

Sisters for Yah

MAY 2017

No fault, no responsibility???

Every year, hundreds of thousands of marriages are dissolved under the law called "no-fault divorce." This is the modern way for two people to wash their hands of their marriage and terminate all responsibility to one another. Yahweh never intended it to be this way. He wanted marriages to last till "death do we part." The obvious cure for our divorce epidemic is a return to Biblical accountability and righteous responsibility to keep our covenants, vows, and commitments!

It seems the world is making it easier and easier for couples to divorce. Nowadays, if no one is at fault, no one can be blamed. Many people don't even try to work on their marriages. They divorce, for some of the silliest reasons.



Selfishness plays a big role in divorce too. We should be willing to do everything we can to love and serve our spouses. This doesn't guarantee a perfect marriage, of course, but you can sleep at night knowing that you've done everything you could in Yahweh's sight. Yahweh takes vows very seriously. In fact, we read that it is better to not make vows at all!

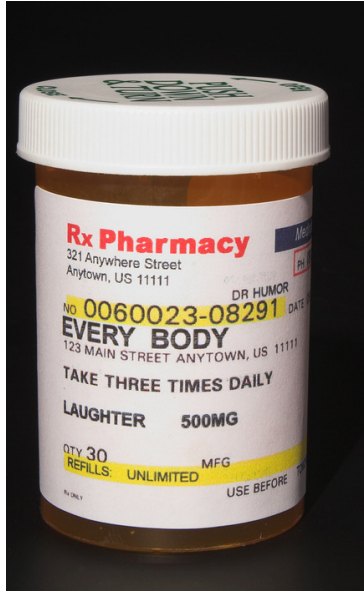
For instance, baptismal candidates are counseled before their baptisms to make sure they know just how serious their vow to Yahweh is. Ultimately, it is a matter of life and death. The marriage vow may not be as serious as the baptism vow, but it still bears grave responsibility. Couples should avoid quick marriages based on feelings alone. They would do well to spend time with couples who have been married for a long time. Wisdom can make all the difference.

It's very important to model this kind of commitment for our children. Parents play the biggest role in their children's lives. Let's keep our vows!

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Laughter is the best medicine!

A woman saw her husband weighing himself on the bathroom scale. She noticed that he was sucking in his stomach. She chuckled, “That won’t help!” He replied, “It sure does help! It’s the only way I can see the numbers on the scale.”

A game warden came upon a man at the lake who had a fishing pole in his hand in a “no-fishing” zone. The warden warned the man, “It’s illegal to fish here, Sir!” The man calmly replied, “Don’t worry, I’m not fishing. I’m just teaching my worm to swim.”

Making compost quickly

Let’s face it, compost doesn’t happen overnight. The sooner you can get your pile cooking, the faster it will break down.

1. First of all, pick a spot in your yard and start your pile. Here’s some items you can add to it from inside your home: vegetable scraps, dryer lint, paper towel rolls, shredded paper, coffee and tea grounds, etc. Do NOT include dairy products, meat, grease, or pet waste!
2. Outside sources to add to it include grass clippings, leaves, small sticks and twigs, plant clippings, and chicken manure. Avoid using horse manure and anything that contains persistent herbicides such as hay.
3. Don’t overcomplicate it either! You may find books that claim you have to have a proper ratio of green waste and brown waste. This is not necessary. Just keep adding to your pile. Focus on building a nice mix of green and brown without worrying about proper measurements. Shoot for an overall size of about three or four feet wide and tall.
4. Invest in a pitchfork and mix it up. At least once a week (but more is better), turn your pile over as best you can. It will get harder as you add more volume. Your goal is to add more oxygen into the center while blending it all together. Air is very important to the success of quick compost, because live microorganisms are consuming the components and they need to breathe.
5. Finally, add water. Don’t overwater, but aim for making it moist like a damp sponge. A dry pile is one reason components don’t break down sooner.



Diabetics can still enjoy snacks!

When people are diagnosed with diabetes, they often wonder if they can ever enjoy snacks again. The answer is yes! They just need to be careful and choose lower carb options. This list is not all-inclusive, but can give you some ideas:



1. 1 whole avocado. Avocados are very low in carbs, and will leave you feeling satiated.
2. A handful of nuts, especially almonds.
3. Natural peanut butter (buy the type with no sugar added) on celery. A safe limit would be 3 celery sticks with one tablespoon of peanut butter.
4. 5 baby carrots.
5. 5 cherry tomatoes with a tablespoon of Ranch dressing.
6. 1 hard boiled egg.
7. 8 green olives.
8. 1 cup fresh blueberries.
9. 1 string cheese stick.

Eat colorfully!

Nutritionists have known for decades that the more colorful a food is, the healthier it will be. Berries of all colors are some of the healthiest foods you can eat. Substances in the berries, which give them their color, have positive effects on blood platelets. It is even shown that blueberries can prevent obesity, diabetes, and chronic inflammation.

Also, choose the more vibrant green leafy vegetables, instead of iceberg lettuce, which has virtually no nutritional benefits. When it comes to potatoes, sweet potatoes are the hands down winner.

The exception would be cabbage. Even though the leaves are pale green, you glean a lot of benefits.

Essential oils can benefit your health

People have been using oils since ancient time, including those who lived in the lands of the Bible. For instance, the oils of frankincense and myrrh were applied to the skin for healing.

1. Lavender has been studied extensively. One study showed a significant calming effect prior to surgery for those who received lavender aromatherapy! Can also be used in your bathwater.
2. Chamomile flowers in the bath can calm skin rashes. Also good for bug bites.
3. Lemongrass can heal skin infections, and even possibly ease stress.
4. Eucalyptus is wonderful for clearing sinus congestion.
5. Tea tree oil has antifungal properties.
6. Citrus oils actually have an uplifting effect. Great before heading to the gym to provide more energy.



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Fruits and Veggies Smoothie

1/2 cup water
2 cups kale or spinach
1 1/2 cups cubed pineapple
1 ripe banana

Blend until smooth. You may need to add more water. If desired, you can also add a handful of berries for variety.



Complaint-proof ways to get your kids to eat more vegetables!

One of the most common complaints I hear from mothers is, “My kids won’t eat veggies! What can I do to get them to?” The following ideas are tried and true:



1. Try adding veggies to smoothies! Kids love smoothies, and oftentimes they won’t even know that veggies are in there. For instance, you can throw in a handful of fresh spinach to a banana-orange smoothie, and the sweetness of the banana will completely cover the bitterness of the spinach.
2. Kids love spaghetti. Consider adding pureed veggies to the sauce. Carrots, zucchini, spinach, onion, and other squash are wonderful in tomato-based pasta sauces.
3. Kids also love pizza! You can finely chop veggies and mix them into the pizza sauce. Then cover the whole thing with a light layer of cheese. Be sure to go light on the cheese. Medical studies have shown that too much dairy products (especially cow dairy) might lead to allergies and increased ear infections in small children.
4. Hide veggies in your favorite meat loaf recipe.
5. Stews and soups are also a great way to get more veggies.
6. Make veggies fun. For instance you can put peanut butter on celery stick and place raisins on them for “ants on a log.”
7. Consider involving kids in a small vegetable garden. Studies show that if kids are involved in the gardening process, they will eat more veggies!