

Sisters for Yah

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Post-Feast Letdown?

This past October's Feast of Tabernacles was incredible! Everyone I talked to concurred that it was one of the most peaceful ones they'd ever attended. Frankly, I got so spoiled for the joy and peacefulness I felt, that it was actually difficult to return to my normal routine. Others have told me the same.

After deeply fellowshipping with like-minded brethren for eight days, it's normal to feel sad upon returning to your normal routine. Many of you live alone and don't have regular fellowship. I know that some of you are facing some serious difficulties and there are no easy answers. But the good news is that steps can be taken to reduce post-Feast letdown.

One big thing is to try to stay in touch with those brethren you spent time with at the Feast. Letters, phone calls, and emails are always nice. Send a card too! In this electronic age, studies show that people still like getting snail mail.

Another important element is to stay in the Word. It was nice having sermons and Bible studies every day at the



Feast. But that doesn't have to stop once you return home. Continue to study and pray. And share burdens with each other. Let's share our prayer requests! Also consider doing a Bible study long distance with those you met. A topic can be agreed upon, then each person can share their notes by email, etc. In addition, if you are not on our Sabbath DVD program, feel free to request your name to be added.

Loneliness is a very real problem, even among Yahweh's people. It's also not a subject we like to talk about very often. But please remember, that even when we feel all alone, Yahweh is indeed with us!

Take a look at Psalm 34:18 which says, *Yahweh is close to the broken hearted; He rescues those who are crushed in spirit.*

Isaiah 41:10 is also a good Scripture to remember when you are feeling sad: *Fear not, for I am with you; be not dismayed, for I am your Elohim; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

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His Thoughts are higher than ours

People say: "I'm just not good enough."

Yahweh's Word says: "I will never be good enough on my own. I am saved by His grace." (Ephesians 2: 8-9, paraphrased).

People say: "Can Yahweh really be trusted?"

Yahweh's Word says: "I can trust Him completely." (John 14:1, paraphrased).

People say: "I don't understand the Bible. I should just stop trying to read it."

Yahweh's Word says: "He will open my eyes, so I can see His amazing truth." (Psalm 119:18, paraphrased).

People say: "Yahweh can't use me. I am too weak."

Yahweh's Word says: "Many will see the new song in my heart and put their trust in Yahweh." (Psalm 40:3, paraphrased).

People say: "Do I really belong to Yahweh?"

Yahweh's Word says: "Yahweh lavished His love on me, and I am His child." (1 John 3:1, paraphrased).



Why so many trials?

Many believers get sad and discouraged when they go through trials. I have heard some lament, "Why me?" It's not fun to go through trials obviously, no matter how long we've been in the faith. But someone recently brought up an idea that caused me to think. She said that, "Maybe trials happen because Yahweh doesn't want us to get too attached to this world. If our lives were perfect, would we be looking forward to the Kingdom?" Good point. I, for one, completely acknowledge that a lot of my own spiritual growth occurred during times of severe struggle. Trials can often cause us to experience a compassion for others that we may not have had, had we not experienced the same thing they were going through.



Of course, we can't discount the fact that the "devil is in the details" as the old saying goes. We know that Satan is like a lion seeking to devour. This scares some people, but remember that Yahweh is stronger than Satan. There is no comparison. We do not need to fear Satan. We are promised that if we resist the devil, he will flee from us.

Another thing to remember is that when we go through trials, it might just be a test. We can pray for strength to pass any test that we are presented with. Believers pass tests every day. Let us remain firm in our faith!

Listen up, green tea lovers!

I found this information interesting, since I am a big fan of green tea. Nowadays, you can find numerous articles promoting the benefits of green tea. Many studies have been done over the course of a decade. In a new study in a lab, researchers found that adding a squeeze of fresh lemon to your cup of green tea can actually make it even healthier. Apparently, citrus draws out even more antioxidants and makes them more absorbable! Antioxidants are known to prevent diseases such as cancer and heart disease. The best thing is that a squeeze of lemon makes your tea taste great!

How to make someone's day a little bit better

- Send a card to someone you know is struggling.
- Fill out a company comment card, not to complain, but to praise a worker or a service.
- Smile at the clerk in the checkout line and call him or her by name. You'd be surprised how many grouchy people clerks have to deal with every day. Don't be one of them.
- Offer to mow an elderly neighbors lawn.
- If you know someone needs a meal, make an extra portion and take them a plate. Many widows and single parents struggle to have enough food.
- Call or write a friend you haven't spoken to in a long time.
- Offer to babysit a friend's children so she and her husband can have some much-needed alone time.
- Let someone go ahead of you in line at the grocery store if he or she only has a few items.
- Most importantly, pray for people! The power of prayer is incredible!



Thoughts to ponder

1. Yahweh is my Creator. I am His creation.
2. Yahweh loves me so much that He sent His Son to save me.
3. Yahweh has called me out of 7.5 billion people.
4. Yahweh wants what is best for me.
5. Yahweh does not make mistakes. He is in perfect control of everything.
6. Nothing can separate me from Him as long as I cling to Him.
7. Yahweh is bigger than anything I can face in this life.
8. Yahweh loves it when I talk to Him.
9. My future is secure in Him if I overcome to the end.

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Fruity Overnight Oatmeal

- 1/3 cup old fashioned oats
- 3 T. milk
- 3 T. plain yogurt
- 1 T. honey
- 1/2 cup assorted fresh fruit
- 2 T. chopped walnuts, toasted



Put it all in a mason jar and seal tightly. Refrigerate overnight.



Mix and match oatmeal!

We all know how healthy oatmeal is, but sometimes your morning bowl can get a little boring. Make yours a little more exciting by trying the following add-ins (any combination will work):



- Regular milk (or soy, almond, or coconut milk)
- Chocolate milk
- Yogurt
- Honey, instead of sugar
- Butter and maple syrup
- Peanut butter
- Brown sugar
- Cinnamon
- Berries
- Canned pumpkin
- Mango, fresh or dried
- Chopped apples
- Shredded carrot (yes it adds a crunchy sweetness)
- Bananas (or any favorite fruit)
- Raisins or dried cranberries
- Chocolate chips
- Pecans, walnuts, or almonds
- Toasted coconut
- Chia seeds
- Flaxseeds
- Pumpkin seeds