

Sisters for Yah

Overlooked Blessings

In the modern drudgery of daily life, one can begin to overlook certain blessings. Yahweh certainly blesses His people abundantly, and we must never take those blessings for granted. Here are some common blessings that people don't even think about: Water. Yes, water. Over one billion people on earth don't have access to clean water. If you are someone who does have plenty of clean water, thank Yahweh right now for it! How about housing? Do you have a roof over your head? In the USA alone, 600,000 people live on the streets. It is indeed a blessing to be able to go home to a house or apartment at the end of the day.

Another blessing taken for granted is modern communication. Do you have family and friends in other states or countries? They are usually just a text, email, or phone call away! In the past, people had to write letters to their far-away family members. Letters could take months to reach their recipients. How about education? Just the fact that you are able to read this article should fill you with gratitude. Sadly, over 20 percent of the world's population is illiterate. Being able to read is a great blessing!

While Yahweh does meet the basic needs of His people, have you ever thought about beauty? The intricate designs of flowers, and breathtaking mountain or ocean scenes are indeed awe-inspiring. They bring joy to our lives over and beyond our basic needs of food, water, and shelter. If you've ever had chills listening to a beautiful music composition, you'll know what I mean.



Just being alive is an overlooked blessing. Every breath you take, in a sense, is a tiny miracle. During times of deep depression, many people (including Moses!) have wished that Yahweh would end their lives. But when researchers interview terminally ill people, they find that people don't actually want to die, even the very depressed ones. Indeed, we were meant to live forever. Even Scripture says that He has put "eternity" (maybe the desire for it?) in our hearts (Eccl. 3:11). So make the best of the life you were given, and count your blessings every day!

Inside this issue:

Overlooked Blessings	1
Helpful information	2
Natural Remedies	3
Recipes	4

Busting frozen food myths

With summer upon us, many people are beginning to freeze and can excess produce. One of the most common myths is that frozen food is unhealthy. But experts tell us the truth is quite the contrary! Frozen food actually retains most of the nutrients, especially fruits and veggies which are flash frozen within 10 hours of being picked.

Myth #1: You can thaw frozen food on the counter.

Truth: Bad idea! It's safer to thaw food in the refrigerator. Leaving food on the counter can cause bacteria to multiply.

Myth #2: Frozen food is always high in sodium.

Truth: Scan the labels. You may be pleasantly surprised at how low in sodium some foods are.

Myth #3: The safest way to thaw frozen food is running hot water over it.

Truth: This can be potentially dangerous, if some parts get hotter than others and begin to cook. Again, thaw it in the fridge, or place in a bowl of cold water. Change the water every half hour.

Myth #4: Refreezing food is unsafe.

Truth: As long as it was thawed in the fridge, you can always put it back in the freezer, although the quality of the item may begin to degrade after the second freezing.

Myth #5: Frozen food expires.

Truth: Experts actually say that frozen food can remain safe indefinitely (as long as it stays frozen), even though some say to throw out frozen meat after 2 to 6 months. People waste a lot of money by throwing out perfectly safe meat. The exception to this rule would be having a prolonged power outage. If all the food in your freezer thaws, be very careful. Harmful bacteria could indeed start multiplying. It's better to be safe than sorry.



Myth #6: You can only freeze certain things.

Truth: Technically you can freeze almost anything. Safety is not an issue, but quality is. The textures of some foods may change, such as milk and cheese, but they're still safe to consume.

Myth #7: Once you've hit a food's sell-by date, you shouldn't freeze it.

Truth: Sell-by dates are not set in stone. Most stores only use them to make sure they are rotating their inventory. According to the USDA, popping food in the freezer on the sell-by date is perfectly safe.



Natural remedies for mosquito bites and other insects

—It helps to ice the area of the bite to constrict the capillaries near the skin's surface and reduce swelling.

—If you must use a topical cream, use a low dose hydrocortisone one, as less negative reactions are associated with it.

—Remember not to scratch the bite; this will only make it worse. For really itchy bites, rub on meat tenderizer or lemon juice. A paste of mashed garlic can also help make bug bites stop itching.

—White vinegar is another remedy for relieving the itch of insect bites. Apply it in full strength. Don't use vinegar if the area is raw, as painful stinging can result.

—A paste of baking soda and water can provide much-needed relief to bug bites.

—Oatmeal can also help to provide itch relief—not only for bug bites.

—Some people have success with high doses of vitamin B1 (100 milligrams, two or three times a day), but it doesn't work for everybody.



Natural Remedies for sunburn

The following remedies are for mild sunburns only! Keep in mind that sunburns can be serious and require medical attention. Danger signs include blisters, severe pain, lethargy, or a fever.

—Sunburns are dehydrating, so be sure to drink plenty of fluids!

—Use ice. Wrap an ice pack or bag of frozen veggies in a soft towel and apply to the burn to ease pain. Never place it directly on the skin.

—Take a cool bath or shower. Don't use harsh products such as bath oils, soap, or bubble bath.

—Aloe Vera gel really works!

—Honey applied to burns can speed healing. This is not for babies under 12 months.

—Take a soothing oatmeal bath. Pulverize one cup of oats in your blender, then pour into tepid bath water.

—Witch hazel applied 4 times per day can minimize sunburn pain and itching. Find it in your local drug store.

—Cool milk can create a film on skin that eases discomfort.

—Baking soda or cornstarch in the bath can relieve inflammation.

—Apple cider vinegar is known to speed healing. Pour one cup into bathwater.

—Keep in mind that sunburns can be serious and require medical attention. Danger signs are blisters, severe pain, lethargy, or a fever.



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



Strawberry Lemonade Slush

- 2 cups frozen strawberries
- 2 T. frozen lemonade concentrate
- 1 1/2 cups lemon-lime flavored soda
(such as Sprite or 7-UP)
- 2 T. sugar or honey

Blend it all up till slushy!

(serves 2)



Cool Summer Recipes!

Easy Classic Cole Slaw:

- 1 cup mayonnaise
- 1 1/2 T. apple cider vinegar
- 1 T. honey
- 3/4 t. celery seeds
- 1 t. kosher salt
- 1/2 t. black pepper
- 4 cups shredded green cabbage
- 4 cups shredded red cabbage
- 2 shredded medium carrots

Mix everything in a large bowl. Easy!



Easiest BBQ Sauce (great for marinating chicken):

- 1 1/2 cups of ketchup
- 1/4 cup plain yellow mustard
- 1/4 cup honey or brown sugar
- Salt, to taste, opt.



Optional add-ins if you prefer it spicier: garlic powder, cayenne pepper, Tabasco sauce, or Worcestershire. Use small amounts a little at a time, until desired flavor is reached. For best results, marinate chicken overnight.