

Sisters for Yah

Pentecost and Ruth

If you've been in the faith for some time, you know that the book of Ruth is traditionally read during the time of Pentecost, also known as the Feast of Weeks, which occurs this month. The book of Ruth has always been one of my favorites. I still get weepy when I read Ruth's heartfelt words to Naomi in Ruth 1:16, "Don't ask me to leave you. I will go wherever you go. Your people will be my people, and your Elohim will be my Elohim." (paraphrase)

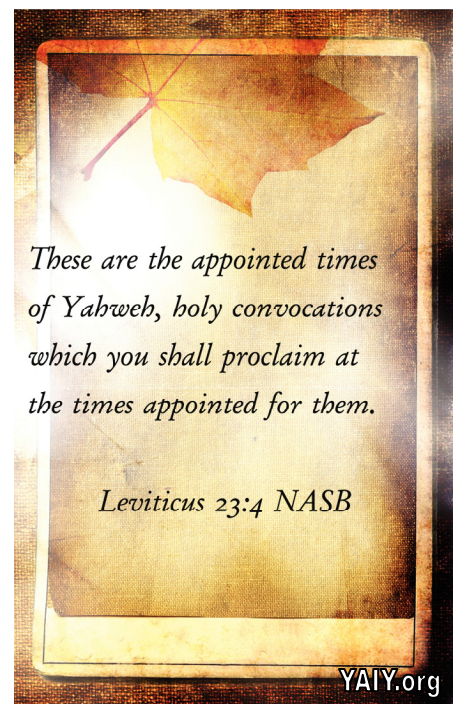


Many people ask, Why do many Jews and Christians read the book of Ruth during this time? We believe it is because of the timing of the barley harvest (Ruth 1:22). Also, the happy ending of Ruth occurs at the beginning of the wheat harvest.

There is much symbolism in the book of Ruth. Please read it in its entirety. Many believers see the connection between Boaz and Yahshua. Boaz became known as the "kinsman-redeemer." He saved Ruth and Naomi from a very sad fate that often befell widowed women in those days. And, of course, we know that Yahshua saved us from a very sad fate also. We all were sinners destined for the lake of fire. But His life, death and resurrection have given us a deep hope for the future in Yahweh's glorious kingdom. Now, eternal life is possible if we accept and overcome to the end.

Another important thing we see about Pentecost is the pouring out of the Set-apart Spirit. In Old Testament times, the Spirit was not widely poured out. It was usually given to certain individuals to carry out specific tasks. This is not the case today. Anyone who does Yahweh's will and is baptized in Yahshua, can receive the gift of the Spirit!

May Yahweh bless you this coming Pentecost.



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I Cannot

I cannot say “our Father” if my beliefs leave no room for others and their needs and if I do not demonstrate this in my daily life.

I cannot say “Who art in heaven” if all my interests and pursuits are earthly things.

I cannot say “hallowed be Thy Name” if I, who am called by His name, am not living a holy life for Him.

I cannot say “Thy Kingdom Come” unless I first say “my kingdom go.”

I cannot say “Thy will be done” if I am resentful of having it in my life.

I cannot say “on earth as it is in heaven” until I am truly ready to give my service to Him in the here and now.

I cannot say “give us this day our daily bread” without expending honest effort for it, or by ignoring the genuine needs of my fellow man.

I cannot say “forgive us our trespasses as we forgive those who trespass against us” if I am holding a grudge against anyone.

I cannot say “lead us not into temptation” if I am deliberately putting myself into situations that could lead to temptations in the first place.

I cannot say “deliver us from evil” if I am not willing to put on the whole armor of Yahweh and fight with the weapon of prayer.

I cannot say “Thine is the kingdom” if I am not a willing subject of the King.

I cannot say “thine is the power” if I fear what my neighbors think of me.

I cannot say “Thine is the glory” if I am seeking my own glory.

I cannot say “forever” if I am worried about each day’s events.

I cannot say “may it be so” unless I say, “whatever the cost, this is my prayer.”



~~C A N N O T~~

~~U N W I L L I N G~~

~~I M P O S S I B L E~~

~~U N S U C C E S S F U L~~

Kitchen Helps

Things that others have learned the hard way...so you don't have to!

1. Never put wooden spoons in the dishwasher or leave them soaking in water, even if there is food stuck on them. They'll crack and split.
2. Wait till cast-iron skillets are completely dry before putting away. Don't nest them when they're warm either. Heat draws moisture and can lead to rust.
3. Flour sifters rust very easily, so avoid washing them. Just shake it out and store in a zip-lock bag. Or bury it directly in your flour.
4. If you have two-piece type silicone spatulas (such as wood handled), pull the heads off the handles for thorough cleaning. Food gets stuck between the head and handle.
5. Whisks should always be dried with the wire part down and handle up. This prevents water caught in the handle from causing rusty streaks.
6. Manual can openers are handy, but they need to be dried thoroughly to prevent them from rusting. Try this neat trick: After washing with soap and water, clamp it onto a folded paper towel and crank it several times. This dries out the gears and removes and stuck-on goo.

Don't have it? Use this instead

1. No meat mallet? Just use a heavy skillet to pound.
2. Not many people own a mortar and pestle. You can easily substitute a plastic bag and rolling pin.
3. If a recipe calls for a biscuit cutter, and you don't have one, just use a glass or cup.
4. No pastry blender? Try using two butter knives.
5. Can't find the lid that fits a certain pan? A baking sheet or foil will do the trick in a jiffy.
6. Want to decorate a cake but don't have a pastry bag? Just snip a plastic bag in one corner.
7. No flour sifter? Try a fine-mesh strainer or sieve.
8. Can't find your rolling pin? Just use a large glass bottle such as a wine bottle. It's the perfect size and shape.
9. Many recipes call for a garlic press. But a fine grater works just as well.
10. What to do if you don't have a roasting rack? Try layering carrots in a pan to make a "grill." Place your meat on top, and roast away! The carrots also create moisture to keep meat tender.
11. No steamer insert? Just use a round cake rack.

Smart cooks want to know:

Wax Paper or Parchment?

1. Use wax paper to prevent sticking at room temperature or cooler, or as a liner between layers of cooled cookies or candies.
2. Use parchment paper as liner for heated applications, like pan liners for cakes and cookies. Foil also works, but can be more difficult for items such as sponge cake.



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I ASKED

I asked Yah to bless you as I prayed for you today,
To guide and protect you as you go along the way.

His love is always with you, and
His promises are always true,
And when we give Him all our
cares, you know He will see us
through.

So when the road you're travel-
ling on seems difficult at best,
just remember I am here praying
and Yah will do the rest.



Secrets from countries with the longest life spans

What do Okinawa, Japan, Costa Rica, and Greece have in common? People there live very long lives! These are known as the “Blue Zones.” They have the highest numbers of people who live into their 90’s and 100’s. Here’s what they’re doing right:

1. They eat beans or rice in the morning, instead of cereal! Milk and cereal for breakfast is largely an American tradition. Other countries are known to eat things that Americans would find odd. For instance, in Asian countries, it is common to eat a “breakfast bowl” with rice topped with a fried egg. Give it a try. Top the whole thing off with some green onions for a zippy flavor.



2. In America, most people have their largest meal at dinner time, but then it just sits in your tummy overnight and causes weight gain. Other “thinner” countries have their largest meal in the morning. The calories get burned off during the day.

3. Americans are known to keep problems to themselves. In other countries, people have tight knit communities with close friendships and family relationships. It is a scientific fact that strong social ties actually prevent high blood pressure and strokes!

4. Blue Zone countries are very active! People often walk or bike to work. And they don’t have to use fancy kitchen gadgets to make life easier. They use good old-fashioned elbow grease! Americans are largely sedentary. When you can, take the more labor intensive route for your health’s sake!