

Sisters for Yah

It's almost time!

I am so excited that winter is almost over. This means that spring is near, and we will be observing Yahweh's spring Holy Days. Passover and the Feast of Unleavened Bread are nearly upon us. It's time to start de-leavening our homes and our lives. If you've never de-leavened your home before, don't panic. It's not hard, but it takes some serious planning. For those of you who are new, to "de-leaven" your home means to use up or discard any products that contain

leavening. Common leavening agents include yeast, active dried yeast, baking soda, baking powder, and self-rising flours. You'd be surprised at where leavening is found, including most store-bought flour tortillas and some ice creams. Read ingredients very carefully. If you are unsure about any particular ingredient, give us a call. We can probably do a quick search to see if the ingredient is indeed leavening. Some ingredients might sound like leavening, but in fact, are not. If you see "autolyzed yeast extract" or "nutritional yeast" on a list, be aware that these two are de-activated and cannot leaven anything. Basically, they are salty flavorings added to foods to increase flavor.

Most store-bought desserts contain leavening such as cakes, cookies, and muffins. Most pies don't contain leavening, but read the label to make sure.

While we will never get rid of every single bread crumb in the entire house, we must do our best. Plan to sweep, mop, and vacuum. In addition, clean out the fridge, freezers, stove, and oven. Shake out your toaster, then run several empty high heat cycles. High heat kills yeast molecules. Once you have everything clean, remove and discard your vacuum bag and put in a new one. Take out the trash before Passover.

Leavening basically "puffs up." De-leavening our homes can be challenging, but de-leavening our lives can be more difficult. Are we aware of any sins that need to be repented of? Are we still committed to being better believers? Ask Yahweh to reveal anything in you that needs to be removed (de-leavened). He will do so! May you be blessed as you observe Yahweh's spring holy Days.



Inside this issue:

It's almost time!	1
Helpful articles	3
Recipes	4



Do not despise the day of small things

I love Zechariah 4:10 which tells us: “For who has despised the day of small things?”

Yahweh often works by starting “small.” The world, of course, loves the spectacular. We all know that Yahweh is certainly capable of the spectacular, but He often chooses to work in seemingly insignificant and ordinary ways. In this way we can see both His love and His power.

Consider the following: Throughout history, Yahweh’s answer to a critical time was to send a baby. Isaac, Moses, Samuel, John the immerser, and Yahshua were all born as answers to a time of need. Consider also Israel’s deliverance from the powerful Midianite army. Yahweh intentionally used only three hundred men to defeat a vastly larger army. While we all knew He had many more soldiers that He could have deployed, He chose to demonstrate His power by using fewer soldiers.

We also see this with Yahshua. He could have chosen a multitude at any time, but He began to work with twelve men who all had faults. They were just like you and me, imperfect and deeply flawed. Yes, small beginnings are certainly enough to make a huge impact. Yahshua made a huge buffet from five loaves and two fish from which He fed 5,000 men besides women and children..

He compared the Kingdom of Heaven as a grain of mustard seed (Matt. 13:31-32). The mustard

seed was the smallest seed known in Yahshua’s time, yet it could grow into an enormous tree. Another great example would be that the Kingdom is compared to leaven, which is hardly noticeable, but can raise an entire batch of dough (Matt. 19:13-15). This is a timely example, considering that Passover and the Feast of Unleavened Bread is almost upon us. Those of us who bake often can testify that indeed a tiny amount of a leavening agent is all that is needed to make a large loaf of bread or a beautiful moist fluffy cake.

Another beautiful example of using small things to illustrate the Kingdom of Heaven is His receiving tiny children, after whom He said all that would enter into the Kingdom must become, innocent. the way Yahshua never forbade tiny children from coming to Him. Yes, they were little humans, but we must approach Yahweh as little children to enter the Kingdom. D

Many believers assume that the more people in their particular assembly means better success. But don’t buy into the false claim that “bigger is better.” Small groups can make a powerful impact. We must learn to view success as Yahweh does. He is not impressed with numbers, but He is pleased with obedience and a teachable heart.

Not by Might or Power

Yahweh’s people had been exiled for seventy years to Babylon, a powerful dominant military power at the time. Yahweh’s Word came to them at a critical time. They were despondent and disillusioned. They lost heart when they compared their own weakness with the enormous strength of the superpower of their day. But Yahweh delivered them and brought them back to Jerusalem! There will be times when we may (and will) face seemingly insurmountable challenges. But don’t look to your own opinions, skills, knowledge and resources. Yahweh will make a way possible for you to overcome even the worst of situations.





Herbs & Spices



Herbs & Spices, wonderful herbs and spices

(Anonymous)

I came across a rather fascinating decades-old natural remedy article recently. Please be aware that the information below is for informational purposes only. It is not intended to treat any conditions or replace medical advice. Use at your own risk and discretion.

Parsley—a natural breath freshener. But did you know that the seeds can kill head lice? Children often get head lice in preschools and grade schools. Soak 1 teaspoon of crushed parsley seeds in a cup of boiling water for ten minutes. Strain and use as a hair rinse.

Chamomile—settles restlessness and can relieve stress. Chamomile tea is widely available in grocery stores. Avoid if you are allergic to ragweed.

Oregano—antibacterial properties. Can also relieve pain after oral surgery. Tooth aches respond well to chewed oregano leaves. Can also reduce cold symptoms, headaches, and insomnia.

Coriander—can improve a poor appetite. Also known as cilantro.

Natural tooth whitening? Try rubbing teeth with strawberry slices. Let stand 5 minutes, then rinse with warm water and baking soda (not during Feast of Unleavened Bread, of course!).

Ginger—helps soothe upset tummies.

Licorice root tea—use it as a throat wash and to help digestion.

Cloves—soak whole cloves in boiling water to help freshen breath and reduce tooth pain.

Turmeric—can reduce inflammation in the body.

Raspberry leaf tea—reduces menstrual cramps.

Peppermint tea—great to soothe upset tummies.

Tansy—kills bugs, worms, and lice! In a quart jar, add 1/3 tansy leaves to 2/3 apple cider vinegar. Seal and shake bottle for 3 weeks. Strain. Spray where bugs are seen. Also good to kill head lice. Wet your entire head. Put on a shower cap and leave for 30 minutes. Rinse well.

Basil—widely used in Italian cuisine. An antibacterial, supports mental clarity and is good for the heart.

Saw palmetto berries—good for the male reproductive system. Scientific studies indicate that it can help prostate issues.

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Easy Unleavened Bread

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

Mix all the ingredients until a smooth ball of dough forms. Divide into two balls. Roll each one out as pie crust. Place on two ungreased baking pans. Bake for about 13 minutes at 400 degrees.

This is a very versatile recipe. You can top it off with cinnamon and sugar, peanut butter and jelly, or even use as a pizza crust.



Unleavened Chocolate Chip Cookies

1 stick soft butter
3/4 cup brown sugar (or 1/2 cup white sugar and 1/4 cup brown sugar)
2 t. vanilla extract
1 egg, gently mixed in (not whipped)
1/2 t. salt
1 1/4 cup flour
1/2 cup chocolate chips
1/4 cup chopped nuts, optional.



Preheat oven to 325 degrees. Line a baking sheet with parchment paper. Drop batter by the tablespoonfuls. Bake 15 to 20 minutes. Let cool about 10 minutes.

Delightful Unleavened Cheese Squares

16 ounce Cheddar Jack Cheese
1 cup flour
1 1/3 cup milk
3 eggs, lightly beaten
1 t. salt
1/2 cup melted butter

Mix it up and pour into a greased 9 by 13 inch pan. Bake at 350 degrees for about 45 minutes until center is set. Cut into squares and enjoy.

