

Sisters for Yah

THE FALL HOLY DAYS

Summer is winding down, and for some of us, it feels like it was way too short of a season! Fall will be here before we know it. And with it, comes Yahweh's fall Holy Days: Feast of Trumpets, Day of Atonement, the Feast of Tabernacles, and the Eighth Day. Fall is an exciting time for Yahweh's people, but it can also come with mixed feelings. I've always felt a bit of a let-down when packing up to leave after the final message is given on the Eighth Day. The Feast is often the last fun thing we get to do before a long cold winter. That long stretch of time between then and the spring Holy Days can seem like an eternity.

Some believers also feel dread because shortly after the fall Holy Days are over, the world begins celebrating one pagan holiday after the other. First there's the doom and gloom of Halloween in October, then Christmas in December, followed by the world's new year day, Valentine's Day and Easter. By the time we reach Passover, many believers are worn out from all the paganism! But praise Yahweh we know the truth! And the truth has set us free. We truly are not of the world.

Many people will be keeping the Feast of Tabernacles for the very first time this year. If you are new, you are probably

excited, but a bit nervous. Feel free to call us if you have any questions. You can avoid a lot of stress if you start planning now. We can help you do that. We are told to rejoice at the Feast! Sometimes it is hard to rejoice when you are in a new and unfamiliar place. Being on a campground with people you don't know can be uncomfortable. But plan right now to make the best of whatever situation you find yourself. Get involved as much as possible. Take notes of the sermons and Bible studies. Be friendly and positive. Most of all, make Yahweh your number one focus!



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How to help a chronically ill friend

Chronic illness is never fun or easy to deal with. If you have a friend who is suffering, you may be wondering what to say or do to help him or her:

1. Be supportive! It's okay to ask, "What events in your life are changing, and how are you coping with the changes?" Then be prepared to really listen, without passing judgment. Your friend may express some strong feelings and say things that shock you, but try to remain calm and understanding.
2. Offer to help when possible. Instead of asking, "Is there anything I can do?" try to offer tangible solutions. For instance, you can say, "I'll be running errands today. Can I pick up anything for you while I am out." Another act of kindness might be to offer to babysit her children while she is receiving medical treatments, or having a particularly rough day. Even offering to help prepare meals can be a big help.
3. Sometimes distractions can help a suffering friend. For instance, you may offer to take a walk with her or go on a scenic drive. Many suffering people report that a change of pace can alleviate some of the stress associated with illness.
4. If your friend is awaiting the results of medical tests, ask if he or she would like some company at the doctor's office. Facing the unknown alone can be terrifying for many people.
5. Surprise your friend with his or her favorite items. If your friend is a tea drinker, why not buy her a special mug along with a few boxes of her favorite tea? If you know he enjoys mystery novels, pick up the latest one at your favorite bookstore. Being involved in a good book can pass the time while undergoing treatments! If your friend loves plants and flowers, why not surprise her.
6. Offer to pray with him or her. Allow your friend to be vulnerable. It is very common for chronically ill people to feel overwhelmed and fearful. Uncertainty is never comfortable. Sometimes a good cry is very therapeutic. Ask your friend if he or she would feel comfortable having his or her name on a prayer list. It's important to ask, and not assume that it's okay.
7. Learn as much as you can about your friend's illness. Ask your friend, "What do you wish people understood about your illness?"
8. Don't just be a "fair weather" friend! It's painful enough to go through an illness, but being abandoned by a friend you thought would stick by you, is even more painful. Expect that your friend will have good days and bad days. He or she might even lash out at you. Try not to take it personally. Most of the time, it's the illness talking, not your friend. Also, realize that your friend may be on certain medications that may cause distressing side effects.
9. Most of all, pray for wisdom in how to best comfort your friend.



Defeat the number one killer!

Heart disease is the number one killer of women. Each year, it kills more than all the different types of cancers combined. This is shocking to say the least. Many people feel helpless to prevent heart disease. You can fight back! The following tips are for informational purposes only. Work with your doctor to form a personalized plan to combat heart disease:

1. Obesity is a prime factor in heart disease. Even losing as little as five to ten pounds of weight can have a profound effect on your heart!
2. Some experts have said that exercise is the “magic bullet” against heart disease. And a little goes a long way. Walking and swimming appear to be among the best types of exercise.
3. Stress contributes to heart disease. Make a list of what’s stressing you out and commit to finding ways to reduce or eliminate it. Being alive is stressful in general, and you can’t change every curveball that gets slung in your direction, but you can change your response to life’s trials. Studies show that people who try to remain positive despite trying circumstances are able to weather life’s storms much better than those who sink into negative thinking.
4. If you are smoker, now is the time to stop making excuses and just quit already. Our bodies are the temple of the Set-apart Spirit. Let’s start taking care of our temples.
5. Make better food choices. Fruits, vegetables, and whole grains are very protective against heart disease. It’s also perfectly okay to eat clean meat, fish, and poultry, but try not to overdo it. The truth is, you don’t need large amounts of animal products at every single meal.
6. Increase fiber in your diet! Fiber appears to flush out toxins in our systems, thereby possibly preventing disease from taking hold. Think color! Colorful fruits and veggies are extremely healthy.
7. If you do consume wine, do so in extremely moderate amounts. Current studies show that women should not consume more than one glass of wine per day. One glass is equal to 5 ounces.

Attributes of Agape Love

Agape is a Greek word that means the deepest kind of love. In short, agape is... patient, kind, truthful, protecting, trusting, hopeful, persevering, unflinching, admiring, cheering, humble, polite, self-sacrificing, and forgiving.



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Try Cranberries!

Cranberries are loaded with nutrients and antioxidants! Most people find them too tart to enjoy by themselves, but you can add them to smoothies, oatmeal, and salads to enjoy the benefits of this amazing fruit! Their health properties are wide ranging. Most people have heard that they can help with bladder infections, but many studies have found that cranberries can have positive effects on cardiovascular health as well. Other ways that you can sneak cranberries into your diet is to bake them in muffins. Or try a layered breakfast parfait with cottage cheese, cranberries, and granola.



Cranberry Breakfast Smoothie

- 1 large orange, peeled
- 1/3 cup fresh or frozen cranberries
- 1/2 cup frozen mixed berries
- 1 frozen banana
- 1/3 cup ice

Place all fruit in blender. Mix till smooth. Makes 2 servings.

Cranberry Broccoli Salad

- 2 heads of broccoli, just the florets, finely chopped
- 8 slices turkey bacon, cooked and crumbled
- 1/3 cup red onion, diced
- 1/3 cup dried cranberries
- 1/3 cup unsalted hulled sunflower seeds
- 2 T. apple cider vinegar
- 1/2 cup plain yogurt
- Salt and pepper to taste

Toss all the above ingredients.
Cover and refrigerate.
Makes 6 servings.

