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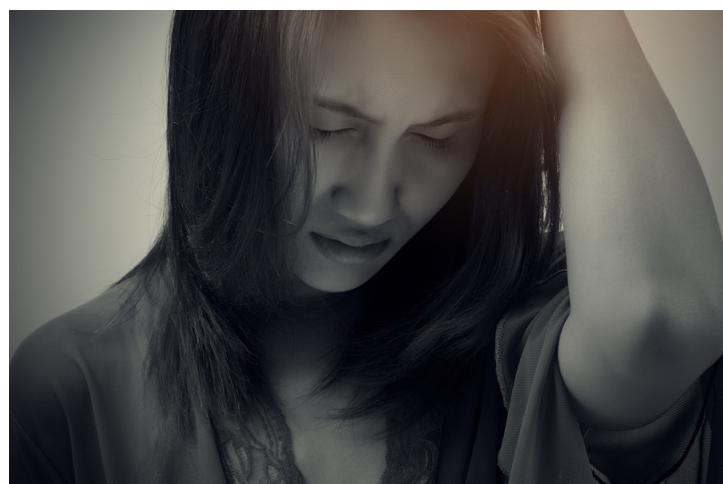
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Sisters for Yah

Repentance from the heart

Every culture has their own customs when it comes to grief and mourning, for personal and national calamities. In the Hebrew culture, it was customary to tear one's clothing, along with loud weeping and wailing. In fact, sometimes professional "mourners" were hired to make as much of a commotion as possible! In the Western world, this may sound very strange to us.

In Joel 2:13-17, we read, "*Rend your heart and not your garments. Return to Yahweh your Elohim, for He is gracious and compassionate.*" Yahweh is obviously more touched by a broken heart, than He is by torn clothing! In true repentance, a person should ask Yahweh to give them a heart of repentance, and to see ourselves as Yahweh sees us. Ask for the grace to respond to His merciful call to change.



An outward demonstration of grief and repentance can be powerful, but only if it comes from the heart. The so-called professional "mourners" were only there to put on a good show. We must go way

beyond the motions. We must have a sincere inward response to Yahweh.

You may recall the plague of locusts in the land of Judah during the time of the prophet Joel. Yahweh called the people to repentance so that they could avoid further punishment from Him. In Joel 2:12, we read, "*Even now, declares Yahweh, return to me with all your heart, with fasting, and weeping and mourning.*"

Yahweh longs for us to confess our sins to Him and receive His forgiveness! This is not a one time event that you do only once right before your baptism. A lifetime of repentance is what we must practice. Whatever you need to tell Yahweh, do it today! Just say it, but make sure it comes from your heart.

How to get out of a bad mood fast!

1. Talk it out: call a trusted friend or close relative and pour your heart out.
2. Get some exercise! Many people say they feel better after going for a walk or doing some sort of physical activity.
3. Watch or read something funny. Laughter can brighten even the worst mood.
4. Pray, pray, and pray some more!
5. Read encouraging Scripture verses.
6. Practice deep gratitude toward Yahweh. Write down a list of things you are thankful for. Now pray through the list one item at a time telling Yahweh in detail why you are thankful. Hang on to the list too for future use.
7. Watch your children or grandchildren play at the park. Their laughter and joy is contagious.
8. Watch videos of animals doing cute or funny things. There is actually a scientific study that indicates that people who viewed cute videos of puppies or kittens were less depressed than those who don't.
9. Distract yourself by getting in the kitchen and cooking something that requires you to follow a recipe closely. The trick is to focus carefully on the recipe. This takes your mind off your troubles.
10. Listen to upbeat music and do a marathon cleaning session of your home, or even just one room.
11. Practice mindfulness. Most people rush through everyday things such as washing dishes or eating meals. But try really focusing on what you are doing. For instance, if you are eating, try slowing down and really savoring each flavor and smell. Chew each bite longer than you usually do (this actually helps digestion).
12. Meditate on Yahweh's word!
13. Do something creative. Allow yourself to indulge for a time on your favorite hobbies. We all need this now and then.
14. Read an exciting book.

Worried about the November elections?



I receive regular phone calls from worried people who are terrified at what will happen when a new president is elected in the USA. To all those people, I say simply, "Yahweh is in control! He knows what He is doing!" I admit that I, too, find myself wondering what will happen in November. Will this be the end of the so-called American way of life as we know it? Or will an evil person in office usher in the Great Tribulation (yes, some are indeed saying that!)? And yes, we certainly acknowledge that Yahweh can allow an evil ruler to be in office as punishment to a rebellious nation. As Yahweh's people, we need not be overly concerned about world events, but we do need to watch and pray! We also must watch ourselves. Now is the time to draw closer to Yahweh. Don't wait till certain events take place to begin giving Him your all. May He comfort and protect all those who belong to Him!

The many uses of baking soda!

1. Make a paste to stop the itch of rashes and insect bites.
2. Heal nail fungus! Just mix 2 T. of baking soda with 1 cup of raw apple cider vinegar. Soak affected nails for 5 minutes. Do this twice a day.
3. Relieve sunburn by mixing 2 T. of baking soda in a cup of cold water. Soak a clean washcloth and dab on skin. You can also soak in a tub with 1/2 cup baking soda dissolved in your bath water.
4. Brighten yellow teeth: simply sprinkle the baking soda on your toothbrush and brush normally. Also freshens breath.
5. Makes a great underarm deodorant! Just dust on.
6. Improves dandruff: Baking soda helps to clarify the scalp. Massage some baking soda onto a wet scalp. Wait a few minutes then rinse. Do this once a week.
7. Treat stained or yellowed nails: put 1/2 cup water, 1 T. baking soda, and 1 t. of peroxide in a bowl. Soak nails for a few minutes each day until the stains fade.



Why won't my homemade pie turn out right?

Problem: The bottom always turns soggy!

Solution: Soggy bottoms are often caused by too-low baking temperatures. Experiment with raising the temperature in the future. You might also consider using only glass or aluminum pie pans as they seem to prevent sogginess better. Also, brushing the bottom portion of the crust with egg white and chilling for 30 minutes before you pour in the filling can help.

Problem: Why does my dough shrink during baking?

Solution: Try gently easing the dough in the pan, without excessively stretching it. When you stretch the dough, some parts will be thinner than others. You want it the same thickness as much as possible. Then be sure to prick the dough all over with a fork.

Problem: My berry pie filling always spills over.

Solution: This is very common with berry pies without a top crust. You'll need to place the pie on a rimmed baking sheet lined with foil to catch spills.

Problem: I've got icky-sticky problems!

Solution: Chill the dough first before rolling. Use a dry floured work surface.

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Italian Chicken

This recipe was popular at the Feast of Tabernacles! And so easy too.

- 4 chicken breasts
- 1 can cream of chicken soup
- 1 block of cream cheese softened (8 oz.)
- 1 packet of dry Italian dressing mix

Mix the last three ingredients together and pour over chicken. You can fix this in your crock pot, but we baked it at the Feast of Tabernacles, since none of us had crock pots with us. Plan about 4 hours on high in your crock pot. If you decide to bake it like we did, cover pan with foil and bake for about 1 1/2 hours at 375 degrees. Serve it over rice, as the moist ingredients make a nice sauce to pour over.

Everyone's Favorite Baked Spaghetti

We served this one too at this year's Feast of Tabernacles, and have received numerous requests for the recipe! Here it is:

- 1 package (16 oz) spaghetti
- 1 pound ground beef
- 1 medium onion, chopped
- 1 jar (24 oz) meatless spaghetti sauce
- 1/2 t. seasoned salt
- 2 large eggs
- 1/3 cup grated parmesan
- 5 T. melted butter
- 2 cups (16 oz) cottage cheese
- 4 cups (16 Oz) mozzarella cheese



Cook and drain the noodles according to package directions. Set aside. Cook the beef and onion until done. Drain well. Stir in the sauce and seasoned salt. In a separate bowl, whisk the eggs, parmesan, and butter. Add the noodles. Toss to coat.

Place half of spaghetti mixture in a 3 quart greased pan. Top with half the cottage cheese and half the meat sauce, and mozzarella cheese. Repeat layers. Finally cover and bake at 350 degrees for 40 minutes. Uncover and bake an additional 20-25 minutes or until casserole is heated through. Serves about 10. This is wonderful served with a toss salad on the side.