

Sisters for Yah

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Joseph and Mary

When most of the world thinks of Joseph and Mary, the so-called “Christmas story” jumps to mind. But those of us who worship Yahweh don’t celebrate pagan holidays so we have a different image.

Consider for a moment: An angel appears to a young unmarried woman and tells her she will give birth to none other than Yahweh’s own Son, the Savior of the world! One can only imagine what Mary was feeling. Excited? Sure! Terrified? Of course! And then there must have been all those frightening questions in her mind: “What will Mom and Dad think? Everyone knows I am not yet married—I could be killed for this!”

Unplanned pregnancies nowadays cause many problems for families, but nothing like in Bible times— back then, it could mean a death sentence!

And poor Joseph—what must have been going through his mind? “How could Mary humiliate me like this? What was she thinking to let this happen? How foolish of me to have thought she was a ‘respectable’ girl!” It was only through Yahweh’s intervention that Joseph and Mary did get married. The angel basically told Joseph to “go ahead and take her as your wife.”

But the false rumors and social ostracism probably followed Joseph and Mary wherever they went. In those days, some people, mainly the religious rulers of the time, were extremely bloodthirsty for “justice” when it came to other people’s shortcomings. We can just imagine what was being whispered in the dark corners of society about Mary’s “infidelity” and Joseph’s lack of responsibility to bring judgment against her.

Many of us can relate in part to feeling ostracized in society. Sometimes false rumors are thrown against believers—many times from unbelieving family members or so-called “religious” people! Let us stay faithful to Yahweh’s plan like Joseph and Mary even when life hurts. Stay steadfast in your faith knowing that others can relate to your struggles.



Beauty in Yahweh's Eyes

Have you ever wondered what Yahweh considers beautiful? One can only look at creation and conclude that indeed beauty is important to Yahweh. Many of us have gazed with awe at a majestic mountainside or sat silently observing birds sing their sweet songs on a warm sunny day. But there is more to it than just physical beauty. Take a look at the following scriptures:

Loyalty makes a person attractive. And it is better to be poor than dishonest, Proverbs 19:22 (NLT).

You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to Yahweh, 1 Peter 3:4.

The more we reflect Yahweh and His righteousness, the more we radiate His beauty. There is nothing more beautiful than our perfect Heavenly Father!



The words we speak can also be either ugly or beautiful in Yahweh's eyes. In Proverbs 15:26, we find, "*Yahweh despises the thoughts of the wicked, but delights in pure words.*" Do you make a conscious effort to keep your words pure? Or do you snap at your children or spouse in anger? There really is wisdom in the old saying, "If you can't say anything nice, don't say anything at all."

In Proverbs 25:11, we read, "*Timely advice is as lovely as golden apples in a basket.*" In other words, speaking beautiful words of wisdom to those who need it are the fruit of righteous thoughts and character.

Our actions can also be either ugly or beautiful. In 1 Timothy 2:10, we are reminded that, "*Women who claim to be devoted to Yahweh should make themselves attractive by the good things they do.*" This does not mean, of course, that you should neglect your outward appearance. Just don't make your physical looks a top priority. Consider also the following in Proverbs 31:30, "*Charm is deceptive, and beauty does not last; but a woman who fears Yahweh will be greatly praised.*" This is a powerful promise indeed!

So how can you make yourself beautiful without spending money on cosmetics and expensive beauty supplies? Smile more often. A smile can make an otherwise plain face warm and attractive. Speak gently and tenderly to those you love. And speak politely to those you come in contact with in the world. Yahweh's people have often been complimented on their exemplary character by unbelievers.

In restaurants, don't make a scene if the service is not up to your standards. It is quite a disgrace for a follower of Yahweh to pray at a table in a restaurant in clear view of others, then make themselves a nuisance to the waiters and management. Always put your best foot forward in all situations. Let Yahweh be our Guide and Yahshua our example.

FOR YOUR HEALTH

It's cold and flu season again!

Many people dread winter because with it comes a whole slew of problems, including sniffles and coughs! But you can take steps to prevent getting sick this winter season. Here are some practical tips to reduce picking up a nasty bug:

1. Keep your hands clean, use alcohol based hand sanitizers, and avoid touching your face for any reason!
2. Eat healthy and avoid sugar as much as possible. You'll want your immune system to stay as strong as possible. Many studies are now finding that consuming sugar can impair your immune system for several hours. Load up on lean protein, whole grains, and tons of veggies and fruits.
3. Avoid crowds as much as you can—large malls and supermarkets can be notorious breeding grounds for germs.
4. Try taking natural supplements such as garlic tablets—more and more studies are showing that garlic is a powerful immune system booster. While you're at it, add fresh garlic to your cooking but don't *overcook* it.
5. Natural remedies can also help if you do get sick. For a sore throat you can gargle with salt water every few hours. If you have body aches, soaking in a hot bath tub with Epsom salt can be soothing. Get plenty of rest and drink more fluids especially water and herbal teas with lemon and honey. For tummy aches, ginger tea can help. Grate 1/4 cup of fresh ginger and boil in two cups of water for 5 minutes. Strain out ginger and sip slowly. Refrigerate any leftovers for later.

Hot dog hazard

Columbia University Medical Center have found that eating cured meats that contain nitrates may double your risk for lung disease. In fact, people who ate cured meats

14 times per month were almost twice as likely to have COPD (chronic obstructive pulmonary disorder). The occasional hot dog won't kill you, but you're far better off opting for the nitrate-free varieties such as those found in health food stores. Be a label reader—steer clear of those that say sodium nitrate or potassium nitrate.

Fight High Blood Pressure

The biggest way to lower your blood pressure is to cut back on sodium. Eat potassium-rich foods, unless your doctor forbids it—some people with kidney ailments shouldn't have excessive potassium. High potassium foods include, sweet potatoes, bananas, orange juice, oatmeal, cantaloupe, halibut, and yogurt.



Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.SistersForYah.org



Immune Boosting Recipes

Try the following recipes that contain what experts are now calling “super foods”. Blueberries, nuts, and seeds all contain powerful nutrients to keep you and your family in good health.

Antioxidant-rich Muffins

- 3/4 cup skim milk
- 1/2 cup natural, unsweetened applesauce
- 1 egg or 1/4 cup egg substitute
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/2 cup raw or organic sugar
- 3 t. baking powder
- 1 t. salt
- 1 cup fresh or frozen blueberries



Heat oven to 400 degrees. Spray muffin pan or use paper liners. Mix milk, applesauce, and eggs, until smooth. Set aside. In another bowl, blend flours, sugar, baking powder, and salt. Make a crater in center of flour mixture. Pour the liquid ingredients into center. Stir until moistened. Batter will be lumpy but that’s okay. Fold in blueberries. Pour into pan. Bake 20 minutes or until toothpick comes out clean.

Healthy Rice Snacks

- 1/2 cup almond butter
- 3/4 cup raw organic honey
- 1/4 cup chopped nuts
- 1/4 cup raw sunflower seeds
- 1/2 t. vanilla extract
- 1/2 t. cinnamon
- 1/4 cup raisins, or other dried fruits
- 2 cups organic brown rice cereal (found in health food stores)

Mix all the above ingredients. Roll into small balls. Place on wax paper and store in sealed container.

