

Sisters for Yah

The best Feast ever!

We just returned home from the Feast of Tabernacles, and I must admit that resuming my normal daily routine has not been easy. Let's face it, after spending eight joy-filled days with other brethren, real life can feel bland and uninteresting. But return to normal life, we must. I believe that one reason Yahweh wants us to keep the Holy Days, is because He knew that His people needed to re-charge their spiritual batteries! For eight days, we heard inspiring messages and mind-stimulating Bible studies.

We need to keep the fire going, so to speak. Just because we are resuming "normal" life, we can't allow ourselves to fall into a slump. I encourage all of you to continue passionately studying the Scriptures. Go over your notes from the Feast and re-listen to the messages on YouTube.

For many who attended, this was their only opportunity to visit with other brethren. Most believers live in remote areas with no one to regularly fellowship with. Plan to keep in touch with each other! Letters, calls, emails, and cards can keep us all connected even if we are not together physically. It's important that we keep our relationships with one another nurtured. Brethren, we're family. Let's try to encourage and comfort one another.

This Feast was also challenging for some attendees, who were attending all by themselves for the very first time after attending with spouses previously for many years. Yes, there were tears shed for those precious spouses who had passed, but Yahweh provided a strong support system for those who needed extra love and strength. I felt an incredibly strong unity among our group this year. This is what it's all about.

I even witnessed what I consider some incredible miracles. For instance, Yahweh made a way for some to attend against all odds. I also saw a lot of spiritual and character growth in the eight days we were at camp, which is

extremely encouraging. We also had more children in attendance than many previous years. Children truly are a blessing from Yahweh, and I can still imagine their joyful laughter.

We were also thrilled to witness a baptism by a young man truly dedicated to Yahweh in both his words and actions. Keep the faith, brethren, until we meet again!



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Losing your life?

In Matthew 16:5, we read, *“For whoever desires to save his life will lose it, but whoever loses his life for My sake, will find it.”*

Believers are commanded to lose their lives, but what does this really mean? Some say this only means losing our lives in martyrdom (which indeed can happen, of course). But I believe the deeper meaning of this Scripture is that we deliberately release our lives to Yahweh and His Kingdom. Yahshua modeled this concept perfectly during his short time on earth. He always put Yahweh’s will first. As a result, Yahweh highly exalted Him and brought salvation to the world.

One of the greatest hindrances to putting Yahweh first, of course, is ourselves. It is natural to want to protect the “self.” It’s easy to turn over to Yahshua the things that are not a sacrifice, or that you would prefer to do without anyway. It’s usually much harder to give up things that may be dear to you. We are not required to give up good things (unless they become an idol, of course), but the “good” things should always be in subjection to Yahweh, Who should always be our first priority. Pray that Yahweh will reveal anything or anyone that may be standing between you and Him.



MODERN DAY IDOLS

When most people think of idols, little clay pagan statues come to mind. But in reality, an idol is anything you hold in higher esteem than Yahweh. For instance, in our modern world, entertainment seems to be one of the biggest idols. Most people know more about the latest celebrity or movie than they do about Yahweh and Yahshua. It’s critical that believers get their priorities straight. Yahweh wants to be the only Ruler in our lives. He won’t play second fiddle to anything



or anyone. Do some serious self-reflection on this matter. Think about the things that you worry about. Money? Health? Finances? Family? Oftentimes, our worries can give us a clue as to what our individual idols may be. It is time to de-throne “self” and to accept that Yahweh is ultimately on the throne. Most of all, don’t get discouraged if you discover some painful truths about yourself. This is how growth can occur in your life. Acknowledging the things you struggle with can open doors to improve your situation. Yahweh will be with you every step of the way. He never says

no to a sincere believer who truly wants to change. His ears are open to our cries day and night!

Doing chores is good for kids!

Kids feel needed when they contribute to the family by doing chores. Helping around the house—indoors and out—builds self-confidence and self-esteem. Doing chores also helps kids to learn to communicate and work as a team. Plus, they get a leg up on adult life skills. Studies show that kids who routinely take out the trash, wash dishes, and perform other chores acquire competence, feelings of self-worth and a sense of working for the common good that follows them throughout their lives. Even very young children can contribute.



Ages 2-3: Help make bed, pick up toys and books, put laundry in hamper or laundry room, dress themselves (with help), help wipe up messes, and set place mats on table.

Ages 4-5: Make the bed, empty wastebaskets, bring in mail or newspaper, help set and clear table, water flowers and indoor plants, unload utensils from dishwasher, feed and watch pets, match laundered socks.

Ages 6-7: Help sort laundry, help fold and put away clothes, sweep floors, set and clear table, help make and pack lunch, weed and rake leaves, keep bedroom tidy.

Ages 8-9: Help load dishwasher, help put away groceries, vacuum, help make dinner, make snacks, make own breakfast (such as cereal), cook simple foods, mop floors, help walk pet, help with younger siblings.

Ages 10 and above: Unload dishwasher, clean bathroom, wash windows, wash car, cook simple meals, help iron clothes, do laundry, clean kitchen, change bedsheets, babysit younger siblings (with adult at home).

Food and Sleep

Did you know that what you eat before bed can affect the quality of your restorative sleep? The best foods for a good night sleep are as follows: bananas, herbal tea, cheese, small pieces of chicken or turkey, hard-boiled eggs, tart cherries, milk, quinoa, whole grain crackers and yogurt. The worst foods? Avoid anything greasy or overly high in sugar. Also, try not to eat any foods that induce indigestion such as spicy foods. Caffeine and alcohol also has the ability to disrupt your sleep. Most of all, don't eat too much before bed. Digestion can be hard on your body when it's trying to rest.



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Cozy Hot Pumpkin Beverage (3 servings)

- 2 cups milk, regular or almond
- 1 1/2 cups plain pumpkin puree
- 2 T. light brown sugar
- 1 1/2 t. ground pumpkin pie spice

Whipped cream, to top, optional.

In a saucepan, heat the first four ingredients until steaming hot.



Easiest chili

- 1 pound ground beef, cooked, crumbled, and drained
- 1 packet chili seasoning
- 1 can diced tomatoes, undrained
- 1 can beans, undrained

Mix all ingredients and heat through.

Make your bowl of chili even yummier!

Nothing says comfort food like a steaming hot bowl of chili. Try the following topping combinations to take your favorite chili recipe to a whole new level:

- Thinly sliced radishes, lime juice, and cotija cheese crumbles
- Guacamole and crunchy corn chips
- Shredded sharp cheddar cheese (or any favorite cheese), crunchy corn chips, and a dollop each of sour cream and salsa
- Turkey bacon crumbles, jalapeno slices, croutons, and melted cream cheese thinned with milk
- Corn kernels, chopped red onions, shredded cheese, and chopped fresh cilantro
- Cheese curds (such as cottage cheese), French fries, and chopped fresh parsley.

