

Sisters for Yah

May 2007



Volume 1, Issue 5

You Can Choose!

Every day we are faced with many decisions. While some decisions are already made for us, we still have to choose to deal with life's many struggles in a righteous manner.

For instance, when someone is rude to you, do you automatically lash right back at the person? Don't let the bad behavior of other people cause you to respond in like manner. Remember that the Bible tells us to treat others as we want to be treated, and that we must even pray for our enemies!

Even though we each bear daily burdens, it is Yahweh's will that we go the extra mile to bear other people's burdens too, especially those of like faith. We also must learn to forgive when hurts or injuries come our way.

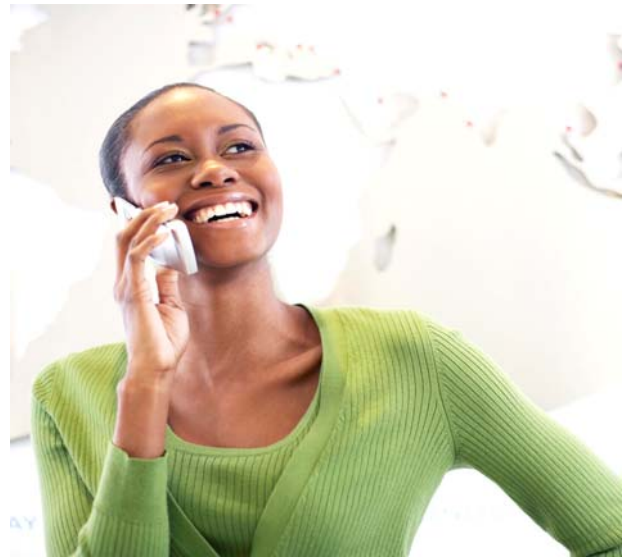
Even little acts of kindness can raise the spirits of someone who is discouraged. A smile, a word of kindness, an expression of support, can all make a difference to someone who is hurting.

What about our spiritual lives? We can choose to spend more time in prayer and Bible study. There is no excuse for not making time for Yahweh. We may find that we need to give up other lesser priorities to make time for Yahweh.

Every day we get a fresh start to make wiser decisions. Even physically speaking, we should choose healthier options in food and drink. When you wake up, will you automatically reach for that sugar-laden donut and wash it down with 3 cups of heavily-caffeinated coffee? Or will you make sensible choices for breakfast and throughout the day. If we don't feel good physically, our moods will suffer and we will not be living life to the fullest as Yahweh intended.

When we get to work, will we make wise use of our time? And when our boss snaps at us, will we choose to spread gossip or do we take the high road and pray for him or her like Yahweh expects? Let us choose life in all things!

(Anonymous)



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Knowing Yahweh's Will for You

1. Check your attitude. Are you ready to do Yahweh's will when it is known to you?
2. Check the Scriptures. Is the action you're considering consistent with the Bible's moral teaching?
3. Check Yahshua's priorities and His character. Will it have any impact on the advancement of Yahweh's Kingdom?
4. Check the effort on yourself. Will it nurture your own personal and spiritual growth?
5. Check the effect on people around you. Will it benefit other people by your decision?
6. Rely totally on the Holy Spirit. Have your prayers, your thought processes, and your honest request for spiritual guidance produced an inner feeling of righteousness in you?

Yahweh wants you to know His will for you and for you to do it. He will show you the way.

(Submitted by David Wilson)

What can I contribute to Yahweh's Work?



It has been several months since we were able to be back in the building at YAIY and now we have so much to do. We have started to print literature, our magazine, "YAIY Beacon", a monthly newsletter, and CD's and DVD's of Sabbath services. We have a wonderful website and we are starting to make DVD's to send to TV stations. All of this costs money and we can all have a part in doing Yahweh's work. You may ask, "How can I help?" and here are some ideas. Put all your loose change in a jar and donate it; If you use cents off coupons when grocery shopping, take that amount you save and donate it. If you do refunding, donate that money; collect aluminum cans and turn them in for cash; have a garage sale and donate that money or part of it. If you don't have enough things for a garage sale, get together with family or friends. Children can also be involved by selling Kool-Aid or lemonade.

I hope this has given you some ideas on how each of us can help spread Yahweh's word. Every amount helps and we need to be doing Yahweh's will while we can. May Yahweh bless His people!

Although this was published a number of years ago, I have since received requests to have it published again as it was enjoyed by many.

It's Jewish

When we present Yah's holy law, and arguments from scripture draw,
Objectors say, to pick a flaw, 'It's Jewish'

Though at first Yahweh blessed And sanctified His day of rest, The same belief is still expressed,
'It's Jewish'

Though with the world this rest began, and thence through all Scriptures ran
And Yahshua said "twas made for man"— 'It's Jewish'

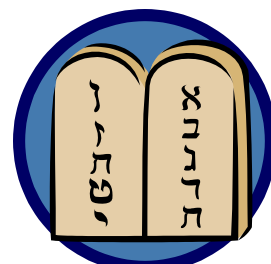
Though not with Jewish rites, which passed

But with the moral law 'twas classed, which must exist while time shall last,
'It's Jewish'



If the Bible we present, the Sabbath's meaning and intent,
This answers every argument— 'It's Jewish'

Though the disciples, Luke and Paul, continue still this rest to call
The 'Sabbath day', this answers all:
'It's Jewish'



The gospel teacher's plain expression, that "Sin is of the law's transgression,"
Seems not to make the least impression—
'It's Jewish.'

They love the rest of man's invention, but if Yahweh's day we mention,
This put's an end to all contention:
'It's Jewish.'

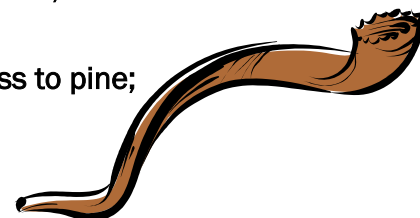
O ye who thus Yah's day abuse, simply because 'twas kept by Jews,
The Savior, too, you must refuse,
He's Jewish

The scriptures, then, we may expect for the same reason you'll reject;
For if you will but recollect,
They're Jewish

Thus the apostles, too, must fall;

For Andrew, Peter, James, and Paul, Thomas, Matthew, John, and all
Were Jewish

So to your helpless state resign yourself in wretchedness to pine;
Salvation, surely you'll decline,
It's Jewish



(Author Unknown)

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Latest Health News

Black Tea can calm jangled nerves! Even though tea contains caffeine, the content is low compared to coffee and soft drinks. In a recent study, half of the participants drank four cups of tea per day and the other half took a tea placebo every day for 6 weeks. At the end of the study, participants completed a stressful task and had their blood tested. Those who drank the tea had lower levels of cortisol (a hormone released during stress). They also reported feeling less stressed.

Coming Soon!
www.sistersforyah.org

Excessive salt consumption is bad for your health. In fact, The American Medical Association has asked the FDA to downgrade sodiums status so it will no longer be “generally rec-



ognized as safe.” So how much salt is safe to consume per day? Experts say to limit your consumption to 1 teaspoon per day (2,300 mg.) Regrettably, many restaurant and packaged food makers add 1 to 2 teaspoons per meal!



Here's yet another reason to eat whole grains: Excessive consumption of refined carbohydrates can increase your risk of kidney cancer. White bread, pasta, and other refined carbohydrates can cause glucose and insulin to rise quickly in the blood, which can play a role in triggering kidney cancer. Replace white bread and pasta with whole grain varieties. Eat a piece of fruit for dessert instead of sugary items like cakes and cookies, and drink water instead of soda or sweetened juices.

(Anonymous)