

Sisters for Yah

Be a Light in the Darkness

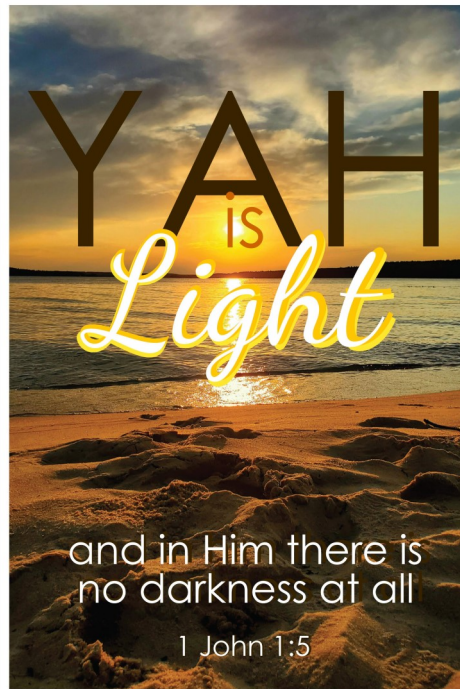
Read Matthew 5:16, which tells us, *Let your light so shine before men, that they may see your good works and glorify your Father in heaven.*

I learned that even a very small light can make a huge difference. Several years ago, my husband went on an out-of-state mission trip to a prison to baptize several inmates who had committed their lives to Yahweh. While my husband was away, I had planned to catch up on some reading. On the same night he left, a terrible thunderstorm hit our small town and completely knocked out the power. It was pitch black in our home. I was not prepared at all. I groped around in the darkness trying to remember where the candles and matches were. Then it dawned on me that someone had given me a battery-operated lantern that I had kept in a storage closet. I felt my way through the dark house and found the lantern. What a relief when I turned the button. Light flooded the room and I happily was able to read by “lantern light.”



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There is no mistaking the effect of light upon a darkened place. Light boldly and unabashedly announces its presence and vigorously dispels deep darkness. Yahweh's desire is to fill us with His light. He wants us to shine as a brilliant testimony of His presence and power in our lives, so that the darkness in the lives of those around us will be displaced by the light of Yahweh's glory.

We all notice that the world around is becoming darker and darker. Don't blame the darkness! It's only doing what darkness does. The only remedy for darkness is light. Yahshua said His disciples are to be the “light of the world.” Read Matthew 5:14. What an awesome responsibility—to be the ones through whom Yahweh would shine His divine light and dispel the darkness around others! In announcing His own coming, Yahshua said, *The people who sat in*

darkness have seen a great light. And upon those who sat in the region and shadow of death, Light has dawned, Matthew 4:16 (Isa. 9:2).

There was no ignoring Yahshua's arrival upon earth! Darkness was dispelled. Everywhere Yahshua went, Yahweh's truth was boldly proclaimed. People were healed, hypocrisy was exposed, and sinners found forgiveness. The world was never the same once the Father introduced His Light through His Son. Can that be said of us as well? May Yahweh bless us as we shine our lights upon the world!

BOUNTIFUL BLACKBERRIES

By Debbie Reed

In July and August, the countryside is brimming with wild blackberries. Years ago, I would brave the poison ivy, ticks, snakes, and thorns to find and pick these purplish-black gems scattered along roadsides or hiding in forests. Now, however, I grow my own domesticated, thornless blackberries in my backyard. They are usually bigger and just as sweet as the wild variety. But best of all, picking domesticated blackberries doesn't require the protection of long sleeves and jeans on hot, humid days. Our family always looks forward to blackberry season. Here are some of our favorite ways to use our blackberry bounty.

Blackberry Pie

4 cups blackberries, rinsed and drained

2 cups sugar

1/3 cup cornstarch

**1 recipe double Crust Pie Dough (see below)

Preheat oven to 350 degrees. Prepare the pie dough and divide into thirds. Place one-third of the dough aside and roll out the other two-thirds into a circle to fit the bottom and up the sides of a 9" or 10" pie dish, leaving about 1/2 " to 1" of the dough hanging over the side. In a large mixing bowl, gently stir the blackberries, sugar, and cornstarch until blended. Spoon or pour the blackberry mixture into the prepared pie dish. Roll out the other third of the pie dough and place on top of the blackberry mixture. Trim and seal the edges and cut several slits into the top of the blackberry mixture. Trim and seal the edges and cut several slits into the top to let the steam escape while baking. Place the pie in the center of the 350 degree oven and bake for approximately 45-50 minutes, or until the crust is lightly browned with the filling bubbling through the slits. Cool and then serve warm or cold with ice cream.

****Double Crust Pie Dough**

2 2/3 cups all-purpose flour

1 t. salt

1 cup vegetable shortening (I use butter-flavored)

1/2 to 3/4 cups ice water (must be ice water!)

In large mixing bowl, stir the salt and flour together. Cut the shortening into the flour/salt mixture until the shortening resembles flour-covered pieces of rice—the dough should look crumbly at this point. Gently stir the ice water until the dough is the desired consistency, but do not knead or over work the dough in any manner (it will make it tough, not flaky). If the dough breaks apart while rolling out, it needs a little more ice water. Proceed with the recipe above.



Easy Blackberry Bread (deep purple in color)

2 1/2 cups blackberries
 1 1/2 cups sugar, divided
 4 eggs
 3/4 cup vegetable oil
 3 cups flour
 1 t. baking soda
 1 t. salt
 1 t. cinnamon



Preheat oven to 350 degrees. Grease a 9" x 5" loaf pan. Place the blackberries and 1/2 cup of sugar in a bowl and mash with a fork. In another large bowl, whisk the eggs with the remaining cup of sugar, then add the oil and mashed blackberries. Mix the flour, baking soda, salt, and cinnamon together first and then add the blackberry mixture. Pour the mixture into the greased loaf pan and bake for approximately 1 hour. If you're not afraid of the extra calories, a topping of cream cheese frosting may be added.

Blackberry Vinegar

2 pounds blackberries
 2 cinnamon sticks
 2 t. allspice berries
 2 t. whole cloves
 2 1/3 cups red wine vinegar
 2 cups sugar
 A few fresh blackberries for garnish (optional)

Break the cinnamon into pieces. Put all the spices on a square of cheesecloth or muslin and tie up with a piece of string. Put the vinegar and sugar into a large saucepan. Stir over low heat until the sugar has completely dissolved. Add the spice bag. Bring to a boil, lower heat, and simmer for 5 minutes. Add the blackberries and simmer for 10 minutes longer. Remove from heat and leave blackberry mixture to cool completely. Discard the spice bag. Strain the flavored vinegar through a double piece of cheesecloth or a single piece of muslin. Pour into bottles, seal and label. The vinegar is now ready to use in vinaigrettes, meat sauces, or fruit dips, such as the one below. We like to sprinkle it on salads along with a drizzle of olive oil.

Blackberry Vinegar Fruit Dip

1 cup plain Greek yogurt
 3 T. honey
 3 T. blackberry (or raspberry) vinegar
 1 T. of berry jam (optional)

Mix all of the ingredients together and keep refrigerated. Serve with sliced fresh fruit.

If you still have an abundance of blackberries left, freeze them in quart (4 cups) freezer bags. Do NOT wash first, as ice crystals will form on the fruit and cause freezer burn. The blackberries should last in the freezer for at least a year, until the next blackberry harvest.



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Seven ways to feel better instantly

1. Pray! Pour your troubles out to your Heavenly Father.
2. Meditate of Yahweh's Word.
3. Take a walk out in nature.
4. Call a friend.
5. Offer someone a sincere compliment.
6. Read your favorite Scriptures. Write them on index cards for whenever you need some quick encouragement.
7. Write a list of all your blessings. Gratitude can change your attitude.



Scriptures on Patience

We become impatient when we focus more on our agenda than on Yahweh's will. See Exodus 5:22-23: *Moses went back to Yahweh and protested, ... "Why did you send me?"*

Psalm 40:1: *I waited patiently for Yahweh to help me, and He turned to me and heard my cry. We must wait patiently in prayer for Yahweh to do His work in us.*

Romans 8:25: *If we look forward to something we don't have yet, we must wait patiently and confidently. Having patience in difficulty looks forward with hope in Yahweh's eternal glory.*

1 Corinthians 13:4: *Love is patient and kind.* This tells us that patience is one of the evidences of love.

Lamentations 3: 25: *Yahweh is wonderfully good to those who wait for Him and seek Him.*

Galatians 5:22: *When the Holy Spirit controls our lives, [It] will produce this kind of fruit in us: love, joy, peace, patience.* We must learn that patience is a byproduct of the presence and work of the Holy Spirit in our heart.

Habakkuk 2:3: *If it seems slow, wait patiently, for it will surely take place. It will not be delayed.* We develop patience as we learn to live with an eternal perspective.

