

Sisters for Yah

Be ready to give an answer!

Let's face it: Christmas time is not the most fun time of year for those of us who worship Yahweh. We don't participate in pagan celebrations, and are well acquainted with the funny looks we get from people when we say, "I don't celebrate Christmas." Some of them accuse us of being in a cult, or being "un-American," or some other negative connotation. Others are simply curious and may want to know more.



As Believers, it is natural to want to share our beliefs with others. But more often than not, we are met with deep resistance. Having not celebrated pagan holidays for over three decades, I have accepted the simple fact that Yahweh is not calling everybody right now. It has changed the way I deal with those not of my faith. When I first learned the truth about pagan holidays, I immediately wanted to tell everyone I knew about my research. I thought that it would "wake people up" and they would accept the truth also. Boy, was I wrong! I admit that perhaps I went about it the wrong way, often getting into

heated debates and arguments.

Eventually, I learned to relax and share my faith in a gentle, humble fashion, not accusing others of being stubborn and sinful. I got better results when I stopped being accusatory and obnoxious!

For many people, accepting new information is painful and unsettling. If they have fond memories of family Christmas celebrations, giving up all that will not be easy! That is why we need to be gentle. We can certainly plant seeds, especially if they ask us for more information. In fact, asking us for more information can be a good sign that they are sincerely wanting to know what our faith is about. Be aware of a person's body language. One can often tell if a person is not interested by watching their demeanor. They may not make eye contact, or appear distracted, uncomfortable, or irritated. Let us be wise as serpents and harmless as doves!

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Doctor Mom

Moms have been using natural remedies on their children since, well, forever! Some are based on nothing more than myth, but some remedies actually work! These are not meant to replace actual medical advice, but some doctors actually endorse some old fashioned remedies.

1. To ease teething pain, put a spoon in the freezer for ten minutes. Then have your baby suck on the spoon. The coldness and pressure might reduce some of the swelling.
2. For a sore throat, have your child suck on some kosher marshmallows. The fish gelatin creates a thick soothing coating in the throat.
3. Dab milk on canker sores.
4. For easier splinter removal, mix baking soda with a little water. Dab on the splinter and cover with a bandage. Wait one hour. The “drawing” effect will make it easier to remove.
5. To ease colds, feed your child chicken soup. There is actual scientific evidence to back this up. Chicken soup relieves congestion and gives needed nutrients to fight the cold.
6. Pour oatmeal into a warm bath to stop itching from chicken pox. Then make a paste of baking soda and apply to the sores. Do this several times a day.
7. Mix equal parts honey and lemon juice to make a cheap cough syrup.

Unrefined silver

We are told to not be surprised by the “fiery trials” that come upon us because we are sharing the sufferings of Messiah. If we are suffering as a Believer, let us not be ashamed. We know that the sufferings of this present time are not to be compared with the glory of the future. Trials play a big role in our refinement. Consider unrefined silver.

As fire melts unrefined silver, impurities come to the surface where they can be skimmed off. Have you considered that trials bring “scum” to the tops of our lives. This is a good thing! Once impurities are revealed in your life, you can then remove them.

People with perfect lives rarely feel the need to seek their Creator. It is usually those who are suffering that cry out to Yahweh. Life is not supposed to be perfect, because we are pilgrims on this earth. This is not our real home. We are not to get too attached to the world, because then we will not feel the need for something better, namely Yahweh’s coming kingdom. Don’t allow yourself to flirt with the world. People should know that something is different about you. We are to be living examples of Yahshua’s love. Examine your life. Do you let your co-workers



talk you into going to immoral movies with them? What about when you go home? Your choice of entertainment can say a lot about you. Before you read a book or watch a television show, ask yourself, “Would Yahweh watch or read something like this?” Everyday is test. If we put Yahweh first, we will pass the tests with flying colors!

Fight to save your marriage!

Do married couples actually grow older and wiser? Older definitely, but not necessarily wiser. Relationship experts have seen compelling evidence that married couples tend to get worse at fighting with each other as the years pass. Below are the most common mistakes that they make.



Mistake #1: Launching into a tirade as soon as your partner finishes his or her own. This is not helpful because it means that the couple are not really listening to each other. The solution? When your spouse is speaking, *really* listen, rather than silently rehearsing your own argument in your head. It will be easier to respond when he or she is done.

Mistake #2: Yelling until you hear “Fine, you’re right.” We all know the old saying, “A person convinced against his will, is of the same opinion still.” Accept the fact that everyone is entitled to their opinion. Married couples are not going to agree on everything, but that’s okay. A marriage can still work if a husband likes the color blue, but the wife likes pink. You don’t need to convince each other that your color is the better one. Choose battles carefully.

Mistake #3: Fighting until the wee hours of the morning. This usually does not turn out well. Both parties are tired and may settle for an unsatisfying solution just to keep the peace. Or harsh words may be spoken without meaning them. The danger is that resentment grows. It is much better to make a peace offering such as, “Let’s take a break and discuss this tomorrow when we both are not tired.” There used to be an old joke that said, “Never go to bed angry. Stay up and fight!” We now know that this strategy is a bad idea.

Mistake #4: Hiding out when you don’t want to deal with problems. Withdrawing can convey that you are willing to abandon the relationship. Never storm off. Instead, say something like, “I feel overwhelmed and can’t discuss this right now. Can I take a walk to blow off some steam, then we can resume this conversation in an hour or so?”

Marriage is always a work in progress! Always remember what the Bible says,

Be angry, but sin not! Ephesians 4:26.

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Chill-chasing Chicken Rice Soup

8 cups chicken broth, homemade
or store bought
3 celery stalks, finely chopped
1 onion, finely chopped
2 cups chicken, diced
1 cup dry rice, either white or brown
2 T. butter
Salt and pepper to taste, optional

Place all ingredients in a large pot. Bring to a boil and simmer gently 25 minutes until rice is cooked. Serves 10 people. Very satisfying with biscuits on a cold winter evening!



Old Fashioned Kitchen Tips

1. Store crushed potato chips in freezer to use as casserole toppings.
2. Remove odors from your fridge by placing a peeled raw potato inside.
3. To prevent brown sugar or kosher marshmallows from becoming hard or stale, store in freezer.
4. Evenly slice bad cookies with a pizza cutter.
No jagged edges!
5. No frosting for your cupcakes? Place a kosher marshmallow on top of each cupcake in the last few minutes of baking. It will "melt" into a frosting.
6. Allergic to nuts? Brown quick cooking oats in butter and use them as a substitute for nuts in recipes.
7. Use clean empty squeezable ketchup or mustard bottles as cake decorating tools. Just fill with frosting and "write" on top of your cake.

