

# Sisters for Yah

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## Quick! Get rid of it!

Think about the following questions for a moment:

1. Do my words ever harm others?
2. In what ways can my thoughts harm others?
3. If I intentionally deceive or mislead someone, or covet what they have, or spread damaging information, how are others hurt? How am I hurt?

In 1 Peter 2:1, we read, “Therefore, rid yourselves of all malice and deceit, hypocrisy, envy, and slander.”

Many people fall into the trap of one or more of the above sins. It can even happen when you least expect it, such as when you are tired or stressed.

For instance, one prominent politician who was committing adultery began accusing his wife of the very act he was guilty of! And don't think that Believers are immune to such things either!

That is why the author of 1 Peter 2:1 felt the need to address it in the first place. Such wrong things can happen to anyone if they are not careful.

Believers need to stay as close to Yahweh as possible in these trying times. Hypocrisy can be one of the most prevalent of sins among Believers. One may feel that they are more “spiritual” than another. Or one may feel he or she is doing more for Yahweh than the rest. We are all at different levels in our walk with Yahweh, and we are all “working out our own salvation.”

It is critical that we cast out evil thoughts as soon as they enter our heads. Do not allow them to fester. One small evil thought can grow into a mountain-sized problem. It is much easier to grab a random thought and control it, than it is to deal with full-blown sin later on. Prayer can work wonders in dealing with negative and evil thoughts, because if you are on your knees praising Yahweh and seeking His will, you'll be less likely to be allowing other thoughts to enter. Remember that the more difficult sins can be overcome with prayer *and* fasting. Keep up the good fight!



### Inside this issue:

Quick! Get rid of it!	1
But it was written so long ago!/Try These!	2
Health News	3
Recipes	4



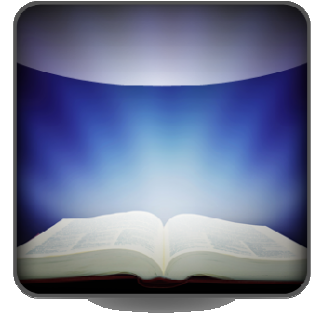
## But it was written so long ago!

It's amazing how many Believers, when sharing their faith, have encountered skeptics who seem to use the same reasoning repeatedly, "The Bible was written so long ago. How can it possibly be relevant to modern times?"

Turn to Isaiah 40:8, which reads, "The grass withers, and the flowers fade, but the Word of Yahweh stands forever." (NLT throughout) Forever is a mighty long time! Yahweh's Word is relevant for our every need. It is from His mind and heart. Who could deny that the all-wise, all-powerful, ever-present Creator is the best guide of all?

James 1: 5 says, "If you need wisdom—if you want to know what Yahweh wants you to do—ask Him and He will gladly tell you."

Turn to 2 Timothy 3: 16-17, which reads, "All scripture is inspired by Yahweh and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is Yahweh's way of preparing us in every way, fully equipped for every good thing Yahweh wants us to do." I'd say that sounds pretty relevant, wouldn't you?



## Try These!

1. Burnt food on your skillet? No problem! Simply add a drop or two of dish soap and water to cover bottom of pan. Bring to a boil on the stove top.
2. Spray plastic storage containers with nonstick cooking spray before pouring in tomato based sauces. Can prevent staining.
3. Wrap celery in aluminum foil before storing in fridge and it will keep for weeks!
4. Adding just a pinch of sugar when cooking corn on the cob can help bring out corn's natural sweetness.
5. Headache? Try cutting a lime in half and rubbing it on your forehead. It may help relieve the throbbing.
6. Take the itch out of mosquito bites by applying soap on the area.
7. Applying scotch tape to a splinter can help to remove it.
8. Use Alka Seltzer to clean a toilet bowl. Can also be used to clean jewelry!



## Health News

### Sleep better, feel better

Recently on the news it was reported that the vast majority of Americans are not getting enough sleep. Lack of sleep is contributing to many chronic ailments such as obesity and diabetes. How about you? Do you wake up feeling refreshed and ready for a new day? Not getting enough sleep can slow you down and leave you feeling depressed, irritable, and unable to concentrate. Try the following ideas for a better night's rest:

1. Stick to a routine. Try to go to bed around the same time each night.
2. Try to relax. Take a warm bath, pray, meditate, or listen to soothing music.
3. Keep your bedroom dark and quiet. Also the right temperature is important—too hot or cold can prevent you from sleeping comfortably.
4. Avoid caffeine in the afternoon and evening.
5. If you're hungry before bed, have a very light snack, not a heavy meal.



### Salad Alert

Many people who are trying to lose weight often head for the salad bar at their favorite restaurants. But did you know that a salad can sometimes be even worse for you than a full three course meal? The problem comes when people top their salads with poor choices, and then pour on the high fat salad dressings.

1. Skip salads with cheese or deep fried meats like fried chicken. Also avoid mayonnaise-based salads unless you're sure it's made with light or fat free mayo.
2. Never pour on a ton of dressing! Try to go for only 2 tablespoons. Creamy salad dressings are a poor choice in general. The best are low fat vinaigrettes and olive oil and vinegar.
3. Make your salad more filling by topping it with lean protein such as turkey, fish, or beans.



### Get some extra calcium

Calcium can help prevent osteoporosis, but don't head out to buy calcium supplements just yet! Some recent studies have shown it might be safer to get your calcium from food rather than pills. When people think of calcium from food, they automatically think of dairy products. But did you know other foods also contain calcium? Foods such as dry-roasted nuts, dried figs, salmon, great northern beans, and oatmeal all contain calcium. If your primary source of calcium comes from dairy, be sure it's low fat.

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## Recipes

### Malted Milk Cookies

1 cup butter (no substitutes), softened  
3/4 cup packed brown sugar  
1/3 cup white sugar  
1 egg  
2 teaspoons vanilla extract  
2 1/4 cups all purpose flour  
2 T. instant chocolate drink mix (Nestle)  
1 t. baking soda  
2 cups malted milk balls, crushed



In mixing bowl, cream the butter and sugars. Beat in egg and vanilla. Combine the flour, drink mix, and baking soda. Gradually add to creamed mixture. Stir in malted milk balls. Shape into 1 1/2 inch balls. Place 2 inches apart on ungreased baking sheets. Bake at 375 degrees for 11 minutes. Cool for 1 minute before removing from pan to wire rack to finish cooling. Makes about 5 dozen. This is a thin cookie and for a change of pace, use strawberry malted milk balls and strawberry flavored instant drink mix.



### Homemade Vanilla Pudding

2 cups milk  
1/2 cup sugar  
3 T. cornstarch  
1/4 t. salt  
1 t. vanilla extract  
1 T. butter

Heat milk until bubbles form around edges. In a bowl, combine sugar, cornstarch, and salt. Pour into hot milk a little at a time, stirring to dissolve. Do not boil. Cook until slightly thickened. Remove from heat. Stir in vanilla extract and butter. Pour into serving dishes. Chill before serving.

