

# Sisters for Yah

## Burden or Blessing?

Psalm 127:3, 5a states: *Behold children are a gift of Yahweh; the fruit of the womb is a reward...How blessed is the man whose quiver is full of them.*

Sadly, I've been noticing that more and more people are thinking of children as a burden rather than blessing. The views of mankind have become very distorted. Abortions seem to be increasing every year. It is surprising at how "comfortable" people are becoming with abortion. There was a time when very few people were comfortable with even the idea of ending a pregnancy. For the majority, abortion was unthinkable! Now we find it tipped the other way. It is also surprising to see that many people who fight for animal rights, then turn around and support abortion! Talk about a mixed-up world.

Nobody denies that raising children is a challenge, especially in modern times. Parents fail many times, but it is no reason to give up completely. Like most people, parents want an easy life. It's a natural desire, of course, as we were built to experience abundant joy as Yahweh originally intended in the Garden of Eden. But once children start to make life difficult, a parent begins to see them as a burden rather than blessing. Children are given to parents for His glory and our good. No one can deny that the lessons learned while raising children have eternal consequences. I heard one mother say, "I never knew what real love felt like until I held my firstborn in my arms, and I now know what sacrificial love feels like because I would do anything for my child."

A parent's entire attitude can change once they begin viewing their children as blessings. We all want blessings, right? This is where prayers comes in. Yahweh can help you deal with the challenges of parenthood. The world is getting so bad—we need to raise up the next generation of children into moral and Yahweh-fearing adults! Every morally-raised child has the potential to "stand in the gap" once the world's moral system completely collapses. Parents, you have one of the most important jobs in the world! Please take it seriously, and Yahweh will bless you and your children.



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## TRY THESE SUPER NATURAL REMEDIES!

Here are some terrific ideas. Even doctors are recommending these.

1. Sore throat? Reach for honey. Real studies have indicated that honey can soothe your throat as well as or better than store bought cough drops. Just stir into warm tea or plain warm water.
2. Sore muscles? If you've ever overdone a workout at a gym, or even pulled some muscles working in your garden, load up on ginger. You can add it to your cooking, and get a reduction of pain due to anti-inflammatory properties.
3. Insomnia? Try eating kiwi fruit. In studies, those who ate kiwi one hour before bed fell asleep 14 minutes faster than those who did not.
4. Migraine headaches have been shown to respond positively to pumpkin seeds. Scientists don't know why exactly, but it might be due to the fact that pumpkin seeds are high in magnesium. Magnesium is known to relax blood vessels. Sprinkle some on a nice summer salad, or just munch on them as a healthy snack.
5. Suffering from heartburn? Eat beans! They can reduce acid reflux by about 20 percent. The theory is that beans are high in fiber, so they probably move food out of your tummy faster, thereby reducing the possibility of acid coming back up your esophagus.
6. Jet lag? Try tart cherries. The fruit is an edible source of melatonin. The day of your flight, chew a handful of dried tart cherries or drink a glass of unsweetened cherry juice.
7. Don't forget herbs either. Thyme can ease a cough. And peppermint can help an upset stomach. And sage has been shown to help a sore throat due to colds. Make a tea by steeping 1 t. dried sage in a cup of boiling water for 10 minutes.
8. Celery is great for reducing stress hormones.



## *Backpacking this summer?*



Summer is here and many people will be heading outdoors. One of the biggest complaints is, "My backpack is too heavy!"

1. Don't pack when hungry. How many times have you walked off the trail with 2 pounds of uneaten food? Select light, easily packaged high energy foods such as trail mix and granola bars. Calculate how many calories you'll actually need. Also, discard extra packaging.
2. If you're going with a group, try to consolidate items. For instance, does everyone need their own tube of toothpaste? Lose redundant items and lighten everyone's load.
3. The main items you'll need are shelter/raingear, sleeping bag (if you're camping out), water, food, and fire starter. Mark important items with glow in the dark tape so you can easily find them at nightfall.
4. Lost and no compass? If you have a watch, try this neat trick by survival experts: point the hour hand toward the sun. Halfway between the hour hand and the 12 on the watch is south. This even works with Daylight Saving Time. Have fun!



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## Summer Melon Salad

This makes a colorful, mouth-watering presentation. It is also extremely refreshing and nutrient-dense.

- 4 cups melon balls or chunks (your choice, any combination such as watermelon, cantaloupe, or honey dew).
- 4 T. lemon juice
- 1 t. lemon or lime zest
- 2 T. honey.
- 2 T. fresh mint, chopped fine, to garnish
- 1/8 t. ground cardamom.



Toss all ingredients gently to coat evenly.

## Refreshing Summer Salads

These are perfect for summer picnics. They also help you get plenty of vegetables.

### **Black Bean and Tomato Salad:**

- 1 cup halved cherry tomatoes
- Kernels from 3 ears of corn
- 1 jalapeno, finely chopped, optional
- Handful of chopped cilantro
- 2 cans rinsed and drained black beans
- 2 avocados, peeled and diced
- 3 T. olive oil
- 1/3 cup lime juice
- 1 t. salt



Toss the above items gently. Refrigerate. Best when served cold.

### **Asian Style Cabbage Slaw:**

- 1 small head cabbage
- 2 carrots, shredded
- 1/2 red onion, diced
- 1 small red bell, diced
- 1/2 cup unsalted peanuts
- 2 peeled and minced garlic cloves
- 1 cup tightly packed basil leaves
- 1/4 cup tightly packed mint leaves
- 1/2 cup tightly packed cilantro leaves
- 1 t. salt

- juice of 1 lime
- 1/2 cup olive oil
- 1 t. chile sauce

Toss the above items gently. Refrigerate. Best when served cold.

