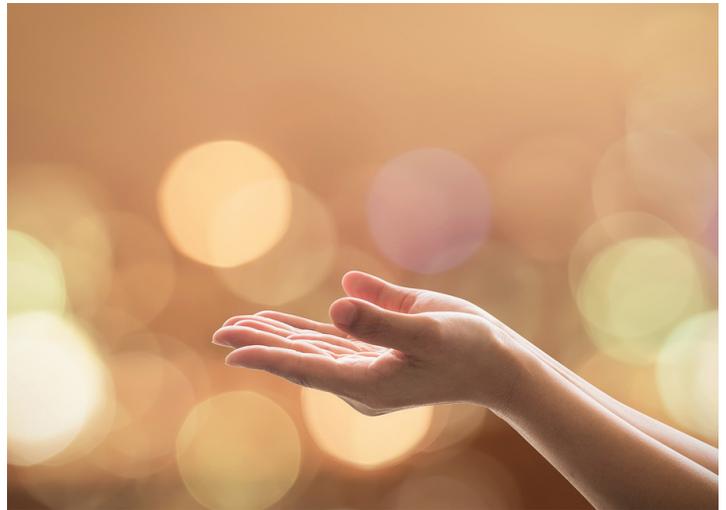


Sisters for Yah

Trusting Yahweh can change everything

Why is it so hard to trust? As humans, we recoil at the idea of putting our trust in others completely. Perhaps we've been hurt in the past and are trying to protect our hearts from ever getting hurt again. We know, of course, that it is impossible to go through life without getting hurt. This is a fallen world inhabited by fallen people. If we really think about it, we all must admit that we, too, have hurt others, perhaps not intentionally.

Reading through Scripture, it is very clear that Yahweh expects us to trust Him completely. Of course, it is easier said than done. And yes, you may get hurt in the process. I hear many people say that Yahweh wants them to be happy. Yahweh wants us to be blessed, through developing righteous character. People with easy lives tend to stagnate and not grow spiritually. Yahweh can use trials and hardships to shape us into the people He wants us to be. Not only do we need to trust Yahweh, but we must also trust the *process* He decides to use in our shaping.



I've heard it asked by some, "How can I trust Yahweh if he uses terrifying circumstances to mold me, such as scary medical diagnoses, or the death of a loved one?" I do not claim to know the answers to these questions, but I will say this: Yahweh is always in control. And Yahweh is always good.

I do believe, however, that people do have some control over the things that happen to them. It always amazes me to hear people blame Yahweh when bad things happen to them due to their own choices. I remember one person ranting and raving against Yahweh after she was diagnosed with lung cancer. But she had chosen to continue the unhealthy habit of smoking even after coming into the faith. Our bodies are the temple of the set-apart Spirit, and it is foolish to think we can be healthy if we continuously defile this temple.

Another person was extremely angry that Yahweh allowed her adult children to shun her, even though she had never put forth the effort to have a good relationship with them when they were little. Truly we reap what we sow. I also believe that not everything bad that happens to us is our fault. We can eat a healthy diet and still get a devastating disease, etc.

Yahweh knows this world is passing away. We will never have perfect lives on this earth. That is what the Kingdom is for. But we must redeem the time we are given on this earth. You will not regret putting your trust in Yahweh. He knows exactly what you can handle, and will never give you more than that (1 Cor. 10:13).

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Eat your spinach!

Most older people remember watching the cartoon Popeye the Sailor when they were children. Whenever Popeye was weak and needed strength, he would open and consume a can of spinach and immediately get a surge of energy. It turns out that Popeye was on to something! The benefits of spinach were studied extensively with impressive results.

- ◇ Spinach can make your bones stronger. It contains a hefty amount of Vitamin K, which aids in the absorption of calcium. This may decrease the risk of bone fractures.
- ◇ Spinach has strong cancer preventing properties, probably due to its antioxidants. The most striking results were its ability to reduce specifically breast, skin, and stomach cancers.
- ◇ It may improve your digestion. Spinach is very high in fiber and can keep your digestive system running smoothly. There is also evidence that spinach can help you maintain a healthy weight.
- ◇ People who eat spinach tend to have better mental health. This might be due to the high levels of folate and potassium which are important for brain health.
- ◇ You may find that you have better eyesight. Spinach is high in lutein, which has been shown to reduce macular degeneration.
- ◇ Spinach can reduce inflammation in the body, therefore easing arthritis and gout.

Even if you hate the taste of raw spinach, you may still be able to tolerate it in other ways. Some people add a handful to a fruit smoothie. The sweeter fruits mask the strong taste of spinach. Others add a handful to soups or stews, and even chilis. Spinach also tastes good in scrambled eggs and omelets. Add a few chopped spinach leaves to your vegetable salads too.

Kitchen remedies that really work!

- * Eyestrain? Try cucumber slices! In this age of computers, many people complain of sore eyes. Lie on your back and place a slice of cucumber over each eye. Studies show it can reduce swelling. You can replace with cooler slices every 3 minutes. Relax for 15 minutes.
- * Cherries may help painful gout! A recent study showed that people who ate 20 cherries a day were less likely to experience a flare-up. Cherries contain compounds which can neutralize uric acid.
- * Green tea may ease joint pain. It may be due to high levels of antioxidants in green tea. Add lemon to further enhance the benefits.
- * Lemon juice just might prevent kidney stones. Most kidney stones are caused by oxalates, but 4 oz. of lemon juice per day could prevent this.
- * Dry, cracked lips? Try moisturizing with olive oil! Many store bought lip balms contain chemicals which can actually make chapped lips worse. Olive oil is completely natural and gentle on your lips.
- * Suffering from hiccups? Try a spoonful of sugar. It can help stop the spasms.
- * Coughing? Make a tea from thyme. It has expectorant properties. Soak 1 T. of dried thyme in a cup of hot water. Let sit 10 minutes. Strain and add honey to taste.
- * Ginger can ease nausea. Chew on some candied ginger root. Sipping ginger ale can help too.



In honor of Elder Roger Meyer. We miss him so much! (Sent to Sister Jan Meyer from Sister Nicole Replogle).

I heard your voice in the wind today

(author unknown)

I heard your voice in the wind today
And I turned to see your face
The warmth of the wind caressed me
As I stood silently in place.

I felt your touch in the sun today
As its warmth filled the sky;
I closed my eyes for your embrace
And my spirit soared high.

I saw your eyes in the window pane
As I watched the falling rain;
It seems as each raindrop fell
I quietly said your name.

I held you close in my heart today
It made me feel complete;
You may have died...but you are not gone
You will always be a part of me.

As long as the sun shines...
The wind blows...
The rain falls...
You will live on inside of me forever
For that is all my heart knows.

Inside Your days

(by Sister Nicole Replogle)

Inside Your days, time stands still
I learn Your ways, I do Your will
My mind rests, my soul's at ease
Wish other days could be like these

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Lactose-free Vegan Egnog (3 to 6 servings)

1 can coconut milk (15 oz)

1/2 cup raw cashews

1/4 cup water

3 T. pure maple syrup

1/4 t. cinnamon

1/4 t. nutmeg



Soak the cashews in water overnight. Drain. Blend all the ingredients and serve chilled.

Cheetos Cookies

1 1/4 cups regular flour

3 cups whole Cheetos puffs, plus 2 more cups of puffs for coating.

1/2 teaspoon baking soda

1 tablespoon cream of tartar

1/4 cup unsalted butter, at room temperature

1/4 cup vegetable shortening (solid like Crisco)

1/2 cup granulated sugar

1 egg, at room temperature



- Place 3 cups of the Cheetos in a zip top bag, seal and crunch using a rolling pin or a food processor.
- In a medium size bowl, combine flour, crushed Cheetos, baking soda and cream of tartar. Using an electric mixer on medium speed, mix to combine. (Looks like an orange flour)
- In a separate bowl mix the butter, shortening and sugar, mix and cream well together. Add egg and mix well again.
- Add the dry ingredients to the wet ingredients, 1/2 at a time.
- Mix well between each addition. Cover and refrigerate the dough for at least an hour.
- Add the remaining 2 cups of Cheetos to a zip top bag and crush the same way as the first batch. Pour into a small bowl.
- Using a small ice cream scoop, make tablespoon-sized dough balls. Roll each dough ball in the Cheetos crumbs and place the dough balls on parchment paper lined baking pan.
- Bake 10 minutes at 350 degrees.
- Remove from the oven and place on cookie rack and let them cool.
- Store in air tight container or they can be frozen.