

# Sisters for Yah

## A Beautiful Discovery

According to legend, a Chinese emperor once requested that his wife investigate why their mulberry trees were being destroyed. In time, the Empress discovered that small moths were laying eggs on the leaves. The eggs would hatch into little worms, spin cocoons and damage the leaves. The Empress was very frustrated.

Now she was faced with a challenge. She needed to find a way to destroy the little cocoons. All she could think about was how to get rid of the problem. So she tried dropping them in a pot of boiling water. To her surprise, the cocoons began to unwind into a silvery thread that proved to be a half mile long—silk! Thus, through the challenge of solving a problem, something beautiful was discovered!

This story illustrates the importance of attitude when you are faced with challenges. In Philippians 4:8, we read *"Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely,...let your mind dwell on these things."* But how often do we remember this verse when we

are feeling upset with our spouses or children? We tend to focus on their bad qualities, don't we?

One couple made the statement that they both had accepted Messiah, but never learned how to accept each other. Like the Empress in the story, this couple was only focused on the bad. They did not discover the beauty that could come from a challenging situation.

It has been said that "Love at first sight is easy to understand; it's when two people who have been looking at each other for a lifetime that it becomes a miracle!" Make a decision this day to look for the good in your spouse, and in life in general. We never know the beauty that might be lying just under the surface!



### Inside this issue:

A Beautiful Discovery	1
Prayer Poems	2
Painkillers...	3
Helpful News	4

## Always Say A Prayer (A.S.A.P.)



There's work to do, deadlines to meet,  
you've got no time to spare,  
But as you hurry and scurry,  
always say a prayer.

In the midst of family chaos,  
"quality time" is rare.  
Do your best; let Yah do the rest:  
Always say a prayer.

It may seem like your worries are  
more than you can bear.  
Slow down and take a breather-  
always say a prayer.

Yah knows how stressful life is;  
He wants to ease our cares,  
and He'll respond ASAP-  
Always say a prayer!

### *I Said A Prayer For You Today*

I said a prayer for you today and know Yah must have heard.  
I felt the answer in my heart although He spoke no word.  
I didn't ask for wealth or fame, I knew you wouldn't mind.  
I asked Him to send treasurers of a far more lasting kind.  
I asked that He'd be near you at the start of each new day.  
To grant you health and blessings and friends to share your way.  
I asked for happiness for you in all things great and small.  
But it was for His loving care I prayed the most of all.

*Authors Unknown*

## Painkillers in Your Kitchen!

Many people prefer to use natural home remedies, because in many cases, they are safer, with no side effects. Give these a try! But please note that this is for informational purposes only, so please be prudent. We advise people to make wise choices in their own individual circumstances. We assume no responsibility for the following research. Work with your own doctor to find the best pain relief for your individual situation.

1. **Ginger for muscle aches:** According to Danish research, ginger helped relieve muscle pain up to 63 percent within two months. Recommended dosage? Try at least one teaspoon of dried or two teaspoons of chopped fresh ginger to meals daily. Another benefit—those who participated in the study also noticed less joint pain, swelling, and stiffness!
2. **Cloves for a toothache:** Can't get to a dentist right away? Chew on a clove and ease tooth pain and gum inflammation. UCLA researchers said that they found cloves to be a natural anesthetic. Cloves may also be good for your heart!
3. **Help tummy troubles with pineapple:** Pineapple is a natural digestive aid.
4. **Just for women:** eating a daily bowl of oatmeal can reduce endometrial pain.
5. **Soothe foot pain with salt:** six million Americans suffer from ingrown toenails each year. Regularly soaking your feet can soften and heal your toenails. Just add a teaspoon of salt per cup of water and soak for 20 minutes twice daily.
6. **Tomato juice and leg cramps:** One in five people suffer from leg cramps. UCLA researchers say that 10 ounces of potassium-rich tomato juice can help. Many people are potassium deficient due to drinking too many caffeinated beverages and not eating enough produce.
7. **Heal mouth sores with honey:** Dab painful canker sores and cold sores with unpasteurized honey four times a day and you'll zap inflammation and destroy invading viruses.
8. **Chase away heartburn:** Sip one tablespoon of apple cider vinegar in eight ounces of water before every meal, says one prominent gastroenterologist. Cider vinegar can help speed the breakdown of fats and proteins so your stomach can empty quickly thereby prevent acids from reentering the esophagus and causing pain.
9. **Garlic can help ear pain:** Millions of Americans get ear aches every year. Try placing two drops of garlic oil in your ear twice daily for five days. Make your own garlic oil by gently simmering three cloves of crushed garlic in half a cup of extra virgin olive oil for two minutes. Strain. This will last two weeks in the fridge. Gently warm the oil slightly before placing your ears.
10. **Turmeric, the new pain fighter:** studies show that turmeric can be up to three times more effective than aspirin at easing pain! Just 1/4 teaspoon per day seems to work well.





Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104  
Website: www.SistersForYah.org



## **SOFT DRINKS, HARD FACTS**

Most people just need 1,600 to 2,400 calories per day from all their food and drinks! But did you know that a convenience store sized soda contains 800 calories?! It is easy to see how calories can add up very quickly. Numerous new studies have implicated soft drinks in obesity, and other healthy concerns like diabetes and of course, tooth decay. One popular soft drink contained 70 grams of sugar per bottle. Learn to drink healthier beverages like water or fresh squeezed fruit juice. Your health matters.



### *Safer Seconds*

Yes, leftovers. Love 'em or hate 'em, but don't get sick! Millions of people get sick or even die each year because of food-related illnesses. Use this handy guide to stay safe.

- Cooked veggies, meat, poultry should be used up within 4 days.
- Cooked pasta can stay safe for up to 5 days.
- Cooked rice will stay safe up to one week.
- Cooked stuffing, gravy, and meat broth should be used up in 2 days.

Be sure to refrigerate food within 2 hours if they are at room temperature. Put leftovers in shallow pans so that they will chill faster in the fridge. Be sure to reheat until internal temps reach 165 degrees Fahrenheit. Use up leftovers faster in creative ways:



- Use leftover meats and vegetable by cutting them small and throwing into a pot of broth to make a nourishing soup.
- You can also make an easy quiche using leftovers. Just place some chopped meat and veggies in a premade pie shell. Beat about 4 eggs in a bowl and mix in your favorite spices along with salt and pepper. Add a cup of milk. Pour into the pie shell. Bake at 350 degrees until eggs are set.
- Lots of leftover rice? Make a quick fried rice by sautéing cold rice in a little butter or oil. Add some chopped chicken or other meat, green onions, other veggies of your choice and a splash of either soy sauce or store bought teriyaki sauce. You can also add some scrambled eggs for an asian-inspired dish.