

# Sisters for Yah

## We're back!

We just arrived home from the Feast of Tabernacles! A wonderful time was had by all. I must admit, I'm having trouble getting back "in the swing of things." I've always had mixed feelings upon returning from the Feast, mainly because it's the last fun thing we get to do before a long, cold winter!

The spring Holy Day season seems so far away. Seeing the trees dropping their leaves makes me kind of sad. Yet I know we must continue moving forward with the work that Yahweh has given us. Many of the sisters have also commented to me that they hate this time of year because of the bombardment of the pagan holidays.

Halloween, Christmas, New Year's, Valentine's, and Easter are difficult, especially when you know the truth about their roots, but your friends and family don't. Some people are the only ones in their families who know Yahweh's true Holy Days. And even shopping in stores can be miserable with the "holiday songs" and decorations everywhere. We can sometimes feel pretty isolated.



But, take a deep breath, and let's prepare together. Instead of stressing out during this time, strive to draw near to Yahweh. He can keep us solid in our faith when we feel like throwing up our hands in despair. Keep some of the joy from the Feast of Tabernacles by keeping in touch with like-minded brethren. Many of us live in remote areas, but many brethren are just a letter, email, or phone call away! Staying connected really helps tremendously when it comes to dealing with the upcoming false-holiday onslaught! At the very least, we can commiserate with one another. When I'm feeling down, I like to look at photos that were taken at the Feast of Tabernacles. It really seems to improve my mood! And remember, spring will be here before we know it and we'll once again be with the brethren for the spring Holy Days.

### Inside this issue:

We're back!	1
Short articles	2
Clever Hints	3
Recipe and ideas	4

## Prayers for helpless parents

No one raises perfect kids. No one is a perfect parent either. And no one can do it all. The greatest secret ever discovered is that Yahweh helps parents raise their kids! Read Zechariah 4:6, which promises, “Not by might, nor by power, but by My Spirit says Yahweh.” Our Heavenly Father delights when we admit our weaknesses. That’s the kind of humble attitude He can work with. Yahweh loves the prayer of the helpless parent.

I’ve heard people say that Yahweh uses our kids to get our attentions. This is so true! Many a parent has told me that instead of teaching their children valuable lessons, they actually learned from the innocence of their children. Perhaps that is why Yahshua tells us to become like little children, humble, curious, and teachable. Pray to Yahweh to build your home. Read Psalm 127:1, which says, “Unless Yahweh builds the house, they labor in vain who build it.” Pray for a strong and resilient family. Ask for wisdom and understanding. Raising children never was, never is, and never will be easy. But the blessings are incredible!



## Screen time for kids

Experts have been warning for a long time that modern children are spending way too much time in front of the TV and computer screens. In large part, the modern obesity epidemic is blamed on this phenomenon. So what can you do as a parent? Here’s what those who’ve studied this are saying:

1. Try to limit screen time to about 20 minutes.
2. Be firm that your children are not to turn on any device without your permission.
3. Always be aware of what your child is doing on devices. Keep TV’s and computers in common areas to keep your kids safe.
4. While your child is using any device, be actively involved with him or her.
5. Select apps and activities that encourage learning, creativity and discovery.
6. Look for apps that support your child’s interests.
7. Lead by example. Don’t ever let your child witness you spending hours and hours in front of the TV or computer. This is perhaps the most important of all.



## Clever Hints

Sisters, you have to try some of these ideas!

1. Here's an easy way to slice a whole bunch of cherry tomatoes all at once: sandwich them between two plastic lids. While holding down the top lid, run a long knife through them all.
2. Keep brown sugar soft by storing with a couple marshmallows (kosher, of course!).
3. For a neat shoe rack, install a regular coat rack low down the wall.
4. Organize jewelry on a corkboard for easy viewing.
5. Make your own watering can by puncturing holes on top of a used milk jug
6. Remove pet hair from furniture and carpets with a squeegee. Works great!
7. Flip a toaster on its side to make grilled cheese.
8. Water straight from the tap will produce cloudy ice cubes. Instead, boil some water in a kettle. Cool slightly then use to fill your ice cube trays.
9. Make stuffed bell peppers easily by placing them in a large muffin tin when cooking in oven. It will keep them upright.
10. Add an apple to a bag of potatoes to prevent them from budding.
11. Add a half a teaspoon of baking soda to water when hard-boiling eggs. The shells will peel off easier.
12. Use WD40 to remove crayon marks from any surface.
13. How to tell if eggs are fresh? Place in a glass of water. Fresh eggs will sink to the bottom. Stale eggs will float.
14. To clean and deodorize a wooden chopping board, sprinkle a handful of kosher salt then rub with half a lemon. Rinse with water and dry completely.
15. Use ice cubes to lift out indentations made by furniture on your carpets.
16. Prevent soil from escaping through the holes in your flower pots by lining with large coffee filters.
17. To sharpen scissors, simply cut through sandpaper.
18. Use rubber bands to open a jar easily. Place one around lid and another around middle of the glass. The rubber provided friction to prevent your hands from slipping.
19. To prevent burning eyes when chopping onions, wipe the chopping board with white vinegar (which won't affect the taste of the onions).
20. Store bed sheets inside their pillow cases form easy access and storage.
21. Drop a couple of denture cleaning tablets into the toilet bowl at night to clean off stubborn stains.
22. Use paper cupcake liners to cover drink glasses in summer to prevent flies from dropping in. You can also poke a straw through the center to drink through to keep from having to remove the cupcake liner for every sip.
23. Use a can opener to open those annoying plastic blister packs. This will protect you from cutting yourself.
24. Use chalk to remove grease from clothing.
25. Freeze grapes to use as "ice cubes" in drinks to avoid watering down.



## Thoughts on fasting

1. Fasting is not a "public" performance. It is private between you and Yahweh. Don't try to appear hungry to draw attention to yourself.
2. Fasting and prayer can work better when combined, especially in serious situations.
3. Try to keep your motives pure. Fasting does not force Yahweh to do what you want.
4. Fasting is mainly about humbling yourself before Yahweh.



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



### *Easy apple pudding*

6 tart apples, peeled, cored, and sliced  
1/4 cup all-purpose flour  
1 cup sugar or 3/4 cup honey  
Pinch salt  
2 cups milk  
Sprinkling of cinnamon,  
optional.

Mix all and pour into a 9 inch  
by 9 inch pan. Bake at 325 de-  
grees for about 45 minutes until  
apples are tender. Some people  
enjoy this with a dollop of whipped cream.



### ***Go Bananas!***

America eats roughly 3.2 million bananas annually. When you're done with yours, don't throw out the peel!

1. Use them to soothe minor skin itches. Simply rub the peel on rashes, insect bites and poison ivy.
2. Tenderize meat! Toss in a washed banana peel into the pan the next time you make a roast.
3. Add them to your compost container. Banana peels break down quickly and add nutrients.
4. To avoid fruit flies, rinse your bananas as soon as you get home from the store to wash off any eggs from the skins.
5. If you already have fruit flies, try this: fill a bowl halfway with water. Add a tablespoon of sugar, stirring to dissolve. Then add a couple drops of liquid dish soap. Mix gently. Place the bowl near the fruit. The sugar attracts the flies, while the soap creates a film on top. Once they land in the water, they can't get away.
6. Eat bananas to improve blood pressure and help digestive health. Also some people find that bananas help them to sleep better! Eat one before bed.

#### **Easy Banana Pops:**

3 bananas  
6 T. peanut butter  
2 T. honey



Mash all the above into a bowl, then spoon into popsicle holders and freeze. Makes about 6.