

Sisters for Yah

Matters of the heart

Yahweh desires a devoted, obedient heart. Turn to 2 Kings 23:25, which tells us, *“Never before had there been a king like Josiah, who turned to Yahweh with all his heart and soul and strength, obeying all the laws of Moses.”* (NLT throughout).

Yahweh also desires a heart of integrity. Let’s take a look at 1 Chronicles 29:17, which reads, *“I know, Yahweh, that You examine our hearts and rejoice when you find integrity there. You know I have done all this with good motives, and I have watched Your people offer their gifts willingly and joyously.”*



Do you ever feel sometimes that your “heart” does not measure up to Yahweh’s standards? We all feel that way, sometimes, and that’s a good thing. Once we are aware that we are not measuring up, we can then make a plan to improve that area of our lives. Many times in my life, I’ve had to do some serious soul-searching, and I did not always like what I found lurking in my deepest thoughts and feelings. But even the Apostle Paul encourages us to “examine” ourselves to make sure we are doing what we can to be found worthy of Messiah. I have found that writing a list of things

I’d like to change really helps me to remember to keep those things in prayer. I have a short attention span and need a visual reminder!

Take your list in prayer before Yahweh. Really humble yourself! He never refuses a humble-hearted person. In Ezekiel 36:26, it says that Yahweh will give you a new heart that is in tune with Him. A pure heart is also important as we see in Matthew 5:8.

We also must remember to guard our hearts as we are told in Proverbs 4:23. Our hearts can be swayed by many worldly things. I deeply encourage everyone to get rid of anything that might be swaying your heart. One woman told me she had to cancel all her favorite clothing mail-order catalogs because they tempted her to place too many orders, and she’d always get in trouble with her husband! Now that’s being proactive in avoiding temptation! Let us all examine ourselves and remove the stumbling blocks in our lives.

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Preparing for the Fall Feasts!

Now that it is August, I find myself getting excited about Yahweh's fall Holy Days next month, especially Feast of Tabernacles. Many of us are already thinking ahead. There are so many things to remember to do! I put together a packing list of items that commonly get forgotten. This, of course, is not an exhaustive list, and you may need to add other items:



1. Bibles, notebooks, pens.
2. Head coverings for the ladies.
3. Dressy and casual clothes, under garments, shoes, socks, nylons (if needed). And check to make sure that your shoes match! One year, we had a lady who packed one pair of dressy shoes hastily—regrettably one was black, and the other was navy. She had to wear mismatched shoes for the entire feast.
4. Bedding. This could be sleeping bags, or regular bedding that would fit a twin sized bed, and pillows.
5. Bath towels and wash cloths. I forgot to pack these one year, but thankfully we were near a store.
6. Toothpaste, toothbrushes, floss, and other dental items.
7. Tent items (only if you are camping out this year).
8. Shampoo and bath soap.
9. Clothes hangers.
10. Medications, if needed. Or other supplements.
11. Food and snacks. The meal plan will be dinner, so you will need to provide your own breakfast and lunch items. Dishes and cooking utensils are already provided by the campground.
12. Baby and children's supplies, if applicable.
13. Your contributions to our fund raiser (if you are contributing).
14. Other personal items: _____

Other often forgotten things;

1. Have your mail and delivered newspapers put on hold, if necessary.
2. Arrange for the care of your pets and plants, if needed.
3. Tell family members where you'll be and give them contact information.
4. Notify your children's schools of their absences, if needed. We can send you an excused absence for if you'd like.
5. Enjoy the Feast!



UNUSUAL KITCHEN IDEAS THAT REALLY WORK!

—Crack eggs like a pro! Tapping them gently on a flat surface ensures that the shell won't break into smithereens.

—Learn to sharpen your knife by listening. Carefully ping the blade. If a high pitched sound is heard, the blade is fine. If you hear a dull tone, it's time to sharpen.

—Roasting a chicken? Break out your hair dryer. Yes, really! Use the no-heat setting to dry the skin. The air will draw out any moisture. Then roast the chicken in a dry hot oven. The skin will turn out nice and crispy!

—Chill out! Your cookie dough, that is. Try leaving your cookie dough overnight in the fridge. Cold and dry dough bakes and browns more evenly and spreads less.

—Want more nutrients in your bagged spinach? Grab the first bag. It's exposed to light, and therefore the process of photosynthesis continues, giving you more nutrients in the spinach.



Ways to sneak veggies into your diet

1. Replace regular all-purpose flour with bean flour. You'll get 8 grams of fiber in bean flour as opposed to less than 1 gram in regular flour. And bean flour tastes the same as regular! How neat is that?
2. Healthy fats are good for us. But if you're used to slathering butter on everything, you might want to try a healthier alternative such as substituting mashed avocado. Yes, even in baking. You can substitute a half tablespoon of avocado for every tablespoon of butter when baking brownies and cupcakes. And no, the taste won't be ruined. Avocado is bland enough to not compete with the other flavors in your recipe.
3. Instead of slathering bread with jam, why not try warming some fresh or frozen berries with cinnamon or ginger? It tastes amazing!
4. Learn to love hummus. Replace mayonnaise with hummus and you are doing your heart a huge favor. Never heard of it? Hummus is commonly eaten in the middle east. It is a smooth paste of mashed garbanzo beans and seasoning. Use it as a dip for veggies or low fat chips, too.



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Fresh Strawberry Relish

- 2 T. balsamic vinegar
- 2 T. orange juice
- 1 T. Dijon mustard
- 1 T. honey
- 1/2 t. grated orange peel
- 1/2 t. red pepper flakes
- 1 pint strawberries, stemmed and sliced
- 3 T. raisons
- 3 T. chopped walnuts



Mix all above ingredients in a large bowl. Makes a great accompaniment to grilled fish and chicken. This relish is very high in vitamin C!

Summertime food safety

It's shocking to hear that 76 million Americans get sick from food each year. And 5,000 die from it! And the vast majority of these cases occur in the summer. Traditionally, summer is the time for outdoor picnics and other family gatherings. Outdoor heat and improperly stored food can cause the ideal breeding ground for bacteria. Most cases of food poisoning are mild and can be treated safely at home, but some specific groups of people may need immediate emergency care. Here are signs that an emergency room visit is prudent:

1. Bloody vomit or diarrhea.
2. Fever, stiff neck, and a severe headache.
3. Symptoms don't get any better.
4. Child is refusing to drink liquids. Dehydration can be fatal.

So, is there any way to reduce your risk of getting sick?Yes, follow these tips:

1. Wash your hands often.
2. Keep raw meats separate.
3. Cook to proper temperature.
4. Keep your cooler well-chilled and keep the lid closed.
5. Keep perishable food chilled.
6. Stay hydrated. Heat stroke is also common during outdoor activities.

