

Sisters for Yah

INTEGRITY UPHELD

In Psalm 41:12, we read, *As for me, You uphold me in my integrity. And set me before Your face forever.*

I love reading about Joseph (Yoseph) and Mary (more correctly, Miriam in the Hebrew). Joseph was known as a righteous man who had cultivated a reputation for good behavior in his community. Then word spread across the community that Miriam, the woman to whom Joseph was engaged, was expecting a child.

Human nature being what it is, most people would have assumed the worst about the situation. Many were probably already “stoning” Miriam in their minds for her “indecentcy.” Nothing has changed in thousands of years. People still immediately jump to conclusions when they see other believers struggling.

In the first century, the situation with Joseph and Miriam would have been a huge scandal which could have resulted in the death penalty for the guilty parties. Joseph probably heard all kinds of gossip, and Miriam would have immediately been ostracized. Yet, Joseph was a man of integrity. Instead of publicly shaming Miriam, he decided to put her away privately. But we, as students of Scripture, know how this turned out. At times, Yahweh will be the only witness to our righteous behavior. Sometimes we will do Yahweh’s will, only to face ridicule from others. Yahweh looks favorably



upon those who walk uprightly, doing what they know is the right thing, regardless of how others perceive their actions. We can only imagine the pain Miriam must have felt in being the object of gossip.

The most important thing is not that people know the truth of your circumstances, but that Yahweh knows you are a person of integrity. Let this principle sustain you during times of persecution. Your confidence should not be in the hope of vindication in the eyes of the world, which is perishing.

As you know, Joseph obeyed the command to marry Miriam. And through her willing obedience, despite her personal suffering, Miriam was blessed by Yahweh and became the very mother of Yahweh’s own Son, Yahshua Messiah. And for that we can be most thankful.

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Be prepared for winter emergencies

Over 70 percent of roads in America are located in snowy regions. Driving in cold and snowy conditions increases the chances of roadside emergencies like accidents, stalled vehicles and dead batteries. Here's a handy list of items to keep in your trunk at all times:

- Flashlight and extra batteries
- Blankets
- Cat litter (can be used in icy conditions to give your tires a bit of traction)
- First aid kit
- Food in case you're stranded (protein bars, trail mix, and nuts are all good choices)
- Gas can
- Gloves
- Hand warmers
- Hat
- Ice scraper
- Jumper cables
- Phone charger
- Portable shovel
- Water bottles (filled)
- Wool socks (they can prevent frostbite!)



Seek Good

(Richard Anderson)

Seek only good and not the bad
 The plain and not the plaid
 Be understood if this you could
 The plain will make you glad
 Complication will make sorrow
 And bring you very low
 Disputation brings frustration and not a
 bright rainbow
 So good do seek for happy days
 Do not lament but praise
 Do help the weak
 The poor and meek
 The bad, the good outweighs



Consider

(Richard Anderson)

There is a right pathway to go, which leads to life; this do you know?
 Though many choose a charlatan; they spurn the Sabbatarian
 Rejecting Yahweh's festive days; and then embrace the pagan ways
 Those blinded souls are castaways, not knowing the plateaus

Feeling blue? *Here's how to feel more joy!*

We all know that life upon this earth is short and unpredictable. Why not make the most of it while we can? The experts weigh in on techniques that actually work to pull you out of a slump. Psychologists call this trick “savoring.” It’s a way to fully absorb life’s special moments.

1. Give thanks freely and often. Research shows that the act of saying thank you can actually increase our happiness by making us aware of positive feelings. You might actually make someone’s day too!
2. Celebrate something, even the little things. For instance, did your child get a good grade on his school report? Then why not do something fun such as going out to enjoy an ice cream cone together? Had an awesome day at work? Then treat yourself to your favorite dessert. The good things in life are meant to be savored.
3. Treat joy as if it is finite. The awareness of an ending encourages us to seize the moment while it lasts. Acknowledging that nothing on this earth lasts forever can help you treasure the blessings Yahweh gives you even more.
4. Take a photo...in your head. If you snap a mental photo of an unexpected delight (such as seeing your child’s face when she bites into her favorite dessert), you can replay that image later when you feel down and instantly rekindle positive emotions.
5. Create mini traditions that the whole family can enjoy, such as preparing a special family meal on Friday to be enjoyed on sabbath.
6. Try keeping a gratitude journal. Keep a running list going of all the ways Yahweh has blessed you. You’ll be surprised at all the good things that we take for granted every day, such as clean air to breathe, and a refrigerator full of food.



Are you sympathetic?

When a fellow believer suffers, we all suffer. When one person sins, repercussions can be felt far and wide. We do not live in isolation. Our calling is not to be an island unto ourselves, but to be members of a family. It is possible to become so preoccupied with our own spiritual journeys that we don’t get involved with other believers. Have you ever known people who constantly talk only about their own problems, but never ask how you’re doing? These one-sided relationships usually don’t last long. Or

how about those who call a brother or sister only when they need something, but you never hear from them when their lives are going well? Sadly, this is all too common among believers.

If you’re aware of a brother or sister who is struggling with something, offer to be a sympathetic shoulder for them to lean on. We are to rejoice with those who rejoice, and weep with those who weep. Even a kind word can go a long way. Let’s put others’ needs before our own. We are truly called to give up our lives for Yahweh and one another. Let’s pray that we can become the people Yahweh desires!



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Vanilla Tea (serves 1)

- 1 cup boiling water
- 1 tea bag (regular black or orange pekoe)
- 2 T. milk
- 1 t. sugar or honey
- 1/2 t. vanilla extract
- 1/2 t. ground cinnamon

Steep the tea bag for three minutes. Add all the rest of ingredients and enjoy!



Boston Cream Pie Cake

- 1 box yellow cake mix, plus ingredients called for on package
- 2 boxes instant vanilla pudding (about 3.4 ounces each)
- 4 cups milk
- 1 teaspoon vanilla extract
- 12 ounce bag chocolate chips
- 1 1/2 cups heavy cream or half and half

Preparation:

Step 1: Prepare yellow cake mix in a 9 by 13 inch baking pan according to package instructions. Let cool completely.

Step 2: Once cake has cooled, poke holes all over it using the end of a wooden spoon.

Step 3: Whisk together the instant pudding, milk, and vanilla extract in a large bowl. Before pudding has a chance to thicken, pour it evenly all over the cake. Place in fridge to chill one hour.

Step 4: In a small saucepan, on low heat, mix the chocolate chips and heavy cream. Stir until chips are melted. Pour over the top of cake. Will harden slightly as it cools.

