

Sisters for Yah

Are you weary?

In Matthew 11:28-29, Yahshua says, *Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.*

“I feel so exhausted,” is a common complaint among people nowadays, even amongst believers. Modern life is draining many of their energy and zeal. Hard work and lack of sleep can make one tired. Illness, or other problems can also contribute to fatigue. But there is a deeper fatigue that goes beyond physical tiredness. There is an emotional exhaustion that comes from experiencing heavy burdens and draining crises.

It's important that you bring your burdens to Yahweh. Many believers make the mistake of trying to carry their own burdens along with the burdens of others, too. You were never meant to do this. Even Yahshua some-



times needed a break to get away from the demands of the crowds. When believers don't make quiet time for themselves, they can begin to feel overwhelmed and resentful. Make some time for spending time outdoors. Walking and biking in the park, for example, can be extremely therapeutic.

Read Philippians 4:6-7, which says, *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to Yahweh. And the peace of Yahweh which transcends all understanding will guard your hearts and minds in Yahshua Messiah.*

Exhaustion can also be a problem in our modern world because of television, computers, and social media. If you find yourself feeling stressed, you may want to consider unplugging for a while. The constant assault on our senses is not healthy. Many people tell me when they deactivated their Facebook accounts, they began feeling so much better. Their minds felt clearer and less cluttered. Another thing I can advise from personal experience is this: Never check your emails right before bed! All it takes is a negative email to ruin a good night's sleep. Instead, try reading Scripture before bed. And most importantly stay close to Yahweh in prayer.

Inside this issue:

Are you weary?	1
Poems and wisdom	2
Helpful tips	3
Recipes	4



SUCCESS

(Sister Jan Meyer, author unknown)

Success is speaking words of praise
 In cheering other people's ways
 In doing just the best you can with every task and every plan
 It's silence when your speech would hurt
 Politeness when your neighbor's curt
 It's deafness when the scandal flows with other's woes
 It's loyalty when duty calls
 It's courage when disaster falls
 It's patience when the hours are long
 It's found in laughter and in song
 It's in the silent time of prayer
 In happiness and despair
 In all of life and nothing less
 We find the thing we call success

Gratitude can change a life

Numerous scientific studies say that having gratitude can make life more bearable. There is always something to be thankful for even when you are going through trials. Try the following tips to make your own life and someone else's better:

- Smile often! Nothing can brighten someone's day like a smile. Never underestimate the power of a smile.
- Offer a genuine compliment. If you appreciate how a friend had helped you, tell them. Wanting to be appreciated is a natural desire.
- Do a favor for someone. Whether it's dropping off soup to a sick relative, bringing treats to a neighbor, or offering to run an errand for a stressed out young mom, a simple act of kindness can brighten a person's day.
- Offer support. If you know a struggling person, let them know you are there for them.
- Provide encouragement.
- Mail a snail mail letter or note to someone. With our modern digital age, many have expressed how much they miss getting letters and cards in the mail. Most of our mailboxes contain bills and catalogs. A letter or card is a nice surprise!



Fun kitchen hacks!

- Soften butter fast! If it's cold or frozen, simply grate it. The butter shreds will melt easily.
- Dress up store-bought pasta sauce. Try adding a splash of heavy cream, chopped fresh herbs, sautéed veggies, a can of white beans, or grated parmesan for a restaurant-quality treat.
- Instead of parmesan, try topping your pasta with a spoonful of ricotta for a different taste.
- Rethink your waffle iron. Use it to make grilled cheese, chicken cutlets, or hash browns. You can even cook banana bread batter in a waffle iron—it'll be done in minutes.
- Buy an ice cream scoop. Use it for more than just ice cream. Try using it to portion ground meat into meatballs. Or divide cookie dough onto baking sheets. You can spoon cupcake batter into muffin cups.
- Prevent chocolate chips or blueberries from sinking to the bottom by lightly coating them with flour before adding to muffin or cake batter,
- Add a splash of strong coffee to brownies or chocolate cake batter to intensify the flavor.

Create your own sandwich spread

Try the following combinations:

1. Curry powder plus ketchup and mayonnaise.
2. Whole grain mustard plus peach preserves.
3. Horseradish with sour cream.
4. Guacamole with ranch dressing.
5. Steak sauce plus mayonnaise.
6. Pesto plus cream cheese.
7. Barbeque sauce plus sriracha sauce (spicy)



Turn a rotisserie chicken into stock

1. After removing the meat, place the carcass in a pot and cover with cold water.
2. Add a quartered onion, roughly chopped carrots, and celery.
3. Throw in a bay leaf, some salt, and a few peppercorns.
4. Simmer for one hour.
5. Strain.
6. Can be frozen.



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



Watermelon Lemonade

4 cups cubed watermelon

1 1/2 cups lemon
juice

1/2 cup sugar

6 cups cold water

Pour all ingredients
into a blender. Pulse
until fully blended.
Pour into a pitcher.



Summer Pasta

16 ounce linguine, cooked and drained

6 plum tomatoes, cut in cubes

1 pound shredded mozzarella

1/3 cup fresh basil, chopped

6 cloves garlic, minced

1/2 cup olive oil

1/2 t. garlic salt

Plain salt and pepper, to taste.

Heat the olive oil and sauté the
garlic and tomatoes for about 5
minutes until fragrant. Add all the rest of the ingredients and mix well.

