

# Sisters for Yah

## JUST ONE THING, MARTHA

By Sister Debbie Reed

In the New Testament, Martha is primarily known as the complaining woman whom Yahshua rebuked. The story, as told in Luke 10:38-42, tells that Yahshua had been asked to eat at the home of Martha. *She had a sister called Mary, who sat at the Master's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, "Master, don't you care that my sister has left me to do the work by myself? Tell her to help me!"* Yahshua responded, *"Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better and it will not be taken away from her."* Although Martha is often remembered in a negative manner, she was also a most conscientious and worthy woman who had a deep faith in Yahshua and was dearly loved by Him. When her brother, Lazarus, died and Yahshua came to bring him back to life, He first asked Martha, *"I am the resurrection and the life. He who believes in me will live even though he dies: and whoever lives and believes in me will never die. Do you believe this?"* With no hesitation, Martha answered, *"Yes, Master. I believe that you are the Messiah, the Son of Yahweh, who was to come into the world."*



I think many people have a Martha-side to them. I know that I do. When life gets so hectic and we are trying to do so much in a limited period of time, it is easy to become overwhelmed and frustrated. I love cooking and I love visitors, but I can go into a complete meltdown

when having company for dinner. For example, with the whole afternoon ahead of me, I consider all of the marvelous dishes I could prepare, but I must first find the location of a favorite recipe. Recipe in hand, I realize that I am out of one ingredient and prepare to drive to the small country market four miles away, but the car keys are missing. I begin a frantic search through the pockets of coats and jeans. Keys located, trip completed, home again, pots finally bubbling on the stove and delicious smells coming from the oven, I start to prepare the salad. Midway through chopping radishes, I decide instead to set the table.

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Most of the forks are still in the dishwasher, unwashed. I fill the sink with hot soapy water, grab the forks and begin scrubbing. In the meantime, the stuff on the stove bubbles over, the cat has just deposited a hairball in front of the refrigerator, the UPS truck is coming down our driveway with a package delivery, and, then, the phone rings. Company is due to arrive within the hour. My son walks into the kitchen and, noticing the panicky look in my eyes, remarks casually, "Gee, mom, you really need to learn relaxation exercises." Resisting all temptation, I silently scream...

Consider Yahshua's words when He said, "*only one thing is needed.*" Did He mean that they only needed one dish for their meal instead of many? Perhaps, but further reading, "*Mary has chosen what is better, and it will not be taken away from her,*" reveals a deeper meaning. Mary's attention and devotion to the Messiah and His message would last beyond a meal – the spiritual feeding she was receiving would last for eternity.

Does this mean that we, as daughters, sisters, wives, and mothers are to neglect our responsibilities in service to our families, friends and neighbors? Of course not; but we should put these activities in perspective. Some things are more important than others. When looking at the whole picture, we need to separate the small stuff from what really matters in this life – studying His word and learning how to better serve Him and each other with patience and humility. I truly identify with Martha's situation, but know from first-hand experience that it is counterproductive for me, or those around me, to become so agitated. So, when I am in Martha's state of mind, I often stop, take a deep breath and say to myself, "just one thing, Martha!"

Now, if I could only convince my family to eat just one thing each night for dinner...



## ELDERBERRIES

By Debbie Reed

As time goes by, the wonder I feel at Yahweh's goodness and generosity only grows. A few years ago I became acquainted with elderberry products at a fall farm show. We purchased some elderberry juice and elderberry fudge. Shortly afterwards, a friend of mine gave me some of her elderberry jelly. I was sold on the flavor and usefulness of yet another edible plant that grows wild in Missouri.

Elderberries are small, dark berries that grow in clusters on elder bushes in moist, fertile areas along roadsides and streams. While they require lots of sunshine, I find they thrive in areas that have some shade part of the day. The elderberries ripen in August or early September, and, since birds love them, too, harvest them as soon as possible before they're gone.

As with other dark, purple fruits, such as grapes and pomegranates, the health benefits of the elderberry are numerous. They contain potassium and large amounts of vitamin C, along with anthocyanins, which are powerful antioxidants. Recent studies have shown that elderberries strengthen the immune system and may shorten the duration of cold and flu symptoms.

While elderberries may be eaten uncooked in small quantities, they should be cooked fully first to remove toxins. Sugar is almost always added, as the berries are quite sour. (See Elderberry recipe next page).

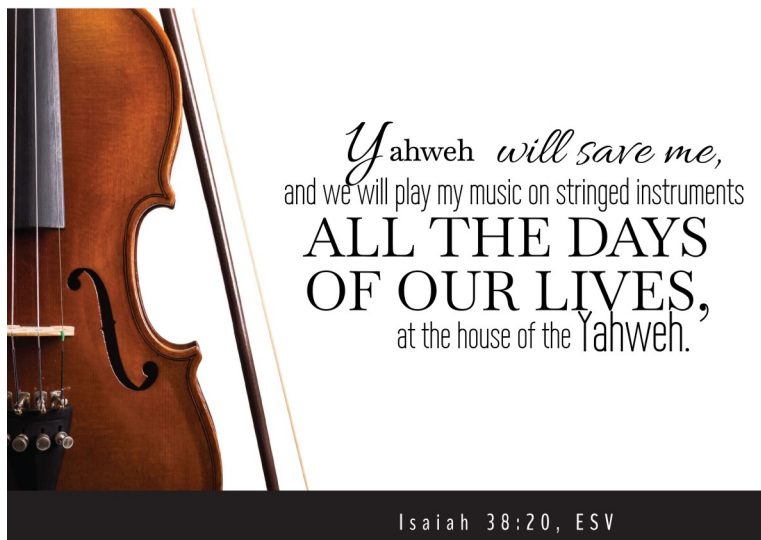
## Woe is me!

In Isaiah 6:5, we read, “So I said: “Woe is me, for I am undone! Because I am a man of unclean lips, and I dwell in the midst of people of unclean lips; for my eyes have seen the King, Yahweh of Hosts.”

An exalted view of Yahweh brings a clear view of sin and a realistic view of self. A diminished view of Yahweh brings a reduced concern for sin and an inflated view of self. Isaiah may have been satisfied with his personal holiness until he witnessed Yahweh’s unspeakable glory. Isaiah’s encounter made him keenly aware of his uncleanness and the sinfulness of those around him. It is impossible to worship Yahweh and remain unchanged. The best indication of true worship is a changed heart.

Have we so conformed to a sinful world that we are satisfied with unholy living? Have we sunk so far below Yahweh’s standard that when someone does live as Yahweh intended we consider that person “super-spiritual”? If we only compare our personal standards to those around us, we may be deceived into believing we are living a consecrated life. Yes, when we read in the Bible about Yahweh’s standards, all we can say is, “Woe is me!

You will not see those around you trusting Yahshua until they recognize a clear difference between you and the rest of the world. Yahweh wants us to be sanctified as He is Holy. When Yahweh deals with us, there will be a radical dress of purity about our lives that is absolutely different than what the world can produce. The world, including those who are closest to you, will be convinced we serve a Holy Elohim by the way we live our lives.



## ELDERBERRY-APPLE JELLY

3/12 cups elderberry juice \*\*  
 3 1/2 cups unsweetened apple juice  
 2 pkgs. pectin  
 1 tsp. butter  
 8 cups sugar



Place cool/cold (not hot) juices in a pot along with the pectin and butter. Bring to a full rolling boil and add the sugar all at once. Stirring constantly, bring again to a full rolling boil and then boil for 2 minutes. Ladle into sterilized jars and process in a boiling water bath for 10 minutes. It may take a few days for the jelly to completely jell. Makes 5 to 6 pints.

\*\*To make elderberry juice, rinse berries first in a colander. Place in a pot, add water to just cover, bring to a boil, and simmer, uncovered, for about 20 minutes. When the mixture cools, use all of the liquid in the pot along with the juice obtained by squeezing the berries in small batches through cheesecloth. Let the juice cool before using. Refrigerate the juice for a day or two first, although it’s not necessary.

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## Extra creamy mashed potatoes

2 pounds russet potatoes, peeled and boiled  
2 ounces cream cheese  
2 T. butter  
1/2 t. salt  
1/4 t. pepper  
Sliced green onions,  
to top, optional  
Extra butter, to top,  
optional

Mash the boiled potatoes in a large bowl and mix with the next four ingredients. Top with green onions and additional butter if desired.



## Strawberry Feta Salad

6 cups torn salad greens  
2 cups fresh strawberries, sliced  
4 ounces crumbled feta cheese  
1/4 sunflower kernels  
Balsamic vinaigrette dressing, to serve

Toss the first 4 ingredients in a large salad bowl.  
Serve with the dressing.



## Turkey Sloppy Joe's

1 pound ground turkey  
1/2 cup onion, chopped  
1 cup ketchup  
1 t. mustard  
1 t. Worcestershire sauce  
Salt and pepper to taste  
Buns, to serve  
Lettuce leaves to serve, optional  
Tomatoes, sliced to serve, optional  
Pickles to serve, optional

Cook the ground turkey and onion in a skillet.  
Drain well. Mix in the ketchup, mustard, Worcestershire, and salt and pepper. Serve on buns, with desired toppings.

