

Sisters for Yah

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Dealing with Loss

Recently, my young niece unexpectedly passed away. Initially, I was stunned, and went into denial, thinking there must be some mistake. Deep grief is never easy to cope with. But it seems that death has a way of causing one to start thinking deeply about life. I recently had a conversation with another family member, and she and I both agreed on one thing: since death can happen so suddenly, we each need to make the most of every single day. HalleluYah to that!

I found some extremely comforting verses in Scripture and wanted to share a few of them that helped me. I know I am not the only one who has experienced a loss, as we take numerous phone calls throughout the day at the office here at YAIY, and there is an abundance of hurting people out there.

Read Matthew 5:4, which tells us, "Yahweh blesses those who mourn, for they will be comforted."

Also check out 2 Corinthians 13, which says, "All praise to the Elohim and Father of our Master Yahshua Messiah. He is the source of every mercy, and the Elohim that comforts us."

Perhaps my ultimate favorite one is Matthew 28:20, which states very clearly, "Be sure of this: I am with you always, even to the end of the age." I love the comfort knowing that I am not alone.

I want to say "Thank you" to all my sisters in the faith. Your phone calls, emails, cards, and text messages lifted me up during this difficult time, and I was deeply moved by all the prayers offered up for me and my family! Sisters, this is what it's all about—being there for each other in times of struggle.

Finally, I leave with one more special verse. Read Psalm 34:18, which says, "Yahweh is close to the brokenhearted; He rescues those who are crushed in spirit." May we all be comforted in the hollow of His hand.





The ABC's of Life

Ask for help when you need it.
 Be a light to the world.
 Count your blessing every day.
 Develop good habits.
 Encourage those around you.
 Forget past hurts. Moving on is best for your physically and spiritual health.
 Give to others when you are able.
 Help your neighbors.
 Increase your Bible Studies.
 Jealousy is like a poison—avoid it at all costs!
 Kick back and relax once in a while.
 Lend a listening ear to someone who needs one.
 Move your body more. Exercise does wonders for your health.
 Never give up.
 Offer good advice to a teenager.
 Pray without ceasing.
 Question things in your life that don't make sense and change accordingly.
 Read more. Studies show that regular reading keeps the brain sharp and can add years to your life.
 Stop comparing yourself to others.
 Take a walk and enjoy Yahweh's creation.
 Use every opportunity that comes your way.
 Volunteer more.
 Write letters, emails, phone calls to stay in touch with long time friends.
 X—Example—set the right one.
 Yield sometimes for the benefit of others.
 Zip through your day with a smile for all you meet.

What's living in your fridge?

Did you know that your refrigerator can be a breeding ground for harmful bacteria? The most important way to keep bacteria from becoming a problem is to always make sure the temperature is below 40 degrees Fahrenheit. Anything above that becomes a tropical paradise for nasties! Most of us, especially me, only clean our fridges once a year before Passover. I recently heard a frightening report that food poisoning kills thousands of people every year. The main preventable cause of food poisoning is not keeping food cold or hot enough.

For your health, and the health of your loved ones, why not put your fridge on a cleaning schedule today? Experts recommend the following:

1. Go through your fridge at least once a week and toss out any old food. Check expiration dates. When in doubt, throw it out. You cannot always tell if something is bad by its smell. Cook in smaller batches so that you can use up everything before you have to throw it out. Or freeze what you know you can't use up and save for a later meal in the future.
2. Scrub the whole inside—shelves, drawers, and freezer. Wash with warm soapy water. Rinse with clean water and dry everything thoroughly. Don't leave anything damp, as mold can start growing.
3. Always wipe up spills immediately, especially raw meat and poultry juices.



Education Opportunities in the Kitchen!



Teaching children valuable kitchen skills will last them a lifetime. Children can develop all kinds of skills if you allow them to help you cook (measuring, counting, reading, and following directions). Not only that, your child will always remember spending quality time with you. In the end, that's what really matters.

1. Start slowly. For very young children, start with hand and table washing.
2. Be sure to match tasks with child's ability. For instance, preschoolers can stir, pour, and shake. Later, school-age children can measure, cut and grate.
3. Show safety. Help older children use appliances safely with supervision. Teach very young ones to stay away from hot surfaces and dangerous items.
4. Try to teach one skill at a time.
5. Accept that messes will happen. Children simply don't have the skill and coordination that you have.
6. Make cleanup fun and part of the learning process.
7. Talk about tastes, smells, textures, sounds, and what they see.
8. Most importantly, enjoy the time in the kitchen with your child. He or she will be grown up before you know it.

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



Cough Syrup in your Kitchen!

I heard a lady say recently that the winter air dries out her nasal passages and gives her a dry cough every year. She also said she didn't want to buy drugstore cough medicines, as they contained harmful dyes, sugars, and chemicals that cannot be pronounced.

For a cheap, healthier alternative, look no further than your kitchen cabinets. Do not give the following to children or individuals with sensitive stomachs, as it is quite powerful:

Mix 1 T. apple cider vinegar with 2 T. of water. Add a T. of honey, and a 1/4 t. each of cayenne pepper and powdered ginger. Blend well and take a teaspoon at a time, as needed. Store in fridge.

Give it some time

The following is found on an architecturally impressive cathedral in Italy, "THAT ONLY IS IMPORTANT WHICH IS ETERNAL."

Have you ever given thought to eternity? The Bible has quite a bit to say about it. But most of us cannot even imagine 10 years from now, can we? Eternity is a mighty long time. Many believers have struggled with the idea of "living forever." All of us want eternal life, but the idea of it boggles our minds. Ask yourself the following questions:

1. What do I do that has no eternal value? Can I replace it with something that does?
2. What has Yahweh's Spirit prodded me to do that I have not yet obeyed?
3. What does it mean to be "very careful" how I live? (Ephesians 5:15).

On his death bed, a 91 year old man told his granddaughter, "All my life, I worked so hard, so my children could have a good life, but what they really wanted was to spend time with me. I was always too busy for them. I hope they'll forgive me."

What a sad realization to come to, as you are preparing to leave the land of the living! We all have deep regrets. But we can start working on the things that matter today. Make it a practice to focus on the things that have eternal consequences, such as building a strong, Yahweh-fearing family. I'll never forget a tearful phone call many years ago from an elderly woman, a long time supporter of YAIY. She sobbed uncontrollably into the phone, "Oh, I just don't think I did my best to share Yahweh's Word with my unbelieving family members, and now some of them are gone and I can't bring them back!"



Never just sit back and let life happen to you. Instead, every day, make a conscious effort to live each moment to the fullest. Let the things that don't matter roll right off of you, but absorb the things that do matter!