

# Sisters for Yah

June 2012



Volume 6, Issue 6

## Is Negativity Ruining Your Happiness?

Have you ever known a person who never had anything good to say about anyone or anything? Most of us have, and regrettably, these negative people are sometimes in the faith. How do these people make you feel? Are they tares among the wheat? Do you find yourself feeling exhausted after a conversation with them? Do you also find yourself avoiding them whenever possible? Don't misunderstand. We all have legitimate problems in this life, but some people never see the bright side in any situation, even when good things happen. They are negative when they don't have to be. Even in good situations, they manage to find little things to complain about. Sort of like ancient Israel.



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I remember going on a picnic years ago with a family. It was a gorgeous day, but one of the family members complained about just about everything. It brought the whole group down. "The food is too dry. There are too many bugs crawling around. The children playing are too noisy. My back is aching. There's not enough of a breeze. These shoes are too tight..." It went on and on! Talk about sapping the joy out of what could have been a lovely day.

Check out Philippians 4:8, which tells us, "*Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things.*"

I don't expect people to be happy all the time. We're allowed to grieve and be sad, but for your own health's sake, try your hardest to remain positive. Believe it or not, positive people have fewer health problems than negative people, including lower blood pressure and less heart problems. Let's make the most of every day that Yahweh has given us!

## RECENT MEDICAL NEWS

### Avoiding Summer Colds:

While most colds occur in colder weather, the viruses that cause colds are around all year long. In fact, some people specifically report catching colds mainly in warmer weather. Many experts think that this is because summer can be a more stressful time with planning vacations, lots of socializing, and trying to keep your children entertained for three months while they are out of school. Stress weakens the immune system. Here's what you can do to fight back against viruses!

1. Wash your hands often and don't touch your face for any reason. You don't need to use any fancy antibacterial soaps, just plain soap and water will do.
2. New research shows that green tea has natural immune-boosting qualities. Drink 2 cups daily. If you are sensitive to caffeine, choose the decaf variety. Just avoid adding lots of sugar. Studies show that sugar lowers the body's immunity.
3. Consider adding garlic to your diet. It has broad antibacterial, antiviral, and anti-yeast properties.
4. Zinc lozenges are also good for reducing the severity of colds.
5. 1000 milligrams of vitamin C has been proven to make colds go away faster.
6. Get plenty of rest.
7. Sip chicken soup.
8. Keep the air moist in your home. Dry air can make colds worse.
9. Mild exercise keeps your immune system strong.
10. Add ginger to your diet.
11. Eat hot peppers or add Tabasco sauce to your food. The heat reduces stuffiness.



### Passport to better health—eat like they do in Israel!

Most of us are not at all familiar with Middle Eastern Foods. However, some ingredients are vaguely familiar, such as yogurt and mint. Middle Eastern Foods are much higher in nutrition compared to typical American items like burgers and fries. Try the following:

1. Eat hummus! Hummus is a dip made with mashed garbanzo beans. Most stores now carry it as its popularity is increasing. It's great to dip veggies or spread on whole grain crackers.
2. Make a yogurt sauce by mixing plain yogurt, a little minced garlic, fresh mint, to taste, and a dash of ground pepper. Tastes wonderful as a dip for carrot and cucumber sticks.
3. Fresh and dried foods are very common in Middle Eastern cooking. Toss some in your cereal or as a topping for salads.
4. If you've ever eaten in a middle Eastern restaurant, you'd know that the menu is based mainly on grains such as rice, bulgur, and couscous. Choose the whole grain varieties for a fiber boost.
5. Try goat cheese! Its tangy smoothness is pleasant to most palettes. Goat cheese is very versatile. You can top a salad with it, or spread on crackers.

## HE HEARS US!

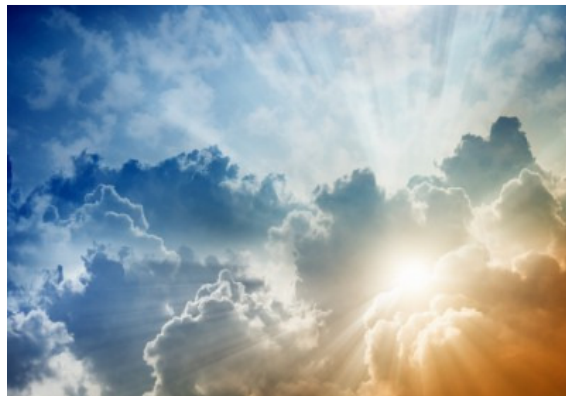
I heard someone say recently that sometimes it feels as if her prayers are going no higher than the ceiling. Most of us have felt this way from time to time, especially if our prayers are not answered the way we had hoped. Read Psalm 17:6, which says, “I am praying to you because I know you will answer, O Yahweh. Bend down and listen as I pray.”

What about when you are really down in the dumps? Yahweh is always there no matter what you are going through. See Psalm 102:17: “He will listen to the prayers of the destitute. He will not reject their pleas.” How very comforting. Then in Psalm 116:2, it says, “Because He bends down and listens, I will pray as long as I have breath!” Now that’s what I call determination!

In the book of Isaiah, we are reminded that Yahweh is strong enough to deal with us and our problems: “Listen! Yahweh is not too weak to save you, and He is not becoming deaf. He can hear you when you call.” Yahweh hears every prayer. But we must remember that not every answer He gives will be a “yes.” Sometimes it is a resounding “No!” or “Not yet.” We must accept every answer.

Check out 1 John, 5:14-15, which says, “We can be confident that He will listen to us whenever we ask Him for anything in line with His will. And if we know He is listening when we make our requests, we can be sure that He will give us what we ask for.” We should come to Yahweh regularly and wait expectantly. We should also find times of quietness so that we may meditate on Yahweh’s Word.

We even have a promise from Yahweh in Proverbs 1:23: “Come here and listen to me! I’ll pour out the spirit of wisdom upon you and make you wise.”



## *So what should we pray about?*

Many people have told me that they don’t pray regularly because they simply have no idea what to pray about. My best answer is this: pray about everything! In any relationship, communication is of utmost importance. There is no more important relationship than between you and Yahweh. While prayer is a very personal thing, here are some ideas of what to pray about if you feel “stuck.”

1. Give praise to Yahweh for all your blessings. Write them down if you have to.
2. Pray for protection.
3. Pray for other people. Sometimes you might not even recognize your own needs, but you may hear of a request coming from someone else. We are to share one another’s burdens.
4. Pray for understanding and wisdom.
5. Most of all, pray for Yahweh’s will to be done in your life.



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## What's your exercise personality?

1. **The Social**—likes to work out with a friend or group, needs a push to move more.
2. **The Independent**—prefers solitary work outs. Loves to set his or her own schedule and plans ahead.
3. **The Creative**—enjoys spontaneous, fun work outs, such as a playing a game of baseball with his or her family. Avoids gym memberships.



## Get Juicing!

An easy way to get more fruits and vegetable in your diet is to juice them. Many people experiment with different combinations, and here are some favorites below. Follow the directions on your individual juicer when preparing these.

### Refreshing Morning Drink:

- 6 carrots
- 4 celery stalks
- 1 lemon
- 1 apple

### Green Power Drink:

- 3 cups fresh spinach
  - 1 lime
  - 1 tomato
  - 3 carrots
  - 1/2 bunch fresh parsley
  - 1 stalk celery
- If too bitter for your taste, throw in an apple to add a touch of sweetness

### Easy Summer Drink:

- 2 oranges
- 1 apple
- 1 lemon

### Afternoon Cleansing Boost:

- 6 carrots
- 6 celery stalks
- 1/2 a bunch of fresh cilantro
- 2 Roma tomatoes
- 1 lemon

