

Sisters for Yah

Does Yahweh care?

Let's face it: life is tough! No matter how you slice it, all people on earth suffer, whether they are following Yahweh or not. It does not matter who you are, where you live, your economic status, or your age. Suffering knows no boundaries. I recently read a sad story about a missionary couple living abroad. All five of their children became ill and died. This couple had to ask themselves some very tough questions such as, "How can we go on with our mission to spread the good news when we are devastated by grief?" Sometimes their painful trials seemed more than they could bear. Yet they continued their mission. They found that Yahweh was enough to sustain them in their darkest hour.



Yes, Yahweh does care. Having faith in Him allows us to press on despite the odds being against us. Many of us are facing or will face health issues, job losses, deaths of friends and family, and on and on it goes. Will our relationship with Yahweh be real enough to keep us moving forward? Now is the time find out, before disaster strikes. Read Psalm 30:10, which tells us, "Hear, O Yah, and have mercy on me; Yahweh, be my helper!"

There is an anonymous short poem that I love:

*Though tempted and sadly discouraged,
My soul to this refuge will flee
And rest in the blessed assurance,
"My grace is sufficient for thee."*

So let us keep moving forward, building our relationship with our Heavenly Father. He has been with His people throughout every time period and generation. Let us all pray for one another that we may carry on no matter what we are going through. If we stay faithful, our future reward will be worth it!

Inside this issue:

Does Yahweh care?	1
Short articles	2
Poem /remedies	3
Recipes	4

Feed your Faith

I saw a cute saying recently that read, “Feed your faith, and your doubts will starve.” A long time ago, someone posted these words, “By all the known scientific laws, a bumblebee shouldn't be able to fly. The size of its wings in relation to its body, according to both mathematical and aeronautical science, means that he cannot take off. It is an impossibility! But, of course the bumblebee doesn't know this, so he goes ahead and flies anyway.”

It is time we rested on the promises of the Word. We need to reach out and claim Yahweh's almighty power in our times of need. We must build our spiritual muscles little by little. A child will never be able to wield a sledgehammer unless he begins to use his slender arm muscles. A professional swimmer will never swim great distances until he first wades into a pool and swims short distances. Likewise, eventually our faith will mature. Praying and living in daily obedience will help our faith to increase. And don't panic if you sometimes feel doubts. Even those who walked with Yahshua questioned their faith at times. Life is difficult and our faith gets shaken. But that is the time to cling to Yahweh even more. We can even pray, “Help my unbelief!” Yahweh will answer any sincere prayer for faith. So let us immerse ourselves into Yahweh's Word and grow our faith. See also Luke 8: 22-39 for further study.

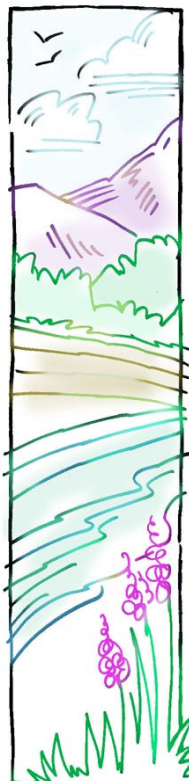


What does John 10:10 mean?

We read in John 10:10 that, “I am come that they might have life, and that they may have it more abundantly.”

We've noticed a new trend among some mainstream religious groups called the “prosperity gospel.” The ministers of that persuasion use the above scripture to say that we can get anything we want through prayer. Yes, believers in Yahweh can expect many blessings, but we can also expect trials too, as Scripture is very clear about that. We know that the “abundant” life is mostly spiritual, because Yahshua taught that the poor can be blessed, and that life does not consist in the abundance of material possessions. This goes against what the “prosperity ministers” are teaching.

With the abundant life, we have peace and forbearance when there is trouble. We calmly accept trials, and tribulation, and believe that our Heavenly Father has a plan for us. We do see our needs being met despite the suffering we experience sometimes. Not all prayers will be answered according to our desires, because Yahweh can see the end from the beginning. Parents don't give their children every little single thing they ask for, especially things that wouldn't be good for them in the long run. So let us remember that the abundant spiritual life depends on our union with Messiah and not on our material possessions.



*We know
that all
things work
together
for good for
those who
love Yah...*

Romans 8:28



Chosen Vessel (Author unknown)

The Master was searching for a vessel to use; on the shelf there were many, which one would He choose?

“Take me!” cried the gold one, “I’m shiny and bright. I’m of great value, and I do things just right. My beauty and luster will outshine the rest, and for someone like you, Master, gold would be best.”

The Master passed on with no word at all. He looked at the silver urn, narrow and tall.

“I’ll serve you, dear Master, I’ll pour out your wine, and I’ll be at your table whenever you dine.

My lines are so graceful, my carvings are true, and my silver will always complement you.”

Unheeding the Master passed on to brass. It was wide-mouthed and shallow, and polished like glass.

“Here! Here!” cried the vessel, “I know I will do. Place me on your table for all to view.

Look at me!” Cried the goblet of crystal so clear, “My transparency shows my contents so dear.

Though I am so fragile, I will serve you with pride. And I’m sure I’ll be happy in your home to abide.”

The Master came next to a vessel of wood, polished and carved, it solidly stood.

“You may use me, dear Master,” the wooded bowl said, “But I’d rather you used me for fruit, not for bread.”

Then the Master looked down and saw a vessel of clay, empty and broken, it helplessly lay.

No hope had the vessel that the master might choose. To cleanse and make whole, to fill and to use.

“Ah! This is the vessel I’ve been hoping to find. I will mend it and use it and make it all mine.

I need not the vessel with pride in itself, nor the one who is narrow to sit on a shelf.

Nor the one who is big-mouthed, and shallow, and loud. Nor one who displays his contents so proud. Nor the one who thinks he can do all things just right. But this plain earthly vessel filled with my power and might.”

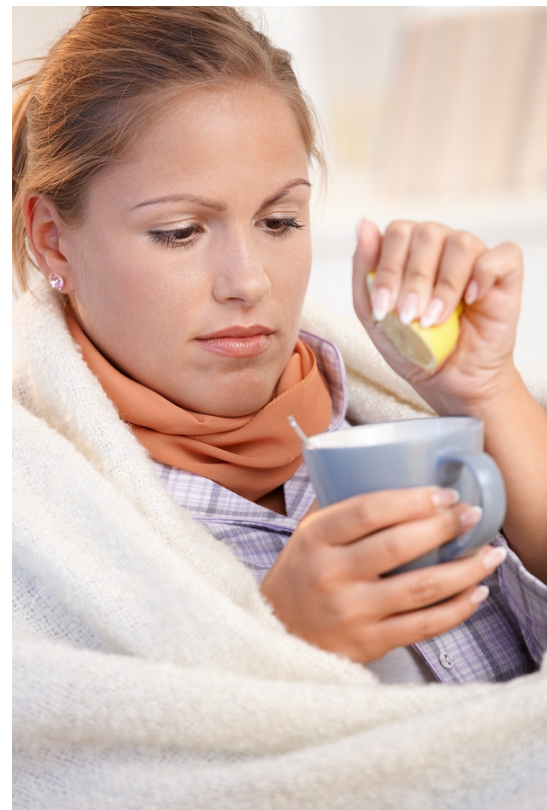
Then He gently lifted the vessel of clay. Mended and cleansed it and filled it that day.

He spoke to it kindly and said, “There’s work you must do. Just pour out to others as I pour into you.”

Cold and Flu Season

According to the National statistics, the flu bug has been hitting Missouri particularly hard. People have been sharing some natural immune boosting remedies with me, so I wanted to pass the information on to our readers, in case you get bitten by the bug this winter.

1. Make a tea of cayenne pepper and honey in hot water. Can help loosen congestion. Add a little lemon.
2. Try green tea. Not only is it good for your immune system, you can also gargle with it to help a sore throat. To make a gargling solution, just brew a cup of green tea. Allow it to cool slightly so you don’t burn your mouth and throat, then add a half teaspoon of salt. Do not drink the gargling solution! Simply gargle with it, then spit it out.
3. Garlic is a powerful cold remedy. You can chew a clove. Or, chop it finely and add it to tomato juice and drink it.
4. Don’t forget grandma’s remedy: chicken soup!
5. To avoid getting sick in the first place, wash your hands often and also don’t touch your face at all.



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Recipes, Recipes, Recipes!

YAIY plans to publish a cookbook and your recipes are needed. Please send any and all favorites such as salads, soups, main dishes, desserts, etc., plus Unleavened Bread recipes by February 28, 2015.

Send to:

Jan Meyer
PO Box 1182
St. Cloud, MN 56304

*Thank you for
your participation!
Yahweh bless!*



Healthy five ingredient soups

Spicy Bean Soup (serves 4 to 6):

- 1 can of vegetarian or chicken broth
- 1 can vegetarian refried beans, 15 oz
- 1 can of black beans, 15 oz, rinsed and drained
- 2 cups frozen corn
- 1 can diced tomatoes with green chilies (10 oz, such as Ro-tel brand)
- Toppings: shredded cheese, sour cream, chopped fresh cilantro, salsa, or Tabasco sauce



Add all ingredients to a sauce pan and cook for about 10 minutes, until corn is tender.

Crockpot Lentil Soup (serves 4 to 6):

- 1 cup dried lentils
- 4 cups chicken broth
- 2 carrots, diced
- 3 cloves garlic, minced
- 1 onion, diced
- 1/2 t. dried marjoram or thyme
- Salt and pepper, to taste, optional

Place all ingredients in a crockpot. Cook on low for about 4 hours. Serve with a nice hearty crusty bread or crackers.

