

Sisters for Yah

The most "WONDERFUL" time of the year? No Way!

I always have to chuckle when I hear the classic Christmas song, "It's the most wonderful time of the year." Someone should really re-write that song to be, "It's the most stressful time of the year"! Having returned from Yahweh's awesome Feast of Tabernacles, believers find themselves thrown back into the world's false systems. Most of us dread this time of year, starting with Halloween and ending with Easter in the spring. Admittedly, this can be the most difficult time for us. Even unbelievers suffer during these worldly pagan holidays. Did you know that a shocking number of suicides take place around Christmas time? Depression and anxiety also increases during this time period, too, because of less sunlight and shorter, darker days.



Many experts believe that one of the reasons might be the added financial stress of celebrating worldly holidays, as

people spend thousands of dollars buying Christmas presents and everything that goes along with the holidays.

But believers experience stress too. We get sick and tired of the pressure from unbelieving family members and co-workers, as they try to coerce us into joining their celebrations, often using guilt to make us feel bad. Stay strong, Sisters! But also stay gentle. Don't allow yourself to get pulled into useless arguments—nothing good can come from screaming matches. But, by all means, do share your faith, especially with those that seem receptive. Always do so in a pleasant and cheerful manner. Never try to force your beliefs on another person! Believe me, some of us have tried this and the results are always disastrous.



Time flies, as we all know. Soon spring will be here and Yahweh's true Holy Days will begin. Until then, keep the faith and pray, pray, pray!

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The ABC's of Friendship

Accepts you as you are
Believes in you
Calls you just to say "hi"
Doesn't give up on you
Envisions the whole of you (even the unfinished parts)
Forgives your mistakes
Gives unconditionally
Helps you
Invites you over
Just to "be" with you
Keeps you close at heart
Loves you for who you are
Makes a difference in your life
Never judges
Offers support
Picks you up
Quiets your fears
Raises your spirits
Says nice things about you
Tells the truth when you need to hear it
Understands you
Values you
Walks beside you
eXplains things when you don't understand
Yells when you won't listen, and
Zaps you back to reality



Amazing Chocolate Avocado Pie

We enjoyed this at the Feast of Tabernacles, and so many people wanted the recipe, so here it is!

1/2 cup water
 1/2 cup honey
 1/3 to 1/2 cup cocoa (to taste)
 1/8 to 1/4 t. salt (to taste)
 1/2 cup expeller presser coconut oil
 2 avocados, about 4-5 ounces each
 1 t. vanilla extract
 1 8 inch graham, crumb, or nut crust



Bring water and honey to a boil; add cocoa and salt. Stir till smooth. This "blooms" the cocoa, bringing out the flavor. Pour into blender or food processor. Add the avocado pulp, coconut oil, and vanilla. Blend till smooth. Pour into crust. Chill for 4 hours. Let stand at room temperature 10-30 minutes before serving.

Helpful Tips

Like broccoli? Buy it fresh!

For years, the “experts” have said that frozen broccoli was just as healthful as fresh. However, recently they found that only fresh broccoli contains the enzyme myrosinase, which is a powerful antioxidant. Antioxidants are known to fight disease and keep us healthy. Apparently, freezing destroys this enzyme in broccoli. If you do still use frozen broccoli, try pairing it with radishes, mustard greens or arugula to replace the lost enzyme.

Shocking produce

Make your produce last longer by heat shocking. Yes, tests show that it really works. Heat shocked strawberries, broccoli, green beans, and celery can last 4 days longer or more. Here’s how to do it: fill a large pot with hot tap water. Submerge any type of produce for 3 to 5 minutes. That’s it! Remove from the water and dry with paper towels, then store in the fridge.

Try chamomile tea. Not just good for sleeping anymore.

We hear a lot about green tea’s health benefits. But give chamomile a try. It has long been used as a natural sleep aid, but recent research from the National Academy of Science has learned that chamomile is loaded with good elements. They even found it to be able to attach to and destroy cancer cells. Just be aware that you should avoid chamomile tea if you have a known allergy to anything in the daisy family. Everyone else can enjoy chamomile tea as often as desired!

Potatoes to the rescue!

Did you know that raw potatoes can relieve itching, insect bites, and burns? Simply slice off a piece and place on the affected area. Potatoes have a natural “drawing” effect, and can draw out the substances that can cause itching.

More itch relief

Soak in an oatmeal bath to relieve hives and itching. In summer, this can also relieve sunburn. Oatmeal has deep healing properties for your skin. Sure beats buying expensive drugstore creams. Oatmeal is also a healthier option, as it contains zero harmful chemicals. As the old saying goes, never put anything on your skin that you wouldn't eat.



Keep ‘em crunchy!

Store crackers, chips, and tostadas in the freezer to keep them crisp. Two people have tried this and it really works! Secure the tops of the open bags with clothespins and pop any leftovers in the freezer until next time the snacking urge hits you.

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Luxurious Body Scrub

During colder weather, many women experience dry flaky skin, especially legs and arms. Pamper yourself with an easy homemade body scrub! This recipe creates an inexpensive scrub that smells nice and gently removes dead skin cells:

- 1 cup dark brown sugar
- 1/2 cup white granulated sugar
- 1/2 cup olive oil
- 1/2 teaspoon vanilla extract



Blend all the ingredients well and store in a large jar. After showering, massage the scrub all over dry skin areas, except soles of feet. This scrub contains oil, and you don't want to slip and injure yourself in the tub!

Crock Pot Recipes

Now that the weather is getting cooler, it's time to warm up with some yummy soup! Fall is the perfect time to dust off your crock pot and take advantage of hassle-free cooking.



Easy Spicy Taco Soup:

- 1 can (16 ounce) pinto beans, undrained
- 1 can (16 ounce) white beans, undrained
- 1 can (11 ounce) corn, undrained
- 1 can (11 ounce) Rotel tomatoes with chilies, undrained
- 1 can (28 ounce) diced tomatoes, undrained
- 1 can (4 ounce) green chilies, undrained
- 1 packet dry taco mix
- 1 packet dry Ranch dressing mix
- 1 pound meat, your choice, such as chicken breast or ground beef

Optional garnishes: sour cream, thinly sliced green onions, cheese, diced avocado, and/or crushed tortilla chips

Instructions:

1. First cook the meat separately in a skillet until done. Drain off any fat.
2. Next put all the ingredients in your crock pot except garnishes.
3. Cook on high for 2 hours or low for 4 hours.
4. Ladle into bowls and top with your favorite garnishes. This soup tastes wonderful with hot buttered corn bread on the side.

