

Sisters for Yah

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Secrets to Lasting Love

We all know couples who have been married for 30, 40, 50, or more years and these people truly inspire the rest of us. Yahweh intended for marriages to last till “death do us part.”

On the other side of the coin, we also probably know couples whose marriages have failed early on or even lasted many years then ended in bitter divorce.

What makes marriages fail, and what makes them last? Surely there must be steps we can take to ensure a lasting and fulfilling marriage. We know that wives are commanded to submit to their husbands and husbands are commanded to love their wives, but in what ways can we implement these two important factors?

First, realize that conflict is inevitable in even the best of relationships. That does not mean that couples have the right to yell and sling insults. Try to discuss difficulties when both of you are calm. Agree to take a “time out” if things begin to get out of hand, and come back together when both of you are in control of your emotions. Every day life can take a toll on the best of marriages—monthly bills, childbirth, illness, loss of a job, deaths in the family, etc., can all contribute to strained relationships.

Some couples need to re-examine their marriages and make sure to prioritize. Yahweh should always be our first priority and marriage and children the second. Everything else should be downgraded in status.

Commit to staying healthy together. Illness can take a huge toll on an otherwise healthy marriage. Many relationships have deteriorated due to one partner’s declining health. Of course illness happens to everyone and we can’t prevent all health problems, but we can be proactive in taking care of our temples (our bodies are the temple of the Holy Spirit!). Give up junk food, as many recent studies indicate that modern eating habits contribute to disease, obesity, and the so-called “brain fog.” It is no longer up for debate—you are what you eat!



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Secrets to Lasting Love, cont...

Exercising as a couple has many benefits! Not only are you getting strong and fit together, you are also spending quality time with the one you love. Include your children for even more benefits. If possible, exercise outdoors. Take a walk through a shady park while the weather is still pleasantly warm or go hiking in the mountains. A summer picnic is also very inviting. There is something special about being near Yahweh's creation that instills a sense of peace in our lives. Being cramped in a noisy city can cause stress in even the calmest person.

Couples also need to be willing to ask for help. This goes for husbands especially, since many men tend to feel that asking for help is a sign of weakness. Life can be tremendously overwhelming and there is nothing wrong with couples sitting down and sharing each other's burdens. Even lending a listening ear can go a long way toward solving any tensions. Sometimes we need to fight the urge to offer advice because many times a person simply needs a sympathetic listener.

Another overlooked area is spending time together and time apart. These may sound like contradicting ideas, but both can serve wonderful purposes. Nurturing your own interests can keep your life happy and interest-

ing. For example, the wife may enjoy browsing through antique shops while the husband loves fishing or hunting. Don't demand that your spouse give up something he or she enjoys. It is perfectly okay to have personal, separate hobbies, as long as they do not interfere with one's relationship with Yahweh or spouse. Having the space to pursue individual interests can make your time together much sweeter, as both spouses may feel recharged after indulging in the occasional hobby.

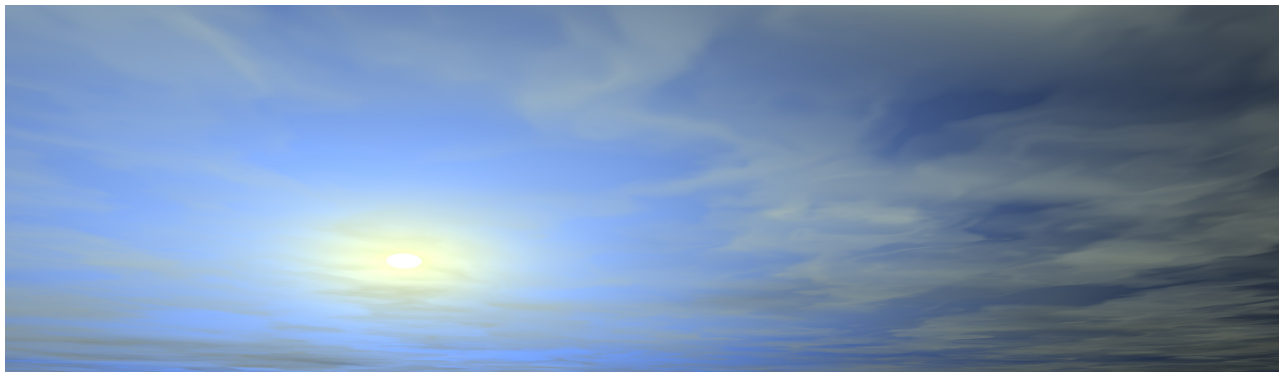
Learn to accept each others differences. For instance, I know that after all the years my husband and I have been married, he will never like eating peas, and I will never like citrus fruits. And we are okay with that! When couples first begin dating they are very careful to understand each other's likes and dislikes. Don't let that change once you are married.

Perhaps one of the most important keys is having a commitment to stay together and work things out no matter what. Let us strive for a marriage that Yahweh intended. Let our Heavenly Father be our number one priority and He will give us the "desires of our hearts"!

What Have You Learned?

Ladies, the Feast of Tabernacles is approaching more quickly than ever! We have various activities planned for the ladies get-together. Start thinking about the past year and what you have learned and in what ways you may have grown spiritually. Write your ideas down so you won't forget! We will be sharing these at the Ladies get-together. Perhaps you learned a valuable lesson regarding your family, friends, or co-workers. Or maybe a prayer you had was answered in a powerful way. We have all had trials and joys this past year and we can learn from each other. Get ready to share!

Solving Summer's little Annoyances



“I stayed too long in the sun—now what!?”

There are few things more miserable than a bad sunburn. But taking aspirin (only if your doctor approves for your particular situation) can slow the development of the burn. Also, try applying cool compresses or take a cool bath to help relieve the pain. **Do not use ice-cold water!** Use aloe gel and don't scratch or peel your skin. Never use petroleum jelly as it seals in the “heat” by preventing sweat from escaping. Next time prevent a burn by applying sunblock liberally according to the instructions on the bottle.

“I get heat rash every summer!”

Try dusting your skin with cornstarch and using calamine lotion or hydrocortisone to ease the itching. Wear clothes that breathe, like cotton in light colors. Dark colors absorb heat and make you feel more miserable. Also, use milder, fragrance-free soaps to bathe. They are less irritating.

“What can be done about heat exhaustion and heat stroke?”

Call 911 or have someone get you to the ER if you have a high fever, nausea, pale and clammy skin, rapid pulse, or feel faint. For milder cases, bring down your body temperature as quickly as possible. For instance, move to a cool, shaded area, or indoors, and elevate your feet above your heart. Sponge yourself with cool water. Avoid taking medicines used to reduce fever. Sip cool water, but not ice-cold. Never drink alcohol or heavily sugared beverages. Sports drinks (such as Gatorade) can help.

“Poison Ivy or Oak?”

Wash with cold running water as quickly as you can after exposure. Buy some calamine lotion or Burow's solution at your local drugstore to relieve itching. Add some oatmeal or baking soda to tepid bathwater for a soothing soak—also helps to ease itching and dry blisters. In severe cases see your physician.

“Mosquitoes, Mosquitoes, Everywhere!”

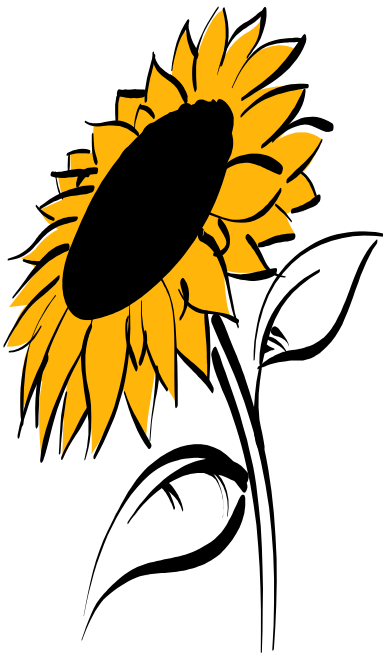
Cool compresses can ease mosquito bites and oral antihistamines can reduce itching. Hydrocortisone can help in severe cases. Prevent more bites by wearing long pants and long-sleeved shirts in heavily infested areas, along with covered shoes and socks, or use bug repellants according to manufacturers instructions. For those who prefer natural solutions, there are many natural bug repellants at your local health food store.

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Pharmacy in your kitchen

Before you run out the door to your local pharmacy, look in your kitchen cabinets for some quick and free solutions to common ailments.

Salt can soothe a sore throat if you mix it with warm water and gargle.

Honey can also coat a raw throat—mix it with a dash of cinnamon for even better results.

Tea bags can help de-puff swollen eyelids. Place cold tea bags on your eyelids and relax for a few minutes. Can also soothe a sunburn.

Vinegar can kill athlete's foot bacteria, and also help dry, cracked skin.



Think on These Things

—When you feel like no one really loves you, check out John 3:16, and John 3:34.

—When your strength is gone and you can't go on, look up 2 Corinthians 12: 9, and Psalm 91:15.

—When you feel like you can't do something, see Philippians 4:13.

—When you feel you are not able enough, go to 2 Corinthians 9:8.

—When it feels like it's not worth it, try Romans 8:28.

—When your faith feels small, turn to Romans 12:3.

—When you don't feel smart enough, reflect on 1 Corinthians 1:30.

Write the above verses down in your journal or Sabbath notebook and turn to them whenever you get into a negative mood.

