

Sisters for Yah

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Are you striving to be a Proverbs 31 woman?

Most of us ladies are familiar with Proverbs 31. And some of us cringe when we read it, because we know we fall short. The woman described in that chapter is really something! The good news is that every woman can strive to become that woman. Don't misunderstand, none of us will ever be perfect, but knowing that you are consciously striving to reach that goal will make all the difference in your attitude.

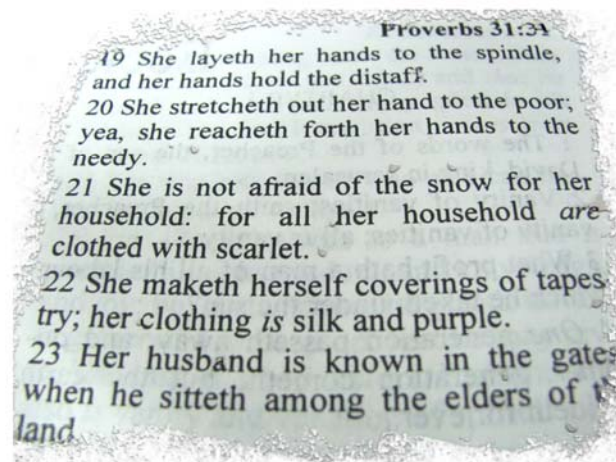
In verse 10 of Proverbs, it says a virtuous woman's price is far above rubies! So how can you be a virtuous woman? Many ideas come to mind. If you are married, one of the greatest needs of a husband is to be

respected. Even if your husband does not share your beliefs, you can still show him proper respect. Who knows, perhaps your conduct will cause him to come to Yahweh eventually.

Be industrious. Use your time wisely. Don't waste all your spare time watching television shows mindlessly. We'd all be better off if we read good books in-

stead. In this poor economy, women would do well to educate themselves on how to stretch their family's dollar. You can find numerous books on frugal living at your local library or even on the internet. All of us are feeling the pinch these days. Learn how to cook meals on a budget. Your husband will thank you for it!

Make Yahweh your partner. Pray for wisdom on becoming a virtuous woman. Be honest with yourself. We all have areas in our lives that need work. If you need to, write a list of the qualities you'd like to have and pray diligently to reach your goals. But you need to make the conscious effort to weave those qualities into your life. Most of all, read and study the Word every day.



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IS IT POSSIBLE TO BE TOO BUSY?

One of the most common complaints in our modern world is, “I’m so busy, there’s never enough time to get everything done!” For the most part, busyness is good, and laziness is bad. We know that rich harvests never come from laziness. If we want fruitfulness in any facet of our lives, we must get busy now. But busyness is bad when you become overwhelmed. We all know that stress is disastrous to the human body, so we’d do well to avoid it as much as possible.

In Matthew 11:28-29, we read, “Then Yahshua said, Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls.” What a truly refreshing scripture!

Yahweh is our source of rest. Indeed, He gave us the Sabbath day to help us take a breather from the demands of living! Most of us can hardly wait for the Sabbath to come. Never confuse activity with accomplishment. Activity without Yahweh can come up empty handed.

If you find your life spinning out of control, you may need to take a step back and examine exactly what it is that is causing this to happen. Some women take on way too many commitments. It is wise to prioritize. In fact, you may need to learn to say no to anything that is taking up too much of your time.

Don’t let busyness take you away from what is really important. Make time for Yahweh and your family. You can always turn to Yahweh when you’re feeling overwhelmed!



The No-diet Diet!

Nothing causes a sinking feeling in the stomach more than the idea of “going on a diet.” Well, forget “diet” and think “healthy lifestyle” instead. Try the following tips to help you accomplish your weight loss goals.

1. Watch your portions! Don’t ever supersize anything.
2. Limit empty carbs such as white bread and pasta. The whole grain varieties will keep you fuller and provide extra nutrients.
3. Drink more water. It will make you feel full and hydrate you at the same time.
4. Go easy on snacks. A handful of nuts can satisfy a “crunchy” craving. Fruits can satisfy a sweet craving. Keep candy and chips to a bare minimum.
5. Move more. Yes, we mean exercise. No, you don’t need to join a gym. Just plan on walking more often.
6. Be committed to your new healthy lifestyle!



QUALITIES OF A PROVERBS 31 WOMAN

**Virtuous Intelligent Industrious Trustworthy
Charitable Strong Determined**

Z R Q L Z Q K L A N U I S C S

S U O I R T S U D N I T M H U

I O T X W S G W E U K M G A O

D E N I M R E T E D A O Q R U

C S Z I S T R O N G G S Y I T

P F P B J U L X V Z P S X T R

N Z T R U S T W O R T H Y A I

Q A S F Z D D Q S B D T M B V

I N T E L L I G E N T V Z L V

L P W V V Q P N J M Y X D E Q

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Easy Apple Cider

- 64 ounces apple juice
- 2 T. cinnamon
- 1 T. cloves
- 1 cup orange juice
- 4 cinnamon sticks

Simmer in your crockpot on low for 8 hours or on high for 4 hours.



Cold Weather Soups

Nothing is more comforting on a chilly day than the tempting aroma of a big pot of soup! Soups also have been shown to boost the immunity during cold and flu seasons. Why not whip some up today?

Classic Chicken Noodle Soup

- 2 cups cooked chicken, cubed
- 2 celery stalks, diced
- 2 large carrots, diced
- 1 cup dry whole wheat pasta noodles
- 8 cups of chicken broth, homemade or purchased
- 2 tablespoons of fat, such as butter or olive oil
- Cayenne pepper, to taste, optional.

Sauté the celery and carrots in the fat, just until slightly soft. Pour the broth and all the ingredients into a soup pot. Simmer gently until the pasta is cooked. Serve with a good crusty bread.



Easy Zucchini Soup

- 3 small zucchini
- 6 cups chicken stock
- 1 can chickpeas, drained and rinsed
- 1 onion
- 1 T. Olive oil
- 1 can diced tomatoes, undrained
- 3 chopped garlic cloves
- Chili powder and salt, to taste
- 1 t. dried thyme.

Cook the garlic, celery, and zucchini in the oil until soft. Mix all in a soup pot and simmer gently 10 minutes.