

Sisters for Yah

The Mold that will shape you

When I was a child, I loved molding chocolate candies. You can buy all kinds of shapes, then melt the chocolate and pour it in the molds. Part of the fun is seeing what shape you'd get!

In Roman's 12:2, we read, "*And be not conformed to this world: but be ye transformed by the renewing of you mind, that ye may prove what is that good, and acceptable, and perfect, will of Yahweh.*"

We must not be poured into the world's mold! We dare not let the world shape our thinking, beliefs, and practices. The world's way is taking the path of least resistance, which leads to destruction. We must be poured into Yahshua's mold. It is our duty to walk in His footsteps.

It is common nowadays to see popular TV ministers water down the truth. They almost want the current culture to change the Bible, instead of allowing the Bible to change the culture. Sometimes we can't "change with the times." Far too many people are allowing the world to dictate truth. Many things that are in vogue today are forbidden in Scripture. We must never look to the world to interpret Scripture. We all are aware that times are becoming more perilous. May we help each other through these difficult times, so that there will a faithful group of followers when Yahshua returns.

Many people read the Bible through their own "filters." I see popular ministers doing this too. They try to make the Bible fit into modern times. We cannot ignore the times in which the Bible was written. We also cannot "modernize" the cultural aspects of the Bible. Let us be molded by Yahweh's Word as Paul told Timothy: "*Hold fast the form (pattern) of sound words, which thou hast heard from me, in faith and love which is in Messiah Yahshua,*" 2 Timothy 1:13.

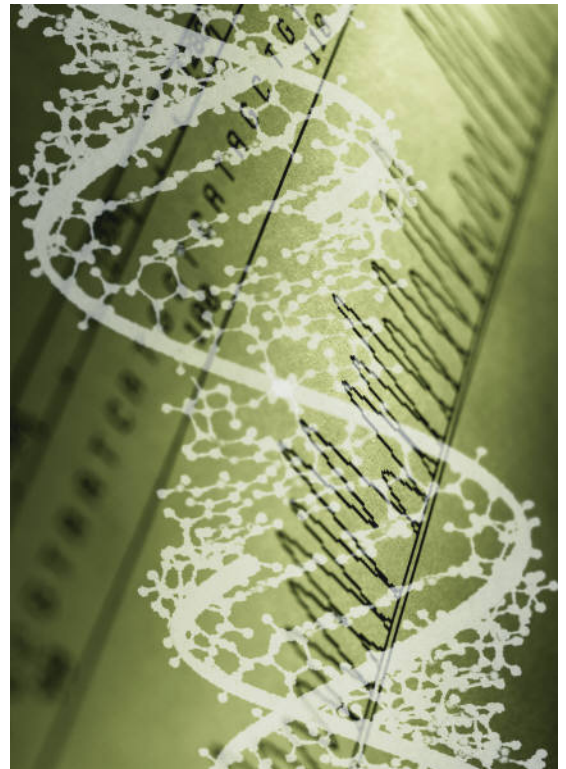


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Scientifically-proven Tips for a Long life

1. **Eat a mostly plant-based diet!** You don't need to become a vegetarian, but studies show that Americans in particular, eat way too much animal products. Moderate amounts of lean beef, poultry and fish, can actually be part of a healthy diet, but don't go overboard. Dairy products also are over-consumed in Western Nations, and these nations have the highest levels of osteoporosis, which seems contradictory since dairy products are supposed to build strong bones. Studies show that too much dairy can actually leech calcium from our bones, so consume sparingly!
2. **Exercise every day,** even if it's just a short walk. Our bodies were meant to move. Daily stretching is important too, because as we get older, our bodies lose flexibility.
3. **Hydrate!** Drink lots of water. Proper hydration keeps our cells younger. Fruits help hydrate you too.
4. **Never smoke.** Every study ever conducted shows that smoking ages the human body.
5. **Limit alcohol.** Even though studies show that small amounts of red wine are good for the heart, it was discovered that you can get the same benefits just by eating grapes—the beneficial compounds are found in the skin of grapes. Alcohol can put too much of a strain on your liver, so enjoy lots of grapes.
6. **Keep a sense of humor.** There are documented cases of cancer remission when people set their minds to positive thinking. Some even made it a point to watch funny movies every day. Laughter truly is medicine.
7. **Find joy and gratitude.** Focus on the good things in life. Our minds send signals to our bodies. When we feel happy, our blood pressure goes down, our heart rate normalizes, and our digestive processes work properly. The mind-body connection is incredible. Even the Bible tells us to think of good things in Phil. 4:8.



fest themselves.

12. **Be of service.** Those who serve others actually live longer, happier lives.

8. **Meditation.** It's been said that praying is when we talk to Yahweh, but meditation is when we listen to Him. Grab your Bible and go to a quiet place. Read Scripture, then really meditate on what it's saying.

9. **Get plenty of sleep.** People who sleep 7 to 8 hours actually are shown to live longer than those who either sleep less than 7 and more than 8.

10. **Let go.** Don't hold on to resentments, worries and fears. Negative emotions are health-destroying

11. **Live in the present.** Don't fret over the future. 99 percent of the time, the things we fear never mani-

Neat and Easy Remedies

1. **De-skunk your pet!** If your cat or dog has ever come home after a bad encounter with a skunk, you know that horrible odor! You can easily remove it by making the following “cleanser”: In a plastic bucket, mix 4 cups 3% hydrogen peroxide, 1/4 cup baking soda, and 2 t. gentle dish washing liquid. Add 4 cups of water if you have a large pet. Wear gloves and wet your pet with the mixture. Massage deep into the fur. For faces, use a washcloth, avoiding eyes and nose. Leave the mix on for 5 minutes or until odor dissipates. Then rinse thoroughly. Pour any unused mixture down the drain with running water. Avoid skunk encounters in the first place by bringing inside any pet food bowls at dusk. Also, clean any woodpiles from your porch. Skunks love to nest in debris piles. And if they give birth there, they’ll come back every year. Also, skunks tend to come on at twilight and on naturally well-lit nights like when the moon is full.
2. **Clever uses for chalk: it’s not just for sidewalks anymore.** The majority of the world’s natural chalk supply actually comes from the fossilized skeletons of marine plankton in the deep seas. Try the following neat ideas:

—Fix a sticky lock by applying a little chalk to both sides of your key. Push the key into the lock and turn a few times. The powder will act as a drying agent to stop any friction. Some have found that this works better than lubricants.

—Make washable paint. Just seal a few pieces of colored chalk in a zip-top plastic bag. Now crush it well with a hammer or mallet. Add 1 teaspoon of water at a time until it becomes the consistency of paint. Then you can use a paintbrush to draw arrows on the trees leading to your yard sale!

—Keep your silver shiny. Stash a few sticks of chalk inside your jewelry box or utensil drawer to help absorb moisture which can lead to tarnish. Replace the chalk every few months.

—Draw a straight line. If you need to make a line that’s longer than your ruler, cut a piece of yarn in the length you need, then rub it generously with chalk.

Secure the ends in place with painters tape. Pull the yarn away slightly, then release so it snaps against the surface, leaving an line of erasable chalk behind.

—Repel ants. Discourage these insects from entering your home through window and door cracks by drawing a line around the area’s perimeter. It’s unclear why this deters ants, but some say it might be the calcium carbonate in the chalk, or maybe ants simply don’t like the feel or the rough particles under their little feet.

3. **Cut your ironing in half.** Try lining your ironing board with aluminum foil. In most cases, you’ll find that you’ll need to only iron one side of sleeves or pants because the heat from the foil will “iron” the other side!



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- 1 T. olive oil
- 1 large onion, diced
- 4 cloves garlic
- 1 can crushed tomatoes (28 oz), undrained
- 3 medium fresh tomatoes, diced
- 1 can white beans (14 oz), drained and rinsed
- 1 can black beans (14 oz), drained and rinsed
- 1 can red beans (14 oz), drained and rinsed
- 3 cups water
- 1/4 t. cayenne pepper
- 1 T. ground cumin
- Salt, black pepper, and chili powder, to taste.

Sauté onion and garlic in a large stock pot for 5 minutes. Add rest and simmer 10 minutes. Serve with corn bread!

VEGETARIAN THREE BEAN CHILI



Make your own Citrus Salad Dressing

- 2 T. orange juice
- 1 t. Dijon mustard
- 2 T. apple cider vinegar
- 2 T. honey
- 2 T. olive oil.

Great with any kind of vegetable salad and fruits and nuts.



Heart-smart Cooking

1. If the recipe calls for bread crumbs, try swapping rolled oats. You can mimic the texture of bread by tossing your oats in the blender or food processor until they become coarse grains. Use it to top your favorite casseroles or an ingredient in meatloaf.
2. If the recipe calls for butter, try swapping avocado or coconut oil. Mashed avocados taste wonderful on toast!
3. If a recipe calls for smoky flavor, try paprika instead of turkey bacon. While we are allowed to eat turkey bacon, it still falls in the high sodium category.
4. If the recipe calls for oil, you can replace half of it with unsweetened applesauce.
5. If a recipe calls for salt, try giving it a squeeze or two of citrus juice.
6. Instead of using heavy cream to thicken soups, try using blended white beans.