

Sisters for Yah

MARCH 2009



Volume 3, Issue 3

Passover and Feast of Unleavened Bread

Yes, it's that time of year again! Next month, in April, we'll once again be keeping Passover and the Feast of Unleavened Bread. It's a good idea to start using up any leavened products you may have now, so that you won't have to throw away too many items when the time comes. It's also a good idea not to stock up on bread products even if they may be on sale.

You do not need to throw out the following items: rice, pasta, and eggs. Even though rice and pasta swell when boiled in water, they are not considered leavened. They simply absorb the water they are cooked in and become larger.

Start using up the following items: breads (including those frozen in your freezer!), cakes, cookie, brownies, most flour tortillas (check labels), yeast, bread crumbs, self-rising flours, baking powder, foods containing baking soda, muffins/muffin mixes, pancakes/pancake mixes, waffles, most crackers (except some varieties of triscuits), pizza, and breaded fish or chicken. Try the following easy recipe for unleavened bread:



Inside this issue:

Passover and Unleavened Bread	1
Year-round Healthy eating/ A little Pampering	2
Is anything too hard for Yahweh?	3
More Unleavened Recipes!	4

Our Favorite Unleavened Bread

4 cups flour
1 t. salt
2/3 cup cooking oil
1 1/3 cup milk

Sift flour and salt into bowl. Mix oil and milk thoroughly, then pour into the flour and salt; stir into a firm dough. Roll onto wax paper, making it as thin as pie crust. Cut into strips about 1 1/2 inches wide. Bake on greased cookie sheet —400 degrees until slightly brown (takes about 13 minutes). You can sprinkle with cinnamon and sugar if you like. Roll thin for crisp bread.

— Sister Mil Mansager

Year-round Healthy Eating!

Did you know that a healthy diet can boost your immune system to fight off many common illnesses and disease? Start now to give your immune system a healthy makeover. It's easier than you think! Focus on a low-fat, lean protein, high fiber diet. Add small amounts of low-fat dairy, and at least five servings a day of fruits and vegetables. Try the following ideas:

1. Enjoy seasonal foods like cranberries, pomegranates, citrus fruits and sweet potatoes. Try different varieties of apples too. All of the above are full of nutrients.
2. Mix dried fruit into salads and muffins. Eat plain as a snack too.
3. Add extra vegetables to casseroles, soups, and stews.
4. Frozen fruits make great additions to smoothies, muffins, and waffles.
5. Replace unhealthy snacks with mini carrots and dried fruits such as pineapples and apples.
6. If you like dip, be sure to use the low-fat variety and use fresh veggies to dip instead of chips.



A Little Pampering

We all know how wonderful a foot treatment can feel after a long day, but store-bought foot-care products can be very expensive. With a little creativity, you can make your own foot mask from items you may already have in your kitchen! If you need an invigorating, soothing, softening mask, try the following:

1. Puree 2 cucumbers in a blender.
2. Add about 2 tablespoon each of olive oil and lemon juice and blend a few seconds longer.
3. Microwave the mixture until lukewarm, about 1 minute.
4. Separate mixture into two small plastic bags.
5. Slide a foot into each bag and massage mixture onto feet.
6. Leave on for 10 minutes. Rinse off.



IS ANYTHING TOO HARD FOR YAHWEH?

In Jeremiah 32:17 we find, “*Ah Yahweh Elohim! Behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee.*”

Jeremiah proclaimed this mighty declaration of faith in Yahweh. He needed reassurance concerning his property—that it would be safe, should he be away from it for an extended period of time. In 2 Chronicles 16: 9, Yahweh delights to “*show Himself strong in the behalf of them whose*

heart is perfect toward Him.” There is nothing too hard or too small for our mighty Heavenly Father!

Yahweh can control all things since He created all things. A person must believe that the Bible is really the Word of Yahweh. How can one have faith in Yahweh’s promises if he or she doesn't believe that the Bible is inspired by the King of the universe? Most people own several bibles, but how many actually open it regularly to glean its wisdom? A person who regularly prays and studies Scripture will not find it hard to be-



lieve any of Yahweh’s promises and declarations.

In response to Jeremiah, Yahweh proclaimed, “*Behold I am Yahweh, the Elohim of all flesh: is there any thing too hard for me?*” (Jeremiah 32:27) In other words, Jeremiah’s real estate investment would be protected.

If Yahweh was able to roll back the waters to allow the Israelites to cross the sea on dry ground, surely our modern-day problems are not too big for Him! Pray that He will give you a trusting and obedient heart.

Feel free to cry out to Him for both the big problems and seemingly “insignificant” ones as well. He loves to transform the difficult things of life into the wonderful works of Elohim.

Our modern world is filled with troubles of many sorts, not unlike the Biblical account. We still struggle with poverty, family strife, economic losses, weather-related disasters, illnesses, and ultimately death. Yahweh is in control of all these things, and if one trusts Him completely, worry and fear need not dominate one’s life.

The new year is almost upon us, as we know that Yahweh’s new year begins in the spring time. We will be renewing our commitment to Yahshua this coming Passover. Let’s make this new year the best ever despite daily problems. Let’s make this the year we become stronger believers, better spouses, more loving parents, and more obedient and trusting servants!



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



More Unleavened Recipes!

Hot Cherry Crisp

- 1 can cherry pie filling (21 ounce)
- 4 cups canned and drained or fresh fruit (such as peaches, pears, pineapple tidbits, bananas, apples, oranges) diced large.
- 1/4 cup coarsely chopped walnuts or pecans
- 1 1/2 cups low-fat granola
- 2 T. melted butter
- 1 container fat free vanilla yogurt (16 ounce)



Pour pie filling into a 2-1/2 quart casserole dish. Fold in fruit and nuts. Sprinkle with granola and drizzle with melted butter. Bake at 350 degrees for 40 minutes or until bubbling and hot throughout. Serve warm topped with yogurt.

Lasagna Casserole

- 2 1/2 cups dry macaroni
- 1 1/2 cups cottage cheese
- 2 cups shredded mozzarella cheese
- 4 cups spaghetti sauce



Cook macaroni. Mix with rest of ingredients. Place in casserole sprayed with non-stick cooking spray. Bake 30 minutes at 350 degrees.

Crispy Baked Chicken

- 1 cup almonds
- 1 thin slice fresh ginger
- 1 clove garlic
- 4 chicken breasts
- Cooking oil



Grind together almonds, ginger and garlic. Wash and dry chicken. Dip in oil to coat, then roll in almond mixture. Bake at 350 degrees about 30 minutes.

Join us online
SistersForYah.org

See what you've
been missing!

