

# Sisters for Yah

## Back from the Feast of Tabernacles!

It's hard to believe that the Feast of Tabernacles is over already! I always have mixed feelings at the end of Tabernacles. I feel joy while we are there, but then feelings of sadness begin to creep in. The Feast is the last fun thing we get to do before a long cold winter in Missouri. The months seem to drag on until we finally reach springtime and the spring Holy Days.

Other ladies have expressed the same thing to me many times, that they dread the long winter months, and anxiously await the spring, so that they can be with brethren again. Don't despair! There are some things you can do in the meantime, while waiting for the next Holy Day season.

While we are at the Feast, we are immersed in daily services and several Bible studies. Don't stop now that you are home. Continue the practice of Bible study. YAIY also offers Sabbath sermon CDs or DVDs free for the asking.

The biggest thing that people enjoy is the daily fellowship of like-minded brethren during the Feast. Many are extremely isolated in their respective locations, and the Feast is often the only time they get to be with others. But you can still have long distance fellowship. Don't lose touch with one another! Call, write, email, or skype the people you have met. Yahweh's people really need each other. If you start to feel lonely, grab some Feast photos and reminisce.

Look back on what you have learned at the Feast. I still have notebooks going back as far as my first Feast in 1992. I'm often amazed at how I have changed, and what I have learned over the years!

Most of all, prepare to come back next year! Start saving money now. See our mini-study on ***Yahweh's Appointed Feast Days: Now You CAN Afford to Attend.*** Yes, it's very early, but the Feast is never too far away on your calendar to begin planning.



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## Brilliant uses for cinnamon!

I recently found three unused bottles of cinnamon at the back of my spice cabinet. They were pretty old, but still smelled good, and I didn't want to throw them out. So I scoured the web for ideas on how to use them up!

1. Besides the obvious baking ideas, I found that you can also sprinkle cinnamon in your morning coffee, tea, or hot chocolate. Cinnamon is very healthy for you! It also tastes great on buttered toast, in oatmeal, and added to any kind of cold or hot cereal.
2. You can use it to freshen your carpet. Just mix 1 T. with 1 cup of baking soda. Sprinkle it all over and let sit 5 minutes. Then vacuum. It smells amazing! You might want to do a spot test in a small area first to ensure it won't stain.
3. It can cure foot fungal infections. Just soak your feet in 2 t. of cinnamon in warm water for 20 minutes. Cinnamon contains powerful anti-fungal properties.
4. Use it as a facial scrub. Mix a teaspoon of cinnamon with 1 T. of brown sugar and 1 T. of olive oil. Massage onto face and let sit for 10 minutes. Rinse with warm water.
5. Cure fungus on plants. If you see white or yellow powdery spots on your houseplants, scoop away the moldy soil and replace with fresh soil. Then sprinkle cinnamon on the top layer..
6. Use it as an air freshener. Boil 2 cups of water. Add 1 T. of cinnamon. Lower the heat to a simmer. The aroma will waft through your home. Add more cinnamon if you want a stronger scent.
7. Eliminate "doggy breath." sprinkle 1/8 t. per day on your dog's food. For very large dogs, use a 1/2 t.
8. Clear up nasal congestion. Mix 1 T. honey and 1 t. cinnamon in 8 oz. of warm water. Do this twice a day.
9. Soothe a painful earache. Warm 1 T. of cinnamon in 1/2 cup olive oil. Let cool. Use a coffee filter to strain. Place 2 drops of liquid in your ear twice a day.
10. Help banish a blemish. To zap a pimple, mix 1 t. cinnamon with 1 T. honey. Apply to the blemish and leave on for 15 minutes. Rinse with warm water.



## It was in the Bible first!

We read in Scripture that we should always give thanks to Yahweh! A recent article was published about the power of gratitude. The research was extensive. Scientists found that heart patients who were thankful for their lives slept better and had none of the complications of those who were less grateful! Many doctors are now encouraging their patients to keep a "gratitude journal" in which they kept a daily log of the things they were thankful for. Scientists found that positive people were both mentally and physically stronger. This is what Yahweh was saying all along! If only more "medical researchers" would read the Bible.

## *How to stay positive when everything seems so negative*

1. Be grateful for even the smallest things. It may seem like everything in your life is falling apart, but look at what is working. Did your car start this morning? Was the plumbing working in your home? You may need to dig deep to find anything to feel good about, but there is something!
2. Look for the silver linings. Yes, it's easier said than done, but try to ask what benefit this trial will have for you. Building better character? Or perhaps purging you of things that are keeping you from Yahweh?
3. Remember that sometimes the greatest breakthrough occurs during the worst trials. Having read many books and articles about people who have overcome insurmountable odds, I'm convinced that NOTHING can ever destroy a person's mind, unless they allow it.
4. Look at the big picture and focus. Ask yourself, "In ten years, will I even remember going through this?" Years ago, I went through a particularly difficult trial that I thought would destroy me. Now I look back and realize that it was good from me to experience that trial. I can now see Yahweh's hand in it.
5. Discouragement can be tool of the devil to rob you of your joy. Recognize the enemies tactics. Discouragement can put a major damper on your spiritual life! Don't let this happen to you.
6. Read the Bible and other inspirational articles, particularly from people who have been through what you are currently going through. They may offer helpful advice on how to overcome a particular situation.
7. Reach out to others. Ask them to pray with you and for you.
8. Take a break. Forget about your problems for just a bit and go out and do something fun. People often say that taking a break re-energizes them and makes them think more clearly, therefore making it easier to come up with an action plan for solving stubborn problems.

## 12 RULES FOR SUCCESS

### Remember:

The value of time  
 The success of perseverance  
 The pleasure of working  
 The dignity of simplicity  
 The worth of character  
 The power of kindness  
 The influence of example  
 The obligation of duty  
 The wisdom of economy  
 The virtue of patience  
 The improvement of talent  
 The joy of originating.

—Marshall Field





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## Autumn Breakfast Smoothie

Grab your trusty blender, and get ready for a speedy breakfast that you can make in 5 minutes!

- 1/2 cup canned pumpkin puree
- 2 T. pure maple syrup or honey
- 1 frozen banana
- 1/2 cup old fashioned oats (not instant)
- 1 graham cracker crumbled
- 1 1/2 t. pumpkin pie spice
- 1 1/4 cup milk of your choice (dairy or non-dairy)

...Blend until nice and smooth.  
Serves 2. Enjoy!



## Go nuts!

A recent study found that people who ate more nuts and seeds lived longer than those who didn't. Here are some awesome ideas for adding more to your diet:

1. Sprinkle toasted nuts on your salad instead of croutons.
2. When you want a quick snack, just eat a handful of nuts (and fruit) instead of grabbing a candy bar or bag of chips.
3. Add nuts to your cereal or oatmeal.
4. Garnish sautéed veggies with toasted nuts or sunflower seeds instead of heaping on the cheese.
5. Instead of always eating meat and cheese sandwiches, try switching things up a bit by going with almond butter or peanut butter.
6. Replace breading on baked fish or chicken with a coating of chopped nuts.
7. Add nuts and berries to plain yogurt.

