

# Sisters for Yah

JUNE 2016

## Pentecost and Ruth

This is the time of year when many people read the book of Ruth as it has come to be associated with Yahweh's feast of Pentecost. Ruth was accepted and became part of the family of Israel, just as we are accepted. We can glean a great deal from this short book.

It is notable that Ruth was a foreigner, and she lived during some of Israel's darkest days. Times were tough. But Ruth's self-sacrificing love for Naomi her mother-in-law, shines a bright light on the dire situation.

Ruth was described as being better than "seven sons." See Ruth 4:15. That was quite the honor, because, back then, a son was everything! King David, and eventually Yahshua, were both in Ruth's family tree.

One of the most important things we see in the book of Ruth, is that Yahweh notices people of good character! It doesn't matter what country a person is from, or whether they are a man or woman. Ruth was a Moabitess, one of the most hated people groups at that time. Yet, the Creator of the Universe reached out and touched her life.



Even though Ruth was born in a foreign land, her mother in law surely must have told her about Yahweh and His ways for Israel. Something must have stirred in Ruth's heart because she declared her desire to align herself with Israel and Naomi's Mighty One, Yahweh. It is interesting that we see this same thing happening in modern times. YAIY often encounters more receptive people to the truth in foreign countries than we do in the USA. Just like ancient Israel, modern America has collectively forgotten the blessings that Yahweh has poured on her. Other countries can see it, but we do not. Symbolically, Ruth is likened to a new believer; Naomi the Assembly; and, Boaz, Ruth's husband, has a saving role like Yahshua.

Let this feast of Pentecost renew your faith and commitment to Yahweh. Let us be like Ruth!

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## Build your child's confidence

We all want healthy, happy, and confident children. Start today to build up your child. The following phrases can turn a bad day into one of love and peace. **Remember, they look up to you!**

1. Yahweh loves you so much.
2. I love you so much.
3. The way you help me and others means so much.
4. Thank you for all the effort you put in.
5. I'm so glad you're my child!
6. Your personality is beautiful.
7. I am so blessed to have you in my life.
8. Your hard work is really paying off.
9. Thanks for sharing. I never thought of it like that!
10. You're so important to me.
11. I'm so proud of what you worked to accomplish.
12. I knew you would make the right choice.
13. You're a very special part of this family.
14. You bring joy to my life.
15. I love spending time with you.
16. I'm excited to hear about your idea!
17. Let's go play!
18. You're so fun to be with.
19. Your positive attitude makes me so happy.
20. You're so clever! How did you come up with that?
21. I love watching you grow.
22. You're so brave!
23. Your smile brings joy to my heart.
24. I know you can do.



### *Keep your kids safe and happy this summer!*

- Encourage outdoor fun and exercise.
- Make sure they drink lots of water in hot weather. Many children end up in emergency rooms with heatstroke.
- Limit sugary treats to once a day. Make your own hydrating ice pops with your child's favorite flavors.
- Be sure they get enough sleep to keep their immune systems healthy. Tired cranky little ones catch summer colds easier.
- Protect against insect bites. Thankfully, natural non-chemical bug repellents are making their way into stores. Research ideas on making your own, too!
- Examine them carefully for ticks. Remove promptly if found.
- Avoid sunburn. Repeated childhood sunburns can put them at risk for skin cancer later in life.
- Never leave them alone at a pool or beach. Drowning can happen quicker than you think.

## Slow Cooker Hints

Slow cookers and crock pots are the same. Almost any type of meal can be prepared in a slow cooker. What a joy to put ingredients in your crock pot, then come home to a hot cooked meal! Here are some tips to make the most of yours:

- To make cleanup easier, coat the inside of your slow cooker with non-stick spray before adding the ingredients.
- Slow cookers are great for tougher cuts of meat, which are usually less expensive.
- It is advisable to always thaw meats before placing it in the slow cooker.
- don't fill the slow cooker to the top. Aim for half to two-thirds full.
- Remember that liquids don't boil away like in conventional cooking, so you may need to adjust your recipes and add less liquid. But if need be, you can always thicken any juices with corn starch during the last hour of cooking, but turn heat to high.
- Don't remove lid when cooking. Every time you lift the lid, you slow cooking time by about 20 minutes.
- Never leave food in the slow cooker. Remove within one hour.
- Wait till the slow cooker is cool before washing. Adding water and detergent while hot can damage the finish.
- Rubber, plastic, or wood utensils are preferable to metal, which can destroy the interior.
- Recipes that call for dairy products can be tricky in slow cookers. Dairy tends to curdle during slow cooking. It's better to add in the last hour of cooking.
- Cut vegetables in uniform sizes to ensure even cooking.
- If your recipe calls for dry rice, plan on adding 1/4 cup of liquid per 1/4 cup of dry rice.
- It's easy to overcook rice or pasta in a slow cooker, so cook until just tender, then turn off the heat. Rice and pasta will continue cooking.
- Meats won't brown in a slow cooker. Brown in a skillet first, then add to the slow cooker. This also reduces fat. The flavor will also be enhanced.

## Easy Cleaning Tips

- Lemons can remove water spots on stainless steel. Cut a lemon in half and rub the cut edge over the spots.
- Unclog your drains with baking soda and vinegar. First pour a pot of boiling water down the drain. Then add a half cup of baking soda. Follow with one cup vinegar. Cover the drain and let sit 10 minutes. Then pour another pot of boiling water down the drain. You can also use this method to deodorize your garbage disposal.
- Disinfect sponges by microwaving for 2 minutes. Just make sure your sponge doesn't contain any metal.
- dust with dryer sheet. They are similar to electrostatic cloths.



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## Easiest Apple "Pastries"

6 (8 inch) flour tortillas  
12 T. apple pie filling  
3 T. confectioners sugar  
Oil, to deep fry

On each tortilla, place 2 T. of apple pie filling. Fold in the top and bottom, then fold in the sides (like a burrito). Deep fry in 1 inch of oil, seam side down until golden brown on both sides. Drain on paper towels. Dust with confectioner's sugar. Makes 6 servings. Tastes wonderful with a scoop of vanilla ice cream!



## More desserts, please!

### Shortcut Carrot Bars:

1/3 cup oil  
3 eggs  
1 1/2 cups applesauce  
1 box carrot spice cake mix  
1 cup raisins  
1 (16 oz.) can cream cheese frosting



Beat the first four ingredients for 2 minutes. Stir in raisins. Pour into greased and floured pan. Bake at 350 degrees for 25 to 35 minutes. Cool. Frost. Cut into bars.

### No Bake Honey Cookies:

1/2 cup honey  
1/2 cup sugar  
1 cup peanut butter  
2 cups crispy rice cereal



Boil honey and sugar. Remove from heat. Add peanut butter. Mix well, then add cereal. Drop by tablespoons on waxed papered baking sheets. Freeze till set. Makes about 20 to 24 cookies.