

Sisters for Yah

Cows and Compassion

(Should we eat meat?)

By Sister Debbie Reed

“Then Yahweh said, ‘Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground,’”
Genesis 1:26

This morning, before grabbing my jacket to head outside, I looked out the window to see my cows patiently waiting for me at the feed tubs. Despite the big bale of hay by the fence and the newly-emerged springtime grass, they are always eager to dine on grain. Sometimes, they almost seem human in their understanding and acceptance of how things are. Watching them over the years, I have seen them express grief after losing a calf; curiosity as a cat ventures close; sadness when one of the herd leaves; boredom when left alone, fear when I’ve lost my temper and yelled at them, and anger when they’ve been wronged somehow. They baby-sit each other’s calves and console one another when sick or bereaved. And, even though I’ve had them dehorned, ear-tagged, and vaccinated and then proceed to steal their milk and send their calves off to the meat processor, they still look at me with a measure of trust. What beautiful, gentle and compassionate creatures they are!

So, you may rightly ask, how can I eat beef? Many question the practice of



killing animals for food. In fact, some are so repulsed by the idea of eating meat that they assume a vegetarian diet. Was mankind meant to only consume a plant-based diet? Often, Genesis 1:29-30 is used in support of this viewpoint:

Then Yahweh said, “I give you

every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground – everything that has the breath of life in it – I give every green plant for food. And it was so.” A further reading of the Scriptures, however, clarifies that there is no plant-only diet directive.

“Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to Yahweh. But Abel

Inside this issue:

Cows and Com...	1
Helpful articles	3
Recipes	4

brought fat portions from some of the firstborn of his flock. Yahweh looked with favor on Abel and his offering ..." (Gen. 4:2-4). Why did Abel have flocks if not for food and why did he offer the choicest portions to Yahweh if eating meat was forbidden?

As Noah entered the Ark, he was told to take seven of every kind of clean animal but only two of every kind of unclean animal (Gen. 7:2). Why would there have been a distinction between clean and unclean animals? Were they not used for food? When the floodwaters receded and Noah, his family and all the creatures came out of the ark, the first thing Noah did was to build an altar and sacrifice "some of the clean animals and clean birds" to Yahweh (Gen. 8:20).

Just before leaving Egypt, when the first Passover was instituted, Moses and the Israelites were commanded to slaughter a lamb, smear its blood on their doorposts, and roast it over a fire. Later,



as they wandered in the desert, the Israelites were given specific instructions for building the Tabernacle, the Ark and the Altar for burnt offerings. Not only did Yahweh instruct them in the timing and purpose of animal sacrifices, but he proceeded to tell the Israelites how to prepare the animals and which parts to eat.

The animal sacrifices performed by Abel, Noah, and Moses all foreshadowed the sacrifice of the Messiah, the Lamb who would take away the sins of the world. It was an act of faith. The sacrificial animals were to be blemish free, or perfect, as was our Savior. The killing of the innocent mirrored His blamelessness. And, just as the meat was necessary for the physical body to live, Yahshua's sacrifice was necessary for the spiritual body to live.

But, even though mankind was given dominion over the animals and allowed to consume of them He had decreed clean, he was not given permission to torment them. Then, as now, farmers bonded in a special relationship with their herds as they fed, watered, nursed, and protected them. Cattle, sheep, and goats roamed outside, grazing on green pastures in the fresh air. Sacrifices were offered humanely by the Levites.

How different we find the production of meat and dairy products today! Many animals are raised on bleak feedlots, wandering around in manure with little or no access to grass or even sunlight. The production lines of large slaughterhouses cannot ensure that each animal is killed humanely.

(Continued on next page)

Chickens may live their whole lives caged up in smelly, light-deprived poultry sheds to insure their meat will be tender and to maximize egg production. I surmise Yahweh is not pleased with mankind's treatment of His creatures.

The truth is, that every time one eats meat, an animal had to die. This truth may be hard to swallow and it is preferable to ignore this fact while munching on a juicy cheeseburger.

How is it possible to reconcile the sacrifice of an animal for food with our desire to be good caretakers of that which Yahweh has created?

- ◆ Many people had not, and do not, eat meat everyday. Consume meat sparingly, as a condiment rather than the main course and eat meatless meals throughout the week. A diet based heavily on meat not only kills more animals, but has been shown to cause many diseases in the consumer as well.
- ◆ Try to purchase beef or poultry from a local farmer who grass feeds or free ranges his livestock rather than buy the feed-lot, grocery store variety. If more people would do this, perhaps the huge feedlots and poultry 'prisons' would cease to exist.
- ◆ Don't waste your food. Only fill your plate with as much as you will eat. Much time, effort, and expense went toward your meal.
- ◆ Remind your children and yourself that a life was taken, a sacrifice was made, so that they, and you, might nourish your bodies.
- ◆ Remember to give thanks to Yahweh for that which He has provided and show your respect and love for Him by not abusing or taking His gifts for granted.



RESOLUTIONS

(Anonymous)

Many people in the world make new years resolutions in January. Yahweh's new year began last month in April, so some of Yahweh's people have been setting goals for the new year. It is always good to set healthy goals. Some have said they are determined to eat better and exercise. Others are looking at studying the Bible more and praying much more often than they had been. As we begin Yahweh's new year, we may have been painfully aware that we failed Yahweh last year in many ways. Perhaps we succumbed to temptation, or denied Him in the way we lived. It is good to examine ourselves! If we truly love Yahweh, we will obey Him.

In John 21:15 we read, "So when they had eaten breakfast, Yahshua said to Simon Peter, 'Simon, son of Jonah, do you love Me more than these?'" Very interesting question. Yahshua has a wonderful way of restoring us when we fail Him! He did not berate Simon Peter, but rather asked him to reaffirm his love for Him. Peter had miserably failed Yahshua when he fled with the other disciples from the Garden of Gethsemane. And later, he even denied that he knew Yahshua. I can't even begin to imagine how horrible Peter must have felt afterwards. Would I have even been able to live with myself after failing Yahshua so badly? Yet Peter's situation gives us hope. We all fail. Humans are weak and unstable. But Yahweh does not discard us. Instead, He works with us.

I'm determined to make this new year much better than the last. I'm making a conscious choice to study and pray more. I'm also making it a point to follow Yahweh's lead more, instead of taking matters into my own hands and doing what I think is best for me. Submitting to another has never been easy for me. I struggle with self-centeredness too. But I also feel a renewed drive to make things better! I pray you do also.

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 Corn Casserole

1 (8 ounce) package cornbread mix (be sure it doesn't contain lard!)
1 can corn (15 ounce), drained
1 can creamed corn (15 ounce), undrained
1 cup sour cream
1/2 cup melted butter

Preheat oven to 350 degrees. Spray 8 by 8 inch pan with nonstick cooking spray. Mix all ingredients. Pour into pan. Bake about 55-60 minutes. Casserole is done when butter knife comes out clean when inserted in center.



Golden Delight Pancakes

(Sister Loretta Overman)

1 cup cottage cheese
6 large eggs
1/2 cup flour
1/4 t. salt
1/4 cup light oil
1/4 cup milk
1 t. vanilla

Heat griddle to 325 degrees and lightly oil.

Place all of the above ingredients into a blender. Blend on high speed for one minute, stopping once to stir down with a rubber spatula.

Use approximately 1/4 cup of batter to make each 4" pancake. Lightly brown the pancakes on both sides, but do not overcook.

Serve with syrup, honey, yogurt, or your choice. Our favorite toppings are blueberry sauce with a dusting of powdered sugar on top or strawberries and whipped cream. I've been making this recipe for over 45 years and my children loved them any time of the year.

