

Sisters for Yah

START GETTING READY NOW!

If you're like most of us, the Feast of Tabernacles seems to sneak up on you at the last minute. You may find yourself stressed out about preparations, with very little time to do everything. Take it from those of us who have been keeping the Feast for decades, start preparing now! Hopefully, you will find the following list helpful:

1. Contact the post office to put your mail on hold, or ask a trusted friend or relative to pick up your mail for you.
2. Put any newspaper deliveries on hold.
3. Empty wastebaskets and take out any trash. You don't want to return home to a foul smelling home!
4. Use up any food that may expire while you are away.
5. Service your vehicle and/or travel trailer.
6. If you are tenting, make sure you have all you camping equipment and supplies in order.



Packing list:

1. Casual and dress clothing. Consider bringing a light jacket or sweater. Missouri temperatures can be unpredictable.
2. Umbrella.
3. Dress shoes and casual shoes.
4. Socks, nightclothes, and underwear.
5. Head coverings for women.
6. Bibles, pens, and notebooks.
7. Personal items and toiletries.
8. Toothbrush, toothpaste, and floss.
9. Items you might be donating for fundraiser.
10. Plane tickets, passports, bus tickets, or train tickets.
11. Bedding/sleeping bags, and pillows. The campground does not provide.
12. Clothes hangers.
13. Chair cushions, if you want.
14. Medications, breakfast and snack food to tide you over. The first meal will not be provided until the High Day. Call us for further information!
15. Bath towels and washcloths. ...prepare to have some fun in the pool!

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Let Messiah live in every room

Most people live extremely compartmentalized lives. There's the life we live at home, the life we live at work, and the life we live in our places of worship. We must learn to give Yahshua access to every room in our lives. Our families and co-workers should notice something different about us. Do you find yourself behaving very differently at home and at work than at your place of worship? We are expected to live as authentically as possible. Obviously, we often must wear "different masks" in each aspect of our lives by necessity, but the core of who we really are in Messiah must shine through so that people know Whom we worship!

Are there any "rooms" in your heart which have been closed off to Messiah? I once knew a man who claimed to be a believer, but only appeared righteous at his place of worship. When he was at work or at home, you really couldn't find any semblance of his beliefs in his daily activities. No one even knew that he had any religious beliefs. He blended into the world very well.

One of the hardest areas to give up to Messiah is our egos. We all want to be successful in life and at work, but we must never compromise what we know to be true just to rise up the corporate ladder. We are warned not to allow the cares of the world to choke us like weeds in a garden. Stay true to Yahweh and let Him be the ruler of every room in your life!



WWYD? (What would Yahshua do?)

Father, throughout this day, as I try to follow you,
 Let this be my rule to live by: What would Yahshua do?
 When a friend or loved one asks me for a moment or two, may I think of only one thing:
 What would Yahshua do?
 In all my dealings, help me to be honest, fair, and true.
 To measure each decision by, "What would Yahshua do?"
 When I'm feeling troubled, and I turn in prayer to you,
 give me wisdom to decide what Yahshua would do.
 And let me promise each new day to live my whole life through in love and peace,
 remembering what Yahshua would do.
 Then when the day is ended, may I resolve anew to guide tomorrow motto:
 What would Yahshua do?

Natural Remedies and Clever Solutions

Contributors to Sisters of Yah have been submitting the neatest ideas! We've compiled the most noteworthy:

1. Do you have a bunch of old computer mouse pads laying around? Don't throw them away! You can use them as trivets. The rubber bottom keeps hot dishes from burning your table or sliding around. Just avoid using the mouse pads with a plastic coating on top. You can also cut them in squares and use as coasters.
2. Scorched food on your pan? No problem! Just fill it halfway with water and drop in an Alka Seltzer tablet. Use two tablets for large pans. The bubbling action will help loosen the gunk.
3. Keep your rose flower bouquet looking nice for twice as long—just spritz the leaves and petals with room temperature water. This direct watering will keep the buds healthier.
4. Fog proof side car mirrors. Your ice scraper is too big to scrape off your side mirrors. Use plastic sandwich bags. Slide one over each mirror when you park for the night. The plastic keeps water and snow from freezing to the mirrors so you can slip the bags off in the morning and be on your way.
5. Keep kitchen garbage bags from slipping into the container and making a mess by using a bungee cord. Alternatively, some people suggested using 2 to 4 binder clips.
6. Placing a strip of masking tape over your box of cocoa powder along the far edge prevents a mess, as you can scrape your measuring spoon against it for a perfectly proportioned scoop.
7. Feeling nauseated? Try sniffing a citrus scent. Experts at a research foundation in Chicago says it calms the part of the brain that registers nausea. You can also try sipping lemon juice in hot water.
8. Coughing? Try eating dark chocolate! Just a one ounce piece of dark chocolate can reduce a cough by 33 percent, which is equivalent to store bought cough medicines. The active ingredient in dark chocolate is a compound called theobromine. But remember, it has to be dark chocolate, not milk chocolate.
9. Headache relief? Try this: place an ice pack on your throat while soaking your feet in hot water. The hot water diverts blood flow away from your aching head, easing pressure in your blood vessels. Studies showed that the pain is reduced by 45 percent!
10. Zap odors! Stash a few cinnamon, peppermint, or lemon tea bags in your car or closet. It's much safer and better than store bought chemical-laden air fresheners.
11. Reduce facial redness with tea. Fill a spritzer bottle with cooled green or black tea. Spray it on your freshly washed face and let it air dry.
12. Keep plants healthier by burying used tea leaves just below the surface. The nitrogen in the tea will act as a fertilizer.



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Back to School Healthier Grilled Cheese Sandwich

- 2 slices of your child's favorite bread, (hopefully whole grain!)
- 1 slice of mozzarella cheese
- 1 slice of cheddar cheese
- 2 thin slices of tomato
- A few spinach leaves, to preference.



Heat butter in skillet. Layer 1 slice bread, cheese, tomato, spinach, and top bread. Cook one side until cheese starts to melt then flip and cook the other side until desired brownness. Cut into squares or diagonally.

Back to School Lunchbox Colorful Pasta Salad

- 10 oz cooked orzo pasta (orzo is a super tiny pasta shaped like rice grains)
- 2 cooked chicken breasts, diced
- 1/4 cup red bell pepper, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup yellow bell pepper, diced
- 1/4 cup diced carrots
- 1/4 cup green peas
- 2 green onions, sliced very thin
- 1/3 cup dried black currants (raisins or dried cranberries will also work)
- 1/2 cup olive oil
- 4 T. lemon juice
- 3 T. honey

Salt and pepper to taste.

Mix all in a large salad bowl. Kids love this salad because of all the different colors. Let them help you make it!

