

# Sisters for Yah

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## Back into the World

The Feast of Tabernacles is over, and after spending a nice, delightful week with other like-minded believers, we all find ourselves plunged back into the daily grind of living in our respective areas. It's never easy to go back into the world, which can be likened to Egypt symbolically. It is especially difficult and painful for believers if they are the only ones in their particular areas and don't have anyone to meet with regularly on Sabbath. If you are in that situation, it is crucial to maintain regular contact with the brethren you met at the Feast. Try to call, write, or email regularly so that you can stay connected with your spiritual family.

Another way to stay connected and to feel a part of the Assembly is to watch our Sabbath DVD's at home. Request them if you are not currently receiving them. Many DVD recipients have commented that they feel like their Sabbaths are much more meaningful now that they can participate in the



DVD service by singing along and listening to the sermons.

Although it is never easy to return to the world, we can learn some deep, profound lessons from our experience at the Feast of Tabernacles. For instance, it will make us remember that we are only pilgrims in this world. This fleshly world is not our final home. The Kingdom is coming and we need to prepare now for it. The Feast of Tabernacles is a small taste of the joy we will feel in the Kingdom.

Many people feel spiritually renewed after the Feast. Hang on to that feeling by continuing to pray regularly and studying your Bible. Don't fall into the bad habit of neglecting your spiritual life once you return home. Never let the cares of this world quench the Holy Spirit. Sure, we all need to work and go to school and do our normal duties, but try to keep things in perspective. Seeking first the Kingdom is one of your highest priorities!

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## Are you Courageous?

Most people have something that they are afraid of. Maybe not terrified, mind you, but something causes them to feel anxiety or fear. For some people, it's spiders or snakes. For others, it might be the fear of heights. Others might cringe at the sight of blood, or fear needles at the doctor's office. Even the strongest of men have fears. One man admitted that, "I was never really afraid of anything except getting up in front of others to give a speech. I honestly would've rather have faced a firing squad!" Now that's fear!

So now that we know that almost everyone has a fear of something, can anything be done to help overcome it? Years ago, Walter Anderson, editor of parade magazine, wrote a book about coping with anxiety. He wrote, "Of all the successful people I've known and written about in the book, it's not just that they learned to live with and cope with anxiety, they've learned to live better because of their fear." It kind of sounds like the Apostle Paul, who admitted in 1 Corinthians 2:3 that he went to Corinth with his message "in fear and with much trembling." The point is that even though Paul was afraid, he did Yahweh's work anyway by depending on the power of the Holy Spirit (see verse 4).



Think about the things that make you afraid. Is there someone at work who intimidates you? Is there something you feel you can't handle? The best thing to do is admit that you are afraid, call upon Yahweh for help, and face it anyway. Many times our weaknesses are an opportunity for Yahweh to show us His strength. Yahweh is the true source of courage to His people.

Read 1 Corinthians 2:1-5 in its entirety, and reflect particularly on verse 3. Consider that trust turns fear into triumph. Do the following exercise. Get a piece of paper and write: I'm not afraid to admit that I'm afraid of \_\_\_\_\_. Then write out an action plan as to how you are going to overcome the fear. Ask yourself; What am I going to do about it? Do I really believe that Yahweh can help me in any situation? How am I going to show Him today that I trust Him?

Keep in mind that you may never fully overcome a phobia. Most fears are absolutely legitimate. Some fears are there to protect us—like the fear of poisonous snakes because it helps you to avoid poisonous snakes, therefore preventing you from getting bitten! But you certainly can reduce your fear so that it does not rule your life. That's where the power of the Holy Spirit comes in. Actively pray that Yahweh will help you in this area.

Know that Yahweh loves you and is in control of your life. It's important to overcome any sins you may have because sins can separate us from Yahweh. In our dying world today, the last thing we want is to allow anything to come between us and Yahweh. We need all the help we can get nowadays. Let's all depend on Yahweh's strength to get us through!

## Cooking with Ice Cubes!

One of the most helpful and interesting ways to cut cooking time is to use pre-frozen sauces or purees in ice cube trays! Since your family probably leaves your trays empty anyway, why not put them to good use. Here are some ideas to get you started:

### Use to flavor a number of entrees

Pour store bought or homemade salsa into ice cube trays. Once frozen, you can remove them and store them in a freezer-safe bag. Then simply drop a couple cubes into stews, chilis, or soups for added flavor and extra zip!

### Make a fruit smoothie

Puree ripe fruit (any kind will do or even a combination of several) and freeze in ice cube trays. Then simply drop four or five fruit cubes in your blender along with low fat yogurt or milk and a little sweetener and blend it all up. Try a squeeze of lemon for an extra fruity taste!

### Easy Pesto cubes

Freeze homemade or store bought pesto sauce in ice cube trays and you will always have some on hand for last minute suppers. Make a simple sauce for pasta by dropping in a pesto cube with some chicken broth. Toss with cooked drained pasta.

### Coffee lovers listen up!

You can make your own frozen coffee drinks by freezing your leftover brewed coffee in ice cube trays. Then puree a few coffee cubes with milk and sweetener. You can experiment with different flavors such as chocolate or caramel to create a frozen treat like the expensive ones you find in popular coffee shops.



### Yes, even vegetables

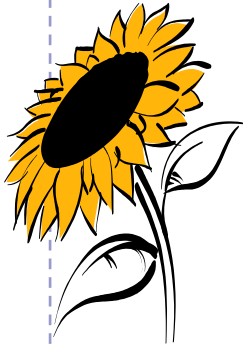
Puree cooked vegetables like broccoli, carrots, corn, or peas and place them into ice cubes trays for the makings for the easiest cream of vegetable soups! Place the cubes in broth and add a little milk. Can also add the cubes to pasta sauces for added nutrients.

### Make yummy drinks with tea cubes

Freeze any type of tea after brewing and use them to flavor drinks. Drop them into fruit juices for a delightfully refreshing treat. Try flavorful herbal tea cubes to liven up lemonade.

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## Cold Weather Soups

The days are getting shorter and the mornings chillier. Now's the time to start cooking soups again! Who doesn't enjoy the delightful aroma of a huge pot of soup simmering on the stove? Try the following:

### Easiest Chicken Corn Chowder

- 3 cans cream of potato soup
- 1 can cream of chicken soup
- 2 cans cream corn (16 oz each)
- 3 cups of milk
- 2 cups cooked, diced chicken or turkey

Mix all together in a pot and heat on medium until heated through. Have bread, biscuits, or crackers on the side.

### Healthy Vegetable Soup

- 7 cups vegetable or chicken broth
- 1/2 of a small cauliflower, chopped
- 1/2 cup diced onion
- 3-4 medium carrots, diced
- 1 yellow squash or zucchini, chopped
- 1 cup uncooked rice brown
- 1-2 t. dried oregano, to taste
- 1-2 t. Italian seasoning, to taste
- 15 ounce can un-drained diced tomatoes
- 1-2 T. olive oil, to taste
- 1 t. minced garlic
- Salt and pepper, to taste, optional

Heat oil and sauté garlic and onion until slightly soft. Add rest of veggies and sauté for a few more minutes. Then add rest of ingredients and simmer gently about 35 minutes or until rice is cooked.

