

Sisters for Yah

Happy New Year!

Ah, spring! Those of us who have been in the faith for a long time know that spring begins Yahweh's new year. Passover and the Feast of Unleavened Bread are upon us. Spring is a great time for new beginnings and setting goals for the new year. While spring is not my favorite season (due to suffering miserable tree pollen allergy symptoms), I can appreciate many things about it. Warmer weather, pretty flowers blooming, and longer days all contribute to my appreciation. I even like the "spring cleaning" part (also known as de-leavening my home). Spring is the time my home feels the cleanest after spending a few days of deeply purging, scrubbing and organizing. Giving up leavened food for a week also feels good. Some people even see their health problems improve. One brother in the faith told me his joint pain disappears when he gives up yeast for seven days.

BLESS US
in this new year, Yahweh.



My future is in
**YOUR
HANDS.**
PSALM 31:15, NLT

But most importantly, Passover is the time to reaffirm our commitment to Yahshua. The past year was filled with many challenges. But consider this new year as a fresh start. Strive to make this year a better one. Spiritually-speaking, you can do a lot to solidify your dedication to Yahweh. Are you reading your Bible regularly? How is your prayer life? Here's a neat idea that some ladies have implemented: Write down your prayers, then record how Yahweh answered your requests. Some have been pleasantly surprised with what they wrote!

A new believer recently asked me an interesting question. She inquired, "Why do we still de-leaven our homes? Shouldn't we just be concerned with the spiritual aspects of

Unleavened Bread?" My answer: Both the physical and spiritual are important! In fact, we learn spiritual things by physical practices. Leaven can also represent sin. It's not just about eating unleavened bread. A little leaven (sin) can leaven the whole lump (it affects everyone). I pray each of you will be renewed and refreshed this coming Passover and Feast of Unleavened Bread.

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Scriptures for Passover and Unleavened Bread

1 Corinthians 5:7, *Cleanse out the old leaven, that you may be a new lump, as you really are unleavened. For Messiah, our Passover Lamb, has been sacrificed.*

Exodus 23:15, *You shall keep the Feast of Unleavened Bread. As I commanded you, you shall eat unleavened bread for seven days at the appointed time in the month of Abib, for in it you came out of Egypt. None shall appear before me empty-handed.*

Joshua 5:10, *While the Israelites were encamped in Gilgal they kept the Passover in the evening on the fourteenth day of the month in the plains of Jericho.*

Luke 22:15-17, *And He said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of Elohim. After taking the cup, He gave thanks and said, "Take this and divide it among you. For I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of Elohim comes."*

Numbers 9:13, *But if anyone who is clean and is not on a journey fails to keep the Passover, that person shall be cut off from his people because he did not bring Yahweh's offering at its appointed time; that man shall bear his sin.*

John 13:1-3, *It was just before the Passover. Yahshua knew that the hour had come for Him to leave this world and go to the Father. Having loved His own who were in the world, He loved them to the end. The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Yahshua.*

Deuteronomy 16:1, *Observe the month of Abib and celebrate the Passover of Yahweh your Elohim, because in the month of Abib He brought you out of Egypt by night. Sacrifice as the Passover to the Yahweh your Elohim an animal from your flock or herd at the place Yahweh will choose as a dwelling for His Name.*



Exodus 12:15, *Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel.*

Exodus 12:39, *For bread they baked flat cakes from the dough without yeast they had brought from Egypt. It was made without yeast because the people were driven out of Egypt in such a hurry that they had no time to prepare the bread or other food.*

Delightful Unleavened Pound Cake



3 cups sugar
 3 cups flour
 3 sticks softened butter
 1/4 t. salt
 1 carton (8 ounce) sour cream
 2 t. vanilla
 1 1/4 cups chopped nuts (pecans are great!)
 6 eggs
 Frozen sweetened strawberries, blueberries or raspberries to top, optional)
 Whipped cream, to top, optional.



Grease and flour a tube pan. Preheat oven to 325 degrees. Slowly mix the ingredients, incorporating the eggs one at a time. Pour into tube pan. Bake about 60 to 80 minutes. Allow to cool before slicing. Top with strawberries and whipped cream if you like.



Versatile Soft Unleavened Bread

3 cups flour
 2 t. kosher or sea salt
 1 1/2 cups whole milk
 3 eggs
 2 T. olive oil
 2 T. sugar

Mix it up and pour onto a large greased pan (11 inches by 15 inches). Bake at 450 for about 20 minutes. Variations:

1. Turn it into cinnamon sticks! Top the baked bread with 1/4 cup butter, 1/4 cup sugar and 1 or 2 T. of cinnamon. Once cooled, slice into sticks.
2. Try it as cheesy bread by covering it generously with mozzarella. Can be cut in sticks and dipped in marinara sauce.
3. Make it into Italian herb bread. Simply brush it with 2 to 4 T. of olive oil and sprinkle it with garlic powder and dried Italian seasoning. Goes great with a side of spaghetti and a tossed salad.

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Easiest Flat Bread

2 cups all purpose flour
1 cup cold water
1/2 t. salt

Mix up the ingredients to form a large ball of dough. Knead for 5 minutes. Pinch off 5 to 7 pieces of dough. Roll each into a ball. Then flatten each one on a floured surface into a 6 inch diameter. Preheat a skillet over low-medium heat. Cook each round in the hot skillet for 2 minutes each side.



Unleavened Banana Bread

1 cup brown sugar
1/2 cup oil
2 eggs, well beaten
1 teaspoon vanilla
3 large bananas, mashed
2 cups white whole wheat flour (or 1-1/2 cups whole wheat flour and 1/2 cup all-purpose flour)
1/4 teaspoon salt
1/4 cup chopped nuts

Cream sugar and oil. Add vanilla, bananas, and eggs. Beat with electric mixer until smooth. Sift flour and salt together. Add to creamed mixture, with nuts. Stir. Pour into a well greased loaf pan.* Bake for 45-60 minutes at 350 degrees, or until the top is slightly rounded and a nice golden brown.



Easy Salmon Tacos

1 pound skinless salmon fillets, cooked and chunked (or canned salmon, drained)
1 bag shredded cabbage
1/3 cup salsa
1/3 cup mayo
Crunchy taco shells
Salt to sprinkle over the cabbage mixture

Mix the cabbage, salsa, and mayo. Fill shells with salmon, top with the cabbage mixture and sprinkle lightly with salt.