with poppy seeds if desired. Bake for 40 minutes. Bread should have a nice hollow sound when thumped on the bottom. Cool on rack at least one hour before slicing.

(Both recipes submitted by Nicole Johnson)

## Children's Issues in the News...

### **The Bullies are back!**

Most of us remember being picked on or teased at school, but new studies find that bullying is increasing in severity. Nearly 90 percent of children ages 8-11 admit to being bullied. And 59 percent admit to being bullies themselves! Modern technology (the internet) is making it easier too—by now we have all heard of “cyber-bullying.” The problem has gotten so bad that many schools have been forced to implement anti-bullying programs. The best strategy is to get your child’s teacher and school administrators involved and let kids know that there are real consequences, both at home and at school.



### **Chicken Pox parties are on the rise**

Believe it or not, many parents are having what has been termed “chicken pox parties,” where they expose their kids to others with the virus. This is not a good idea. While chicken pox is usually a mild infection in most kids, it can sometimes cause serious illnesses like severe skin infections, pneumonia, and Reyes syndrome—which are great reasons not to deliberately expose your children to those infected with the virus!

### **High school is stressful for teens**

Many parents notice a change in their once-happy children upon entering high school. Many teens complain more frequently of headaches and stomachaches. Parents can do a lot to reduce anxiety in their children. First make sure the problem is not serious—eating disorders, bullying, and mental illness may require professional outside help. Make sure your child is aware that you expect him or her to do their best, but also that you know perfection is not always possible. Many students are naturally better at certain subjects than others. The services of a tutor can relieve much stress and make a child more confident in any difficult subjects.



### **Juice is okay again**

In the past few years, many pediatricians said that drinking juice contributed to childhood obesity. But thanks to a recent study, you can put juice back on the table again. The dietary habits of 3,600 children were studied and the juice-drinkers were no heavier than the non-juice drinkers. The key is to not overdo it. And try to stick to 100 percent fruit juices.



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  
Website: [www.SistersForYah.org](http://www.SistersForYah.org)



## Amazing Lemons!

We all know that lemons make great lemonade, but did you know there are numerous other uses for them? Try these ideas the next time you have any extra lemons!

1. **Remove ink spots from clothing.** While ink is still wet, apply lemon juice liberally to the spot. Wash the garment in normal cycle with regular laundry detergent in cold water.
2. **Get rid of dandruff.** Shampoo hair, then rinse with water. Mix two tablespoons of lemon juice and 2 cups of water; pour through hair. Repeat every other day until dandruff disappears.
3. **Deodorize a cutting board.** Wash with lemon juice to rid a cutting board of the smell of garlic, onions, or fish.
4. **Remove berry stains from hands.** Rinse hands in the juice of fresh lemons.
5. **Remove rust and mineral discolorations on cotton clothing.** Use one cup of lemon juice in the washer.
6. **Clean your microwave.** Add 4 tablespoons of lemon juice to one cup water in a microwave-safe four cup bowl. Boil for five minutes in the microwave, allowing the steam to condense on the inside walls of the over. Then wipe clean.
7. **Relieve a cough.** Mix 4 tablespoons of lemon juice, one cup honey, and 1/2 cup olive oil. Heat 5 minutes then stir vigorously. Take one teaspoon every 2 hours.
8. **Help soothe poison ivy.** Applying lemon juice over the affected areas should soothe itching and alleviate the rash.
9. **Train a dog to stop barking.** Squirt a little lemon juice in the dog's mouth and say "Quiet."
10. **Relieve rough hands or sore feet.** Apply lemon juice, rinse, then massage with olive oil. Put on socks so you won't slip on the floor.
11. **Clean brass, copper, and stainless steel sinks.** Make a paste with lemon juice and salt, scrub gently, then rinse well with water.

