

Sisters for Yah

Everyone can change!

As believers in Yahweh, we all must be committed to spiritual growth. During the past month, I've been reading the evangels all over again. I'll never cease being amazed at how Yahweh can change a person's life. Some of the disciples remind me of myself. Many were opinionated, stubborn, and hard to please. Yet, most, except Judas, eventually turned out to be pretty useful to Yahshua's cause on earth. That encourages me. If they can do it, so can we!

I've been examining my life since before Passover. Frankly, I have been finding many things that I need to change about myself. But at the same time, I feel excited. Knowing is half the battle. Just as springtime is a period of growth in the outdoors around us, so we can also see growth in our lives. But don't get discouraged if you don't see growth overnight. It truly will be a lifetime effort. A dear lady in the faith once told me, "Never ask Yahweh to reveal the things you need to change, unless you are ready for some really hard work. He will answer your prayer for change, and you won't always like what He reveals!" She was so right.

Even after being in the faith for decades, some of us still find the same sins rearing their ugly heads. We completely understand the apostle Paul when he says, "I don't do the good that I want to do, and I do the bad that I don't want to do." But still, at the end of his life, Paul believed that he would be fine in the world to come. He ran the race, and he knew it. We can be just as confident if we keep walking in the same direction. We've come too far to give up. Someone recently asked me if I ever felt like just giving up. I said yes, but that I'd be crazy to give up now, after all I've already been through!

....Sisters, please continue fighting the good fight!



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Creative substitutions!

Have you ever attempted to tackle a certain recipe, only to find you don't have all the ingredients in your pantry? Fear not! Sometimes you can find adequate substitutions.

1. If a recipe calls for chives, you can easily substitute green onions.
2. Out of cracker crumbs? Use bread crumbs instead. For every 3/4 cup of cracker crumbs, you can use 1 cup of bread crumbs.
3. No cream cheese? Just use cottage cheese, beaten until smooth. Amounts are the same.
4. Yogurt and sour cream can be substituted for each other in equal amounts.
5. No buttermilk? You can either use plain yogurt or regular milk with added lemon juice. Plan on adding 1 T. of lemon juice per one cup of regular milk.
6. Out of fresh onions? Try using 1 T. dehydrated minced onion for every small onion a recipe calls for.
7. Don't want to use wine in a recipe? Then skip it! You can easily just use 13 T. water, 3 T. lemon juice, and 1 T. of sugar per cup of wine required.
8. No fresh tomatoes? For every 2 cups of fresh tomatoes, a 16 ounce can of diced tomatoes will work just fine!
9. Ran out of baking powder? No problem! For every teaspoon needed, mix 1/4 t. of baking soda along with 1t. of cream of tartar.
10. Most people don't keep dry mustard in their pantries, but usually have a fridge full of half used bottles. 1 T. prepared mustard will substitute one teaspoon of dry.
11. Fresh herbs are often expected in many recipes, but a good rule of thumb is that you can always use 1 t. of dry herbs in place of 1 T. of fresh.
12. Worcestershire sauce and steak sauce can substitute each other in equal amounts.
13. No confectioners sugar? For every cup, you can use 1 cup plain granulated sugar and a t. of cornstarch.
14. If a recipe calls for cornstarch for thickening, feel free to substitute 2 T. all purpose flour for every T. of cornstarch. 4 to 6 teaspoons of quick cooking tapioca will also work if you don't have flour.
15. No allspice? Just toss in 1/2 t. of cinnamon and 1/2 t. of ground cloves for every t. of allspice.
16. Ran out of ketchup? Try 1 cup tomato sauce, 1/2 cup sugar, and 2 t. vinegar for every cup of ketchup needed.



Whatever happened to good manners?

It used to be that children were taught good manners from a very young age. That is no longer the case. It is sometimes shocking to witness their bad behavior, especially in public places, such as restaurants. It is time to get back to the old ways of proper etiquette! It's never too late to start. Consider instilling the following "old fashioned" rules in your children:

- Avoid talking with your mouth full.
- Take small bites of food at a time. Don't try to stuff your mouth.
Stuffing food in your mouth can actually cause dangerous choking!
- Don't put a beverage in your mouth if it is already filled with food.
Swallow first.
- Don't cut up your entire meal before you start to eat.
- Never wave your fork or spoon around during conversation.
- Don't encircle the plate with your arm while eating.
- Always sit up straight. Slouching is bad for digestion.
- If you drop your silverware on the floor at a restaurant, don't just wipe them off. Politely ask for new ones.
- Never slurp!
- Don't blow your nose at the table. Politely excuse yourself and do it in the restroom.
- Eat with your mouth closed. Nobody wants to see chewed up food.
- When you are finished at a restaurant, don't push the plate back. Allow it to remain until your server removes it.



TRY THESE!

1. If an egg cracks while being cooked in the shell, immediately pour in some vinegar. It will reduce egg white seepage.
2. Adding 1 t. of salt to cold water before boiling eggs will help them peel easier.
3. Fresh lemon juice can remove onion scent from your hands.
4. Soaking potatoes for 30 minutes before baking makes them bake faster.
5. Keep knives sharp to reduce chopping time.
6. Marinate meat in a sturdy plastic bag. No mess and no cleanup!
7. Spray the blade of a knife with cooking spray to ease slicing of cheese or dried fruit.
8. Freeze extra chopped onions, peppers, or other veggies for later use.

TIME FOR
SOMETHING
NEW!



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Healthy Chicken Fruit Salad

- 1 pound chicken breast, cooked and cubed
- 6 cups mixed salad greens
- 1 orange, sliced
- 1 1/2 cups sliced strawberries
- 3 T. Salad oil
- 2 T. honey
- 2 T. orange juice.

Toss the first four ingredients. Mix the rest and pour over the salad.



Stuffed Tomatoes:

- 4 tomatoes
- 1 cup cottage cheese
- 1 small can tuna
- 1/4 cup diced celery
- 1/4 t. onion salt



Scoop out pulp from tomatoes. Mix the rest. Fill tomatoes with mixture. Serve on lettuce leaves. Makes 4 servings.

Quickest Taco Salad Ever:

- 1 pound ground beef, cooked and drained
- 1 packet taco seasoning (1.25 ounces)
- 4 cups corn chips
- 4 cups lettuce
- 1 1/2 cups chopped tomatoes
- 1 cup shredded cheddar
- Toppings of your choice: olives, sour cream, salsa, etc.



Mix the taco packet in with the cooked beef. Arrange 4 plates with lettuce, tomatoes, meat, cheese, corn chips, and any toppings you desire.