

Sisters for Yah

JUNE 2015

Why Diligence is Important

Even though I've heard it a million times, I still experience a jolt of shock when people tell me, "Once saved, always saved. And nothing can take me away from Yahweh." Um...no, sorry. We are warned repeatedly about becoming lukewarm, losing our love for Yahweh, and turning back to sin. There is no question in my mind: we need to be diligent in our walk with Yahshua! Only those who endure until the end will be saved.

An interesting account appears in 2 Timothy 4:10. Paul mentions a certain individual named Demas who "loved this present world." We cannot remain steadfast if we love something more than Yahweh. Believers are expected to grow in grace and knowledge.

So it's a good idea to ask ourselves some hard questions. Do I love this present world more than Yahweh? Am I keeping my body under control as mentioned in 1 Corinthians 9:27? Should I be spending more time in prayer or Bible study? Deep reflection often reveals our weaknesses and stumbling blocks.

It is very urgent that we do everything we can for Yahweh now. This life is our training ground. We know that salvation is not earned, but is a free gift, but we must also remember that we need to be bearing fruit as evidence of our continuing faith. Walking the walk, and talking the talk is important for unbelievers to see. Our good example might be planting seeds for a great future harvest that we cannot even comprehend.

Read the book of Revelation and the messages to the assemblies. It is disturbing to read that Yahweh will spew out the Laodicean assembly due to their "lukewarm" behavior. That is one example we do not want to be a part of. May Yahweh bless you as you grow in Yahshua for His glory!

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Laodicea Today!

The Power of Ritual

Most families have regular rituals that they do over and over, such as bedtime stories and kisses goodnight to all the children. Rituals often play a huge role in keeping a family connected and loved. Yahweh, too, has many good rituals that we do over and over. For instance, week after week, we observe the Sabbath, and year and year, we keep the annual Holy Days. I cannot emphasize enough just how important this is to our spiritual lives. I've known many people who have given up the Sabbath and Holy Days, and little by little, they ended up giving up Yahweh's way of life altogether! It is a sad thing to see.

Why not form some of your own rituals to enhance your family's bond. Be creative! There are many ways to enjoy time together. One family has a Wednesday ice cream and a movie night. The kids love it! Another family has a Bible trivia night. Let's build strong families and spiritual lives, so that the cares of the world do not come between us and our Heavenly Father.

Landfills and Throwaways

Did you know that in many countries, it is illegal to sell or reuse old mattresses? Only landfills will take them. The problem is that mattresses are bulky and heavy, and space fills up quickly. One gentleman, Tim Keenan, has tackled the problem by employing people to extract and recycle the individual components of mattresses. He hires not just anyone, but those people who no one else wants, such as men from halfway houses and homeless shelters. Keenan gives these so-called "throwaway people" a second chance! These unfortunate individuals often become a big success.



Yahshua, too, was known to associate with the less-than-desirable people of His society. He reminded those of His day that healthy people don't need a doctor, but the sick do. He came not to call the righteous, but sinners to repentance. To everyone who feels like a "throwaway" headed for the landfill of life, take heart! Yahweh offers a fresh beginning. No situation is too hopeless or desperate. Yahweh specializes in healing broken people. He is waiting for you with open arms!

IS IT REAL?

The common statement, "Perception is reality" may not be true all the time, especially when it comes to



our perceptions about Yahweh. Remember the incident with Yahshua in the fishing boat with His disciples? The storm came up and everyone panicked, while Yahshua peacefully napped. They even fearfully asked Him, "Don't you care that we are perishing?" Their questions sound uncomfortably familiar to the questions I have asked. I'm sure our readers can relate. Sometimes it seems the Yahweh is indifferent to our suffering. In reality, nothing is further from the truth. The true reality is that He cares deeply, and we are urged to cast all our anxiety on Him!

Clever Ideas!

Dryer sheets can be used for much more than soft static-free clothes! Try these neat ideas that most of us never thought of:

1. Prevent bug bites — specifically Bounce brand contains linalool and beta-citronellal which is known to repel mosquitoes. Simply tie one to your lawn chair or belt loop the next time you're outside on a warm summer evening.
2. Revive your iron — you can clean the metal plate by laying out two paper towels with a dryer sheet on one of them. Run the warm iron across the dryer sheet then over the second towel. Brilliant!
3. De-gunk hairbrushes — place a dryer sheet in a bowl of warm water. Soak brushes for 30 minutes. Then use a cloth or old toothbrush to remove grime that has built up.
4. Reduce squeaks from shoes — rubber-soled shoes often make an annoying high pitched chirping sound when making contact with floors. Run a dryer sheet on the soles—the residue from the fabric softener will minimize friction and sound.
5. Calm your pets during a thunder storm. During a storm, static electricity can build up on your pet's coat and cause discomfort. Just rub an unscented sheet across his body to minimize this.



Trivia: The first dryer sheets were invented in the 1960's and were called "tumble puffs."

Little-known Food Remedies

The next you have on one of the complaints below, try one of the natural remedies below. Some studies suggest they may work better than over-the-counter treatments.

1. Constipation relief — try an avocado smoothie. Avocados contain magnesium to get things moving smoothly. Blend 1/2 an avocado with 1/2 cup raspberries, 1/2 cup almond milk or water, and ice cubes.
2. Itchy insect bites? Try making a compress with carrots. Finely grate a carrot and wrap in a paper towel. Place on the bite for 20 minutes to reduce itching and swelling.
3. Green tea gargle — at the first sign of a sore throat mix 1 t. salt with 2 cups strong brewed green tea. Stir and refrigerate. Gargle twice a day using a half cup at a time. Green tea has anti-bacterial qualities.
4. Woke up with acne? Smother it with honey! Honey is a natural antiseptic and stops the growth of bacteria.
5. Dry elbows and heels? Make a natural exfoliating scrub. Mix 1/2 cup of Epsom salt with 1/2 cup water. Massage on then rinse off. Your rough spots will be smooth in no time.



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Refreshing, Hydrating Summer Drinks

Iced Orange Chamomile Tea — chamomile has natural anti-bacterial qualities and is wonderful for hydration. Boil 3 1/2 cups of water. Steep 4 bags of chamomile tea for 7 minutes. Transfer to pitcher and cool. Add 1/2 cup of orange juice. Pour into glasses with ice. Sweeten with honey if you like.

Citrus soda — in individual glasses, over a handful of ice, combine one part orange juice with one part grapefruit juice, and one part soda water.

Mint Cucumber water — put a few slices of cucumber in a glass along with a mint sprig and ice. Top off with water. Stir to blend the flavors and enjoy.



Crock Pot Corn Chili Soup (6 to 8 servings)

2 medium onions, diced
1 clove garlic, minced
1 red or green bell pepper, diced
2 T. chili powder
2 t. ground cumin
2 cups corn
2 cups chunky salsa
2 can black beans, with liquid
1 cup Monterey Jack cheese
Condiments to serve: extra salsa, sour cream, hot sauce, etc.

Spray crock pot with non-stick spray. Put all ingredients except cheese and condiments into the crock pot and heat on low 4-6 hours. Before serving, top each bowl with cheese and condiments as desires. Also great to serve with corn bread on the side.

