

# Sisters for Yah

September 2016



Volume 10, Issue 9

## PLANNING FOR THE FEAST OF TABERNACLES

October will be here before we know it, and it's not too early to start planning for your trip to the Feast! Below is a suggested packing list to make your planning easier:

1. Casual and dressy clothes.
2. Light jackets or sweaters. The Feast this year occurs in the middle and later part of October. It might be chilly!
3. Umbrella.
4. Dressy and casual shoes.
5. Socks, nightclothes, and underwear.
6. Head coverings for ladies.
7. Bibles, pens, and notebooks.
8. Personal items and toiletries.
9. Toothpaste, toothbrush, floss, denture supplies, if applicable.
10. Any items you may be donating to the fund raiser.
11. Place tickets, train or bus tickers, passports.
12. Bedding or sleeping bags, and pillows.
13. Clothes hangers. Campground does not provide.
14. Chair cushions, if you need extra comfort.
15. Medications.
16. Breakfast or snack foods to tide you over until the planned meals begin.
17. Towels and wash cloths.

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- 18. Put your mail on hold at the post office.
- 19. Stop any newspaper deliveries while you are gone.
- 20. Empty trash and waste baskets before you leave. You don't want to come home to a foul-smelling home!
- 18. Use up any food in your fridge that might expire while you are away.
- 19. Service your vehicle or travel trailer.
- 20. If you are tenting, be sure you have all your supplies in order.
- 21. Most of all, bring a great attitude of love and a desire to serve your brethren!

## Neat Homeschooling ideas!

1. Write a real letter! Some call it old-fashioned, but writing a letter can teach your child many things, among them are handwriting skills and proper communication, the different parts of a letter, the proper way to address an envelope, all about the postal system, and calculating postage. Make it extra special by writing to someone far away. Once the letter is written, take a field trip to your local post office. Children get a great deal of satisfaction from dropping a letter into an actual mailbox.
2. Play, "What's in my Backyard?" This game helps students become familiar with their local environment and the ecosystem of their backyard. Give everyone a pencil and paper, and a camera, if desired. Time them for 10 minutes. Have them write down every living organism they see. When time is up, compare your lists. This teaches observation skills in a fun way!
3. For a fun study in history, create a family timeline. Make a list of as many family events you can think of, including births, deaths, marriages, moves, graduation details, job changes, etc. This helps children see how everyone in the family is related and what events helped shape their family.
4. Learn about different countries. Have them pick a country, then find out everything you can about that country. Some starters would be location, population, capital, flag, languages spoken, traditions unique to that particular culture, and the geography of that land. This really expands your child's horizons. Many children will never leave the country they are born in, and it helps them to know that every country is different.





## The best way to peel boiled eggs!

Sisters, I am thrilled to share this method that I just found on the internet. I know I am not the only one who struggles with peeling boiled eggs. I have tried so many different methods, but most ended up not working, and I ended up losing a lot of the egg whites along with the shell! Before I give you the method, here's **what I have tried that did not work:**

1. Using baking soda in the boiling water.
2. Steaming the eggs instead of boiling. Okay, I admit this method actually worked better than some, but I still lost a bit of the egg with the shell.
3. The spoon method. This one was pretty ridiculous. It required you to cut the boiled egg in half and scoop out the insides with a spoon. Too complicated for me!
4. There was even a method I did not try which required you to poke a hole in the raw egg with a fine needle before boiling. Supposedly the hole would allow moisture into the egg and separate the membrane, thereby making the shell come off easier. My only thought on this one was, 'No Way'!



Okay so here's **what worked best for me:**

1. The most important step is to boil the water first! Almost all other methods instruct you to add the eggs to cold water, then bring to a boil.
2. Once the water reaches a rolling boil, lower the eggs into it using a wire basket.
3. Simmer for exactly 13 minutes. Do not boil!
4. Fill a large bowl with ice cubes and water.
5. Dump the eggs into the ice water bath and let sit 5 minutes.
6. Crack shells all over. That's it! They should be easy to peel now.

## *Let your light shine!*

You never know when your good attitude will make a difference in someone's life. A kind word, a smile, and a cheerful disposition can go a long way toward making the world a more peaceful place. In fact, Matthew 5:16 tells us to let our lights shine before others, so that may see our good deeds, and glorify our Father in heaven! It is so sad when I hear unbelievers tell me they don't want anything to do with religion because of the poor example of those who belong to a particular group. I recently saw a shocking, but sometimes true, bumper sticker that read, "[Yahshua] save me from Your followers!" Hopefully, we will one day see bumper stickers that say, "Your followers set the right example, and made a difference in my life!"



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## Welcome Autumn Pumpkin Pudding

1 box 4 oz. vanilla pudding  
1 can evaporated milk (12 oz, not sweetened condensed)  
1 can 15 oz. pumpkin puree  
1 t. pumpkin pie spice  
1/2 t. vanilla extract  
Whipped topping to serve, optional

Blend all ingredients and allow to chill in the refrigerator for at least an hour. When set, spoon into dessert dishes. Top with whipped cream if desired.



### *After School Hot Pink Smoothie:*

1 cup frozen unsweetened raspberries  
1 cup frozen unsweetened strawberries  
1 cup orange juice  
1/2 cup yogurt  
2 T. honey or syrup

Throw it all in the blender and give it a whirl!

### *Banana Peanut Butter Muffins (makes 12):*

2 1/3 cup all purpose flour  
1 1/2 t. baking powder  
1 t. baking soda  
1/4 t. salt  
1/3 cup butter, softened  
1/4 cup peanut butter  
1/2 cup sugar  
2 eggs  
1 cup milk  
2 bananas, mashed



Preheat oven to 400 degrees. Blend the dry ingredients in a bowl, and the moist ingredients in another one. Gently incorporate all the ingredients. Pour into 12 paper lined muffins cups. Bake for 20 minutes, or until toothpick inserted in center comes out clean.