

Sisters for Yah

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Is Yahweh Your Shield?

In Psalm 3: 3, we read, “*But thou, O Yahweh, art a shield for me; my glory, and the lifter of my head.*”

Many believers love this particular psalm. It is a beautiful metaphor of Yahweh as our protector from evil. The word shield is used over 15 times in the book of Psalms, the first being in the verse above. But the word “shield” was actually first used in Genesis when Yahweh assured Abraham that he would be protected after his battle with the northern kings. We read in Genesis 15:1, “*Fear not, Abram, I am thy shield.*” Abraham must have been deeply comforted by this promise, as he was surrounded by enemies on all sides in the land of the Canaanites.

Another uplifting psalm is the following, “*For Yahweh your Elohim is a sun and shield: Yahweh will give grace and glory: no good thing will He withhold from them that walk uprightly.*”



Another wonderful promise is found in Psalm 18:30: “*As for Yahweh, His way is perfect; the word of Yahweh is tried: He is a buckler (same word as shield) to all those that trust Him.*”

Three times in the book of Psalms we encouraged to “trust in Yahweh, for He is our help and shield.” In ancient times, a shield was an extremely important implement of war. A soldier depended on his shield to protect him from an onslaught of arrows and swords during battle. If a shield failed him, his death was certain. How grateful we should be that we are promised that Yahweh *is* our shield!

In Psalm 18:35 appears this great testimony, “*Thou hast also given me the shield of Thy salvation; and Thy right hand hath holden me up, and Thy gentleness hath made me great.*”

Finally, we read in Psalm 144:1-2, “*Blessed be Yahweh my strength...My goodness, and my fortress; my high tower, and my deliverer; my shield, and He in whom I trust; who subdueth my people under me.*” Trust Yahweh to be your shield!

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Clean Cheaply!

You don't have to be a chemist to make your own environmentally-friendly cleaners! And you also don't have to spend a lot of money to do so either! Try the following ideas to keep your house and the environment healthy and clean without using harsh, dangerous chemicals.

1. During summertime hang clothing outdoors to keep them fresh-smelling. To prevent fading, turn them inside out.

2. Clean your oven with plain old table salt. Cover the area with the salt while oven is still warm. When it cools, food can be simply scraped away. Finish off by wiping with a damp sponge.

3. For cleaner air, don't spend money on electric filters. Houseplants can remove air pollutants. Try chrysanthemums, English ivy, spider plants, and Boston ferns.

4. Counter tops can be easily cleaned by mixing 4 Tablespoons of baking soda to 1 quart of warm water. This is a good all-purpose cleanser.



5. You can also clean toilets with baking soda. Simply sprinkle in the bowl; let sit for a few minutes. Drizzle with vinegar, then scrub with a toilet brush and flush.

6. Make your own window cleaner with 3 Tablespoons white vinegar and one gallon cool water. Wipe with newspaper pages for a streak-free shine!

7. Since floors are the dirtiest surfaces in any home, make your own heavy-duty, yet gentle floor cleaner. Damp mop once a week with the following: 1 gallon water, 1/8 cup liquid soap, 1/8 cup white vinegar.

8. Kill mold and mildew in showers by putting a drop of tea tree oil in a cup of water. Place in a spray bottle and use for zapping stains.

To Meat or Not to Meat

There has been an influx of information in the last several years about diseases caused by animals, bird flu, mad cow disease and deer wasting disease. In light of all these, and others and the deaths and disease being carried, what can we do to limit our intake of certain meats and still get the nutrients we need such as protein, iron, and fat (good fats)?

Our creator knows what's best for our bodies and has spelled our diet out in books such as Leviticus. In Chapter 17:14, He says about eating blood, "Ye shall eat of no manner of flesh: for the life of all flesh is in the blood thereof: "Whoever eateth it", He goes on to say, "shall be cut off." Many meat products on the market, such as hamburger, are no more than a ground fat and blood mixture with a little meat.

There are many healthy alternatives to get our needed nutrition. Beans, nuts, and vegetarian alternatives to meats, provide adequate protein. A 2.25 ounce bag of almonds, for instance, which is about a half cup, provides 22% fat and 6 grams of protein, and no cholesterol. Adding beans to pasta dishes or nuts to desserts add to good health.

By Pat Fugate



Editor's Note: It is very true that ground meat is very high in fat and blood. It is strongly advised that if you do choose to eat ground meat, be sure to find the leanest kind possible. You may consider using ground buffalo instead of beef as it is much leaner and no hormones or antibiotics are used on buffalo farms as of yet. Also, we are all aware that modern slaughter houses do not properly butcher their animals, so the blood is not properly drained as it was in Biblical times. Many women in the Assembly will soak meats in coarse salt, as salt has a powerful "drawing" effect to remove a great deal more blood than just cooking alone. After soaking, the meat can simply be rinsed and prepared as you normally would. In addition, when purchasing ground beef, look for the kind that comes from single sources such as sirloin, round, or chuck instead of the kind that just says "ground beef." When it is not labeled as such, you really don't know what you are getting. People who have worked in slaughter houses in the past have confirmed that very inferior and questionable pieces such as organ meats are thrown into the meat grinders unless the type is

specifically identified on the label. Ground sirloin, round, or chuck are more expensive, but might be safer to consume.



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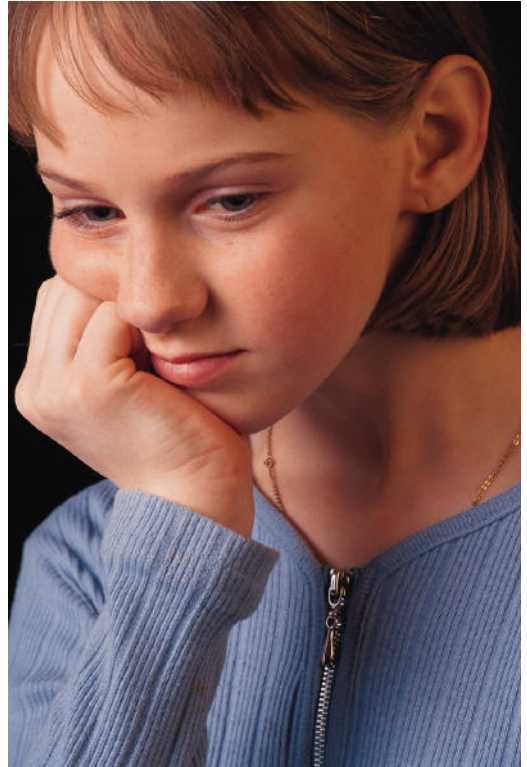
What's Your Mission?

“For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father’s house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this?” (Esther 4: 14)

This great challenge to Esther by her cousin, Mordecai, urging her to be willing to risk her own life to save the lives of her people, embodies a timeless principle which has challenged many another man or woman of Yahweh in later times. For instance, Paul could testify that “what things were gain to me, those I counted loss for Messiah” (see Philippians 3:7), and whom, therefore, Yahweh used greatly in the critical times of the early Assembly.

Paul also stated, “Neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received from Yahshua Messiah.” (Acts 20: 24)

Who is to say that this same principle does not apply, at least in some measure, to everyone? Our role in history may not be as strategic and far-reaching as that of Queen Esther, but Yahweh does have a high calling in mind for those He is calling now, and also those He will call in the future. Nowadays it is not “politically correct” to speak out against sensitive topics of our current day, but sometimes it is not appropriate to “hold our peace.” Obviously, we must be prudent and choose our battles carefully. Much prayer must be made before going into battle. May Yahweh help each of us. May we all be able to say bravely with Esther, “if I perish, I perish.” (Esther 4:16) May we also say with Paul, “I have fought the good fight, I have finished my course, I have kept the faith.” (2 Timothy 4:7)



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