

Sisters for Yah

Getting ready for the Feast of Tabernacles!

Ladies, it's finally here! Many of us have been waiting for the feast all year. Can you tell I'm excited? It's time to start making a list of all the things you need to do and pack before you leave.

Here's some helpful ideas:

1. Contact the post office to put your mail on hold.
2. Put any newspaper deliveries on hold.
3. Take out any trash before you leave so that your home doesn't smell bad when you get back home.
4. Use up any food that may expire while you are gone.
5. Service your vehicle and/or travel trailer.
6. If you are tenting, make you sure you have all your camping equipment and supplies in orders.

Packing list:

1. Dress clothing and casual clothing.
2. Dress shoes and casual shoes.
3. Socks, nightclothes and underwear.
4. Head coverings for the ladies.
5. Bibles, pens, and notebooks.
6. Personal items and toiletries.
7. Toothbrushes, paste, and floss.
8. Items you may be donating to the fundraiser.
9. Plane tickets, train, and bus tickets if needed.
10. Bedding/sleeping bags, as the campground does not provide any.
11. Bath towels.
12. Clothes hangers.
13. Bed pillows.
14. Chair cushions, if you want.
15. Medications, if needed.



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Praying big, bold prayers!

I recently heard someone mention that, “If only Yahweh could give him a little grace, he’d be able to “figure out the rest.” Now I don’t know the whole story on what he was attempting to “figure out,” but I got to thinking, does Yahweh particularly want us to “figure out the rest” on our own? I really think we should be coming to Yahweh for more than just “a little grace.” After all, we are told to come boldly before the throne of grace, right? The Creator of the Universe is so much smarter than us. Frankly, I wouldn’t want to be left to my own ideas, thoughts, and devices. Humans don’t always make the best decisions, as we all know. I think Yahweh wants us to go to Him for everything: guidance, anxieties, struggles, sins, heartaches, etc. I’m amazed at some of the big, bold prayers mentioned in the Bible. Surely we can do the same.

Please don’t misunderstand. Our prayers will not necessarily change Yahweh’s mind. His will is going to be done no matter what we say or do. However, I do believe we can develop a deep intimacy by telling our Heavenly Father exactly what is on our minds. Nothing will shock Him. He can help you deal with feelings and thoughts that even you may not understand.

I can’t help but remember the Canaanite woman who requested that Yahshua heal her daughter of demonic possession. Her faith was so incredibly strong. At first, Yahshua did not even respond to her. But she persisted. She could have given up and walked away, but the desire of her heart was far too strong to let go of. She kept knocking, seeking, and asking, which is what we are supposed to do. Yahshua even refused her further by saying that He was only sent to the lost sheep of Israel. But still the woman persisted. And guess what? Yahshua was *moved* by her!



What about you? Do you find yourself praying only “safe” prayers, instead of praying exactly what is on your heart? I urge you to take your prayers to a higher level. You may be surprised at what will happen.

Hypocrisy Exposed!

Yahweh’s true people are humble and sincere. They do not seek the praise of men, but always try to be faithful to Yahweh. His approval is more important to us than the world’s approval. On the flip side, hypocrisy is condemned strongly. Read Matthew 23 as it gives a striking portrayal of how Yahshua denounced it.

It is indeed frightening to think that some of us are guilty of this sin. It behooves us to examine ourselves to see if we are actually practicing what we preach. Hypocrites certainly can hinder Yahweh’s cause. I’ve heard many unbelievers say that they would never worship Yahweh because they have seen poor examples of His followers. You may find it interesting to learn that the word “hypocrite” means “actor” in the Greek language! That’s what hypocrites do—they “act” righteous on the outside, but inside, they are not what they portray on the outside. So let’s not be “actors,” but let us live real righteous lives!

SNEAKY WAYS TO GET EXERCISE

If you hate exercise, don't despair! Here are some simple, fun ways to sneak in some exercise:

—Skip the drive through window. Park instead, then walk to get food, cash a check, or pick up a prescription.

—Climb the stairs, if it's just a few flights, instead of using the elevator.

—Walk on the moving sidewalk at the airport. You'll arrive even faster.

—Do chores such as sweeping the floor while your microwave heats up your lunch.

—Do some stretching while waiting for your computer to boot up.

—Take a walk while waiting for your car repair, or if you're early for an appointment.

—If you must wait, stand! Much research is now showing that sitting is very bad for us.

—Play outside with your children or pets.



BEST FIBER SOURCES

A recent impressive article stated that people who eat the most fiber rarely get severe diseases such as colon cancer, heart disease, and diabetes. It would be wise to add some fiber to your diet today! Experts say to aim for at least 25 grams per day. But if you are not used to eating a lot of fiber, start slowly to avoid bloating. Your body will become accustomed. See the list below.

1. Lentils, 1 cup cooked, 16 grams
2. Black beans, 1 cup cooked, 15 grams
3. Kidney beans, 1 cup cooked, 13 grams
4. Artichoke, 1 medium cooked, 10 grams
5. Baked beans, 1 cup, 10 grams
6. Raspberries, 1 cup, 8 grams
7. Peanuts, 3 ounces, 8 grams
8. Whole wheat pasta, 1 cup cooked, 6 grams
9. Peas or lima beans, 1/2 cup, 5 grams
10. Bran flakes, 3/4 cup, 5 grams
11. Carrots, 1 cup cooked, 5 grams
12. Pear, 1 medium, 5 grams
13. Broccoli, 1 cup cooked, 5 grams
14. Coleslaw, 1 cup, 4 grams
15. Apple, 4 grams
16. Almonds, 1 ounce, 4 grams
17. Brown rice, 1 cup cooked, 4 grams



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Hydrate with food!

Many doctors believe that almost everyone is slightly dehydrated. As the weather turns cooler, most people seem to reduce their water intake, but it's important to continue hydrating yourself. Nothing beats a glass of water, but you can still get vital fluids with foods. Here are some fruits and veggies that help you replenish:



- Cucumbers are 96% water.
- Radishes are 95% water.
- Zucchini is 95% water.
- Strawberries are 92% water.
- Watermelon is 92% water.



Get ready for soup-weather!

Nothing welcomes cooler temperatures better than an aromatic simmering pot of soup! Try the simple one below:

Easy Autumn Bean Soup

- 2 cans un-drained white beans
- 1 can un-drained red kidney beans
- 1 can un-drained garbanzo beans
- 3 cups fresh spinach, chopped
- 4 cups chicken broth
- 2 onions, chopped
- 1 clove garlic, minced
- 1 t. dried oregano
- 1 t. dried parsley
- Pepper, to taste (optional)
- Shredded parmesan, to garnish (optional)



Place all ingredients in a large pot and bring to a boil. Reduce heat and simmer for about 40 minutes. Top with the parmesan, if desired. For variety, you can also add a cup of dry brown rice. It will make for a thicker soup. This soup is wonderful served with a thick crusty bread.

