

# Sisters for Yah

## Make the Sabbath a delight!

In our busy modern world, more and more people are seeing the value and benefit of observing the Sabbath day. We are, of course, commanded to keep it. In His infinite wisdom, Yahweh knew we would sure need it! Years ago, a popular book chronicled a man's year long journey of keeping every law in the Bible, just to see if he could do it. After his year was up, the man said of all the things he practiced, keeping the Sabbath day was what he missed the most!



Many people tell us their experiences in their previous religious organizations. A lot of them were once a part of a strict Sabbath-keeping group which has now disbanded. Some of their memories were not so pleasant. Children were expected to sit still in their seats while a three or four hour sermon was delivered! Many of those same children now say that they learned to dread Sabbath instead of looking forward to it. Sad indeed. Our

Heavenly Father Yahweh intended Sabbath to be a wonderful time of rest and fellowship. Yes, there are rules for keeping the Sabbath, of course, but the main point is for us to devote the day to worshipping Yahweh.

Many believers are isolated and have nowhere to attend services, but they can still enjoy the Sabbath. Reading the Bible and listening to worship music can greatly enhance the Sabbath experience. Live Sabbath services and DVD's are also available. Most importantly, remember that the Sabbath is a day of rest. It is not a day to spend on your personal hobbies or home improvement projects. Save those things for the six other days of the week.

Some ladies have commented that they don't enjoy allowing dirty dishes to pile up on Sabbath, and having to wash a mountain of them after sundown. Some have suggested using paper plates instead, to completely avoid the stress after sundown. Or just rinse the dishes and "contain" them in the dishwasher. Easy meals can also be planned, such as



sandwiches. Many women do all their cooking on Friday, so that they can just warm up already cooked foods and leftovers on Sabbath. Crock pots are also wonderful. Do what you can to devote the Sabbath to Yahweh! You will benefit greatly from this.

### Inside this issue:

Make the Sabbath...!	1
Feeling troubled?	2
Helpful articles	3
Recipes	4

## *Feeling troubled? Meditate on these Scriptures*

*Yahweh is my light and my salvation; whom shall I fear? Yahweh is the stronghold of my life; of whom shall I be afraid? **Psalm 27:1.***

*It is Yahweh Who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed, **Deuteronomy 31:8.***

*Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and your staff, they comfort me, **Psalm 23:4.***

*He sets on high those who are lowly, and those who mourn are lifted to safety, **Job 5:11.***

*The steadfast love of Yahweh never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness, **Lamentations 3:22-23.***

*Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid, **John 14:27.***

*Yahweh is our refuge and strength, a very present help in trouble, **Psalm 46:1.***

*Blessed be the Elohim and Father of our Master Yahshua Messiah, the Father of mercies and Elohim of all comfort, **2 Corinthians 1:3.***

*Let Your steadfast love comfort me according to Your promise to Your servant, **Psalm 119:76.***

*I have said these things to you, that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world, **John 16:33.***

*If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to You; the night is bright as the day, for darkness is as light with You, **Psalm 139:11-12.***



## NATURAL WAYS TO SOOTHE DRY WINTER SKIN

Many women nowadays are turning to natural cosmetics and skin care after learning about the harmful chemicals contained in store-bought products. Winter is a particularly challenging time because dry indoor heat can aggravate your skin into a red, flaky mess. Try the following:

### **Dry skin scrub:**

Mix up 1/2 cup of brown sugar, 1 cup plain yogurt, and 3 drops of vanilla extract. While showering, massage the scrub onto damp skin using circular motions. Use twice a week for better skin in 14 days!

### **Hand softening mask:**

Mix 2 T. ground oatmeal, 1/4 cup mashed banana, and 1 T. water. Rub all over dry hands. Allow to sit for 10 minutes. Rinse.

### **Redness reducer:**

Steep 2 chamomile tea bags in 1 1/2 cups of boiling water. Remove bags when cool. Add 1 t. honey. Apply to face with a washcloth for 10 minutes.

### **Acne skin tonic:**

Mix 1/4 cup apple cider vinegar, 1 T. lemon juice, and 1/2 cup water. Apply to acne with a cotton ball. Leave on 10 minutes then rinse. Store in fridge for 2 weeks.

### **Coconut oil moisturizer:**

Coconut oil can now be widely found in grocery stores. Use it liberally to moisturize chapped lips and skin. It can also be used to prevent flyaway hair. Just rub a tiny amount between palms and rub evenly through your hair.

### **Itch relief bath soak:**

Pour 1 cup of baking soda into warm bath water. Soak for 15 minutes. Rinse gently and pat dry. Do not use hot water, which can further dry out skin.

### **Milk and honey soother:**

Mix equal parts full fat milk and honey. Apply to face. Rinse after 10 minutes. You can also add oatmeal too, which can further relieve itching.



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## Hydrating Smoothie

- 1 banana
- 2 tangerines, peeled
- 3/4 cup mango chunks (or apples)
- 1 stalk celery
- 2 inch piece of cucumber
- 2 large kale leaves, stems removed (or handful of spinach)
- 2 cups apple or white grape juice



## Flu Soother Chicken Soup

Everyone seems to be coming down with the flu! When your appetite is low, you still need to try to get some nutrients in your system. Besides drinking lots of fluid, try the following congestion-relieving soup:

- 4 cups chicken broth
- 2 cloves garlic, minced (more would be great!)
- 3 T. fresh ginger (or 3 t. dried)
- 1 cup zucchini, chopped
- 2 cups chopped cooked chicken
- Handful of dry noodles
- 4 cups spinach, roughly chopped
- Salt and pepper, if desired, optional

This soup can easily be doubled. Serve with toast or crackers.

