

Sisters for Yah

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Principles of Prayer

I recently heard from someone who said, "she felt as if her prayers were going no higher than the ceiling." If we were all honest, we can probably sympathize with this woman. Who among us has not occasionally felt a "spiritual slump"? It is, of course, normal to feel burned out on life sometimes. We all feel the struggles and pressures of daily living.

Yahweh still answers prayers, but we cannot strong arm Him into doing every little thing we want. He is not some "cosmic genie" that grants our every whim. Yes, we all have needs and desires, but do we really trust our heavenly Father to ultimately have our best interests at heart? Even the strongest of us has no doubt questioned and wondered what Yahweh was working out in particular situations throughout our lives. At the other end of the spectrum, many of us can look back and see Yahweh's hand in our lives, and how He got us through difficulties in the past!

The first step to getting real answers to your prayers is making sure you are living your life in line with Yahweh's ways. There is no way around this. If you are doing anything contrary to Yahweh's way, you must stop immediately and repent.

The next step is to pray according to Yahweh's will. But how do we know Yahweh's will? Read the Bible! It spells it out for us. The next thing you need to do is be thankful for the blessings you already have. Yahweh will not further bless you unless you are thankful for what He has already given you. Then the biggest thing of all you need to do is to trust Him. This is probably the hardest step of all. It

is not easy to do since most of us are so used to handling our own lives in the way that seems best. Keep on praying! Yahweh has never turned away a person who is sincere in seeking Him!



Feeling blue after the Feast?

It's so hard to believe that the Feast of Tabernacles is over already! We all had such a joyous time that returning to the "real" world has been difficult for some of us. The happiness, peace, and unity was difficult to leave behind. I, too, found myself feeling somewhat "blue" upon returning back to normal life. I've always felt somewhat sad at the end of every feast, because it's the last fun thing right before a long cold winter. The next thing to look forward to are the spring Holy Days, but that's a long way away!

The truth is that the Feast represents a future time of peace in the Kingdom of Yahweh, so we actually should feel a little blue when we return to our regular day to day activities. The Feast was meant to be fun and uplifting because it reminds us that we are merely pilgrims upon this earth. This is not our real home. The Kingdom is.

We can still keep some of the joy we felt at the Feast by keeping in touch with each other. Let's call, write, or send letters to each other, until we can see one another again during Passover. Don't lose touch with each other. We are all looking forward to the Kingdom when we can be together all the time in unity and peace. Until I see you all again, may Yahweh bless you!



APPRECIATE THE MIRACLES

Have you ever thought about the miracles that Yahweh and Yahshua performed? They were nothing short of incredible! A lot of people say, why don't we see miracles today? I think we do! Many of us can attest to the healings we've experienced in our own lives. Miracles are all around us. I once witnessed a child birth and it left me amazed at the beauty of a new life coming into the world.

Pick up a flower and examine it carefully. The intricacy of the design will stun you. Skeptics have no excuse. The existence of a powerful Creator simply cannot be denied. Every day scientists are making new discoveries that even boggle their minds!

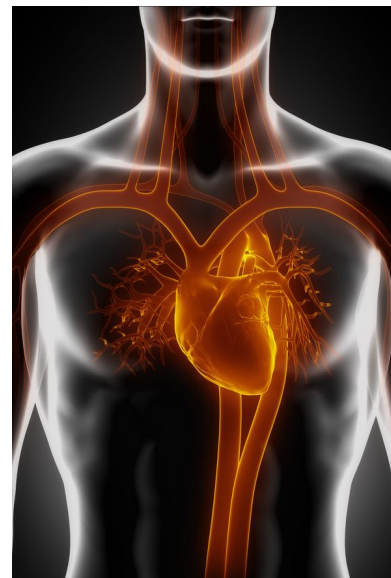
Perhaps the biggest miracle of all is the work that Yahweh is doing on earth today, by calling certain individuals into His fold. There are nearly 7 billion people on the earth and very few know Yahweh's truth. Most of us reading this can remember the very moment that Yahweh removed the scales from our eyes as we embraced His ways. If you are reading and understanding Yahweh's Word, then be assured that He is calling YOU and has incredible plans for your future. Thank Him daily for miracles and never take them for granted.



Health News You can use

Have you ever heard of metabolic syndrome? According to the National Heart, Lung, and Blood Institute, about 25 percent of Americans have it. Folks, that's a lot of people! The conditions that indicate metabolic syndrome are extra weight at the waistline, high blood pressure, low HDL level, High triglyceride level, and insulin resistance. If you have 3 or more of these conditions, it's time to make some lifestyle changes. Here's how you can help yourself:

1. Avoid all white flours. Use whole wheat whenever possible.
2. If you want a healthier snack, go for popcorn (without a lot of butter), instead of greasy potato chips.
3. Try barley or brown rice in soups and other recipes instead of white pasta or white rice.
4. Cut back significantly on sugary foods.
5. Eat potatoes sparingly too. They are healthy in most people, but those who suffer from insulin resistance need to take it easy.
6. Avoid sweetened canned foods, such as fruit. Eat fresh fruit with the peels instead.



Amazing ideas!

Sister's, you've got to try these clever ideas. Please let us know if they worked for you. Also, let us know if you know of any other time-saving ideas:

1. Use toothpaste to clear up hazy headlights on your vehicle.
2. Save your fingernails when adding things to your key ring by using a staple remover.
3. If you have dings on your wooden furniture, rub them with walnuts. The oils will help fill in any imperfections.
4. Kids falling out of bed? All you need is a fitted sheet and a pool noodle.
5. Try storing your cleaning supplies in a hanging shoe rack to keep them away from the kids.
6. Use a can opener to open blister packs to avoid cutting yourself.

Go nuts over nuts!

In a recent study, researchers fed people with diabetes 2 ounces of mixed nuts every day, instead of carb-heavy foods such as bread and muffins, and guess what? Their blood sugar levels improved significantly! In addition, their levels of bad cholesterol went down, too! Nuts are also high in fiber. So either way you look at it, add them to your diet, whether you are diabetic or not.



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Healthy Pumpkin Pie Smoothie

Celebrate autumn with the yummy flavor of pumpkin pie, which is much healthier and virtually fat free. Even picky people love it!

1/2 cup pureed pumpkin
1/2 of a banana
3/4 cup low fat kosher yogurt
1 T. honey
1/2 t. pumpkin pie spice
1/4 t. vanilla extract
1 cup crushed ice

Blend until smooth and enjoy!



Zucchini soup

Ladies, here's a good way to use up those frozen zucchini slices from your garden. You can also use yellow squash if you prefer instead of the zucchini.

3 1/2 cups shredded zucchini
1/2 cup shredded celery
1 cup shredded carrots
1/2 cup shredded onion

Sauté the above in 1/2 cup butter. Then add 2 cups water and 2 chicken bouillon cubes. Boil till completely cooked. Then add:

1 T. flour
1 can cream of celery soup
1/2 cup sour cream

Optional:

1/2 cup dry white wine or
1/2 cup cheese spread.

Boil till desired thickness. Tastes great with cheese and crackers!

