

Sisters for Yah

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Motives for Marriage

Years ago an informal survey was taken by a group of curious researchers about why people get married. They were surprised to learn that a great many people got married for reasons other than love and companionship. They had a wide range of answers and a number of them included some variation of, "I knew my financial situation would improve if I got married" and, "I need someone to take of me."



On a humorous note, a popular woman's magazine polled children under the age of ten on the reasons they would get married when they were adults. These are actual responses from the children:

One girl, age nine, said, "I will only marry a man that is rich and handsome, and hates spinach as much as me!"

A boy, age 6 replied, "I want to get married, but not right away because I can't cross the street by myself."

Yet, another boy, age 10, piped up, "I want to marry a lady just like my mom, but I hope she won't make me clean my room."

Another girl, age 9, said confidently, "My husband doesn't have to rich, but he has to have a bigger allowance than me."

Finally, another boy, age 9 said, "She has to like pizza and cheesecake, and fudge candy, then I know our marriage will last forever!"

We chuckle at these children's responses, but sadly many adults marry for childish reasons, too!

Marriage is a very important covenant in Yahweh's eyes. May He bless your marriage! And for those who are still single, may you one day marry for only the right reasons in Yahweh!



You will find rest

Matthew 11:28 says, “Come to Me, all who are weary and heavy-laden, and I will give you rest.”

If there is one word we can use to describe life in our modern world, it is *pressure*. Everyone has demands on us all the time! Your dentist wants you to floss twice a day, your doctor wants to know how much you weigh and what you’re eating, your accountant wants to know why you’re not keeping better records, your husband wants to know what’s for dinner, and your kids are hounding you to take them to go get ice cream.

Your co-workers want you to solve problems, answer letters, return phone calls, and make decisions. You have to plan trips, meet deadlines, and all with a proper attitude! And it goes on and on. Then there’s the guilt trips you have to deal with. Am I spending enough time with my family? What if I am making the wrong decisions? Will things work out if I do this like that? Then even more serious questions pop into your head. Is Yahweh happy with my efforts to serve Him? I really should be spending more time with Him, shouldn't I?

Stop and take a deep breath! We are all in the same boat. Ask Yahweh to help you prioritize your life. Grab a piece of paper and a pen and write down your answers to the following questions:

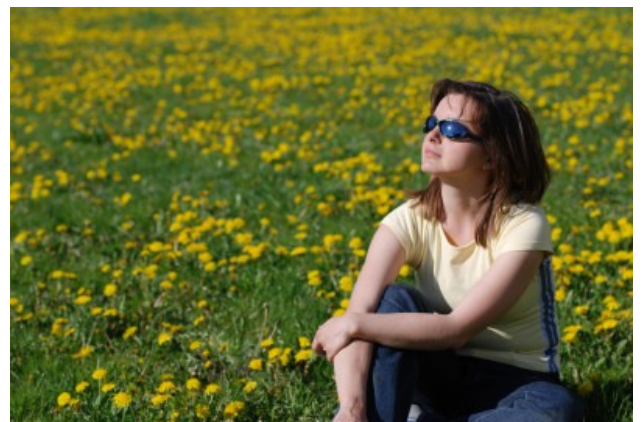
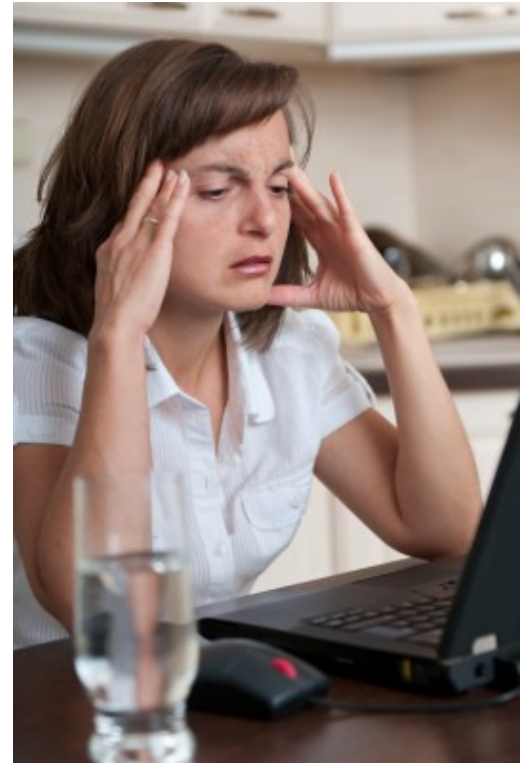
1. Am I satisfied with the way I am using my time?
2. What priorities am I currently neglecting?
3. What two action points can I implement in the next week to begin reducing the pressure I feel.

One person mentioned that number one in the questions above really spoke to her heart. She was not satisfied with the way she was using her time. She decided to reduce her television time by half and was happy to report that she accomplished all the things she had been wanting to!

Another person said that number 2 was a sore spot because he felt like a failure as a father. Yes, he provided for his families physical needs, but he knew that he should be spending more quality time with his wife and sons. He resolved to work on that one.

No matter how crazy your life is, everyone can benefit from number 3. For instance, someone said that she allowed mail to pile up at home, then she had to deal with all of it at the end of the week. She decided to tackle the mail daily after allowing herself to relax for a while after dinner. It reduced her stress level considerably. She also decided to get rid of clutter, which further helped.

Yes, this life can get crazy at times. Don’t despair. There isn’t a single situation that can’t be helped by implementing some simple strategies. Let’s make the most of our time upon this earth!



STAY FIT IN COLDER WEATHER!

Colder weather is no excuse to skip fitness routines and nestle in by the TV. A shift of seasons simply gives you different options.

In any weather, try to get a minimum of 30 minutes of moderate activity, if you can. In really cold weather, try these outdoor activities:

1. Winter sports such as skating and skiing.
2. Winter nature walks, hiking, or sledding.
3. Outdoor chores such as snow shoveling, chopping wood, or dog walking.
4. Too cold or windy? Go mall walking inside!

For safety's sake, in cold wintry weather, keep this in mind:

1. Cover up to stay warm. Your head, hands and other exposed skin need to be covered. An uncovered head gives off a lot of body heat.
2. Layer your clothing. Try several lightweight layers to keep warmer instead of one or two heavier layers.
3. Stay dry. Moisture conducts cold air toward your skin and heat away. Wicking fabrics help you stay dry as you exercise in winter.
4. Stay hydrated. Even though it's cold, you still can get dehydrated. Bring a water bottle.



HUNGER STRIKES? SNACK SMART!

- Try to only snack when hungry, not when bored or depressed.
 - Snack with your whole day's food intake in mind, not just as an add-on. Smaller meal portions allow room for snacks.
 - Choose smart, handy snacks, such as fruit or low fat pretzels.
 - Divide into sensible portions, then put the rest away.
- Read the labels. Low fat does not always equal low calories.
 - Always be aware. Never eat mindlessly.

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Easy Orange Cider

- 3 cups orange juice
- 1 cup apple juice
- 1 two inch piece stick cinnamon
- 1/4 t. whole cloves
- 1 sliced orange, optional

Simmer orange juice, apple juice, cinnamon, and cloves for 10 minutes. Strain to remove cinnamon and cloves. Serve warm. If desired, float orange slices on top. Makes 4 servings.



Caramel apples—get the kids involved!

Nothing says fall like a caramel apple. Kids love them and they happen to be healthier than most treats. Apples are densely packed with fiber and nutrients. Here's an easy way to do it:

1. Make sure the apples are refrigerator-cold. This will help the caramel solidify.
 2. Wash and dry the apples.
 3. Insert wooden skewers, craft sticks, or chopsticks.
 4. An easy way to make the caramel dip is to use a slow cooker. Set the temperature to low.
 5. Set up individual bowls of toppings. You can even use a second slow cooker to melt chocolate, if you want a chocolate caramel apple.
- Try the following toppings:

Cracker jack style: After dipping apples in caramel, roll them in peanuts and popcorn.

S'mores: kosher marshmallows, graham cracker crumbs, melted chocolate.

Apple pie: sprinkle caramel dipped apples with cinnamon, sugar and granola.

Tropical: sprinkle dipped apples with coconut flakes and dried pineapple or mango.

Other ideas: crushed candies or cookies, and sprinkles in your child's favorite colors. Crushed Oreo cookies are particularly pretty and yummy.

