

Sisters for Yah

Do you know any prodigals?

Most of us are familiar with the deeply touching story of the prodigal son found in Luke 15:11-32. It is a remarkable story of hope and reconciliation. Many of us can often relate to the story, because almost everyone has wanted to run away at some time in their lives. There are so many reasons for wanting to escape the pressures of life. I've met so many people over the years since accepting the faith, and so many have left the faith, never to return. Unlike the prodigal son story in the Bible, we rarely see a modern "prodigal" return. This short article cannot explore all the reasons why people leave their faith and never return, but let us consider some of them.

1. Problems at work, home, or a desire to escape themselves (which is never possible, of course).
2. The false belief that the "grass is greener on the other side." This is actually what happened to the prodigal that Yahshua spoke of.
3. Bad habits and un-confessed sin. People can tend toward just giving up. Also, repeated sin can cause a person to lose their sense of reason. A person may start justifying sin.
4. Boundary lines that are crossed once become easier to cross the next time around.
5. Giving in to pride. Some people are too embarrassed or proud to admit their weaknesses.
6. Sin can be pleasurable in the beginning. But eventually it can destroy the individual.
7. Compromising one's beliefs can lead to a downward spiral as more and more is compromised.

Is there a way back? Yes, absolutely! The first step is repentance. Then ask for help. One must be diligent about rebuilding a relationship with Yahweh. Find a strong Believer who can give you good advice and support. We all need help now and then when we lose our way. Just remember that Yahweh has bread to spare. Don't perish with hunger. In closing, please read Isaiah 55:7.



Inside this issue:

Do you know any...?	1
Short articles	2
Give these natural...!	3
Recipes	4

What can affliction teach us?

Psalm 119:67 says, “Before I was afflicted I went astray: but now I have kept thy word.” Sometimes, Yahweh uses affliction to teach us the inadequacy of our human resources and the insufficiency of our material things. Wouldn't you agree that affliction shows us how dependant we are on Him? I've heard so many people say that they pray so much more when they are going through difficulties. When things are going great in ours lives we can sometimes take our blessings for granted. The old saying is so true: You never know what you have, until it's gone.



We all talk about the coming Kingdom. It's so comforting to imagine the joy and happiness we'll feel once the Kingdom is established. Indeed, we are told to seek first the kingdom and all will be added to us, Matthew 6:33. The Kingdom should always be on our minds, especially when we are going through trials. So instead of letting afflictions destroy us, let us instead use them to keep us close to our Heavenly Father!

The real Christmas Story

The world is currently being bombarded by Christmas ads, movies, songs, and decorations. Those of us who have been in the faith for a while know that the “real” Christmas story is that Christmas is an ancient pagan celebration that true believers should reject. I recently saw a hilarious comic-strip cartoon that showed Mary and Joseph, holding the infant Yahshua in a so-called “nativity” scene. In the cartoon, they were approached by Santa Claus. Mary exclaimed in fear and shock, “Who are you? And why on earth would I want my baby to sit on your lap?” The point was that “Santa Claus” and “Christmas” had absolutely nothing to do with the birth of our precious Savior Yahshua. I was impressed with the cartoon because it was so accurate. I hope that it made people think about the implications of what it meant, as the cartoon was featured in a large publication with millions of readers.

Yes, the birth of Yahshua changed the world. Many people forget that His death and resurrection also changed the world. Every year we keep Passover to commemorate this life-changing event. Some people in the world want to keep Yahshua in the manger as an infant, as evidenced by the numerous nativity displays in the churches and front yards of people. They seem more satisfied with the manger scene, and forget that Yahshua grew up and died for the sins of the world. The “baby aspect” of the Savior requires little of people. But the powerful grown-up aspect of Yahshua requires much from us! He is to be the master of our lives. We are to follow in His footsteps which is not easy. And yet, we are told to take up His yoke, for it is easy. One day we will be with Him forever! HalleluYah.



Give these natural remedies a try!

Many people turn first to store bought medications, but you may want to give these a try. These items might already be in your kitchen! They're also safe and don't contain harmful chemical often found in store bought items.

1. For bruises, try ice. Applying ice several times a day will decrease the pain and discoloration. You can even make your own ice pack! Mix 1 part rubbing alcohol with 3 parts water in a resealable bag and freeze. The solution will remain slushy, so you can mold the bag around the bruise.
2. Poison ivy? Take a cue from campers. Ease the irritation with a cup of cooled black coffee. The acids act as anti-inflammatory, which can soothe itching.
3. For nausea, eat a few green or black olives. The tannins can slow down the production of saliva, which is one of the first symptoms of motion sickness.
4. Leg cramps? Eat about 1 ounce of cheese and a few walnuts before bed. The magnesium and calcium can relax muscle spasms.
5. Nutmeg can ease insomnia. Put about 1/4 t. in warm milk.
6. Want to save money on mouthwash? Make your own! Add 1 t. of baking soda to 1 cup of warm water. Simply swish around in your mouth. Then spit, and rinse. Baking soda fights bacteria.
7. Feeling mentally tired? Instead of reaching for yet another cup of coffee, take a really brisk 5 minute walk. Moving your muscles increases brain activity. You should feel more alert.



It can do what? Great new uses for your old gadgets

Admit it: Stashed deep in your kitchen cabinets are items that you purchased, and then used only once. Try these really cool ideas to get more use out of your seldom-used gadgets.



1. An egg slicer can do a lot more than slice eggs. You can also use it to slice strawberries, kiwis, olives, and cooked potatoes.
2. Beyond rolling out dough, use a rolling pin to soften butter fast. Cover the butter in plastic wrap, then roll it until it's flat. It will be nice and spreadable. You can also use a rolling pin to flatten chicken breasts. Place in a plastic bag and gently pound.
3. Muffin tins are not just for muffins. You can use them to make giant ice cubes for punches. You can also use them to freeze chunks of pasta sauce to use later.
4. On a diet? Use an ice cream scoop to measure out perfect 1/2 cup servings of everything from mashed potatoes, Mac and cheese, or any kind of casserole.
5. Use a vegetable peeler to make chocolate curls or even cheese shards.
6. Use tongs to juice citrus fruits. Cut the fruit in half and place between the arms of the tong close to the hinge. Tongs can also be used to snatch hard to reach items on your top shelves.

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Grandma's Cheesy Corn



- 2 T. butter
- 1/2 of an onion, chopped
- 2 T. flour
- 1 1/4 cup milk
- 1 1/2 cups shredded sharp cheddar
- 3 cups frozen corn, cooked according to package instructions
- 1 t. salt
- 1 t. black pepper, or to taste
- 1/2 cup red bell pepper chopped

Cook the onion and bell pepper in the butter until softened. Add the corn. Slowly add the rest of the ingredients. Cook about 5 minutes until thickened and creamy.

Mediterranean Winter Soup

- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 8 cups water
- 1 can 14 ounce crushed tomatoes, un-drained
- 1 t. dried oregano
- 1 bay leaf
- 1 t. dried basil
- 2 cups dried lentils
- 1/2 cup fresh spinach, chopped
- 2 T. vinegar
- Salt and pepper, to taste.

Sauté the first four ingredients in the olive oil for about 5 minutes. Add the water, tomatoes, oregano, basil, bay leaf, and lentils. Bring to a boil and simmer gently about one hour. Remove bay leaf. Add the spinach and cook till wilted. Turn off the heat and season with the vinegar, salt and pepper. Makes 6 to 8 servings. Great with buttered bread or crackers.

