# **July 2013**



Volume 7, Issue 7

#### Inside this issue:

Burden or Blessing?	1
Helpful ideas	2
Are you a fake?	3
Summer recipes	4

# Sisters for Yah

# Burden or Blessing?

Psalm 127:3, 5a states: Behold children are a gift of Yahweh; the fruit of the womb is a reward...How blessed is the man whose quiver is full of them.

Sadly, I've been noticing that more and more people are thinking of children as a burden rather than blessing. The views of mankind have become very distorted. Abortions seem to be increasing every year. It is surprising at how "comfortable" people are becoming with abortion. There was a time when very few people were comfortable with even the idea of ending a pregnancy. For the majority, abortion was unthinkable! Now we find it tipped the other way. It is also surprising to see that many people who fight for animal rights, then turn around and support abortion! Talk about a mixed-up world.

Nobody denies that raising children is a challenge, especially in modern times. Parents fail many times, but it is no reason to give up completely. Like most people, parents want an easy life. It's a natural desire, of course, as we were built to experience abundant joy as Yahweh originally intended in the Garden of Eden. But once children start to make life difficult, a parent begins to see them as a burden rather than blessing. Children are given to parents for His glory and our good. No one can deny that the lessons learned while raising children have eternal consequences. I heard one mother say, "I never knew what real love felt like until I held my firstborn in my arms, and I now know what sacrificial love feels like because I would do anything for my child."

A parent's entire attitude can change once they begin viewing their children as blessings. We all want blessings, right? This is where prayers comes in. Yahweh can help you deal with the challenges of parenthood. The world is getting so bad we need to raise up the next generation of children into moral and Yahweh-fearing adults! Every morally-raised child has the potential to "stand in the gap" once the world's moral system completely collapses. Parents,



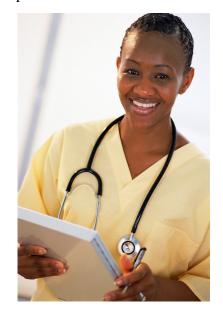
you have one of the most important jobs in the world! Please take it seriously, and Yahweh will bless you and your children.

Page 2

## TRY THESE SUPER NATURAL REMEDIES!

Here are some terrific ideas. Even doctors are recommending these.

- 1. Sore throat? Reach for honey. Real studies have indicated that honey can soothe your throat as well as or better than store bought cough drops. Just stir into warm tea or plain warm water.
- 2. Sore muscles? If you've ever overdone a workout at a gym, or even pulled some muscles working in your garden, load up on ginger. You can add it to your cooking, and get a reduction of pain due to anti-inflammatory properties.
- 3. Insomnia? Try eating kiwi fruit. In studies, those who ate kiwi one hour before bed fell asleep 14 minutes faster than those who did not.
- 4. Migraine headaches have been shown to respond positively to pumpkin seeds. Scientists don't know why exactly, but it might be due to the fact that pumpkin seeds are high in magnesium. Magnesium is known to relax blood vessels. Sprinkle some on a nice summer salad, or just munch on them as a healthy snack.
- 5. Suffering from heartburn? Eat beans! They can reduce acid reflux by about 20 percent. The theory is that beans are high in fiber, so they probably move food out of your tummy faster, thereby reducing the possibility of acid coming back up your esophagus.
- 6. Jet lag? Try tart cherries. The fruit is an edible source of melatonin. The day of your flight, chew a handful of dried tart cherries or drink a glass of unsweetened cherry juice.
- 7. Don't forget herbs either. Thyme can ease a cough. And peppermint can help an upset stomach. And sage has been shown to help a sore throat due to colds. Make a tea by steeping 1 t. dried sage in a cup of boiling water for 10 minutes.
- 8. Celery is great for reducing stress hormones.



## Backpacking this summer?



Summer is here and many people will be heading outdoors. One of the biggest complaints is, "My backpack is too heavy!"

- 1. Don't pack when hungry. How many times have you walked off the trail with 2 pounds of uneaten food? Select light, easily packaged high energy foods such as trail mix and granola bars. Calculate how many calories you'll actually need. Also, discard extra packaging.
- 2. If you're going with a group, try to consolidate items. For instance, does everyone need their own tube of toothpaste? Lose redundant items and lighten everyone's load.
- 3. The main items you'll need are shelter/raingear, sleeping bag (if you're camping out), water, food, and fire starter. Mark important items with glow in the dark tape so you can easily find them at nightfall.
- 4. Lost and no compass? If you have a watch, try this neat trick by survival experts: point the hour hand toward the sun. Halfway between the hour hand and the 12 on the watch is south. This even works with Daylight Saving Time. Have fun!

### Are you a fake?

I read a humorous story the other day about a young law school graduate who set up his new office, proudly displaying his sign. On his first day of work, he heard footsteps outside his door. Not wanting his first "potential client" to think he would be the first client, he picked up the telephone and began to talk loudly to a make-believe caller.

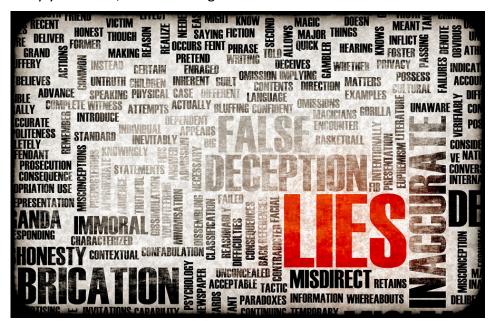
"Oh yes sir!" He exclaimed into the phone. "I'm very experienced in corporate law!" The footsteps stopped right outside his door, as he continued, "I have lots of courtroom experience! Oh yes, I've have several cases. No, I'm not expensive at all. I've been told my rates are among the lowest in town!"

Finally the visitor made himself known and the young lawyer excused himself from the "conversation" he was having with the pretend caller. "May I help you? He asked the visitor. The man smirked knowingly, and said, "I'm the telephone repairman, and I'm here to hook up your phone!" I can imagine the young lawyer turning beet red as he was caught in his lie. Not a very good way to start a business, of course.

But what about those who claim to follow Yahshua? Check out Luke 6:46, which says, "And why do you call me 'Master, Master,' and do not do what I say?" Wow, talk about making one's audience a little uncomfortable!

I remember years ago, I was a member of a large religious organization. There was a deacon there who served the needs of the group very well. I admired and respected him deeply. His wife seemed happy, and his children were well-behaved. Many years later, the entire organization was shocked to learn that their

"dedicated" deacon was living a double life! I nearly fell off my chair when I learned that he had a whole other family in a different location. Both his families did not know about each other! It was quite the scandal and many people left the faith because of this situation. They thought this man was a moral person who followed the Bible. This makes me wonder: have we ever done things to make people question our commitment to our faith? Where do our priorities lie?



Another incident I experienced also made me and another person wonder about commitment. This also happened years ago. Three of us ladies were having a pleasant conversation one Sabbath, and our conversation turned to "tithing." One of the ladies (who actually had a decent job) hung her head in shame and said, "I wish I could tithe, but I just don't have enough money to do so." But the funny part was that immediately after saying that, she showed us her brand new purse and proudly said, "I only paid \$80.00 for this! I'm such a smart shopper!." We also noticed that this lady always had on fine clothes and jewelry. Now there is nothing wrong, of course, with nice clothes and material possessions, but it was quite obvious to me and the other lady that this "smart" shopper had different priorities—most of her money was being spent on material possessions, which is why she never had money to tithe. So I encourage all of our readers to really examine their priorities. Make your calling and election sure!

### YAIY

Yahweh's Assembly in Yahshua 2963 County Road 233 Kingdom City, Missouri 65262

Main Line: 1-573-642-4100 Toll Free: 1-877-642-4101 Fax Line: 1-573-642-4104 Website: www.SistersForYah.org

## **Summer Melon Salad**

This makes a colorful, mouth-watering presentation. It is also extremely refreshing and nutrient-dense.

4 cups melon balls or chunks (your choice, any combination such as wa-

termelon, cantaloupe, or honey dew).

4 T. lemon juice

1 t. lemon or lime zest

2 T. honey.

2 T. fresh mint, chopped fine, to garnish

1/8 t. ground cardamom.

Toss all ingredients gently to coat evenly.



## Refreshing Summer Salads

These are perfect for summer picnics. They also help you get plenty of vegetables.

#### **Black Bean and Tomato Salad:**

1 cup halved cherry tomatoes
Kernels from 3 ears of corn
1 jalapeno, finely chopped, optional
Handful of chopped cilantro
2 cans rinsed and drained black beans
2 avocados, peeled and diced
3 T. olive oil
1/3 cup lime juice
1 t. salt



Toss the above items gently. Refrigerate. Best when served cold.

#### **Asian Style Cabbage Slaw:**

1 small head cabbage
2 carrots, shredded
1/2 red onion, diced
1 small red bell, diced
1/2 cup unsalted peanuts
2 peeled and minced garlic cloves
1 cup tightly packed basil leaves
1/4 cup tightly packed mint leaves
1/2 cup tightly packed cilantro leaves
1 t. salt

juice of 1 lime 1/2 cup olive oil 1 t. chile sauce



Toss the above items gently. Refrigerate. Best when served cold.