

# Sisters for Yah

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## Searching for "The One"

Here at YAIY, we receive numerous phone calls and letters from frustrated single believers who desperately want to be married. They say we lack information for singles. To all of those people, we care about you, and this article was written just for you!

Many of us married people can be unsympathetic to the plight of our single brothers and sisters, but this should not be! We need to all be compassionate toward each other in all of life's situations. Many of us remember what it was like to be single and lonely. Below are some ideas for single brethren to consider:

1. Yahweh is in complete control. Never forget this! He can bring the right person into your life in His good time. Don't rush Him.
2. Seek first the Kingdom. Do not let your loneliness distract you from your ultimate goal of living your life for Yahshua.
3. Pray for Yahweh's will to be done in your life. Then **ACCEPT** His will! Stop fighting it. Yahweh always knows what is best. If you expect Him to lead you tomorrow, you'd better be following Him today.
4. Choose a believer to marry. Don't make the mistake of going outside your faith. Here at YAIY, we have seen many awful disasters when believers marry unbelievers. This doesn't mean that your marriage will be perfect if you marry a believer—but you can avoid many of the pitfalls that would plague you if you married an unbeliever. From experience, trust us on this one.
5. Develop your character. Is there anything you need to work on? Learn as much as you can about what makes marriages successful. There are many good books on the subject. Browse your local libraries and bookstores.
6. Make a list of qualities that you'd like to see in a future spouse. Knowing your likes and dislikes can prevent you from making a huge mistake! But be prepared to accept some qualities that may not be your "ideal." Look for more ideas in future issues of Sisters for Yah.



## Yahweh hates complaining

Have you ever had a day when it seems like nothing goes right? You toss and turn all night, then wake up tired and cranky. Your son won't get ready for school quick enough, so you end up being late for work. Then your boss yells at you for something that wasn't your fault. You drag through the day, then go home to find a sink full of dirty dishes. You try to prepare a quick meal, but end up cutting your finger with the knife. To make matters worse, you have a headache and your kids are fighting, making your head throb even more. Some days you want to just give up! So you try to pray to Yahweh, but you find that the only sentences coming out of your mouth involve complaints. Does this sound familiar? If so, you're in good company!

We all know the story of the Israelites. Their constant complaining did not make Yahweh happy. We often wonder how we would've reacted if we had been the ones wandering in the desert. Most of us admit that indeed we would've done exactly the same as the Israelites. Most of us do the same even today. It is quite natural to get upset when things go bad, but keeping one's perspective is very important.

Certain complaints, obviously, are worst than others, such as complaining against other believers. In James 4:11 we find, *"Don't speak evil against each other, my dear brothers and sisters. If you criticize each other and condemn each other, then you are criticizing and condemning Yahweh's law. But you are not a judge who can decide whether the law is right or wrong. Your job is to obey it."* (NLT throughout)

Also in James 5:9, we read, *"Don't grumble about each other, my brothers and sisters, or Yahweh will judge you. For look! The great judge is coming. He is standing at the door!"* Complaining about others is indirectly complaining against Yahweh and His Word.

So what should we do instead of complaining? Let's take some good advice from Philippians 2: 14-15, which states, *"In everything you do, stay away from complaining and arguing, so that no one can speak a word of blame against you."* Instead of complaining about others, be a role model to them. Role modeling at its best lifts others up, while complaining puts them down.

Yes, life can be so difficult and painful sometimes. None of us are immune to troubles and strife. But strive we must, to enter into the Kingdom of Yahweh. Instead of complaining when things go bad, try to do something relaxing or constructive such as taking a nice walk in park as a family. Being outdoors in a peaceful setting can have a powerful stress-reducing effect. Try praying as a family too! This will cause you and your family to be closer, not just to Yahweh, but to each other too.



## Health News

**Best way to eat fruit?** Most people rarely think about what they eat or when they eat it. We all think eating fruit means just buying it, cutting it up and popping it in our mouths, right? Not so fast. According to Dr. Mehmet Oz, a famous cardiothoracic surgeon, it's important to know how and when to eat fruit. IT MEANS NOT EATING FRUIT AFTER A MEAL! FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH. Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities. Fruit is the most important food.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so. In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit juice comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil. Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat a banana I feel like running to the toilet, etc. This will not happen when you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

People think that some fruits like orange and lemon are acidic, but all fruit becomes alkaline in our bodies. When you drink fruit juice, try to drink fresh fruit juice, not the concentrated juice from a can. Also try to eat only raw fruits. Cooked fruits have lost all their vitamins. Eating a whole fruit is better than drinking it's juice. Here are some of the benefits of certain fruits:

**Kiwi**—tiny, but mighty and a good source of potassium, magnesium, and Vitamin E, and fiber. Has twice the Vitamin C of an orange!

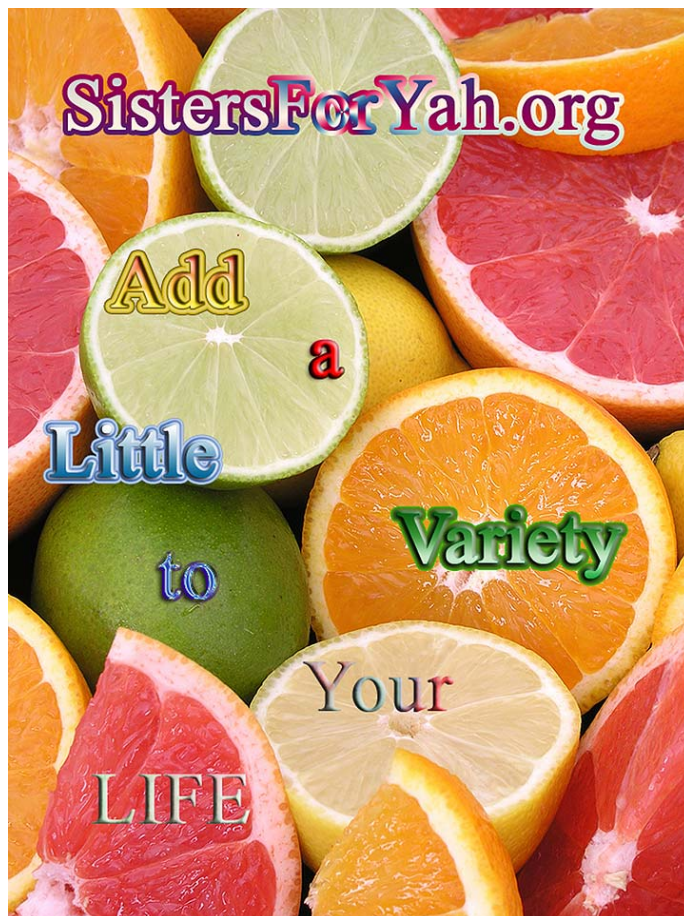
**Apple**—contains antioxidants and flavonoids which may reduce colon cancer, heart attack, and stroke.

**Strawberry**—protective fruit. Has the highest total antioxidant power to protect against free radicals.

**Oranges**—may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer.

**Watermelon**—immune boosting. Contain lycopene which has been touted as a cancer preventer.

**Guava and papaya**—rich in fiber and carotene.



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**Apple Crisp (Marilynn White):**

- 8 cups pared, dice apples (crisp apples are best)
- 1 1/4 cup quick cooking oatmeal
- 1 1/2 cup brown sugar
- 1 cup flour
- 2 T. cinnamon
- 1 cup butter

Using a 9" by 12" pan, arrange apple slices in greased pan. Combine oatmeal, sugar, flour and spices. Cut in butter. Sprinkle mixture over apples. Bake in moderate oven over 350 degrees, 35-40 minutes. Server with sweet whipping cream or vanilla ice cream. Serves 6-8.

**Exotic Luncheon Salad (Marilynn White):**

- 1 boiled chicken, boned and coarsely chopped
- 1 large can water chestnuts (20 ounce)
- 2 pounds seedless grapes cut in half
- 2 cups finely sliced celery
- 1 cup toasted slivered almonds
- 3 cups mayonnaise
- 1 T. curry powder
- 2 T. soy sauce
- Chilled lettuce (for under salad)
- 1 large can pineapple tidbit chunks



Coarsely cut chicken into bite size pieces. Slice water chestnuts and mix them with meat. Wash grapes, slice in half and add along with celery. Mix mayonnaise with curry powder and soy sauce (you may like couple tablespoons of lemon juice.) combine with chicken mixture, chill several hours, then spoon into lettuce lined serving dish. Sprinkle with almonds and garnish with pineapple. Serves 10-12.

**Lemon Fluff Dessert (Marilynn White):**

Beat 3 egg yolks, 1/2 cup sugar, and grated rind and juice of 1 lemon. Beat 3 egg whites and 1 T. Sugar. Beat 1/2 pint whipping cream. Fold all together. Crush 4 cups of vanilla wafers. Line 2 refrigerator trays with waxed paper. Put layers of crumbs on bottom of trays first. Put in fluff mixture, then layer crumbs on top. May use graham cracker crumbs instead of vanilla wafers if preferred. Place in freezer compartment of refrigerator overnight. Serves 10. Keep in freezer unit.

