

Sisters for Yah

Words of Gold

An interesting Scripture is found in Matthew 15:18, which says, *But those things which proceed out of the mouth come from the heart, and they defile a man.*

Scripture stresses that what you say is an accurate indicator of what is in your heart. If your words bless and encourage others, they give evidence of a compassionate heart. If you speak about Yahweh, Yahshua, and spiritual matters often, it demonstrates a heart that is grateful for salvation. When others are



in crisis, do they know that they can come to you for hope and support? Or do others avoid telling you their problems because they fear your judgment and condemnation? There is surely a place for judgment and condemnations, but most times, all that people really need is a compassionate

listening ear, and maybe some gentle words of hope such as, "I'm praying for you!" Or "Let's pray together about this situation."

Do you often regret your words? It's good when Yahweh reveals our shortcomings. This shows us what area in our lives we need to work on. Words are very important. Yahweh doesn't like words of complaint or gossip. Grumbling got the Israelites in big trouble. May we all learn from their mistakes.

In group settings, it's even more important to set the right example. I've mentioned before how "a little leaven can leaven the whole lump" (1 Cor. 5:1-8). I still remember a picnic I went to when I was in a previous religious organization. It was supposed to be a fun day. But one person arrived in a bad mood. "The food is too dry." "It's too windy." "I hate chicken salad." "The bugs are driving me crazy." "Other children at the beach are making too much noise." The complaints went on and on. Before we knew it, everyone was in a lousy mood. So everyone packed up and left, wishing they had never come in the first place.

Think how much better the day would have been if everyone had been praising and rejoicing instead. "We're so thankful for this beautiful day! Praise Yahweh for the food that He gave us! It's wonderful to spend the day with like-minded people! It's so nice to hear children laughing and playing on the beach!" May we all use words to encourage and edify one another.

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Noah Walked with Yahweh

In Genesis 6:8-9, we read, “*But Noah found grace in the eyes of Yahweh...Noah was a just man, perfect in his generations. Noah walked with Yahweh.*”



No matter how unrighteous the environment you may be in, Yahweh will always find you and walk with you, providing you are seeking Him. Noah lived in perhaps one of the most wicked times in history. No one worshipped Yahweh except Noah. The people of his day were steeped in idol-worship, and pursued their own sinful pleasures. Archaeological evidence going back thousands of years have shown fertility stone figurines. Our world today is looking more and more similar. I can just imagine how miserable Noah felt. His neighbors were most likely evil, (otherwise they, too, would have been saved on the ark), and everywhere he went, the people probably ridiculed him for being faithful to Yahweh. How oppressive it would have been to be the only righteous person!

The people of Noah’s time were so incredibly wicked, that Yahweh had to destroy the entire world and start over with one small family of eight individuals. The worldwide flood was the most drastic act of widespread judgment recorded in Scripture. How long will Yahweh put up with our modern world? Pandemics, natural disasters, nations rising against other nations, famines, plagues of locusts, and the younger generation displaying blatant acts of disobedience are all happening right now before our very eyes.

The thing that we must notice from Noah’s life, is that Yahweh noticed his righteousness! Noah was not lost in the crowd of evildoers. This gives us great hope. Yahweh sees us, too. He will certainly seek us out of the crowd and bless us for our obedience. Let’s walk with Yahweh like Noah did.

Proper Sorrow



Scripture tells us that righteous sorrow produces repentance leading to salvation, while worldly sorrow produces death. See 2 Corinthians 7:10. There is a Hebrew word *teshuvah* which means more than just feeling sorry. It means a complete turnaround. Take Judas, for example, who was regretful of his decision to betray Yahshua. Yet his sorrow did not lead to genuine repentance. How different was Peter’s repentance! Peter had also failed Yahshua on the night of His impalement. Peter even went out and wept bitterly after denying Yahshua. But Peter actually went a step further and

returned to Yahshua and reaffirmed his love for Him.

So let’s be like Peter and not just say we’re sorry but also make an effort to turn our situations around! Allow Yahweh to reveal the gravity of our sins. When we see our sins from Yahweh’s perspective, we can experience *teshuvah*, a complete turnaround.

Staying Hydrated this Summer

Dehydration is one of summer's biggest problems. Many people actually end up in the hospital due to dehydration. Almost every system and organ in the body needs water to function properly. Water regulates body temperature, lubricates brain and joint tissue, carries nutrients to our cells, flushes harmful bacteria and makes it easier for the heart to pump oxygen-rich blood to muscles. Our bodies lose water every day, and must be replenished or our health suffers. Indeed, dehydration can be fatal!

In addition to drinking fresh clean water, also consider adding hydrating foods to your diet to further help avoid dehydration. Keep in mind the signs of dehydration: Extreme thirst, dark urine, fatigue, dizziness and confusion. The most hydrating foods are the following: Watermelon, cantaloupe, lettuce (especially iceberg), strawberries, cucumbers, celery, cauliflower, and summer squash. Indulge in these foods daily in summer, and your body will be nicely hydrated!



Summer Tips and Hints

1. Beat the heat with healthy two-ingredient "ice cream"! Just blend frozen bananas, then add a little fruit, chocolate chips, or whatever you like in your ice cream.
2. Bothered by mosquitos? Leave out a small bowl of sliced lemons sprinkled with cloves. Place the bowl on a picnic table while you dine outdoors. Mosquitoes don't like the smell of citrus and cloves.
3. Make your own ice pack, by using a wet sponge in a zip-closed plastic bag. Freeze until ready to use. You can also toss it in lunch bags to keep your food cold.
4. No air conditioner? No problem. Attach an ice pack to a fan. The cold blast of air is perfect for camping trips, working in a hot garage, or even hanging out outside.
5. Try some natural remedies to relieve the itch of bug bites. Oatmeal paste, aloe vera, and cold tea bags all work.
6. Create custom ice pops by using ice cube trays! Try your favorite juices, sodas, fruit, or yogurt. Add a wooden stick and freeze for a few hours.
7. Dirty grill? Try crumpling up a ball of aluminum foil. Run it over the grill grates to remove grime.
8. Make giant bubbles. Kid love this! Bend an old wire hanger into a circle. Make a solution of dish detergent and water in a small wading pool. Let the fun begin.



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



Easy Five Cup Fruit Salad

- 1 cup drained pineapple
- 1 cup kosher mini marshmallows
- 1 cup sour cream
- 1 cup drained mandarin oranges
- 1 cup halved maraschino cherries



Mix it all up in a big serving bowl and enjoy!

Nutrient-dense Chickpea Curry Stew

- 2 t. dried curry powder
- 1 1/2 t. dried coriander
- 1/4 t. cardamom
- 1 can (28 ounce) diced tomatoes
- 1 cup chopped onion
- 2 t. minced garlic
- 1 pound cubed sweet potatoes
- 12 ounces fresh green beans, cut in pieces
- 1 can chickpeas, rinsed and drained
- 1 1/2 t. dried cumin
- 1 t. dried turmeric
- 1 pinch cayenne pepper
- 1 can coconut milk or regular milk
- 1 t. dried ginger
- 1 T. plus 1 t. salt (or less if desired)
- 1 pound cauliflower florets

Directions: Place all the veggies in stock pot. Add just enough water to simmer until veggies are soft (about 3 or 4 cups). Once veggies are soft, add the rest of ingredients and heat through.

