

Sisters for Yah

Stress serves a purpose!

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience," Romans 5:3.

I recently read an extremely interesting article about a family that had an unproductive pear tree on their property. It never bore fruit, even though they had pruned and fertilized it. The family decided that it might as well be cut down. Then a kind neighbor suggested that they damage the trunk of the tree. The man explained that sometimes causing stress to a tree would shut off the downward flow of carbohydrates and therefore force the tree to produce fruit. So the family tried it and it worked. The next season the tree bloomed with delicious juicy pears. In the same article, another family in Costa Rica learned the same principle by accident. They had a tree that was also unproductive, and they had tied one of their dogs to it. Soon the dog's chain had rubbed off much of the bark and the leaves started falling off. They thought they had killed the tree, but soon after, the leaves started coming back and later the tree became so loaded with fruit that some of the branches broke!

This article reminded me of how stress in our lives can actually cause much spiritual growth. I love Hebrews 12:11 which says, *"Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterwards it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby."*

We need to allow Yahweh to transform our frustrations into fruitfulness. Oh, that we would always trust our Father's design in these trials! I don't know about you, but trials can really depress me. Yes, the trials can hurt, almost unbearably, but we are called to rejoice. We are to be "suffering servants" just like Yahshua Messiah! They should move us to depend on Him more and more, so we can grow precious fruit worthy of the Kingdom.



Inside this issue:

Stress serves a purpose!	1
Helpful articles	2
Helpful hints and tips	3
Recipes	4



Your thoughts tell who you are

We read in Psalm 19:14, *“Let the words of my mouth and the meditation of my heart, be acceptable in Thy sight, O Yahweh, my Strength, and my Redeemer.”*

Our ability to think and contemplate is a wonderful thing. But often a wonderful thing comes with a big responsibility. It matters what goes on in our heads! Yahweh knows what we are thinking, so we’d best be focusing on good things. Yahweh can pierce through the deepest recesses of our hearts and knows all our motives, desires, aspirations, and meditations. See Psalm 94:11.

Additionally, our speech indicates what is in our hearts. Have you ever had a conversation with someone and all they talked about is the latest sports or fashion news? Chances are you began to feel that the person might just be on the shallow side. The visible portion of an iceberg rising above the sea is an indication of a much larger mass hidden beneath the surface. So it is with our thoughts and speech. Moreover, the focus of our thoughts will determine the purity and quality of what we say. Clean speech goes forth from a clean mind.

Matthew 12:34, says, *“Out of the abundance of the heart, the mouth speaketh.”*

Sow a thought, reap an act
Sow an act, reap a habit
Sow a habit, reap a character
Sow a character, reap a destiny

WHAT
DO
YOU
THINK?



Does your life need pruning?

Read John 15:2, which says, *“Every branch in me that beareth not fruit He taketh away: and every branch that beareth fruit, he purgeth it, that it bring forth more fruit.”*

It is helpful to think of our lives like grapevines. They need to be trimmed and pruned. There is also the need for removal of unproductive growths that add nothing but clutter and block necessary sunlight. Also, aggressive plants growing nearby need to be spaced properly or they rob you of crucial nutrients and stunt your growth.

Ask yourself, what pruning in my life will make me more fruitful for Yahweh? Most of us have hobbies, and that’s good and healthy. But some people take theirs to an extreme. For instance, I’ve known people who’ve been addicted to excessive shopping or TV-viewing. In itself, and in moderation, these can be good, but anything that hinders our fruitfulness is serious. We don’t want to become choked with weeds. We want to be healthy and productive creations. We must bear fruits worthy of repentance. Rotting fruit is good for nothing and only reserved for the trash heap. This may sound harsh, but these principles are found in Scripture! Take heed and start pruning your life today.

Helpful Hints and Tips

Sponges: more uses than just for cleaning!

Have you ever bought a large bag of sponges at the dollar store, then ended storing it unused under your sink cabinet? Now you can use them up with these clever ideas!

—Hydrate your houseplants. Place a dry sponge in the bottom of a pot before adding the plant and soil. Then water your plant as you'd normally do. The sponge will actually retain moisture until the next watering.

—Make an ice pack for injuries. Put a wet sponge in a ziplock plastic bag and freeze. Grab it instead of a package of peas to sooth bumps and bruises.

—Make an ice pack for a lunchbox. Freeze wet sponges in zip lock bags and toss them in your lunchbox to keep your food cool and safe.

—Use them to protect floors. If your chairs are scratching your wood or vinyl floors, trace the bottoms of the legs onto a sponge and cut out. Secure the pieces with a dab of hot glue. Press firmly to prevent wobbliness.

—Secure your soap. Rest your bar of soap on a sponge in the shower or tub. It will stop the soap from slipping off the dish or tiles when wet, due to its uneven texture.

—Sanitize your sponges periodically. Simply microwave wet sponges for 2 minutes once a week. This will kill any nasty germs.

Best and Worst foods for your health

A recent health newsletter listed the following **BEST** foods:

Sweet potatoes

Mangoes

Unsweetened Greek yogurt

Broccoli

Wild salmon

Crispbreads (found in the cracker aisle)

Garbanzo Beans

Watermelon

Butternut squash

Leafy greens



WORST foods

Store bought pot pies (an artery-clogging nightmare!)

Margarine (contains trans fats, use olive oil or very small amounts of butter instead)

Canned soups (most contain way too much salt!)

Store bought desserts (sugar levels are outrageous)

Extreme Ice Cream (go for as little ingredients as possible)

Coffee drinks (some can have up to 14 grams of saturated fats! Flavor your own coffee with less sweetener and a splash of cream).

Processed ready-to eat foods (read labels carefully! If you can't pronounce the ingredients, don't buy it!)

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



Throat-soothing Tea

The next time you have a sore throat, try this natural remedy. It contains honey, which is known for its anti-microbial properties, along with ginger and garlic.

1/2 of a lemon, juiced
6 slices of fresh ginger
3 cloves chopped garlic
1 T. honey

Boil a cup or water. Steep the garlic and ginger for 10 minutes. Strain, then add the lemon juice and honey. Very soothing on a tender throat!



Comforting, Sniffle-fighting Soup

It's that time of year again, when temperatures plummet and everyone seems to be sniffing! Indoor heating can cause cold and flu germs to re-circulate through the air. If you do catch a cold, try the soup recipe below. There really is solid scientific evidence that chicken soup can make you feel better when you catch a cold! This soup also contains a lot of garlic, which is also an immune-system booster.

Chicken Noodle Soup:

8 cups of chicken broth (homemade or store bought is fine)
2 cups of chopped cooked chicken
2 cups whole wheat noodles
4 stalks celery, chopped
6 to 8 cloves of garlic, peeled and chopped
2 carrots, diced into cubes
1 onion, diced
1/2 t. dried basil
1/2 t. dried oregano.
Black pepper, to taste
Olive oil, or butter for sautéing

Melt butter or heat olive oil in a large skillet. Sauté the onion, garlic, celery, and carrots until softened, about 7 minutes. Place all the ingredients in a stock pot and simmer gently until noodles are cooked, about 10-13 minutes. Serve with crackers or a hearty crusty bread. Makes 8 to 12 servings.

