

# Sisters for Yah

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## Got troubles? Learn from Paul!

Sarah (not her real name) woke up from a fairly decent night's sleep, and headed to the kitchen to start breakfast before the mad rush began when her son and daughter woke up. Her husband had already left for work an hour before. She began cutting fruit and the knife slipped. Sarah gasped in pain as blood squirted everywhere, just as her son appeared in the doorway complaining of a stomachache. "I'll be right there, honey!" Sarah said as she grabbed a paper towel to stop the bleeding from her finger. "Mommy!" her son persisted, then proceeded to vomit all over the kitchen floor. "No!" Sarah cried, "This can't be happening!" The phone started ringing and Sarah decided to ignore it so that she could clean up the vomit with one hand. The phone wouldn't stop ringing, so Sarah grabbed it and yelled into the receiver, "What!" It was a lady from her bank saying that they were seeing "suspicious" charges on her debit account. Immediately Sarah's heart began pounding. "Can I call you back?" To make a long story short, Sarah's day went from bad to worse.



Have you ever had a day like this? We all do now and then. So did the Apostle Paul. If so, take heart! We can read of Paul's serious trials. At various times he was imprisoned, faced death, beaten, stoned, shipwrecked, starving, thirsty, cold, naked, and sleep deprived. This list is not exhaustive either. He went through so much more. But one thing that Paul did through all these trials is to persevere. He struggled with human nature, just like we do, but at the end of his life, Paul was still a very strong follower of Yahweh! He did not throw in the towel, as many of Yahweh's people have been tempted to do. This walk is not easy. And yes, the "devil is in the details."

If your relationship with Yahweh is currently on the shaky side, now is the time to make your "calling and election sure." (2 Peter 1:10-11). Really analyze your spiritual life and take steps to remove any idol you may have in your life. Ask some serious questions. Do I pray and fast enough? Do I watch worldly TV shows instead of reading the Scriptures? Now is the time to fix these things. The time is coming when it will be too late to back-pedal. Yahweh will show you what you need to change! He never turns His back on those who diligently seek Him. May you rest in the peace that passes all understanding.

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## EMERGENCY OR NOT?

Many of our readers have young children, so this article may be of some help when deciding whether a trip to the emergency room is in order. This list does not replace professional medical advice. This is for informational purposes only. The following symptoms are considered potentially life threatening and are considered emergencies:

- loss of consciousness
- choking
- difficulty breathing
- facial drooping or weakness in an arm or leg
- difficulty standing, walking, or speaking
- fainting, sudden dizziness, or weakness
- significant allergic reactions
- chest pains
- severe abdominal pain or pressure (appendicitis is usually one-sided), but pain can be felt in the center sometimes)
- severe bleeding
- head trauma
- seizures
- heat stroke
- high fever (especially with headache and stiff neck)
- poisoning or overdose
- significant burns
- electric shock or lightning strike
- eye injury



### Actual jokes from kids!

(Parents, share with your kids. Laughter is good medicine)

What do you call a sad strawberry? **A blue-berry!**

What happened to the egg when it heard a good joke? **It Cracked up!**

How do bees brush their hair? **With a honey comb, of course.**

Why are flamingos pink? **Because they forgot to wear sunscreen.**

What did the buffalo say to his son when he left for school? **Bison.** (Get it? "Bye son.")

What did the mama cow say to the baby cow? **It's pasture bedtime.**

What key doesn't open any doors? **A turkey.**

Why did the students eat their homework? **The teacher said it was a piece of cake.**

## Take care of your bones!

Young people don't think much about their bones, but by the time you're in your 40's and 50's it's time to make a plan to keep your bones healthy. Did you know that certain foods can strengthen your bones, while others can weaken them? See the lists below:

### Best for Bone health

Fish, especially salmon  
Dark leafy greens  
Eggs  
Lean beef  
Pumpkin seeds  
Walnuts  
Black beans

### Worst for Bone health

Sodium-rich foods  
Hydrogenated oils  
Cola-type drinks  
Alcoholic beverages  
Sugar  
Too much caffeine (moderate use is okay)  
Too much chocolate (moderate use is okay)

## Make your own Fruit and Veggie Wash

You don't have to buy those expensive produce cleaning products. It's important to wash your produce to remove pesticides, germs and nasty bacteria such as e. coli, which can cause illness. Try the following easy recipe:

**1/2 cup apple cider vinegar**  
**1/2 cup lemon juice**  
**1/2 cup water**



Blend well, then put in a spray bottle. Spray produce liberally, then rinse in cold water. Prepare fruits and veggies as usual. Store the spray in the fridge. Will stay fresh for about a month.

## Boost your health with Gratitude!

Clinical trials suggest that simple thankfulness can have lasting effects on health and wellness. Researchers found that people who practiced gratitude regularly had stronger immune systems and lower blood pressure. Even stressed-out law students who expressed positive emotions and thankfulness did much better than the law students who were always complaining about their lives and difficult schedules. This confirms what Scripture tells us! We are to always think on good things, see Philippians 4: 8.

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*



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## Autumn Apple Tea

- 4 cups water
- 6 black tea bags
- 4 cups apple cider or apple juice
- 1/2 cup sugar, or substitute

Boil the water. Add the tea bags. Brew for 5 minutes. Discard the tea bags. Add the rest of the ingredients. Garnish with cinnamon sticks or thinly sliced apples.



## Kids Favorite Soft Tacos



- 1 pound ground beef, cooked and drained
- 1 t. ground cumin
- 2 t. mild chili powder
- 1/2 t. garlic powder
- 1/2 t. onion powder
- 1 t. dried oregano
- 1/2 t. salt
- 1/2 cup water
- 2 cups shredded lettuce
- 2 tomatoes, chopped
- 1 carrot, grated
- 1 cup shredded cheddar
- 1 avocado cubed
- 1 can vegetarian refried beans, warmed in a small saucepan

- 1 package 6 inch flour tortillas, warmed in foil in the oven for five minutes
- 1 or 2 tablespoons of Salsa, for topping

Mix the cooked beef with the next seven ingredients. Simmer for 10 minutes. Add more water, if needed. Place the lettuce, tomatoes, carrots, cheese, avocados, beans, and salsa in individual serving bowls. Everyone can choose how they'd like to top their individual tortillas. After topping, fold the tortillas in half and enjoy!

