

Sisters for Yah

Put down your stone!

I recently heard about an incident in a family where two teenage siblings got into a verbal disagreement that escalated very quickly before their parents pulled them apart. As the mother related the story to me she said she felt that if her two teens had lived in the Bible days, they might have gladly thrown stones at one another. The father reminded the two that they each had an equal part in the squabble and neither was completely innocent.

Stoning, of course, was practiced in the Bible days, for crimes such as adultery. We also find an incident in the New Testament where the religious leaders dragged a woman before Yahshua accusing her of being caught in the very act of adultery. They were testing

Him, to see if he would condone carrying out a death sentence against her. Something about this situation strikes Bible readers as odd, because we know it takes more than one person to commit adultery. Where was the man that the "alleged guilty" woman had committed her sin with? Why was he not brought forth, too?

Yahshua reacted very differently than the woman's accusers expected. He bent down and began writing in the dirt. The Bible does not say what He had written, but many scholars have speculated that maybe Yahshua was writing down the sins of those who dragged the woman to face Yahshua. Think about it: Thief. Murderer. Liar. Adulterer. Sabbath-breaker. Dishonoring to Parents. I don't claim to say this is precisely what happened, but whatever Yahshua wrote on the ground caused those who were holding those stones to drop them and leave the scene. Indeed Yahshua said to them, "Whomever among you is without sin must cast the first stone." No one was able to condemn the woman. She was told to go and sin no more. Let us stop casting stones at one another and go and do as Yahshua said.



Inside this issue:

Put down your stone!	1
Poems/Laughs	2
Attorney's Advice	3
Recipes/Information	4

Bible or TV Guide?

On the table side by side:
 The Holy Bible and the TV Guide
 One's well worn and cherished with pride
 (Not the Bible, but the TV Guide)
 One's used daily to help folks decide,
 No! It isn't the Bible, it's the TV Guide.
 As pages are turned, what will they see?
 Oh, it really doesn't matter, just turn on the TV.
 Then confusion reigns, they can't all agree

On what they will watch on the old TV.



So they open the book in which they confide
 (Not the Bible, it's the TV Guide).
 Yahweh's Word is seldom read—
 Maybe just a verse or two before they fall into bed
 Exhausted and sleepy and tired as can be
 (Not from reading the Bible, from watching TV).
 So then back to the table, side by side,
 Are the Holy Bible and the TV Guide.
 No time for prayer, no time for The Word.
 The way of salvation is seldom heard.
 Abiding in Yahshua so full and free
 Is found in the Bible, not on TV.

(Anonymous, Author unknown)

Just for laughs

A cute story was published in a popular magazine about a young couple that attended a southern worship service while they were on vacation. A little girl was “acting” up and causing a commotion. Her frustrated daddy tried to keep her quiet, but was quickly losing the battle. Finally, he had had enough, so he picked her up and began to carry her out for some much needed discipline. As she was being carried out, the little girl looked back at the congregation, and cried out with her sweet little southern accent, “Y'all pray for me now, ya hear?” There wasn't a sour face in the entire congregation after that.



Attorney's advice—no charge

Want to hear something shocking? According to some statistics, almost 10 million Americans per year are the victims of identity theft. Check out the tips below to reduce your chances of being victimized. The below information was written by an actual attorney who had his wallet stolen. We are passing on this information because we personally know of members who had been the victims of identity theft.

1. Do not sign the back of your credit cards. Instead, write 'PHOTO ID REQUIRED.'
2. When writing checks to pay your credit card accounts, never put your complete account number on the check on the memo line. Just put the last 4 digits. The credit card company already knows your complete account number. By following this advice, you prevent anyone who might be handling your check access to your full credit card number, as it is passing through the check processing channels.
3. On your checks, you might consider putting your work phone number instead of your home phone number. Also, if you have a PO Box, use that instead of your home address. If you don't have a PO Box, consider using your work address instead.
4. Never, ever, put your social security number on your checks.
5. Photo copy the contents of your wallet. Do both sides of licenses, credit cards, etc. You will know exactly what was in your wallet and have all the account numbers and phones numbers needed to call and cancel. Be sure to keep the photo copy in a safe place!
6. Travelling abroad is a special challenge. We've all heard horror stories about tourists losing their passports by pickpockets. Keep a photo copy of your passport in a safe and separate location.
7. If your wallet is stolen, file a police report immediately. But the key is having the toll free numbers handy on your credit cards to notify them immediately. You can limit the damage considerably by making quick phone calls.
8. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and call the social security fraud line number. Keep the following numbers handy:



Equifax: 1-800-525-6285
 Experian: 1-888-397-3742
 Trans Union: 1-800-269-7289
 Social Security fraud line:
 1-800-269-0271



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



Energy Breakfast Smoothie

1 cup chopped kale
3/4 frozen mixed berries
3/4 cup fat free milk (or substitute such as almond milk)
1/2 of a frozen banana
1/2 cup fresh or frozen mango chunks
2 t. honey

Puree in your blender until smooth. This is a wonderful energy boosting drink. It boasts 934 milligrams of potassium and only 321 calories.



7 symptoms women ignore

A new medical study indicates that women actually have different symptoms than men when it comes to a heart attack. In fact 43% of female heart attack victims have no chest discomfort at all! In addition, women tend to ignore their symptoms longer than men, blaming other health conditions. So here is what the study found:

Fatigue—71% of female heart attack victims had flu-like symptoms such as extreme fatigue. Days before, many said they were unable to even get out of bed

Non-chest pain—rather than an explosion in the chest, many women felt vague pain in the upper back, shoulders, neck, and jaw.

Sweating—many women found themselves drenched in sweat for no reason. Their faces were also suddenly pale or ashen.

Nausea and dizziness— some felt as if they were about to pass out and many vomited.

Breathlessness—almost 58% of women reported panting or difficult carrying on a conversation.

Sleeplessness—about 50% percent reported having trouble sleeping in the month before their heart attacks.

