

Sisters for Yah

Relationships require time

Read Galatians 6:9, which tells us *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

What if you approached your mate after your wedding and said, "Now that we're married, I don't have to spend any time with you." Naturally your mate would say, "You're crazy! How can we build our relationship unless we spend time together?" The same is true, of course, with your children. It's very important to spend time with them, because if you don't, someone else will. Regrettably they will fill their needs for friendship with possibly undesired peers from school. Some of their "friends" may not be good for them at all!



Regrettably, just like in their family relationships, many people treat Yahweh like this too. Once they are baptized, they feel they have somehow "arrived" and no longer have to put forth the effort to invest time in the relationship. Baptism is only the **start** of your lifelong process. Your eternal salvation depends on you overcoming to the end, and you will never be able to accomplish this unless you make the time to stay close to your Heavenly Father. This includes Bible study, prayer, meditation, and fasting (if you are healthy enough to do so).

It grieves my heart to hear newly married couples say that they feel lonelier after getting married than they did before. This is a tragedy and should never be! I don't care how busy your work schedule is. Make the time to work on and secure your relationships! Don't make it sound like it's such a chore either. Do something fun, such as taking a nice walk together in the park. This is also a great idea when you want to spend some time alone with Yahweh. Grab your Bible, a pen, and a notebook and head to a peaceful park. Use the notebook to make notes on Scriptures you want to study further. Don't let life get in the way of developing satisfying nurturing relationships!

Inside this issue:

Relationships require...	1
Short articles	2
Helpful tips	3
Summer recipes	4

How to be a Difference Maker

1. Get and keep the right mindset (Hebrews 12:1).
2. Keep working to clear sin out of your life (Hebrews 12:1).
3. Set some goals and stick with them (Hebrews 12:1).
4. Fix your eyes on Yahshua (Hebrews 12:2).
5. Expect resistance (Hebrews 12:3, 7, 12).
6. Build relationships (Hebrews 12:14).
7. Keep a long range perspective (Hebrews 12:16, 17)
8. Be a people helper (Hebrews 13:1, 3).
9. Show hospitality (Hebrews 13:2).
10. Be a marriage builder (Hebrews 13:4).



BE TRANSFORMED

Hope does not come only from believing in Yahweh's power, but also from accepting His timing. And that's hard to do. We want His power. We want His comfort. But often we don't like His calendar. We want Him to show up how we want, and when we want. Could it be that many of us would fall under the category of "control freak"? Interestingly enough, I've heard it said that "adversity introduces a man to himself." I have found this to be true. When things are going wrong in my life, I see all sorts of bad character flaws in me, rearing their ugly heads. It might be that Yahweh, in His wisdom, allows us to see our flaws in our trials, so that we can weed them out of our lives. Flaws like impatience, distrust, anger, jealousy, controlling others, etc. need to be removed before we can grow in spirit and truth.

We know, of course, that transformation is not going to happen overnight. Whenever we don't get what we pray for, don't we get upset and disappointed? In many ways, we are like spoiled children who throw tantrums when mom and dad won't buy the toy or game they want. It's high time that Believers move forward toward maturity! Work on your character, and you may see amazing results in your prayer life. Please take this seriously. Overcoming to the end is no cakewalk.

Building righteous character is no easy feat. Don't give up. You may find yourself slipping back into your old habits. Write a list of things you want to change. Consider keeping a prayer journal too. You'll be surprised at how many prayers got answered without you even realizing it!



Can this be fixed?

Okay, so you made a huge cooking mistake. A lot of times when a dish goes wrong, people think all is lost. Don't despair! With some creativity, you may be able to salvage dinner. Try the ideas below:

1. **Too salty?** If it's a soup or stew, consider throwing in a potato. The starch can soak up a lot of that salt. Or simply add a bit more unsalted broth to the pot to dilute. But avoid adding water, as you don't want to dilute the flavor. If it's an over-seasoned piece of meat, you might be able to make it an ingredient in another dish. For instance, you can chop it really small and sprinkle it on a big salad or in an omelet.
2. **Too sweet?** For dessert, add an acid such as lemon or lime juice or simple unsweetened whipped cream. These can take away the sweetness and boost flavor. Sometimes you may find that store bought tomato sauce or BBQ sauce can be too sweet. A splash of vinegar should balance it out. But start slowly, as vinegar can be overpowering.
3. **Too spicy?** There's a reason people from India eat yogurt with their food, to tone down the spice! In dishes like curry, you can add milk to the sauce. The lactose in the milk will tame the burn. If you over-spiced a piece of meat, you can make it into a quesadilla and load it with cheese.. You may not even notice the spiciness as the cheese will balance it out. If a stir fry sauce is too spicy, you can use it over noodles or rice which will absorb a good amount of the spice.
4. **Overcooked chicken breast?** Make a pan sauce with broth and herbs, then keep reducing it until it thickens. Slice the meat really thin and put it in the sauce. And don't throw away any overcooked veggies either. Just toss them in your soup or stew.
5. **Know when to let go.** Even with these ideas, sometimes you simply can't fix a cooking mistake. For instance, there's no way to ever fix burnt garlic, burnt chocolate, or burnt butter. You just have to throw it away and start over!

Summer Skin Smoothers

1. **Bug Bite RX**—Try applying ice! You can make your own soothing ice cubes by adding 4 drops of lavender essential oil to a cup of water. Throw in some food coloring so that you'll know not to put these in your drinks. Freeze in ice cube tray and use as needed.
2. **Sunburn RX**—use a milk compress. The lactic acid will be a great soother.
3. **Poison Ivy RX**—a double dose of baking soda. Dissolve 1/2 cup of baking soda in a warm bath and soak for 15 minutes. Or you can make a paste of baking soda with a little water.



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Watermelon Salad

3/4 cup thinly sliced red onion
1 T. lime juice
6 cups cubed watermelon
3/4 cup feta cheese, crumbled
1/2 cup black sliced olives
1 cup fresh mint, chopped
2 T. oil.

Mix all ingredients. Enjoy!



Cheese Steak Mini Sandwiches

Cheese Steak Mini Sandwiches (makes 16):

7 T. oil
1 pound beef tenderloin, cut in strips
Salt and pepper, to taste
2 large onions
2 large bells
16 dinner rolls
1 1/2 cup shredded provolone cheese

Heat the oil. Add the onion and bell pepper and sauté about 5 minutes. Add the beef and continue sautéing another 5 minutes, until the beef is completely cooked through. Season with the salt and pepper. Cut dinner rolls in half. Place the beef mixture evenly on the 16 "bottoms" of rolls. Divide the cheese evenly. Finish by placing the tops of the rolls on the sandwiches.

