

# Sisters for Yah

## THE TREADMILL CALLED LIFE

Do you ever feel that your life feels like being on a constant treadmill? The older you get, the steeper the incline seems to become. There is hope! Even though our outward bodies are growing older, our inward selves can be renewed.

Let's read Isaiah 40:31, which says, *Yet those who wait upon Yahweh will gain new strength; they will mount up with wings like eagles, they will run and not get tired. They will walk and not get weary.*

As we persevere on the treadmill of life, we can count on Yahweh to strengthen us. Remember you are more than just a sweating sufferer. You are a pilgrim on the most important journey! See James 1:12, which tell us, *Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life.*

Since we are all on this treadmill together, why not make it a habit to pray for one another. Let's share one another's burdens.



Perhaps the most touching moment I experienced was when a Sister in the faith asked me, "Is there anything I can pray for you about?" Let's ask each other, "What can I do to help you grow spiritually?"

Answer this question: How has your faith grown stronger as the road grew longer? For some, the answer might be that they learned patience and tolerance. Others may have grown closer to their brethren and spouses when sharing burdens. Ask Yahweh to enable you to be the kind of person who will encourage every member of your family and congregation. We need to help each other growing spiritually into a man or woman of unwavering faith.

We all know the benefits of a treadmill. They can improve our endurance and cardiovascular health, and better our muscle tone. Similarly, the treadmill of life can help us grow "spiritual muscle."

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## *YOUR BAD HABITS CAN RUB OFF ON YOUR CHILDREN!*

Your children are watching your every move. The below habits might seem harmless enough, but they can have a negative impact on your children. Strive to change for the better! Set the right example for your young ones.

1. Do you have a tech addiction? There is nothing wrong with checking your emails or other devices, but try not to be obsessive about it, especially in front of your children. Believe me, they will copy your example.
2. Do you get angry at your children for using bad language and foul words, yet regularly do the same in front of them? Time to break this one immediately! As Yahweh's people, we should strive to keep our everyday speech clean and pure.
3. Do you put yourself down in front of your children? You may begin to see them doing the same. They will model your behavior. Stop yourself from saying destructive statements such as, "I'm ugly and fat" or "I never do anything right. I must be dumb!" You want your child to build confidence. Speak positive statements.
4. Do you comfort yourself with food? This sets a bad example for children and can lead to obesity according to many studies. When you are feeling down, why not go for a walk in the park, instead of devouring a box of high-sugar donuts. Your children will see there are healthy ways to deal with stress and blue moods.
5. How about exhibiting bad behavior while driving? Shockingly, many parents have admitted to speeding and road rage while their children are in the car. Some admit to regularly not following the law! It's very important to do the right thing. This could be a life or death matter. Eventually your youngsters will be teenagers who will be driving, too. You never want them to think that risk-taking and dangerous driving habits are okay!
6. Do you find yourself leaving the TV on all day, whether anyone is watching or not? Many people set out to watch the news, then mindlessly leave the TV on. Children can be bombarded by scary images, and repeated commercials for unhealthy food items. Children can't deal with frightening news stories the way that adults can. They tend to internalize things more, which can translate to having repeated nightmares or acting out to copy what they see. Choose their programs wisely!
7. Do you make an effort to take care of yourself in front of your children? They should see you making wise food and exercise choices. Small children love to copy adults.
8. Do you always oversleep, or are you always late for meetings and other activities? Teach your children to be prompt by your example. If oversleeping is a problem, go to bed at an earlier time.
9. Do you talk bad about people behind their backs in front of your children? This is a big one to eliminate. Speak good things about other people! It might even spare you some embarrassment. Children like to repeat things they heard at the most inopportune moments.



## THE MANY USES OF EPSOM SALT

We all know how good it feels to soak in a tub of Epsom salt when our muscles are achy, but did you know that Epsom salt has many more uses? The truth is, Epsom salt is not really a “salt” at all, but instead a mineral compound containing magnesium and sulfate. It comes from England from a saline spring located in Epsom in the Surrey region. The best part about Epsom salt is that it is very inexpensive! Try these neat ideas:

1. **Make your own kitchen and bathroom tile cleaner:** Simply mix equal portions of liquid dish soap and Epsom salt. Scrub onto surface to be cleaned, then rinse with water.
2. **Make an exfoliating lip balm!** This is great in winter when dry air dries out your lips and makes them flaky. Mix equal parts Epsom salt with coconut oil. Apply generously to lips.
3. **Bug killer:** Mix 1/4 cup of Epsom salt with 2 cups of water. Place in a clean spray bottle. Spray around home and garden.
4. **Ease sore muscles:** Add 2 cups to your bathwater. Make sure it all dissolves. Soak for 15 minutes. Ahhh...don't you feel more relaxed? Soaking in Epsom salt is also know to draw out toxins.
5. **Easy hand washing liquid:** Mix 1/2 cup of baby oil, 1/2 cu of water, 1/4 cup of Epsom salts, and a few drops of your favorite essential oil. Place this in clean pump bottles next to your sink.
6. **Remove splinters:** Soak your splintered skin in Epsom salt bath. The salts will help draw out the splinter.
7. **Remove dry dead skin:** Just massage handfuls of Epsom salts all over your body when you shower, then rinse.
8. **Relieve itching from insect bites or poison ivy:** Soak a clean cloth in 2 T. of Epsom salt that was mixed into 1 cup of warm water. Hold the cloth onto affected area.
9. **Get your laundry cleaner!** Mix 4 cups of Epsom salt with 20 drops of essential oil. Add 1/4 cup to each load. Also helps to remove detergent buildup in your machine.
10. **Sunburn relief:** Soak in 1 cup of Epsom salt to relieve the pain of a nasty sunburn.

## WHY ARE THE AMISH HEALTHIER THAN MOST AMERICANS?

A very interesting study was recently published in the journal Cancer Causes and Control, revealed that the Amish have virtually no cancer among their populations! Many theories abound as to why this is the case. For one thing, most Americans spend most of their days sitting. Not so with the Amish, who are known for intense physical labor. They get their exercise! They also don't smoke, and do not engage in promiscuous activities. But perhaps the most important factor in their longevity is their diet. The Amish grow and raise all their own food. Processed junk food is simply not found on their plates! Maybe instead of ridiculing the Amish for their secluded lifestyle, Americans might be able to learn a thing or two from them.



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## Mashed Tater Patties (similar to Jewish Latkes)

- 1 egg, beaten
- 3 cups leftover mashed potatoes
- 1/4 cup flour
- 1/4 cup chopped onion
- 1/4 cup butter, to fry

Grab a large mixing bowl. Blend all the above ingredients. Shape into patties. Fry until brown. Makes 4 to 6 servings. These taste almost like Latkes,

but are so much easier and faster, as much of the preparation is eliminated by using leftover mashed potatoes. Serve them any way you like, with sour cream, salsa, ketchup, or traditionally with applesauce.



## Crockpot Jewish Spinach Dish

- 3 (10 ounce) packages frozen spinach, thawed and well drained
- 2 cups cottage cheese
- 1 cup grated cheddar cheese
- 3 eggs
- 1/4 cup flour
- 1 t. salt
- 1/2 cup butter

Mix all the ingredients in a large bowl. Pour into crock pot. Cover and cook on high for 1 hour. Reduce heat to low and cook 4 hours. Serves 6 to 8.



## Skillet Corn Cakes

- 1/2 cup cornmeal
- 1 cup boiling water
- 3 T. apple juice
- 1 cup corn
- 2 egg whites

Blend cornmeal, water, and juice. Add corn. Beat the egg whites until stiff peaks form. Fold into cornmeal mixture. Spray skillet with cooking spray. Drop by tablespoons into hot pan. Cook both sides. Makes about 15.