

Sisters for Yah

Desperately seeking shelter

A few years ago, an article appeared about the homeless problem in Vancouver, British Columbia. A local charity came up with the wonderful idea of creating specialized benches that convert into temporary shelters. The back of the bench pull up to create a roof to shield people from wind and rain. At night, these sleeping spaces are easy to see because they have glow-in-the-dark lettering that read; THIS IS A BEDROOM.

The need for physical shelter is certainly crucial for our well-being. However, many people don't realize that spiritual shelter is of great important also. Yahweh says that He is a refuge for us when we are trouble. In Psalm 61:2, King David languishes, *I call as my heart*



grows faint; lead me to The Rock that is higher than I. When we're emotionally overloaded, we are a great deal more vulnerable to Satan's tactics. All of Yahweh's people need the Source of stability and safety. When we take refuge in Yahweh, we will have victory over Satan. The devil is a master at influencing our tired minds and hearts. Three the most potent emotions he plays upon are fear, guilt, and lust.

When we are overwhelmed we can find peace and protection in Yahweh. Yahshua tells us, *In Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world,* John 16:33. Another tactic of Satan is to convince believers that Yahweh is less accessible than their "comfort mechanisms." When people are stressed and wanting comfort, they often turn to other things besides Yahweh to comfort themselves, such as overeating, drugs, gambling, excessive TV viewing, web surfing, impulsive shopping, etc. But the truth is Yahweh is near to every one of His people. We only need to reach out and pray!

I learned from one individual that when he is stressed out, the first thing he does is pray for comfort. Remarkably, in this man's experience, comfort comes very quickly when he is honest with Yahweh about his true feelings. Temptations have no power over us when we realize that Yahweh has made a way of escape from any temptation we may have. See 1 Corinthians 10:13. HalleluYah!

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Prayer changes everything!

In Luke 18:1-8, Yahshua told His disciples a parable to show them that they should always pray and not give up. Have you ever had one of those days (or weeks, months, years, etc.) when it seems that every attempt to solve a problem is met with just another difficulty? I think we all have been there. One of the most comforting prayers a believer can pray is what I like to call the prayer of relinquishment. You present your requests to Yahweh and you trust that He knows best. You basically say, “Thy will be done” and mean it. Prayer is not a way of somehow coercing Yahweh into doing what we want. It is a process of recognizing and accepting His power and plan for our lives. We must yield ourselves and circumstances to Yahweh and trust Him to act in His time and in His way. This is not easy, of course. But it’s not impossible to accomplish. At the same time, we can also expect good things from our Father Who truly loves us! Yahshua’s encouragement to us is clear: Always pray and don’t give up!

WHAT WE THINK VERSUS THE TRUTH

What we think: I’ll never be able to find joy.

The truth: *Seek Yahweh and you will find Him. In Him, there is joy.* Matthew 7:7.

What we think: My mood is like a roller coaster. One day I’m up, the next I’m down.

The truth: *I can find happiness as I trust Him, day by day.* Psalm 16:5-11.

What we think: I’m so worried and anxious about everything. There is no room for joy!

The truth: *He consoles me and brings me peace.* Psalm 94:18-19.

What we think: My life is ruined. There is no hope.

The truth: *Yahweh can make us whole again.* Romans 8:28-39.

What we think: My sorrow is too great.

The truth: *He will restore and sustain me.* Psalm 51:12.

What we think: Nothing makes me happy.

The truth: *My joy is complete in Him.* 2 Corinthians 2:14-15.

Psalm 71:20, 23, *“Though you have made me see troubles, many and bitter, you will restore my life again;...My lips will shout for joy when I sing praise to You...”*



Benefits of drinking lemon water

Note: This article is meant for informational purposes only. See your physician for medical advice.

You may have heard the latest trend of drinking lemon water for health, as many celebrities have written books about the subject touting its benefits. It turns out that there may be some truth to this. Lemons are high in Vitamin C, which is crucial for health. In the 1700's, seamen suffering from scurvy added lemon juice to their diets for healing. The best time to drink lemon water is when you first wake up. Squeeze the juice of half a lemon in a glass of warm water. Add a little honey or stevia if you'd like to sweeten it. Don't gulp it down all at once, which can cause nausea. Sip slowly. Lemon juice also goes well in tea if you prefer. So what are the benefits?

1. As mentioned before, lemons are high in vitamin C. They also contain B vitamins, calcium, magnesium, and fiber.
2. Warm lemon water is hydrating.
3. Since it's high in Vitamin C, it can stimulate white blood cells, which is necessary for a healthy immune system.
4. Lemon water is alkalizing, which is thought to be beneficial for health. You may find it strange, since citrus is known to be acidic, but once metabolized by the body, it becomes alkaline.
5. Lemon water is good for digestion. It has the same effect as digestive bitters, which have been used for centuries. Some people say they have had less indigestion since drinking lemon water.
6. Lemon water may flush toxins from the liver.
7. Lemon water has been said to improve joint pain by removing uric acid.
8. Lemon water is great for colds and flu! Add turmeric to the water for an added boost.
9. Potassium helps alleviate anxiety and depression, and lemons contain a good amount.
10. You may notice your skin improving because of the hydrating effects.



Picking the perfect lemon

Lemons are extremely versatile! Try to purchase lemons that are bright yellow. The greenish ones are not completely ripe. Avoid buying lemons that feel hard or look dull. Thinner skinned lemons yield more juice than thick skin. How can you tell? Thinner skinned lemons have smoother skin rather than a pebbly appearance. However, thicker skinned lemons can be used for zesting in recipes. At room temperature, lemons stay fresh for about a week. For longer storage, place them in the fridge. Surprisingly, you can also freeze them whole. Just thaw them at room temperature when you need one.

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Kids favorite Sloppy Joes!

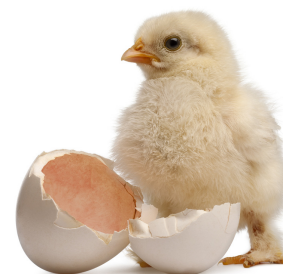
- 1 lb. ground turkey or beef, browned and drained
- 1 cup ketchup
- 2 T. sugar
- 2 T. vinegar
- 2 T. yellow mustard
- Buns to serve
- Cheese slices to serve, optional
- Simmer all ingredients on low 30 minutes



Spring recipes!

Spring Chicken and Asparagus Skillet:

- 2 T. butter
- 2 T. oil
- 1 large onion, halved and cut into thin slices
- 1 lb. boneless skinless chicken thighs (or breasts if you prefer)
- 2 t. dry Ranch salad dressing and seasoning mix (the kind in small packets in the salad dressing aisle)
- 1 bunch asparagus, woody ends trimmed
- 1/4 cup chicken broth
- Salt and pepper to taste



In a large skillet, Saute' the onion over medium heat in the oil and butter until slightly caramelized. Push to one side of the pan. Coat the chicken in the dry Ranch mix. Add to the pan and sauté for a few minutes each side until fully cooked through. Add the chicken broth to the pan and add the asparagus. Cook a few minutes just until the asparagus is crisp tender.

Spring Green Pea Soup:

- 2 T. butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 bags of frozen peas (16 oz. each)
- 1/2 t. dried dill
- 1 box of chicken broth (32 oz.)
- 1/3 cup half and half
- Salt and pepper to taste



In a soup pot, sauté' the onion till soft. Add the garlic and cook 1 minute. Pour in the peas. Add enough broth to cover. Simmer gently about 8 minutes. Season with the dill, salt and pepper. Mix in the half and half. Puree in small batches in a blender.