

Sisters for Yah

Making the most of it all

Life on this planet is very precious, and so very short! Have you ever looked in the mirror and wondered where the time went? I believe it's very important to make every day count. We all have to go through the various stages of life. None of us can escape, yet we all wish things were different. I've heard frazzled mothers of small children say, "If only the kids were older, then I would be less stressed." I've also heard parents of older children say, "If only the kids were little again, then life would be fun like it used to be." It seems that we struggle no matter where we find ourselves in life.

There is no easy stage in life. When I was a child, I remember wishing I was a teenager because it looked like teenagers had such interesting lives. Then when I was a teenager, I wished that I was an adult, because being a teen was so difficult. Then when I finally was an adult, I noticed that my "real" problems began! Now I wish I was a child again. Isn't life funny that way?

One day we won't have to live in these mortal corruptible bodies. When we are in Yahweh's kingdom, we'll live forever in incorruptible spirit bodies. Pain and suffering will be removed. And for the first time, many of us will experience true peace. It is so hard to find perfect peace in this life, yet we are promised peace in Yahshua.

Make it a habit to make the most of every single day of your life. Even if you are going through horrendous trials, as we all do, try to find something everyday to be happy about. We have to do all we can to make our lives count, as this life is our training ground for the future in Yahweh's kingdom. Yes, it's okay to sometimes forget about the pile of dishes in your sink. Go out and walk through a field of flowers. See Yahweh's beautiful creation! Those dishes will be there when you get back, and you might actually feel so good after your nice walk, that washing them will be easier. Live as if each day was a miracle, because it really is!



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THINK ABOUT THIS

Here's a quiz: name the five wealthiest people in the world. Can't do it? Okay, try this one: name the last five Heisman trophy winners. Still lost? How about naming the last five winners of the Miss America contest, or naming at least ten people who have won the Noble prize? How did you do? Probably not so good. The point is, none of us remember the headliners of yesterday. These were no second-rate achievers. They were the best in their fields. However, the applause dies quickly. Awards tarnish, and achievements are forgotten.

Here's another quiz. You'll probably do much better on this one. List a few teachers that have aided your journey through school. Easier? Okay, name a few friends who supported you through difficult times. How about some people who have taught you something worthwhile? Think of someone who may have made you feel special and appreciated. Getting easier, isn't it? Think of people you enjoy spending time with and those whose stories have inspired you. The lesson? The people who make a difference in your life are not always the ones with the most credentials, the most money, or the most awards. They are the ones who care.

(Anonymous)



“I’m going to follow you”

Walk a little plainer, Daddy, said a little boy so frail.
 For I’m following in your footsteps, and I don’t want to fail.
 Sometimes your steps are very plain; sometimes they are hard to see,
 So walk a little plainer, Daddy, for you are leading me.
 I know that you once walked this way, many, many years ago.
 And what you did along the way, I really want to know.
 For sometimes when I’m tempted, I don’t know what to do,
 So walk a little plainer, Daddy, you know I’m following you.
 Someday when I’m grown up, you are like I want to be,
 Then I will have a little boy who’ll want to follow me.
 And I would want to lead him right, and help him to be true.
 So walk a little plainer, Daddy, I’m going to follow you.

(Author unknown)

What's in your tea cabinet?

We've all heard of "super foods"—you know, the ones that are suppose to be the highest in nutrients such as spinach and berries, but did you know that herbal teas can promote wellness and help keep you at your best? Here is a list of eight super teas:

1. Peppermint—great for digestion.
2. Ginger—can actually stop motion sickness.
3. Chamomile— known as a calming herb and also shown to have antibacterial properties.
4. Fennel—can relieve abdominal bloating.
5. Dandelion—has purifying properties.
6. Nettle—immune system booster.
7. Burdock—supports healthy kidney function, and also known to promote smooth skin.
8. Raspberry leaf—used for centuries to relieve menstrual cramps.



Many of these teas can be found at your regular grocery store. If not, check out your local health food store. You can also make your own teas using fresh ingredients. For instance, chopped fresh ginger can be steeped in very hot water for 20 minutes. Strain and enjoy with a little honey!



Try this!

You can prolong the life of items such as cottage cheese, yogurt, and ricotta by storing them upside down! This eliminates air at the top and the contents will remain fresher longer. After using, simply turn the container over and tap it on the counter a few times. To keep leaks to a minimum, store on a plastic lid to collect any drainage.

Can't sleep? Find these in your fridge!

1. Bananas—very sleep inducing, because of the high amounts of magnesium and potassium, which both have muscle relaxing properties.
2. Hummus—contains L-tryptophan, the amino acid known to make you sleepy.
3. Beans—many people actually lay awake with acid reflux and heartburn problems. Beans are high in fiber and can absorb any acid left in your tummy.
4. Cherries—studies show that eating cherries can actually help you sleep an extra 25 minutes per night.
5. Dates—also contains L-tryptophan. Just a small handful is all you need.





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Time for an oil change?

Ever think of olives as a fruit? Not sweet, but rich in healthful fats, olives are extremely healthy. Consider using olive oil instead of butter, canola, and vegetable oil. While butter is okay in small amounts, canola and vegetable oils are heavily processed and can cause free radicals in the body. Olive oil, on the other hand, has health-promoting properties.

But remember, olive oil is not calorie free, so go sparingly. If you don't like the taste of olive oil, you might try a healthier "spread" by blending 1/4 cup of soft butter with 1/4 cup of olive oil. Store in fridge. The olive oil makes the butter spreadable, and you'll still be getting some of the healthy benefits of olive oil.



Fall Apple Recipes!

Apple Waffles (or pancakes):

- 2 cups milk
- 2 cups pancake mix
- 2 eggs
- 1 cup finely chopped apples
- 1/4 cup melted butter
- 1 t. cinnamon



Gently blend all ingredients. Cook in your waffle iron until the steaming stops. Serve as desired. You can also make these like pancakes if you don't have a waffle iron. Simply pour batter into a greased skillet. Flip when bubbles appear.

Crockpot Apple Butter:

- 1 pound Granny Smith apples, peeled, cored, and cut in small pieces
- 1/4 cup sugar
- 1 cup apple cider
- Cinnamon, ground cloves, all spice (to taste, but 1/2 t. each is a good amount.)

Place all in crockpot and cook for 10 to 12 hours on low. For the last hour, leave the crockpot uncovered to allow the mixture to thicken. Cool completely then store in fridge for up to 2 weeks.

