

Sisters for Yah

August 2011



Volume 5, Issue 8

Inside this issue:

Ahh...Family!	1
It's back to school!	2
Back-to-school lunches/ The Homework Dilemma	3
Summer Kitchen Woes solved!/Giraffes....	4

Ahh.....Family!

When you think about your family, what comes to mind? Sweet memories and pleasant feelings, or bitter thoughts and a tightening in the pit of your stomach? Maybe a combination of both? The Bible has quite a bit to say about family. Indeed, it has been said that Scripture is all about relationships, whether they be between two people, many people, entire nations, or us and Yahweh.

The dynamics of “family” change throughout our lifetimes, of course. We are born into a family, then we grow up, get married, and start a different family of our own. As it says in Genesis 2:24, a man will leave his parents and be joined to his wife and they become one flesh.

As Believers, we form yet another family. As mentioned in Ephesians 2:19, we are members of Yahweh’s family! We are reminded in James 1:18 that Yahweh chose to make us His own children.

You will no doubt notice the many genealogies in the Bible. We

see that the family was central and fundamental to the development of people and nations. Children especially are admonished throughout Scripture to heed their parent’s instruction. For instance, in Proverbs 6: 20-23, we see that they are told to obey their father’s commands and not to neglect their mother’s teachings.

The family is one of the greatest resources for communicating truth. A family that is united as one on spiritual matters is indeed a powerful entity. Check out Joshua 24:15 where we read the famous words, “As for me and my family, we will serve Yahweh.”

Of particular interest to parents are Scriptures telling them how to teach their children. It says in Deuteronomy 6:7, that parents are to repeat Yahweh’s commands again and again to their children! Do we follow this as much as we should today? Let’s start today to build our families to serve Yahweh as a united unit!



It's Back to School!

The lazy days of summer are over. Time for the children to hit the books. Parents can do a lot to make their children successful students. Try the following ideas to help make this a good school year:

1. Involve your children in the planning process. Go school supply shopping together and allow them to choose their favorite colors.
2. As a parent, plan to be involved at your child's school. Meet his or her teachers and establish a good relationship with them. One of the biggest complaints of teachers is that parents are not involved enough. Having a friendly relationship will also make it easier when you need to ask for the Holy Days off for your children.
3. Be enthusiastic! Enthusiasm is contagious. Children pick up on their parents moods and behave likewise.
4. Make learning fun. Don't just leave your child's education to the teacher. At home, watch educational shows together. And play games that enhance learning.
5. As worshippers of Yahweh, we all know that the world's school systems are deeply flawed. But try to remain calm if your child comes home and tells you something he "learned" that you know is false, such as evolution. Take that opportunity to talk to your child and steer him or her back to the truth.



The Homework Dilemma

Okay, let's admit it, nobody likes homework. But make the best of it by trying the following ideas:

1. Create a good "homework" environment for your child. It's very difficult to study with the television blaring or other noises. Prepare a quiet place with good lighting for him or her to study.
2. Be there to help if they need it. Don't do their homework for them, but offer suggestions.
3. Be a cheerleader! When your child brings home good grades, make sure he or she knows you are very pleased.
4. Pick the right time for homework. As soon as the child comes home may not be the best time. Allow him or her to decompress for a while. Also, the child may be hungry right after school, so a light snack before dinner can put him or her in a better mood. Homework right before bed can also be a bad time. For most children the best time may be a half to one hour after he or she gets home from school.
5. Most of all, make sure your child knows that you are on his or her side and only want the best for them!



Back-to-school lunches

For many parents, a new school year can be challenging. This country's recent focus on obesity has caused many parents to pack home lunches for their children, since school lunches often don't provide nutritionally sound meals. This leaves yet another dilemma for parents as they try to keep home lunches fun and healthy at the same time. Try the following tips:

1. Keep things interesting by cutting sandwiches into fun shapes with cookie cutters.
2. Keep it cold! Food won't be safe to eat if it gets warm. Place reusable ice packs into the lunch box. Or better yet, freeze small water bottles or 100% juice boxes. As the water or juice thaws, your child will have something cold to drink.
3. Store bought fruit cups or applesauce with no sugar added can make a good, healthy addition to any lunch box.
4. Kids also enjoy cheese sticks, but make sure you buy the low fat variety.
5. Avoid salty chips and sweets.
6. Look for healthy snack bars that contain at least 3 grams of fiber and low sugar content.
7. Kosher yogurt cups are always an option. Just get the low fat/low sugar type.
8. Finally, let your child choose his or her lunch box or bag when you go shopping for school supplies. Having a choice will make a child feel he or she is involved in the planning process. Try to buy a lunch box or bag that is insulated.



Two sandwich ideas that kids like:

Turkey Spinach Pinwheels:

Spread store-bought or homemade hummus on a flour tortilla. Top with turkey slices and spinach leaves. Roll up and slice into wheels.

Zippy Egg Salad:

Chop 4 peeled hard-boiled eggs. Add a teaspoon of mustard and 2 teaspoons of mayonnaise or plain yogurt. Season with salt and pepper. Serve on your child's favorite bread.



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



Summer Kitchen Woes Solved!

1. Eliminate fruit flies in your kitchen by placing small bottle caps filled with vinegar in the areas they multiply.
2. Vacationers, listen up! Most luggage is black and can be difficult to spot on the airline carousel. Try tying brightly colored ribbons on yours, making it easier to identify.
3. To slow the ripening of bananas once you get them home, separate them. Peel from the bottom and you'll have no strings to remove!
4. Ants are big concern in warm weather. Be sure to store food in large zippered plastic bags.

Giraffes prove evolution is false!

Going to the zoo is a favorite summer activity for families with small children. Animals are certainly Yahweh's amazing creations. Giraffes are often a favorite animal among children. But have you ever considered the fact that giraffes easily prove that evolution is false? They are truly one of the most marvelous animals on the face of the earth! A giraffe's long neck allows it to eat nutritious leaves at the tops of trees. However, a neck that long could cause serious problems! A giraffe's heart is not strong enough to pump blood all the way up its long neck. A giraffe could faint if blood didn't reach its brain. Amazingly, Yahweh created giraffes with valves in their necks that assist the flow. When a giraffe lowers its head these "assist valves" stop the flow of blood! If the blood flow wasn't stopped, a giraffe's brains would get blown out by the intense pressure if he lowered his head to get a drink of water.

Evolutionists would tell us that the giraffe is the product of millions of years of mutations. But there are serious problems with this theory. It wouldn't work at all in the giraffe's case. All the parts in a giraffe's neck had to be in place at the same time to prevent its brains from getting blown out by blood pressure. All the parts needed could never gradually "evolve." If even one part was missing, that would have been the end of giraffes period. There is no place for trial and error. Yahweh obviously created the giraffe just as it is along with all other creation, of course. This is something to tell your children!

