

Sisters for Yah

Real Love

Right on the heels of Christmas and New Year's Day, we find ourselves contending with yet another pagan holiday. Yes, I'm speaking of Valentine's Day, the so-called "holiday of love." While shopping last week, it was difficult not to notice the many aisles of flowers, gifts, cards, jewelry, and heart-shaped boxes of candy. Valentine's Day is serious business, folks! I also noticed the starry-eyed young women flocking to these aisles. It's a well-known fact that Valentine's Day mainly targets women, many of whom were raised on a steady diet of unrealistic romance novels and sappy "romantic" movies (also known as "chick flicks").

It's been said that compared to men, women are addicted to love! I was intrigued by this because I've actually known many women who have ended relationships with really good men simply because these men were not "romantic" enough for them! This is so sad and alarming. According to some researchers, romance novels and "chick flicks" set women up to have false ideas of what real love and romance really is. No normal man can live up to the ideals portrayed in these books and movies. And they shouldn't have to!

Marriage is not about a husband constantly catering to his wife's "need" for flowers and sappy greeting cards (although it's nice occasionally!). Marriage is about a man and woman making a commitment to each other before Yahweh,



then fulfilling their intended roles according to Scripture. Husbands and wives are to serve each other.

In some cases, it may be necessary for some women to go on a "romance starvation diet," in which she stops reading or viewing unrealistic books and movies, and instead studies what the Bible says about real love and romance. When all is said and done, men and women will always ultimately disappoint one another. The truth is, only Yahweh can truly fulfill our deepest need for love!

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Grandparents make a huge difference!

I read a really intriguing article recently that indicated that children who regularly spend time with their grandparents were much more likely to thrive than those who didn't. In recent years, grandparents have gotten a bad rap, often being accused of spoiling their grandchildren rotten. Not according



to researchers, who claim that grandchildren actually become less spoiled and more balanced.

Grandparents have a lot of experience raising their own children, and they know what works and what doesn't in child training. Also, they often had to work really hard, since they grew up in a time where many modern conveniences were non-existent.

Many people fondly remember learning a trade from grandpa, or learning

to bake and sew from grandma. Spending time with grandchildren also has some serious benefits for grandparents, too! Studies showed that grandparents who saw their grandchildren several times per month had better health, reduced depressed, and more energy. Yes, there's something to be said about keeping up with an energetic child!

Even if grandparents don't live in the same state, encourage your child to write letters and talk on the phone. Some grandparents are even up to speed on using the Internet and Skype. This can make a huge difference. Don't deprive your children of a very valuable relationship with their grandparents!

Just for laughs: quotable quotes!

- The sole purpose of a child's middle name is so she can tell when she's really in trouble.
- Behind every successful man is a woman. Behind his fall, is often another woman.
- When in doubt, mumble.
- Some cause happiness wherever they go. Others cause it *whenever* they go.
- A bargain is something you don't need at a price you can't resist.
- My opinions have changed. But not the fact that I'm right.
- Hospitality is making your guests feel they are right at home, even if you wish they were.
- If at first you don't succeed, skydiving is not for you!
- A child asks his father, "How much does marriage cost?" The father replied, "I don't know. I'm still paying."
- On an actual greeting card: "I'm so miserable without you, it's almost like you're still here!"

Anti-aging secrets from the blue zones

Researchers have been studying lifestyle patterns from around the world for decades. They have come up with a term called the “blue zones.” Basically, the blue zones are areas in the world where people live the longest, often into their 100’s. Here’s why researchers believe these people are living longer:



1. They eat a lot of vegetables. In fact, their diets are often over 70% plant based.
2. They eat meat, but not in excessively large amounts. You never find them eating 16 oz. steaks every day!
3. More fish is consumed compared to people living in other parts of the world.
4. Much less dairy is consumed. Other researchers have determined that excessive dairy contributes to inflammation in the body. Inflammation often is a precursor to disease.
5. Eggs are eaten, but less often, usually about 3 per week instead of 14 per week like in America.
6. Beans are eaten regularly, often with local herbs and spices.
7. White bread is avoided. Sour dough and whole grain bread are moderately consumed.
8. Fermented foods are eaten often, such as kefir and sauerkraut.
9. Sugar consumption is very limited. In fact, when people in the blue zones have a “sweet tooth” they turn to fruits for dessert.
10. Less processed food is consumed. Many grow their own food.
11. They drink water often, instead of soda.
12. Nuts are consumed regularly.
13. When caffeinated beverages were consumed, it was mostly green tea. Several studies showed that green tea can reduce hormone-related cancers.
14. In addition to diet, researchers also noticed that people in blue zones had a positive outlook on life. Negative thinking was not common.

Are you making these laundry mistakes?

These are actual tips from plumbers!

1. Did you forget to empty all pockets before starting the washer? Plumbers have actually had to unclog drains from non-clothing items such as gum and paper clips! Not to mention the damage caused inside the drum.
2. Another mistake: overloading the washer. This can actually cause dirt to re-settle on clothing.
3. Did you clean out the dispensers? Build up can cause clogs.
4. Too much detergent? Bad idea! Plumbers say it can wear out your machine!
5. Not taking clothes out right away? Good idea, if you want mildew to form in your machine. Remove wet items quickly.

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Skin Soothing Bath Soak

Winter is far from over, and your skin is likely feeling it! Itchy, dry, flaky skin is common in winter because of the dry air in our homes and work places, caused by cranking up the heat to stay warm. Try the following bath soak to ease the discomfort:



1. Fill a tub with warm water (super hot water will only worsen dry skin!).
2. Add 2 cups of powdered milk (or fresh whole milk).
3. Add about a cup of quick oats!
4. Soak for about 10 minutes.
5. Follow up with a good heavy body lotion while skin is still damp to seal in moisture.



Comforting One-pot Dish

There's a reason we crave comfort food in the winter. When it's cold outside, your body craves more calories to warm itself up! We know its not good to consume too much fat and calories, but this one contains some healthy ingredients such as garlic, peas, and spinach!

12 oz pasta of your choice, cooked and drained in a colander.

1 cup frozen peas, cooked and drained.

4 T. butter.

2 garlic cloves, minced.

1 cup heavy cream (or vegan substitute if desired).

2 cups deli Rotisserie chicken, shredded.

5 oz. spinach, roughly chopped (about 6 cups).

Salt and pepper, to taste.

Grated parmesan, to garnish.

Sauté the garlic and spinach in butter in a large skillet until wilted. Put the pasta and rest of ingredients in a large pot. Pour in the spinach mixture and mix all together. Garnish with parmesan. This is wonderful served with hot crusty bread or rolls.

