

# Sisters for Yah

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## What can we learn from Storks?

Yahweh's creation is truly amazing! Have you considered how truly fascinating the migratory behavior in birds is? The Bible mentions this in Jeremiah 8:7, "*Yea, the stork in the heaven knoweth her appointed times; and the turtle and the crane and the swallow observe the time of their coming; but my people know not the judgment of Yahweh.*"

Many birds migrate every year, but which bird is famous for its early return home? That's right, the stork! It is so faithful to return home that even its Hebrew name *chasi-dah* means "faithful one."

We need to return "home" (back to Yahweh) just like the stork. Jeremiah bemoaned the unfaithfulness and stubbornness of Yahweh's people in his lifetime. Nothing has changed today—people are still stubborn and unfaithful. Only a few people today are willing to give up their lifestyles to obey all that Yahweh expects from His followers. Most people nowadays are too comfortable celebrating their pagan holidays and becoming slaves to their evil habits. Israel, except for a few people, refused to repent, bringing judgment on themselves. They could have escaped the wrath Yahweh had prepared for them but chose not to. Yahweh contrasted their failure to "return" to Him with the wisdom and faithfulness of returning migratory birds.

Yahweh is our true refuge. Let us be quick to recognize our sins and repent immediately. This is a life and death matter. In times of trouble, people often temporarily turn back to places of worship as was seen immediately after the 911 attacks on America's own soil. But people quickly forgot as life returned to normal. Yahweh is not looking for temporary repentance, but true, permanent, life-changing repentance. We are getting closer every day to Yahshua's return. That also means that the Great Tribulation is closer too. Now is the time to turn back whole-heartedly to our Creator so that He may sustain us during the time of trouble. Let us learn from the stork now before it is too late!



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## Reflections on the Sabbath

For those of us who have been keeping Yahweh's weekly Sabbath for many years, it is sometimes easy to take it for granted as it becomes just another regular habit, like brushing one's teeth or fixing one's hair. New believers often embrace the Sabbath with an excitement and zeal that "old" believers used to have. Time to restore the eagerness and joy surrounding the weekly Sabbath!

*"For in six days Yahweh made the heaven and earth, the sea, and all that is in them, and rested the seventh day: wherefore Yahweh blessed the Sabbath day, and hallowed it."* (Exodus 20:11) We see that the seventh day is set apart. Yahweh made the Sabbath for mankind's benefit. In fact, even scientific evidence points to the fact that humans need a regular day of rest every week! There are negative health consequences when people do not get the rest they need. Insomnia, stress, depression, high blood pressure, and ulcers can all be caused by improper and irregular rest.

It is not always easy to keep the Sabbath. Most of us live very busy lives and it is often difficult to truly allow ourselves to slow down. Many report feeling guilty about resting as "there's always so much to do and I feel like I should be doing something!" Well, just remember that the Sabbath is a command from Yahweh, not a suggestion! This divine assertion was inscribed with Yahweh's own finger on a tablet of stone (see Exodus 31:18).

Plan for an enjoyable Sabbath. The best way to enjoy Sabbath is to prepare for it all week. Yes, you read that right. Don't wait till just before sundown on Friday to do a week's worth of cooking and cleaning. Nothing can ruin a restful Sabbath quicker than unpreparedness. Do a little each day throughout the week. Consider making extra portions of dinner and freeze leftovers so that you'll have a quick meal that can be defrosted to warm up on Sabbath. Sandwiches are also quick and easy to prepare and doesn't require any planning at all. Consider also making a special desert during the week that the family can enjoy just on Sabbath.

Many women complain that they dread the pile of dishes after Sabbath. Consider using paper plates and other throwaway products to avoid having to tackle a mountain of dirty dishes. Make your Sabbath peaceful by playing soft worship music while you read and study the Bible together with someone or independently. Turn off the television or watch uplifting programs or DVD's. Don't allow distractions to clutter the mind. Some people even turn off the ringer of their telephones and just let the answering machine pick up. The Sabbath is for worshipping Yahweh and reconnecting with Him. You might find yourself also feeling recharged on Sabbath and much more at peace. Plan now to have a restful enjoyable Sabbath.



## How to un-ruin dinner!

Let's be honest. It happens to the best of us. You're trying to get dinner on the table quickly and efficiently after your super hectic day, and then it happens—you add too much salt or you overcook the veggies. Instead of throwing out the pot, try these tips to possibly save supper:

### ***Overcooked, dry chicken***

All is not lost! Remove the meat from the pan and add a cup of broth or water. Bring it to a simmer. Ladle a tablespoon of the liquid over each serving of meat.

### ***Mushy veggies***

Make a puree in a food processor or blender. Season with salt and pepper. Serve as a side dish.

### ***Too salty!***

Add either 2 Tablespoons of olive oil or lemon juice to counteract the saltiness.

### ***Too spicy!***

Adding dairy is the best way to tone down the heat in sauce or salsa. Just two tablespoons of low-fat yogurt is all you need to tame the bite!



## Medicine Cabinet 101

Keep the following items in stock in case of unexpected emergencies:

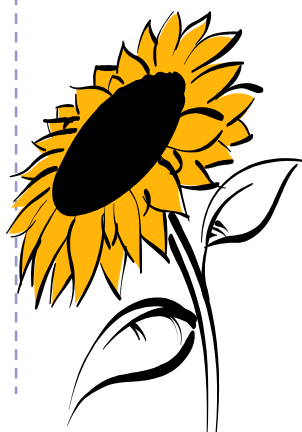
1. Pain reliever such as Tylenol (easier on the tummy than aspirin, and less likely to cause drug interactions).
2. Aloe vera. Soothing on mild burns including sunburns.
3. Antacids for indigestion or upset stomach.
4. Baby aspirin. Can help maintain blood flow to the heart. Medical experts recommend you call 911 if you think you're having a heart attack and chew four tablets.
5. Antibiotic cream such as Bacitracin to prevent infection in cuts and scrapes.
6. Benadryl for allergic reactions including bee stings. See a doctor immediately if you are allergic to bees stings.
7. Hydrocortisone to treat rashes.
8. Saline solution to flush out eye irritants.





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## Bread Recipes

### Cranberry Orange Bread

2 cups flour  
1 cup oatmeal, any type  
3/4 cup granulated sugar  
1 tsp. baking powder  
3/4 cup fresh or dried cranberries  
1/2 cup chopped walnuts (optional)  
3 eggs, lightly beaten  
3/4 cup low fat milk  
1/3 cup orange juice  
1/3 cup vegetable oil  
1 Tbsp. grated orange peel



Heat oven to 350 degrees. Grease and flour bottom of 9" x 5" loaf pan. In large bowl, combine flour, oats, sugar, baking powder, baking soda and mix well. Stir in cranberries and nuts. In medium bowl, combine eggs, milk, juice, oil, and the orange peel. Add to dry ingredients all at once; stir just until dry ingredients are moistened. Do not over mix. Pour batter into pan. Bake 60 or 70 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack for 10 minutes. Remove from loaf pan and cool completely.

### Pumpkin Bread

1 1/2 cups flour  
1 tsp. baking soda  
1/2 tsp. baking powder  
4 eggs  
1 cup granulated sugar  
1/4 cup brown sugar  
1/2 tsp. vanilla  
3/4 cup canned pumpkin  
3/4 cup vegetable oil



Preheat oven to 350 degrees. Combine flour, baking soda, and baking powder in a medium bowl. Beat eggs, sugar, and vanilla together in a large bowl with an electric mixer on high speed for about 30 seconds. Add pumpkin and oil and mix well. Pour dry ingredients into the wet stuff and mix well with your electric mixer. Pour batter into a well greased 8 1/2 by 4 1/4 loaf pan. Bake for 60 minutes until the top is dark brown and toothpick near center comes out clean. When cool, remove from loaf pan and enjoy. Can also add about 3/4 cup of dried cranberries to this as well.

