

Sisters for Yah

YAHWEH'S HOLY DAYS

VS. **Man's Holidays**

Time sure does fly by! It seems like just yesterday we were preparing for Passover and the Feast of Unleavened Bread. Now we are preparing for Yahweh's Fall Holy Days: Feast of Trumpets, Day of Atonement, Feast of Tabernacles, and the Last Great Day. Those of us who have been the faith for many years know how enjoyable it is to keep the true days that were set apart by Yahweh.

But recently, a very concerned person contacted us at the office, wondering if we were depriving the children by not allowing them to celebrate man's holidays such as Christmas, Easter, and Halloween. I gently explained to him that Yahweh's true Holy Days were so much more enjoyable than mankind's false pagan days of celebration. I also explained that we are not to worship Yahweh as the pagans worshipped their false deities. Do we really want our children to engage in false worship?

I also brought up the well-known point that many grown-ups recall feeling a deep sense of disappointment when they were children, once they found out the lies of Christmas and Easter.

One thing the person heartily agreed with me on is that the celebration of pagan holidays are a clever part of a money-making strategy to get people to empty their pockets and spend money on candies, gifts, cards, and decorations. Many companies depend on these false holidays to increase their sales. Numerous studies have shown that consumers are manipulated into purchasing more products when they are brightly presented in "holiday" wrappings. The person agreed that it was a very bad idea to get caught up in worldly trappings. I encouraged him to celebrate Yahweh's real Sabbath and Holy Days, and make them as meaningful as possible for his children. Really, when it all comes down to it, your children will mostly remember that you spent quality time with them.



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What not to do during the pagan holiday season

During the time period from October through December, we get a lot of phone calls from distraught individuals who are both offending and being offended by unbelieving family members, co-workers, and friends because of mankind's pagan holidays. Let me assure you right from the start that you can survive this coming "holiday" season!

Those of us who believe in Yahweh and His true ways of worship, undoubtedly have to face the "wrath" of those who don't agree with our beliefs. This is natural, but it does not have to be a disaster. The best piece of advice I ever learned years ago was that I simply needed to relax. When I first found out that we are not to observe pagan holidays, I immediately set out to "educate" everyone that I knew. Bad idea. The idea itself was not a bad idea, but my delivery methods left something to be desired. Instead of having calm conversations with people, I immediately acted like I knew it all, and drove people away by my superior attitude. It is perfectly fine to share your faith with others, just don't try to drag them into the Kingdom kicking and screaming. It doesn't work that way. Yahweh wants willing servants, not those who grudgingly give up pagan ways just to please their believing family members. Eventually their resentment will creep up and cause serious problems.



Oftentimes, people need time to digest new information that they have never heard before. People have been celebrating pagan holidays since infancy, and new information can be a shock to the system. When you give someone an outreach tract, you are planting a seed. Don't expect a harvest overnight. I knew a true story of a woman who was handed an outreach tract that condemned Christmas over seven years ago. She had put the small piece of literature on the side and forgotten about it. Then while cleaning her closet one day, she found the tract and really sat down and studied the information contained in it.

For the first time in her life, she said she felt the scales of false worship falling from her eyes. She immediately embraced Yahweh and His truth and has never looked back since! The point of all this is that everyone has their own time frame in which they are being called by Yahweh. Just because you accepted Yahweh's truth immediately, realize that this will not be the case with every person. For some, it will take much longer to sink in. And that is all part of Yahweh's plan. It may be that he is delaying a person's understanding until He brings them to a place in their lives where their hearts are teachable. Be patient because Yahweh is.

So go forward. Soar above the storm, Brethren, with love and gentleness. Be as wise as a serpent and harmless as a dove. When people are not interested in the truth that you are presenting, don't get discouraged. Just realize that it may not be their time to know the truth, but that you might be planting a seed that may take root later!

Fun News You Can Use

How to cure hiccups:

We all know how annoying hiccups can be. Don't despair! Try the following ideas:

- Suck on a lemon wedge.** Sometimes the sour sensation will stop them.
- Hold your hands over your ears.** This can calm nerve ending and might throw off the hiccup pattern.
- Breathe into a paper bag.** This increases the amount of carbon dioxide in your system and may help stop the spasms.
- Drink a warm glass of water quickly.** Some say the warmth soothes the digestive tract and can stop hiccups.
- Gargle with ice water.** The cold might shock hiccups into submission.
- Eat a teaspoon of sugar.** Some say this works well!
- Eat a tablespoon of peanut butter.** The stickiness may change the rhythm of your breathing.
- Take a spoonful of honey.** Honey is soothing to the digestive tract.
- Avoid spicy food and alcohol.** These could aggravate hiccups.

WHY DIETS DON'T STICK

Did you ever start a diet and give it up the next day? Experts say this happens to the majority of people.

And here's why:

1. **Giving up too much.** Restricting calories significantly can actually make you overeat. It is a recipe for failure. Try to take it slow. It's hard to stick to a diet if you feel deprived.
2. **Not exercising.** To get healthy, you need to combine both diet and exercise.
3. **Overlooking the big picture.** Quick fixes don't work. The only real solution is a complete lifestyle change.

Here's what really does work:

1. Get real. Set some goals. Write them down.
2. Plan to go slowly, otherwise you might overwhelm yourself and sabotage any real progress.
3. Ease stress. Stress eating accounts for most of the emotional overeating that cause your goals to fail.
4. Don't give up all your favorite foods. Just try smaller portions.
5. Be Yahweh's partner. Prayer can make all the difference.



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Avoid food poisoning by rinsing produce!

Even though you don't eat the outside of tough skinned produce like cantaloupes, melons, mangoes, and papayas, you still should rinse them before cutting into them. When you slice into a melon with a knife, you could move bacteria from the outside of the fruit, into the inside of it, therefore contaminating it with harmful bacteria. Experts recommend using a vegetable brush to get into the grooves and crevices. Even bananas should be given a quick wash before you peel them as bacteria could be lurking on the outside of the peels.



Back to work, Back to school Season

Here are some healthy, quick ideas when you are packing lunches for school or work.

1. Finger foods are quite convenient and easy to pack. Sandwiches, wraps, pita pockets, soft pretzels, string cheese, or hummus and veggie sticks are among the easiest.
2. Add some crunch! Fresh fruit, nuts, cut-up vegetables, and whole grain crackers are nutritious and filling.
3. Snack sensibly. You can add a dessert, but go sparingly. Baked chips are a good idea, and trail mix is a high energy snack too. Avoid heavily sugared items, or reduce their sizes.
4. Pack properly. Place the heavier stuff on the bottom such as juice cans, so they won't crush the other items.
5. Keep it safe! Use an insulated bag with cold packs to avoid food spoilage. You can also freeze juice or bottled water to keep everything else cold. Your drink should be thawed and ready to drink by lunch time.
6. Add a surprise for kids, to make it special. Tuck in a note, cartoon or puzzle just to show you care.

Make your own trail mix:

You can use any combination of fruits, nuts and seeds that you like. Recommended measurements are one cup chopped nuts, such as walnuts or almonds, one cup dried fruit, such as raisins or cranberries, and a quarter cup of seeds, such as pumpkin or sunflower. You can also make your own special blend by adding some optional items like a handful of your favorite cereal or mini pretzels. A handful of chocolate chips or other flavors add a nice touch too! Divide them into individual snack size zippered storage bags and you're good to go.

