

# Sisters for Yah

JUNE 2008



Volume 2, Issue 6

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## KEEPING YAHWEH'S LAW

Have you ever been called a “legalist” because you keep Yahweh’s commandments? Many brethren indeed have felt that sting! Even mentioning Yahweh’s law to some people can cause an innocent conversation to turn quite ugly in no time. The strange thing is people are often in favor of the law if it suits their purposes. They are more than willing to stand up for their “rights” if they feel they are being violated or some “law” is being broken against them personally.

We simply cannot get away from one fact—laws govern the entire universe! For instance, Yahweh set in motion the laws of gravity, and the changing seasons. We cannot change these laws because Yahweh made them and only He can change them if he chooses. If we try to jump off a cliff, we will certainly fall to the ground and get injured—the law of gravity is there no matter what we believe about “laws.”

Please read Romans 8:7 which states that, “The carnal mind is enmity against Yahweh, for it is not subject to the laws of Yahweh, neither indeed can be.” Also in Romans 7:12, you’ll find the following, “The law is holy, and the commandments holy and just and good.”

We find that many times people only want to keep the laws that are easy for them. For instance, many reject the Sabbath because that is their favorite day to do their own pleasure like participating in sports or going shopping at the mall. For them, personal enjoyment and convenience comes before obedience to Yahweh. May this never be so!

Yahweh’s laws are good for us. They often teach us and protect us. Think how wonderful our world would be if all people kept the Ten Commandments. There would be no murder, stealing, lying, or adultery. People would be satisfied with what they have since coveting would be eliminated. And everyone would enjoy the Sabbath Day in peace and restfulness. We should be thankful that laws are in place. Imagine the chaos without laws! Let us say with the Psalmist, “Oh how I love Your law! It is my meditation all the day!” (Psalm 119:97)



## Recipes

### Cherry Mango Delight

1 mango, peeled  
8 cherries, seeded  
6 ice cubes  
1/3 quart ice cream (I use strawberry or vanilla soy)  
1 banana (not real ripe)

Blend in a blender. Enjoy! Makes 4 servings.



### Eggless brownies

1 cup butter or margarine, melted  
1 cup cocoa  
2 cups sugar (1 1/2 okay also)  
1/2 t. baking powder  
1 t. salt  
1 1/2 flour  
1 t. vanilla



Melt butter. Mix remaining ingredients. Bake 350 degrees, for 1/2 hour.

Eggless baking greatly reduces cholesterol, but can be a challenge. This recipe is tried and true. Give it a try!

### Pasta Salad

1 pkg. pasta spirals, (tomato & spinach best)  
1/4 cup extra virgin olive oil  
1/4 t. red pepper flakes, optional  
1 cup onion, chopped  
1 cup artichoke hearts, optional  
1 medium yellow pepper, chopped  
2 cups vegetable broth  
1 cup black olives  
1 can garbanzo beans (chick peas) or red beans  
1 can whole tomato with basil  
1/2 t. salt  
1 T. parsley  
3 garlic cloves, diced



Cook pasta according to directions. Sauté onion, garlic, and yellow pepper until just softened. Add broth, olives, garbanzos, and tomatoes; simmer 5 minutes. Place pasta in a large bowl. Pour sauce over and toss. Garnish with parsley. Enjoy!

— All recipes on this page submitted by Pat Fugate

# Yahweh's Hate List



In the Proverbs 6:6-19, we find a list of seven attributes that are abhorred by Yahweh. Do some honest soul-searching as you read these.

## 1. A Proud Look (“haughty eyes”)

People in this category look down on others. They are overbearing and condescending and hate superiors and scorn people they think are inferior. We all do this sometimes and must reject the tendency to do so.

## 2. A Lying Tongue

Do you find yourself caught up in telling so-called “little white lies”? Falsehood is wrong, period. Exaggeration is also considered lying.

## 3. Hands that shed Innocent Blood

While most of us have never committed the physical act of murder, keep in mind that Yahshua raised the standard. Even hating our brethren without a cause stems from a murderous heart.

## 4. A Heart that Deviseth Wicked Imaginations

Learn to control your thought life. *Planning* to do evil is worse than the sins committed out of weakness or ignorance. In Genesis 6:5, we read, “And Yahweh saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Antediluvian man had a depraved, reprobate heart.

## 5. Feet That Be Swift in Running to Mischief

Do not get caught up in the wrongdoing of the crowd. Maybe you want to fit in with your co-workers so you go to a movie with them that you know is not appropriate. Avoid the tendency to cave in to sin just so people will like you. Follow Yahweh no matter what.

## 6. A False Witness that Speaketh Lies

This can also be known as a “social slanderer.” These people are talebearers and gossipers. They damage unity among brethren by spreading rumors and false accusations.

## 7. He That Soweth Discord Among the Brethren

People in this category like to spread strife and dissension in a group. They drive wedges between friends, brethren, and family members. Let us not fall victim to any of these evil attributes!

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# The Garden



Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude, our garden must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends



Water freely with patience and cultivate with love.  
There is much fruit in your garden because you reap what you sow.

