

Sisters for Yah

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Living Worry-free in a Failing Economy

In today's economy there are many factors that make us worry. One, when facing these issues may ask themselves, "What are we going to do?" With or without children, we have pressing matters of food to eat and clothes to wear; not to mention bills to pay. Life is extremely difficult when we have so much to worry about and when we try to find a solution on our own.

Take a deep breath and let it out, Friend. Yahweh knows we need these things, and His Son ,Yahshua, has given us the best advice on what to do in these specific situations! Take heart, Yahshua has been where we are and has proven without a doubt that He knows how to make it through them! Three words: Trust in Yahweh.



Inside this issue:

Living Worry-free in a Failing Economy	1
Living Worry-free in a Failing Economy, cont...	2
You can beat cold and flu season/ Beans...?	3
Hot cereal for cold mornings!	4

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow? They do not labor or spin. Yet I tell you that not even Solomon in all of his splendor was dressed like one of these. If that is how Elohim clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ for the PAGANS run after all these things, and your Heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble on its own.” (Matthew 6:25-34)

(Continued on next page)

Being a woman, and ex-shopaholic, I can admit that I still catch myself running after clothes and shoes. But the truth of the matter is that I need to heed the advice of my brothers and elders of the Bible when they say not worry about these things, and to focus on the spiritual needs and desires over the fleshly sinful ones. I believe it is best said in Romans 8:5, “Those that live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

Romans 8:8 says it short and sweet, “Those who live by the sinful nature cannot please Elohim.” It makes sense that if we are caught up in these worldly desires and worries, we cannot focus on Yahweh which in truth is breaking the first set of commands. We are to have one master and that master is Yahweh. If we are enslaved by the desires to please our sinful natures then we cannot truthfully say that we are dedicated to pleasing the Holy Spirit of Yahweh, can we? Nor can we truthfully claim that we trust Yahweh as much as we should.

Now I am not throwing stones here. I have needed and will need a gentle reminder that I can trust in Yahweh one hundred percent in all matters. In fact, just recently I was rewarded for my patience in Yahweh. I needed two things: A pair of sunglasses and a baby playpen; I had no funds for either and I was not too concerned about it, knowing that in Yahweh’s time I would get them. Sure enough, I had gotten both free from our Heavenly Father and now I am no longer in need of either of them.

If you took a closer look at each trial and hardship that we face, it does just that, proves that we can trust in Yahweh in all things. So, Friend, it is true when we are instructed to, “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires, and greed, which is idolatry.” Colossians 3:5.

Let us walk in perfect obedience and love behind our trustworthy shepherd Yahshua. We can trust that He will lead us into the promised land. HalleluYah and thank you for reading! I love you all!

Our Seductive Culture

Make no mistake about it, the devil is active in the world. America’s conservative roots are being destroyed and dismantled. We see it daily being carried out by the liberal media and unscrupulous politicians. Sacred biblical principles are under attack and we as Believers are in a desperate fight against powers in high places. Even “conservative” religious-based programs sometimes make shocking false statements such as “The Bible is not to be taken literally” and “We need to change with the times, even if it means putting away ideas we have always believed in.” These so-called preachers are speaking nonsense! And millions upon millions of people are being swayed by their evil messages. Be careful, dear readers, we are living in a world exceedingly evil! Stay close to Yahweh before things get worse, because He is our only hope. The end may be closer than we may think. Prepare for Yahweh’s kingdom. Let us remain vigilant and not become lukewarm, so that we may join with Yahshua when He returns to change this world once and for all!



You can beat cold and flu season!

A chill is in the air, and with it, often comes the following common symptoms: Sniffling, sneezing, congestion, fevers, and body aches. But how can you tell the difference between a cold and the flu? Generally, a cold produces less severe symptoms than the flu. Many people can continue their usual activities with a simple cold. But the flu can be severe enough to significantly restrict one's daily activities. The symptoms of the flu are often much more severe than a cold, producing a higher fever, chills, and body aches. The good news is that you can take steps to reduce your risk of getting sick.

1. Wash your hands often! The most common way to catch a cold or the flu is to touch your face after your hands have touched a contaminated surface. Teach children to wash their hands often also.
2. Make it your policy to never touch your face in a public location. Supermarkets, ATM machines, malls, and any high traffic areas can be breeding grounds for viruses.
3. Give your immune system a fighting chance. Eat well and avoid lots of sugar. Studies show that sugar can impair your immune system for several hours after ingesting it. Get plenty of rest. Lack of proper sleep can also reduce your immune response.
4. Stay home from work or school when you are sick. There are many people who have compromised immune systems, such as the elderly and those who suffer from chronic illnesses. If you go out when you are sick, you could be putting these people at risk. For some of them, it literally is a matter of life and death.
5. If you absolutely can't stay home, try to make yourself as less contagious as possible by coughing or sneezing into disposable tissues. Also use hand sanitizer often, if you are not able to get to soap and water.
6. If you do get sick, drink lots of fluids and hot soup. There are actually medical studies that prove that hot chicken soup can make you well faster!

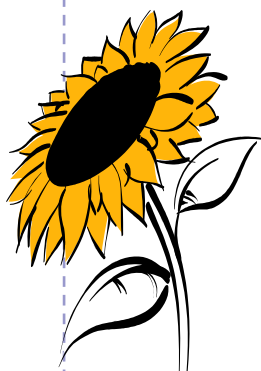
Beans, the new super food?

Legumes, which include beans, lentils and peas are good for you. But did you know that they can promote a healthy digestive tract? Not only that, they can save you money too! Legumes are the cheapest items to buy in bulk at supermarkets. They are high in protein, making them an excellent source besides meat and dairy. You can reduce your grocery bill by using beans instead of meat in many recipes. They can be added to soups, salads, and casseroles. Beans are also high in fiber, calcium, iron, and folate. Some studies indicate that beans can help maintain healthy glucose levels which is great news for diabetics! The high fiber in beans can also prevent certain types of cancer. So why not buy some beans today?



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Hot cereal for cold mornings

Cereal lovers, listen up! Cold cereal is great, but on cold mornings, nothing is more comforting than a bowl of hot cereal. No need to buy expensive packets of heavily sweetened instant oatmeal. Make your own lower sugar version. Just store in an airtight container until ready to use. You can also put it in a pretty jar with a ribbon and give it as a lovely gift to any cereal lover you know. Be sure to include instructions for making it themselves once the jar is empty!

Instant Oatmeal Mix

In a large bowl, combine 5 cups instant oatmeal, 4 T. brown sugar, 1 cup raisins (or any dried fruit you'd prefer), and 3 T. dry milk powder. When ready to use, place one cup of mixture in 1/2 to 3/4 cup boiling water, depending on how thick you like it, and let stand till thickened. Enjoy!

Also, try the recipe below, for those who love apples and cinnamon.



Apple Cinnamon Oatmeal

1 cup quick cooking oats
1 3/4 cup apple cider
1 T. butter
1 t. ground cinnamon
1/8 t. salt
Sliced bananas and blueberries, optional.

Cook the oatmeal in the apple cider according to package directions. Stir in butter, cinnamon, and salt. Makes 2 servings. Pour into bowls and top with bananas and blueberries if you like.

