

Sisters for Yah

REAL PEACE

The Kamppi Chapel of Silence, located in Helsinki, Finland, is a structure of welcome relief to busy city dwellers. It was built with special materials to buffer the noise of the city. Designers intended this chapel to be a calm environment for visitors to compose themselves. Noise pollution is real! How about you? Could you benefit from a little more peace and quiet? Even Yahshua enjoyed occasionally “getting away from it all.” He too, walked this earth in the flesh, and at times, felt the need to retreat from the crowds.



Many people long for more peace in their lives. A few minutes of silence and solitude can indeed soothe our troubled minds, but real peace comes from Yahweh. Be aware, however, that having peace does not ensure a problem-free existence. However, it can steady us in times of difficulty. See John 16:33, which tells us, “In the world you will have tribulation” but He also said, In Me you may have peace” (paraphrased).

To experience this peace, you must be in regular communion with your Heavenly Father, Yahweh. Pray every single day, not just when you’re in trouble. The Apostle Paul said, “Therefore, having been justified by faith, we have peace with Yahweh through our Master Yahshua Messiah.” (See Romans 5:1). Think about it: Without Yahshua, we are enemies of Yahweh because of our sin. But accepting Yahshua’s sacrifice reconciles us to Yahweh, and ends the hostility that existed between us and Him. (See Colossians 1:19-21). Because of Yahshua, true peace can fill our hearts.

Fully submitting to Yahweh’s Will is also important. We must know and accept that He is in control of all things. Nothing happens without His permission. The book of Job tells us that Satan had to have permission from Yahweh before afflicting Job. Surely, as Yahweh’s people, we are targeted by Satan too. But Yahweh will not let anything happen to you that isn’t His will, unless of course, sin is involved. It is NEVER His will that we sin. We are specifically told to choose life. When people sin, oftentimes natural bad consequences occur. That’s why repentance is very important to always stay in a right relationship with Yahweh. If we have to suffer, let it be for righteousness, not sin. If we overcome to the end, our reward will be great.

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Medical News

Heartburn Epidemic

Millions of people suffer from heartburn. According to researchers, this is reaching epidemic proportions. If you are a frequent sufferer, be aware that doctors have identified the most common culprits. Reduce or avoid the following: Alcoholic beverages, citrus fruits and juices, soda, tomatoes, chocolate, nuts, raw garlic, raw onion, coffee, peppermint, full-fat dairy products, and most of all fried and greasy foods, which can take several hours to digest!



In addition, you can take other steps to reduce heartburn. Never go to bed with a full stomach. Wait a few hours after eating before lying down. Some people find relief by elevating the head of their beds. Lying on your left side is also helpful. Eat smaller meals, such as five small ones instead of three large ones. Try to identify your triggers. Did you get heartburn after eating a certain food? Plan on eating a diet with easily digestible foods, such as fruits and vegetables, rice, and grilled white meat chicken or fish (some people get heartburn with darker meats due to higher fat content). Some people may also discover that they are either lactose intolerant or gluten sensitive.

While antacids can help in emergency situations, experts recommend not making them a regular habit. Oftentimes it's not too much acid in a stomach that's the problem, but too little acid. Our stomach acid production declines after the age of 40.

Natural remedies for aching joints



One in five people say they experience joint pain. Many things can cause joint pain such as being overweight, sports injuries, or overuse. While this article is not intended to diagnose or treat any medical conditions, some recent studies are showing promising results of using natural remedies. Green tea was studied and found to be anti-inflammatory. A powerful substance in green tea, called EGCG, was also shown to help maintain bone and cartilage.

Flaxseed was also shown to decrease joint pain and stiffness. See your doctor before using flaxseed as it can interact with some medications.

Capsaicin, the stuff that makes chili peppers hot, applied topically, can also help. It is sold in cream, gel, or patch form. The Arthritis Foundation says to apply it three times a day, avoiding your eyes and other sensitive areas.

The spice turmeric is currently being studied. One study yielded promising results. But turmeric is not suitable for those taking blood thinners. Pregnant women should also avoid it. In addition to the above remedies, doctors often recommend physical therapy, icing, and elevating the joint.

Think Positive!

Many books have been written on this subject. More and more information is being published too! The bottom line is this: Positive thoughts really can make you healthier and happier. Likewise, negative thoughts can contribute to many health problems including cancer and high blood pressure. No wonder Scripture tells us to "think on good things." (See Philippians 4:8).

Ways to comfort a grieving friend or neighbor

Loving your neighbor as yourself is a direct command from Yahshua. During times of grief or uncertainty, our friends, neighbors and loved ones need our help more than ever. You may feel you have nothing to give, but here are some ideas:



1. Offer a sympathetic shoulder to cry on.
2. A listening ear goes a long way towards helping someone to heal. Ask, "Do you feel like talking about it?"
3. Provide a warm meal. Grieving people often don't have the time and energy to cook for themselves.
4. Give a plant or flowers. Studies show that plants really do brighten a person's day!
5. Offer to shop for the person or baby sit their children.
6. If you are able to, consider helping them financially. Not everyone has the resources to do this, so don't feel guilty if you can't.
7. Offer to pray together.
8. Send a card or letter of sympathy.
9. Offer to help with housework.
10. Never say, "I know exactly how you feel." Everyone has different feelings.
11. Don't use cheerful platitudes such as, "Cheer up!" or, "It's time you moved on." Grief knows no time limit. Each person must go through the stages of grief in their own time.

When to end a friendship

This is painful to write, but I believe it's important. We all need friends, but we don't need toxic friends. Even among Yahweh's people, I've heard of some really bad "friendships." Here are some red flags to watch out for:

- Your "friend" puts you down and makes fun of you, often in front of others.
- He or she trivializes your feelings or makes you feel stupid or inferior.
- Your friend constantly takes, but doesn't give. The friendship leaves you feeling drained and you find yourself dreading being around him or her.
- He or she threatens you.
- You catch him or her in lies. It's always "the other person's fault."
- He never encourages you.
- He or she wants you all to him or herself, and tries to alienate you from other people.
- You may feel like this person only wants you for what you can give him or her. Feeling taken advantaged of is the norm in this friendship.
- You may feel like this person has manipulated you in some way.
- He or she exhibits qualities you want no part of, such as explosive anger.
- He or she brings out the worst in you.
- When you try to gently steer him or her in the right direction, he or she gets mad and plays the victim.
- You always feel like you are "on guard" with this person. Trusting him or her is difficult.
- Finally, all your attempts at fixing the situation has failed.



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Throat soothing tea

As the weather cools, many people complain of sore throats and sniffles. Try this healthy tea!



- 1/4 cup fresh sage, or 2 t., dried
- 1 T, grated or chopped orange zest (the outermost part of the skin)
- 3 cups boiling water
- 1 T. honey, or to taste

Combine the sage and orange peel in a teapot or jar. Pour over the boiling water. Steep 15 minutes. Strain and sweeten with honey. Drink 1/2 cup, hot, every 1 to 2 hours to soothe a sore throat.

Southwest corn pudding



- 1 T. olive oil
- 2 T. butter, divided
- 1 onion, thinly sliced
- 1 1/2 cups corn, fresh, frozen, or canned
- 1/2 cup red bell pepper, chopped
- 1/2 t. cumin
- 1/4 cup cornmeal
- 2 T. all purpose flour
- 1/2 t. salt
- 1 can cream-style corn (14 ounces)
- 4 eggs, beaten
- 1 can diced green chilies (4 ounces), un-drained
- 1 cup shredded sharp cheddar cheese

Heat oil and 1 T. butter in a 9 or 10 inch cast iron or heavy oven proof skillet. Add onion. Cook for 5 minutes. Add corn, red bell pepper, and cumin. Cook and stir for 3 minutes. Remove from heat.

In a medium bowl, mix cornmeal, flour, salt, and cream-style corn. Blend in the eggs, green chilies, and cheese. Don't over mix. Fold in onion mixture. Return skillet to medium heat and add the remaining 1 T. of butter. Pour batter into skillet. Transfer skillet to a 350 degree oven and bake for 30 to 35 minutes. Test with a knife inserted in center. It should come out clean.

