

Sisters for Yah

NOTHING IS IMPOSSIBLE

In Luke 1:37, we read a very comforting Scripture, which says, *For with Yahweh nothing is impossible.*

Imagine you're a Hebrew maiden living 2,000 years ago. One day you're in your humble dwelling place, and along comes a powerful angel named Gabriel. You're understandably frightened and bewildered! Then this angel tells you that you will give birth to the Son of Yahweh. Now you're really frightened. And confused. You know how babies are humanly conceived, but you've never been with a man. This scenario happened to Miriam (also known as Mary), the mother of Yahshua.

The angel Gabriel appeared to her when she was very young, possibly a teenager. He told her that Yahweh was planning something that was humanly impossible. All human logic would agree that virgins could never give birth to babies! When Yahweh speaks of doing the impossible, it is no longer absurd. When was the last time Yahweh did the impossible in your life? How about when you were at rock bottom, and He revealed His Truth to you? We all have examples of answers to prayers we never thought would be answered.

Yahweh still does the impossible! Too often we acknowledge our belief that Yahweh can do something, but we add a safety clause: "But I just don't think Yahweh will do that with me!" We believe in miracles, but never expect them to happen to us.



Yahweh wanted to bring salvation to all of humanity. It was critical that Miriam believed what Gabriel told her. She not only believed, but she adjusted her life to the awesome work Yahweh planned to do through her. How about us? Do we expect answers to our prayers, then just sit in our rocking chairs? Many times, people pray for something but then do nothing to help their situations. I knew someone who had been praying for a job for a long time, but did nothing to go out and search for a job. He felt that Yahweh would provide the job whether or not he did anything. Yahweh wants His people to be proactive. It's time for Yahweh's people to enjoy personal intimacy with Him. Unceasing prayer along with faith is the way to achieve this.

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Special for seniors: Stay alert for fraud

Con artists like to take advantage of people when they're distracted. The current coronavirus pandemic is the perfect example of a "distraction." Fraud has increased exponentially, especially among seniors. Please be vigilant!



1. Guard your Medicare card like it's a credit card. Con artists have tried to get personal information from seniors so as to steal their identity and commit Medicare fraud.
2. Remember that Medicare will never contact you for your Medicare number or other personal information, unless you've given them permission in advance.
3. Medicare will never call you to try to sell you anything. If you get any calls from anyone claiming to be Medicare and promising you things if you give them your Medicare number, hang up immediately.
4. Never trust anyone who calls claiming to have a "cure" for coronavirus, or some secret information that they are willing to sell you.
5. Medicare will never visit you at your home.
6. Medicare will never call you to enroll, unless you called first.
7. Use a calendar to record all your medical tests and appointments. Some people have seen charges on their Medicare bills which they never received.
8. Know what a Medicare plan can and can't do before you join.
9. Never give your social security card or number to anyone except your doctor or people you know should have it.
10. Never accept offers of money or gifts over the phone, especially offers for free medical care.
11. Don't allow anyone except your doctor or other Medicare provider to review your medical records or recommend services.
12. Regularly review your Medicare Summary. If you see any errors, report them immediately.

Laughter really is the best medicine

Proverbs 17:22, says, *A joyful heart is good medicine, but a broken spirit dries up the bones.*

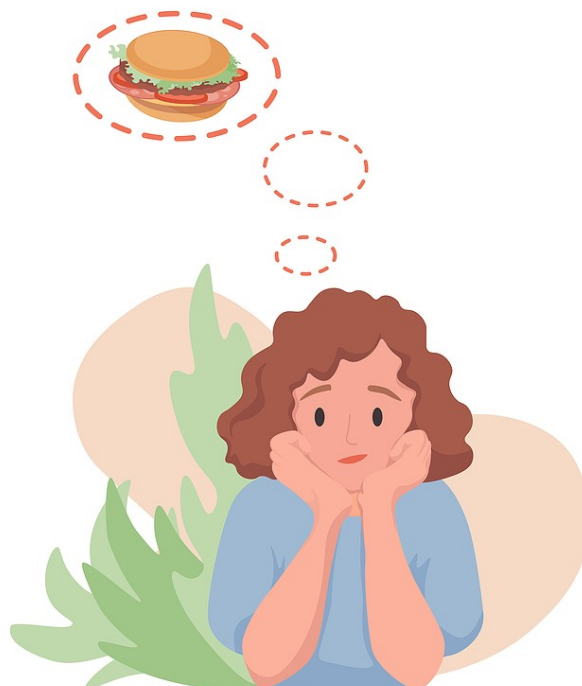
The evidence is abundant: Happy people really are healthier people. Brethren, it's okay to laugh and be happy! By the way that some believer's live, you'd think that expressing joy was a sin or something. They go through life sad and glum all the time. Yahweh is not blessed by sad people. Smile once in a while! Years ago, I heard an atheist ask, "How come religious people are always so sad? They never laugh! I could never live like that." Let's set a good example for others, that Yahweh's way of life does indeed bring joy.



Day of Atonement: Fasting tips

If you are new to fasting, you might be a little nervous. On Day of Atonement, we fast for a complete 24 hours with no food and liquids. We are meant to be “afflicted” on this day, so the author of this article is not intending to make The Fast “easy” for anyone. Instead, these tips can prevent you from becoming ill. There are many physical benefits to fasting, along with many spiritual blessings. But fasting done wrong can be detrimental to health. Please consider the following tips:

1. Don't attempt to defeat the purpose of being afflicted by consuming an extra large, heavy, greasy, or salty meal right before sundown. Yes, you might feel “full” for hours, but a greasy meal can sit in your stomach and never properly digest. Food requires some liquid to assimilate in our bodies. Since we are not allowed to consume liquids, it is a good idea to not overwork your digestive system.
2. Salt in small amounts is good for us. But it can quickly dehydrate you if you are not also consuming liquids. So go very sparingly with salt before Day of Atonement.
3. Avoid too much sugar right before fasting. It can make your blood sugar go haywire.
4. Gradually wean yourself from caffeine a few days before fasting. If your body is accustomed to regular caffeine consumption, you could develop what is known as a caffeine-withdrawal headache. If you've ever had one before, you know how excruciating they can be.
5. After The Fast, plan to eat a light meal that won't upset your stomach. Once again, it's a good idea not to eat anything particularly heavy, greasy, or salty. A bowl of soup with crackers or a salad would be a better way to go. Fruit can also be easier on the tummy.
6. Don't chug liquids right after sundown following Atonement. Sip slowly to allow your body to adjust. Some people find a little lemon water or orange juice can prepare their bodies for digestion.
7. Some people also find that if they eat a little food before liquids, it prevents nausea and diarrhea. But everybody is different. Day of Atonement is a learning experience for all of us.



Prayer changes us

Prayer is designed to change us. It takes us into Yahweh's presence, shows us His will, and prepares us to obey Him. Moses climbed Mount Sinai and spent forty days communing with Yahweh. Yahweh uses our prayer time to soften our hearts and change our focus. As you pray for others, you may find your compassion growing too! If you have trouble loving people like you should, pray for them. Pray about everything and everyone. Yahweh loves hearing from His people. Prayer is like a lifeline from the Father to us.



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Loaded Spinach Salad



1 bag baby spinach (12 oz.)

2/3 cup dried cranberries

2/3 cup toasted walnuts

2/3 cup raspberry-walnut vinaigrette dressing

2 T. Romano cheese (or parmesan)

Toss together right before serving. Serves about 6

Chicken Fiesta Salad

2 large boneless skinless chicken breast (about 1 1/2 pounds)

1 (1.27-oz) packet dry fajita or ranch seasoning

1 T. vegetable oil

1 (15 oz.) can black beans, rinsed and drained

1 (11-oz.) can Mexican-style corn, drained

1 1/2 cup salsa

1 (5-oz) package salad greens

1 cup chopped onion

1 tomato, cut into wedges

1 lime, cut into wedges, optional garnish



Rub chicken evenly with half of seasoning packet. Heat oil and cook chicken about 10 minutes per side. Let cool, then slice. In a medium skillet, stir corn, beans, and rest of seasoning. Heat through. In a large bowl, toss greens, onion, and tomatoes. Top with the chicken and bean mixture. Garnish with lime wedges.