

A Light In The Darkness Looking for the Son



Always Near, Never Far

Volume 2
Issue 2
SPRING 2025

Bible Study
"Khesed"

Featured Article:
Created in Eden

Susan's
Encouragement
Corner



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Credit: Sariah Fleurjuste

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Front cover artwork courtesy of Jamie Graham & DOL Photography



Scripture

Editors' note: Please rearrange the weekly readings to align the Passover segments with the calendar you observe.

Hebrew	English	Torah	Haftarah	Brit Chadash	Midweek Chapters
Pekudei	Accounts of	Ex 38:21-40:38	1 Kgs 7:40-8:21	Rev 15:5-8	Obd 1-Jnh 1
VaYikra	And he called	Lev 1:1-6:7	Is 43:21-44:23	Rom 8:1-13	Jonah 2-4
Tzav	Command	Lev 6:8-8:36	Jer 7:21-8:3, 9:22-23	Mark 12:28-34	Mic 5-7
Shemini	Eighth	Lev 9:1-11:47	2 Sam 6:1-7:17	Acts 10:1-35	Nah 1-3
Tazria	She conceives	Lev 12:1-13:59	2 Kgs 4:42-5:19	Mat 8:1-4, 11:2-6; Mark 1:40-45	Hab 1-3
Metzora	Infected one	Lev 14:1-15:33	2 Kgs 7:3-20	Mat 9:20-26; Mark 5:24-34	Zeph 1-3
Acharei Mot	After the death	Lev 16:1-18:30	Ezkl 22:1-19	Rom 3:19-28, 9:30-10:13, Gal 3:10-14	Gal 5-6
Kedoshim	Holy ones	Lev 19:1-20:27	Amos 9:7-15; Ezkl 20:2-20	Mat 5:33-48, 15:1-11, 1 Ptr 1:13-21	Eph 1-2
Emor	Say	Lev 21:1-24:23	Ezkl 44:15-31	1 Ptr 2:4-10	Eph 3-4
Behar	On the mount	Lev 25:1-26:2	Jer 32:6-25	Luke 4:16-21	Eph 5-6
Bechukotai	In my statutes	Lev 26: 3-27:34	Jer 16:19-17:14	Jn 14:15-21, 15:10-12	Philip 1-2
Bemidbar	In the wilderness	Num 1:1-4:20	Hosea 1:10-2:22	1 Cor 12:12-20	Philip 3-4
YAH'S	APPOINTMENTS	-----	SPECIAL READINGS		
Erev Pesach	Passover Eve	Lev 23:4-8; Ex 12:1-51	Num 28:16-31	Jn 13:1-17:26	Hag 1-2
Pesach	Passover Day	Lev 23:4-8	2 Sam 22:1-51	Jn 18:1-19:42	Mal 1-2
Matzah	Unleavened Bread	Ex 12:21-51	Josh 3:5-7, 5:2-6, 6:1, 6:27	Luk 22:7-20, Jn 1:29-31, 1 Cor 15:20-28	Mal 3-4



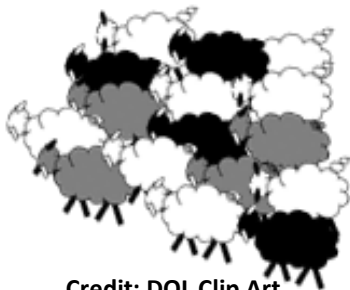
(Scripture Reading Continued)

Hebrew	English	Torah	Haftarah	Brit Chadash	Midweek Chapters
Pesach Shabbat	Passover Sabbath	Ex 33:12-34:26	Num 28:16-31	Ezkl 36:37-37:14	Gal 1-2
Bikkurim	First Fruits	Lev 23:9-16	Jer 2:3	1 Cor 15:20-24	Gal 3-4
Shavuot	Weeks	Ex 19:1-20:22; Num 28:26-31	Ezkl 1:1-28, 3:12	Acts 2:1-47	

Women of the Bible

Studying Rachel was intriguing, to say the least. There are so many facets and factors that made her who she was, right up to the day of her death (Genesis 35:19).

From her introduction in Genesis 29:9, we learn that she “kept” sheep. This lends evidence that she was a shepherdess, first and foremost. What does this mean? Rachel commanded a mini-empire, even if it consisted of sheep. Her skills were more than leading the flock: they involved being a provider, a protector, and a servant, among other responsibilities. Rachel likely was confident, resilient, independent, and resourceful. She knew how to look out for herself and her sheep. Genesis 29:9 sums this all up without batting an eyelash at extra details.



Credit: DOL Clip Art

We eventually learn that she is the daughter of Laban, brother of Jacob’s mother, Rebekah. This means Jacob and Rachel are cousins (29:10) and a few verses later, we learn that Rachel has an older sister, Leah (29:16). In the following verse, we read of Rachel’s physique: she was strong and dedicated; her body was toned and muscular from shepherding, with all that walking and resistance training (like rock picking).

There are several glimpses into Rachel’s life. Her choices, decisions, and actions reflect who she was: a player, doing her best to stay on top. It would seem that she started “ahead of the game” when she met Jacob, but fell behind her sister as a result of social customs. That tradition brought challenges to her for the rest of her married life. I can only imagine the deflating feelings Rachel must have felt. To think that she met her husband, but her sister got



(Women of the Bible Continued)

him first (29:23-26)! If that wasn't enough, she had to watch her sister bear children while she remained barren (29:31-30:1).

Rachel was powerless! How could it be that her husband, whom she loved, didn't give her any children?! She begged Jacob for children, as if he could even do that for her instead of Elohim! She seemed to think so, as she pleaded with her husband (30:1-2). Jacob angrily reminded her that he couldn't, but Rachel already had a back-up plan (vv.3-4), which proved to be successful (vv. 5-8). Rachel must have had a sense of resilience, a comeback from barrenness!

Let's pause a moment and reflect on something that Rachel lacked. Do you see it? It's a subtle detail that is missing and has far reaching consequences. When I noticed this detail, I stopped and reflected on myself. How many times have I overlooked this in my life, again and again? What is that small detail? Rachel lacked a relationship with Yahweh. Sure, she referred to Elohim when Dan was born (30:6) and to Yahweh when Joseph came (30:22-24), but other than that, she had little to do with the most High. Why is that? My

guess is that it was a result of her self-reliance, her quick ability to find solutions, her own resourcefulness, and her independence. Rachel didn't need Yahweh; she had herself, plus, her own life experiences to rely on.

As we continue to read, we find that Rachel continues to be self-reliant and her short-term victories motivate her. Rachel cooperated with Leah for the mandrakes she badly wanted. She also thought the idols her father worshipped had special powers. Rachel decided to take things into her own hands (no pun intended) in Genesis 31:19. When her father and male kin arrived, Rachel evaded them by using her menstrual cycle to conceal the idols. Brilliant? Perhaps. I'm left with a question, though: what are the possibilities that she fell under Jacob's curse in the end (Gen. 31:32, 33-35; 35:18-19)?

Lessons to Learn from Rachel

1. Self-reliance cuts Yahweh out. Here are some good questions to ask yourself: "As I go throughout my day, am I including Yahweh and Yahushua?" Do you think to yourself, "I





(Women of the Bible Continued)

can handle it”? Turn it around and ask Yah, “What is the best direction to take? How can I honor You in this situation?”

2. Recognize when to be resilient. Resilience is the ability to bounce back, and while that's a good quality, it becomes a weakness when we overuse it instead of relying on Yahweh. The next time you're ready to bounce back, thank Yahweh for the ability to be able to do it.

3. Reflect on your choices. Are you looking to get your own way in the little things? Are you interested in your agenda only? Sometimes we don't sweat the small stuff, that is, we don't think to involve Yahweh

and Yahushua in our daily life. Try for one day to make choices that reflect Yahushua the Messiah's character.

4. Realize Yahweh's resources. As women, we tend to rely on our past experiences, wisdom, and knowledge to get through sticky situations. Our resources may be plentiful, but when we rely on Yahweh and His resources, plentiful turns into infinite. The next time you calculate how much stock you have in your emotional inventory, remember that by tapping into Yahweh's resources, you have unlimited access.

Saige Jenkins

Florida Spring Flowers



Credit: DOL Photography

Wedding Announcement

David Kaiser and Amy Brewer joined in covenant agreement on 1/26/2025.



Bible Study

This Bible study honors the memory of Kol-Debash Timmons (06/06/1946 - 01/12/2025).

TUN "Khesed"



Credit: Yoseph Timmons

Hebrew

Loving kindness is mentioned in the Scriptures, but did you know the Hebrew root word is "khesed"? The Strong's Concordance lists khesed as H2617. The meaning is kindness, but it can also be defined as mercy, and steadfast love, faithfulness and loyalty. Sometimes it is translated as compassion. Bible Hub conveys the following:

Usage: The Hebrew word [khesed] is a rich and multifaceted term that encompasses the ideas of love, kindness, mercy, and loyalty. It is often used to describe [Elohim's] covenantal love and faithfulness towards His people. In human relationships, it can refer to acts of

kindness and loyalty that go beyond duty or obligation. [Khesed] is a central theme in the Hebrew Bible, reflecting the character of [Elohim] as compassionate and faithful.

Cultural and historical Background: In the ancient near Eastern context, [khesed] was a significant concept in covenantal relationships. Covenants were binding agreements that required loyalty and faithfulness from both parties. [Khesed] was the expected behavior within these relationships, emphasizing steadfast love and mercy. In Israel's history, [Elohim's khesed] was seen in His unwavering commitment to His covenant with



(Bible Study Continued)

Abraham, Isaac, Jacob, and the nation of Israel, despite their frequent unfaithfulness. (<https://biblehub.com/hebrew/2617.htm>)

The following select Scripture verses are taken from a word study of Strong's H2617 in the Interlinear Scripture Analyzer (ISA basic 2.1.5, 2011). To get a fuller context of the listed verse, read at least three verses before and three verses after. As you read each verse, insert khesed. Write down what you learn from each verse before answering the questions.

Scripture Verses

Ruth 1:8. What character is reflected by Naomi's words? Describe the blessing she gives.

2 Chron. 6:14. Who is speaking? There is a sowing and reaping of those who serve Yahweh. What is it? Why do you think he sees that con-

nection?

Esther 2:9. What did she do to obtain khesed? What did she receive?

Psalm 32:10. What is the promise in this verse? Where can we apply this to our own lives?

Pr. 31:26. How often do you think she speaks like this? What can you do to follow her example?

Real-Life Examples

Reflecting on life examples, Yoseph and Kol-Debash Timmons, have led a life of loving kindness together. They freely gave of themselves throughout their lives, always having water bottles on hand in a cooler to give people a refreshing drink. They bought several cars and would give the vehicles to people who needed them, like a couple of security guards they met. The couple would pay rent for others in need, who were at risk of being evicted and living on the streets.

Kol-Debash also had opportunities to help little children. She invested five years into a little girl. Kol-Debash shared her love, joy, time, and energy as she helped a neighbor raise their newborn.

It was difficult for Yoseph to watch his wife slowly slip away from life. As her husband, he stood by her and took care of her in their home. He made sure that she had the proper care she needed. Friends bought them a flat screen TV and he



Credit: Kol-Debash Timmons (2023)



(Bible Study Continued)

positioned it at the foot of her bed. It played Soakstream nonstop (Scripture read with background piano music or the sound of waves rushing). Kol-Debash reaped the kindness she showed in life. Many people stepped in to help. Danette W. took care of her during her last Sukkot (2024). This helped free Yoseph to tend to his duties and responsibilities at the Feast. Yahweh made sure that there was always someone who would be available for them.

φιλανθρωπία

“Philanthropia”

Greek

In the Greek, kindness is listed in the Strong's Concordance as G5363, “philanthropia”. It carries the meaning of “fondness of mankind, i.e. benevolence.” It is where we get the English word “philanthropy.”

Bible Hub explains:

Corresponding Greek/Hebrew entries: While there is no direct Hebrew equivalent for “philanthropia,” the concept is

akin to the Hebrew word [khesed], often translated as “loving-kindness” or “steadfast love,” which describes [Elohim's] covenantal love and mercy.

Usage: In the New Testament, “philanthropia” refers to a love for humanity that manifests in acts of kindness and benevolence. It is a term that encapsulates the idea of goodwill and compassion towards others, often reflecting [Elohim's] love and kindness towards humanity.

Cultural and historical Background: In the Greco-Roman world, philanthropy was a valued virtue, often associated with the beneficence of [their deities] or the generosity of wealthy patrons towards their communities. The concept was not only about financial generosity but also included acts of kindness and support for the well-being of others. In the biblical context, philanthropy is deeply rooted in the character of [Elohim], who demonstrates His love and kindness towards humanity through His redemptive acts.

(<https://biblehub.com/greek/5363.htm>)

Philanthropia appears only twice in the Greek, in the Book of Acts of the Apostles and the Epistle to Titus.



(Bible Study Continued)

Scripture Verses

Acts 28:2. What was the kindness the people from the island showed? What are some ways that we can show kindness to strangers?

Titus 3:4. Who is showing kindness in the verse? Can kindness be earned from Him?

Real-Life Stories

Kol-Debash's character reflected Yahweh's loving kindness towards others in many ways. At one time in her life, she was a teacher's aid and the students loved her. She became friends with a second-grade student, who was Navajo. Their friendship was so strong that they remained close friends until Kol-Debash's passing.

During those years, the young Navajo girl decided to get baptized, though her family was against her. Eventually, her sister and her mother also were immersed. At a time when they needed a place to live, Kol-Debash bought a mobile home for them.

In 1991, while she was shopping in a Walgreens drug store, an African-American woman was also there, crying. Kol-Debash, moved with compassion, inquired what was the matter. The mother of two children explained that her father had recently passed away and she had no place

to bury him. As she shared her burdens, Kol-Debash empathized and cried with her. The loss of a loved one plus all the funeral details is hard to bear!

Kol-Debash, a widow who remarried Yoseph, contemplated out loud. She had a grave plot already prepared for her, to be buried beside her first husband. He was an elderly man who made sure that she would be taken care of when she passed. Kol-Debash said that she wanted to be buried beside her current husband. At that moment, she gave the young woman her grave plot as a gift. Her father would have a resting place. (Thank you Yoseph Timmons for sharing the accounts of Kol-Debash.)

Diving in Deeper

For a deeper study of khesed in Hebrew, go to <https://elijah.com/light/scripture-study-khesed/>

Saige Jenkins



Credit: Terry Truskey

Natural Remedies

Hello Ladies!

We all know the importance of medicinal tools in our daily lives. More recently, I'm finding the use of natural medicine more safe and effective. Years ago, I was a constant contributor to big pharma. I often used antibiotics and steroids to treat symptoms. I didn't know any better. It was common for me to have a Z-pak every 3-6 months. I came to a point where I'd had so much Azithromycin the doctor told me another dose would likely kill me. YIKES! No more antibiotics for me. I was terrified. How am I supposed to stay alive without antibiotics?

I'm a scroller. I like the videos on social media. I learn quite a few things from others this way. One night I came across a video from a young lady who stated she no longer uses pharmaceutical antibiotics, she uses fermented honey garlic. Garlic, that I'm familiar with. Honey. Love it! Together they supposedly make a natural antibiotic. Before we go any further, let's define antibiotics: a medicine that **inhibits** the growth of or destroys **microorganisms**, a virus for example. The next sniffle I got I

put this honey garlic to the test. I reluctantly didn't go to the doctor as I previously would have. I grabbed some whole garlic and poured honey over it. I hadn't let it ferment but took it anyway. Lo and behold I recovered quickly. Quicker than ever actually. Typically I would present with a stuffy nose, then by day 2 have a full blown respiratory infection. Not this time. The bug I was fighting was quickly diminished (to my surprise) by this garlic and honey concoction. I was stunned. It worked!

Fast forward a few years later now, I have not taken an antibiotic for a cold. Haven't even had one! When I feel stuffy or like something is coming on, I eat a piece of fermented garlic in honey.

If you're unfamiliar with how to make it, pour honey over whole, peeled cloves and let it sit for 30 days, remembering to burp it once daily by opening the jar and turning it upside down. I use glass jars for this with a snap on lid.

On to something more exciting: Arnica Montana is the remedy I've chosen to discuss with you today. Arnica is likely the most well-known Homeopathic



Credit: Franz Eugen Köhler



(Natural Remedies Continued)

remedy. It's made from this beautiful yellow flower. Arnica, like most remedies, has various uses. This is the remedy to use if you have sore muscles. I used it once after a massage. I was terribly sore from being in bed for five weeks. The Arnica got rid of the soreness very quickly. I was astonished at how well it worked.

Arnica is often given after an accident or any kind of trauma. If someone you see experiences something traumatic (a car accident) and they express, "I'm fine," they need Arnica. It is good for shock after a physical trauma or injury. Even if your kid fell off a bike or wrecked on a bike, Arnica can be helpful. If you have discomfort after visiting the dentist – take some Arnica. For bruises use Arnica. For a feeling as if you've been beaten (or if you actually have been beaten), use Arnica.

Lastly, I think it is important to note that Arnica can be a great help

after surgery or labor. There are many studies and examples I can share with you in future issues. If you choose to add it to your remedies, it is best to consult a homeopath for dosage and length of term if you're unsure. Remember, although it is natural and made from a pretty flower, it is still a medicine and should be used appropriately and responsibly. Also make sure to store it properly: avoid direct sunlight, and best to keep away from electronics; however, I know several homeopaths who keep remedies in their pocket books with their cell phones without issue. I personally do not. I keep them in a separate travel case.



Credit: Jamie Graham

Vanessa

Essential Oils

Disclaimer:

These are the author's personal experiences. This article is not meant to diagnose, treat, or cure your health condition.

Please consult your Healthcare Provider before making changes to your healthcare regime.

MYRRH

Myrrh gum is often harvested from the species Commiphora Myrrha which sports white flowers and a knotty trunk. Commonly found in Africa and the Middle East.

It is harvested by wounding the trees into the sapwood, causing

(Essential Oils Continued)

them to bleed the gum, which is waxy and coagulates quickly. Soon after the harvest, the gum becomes hard, glossy, and yellowish or orangish, possibly clear to opaque. It can darken greatly as it ages, when white streaks often are noticed.

Myrrh Essential Oil, which has a deep, rich, smoky-woody aroma, is known to be a base for perfumes and has been used as an antiseptic to clean wounds, in mouthwashes, toothpastes, and for toothache pain. It also has uses



Credit: DOL Photography

in salves applied to cuts, scrapes, and minor skin irritations. Myrrh has been used as an analgesic and in liniments applied to sore, aching muscles, bruises, and sprains. Myrrh is an antioxidant, antibacterial, antifungal, and antiparasitic.

Myrrh has been claimed to reduce the symptoms of indigestion, ulcers, colds, cough, asthma, respiratory congestion, arthritis, and cancer. It is often used as an incense before ceremonies and to help with relaxing. Myrrh essential oil is used most often topically or inhaled, as it has been known to be toxic if too much is orally consumed (taken internally).

It pairs well with many essential oils such as: turmeric, sandalwood, spruce, pine, patchouli, juniper ber-

ry, frankincense, cypress, clary sage, bergamot, tea tree, rosewood, palmarosa, and lavender.

Aromatherapy: Add 5-10 drops to a diffuser or mix 2-3 drops into water and burn in a candle burner.

Topical Treatment: Dilute with a carrier oil and apply to skin for antimicrobial and anti-inflammatory benefits.

Orally: Traditionally used for oral care due to its antimicrobial properties.

Blending: Combine with other warm, spicy, floral, or tree oils for different scents and benefits.

OREGANO

O r e g a n o
(*Origanum vulgare*)

is a robust, smaller, broad, slightly fuzzy leaf herb, native to higher altitudes which is how it is named "oregano", meaning "delight of the mountains". It has a pungent aroma and many health benefits, including anti-inflammatory and antimicrobial properties. It is available dry, fresh, or extracted as oil. Oregano essential oil has a high ORAC value, which is a measure of antioxidant capacity. Oregano is known to many as nature's antibiotic. In all of its forms, it is great at breaking the cycle of bacterial growth. Oregano oil exhibits antifungal and antiviral properties. It may help combat



Credit: DOL Photography



(Essential Oils Continued)

fungal infections like candidiasis and could also be effective against viruses that cause flus and colds. It also helps to promote gut health by combating harmful bacteria and parasites in the digestive tract.

Oregano oil may provide relief from respiratory issues such as asthma and bronchitis due to its anti-inflammatory properties. Using it in a diffuser can help clear congestion and improve breathing by loosening mucus in the airways. You can add a few drops of oregano oil to hot water and inhale the steam for quick relief during the cold season. It is good for oral (including gum diseases), sinus, and/or ear infections. The vasodilator properties may help normalize high blood pressure.

Oregano pairs well with Bergamot, Cedarwood, Cinnamon, Clove, Eucalyptus, Frankincense, Ginger, Lavender, Lemon, Myrrh, Rosemary, and Thyme.

Aromatherapy: Use a few drops in a diffuser or inhaled steam.

Topical application: It can be used

topically with a carrier oil like coconut oil (i.e. 1Tbs: 2 drops) for improving your skin quality, irritation, and wound healing. You can put this mixture under your eyes and over wrinkles as well.

Consumption: You can ingest oregano essential oil in very small quantities as a dietary supplement, usually diluted with honey or other non-dairy beverages.

Sublingual consumption: Use microdoses (very small amounts). Also great to consume oregano oil as an additive in drinks and dishes.

Supplemental form: Oregano essential oil capsules can either be made at home or bought commercially. The strength of these capsules will vary.

Always dilute essential oils when applying topically and/or taking internally. Please consult your health care professional before changing your health regime.

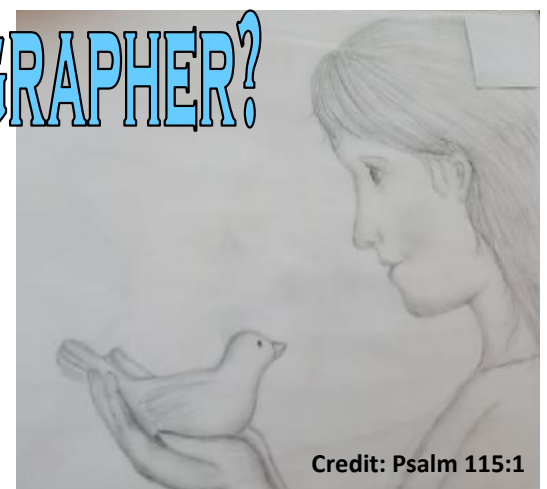
Angela Koehn

ARTIST? ILLUSTRATOR? PHOTOGRAPHER?

Inquire/submit to

daughtersoflight@elijah.com

(Submission deadline for
Volume 2 Issue 3 is 05/15/2025.
Rules and regulations apply.)



Credit: Psalm 115:1



Embracing the Bounty of Foraging

Herbs

The First Herbs of Missouri Spring: Nature's Early Gifts & Their Benefits

As the chill of winter gives way to the warm promise of spring, Missouri's landscape transforms into a vibrant palette of green.

Among the first signs of life are the hardy herbs that push through the softened earth, offering a host of culinary, medicinal, and aromatic benefits. These early risers not only herald the season of renewal but also serve as nature's pharmacy, providing remedies and nourishment after the long winter months.

Let's explore some of Missouri's earliest spring herbs and their many uses.

DANDELION - TARAXACUM OFFICINALE

Often dismissed as a pesky weed, the humble dandelion is one of the first herbs to grace Missouri's springtime. Its bright yellow flowers and serrated leaves are packed with nutrients, including vitamins A, C, and K, as well as minerals like iron and potassium.



Credit: Psalm 115;1

Uses and Benefits:

Detoxification: Dandelion leaves act as a natural diuretic, supporting kidney and liver function.

Culinary Delight: The young, tender leaves are perfect for salads, while the flowers can be used to make syrups and teas.

Digestive Support: Dandelion root tea is known to aid digestion and reduce bloating.

CHICKWEED - STELLARIA MEDIA

Chickweed carpets fields and gardens with its delicate white



Credit: stellaria media - By Kaldari

flowers and tiny, succulent leaves. This nutrient-dense herb thrives in the cool, moist conditions of early spring.

Uses and Benefits:

Soothing Skin Irritations: A poultice made from chickweed can ease rashes, eczema, and insect bites.

Nutritional Boost: Rich in vitamins C and B6, chickweed is a nutritious addition to smoothies and salads.



(Embracing the Bounty of Foraging Herbs Continued)

Weight Management: Known for its mild diuretic properties, chickweed supports the body's natural detox processes.

PLANTAIN - PLANTAGO SPP.

Another early spring herb, plantain is often found growing in lawns, driveways, and fields. Its broad, green leaves and fibrous stems are rich in nutrients and medicinal compounds.



Uses and Benefits:

Wound Healing: Crushed plantain leaves can be applied to cuts, scrapes, and insect bites to reduce inflammation and promote healing.

Respiratory Health: Plantain (leaf) tea soothes coughs and helps clear mucus from the lungs.

Digestive Aid: It supports gut health by soothing irritation in the stomach and intestines.

NETTLE - URTICA DIOICA

Often recognized for its stinging leaves (wear gloves when handling), nettle is a true nutritional and medicinal powerhouse. It boasts an impressive range of vitamins, including A, C, K, and B-complex, along with essential minerals like iron, calcium,

magnesium, potassium, phosphorus, zinc, and silica. Additionally, nettle contains beneficial compounds such as chlorophyll, flavonoids, polyphenols, histamine, and serotonin — no wonder it's one of my favorite herbs!



Uses and Benefits:

Allergy Relief: Nettle's natural antihistamines help alleviate seasonal allergies.

Iron-Rich Tonic: With high levels of iron and vitamin C, nettle tea supports energy levels and combats anemia.

Bone Health: Rich in calcium, magnesium, and silica, nettle can be used in soups and promotes strong bones and teeth. (Dried nettle can be used as a seasoning.)

VIOLETS - VIOLA SPP.



The tiny, heart-shaped leaves and vibrant purple flowers of violets are not only beautiful but also incredibly useful. They often bloom in shaded areas or woodland edges.



(Embracing the Bounty of Foraging Herbs Continued)

Uses and Benefits:

Anti-Inflammatory Properties: Violet leaves can be used in salves to reduce swelling and inflammation.

Cough Relief: Violet flower tea soothes sore throats and quiets coughs.

Edible Elegance: Both the flowers and leaves are edible, adding a touch of color and nutrition to salads and desserts.

WILD GARLIC - ALLIUM VINEALE

Wild garlic, also known as field garlic, is a fragrant herb that appears early in the season, dotting Missouri's fields with its slender green stalks.



Credit: [Public Domain](#)

Uses and Benefits:

Immune Support: Like its cultivated cousin, wild garlic is packed with allicin, which boosts immunity and fights infections.

Heart Health: Its sulfur compounds support healthy cholesterol levels and blood pressure.

Culinary Uses: Wild garlic adds a mild garlicky flavor to soups, breads, and pesto.

SPRING HERB HARVEST TIPS

Harvest Responsibly: Always leave enough plants behind to ensure regrowth and avoid overharvesting.

Make sure to share with our sweet pollinators.

Know Your Plants: Misidentifying herbs can lead to unsafe consumption, so consult a field guide or expert.

Choose Clean Areas: Avoid harvesting near roadsides or areas treated with pesticides.

RECIPES

DANDELION ROOT TEA RECIPE

Dandelion root tea is a nourishing and detoxifying herbal drink that's easy to make at home. Here's how to prepare it:

2 tablespoons dried dandelion root (or 3 tablespoons fresh, chopped dandelion root)

2 cups water

Optional: Honey, cinnamon, or lemon for flavor.

Harvesting & Preparing the Roots:

If using fresh roots, dig them up from an area free of pesticides and chemicals.

Wash the roots to remove dirt, then cut them into small pieces.

To dry the roots, spread them out in a single layer and air-dry for several days or use a dehydrator.

Roasting the Roots:

(Optional for a richer flavor.)

Preheat your oven 350°F (175°C).

Spread the chopped roots on a baking sheet and roast for 10–15



(Embracing the Bounty of Foraging Herbs Continued)

minutes until golden brown and aromatic.

Making the Tea:

Bring 2 cups of water to a boil in a small saucepan.

Add the dandelion root (dried or fresh).

Reduce the heat and simmer for 10–15 minutes.

Strain and Serve:

Strain the tea into a mug using a fine mesh strainer.

Add honey, cinnamon, or lemon to taste, if desired.

TIPS:

Store any leftover dried roots in an airtight container in a cool, dark place for future use.

Drink 1–2 cups a day to enjoy its detoxifying and digestive benefits of this earthy, nourishing dandelion root tea!

NETTLE ALLERGY RELIEF TEA

This nettle tea recipe is a simple, effective, and delicious way to combat seasonal allergies naturally due to its natural antihistamine properties. This soothing tea combines net-

tle with other allergy-relieving herbs.

2 teaspoons dried nettle leaves (or 1 tablespoon fresh nettle leaves)

1 teaspoon dried peppermint (optional for flavor and sinus relief)

1 teaspoon dried chamomile (optional for calming effects)

2 cups boiling water

Honey or lemon (optional, for taste)

Prepare the Herbs:

Measure out the dried nettle leaves and optional herbs like peppermint or chamomile.

Brew the Tea & Steep:

Place the herbs in a teapot or heat proof mug. Pour 2 cups boiling water over herbs.

Cover and let the tea steep for 10–15 minutes to extract the beneficial compounds.

Strain and Serve:

Strain the tea into mug using a fine mesh strainer.

Sweeten with honey or add a slice of lemon if desired.

Drink 2–3 cups daily during allergy season to reduce symptoms like sneezing, runny nose, and itchy eyes.

TIPS:

For a stronger effect, consider brewing a larger batch and sipping throughout the day.

Combine with local raw honey for



Credit: Sariah Fleurjuste



(Embracing the Bounty of Foraging Herbs Continued)

added allergy relief, as it may help build tolerance to local pollen.

VIOLET LEAF SALVE RECIPE

This violet leaf salve is a wonderful way to harness the soothing power of nature for your skin!

Violet leaves are known for their soothing and anti-inflammatory properties, making them ideal for a skin-nourishing salve.

This recipe is perfect for treating minor irritations, dry skin, or mild rashes.

1 cup fresh violet leaves (or 1/2 cup dried violet leaves)

1/2 cup olive oil (or another carrier oil like almond or jojoba)

1 tablespoon beeswax

Optional: 5–10 drops lavender or tea tree essential oil (for additional soothing and antimicrobial benefits)

Infuse the Oil:

Option 1— Slow Infusion:

Place the violet leaves and olive oil in a jar.

Seal it tightly and let it infuse in a sunny windowsill for 2–4 weeks, shaking occasionally.

Option 2 — Quick Infusion:

Combine the violet leaves and oil in a heatproof bowl. Place the bowl over a pot of simmering water (double boiler style) and warm gently for 1–2 hours, stirring occasionally.

Do not overheat.

Strain the Infused Oil:

Strain the oil through a fine mesh strainer or cheesecloth into a clean, dry bowl or jar. Squeeze out as much oil as possible from the leaves.

Prepare the Salve Base:

Melt the beeswax in a double boiler over low heat. Once melted, stir in the infused violet oil. Mix well to combine.

Add Essential Oils (Optional):

If using, stir in the essential oils after removing the mixture from heat.

Pour and Cool:

Pour the salve into small tins or glass jars while still warm. Allow it to cool and solidify completely before sealing the containers.

Store:

Store the salve in a cool, dark place. It will last up to 1 year.

USE:

Apply a small amount to dry, irritated, or inflamed skin as needed.

This salve is gentle enough for daily use.

Alisa Bridges





Plants for the Service of Men

In the same way, the Spirit also helps our weaknesses; for we don't know how to pray as we ought. But the Spirit himself makes intercession for us with groanings which can't be uttered. (Rom. 8:26, HNV, now and throughout.)

Shalom, D.O.L.! I pray you're receiving newness as the flowers bloom and the sun peaks so brightly above the horizon! We look at the coming season with anticipation, knowing that with the extension of the sun around us, our moods begin to regulate, our minds begin to clarify, and it seems like life begins to get brighter.

As I think about the anticipation of the warmer days, my Spirit brings me into remembrance of the coming Son, and not only His coming but the fact that even in the previous dark months when the weather was not ideal and the daylight always seemed to get away from us, He was right there leading us, comforting us, relieving all the stress that comes along with the winter blues. Oh how Yahushua is constantly the seed-time (or what many call Spring) in our lives! The Holy Spirit knowing me well, He whispered Yahushua is the ultimate adaptogen!

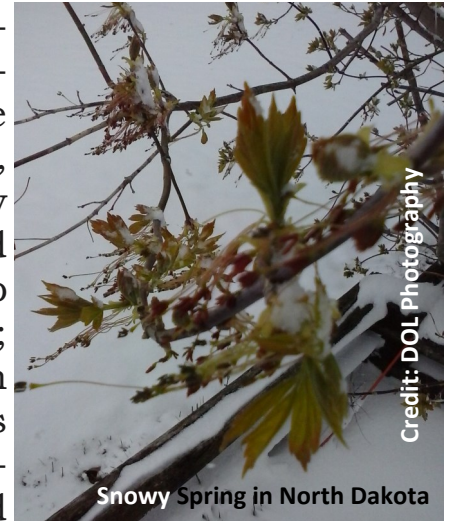
I think about how during these months we finally come out of hibernation. We leave the cozy blankets,

the big oversized sweaters, the gloves, hats, and fluffy coats behind and we go outdoors; basking in the newness of the season, we find ourselves

getting more joyful, the kids seem to not be bickering as they were just a couple months prior—things seem to be looking up. A lot of times, even with the darkness of the environment around us, everything going on with the economy and the illnesses that seem to be plaguing so many people, we still find the time in the midst of it all to get out and soak up the rays.

The reason we find ourselves drawn to the outdoors is the adaptogenic effect of the sun. Though the sun is not truly an adaptogen (being that it is not a plant or fungus), it does have a huge effect of the regulation on our moods by regulating the body like true adaptogen. So the question is, what exactly is an adaptogen and what does it do? Let's dig in!

An adaptogen helps our bodies to





(Plants for the Service of Men Continued)

manage stress and restore balance after we are presented with a stressor. Essentially when a stressor throws our bodies off, like a trauma or an illness; these helpers work on our bodies behalf to regulate the hormones and internal disorder, giving us an extra boost of what we need (or lowering the things that we don't need), to help us in our weakest moments.

Some adaptogens are:

Rhodiola Rosea- This herb has rosavin, a compound that helps with depression by lowering stress levels, increasing concentration, and decreasing fatigue. It regulates the body's fight-or-flight mode response, allowing your body to rest after a stressful experience. Like this herb, I know someone who gives rest to the weary, whether it be physical, or mental: He says, "Come to me all you who labour and are heavy burdened and I will give you rest." (Matthew 11:28-30)

Ashwagandha- This herb is full of a compound called *withanolides*.



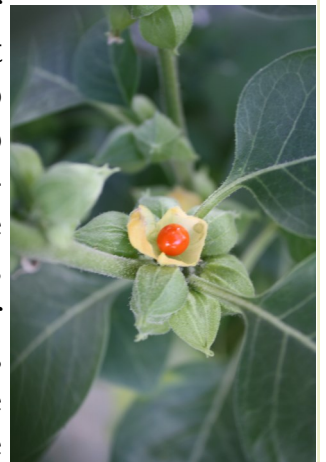
Credit: Opiola Jerzy

This compound is known to reduce anxiety by regulating cortisol levels; Cortisol is responsible for the feelings of fear and anxiety. Most people, when they think about cortisol levels, they believe it is only high cortisol levels

that can cause anxiety, but low levels can cause anxiety as well, how does this happen? When the body is presented with prolonged stressors the body can go into adrenal fatigue. It causes the cortisol levels to deplete due to the constant rise that has occurred over a long period of time.

The withanolides in Ashwagandha are able to regulate cortisol, whether your body needs an increase or a decrease, to ultimately reduce fear and anxiety. This herb can be a mediator between our body and the response it needs to have for

the current state it is in. It is so important to acknowledge mediators, especially the Mediator that goes to our Father on our behalf to help us with whatever we may need! When we



Credit: Wowbobwow12

pray in the name of Yahushua, He petitions the Father for us so that we may be anxious for nothing. The Father tells us that He will provide all of our needs.

Lastly, this is an herb that is really near and dear to my heart! It has been with me through my toughest times, as it was gifted to me by my husband about 12 years ago; he stated this plant reminded him of me. Neither he nor I knew the benefits of the plant but believe me,



(Plants for the Service of Men Continued)

the timing of the gift was perfect as I tried to navigate the stress of losing my unborn child.

Orchids- These herbs have floral volatile compounds such as geraniol, linalool, neroli, which are released through the scent of the herbs and help to relieve stress by increasing brainwaves. These brain waves are called Alpha Brain Waves; they are responsible for relaxation and mental alertness. These compounds level out your state of mind. Lower alpha brain waves tend to result in negative thoughts, but there is a solution. Plus, these herbs aren't the only option for changing the mind of a negative-thinking person during a stressful situation. We know as followers of Yahushua that we should always have a mind of the Messiah. He gives us a blueprint on how to do that in His Word, and His instructions are proven scientifically to increase alpha brain waves as well. What does the Word say? "Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue,



and if there is any praise, think about these things." (Phil. 4:8)

I love how His Word works as an adaptogenic, I love how He is the Comforter, the one who takes away fears, the one who renews our minds and calms our souls. You may be asking, "Well, an adaptogen is a plant or a fungus— how does He fit in that category?"

My answer to that is: His Word is what created the plants; His Word is

who came in the flesh as an instruction; His Word is what builds us and relieves our stress. The only reason any plant or fungus is adaptogenic is because they all come from His Word.

It all began in the beginning when He spoke, "Let there be."

And there was. If you take a look around you, you will see that His Spirit is all around us, working in His creation. He loves us, who He created in His image, enough to surround us with His Word to take care of our temples.

May you draw near to Him and see that His Spirit, His Word, the One who is the light in the darkness, is surrounding you, every step that you take.

YHWH Bless!!
Your Sister Jona

Featured Article

I (Saige) don't know about you, but I'm finding it harder and harder to find quality hygiene and beauty products that aren't listing long "chemical equation" names that I can't pronounce. Plus, almost every beauty product I look for has "glycerin" and if it doesn't say what kind, usually the source is pork! Ugh! How do I get around this?

Well, if I'm looking to the big industries for help I won't find it. Their mass production is likely too irresistible to switch over to ingredients that we can pronounce. It's time to think outside the box. Maybe I can look for the small businesses who are most likely to use purer ingredients. Wouldn't you?

I can't tell you how overjoyed I was a year ago, when I learned that my (eternal) sister, Ariana Martincic, decided to do just that. She started a small line of products. Well, it was just one product, but everything



Credit: DOL Photography

starts small. She made salt scrubs. Slowly, over the next few months the next product developed...chap stick/lip balm and roller bottle blends. The small roller bottles were a hit! Salves soon followed, another big win, especially the muscle rub! Bug spray and its debut was a success during the summer, the value of essential oils. As the months rolled by, slowly came more products: deodorant, liquid hand soap, sanitizer, vapor chest rubs for different ages, and the newest product on the shelf is lotion. Some were an instant success, while others were not, but that didn't stop Ariana.

Created in Eden, the name of her line of products, aims to have hygienic beauty products with purer ingredients than what the mainstream industries offer. She, too, didn't care for the chemicals and unnatural ingredients she read in the beauty products she used. What



Credit: DOL Photography



(Featured Article Continued)



Credit: DOL Photography

if she made products that she could use for herself and around the house? They would have quality ingredients and also be clean (according to Scripture).

As with any idea, a certain amount of studying and testing would be needed to make this idea work. She knew what to do. Growing up, her mom was into doing natural remedies, and she helped with putting together the essential oil roller bottles to assist with health issues. After she married, she realized that she had to be more concerned about her beauty products than she first thought, leading to her desire to make products she knew were safe.

Ariana got online and searched it out herself, judging often by sight if it were easy enough for her to make. In time, she knew she would have

more confidence knowing what was in the product. Calculating all the factors of resources, equipment, supplies, time, Ariana began to formulate and fine tune her new products. The best time for that would be the weekends.

You see, Ariana is in ministry, full-time. She and her husband, Tom, operate the coffee shop, True Brew, 3 days a week (3rd day [Tue.] - 5th day [Thu.]). She cooks, cleans, makes drinks, serves customers, fills in the gaps when Tom is busy, and, of course, she runs the kitchen (including training new volunteers). When there is down time, she takes care of tassel requests, bookkeeping for the three establishments (cafe, thrift and grocery, and theater), Elijah Ministries and all sub accounts. Twice a month, on 2nd day (Mon.), they go grocery shopping for Bread of Life Thrift and Grocery. It's an all-day affair (and sometimes 2 days if they go to Arkansas!) including returning to the store to stock and



Credit: DOL Photography

✚ A Light In The Darkness

(Featured Article Continued)

restock products. By the time we're all finished, it's late into the night. 6th day (Prep Day), she has Sabbath prep, household duties, etc. Whew! Just looking at her schedule makes me tired and we haven't even touched the weekend! She operates the sound booth during the Sabbath broadcast and prepares the Q&A table. On first day (Sun.), she is already working on the slides for the next Sabbath study. Such a full schedule, but that doesn't deter her one bit.

My sister has been in full-time ministry for most of her life; she is used to the constant demands and precious free time. She has learned to incorporate her hobbies (and now new line of *Created in Eden* products) into those little pockets of time. Still, just like for every other woman, she finds that the major challenge for her business is having time on some days and energy on other days. Being dutiful and virtuous are never easy, but well worth the investment.

You would never know that she has this heavy load of responsibilities. In my opinion, she is very gentle, meek, and quiet, but she is very much the virtuous woman of Proverbs 31.

I see why weekends would work the best for her. Since *Created in Eden* is still in the hobby stage, it's manageable. There's no high demand or challenges to keep up with supplies and orders. Some products, though, are gaining more popularity. This encourages her, knowing she's making something that others like, or that it helps with their health issues. I think I would equate it to a feeling of being empowered when we contribute to a better lifestyle (health) for others looking for the same quality products.

Customers also ask her if she has considered this idea or that idea. Ariana looks into each and investigates all that's involved, especially if she already has the supplies. That's how the lotion made



Credit: DOL Photography



Credit: DOL Photography



(Featured Article Continued)

its debut. Someone asked if she considered making a sunscreen and that led to doing lotion; sunscreen will be coming this summer!

A year may seem like a long time to get a line of products going. Then factor in the advertisement and attracting the right customers, but Ariana isn't one to waver. She knows it takes time for people to notice new products before trying them. It's all about display, display, display—how you display your product will influence sales. She also didn't want to invest too much into a product until

she knew it would sell. Once one gained popularity, she improved the appearance and added extra protection seals, so customers could know that nothing was tampered with after production. Overall, she hasn't invested in a lot of advertisements for good exposure; word of mouth has done it for her. Take the bug spray as an example. It works. Word gets around.

Saige Jenkins

Created in Eden

Sister Spotlight

Disclaimer: Adult content contained in this article. There are harsh words and vivid word pictures. Please proceed with caution with young readers.

As a young child my parents both struggled with substance abuse, so I was raised by my grandparents. My grandma was very bitter and even sadistic. She was also very immature and hateful as she was raped by her father and has never found forgiveness. She always spoke to me in a hateful bitter tone. Actually, she spoke to all of us that way. My grandfather was more in the background. He took us on family vacations, camping and fishing when we

were younger, but as we got older he mostly worked and resigned to his chair or the garage in the evenings. My aunt and her two sons also lived with us.

Time and again I attempted to have a conversation and better relationship with my grandmother but she only continued to reject me. I remember many instances in detail in which I was severely wounded this way. There were no words of appreciation, affection, or affirmation. Everything was bitter, negative, and demeaning. Hatred soon took over my heart as I came to the place that I could not only not stand the sound or sight of her, but sadly, I also wanted to kill her.



(Sister Spotlight Continued)

By the time I was in my early teens I was chanting myself to sleep, saying “No-one loves me, and why should they?”

My mom came to visit me every other weekend and my dad came around for the holidays. When my mother was very young, she was told she was a bad girl and was sent to her uncle, who sexually abused her. She was also raped by a neighbor and my grandparents, knowing who it was, never did anything, but take her to get an abortion. This sexual immorality and rejection that was ruling my family soon took me as well. By age eleven I was a sexual deviant. I was also sexually abused by a boy from school. I was so desperate for love, not knowing at all what it was. I had zero self worth, so I chased hard after the attention I started getting from boys, as I began to develop into a young woman.

I had my first two children at ages 16 and 19 and took off to the strip club at 19 to earn a “better life” for us. I soon found myself with a pimp who was much like a father figure to me, however not in many good, responsible ways. My grandparents had called the state on me because I had gotten carried away with the fast lane and had not contacted them for over 30 days, which is one definition of child neglect.

So a case was opened against me by CPS, which completely shattered me. I fell into a state of manic-

depression, trying to cope with all of my emptiness, worthlessness, and suicidal thoughts. Having no good coping skills, foundations, or solid relationships, I turned to the fast lane to distract myself. The money, “cute” outfits, drugs, sex, traveling, and daily spontaneity kept me going. The pimp was a paranoid schizophrenic and would have delusions of everyone being against him. When it was my turn to be his enemy, I would literally run away because I was very emotionally connected to this man, and his accusations completely crushed me. So I ran away from him often and went back home to try to do right by my children, but I could never hold up long, before depression, worthlessness, and suicidal thoughts drove me back to the streets. Somehow I felt loved when he took me back, even though it always came with downgrading and derogatory name-calling.

After 27 months of little progress, I was forced to sign my children up for adoption. Not many folks would have thought I loved or deserved my children or that I even wanted to be



Credit: DOL Photography



(Sister Spotlight Continued)

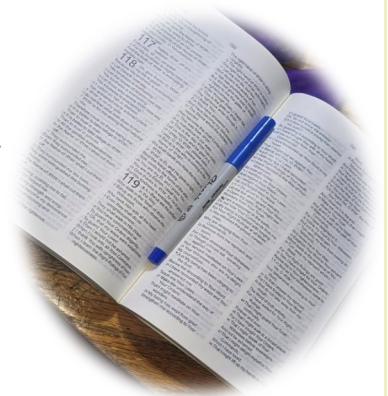
their mom, but that was 100% just not the case. I was just a very broken little girl needing a lot of help, and sadly all the so-called experts who have the education to understand these types of issues don't actually care. They were against me from the beginning and would much rather tear families apart than try to give you the tools you need to succeed, but of course, they don't have the tools. Thankfully, the Most High was watching over me, though I had never known it.

My life was officially over, I thought. I packed up what I had left of belongings that mattered to me and I gave everything else away. We left for Las Vegas with a girl who brought us a lot of trouble. She happened to be a juvenile delinquent runaway, and so after 8 days in Las Vegas, I was arrested with four felony charges and one gross misdemeanor. I was let out after 35 days with time served on the gross misdemeanor charge. I had become pregnant with my third child, and once the pimp was arrested, a subpoena was issued for me. Operating out of PTSD from the incident with my youngest two children, and everything else in my life I was to the point of not trusting anyone, especially the government, so I stayed on the run. I was afraid they would take the baby and throw me in jail.

After having my son, I moved into

a homeless shelter, as I was persuaded that I didn't need to evade them anymore. When my son was 6 weeks old, the U.S. Marshals came and arrested me as a material witness (no charges). The first two days of incarceration, I lay curled up in a fetal position crying and empathizing with my young children, and then it was as if the Spirit of the Most High came and took me over. I stood up, put my hands up, and said, "What, God, what is it? What do you want me to know? Don't let me leave here the same." As crazy as it sounds, they were His words, not mine, as I was not seeking Him; I was just very broken. He does say that He will be found of them that seek Him not, so that's all I'm left to conclude is that it was 100% His mercy and nothing I had done.

So I started reading the Bible, and I just knew it was for me; it was personal. I spent a total of seven months incarcerated at the time. I read the Bible every day. I read through it at least once, if not twice, attended three Bible studies, and eventually led one. Yah proved himself to be very real to me then. I never had money, yet if I had anything, I shared it; and



Credit: DOL Photography

(Sister Spotlight Continued)

every commissary day, my bucket was overflowing with snacks that everyone would donate to me. They called me the “church lady”. I led prayer every night for all the girls in that unit, which is totally out of character for me. Ha, I was free-to-live, and no-longer-afraid-to-die. I felt Yah speaking through me and using me as I acknowledged Him in all my ways. Sadly, this heightened experience did not last, as I still had a lot of sin in my life and had much yet to learn and overcome, but it was a heavenly taste of the goodness and reality of the Father that has kept me going all these years, and I can never escape the reality that He is Yah, Yahushua, the Creator, the One who saves.

Since then, He has continued to carry me and to teach me. He has done many mighty things in my life, including providing for me as I acted in faith as a single mom, in order to homeschool my children without

much support from so-called friends and with no financial support other than welfare, which doesn’t quite cut it.

That’s a huge testimony in and of itself.

He also tested me on the Sabbath day once it was revealed to me, and halleluYah, I honored Him and He honored me. It was very powerful, and in short, He provided me with work to be able to continue to provide as a single mom and to home-school until I met the love of my life: my husband Reuben, halleluYah.

I hope I get another chance to share my testimony in more detail. In time, He convicted me about dressing holy and quitting makeup.

He also has brought it to my attention that the thoughts and feelings of rejection, suicide, worthlessness, and hate—they weren’t mine, though I was guilty for accepting them and agreeing with them; they were coming from an outside source, from another person, a person without flesh and blood, a demon, or HaSatan himself. This revelation has brought me very far in overcoming these things, but the battle rages on.

HalleluYah for the victory He has given, that He is faithful, and that He fights for us!

Thank You, Yah, for choosing me!
Thank You, Yah, for being a good, good *Father*!

Shoshanna Ingram



Credit: Psalm 115:1



Life's Journey

“Prepare for the afterlife and this life will take care of itself.” (Unknown) This has been my theory for several years now. None of us wants to think about the earthly end of this life, but we should. I have had several losses close to me in the last 21 months, bringing countless platitudes from friends and family – all in love and sincerity, but so misguided – sayings like, “They are watching over you.” “Happier now.” “They were good people.” “In heaven now.” “Together.” “I know so-and-so did bad stuff, but so-and-do was a good person.”

These brought questions to my lips in response: What do you use to ensure you are going where you want to be in the afterlife? How do you define what being a “good person” is? What is your standard for measuring good and bad? Did they live in the light they were given, look for Messiah, and submit to Him?

Watching someone die in my line of work is nothing new, but watching someone I have prayed salvation for – someone I grew up looking up to and dearly love – come to their earthly end, not knowing or being sure that they have submitted to our Father, has struck me in a whole

new way.

I am not sure words can express the level of trauma my heart feels. My conscience has yet to absorb the reality of this world without my big sister. My soul has hurt at losing my children, nephews, and grandchildren; I have mourned the loss of parents, grandparents, aunts, uncles, in-laws, as well as care residents that I have worked with one-on-one for long periods of time. Those experiences have truly changed my life ... but nothing prepared me for this.

I am praying and studying my way through, but it is devastating. I am watching nieces and nephews try to move forward with a life that they are highly unprepared for. At times, losses sadden us with a sense of peace, gratitude, and release, both for the survivors and the decedent. This time, however, the feeling is just a ton of things left unfinished, a soul drowning in a sea of missteps, emptiness, and torture; I am lost in the confusion between flesh and spirit. Now I realize it more than ever: don't waste time when you are with those you pray salvation and repentance for – leave no question as to whether you have done everything you have been called to do for and with them.



Credit: Psalm 115:1



(Life's Journey Continued)

Ask Yah to give you His words or send one that they will hear. Love them through it all and encourage them with your walk when the listening stops. Take the time when Yah brings them to your mind to give them a call, send them a card, or message them. Drop by, even for just a few minutes. You will not look back and want to have spent less time with those you care about.

As a hotline volunteer, countless times I have heard that a seemingly meaningless contact has reached deeply into another person's life or had an effect on their faith walk. I have spent many hours talking with strangers. The sentiment from many is that they don't think they matter to anyone, or that their loved ones

would be better off without them. If "they" cared, "they" would have reached out.

All these thoughts and experiences have brought me to the conclusion that I need to intentionally be better at listening to Yah's urging for me to make contact. I naturally shy away from contacting others for fear of "bothering" or not having anything to say. Rather, I want to practice the Fruits of the Spirit daily with all those I encounter and let Yahushua's light shine! I implore you today to also look for the Son. He is never far and always near to Yah's people. We shall surely hear, "Well done, My good and faithful servant" (Matt. 25:21) when we walk as Yahushua did.

Keleah Gonne



Credit: Terry Truskey

Understanding Me

THE BATTLE FOR YOUR MIND

Last Issue's Review

We learned in the last article (The Battle for Your Mind, Volume 2, Issue 1) that whether we like it or not, we are in a spiritual inner battle. The prince of the power of the air – the Adversary – is our constant opponent. While we have Yahweh on

our side, most of us are prisoners of war as thoughts overrun us continuously. We feel beaten down and condemned, almost unworthy of Yahweh's help. This is not true, but it is what we believe as a result of thoughts left unchecked.

I know that as a fact because I lived it for a good chunk of my life. Even when I was shown a better



(Understanding Me Continued)

way, I still chose not to do it. Of course, I suffered the consequences of my choice – my poor choice. I couldn't seem to figure out why I wasn't getting ahead in life. What was holding me back from being emotionally successful? My thoughts. Taking back my thought-life from the Accuser has been one of the more difficult, yet rewarding, challenges in my life. I had to fight for every inch (or every centimeter, which is smaller) of my mind. The Enemy of my soul would not claim defeat and give up; no, he fought harder to maintain what he already had dominion over.

Taking a Stand

Taking back the ground in your mind requires effort, work, and commitment. It's something that we do ourselves. We either choose to do it or we choose not to do it. Yahweh created us with free choice and He will NEVER violate that. This battle is not for the half-hearted. We cannot claim to worship Yahweh, follow the ways of the world, and then wonder why Yahweh isn't blessing us.

It's time that we take our stand as daughters of the Most High Yahweh instead of cowering like defenseless, hopeless women, stuck in the rut of life and overrun by the Accuser of our souls. Sound the shofar and stand! Let's win the battle for our minds.

We need a plan – a good plan –

something that we can refer to often and use as a guideline to get us to our ultimate goal. It



Credit: DOL Clip Art

needs to be something that gives us the advantage over the Accuser, over the constant mind chatter. We prefer to see results right away, but we need to be willing to put in the work first, entrenching new habits into our lives. Taking back our minds will seem like it's ongoing, but we must understand that when we rely on Yahweh's Word and His strategies, each battle conquered will bring us closer to the big win. Our strategy for the battlefield of the mind will involve several tactics used repeatedly and interchangeably.

This is more than just reading and going through the motions of keeping Sabbath and the appointed times, eating clean, and wearing tassels. It's more than remembering the Ten Commandments. We can be doing what the instructions describe, but inside our minds, there's no real relationship; there's no heart connection. Rather, we will need to develop a key strategy. It's an investment towards a new way of thinking, a new habit of discerning, and a new way of seeing ourselves.

I remember the days of being legalistic. I knew the "law" and I could pinpoint just what someone was breaking. I also remember wondering



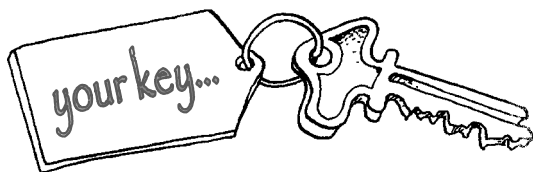
(Understanding Me Continued)

why life was so dry. I longed for relationships, but when the opportunities came, I pushed them away with my legalistic mindset. I was striving for perfection according to the “do” and “don’t do” list of requirements. More often than not, Yahweh would have me walk the lonely road in the wilderness. I visited the wilderness so much that it became a place of comfort for me. It’s where I met Yahweh and I poured my heart out to Him. Eventually, I learned that Yahweh didn’t want legalism, He wanted a relationship with me.

I stopped reading the Scriptures as a list of “do this” and “don’t do that” and began to see through the eyes of relationship. Instead of reading about the lives of the people of ancient times in terms of what they did wrong, I saw them through human eyes, accepting them for who they were and how I could learn from their journey. It was a gradual change in my heart.

The Key Is...

We need to know how to switch things up to keep the Adversary away from flooding our minds. This is much more than learning new methods or techniques to outwit the Enemy. The key to gaining back your



Credit: DOL Clip Art

mind is relying on the Spirit of Yahweh to direct you. That is best achieved by listening to the still, small voice and building a strong relationship with Yahweh. Personally, I have noticed that I am more inclined to listen to the still, small voice when I regularly spend time investing in my relationship with the Most High.

What most women face is the problem of being able to hear Him. The still, small voice seems to get lost in the chatter of our own thoughts. To turn down that volume and let His voice through, you need open communication lines, clear and accurate. In essence, this is where you find out how much you have invested in your heart relationships with Yahweh and Yahushua.

Proven Effective Strategies

The following list has proven effective for winning back your mind. It may appear simple, but a commitment is involved in daily application. In other words, the list looks easy until you try to maintain it. You can do it, but it will take work on your part.

To take back the ground in our minds, we use Scripture, repentance and forgiveness, fasting, prayer, praise, singing, rebuking wrong thoughts, and even inviting Yahweh and Yahushua into our daily lives. Synergistically, these strategies are very effective, as long as we understand that this is a lifestyle change,

(Understanding Me Continued)

not a band-aid until life gets better for us. I hope that you do not take the road I did and wait until you're sick and tired of being sick and tired before you do something about it. The longer you wait to take back the ground, the harder it will seem to you. The Adversary will use anything and everything to make sure you never get started.

Breaking It Down

Scripture. Incorporating a daily reading schedule is a good way to feed our spirit. Reading the Word is one way of inscribing it on your heart, but it takes time – and in our fast-paced world, stopping to read Scripture isn't convenient. Make a commitment to read at least 2 chapters daily. Proverbs and Psalms are a good place to start.

"But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it." (Deut. 30:14, KJV now and throughout, names inserted.)

*But he [Yahushua] answered and said, It is written, **Man shall not live by bread alone, but by every word that proceedeth out of the mouth of Elohim.**" (Matt. 4:4)*

*"But he said, **Yea rather, blessed are they that hear the word of Elohim, and keep it.**" (Luke 11:28)*

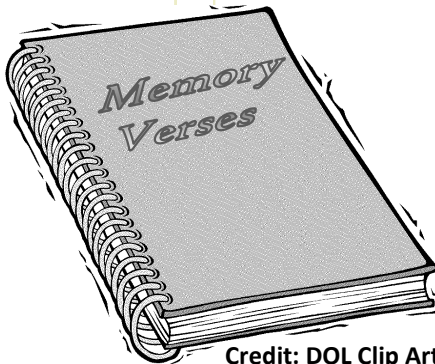
"All Scripture is given by

inspiration of Elohim, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:" (2 Tim. 3:16)

I'm guilty of getting up in the morning and filling it with all sorts of tasks and chores so that I'm running late, and still, I didn't make time to read Scripture. As a speed reader, another challenge I have is letting comprehension sink in. Speed reading is not the best for Scripture. I find the best approach is to pray before reading. As I read, I visualize what I'm reading. That sticks in my mind throughout the day. That's why the book of Proverbs is a great place to start with the plain contrasts. Once you understand what you are reading, it is easier to apply it to daily life.

When Scriptures arise in your mind during a conversation, more than likely they come from reading or studying. Studying Scripture really inscribes it deep in your heart. Diving deeper into the Hebrew (or Greek) gives you a fuller understanding of what the author is trying to convey in the message. Studying takes time, but with today's technology, we can study anything in Scripture at a moment's notice. The Bible apps bring the Scriptures and the study aids to our fingertips.

While waiting for

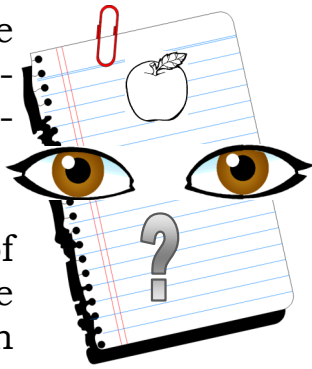


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(Understanding Me Continued)

roadside assistance one morning, a sister and I were casually chatting about the situation. The expression “apple of Yahweh’s eye” came up. Surely, Yahweh wasn’t referring to an apple! Did that expression really come from Scripture? We pulled out the cell phone and got into a Bible Study app and checked it out. Several times in Scripture it is used, but the translated word “apple” is purely an idiom of the English language. The Hebrew just says “the pupil of His eye”, which signifies something precious in need of protection, expressing deep affection and care (<https://biblehub.com/hebrew/380.htm>). It was a deep lesson, and done in less than five minutes.



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Repentance and forgiveness. When we are convicted of our wrong ways, that is the best time to repent to Yahweh and ask His forgiveness.

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9)

When someone comes to us and admits their wrongdoing towards us (or showing us a wrong example), we are to forgive.

“Then came Peter to him, and said, Sovereign, how oft shall my brother

sin against me, and I forgive him? till seven times? Yahushua saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven. ... For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.” (Matt. 18:21-35)

70x7=490
(or once every 2 minutes?)

Credit: DOL Clip Art

Forgiveness releases. If we choose not to forgive, then we endanger our hearts to harbor unforgiveness, resentment, and bitterness. Dwelling on perceptions, perspectives, reflections, memories, past traumas, hurts, and offences will cut off our communication lines with Yahweh and open the door wide to the Accuser and his minions. Our emotions can block us from forgiving, if we feel that we have been unjustly treated. If there is any bitterness, resentment, and/or unforgiveness in your heart, your first step is to repent to Yahweh for harboring them and sinning against Him. Remember that forgiveness takes one (you) and reconciliation takes two.



(Understanding Me Continued)

doesn't leave the Accuser much room to drop thoughts into your head because you're turning them around into the blessings you see coming from Yahweh.

"And they rose early in the morning, and went forth into the wilderness of Tekoa: ... And when they began to sing and to praise, Yahweh set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten." (2 Chron. 20:20-22)

It isn't rocket science to figure out that praising Yahweh makes us feel better about our current challenges, but the mind grappling can be intense when you're in the middle of a bad situation. Life happens and sometimes we are the recipients of less-than-desirable outcomes; health challenges, poverty issues, conflicts, and other unavoidable, insurmountable, or very intimidating obstacles are hurled our way on a regular basis. How many of us are going to praise Yahweh with a terminal health diagnosis? What about a job loss? I know when problems hit me, I'm too busy dodging, solving, and falling down to stop and say, "Praise Yahweh for this opportunity to..." What?! Opportunity?!

Praise Him for this?!

Yes. Exactly. Praise is powerful. Everyone gets hit with all sorts of problems, challenges, and hurdles; that's a fact of life (Ps. 107). How we respond to them will depend on where our heart is. If we are looking for an easy life and getting by with as

little effort as possible, we may see these as failures. If we are looking to move forward in our walk with Yahweh and Yahushua, but still maintain a life in the world, these obstacles that come at us – well, we don't welcome them.

That's not how we are supposed to be in this walk. As daughters of the Most High, we are also warriors, engaged in spiritual battle, 24/7, 365 days a year for the rest of our lives, but we have Yahweh and Yahushua on our side, ready to guide and direct us. Praise opens that door. (Psalm 28:7; 34:1; 106:47.) Instead of fighting our way through life alone, we should be able to see these problems as opportunities unfolding for the glory of Yahweh.

Singing. Singing is another form of praise. Humming your favorite song is also an option.

"Then sang Moses and the children

BLESSINGS

100
75
50
25
0



PRAISE

Credit: DOL Clip Art



(Understanding Me Continued)

of Israel this song unto Yahweh, and spake, saying, I will sing unto Yahweh, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea. ... And Miriam answered them, Sing ye to Yahweh, for he hath triumphed gloriously; the horse and his rider hath he thrown into the sea.” (Exod. 15:1, 21)

“Sing praise to Elohim, sing praises: sing praises unto our King, sing praises.” (Ps. 47:6)

“Yahweh was ready to save me: therefore we will sing my songs to the stringed instruments all the days of our life in the house of Yahweh.” (Is. 38:20)

“Is any among you afflicted? let him pray. Is any merry? let him sing psalms.” (James 5:13)

Don't like to sing/hum around people? Listen to praise music. There are many musicians that Yahweh has blessed. Listen to the music that gives Yahweh the honor. Fill the silence with music that worships Him, that brings Scripture into the audio realm of your life. When we fill the silence with praise music, we are no longer acting in defense because we are too busy worshipping Yahweh.

Rebuking (or Rejecting) Thoughts.

It works, but if this is your only strategy, it's tiring. The idea here is to recognize a wrong thought and re-

buke it, but then fill your mind with prayer, praise, singing, songs, etc. As you fill your mind with Yahweh's Word and begin to cultivate a relationship with Him, you will notice sooner when negative thoughts enter your mind.

“...for Yahweh searcheth all hearts and understandeth all the imaginations of the thoughts...” (1

Chron. 28:9)

“Yahweh knoweth the thoughts of man, that they are vanity. ... In the multitude of my thoughts within me thy comforts delight my soul.” (Ps. 94:11,19)

“Search me, O Elohim, and know my heart: try me, and know my thoughts.” (Ps. 139:23)

“Commit thy works unto Yahweh, and thy thoughts shall be established.” (Prov. 16:3)

At this point you have a choice: if you accept it (or even if you think you can ignore it), the thought will begin to grow and dominate your mind. But if you don't want it there in the first place, then you have to rebuke it as soon as it shows up. It can be as simple as, “I rebuke that thought in Yahushua's name.” I have found it helpful to then go one step further and pray. Then I switch off to praising Yahweh for His daily benefits, praying for others, or singing to myself.



Credit: DOL Clip



(Understanding Me Continued)

Inviting Yahweh and Yahushua into our daily lives. Sure, we worship the Most High and spend time with Him every Sabbath, but what about inviting Him into our daily lives? What?! Isn't He there already, omnipresent? Yes, but it's not the same. A mentor of mine (a lovely young woman of 70 years old) shared with me the joy she felt when she invited Yahweh and Yahushua on a walk one day. She encouraged me to try it.

The next morning, I rose a little early to take my dog for a walk up my brother-in-law's driveway. The mile-long driveway twists and turns with uphill and downhill. On the first uphill, I invited Yahushua on the walk. I started to chat with Him in my mind, as though He were walking beside me. On the second uphill (and twist) I invited Yahweh also. This is when I sensed total shalom surrounding me. I talked to Them and shared my thoughts up and back down the driveway. The rest of the day was spent in sharing with Them everything I did. It's different than thinking that They are somewhere watching. Talking to Yahweh and Yahushua throughout each day has brought a new level of shalom that stays.

"And I will dwell among the chil-

dren of Israel, and will be their Elohim. And they shall know that I am Yahweh their Elohim, that brought them forth out of the land of Egypt, that I may dwell among them: I am Yahweh their Elohim." (Exod. 29:46)

"And I will walk among you, and will be your Elohim, and ye shall be my people." (Lev. 26:12)

"That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me." (John 17:21)

"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." (Rev. 3:20)

Testimony of Combined Strategies

It was a cool day, late in the harvest season; winter was only a couple of weeks away. I had been fighting an unknown spirit in my life for quite some time. I knew, though, that I was done with this dark spirit telling me how to live my life. I wanted true freedom from it.

Alone in the house, I dropped to my knees in the carpeted living room. With eyes closed, I prostrated myself on the floor, repenting to Yahweh for choosing to listen to the dark spirit instead of believing His



Credit: DOL Photography



A Light In The Darkness

(Understanding Me Continued)

Word was true for my life too. I cried as I confessed my sins to Him, the warm tears streaking down my face. I pleaded for the blood of Yahushua to cover me, so that when Yahweh saw me, He would see His sacrifice.

I could almost feel the cleansing within. A great burden lifted off of my shoulders and a renewed feeling took its place. I lifted myself up to a kneeling position and began to sing at the top of my voice all the praise songs that came to mind. My hands were lifted up as I sang. Song after song led to an intense prayer session.

It seemed, like all of a sudden, I was praying against the attacks of the enemy, rebuking and binding all in Yahushua's name. My hands were facing forward at this point, as though they were resting on a window pane. They felt hot, and I began to feel a pressure against them. No longer were my hands up in prayer, they were pushing against a hot and invisible force.

The heat wasn't my own. I sensed Yah's Spirit revealing the force pushing against my hands. Without hesitation, I prayed for protection over the house and the family members, against the spirit of Jezebel. The force pushed harder and the heat grew stronger. I couldn't see what

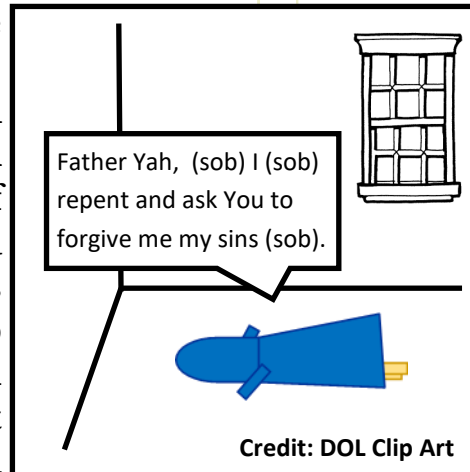
was happening in the spiritual realm, I just knew that Yahweh was on my side and He was there in the fight with me.

Then it stopped. The force abated.

My hands started to cool down. There was a strong sense of shalom within me and surrounding me. I slowly stood up. I waited a moment and then headed to my bedroom. The rest of the day was very quiet – even my thoughts seemed still. I retired for the night and went to sleep.

The next morning when I awoke, I felt different, almost stupid. I didn't know anything, not even how to make breakfast. That was odd. My thoughts are always flowing and processing, but this morning, everything still felt shut down inside. I sensed a different voice in my mind, gently reminding me that I was capable and that it would be easy for me to make breakfast, which it was. Forty-five minutes from the time I awoke, I still had that incredibly stupid feeling, like I was out of the loop. I remember thinking how was I going to get through the day?

In that moment, I sensed a distinct and almost familiar voice speak in my mind, quite plainly, telling me if I let it back in, that I would be much smarter. Instantaneously, I understood that it was a critical, accusatory spirit and that it left in yester-





(Understanding Me Continued)

yesterday's prayer warring session. I had a choice to make. I could let it back in and it would share sensitive information, like it did for most of my life, or I could refuse the offer.

I refused its offer. I rebuked the thought and decided to start at ground zero with Yahweh's Spirit. I have never regretted that decision. Since then, I have noticed that anger no longer has a foothold in my life, and that fear no longer influences my decisions. Oh, I still get attacked in my mind, but it's no longer a losing battle for me.

Putting It Altogether

As you work towards squeezing the Accuser out of your thought-life by stuffing it with Yahweh's presence, you'll find a sense of shalom in your mind. Things won't bother you as much, if at all. There will be good days and bad days. The good days are when everything smoothly goes your way and you are ahead of the schedule. The bad days are when everything falls apart and you can't seem to keep life together. This is normal as you transition from a

**Let me back
in...I will
help you...**

prisoner of your mind to the conqueror of your mind. As you progress in your commitment to taking back your mind, the good days will outweigh the bad days. Soon, you will be able to identify the signs of a bad day early enough and turn it into a good day.

The state of shalom in your mind is almost like a maintenance mode, where you can tell when things are out of balance by the lack of shalom in your mind. At that point, utilize the method of "thinking about what I'm thinking about" as a reference point. It's meant to bring awareness to a specific situation you're in, where you can discern your thoughts and their trajectory into the day ahead. As you cultivate each strategy, the Spirit of Yahweh will guide you and prompt you with the best choice at the moment.

Know that as a daughter of the Most High, you are equipped with Yah's endless resources, protected by Yahushua's blood, and supplied with the still, small voice, the Spirit of Yahweh.

Saige Jenkins

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1 in 7

DOL Domestic Violence Column

Disclaimer: WARNING! READER DISCRETION IS ADVISED. NOT INTENDED FOR YOUNG READERS.

*This is a serious topic that affects millions of women worldwide. Statistics state that 1 out of every 7 women will have experienced some form of domestic violence in their lifetime.**

I thank Yahweh for the opportunity to bring awareness and share these very real moments from my life. Please note that these stories are written from my own experiences in my own life.

The stories you will read are raw and unfiltered, and – graphic, so reader discretion is advised.

A Glimpse of My Life

It's two in the morning, 2 a.m., and everyone is asleep except him; well, I'm not asleep either. He is in the living room, awake and drunk again, rambling things off, playing loud music, and all I can do is cover my head, hold my child tight (and cover his head too) and pray.

I pray that he stops drinking, that he just passes out and leaves us alone, that just maybe someone

might come in and save us, grab us up from the trenches we are in, and plant us in a new place. I can almost taste it, a place filled with love and everything that this place is not. All I could do is pray....

It has been a long day of shouting, arguing, and being called every ugly name that he can think of. It's been a back-and-forth rollercoaster of emotions, tears, and one big panic attack. My precious 2-year-old witnessed it, and he tried to calm me down. The young toddler always knows how to make things better. He is a bright, bubbly, and very energetic little boy who does not deserve to be in this situation – but he is by no

fault of his own. I did everything I could to shelter him from the toxic situation that we were in.

Just Another Ordinary Day

For the most part, he doesn't know what was going on, except that we have to leave a lot and go places without daddy. He enjoys going to the park to play or ride his bike around the walking trail. He loves to ride around and look at the lake.



Credit: DOL Photography



(1 in 7 Continued)

Sometimes, if the weather is bad, we go for a walk around the department store and just look at things. We do whatever we need to be away from home for as long as we can be. This isn't the life I wanted.

Today was an ordinary day, like any other. The sun shined. The birds chirped. I was at the park swinging my 3-year old. He loves the swing. He loves to spread his arms out like an airplane while he is swinging, all while laughing and enjoying every minute.

There were lots of families at the park today. Moms walked their little ones, and dads played catch with their littles. I couldn't help but look around and see all the families and their happy faces. Yet, I was there alone, just my boy and me. As I pushed the swing, I began to think to myself, "I bet that dad doesn't get drunk and ugly." "I bet that dad doesn't abuse his wife or his kids."

I imagined all the loving things that those husbands would do for their families. I quickly came out of it, as my 3-year-old yelled out, "Swing me, Mama."

I snapped back to reality. Suddenly I began to pray, as I continued to swing my little one. I didn't even realize I was praying so loud until I heard my little one say, "Praise Yahweh." I smiled at him, and we



Credit: DOL Photography

both said "Amen".

It was starting to get dark, and I knew that meant we couldn't hide out at the park, that we would have to go home. As I buckled him into his car seat, I began to pray again. I never knew what I would come home and face.

Would the house be destroyed? Would there be empty beer bottles everywhere? Spilled food and who knows what else on the walls, the floor? Would he be passed out, or would he be waiting for us to walk through the door, just so he could continue his verbal attack on me?

We arrived home and he was passed out on the couch. What an answered prayer that was! I was very relieved because this was one less night that I would have to deal with him. I was tired from being gone all day; we were hungry and wanted to eat in peace. So, we, as quietly as we could, ate, and eventually I was able to get my little boy to sleep.

Now, the chores began...I put one ear bud in and began listening to praise music. Praise music always made it a little better. Cleaning up was always a chore, and usually it would take me an hour or so, but tonight was extra messy. In the living room alone, there were empty beer bottles everywhere, half-spilled bottles all over the floor, food all over the floor and the wall, and there was



(1 in 7 Continued)

an ugly stain of something on the couch. The kitchen was another experience of mess. I was exhausted by the time I was done...both mentally and physically...just exhausted. The truth is, this is normal, just another ordinary day. I know that I will wake up tomorrow and do this all over again.

My Childhood Dreams

I never planned for this kind of life. This wasn't my childhood dream, at all. I had different plans. After all, doesn't every young girl have a dream about her future family? Don't we all plan out how life is supposed to turn out for us? Didn't most of us want to get married, have children? Did some of us imagine living like old maids with pets or animals, or all alone?

As a child raised in the world, I grew up with the popular fairy tales. I identified the most with Cinderella. We must have been related, except I had a stepfather, rather than a step-mother. Regardless, I related to her in a real way. Being the oldest, I was

always the one who had to clean, and do the chores, while my younger sister was busy doing whatever she wanted. My parents were both quite abusive. My stepfather was not a dad to me. My biological father died when I was five years old. Oh, yes! I could completely relate to Cinderella.

I can remember as an older child thinking that there just might be some possibility that I too could have that special someone who would do all the right things to get me right out of there. Of course, I grew up and realized that it was all just a made-up story and that none of it was true. It didn't stop my dreaming, though. As I grew a little older, I would dream about what my Prince Charming would be like: what he would look like and what kind of characteristics he would have. I dreamed of a tall, handsome man with dark hair and blue eyes. He would be a business-type of man. He would be kind, and gentle, and would never think about abusing me in any type of way. He was going to swoop me off my feet, and we would be madly in love. He was going to save me from the place I was in.

In my daydreams, we would be married in a big church, and I was would wear a big, sparkly white dress. I would be such a beautiful bride. He would be dressed in a nice suit and tie, and his hair would be styled just perfectly so that it showed off his big blue eyes. We



Credit: DOL Photography

(1 in 7 Continued)

would live in a white farmhouse, with a white picket fence, in a town that was far away from my family. We would go on to have a big family with lots of children. I always wanted a lot of children. He was my prince charming, and I was his ... Cinderella.

The Reality of My Life

I learned very early how to stuff my emotions and how to “put on a smile”. I would never let my child see me cry. I would never let him see me upset. I did the best I could, even with the cards I was dealt.

Truth is, that day was just an ordinary day in my life. It was just the way it was. I had grown used to being verbally abused. I had grown used to watching what I said and walking on eggshells. I had grown used to having things thrown at me. I had grown used to being hit with things. I had grown used to being gaslighted to the point where I would begin to question whether I was the crazy one. Am I? Am I the crazy one?

Am I imagining all of this in my head to make myself look like a perfect person? Do I make up “stories”? Do I need some sort of leverage here? Do I need to make him “look bad”? Do I need to have people feel sorry for me? Am I so desperate for a friend that I would concoct this elaborate scheme just to have someone to talk to? Really?? Maybe that’s why



I suffer in silence and pray. I have no one to talk to about this. No one knows what is really going on.

You see, I am married to an alcoholic, who is very verbally – sometimes physically – abusive, as a result. I am well versed at putting on a happy face. I am good at making excuses for him, for me, for everything. I know how to hide things. It is something that I have been dealing with for a long time. By now, it’s “normal” for us, but then again, what is normal anyway?

If you are experiencing some of the same things, or you can relate, please know that you are NOT alone. Reach out to me at Azaz4yah@gmail.com. Remember, I love you and Yahweh does too!

Azaz

*(Statistics in disclaimer, <https://www.columbiapsychiatry.org/news/domestic-violence-q-trauma-researcher-maja-bergman>)



Recipes

WHATEVER PIE FILLING DUMP CAKE

(Cherry, Blueberry, Strawberry,
Peach, etc.)

This is an easy recipe to literally throw together when unexpected company shows up, or you just don't have the time to make anything fancy. It's really delicious too.

Ingredients:

2 cans Pie filling of your choice*
1 stick of butter, melted
Cake mix (yellow, white, Funfetti)

*If using the cherry pie filling, add ½ tea of Almond Extract.

And that's it.... you can, of course, add extra ingredients if you get the notion to—like sliced almonds over the cherry filling before the cake mix is put on. (You can use your imagination.)

Use a 9 x 13 pan — if not nonstick, spray with some olive oil spray; if the pan is nonstick you don't need it.

Open the two cans of cherry pie filling, add ½ teaspoon of almond ex-

tract to each can, and stir. The Almond extract really goes well with the cherries. (I haven't tried it yet with other fillings.)

Now, open up the cake mix and just pour it over the top of the pie filling, spreading it over the top of the filling. Next, pour the melted butter slowly all over the top of the cake mix. Bake at 350°F (175°C) for 50 to 60 minutes and you have an easy, scrumptious desert.

STUFFED PEPPERS (Betty Crocker Recipe)

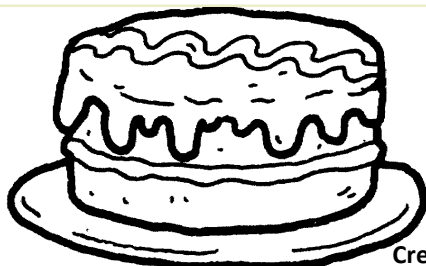


Ingredients:

4 large bell peppers (any color)
1lb lean (at least 80%) ground beef
2 tablespoons chopped onion
1 cup cooked rice
1 teaspoon salt
1 clove garlic, finely chopped
1 can (15 oz) Muir Glen™ Organic Tomato Sauce
1/4 cup (3 oz) shredded mozzarella cheese

1. Heat oven to 350°F.

2. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In



Credit: DOL Clip Art



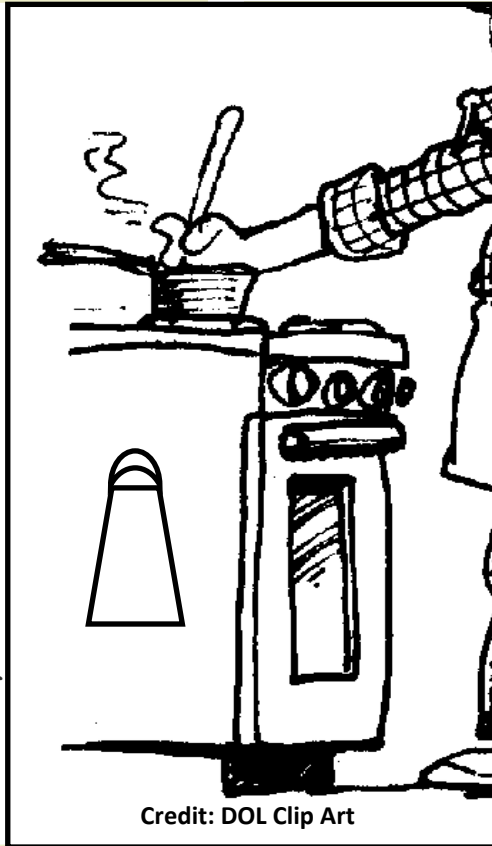
A Light In The Darkness

(Recipes Continued)

4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.

3. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

4. Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-



inch square glass baking dish. Pour remaining tomato sauce over peppers.

5. Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Enjoy!!

Susan Freeman

Susan's Encouragement Corner



Credit: Susan Freeman

Hello my beautiful sisters in faith. I am so happy we can all come together again as we watch a new spring arrive. I pray you are all well and blessed. Let's get cozy, find your favorite cup of tea or pre-

ferred drink of choice, and let's talk one to another. In this article I am

going to focus on those of us who are making this walk alone. I think it's an important topic for a discussion; many of us are in this circumstance and it can be difficult. Let's dive in.

Walking alone, family and friends absent, comforting routines of our social world may have faded away. Then, in our solitude, we discover we are never alone! It's because we walk hand-in-hand with our Father who will never leave our side. While we think (the world tells us) that our lives need to revolve around others—and we think that our security



A Light In The Darkness

(Susan's Encouragement Corner Continued)

depends on others – we will find as we learn to walk alone that we learn to walk with Yah and find a life rooted in faith. The journey to this place isn't always easy, but it will reveal the beauty and resilience of a heart that puts all its trust in Yah rather than in other people.

When our relationships fall short, Yah will fill every gap in our life with Him and His truth; that can satisfy every longing. “And it is Yah who is going before you, He himself is with you. He does not fail you nor forsake you. Do not fear nor be discouraged” (Deuteronomy 31:8, TS2009 now and throughout). We will learn to walk with our own confidence, not needing approval from others or companionship, but being surrounded by the Most High, our Creator. It will deepen our faith. We will find joy, walking in the silence and finding happiness (even in solitude).

This is a path of spiritual growth. We may feel lonely at times, but through our relationship with Yah our strength comes; we will be strengthened in our weakness. It is a journey of releasing ourselves over to our Father, learning to depend on Him and not on others for our consolation. It gives us grounding and purpose; we can trust that we are

never truly alone.

This new journey can be deeply transformative, teaching us how to walk in faith and not by sight. When we walk alone, we begin to put our total faith in walking with Yah, learning to draw closer to Him. Yah's timing is perfect. Don't miss out on the blessing that may be right around the corner! Let us seek Yah's presence and His will for us. When we are alone, we can speak directly to Yah and He will keep us strong in faith.

Society says we have to put our confidence in others, but the silence can help us find our worth through Yah, not through people. We do not need approval of others but we do need to seek the approval of our Father.

“Elohim is in her midst, she does not topple; Elohim does help her when morning turns.” (Psalm 46:5) When we walk with Yah, we can stand firm even when others walk away. As we learn to walk alone with our Father, He can mold and shape us into the women He wants us to be, not affected by how “others” tell us we should be. We no longer need validation from people, but only seek validation from Yah. Our strength will come from within, not from the influence of others. We often think of what other people think of us, rather than



Credit: DOL Photography

A Light In The Darkness

(Susan's Encouragement Corner Continued)

seeking our value through the Most High. Yah's approval is all we need and He will give us our value.

We will learn self-sufficiency instead of codependency. We will be amazed at what we can accomplish on our own; we never would have dreamed that we could. We realize the only real strength we need comes from Yah and not from other people. This doesn't mean we reject other relationships; it just means our relationships with others don't define who we are. Instead we are letting Yah define us in our relationships.

We will learn that when faced with obstacles, we don't immediately depend on others for support. Instead we look inward to Yah for support. Walking alone shows us our worth and that our independence and reliance on Yah makes us stronger. Over time, as we learn this type of self-reliance, we don't crumble every time things go wrong or when people walk out of our lives. We begin to understand that apart from Yah the only one we can truly depend on is ourselves. This gives unshakable confidence; we keep learning in our faith, not needing

others' approval, learning to stand strong on our own. (We appear to be on our own, but we are depending on Yah every step of the way.)

Walking alone not only takes courage, but it also gives us freedom from being swept up in what everyone else is doing. It gives purpose and strength in our walk with our Father. Look at Ruth who chose an uncertain path of loyalty, leaving her home to stay by Naomi's side. Her strength came from her loyalty and determination and her trust in Yah. Walking alone defines our strengths and purpose that needs no validation of others. We no longer care what others say to us or about us, as our strength comes from above and not from others. "But you are a chosen race, a royal priesthood, a set-apart nation, a people for a possession, that you should proclaim the praises of Him who called you out of darkness into His marvelous light." (1 Peter 2:9) This reminds us that we are precious to Yah; others' opinions pale in comparison.

This is actually very freeing when we are not seeking approval from others anymore, by first relying on Yah and then ourselves. This gives us the power to live genuinely without the need of approval of others. Relationships are no longer needed to prove ourselves to anyone else. We learn what true friendship is, how to develop relationships that are supportive and meaningful. Our identity



Credit: DOL Photography



(Susan's Encouragement Corner Continued)

is no longer defined by the company we keep, but by Yah's love. Getting to this point gives an inner peace that we may not have known before. We begin to understand that our value does not depend on who stays or who leaves our life. Our value is now rooted in the love of Yah and not in others. We learn our boundaries and will no longer allow others to cross over them.

We will seek authenticity in our life, not base it on how big our social circle is. We are no longer easily swayed by others and the pressure to conform to what others think. We learn to depend on ourselves and our Father in heaven to make the right decisions, to be able to say "no" when needed, to stand on our beliefs. We learn that we honor Yah first and people second. Consider Queen Esther who risked her life to stand before the king, not for her own benefit, but for a purpose greater than herself. She knew that her worth came from Yah, not from other people. Knowing that gave her the courage to act even when the stakes were so high and could lead to her death.

This is when we will learn our own self-worth. We can stand firm on the right principles and not be conformed to what others think is right. Leaning on our own worth also allows us to grow emotionally and spiritually. We learn we are deserving of respect and love. We learn we

are enough just as we are and don't need the approval of others to feel significant. We learn to be rooted in Yah, to live with a purpose, chosen by Yah to live for Him.

We trust in Yah's guidance and direction. We find in Yah our most reliable guide instead of always running to others for advice. We go to Yah in prayer and ask for His guidance. "Trust in Yah with all your heart and lean not on your own understanding and in all your ways submit to Him and He will make your path straight." (Proverbs 3:56)

Being alone allows us to listen without all the "outside" noise. Seeking Yah's word gives us a sense of purpose and confidence in ourselves we may have never known before. We quit always comparing ourselves to others and embrace what our Father wants us to be, even if it looks different from others' paths. Our trust in Yah becomes unconditional when we learn to solely depend on Him.

The story of Mary, the mother of the Messiah, gives us a beautiful example of unwavering faith. When she was told she would be having the Son of Yah, I am sure she was afraid and questioning everything. Yet she was humble and trusting in Yah, saying, "I am your servant; may it happen as You have said" (Luke



Credit: Ps. 115:1

A Light In The Darkness

(Susan's Encouragement Corner Continued)

1:38). When we depend on Yah, we step out in faith, even if we are not sure of the outcome. "For we walk by faith, not by sight." (2 Corinthians 5:7) Trusting Yah means we give Him the control, setting aside our own plans. We find peace in surrendering to Yah's will to follow His plan even when we are not sure of what His plan is. He will guide us along the way if we put our trust in him.

My dearest sister, I hope you find some comfort knowing you are truly never alone. You are the daughter of a King and should walk with Him accordingly, knowing you are truly special and precious to Him. I think this

will help no matter your age, whether you're younger and waiting for your Boaz, or in your later years and maybe wanting companionship, but also learning to walk alone at this time of your life, not compromising yourself, but being true to you. I truly love you all so very much and I pray that Yah blesses you in all you do. May He lead and guide you no matter what time you are in life. Until next time, thank you so much for sharing your time with me. It means the world to me to be blessed to share with you.

Susan Freeman

A Word from Sister Sue

Nisayon

To "test", "try", "tempt" or "prove" A situation where one's faith or character is being examined by Yah. It can be used to reveal a weakness or strengthen the faith and reliance on Yah. It is a means to purify and refine.

Tests and trials in life indicate inner strength. Trials often come when we are already feeling a tug in our spirit about something. They are one way the Father lets us know we are ready for new light.

Many times, as we face trials, our flesh responds with feelings of being



Credit: Terry Truskey

picked on or feeling defeat. The "why me?" is a common response. We need to take the time to pray; examine what the Father is doing for us. We need to look from the outside sometimes to see the opportunity these trials are bringing; the solutions to the problem often lie in the problem itself. It is a humbling experience to face trials in this life. It can be followed by a pouring out of blessings when we do the Father's will, as gold is refined in the fire, so are the people of Yah.

Draw close to Yah and reflect.

Sister Sue

Sisters Helping Sisters

SHALOM!



Credit: Melissa Paris

**I am so
happy
that you
have made
it here!**

**I am Melissa Paris and this
is a ministry that is very
near and dear to my heart.**

SUKKOT SISTERS

This is basically a network of sisters who build each other up through reaching out to one another secretly. It could be something like a letter in the mail with a Scripture verse or a gift sent from Amazon. Everything is done anonymously. There are many ways that we can bless each other. This ministry has been extended to the youth, as well, so if you are ages 13 to 17 and you would like to participate, I will match you up accordingly.



As this program grows (I know that it will), and our sisterhood gets bigger, I truly believe that the lives of each and every one of us will be enriched and we will have all formed some lifelong friendships. After all, isn't that what sisterhood is all about?

If you are interested in knowing more about this ministry, please feel free to email me directly, or if you just want to say "Hi" that is a blessing, as well.

May Yahweh bless and keep all of you.
sukkotsistersofyah@gmail.com



Prayer Requests

Unanswered yet? Nay, do not say ungranted;
Perhaps your part is not yet wholly done;
The work began when your first prayer was uttered,
And [Yah] will finish what He has begun.
If you will keep the incense burning there,
His glory you shall see, sometime, somewhere.

Unanswered yet? Faith cannot be unanswered;
Her feet were firmly planted on the Rock;
Amid the wildest storm prayer stands undaunted,
Nor quails before the loudest thunder shock.
She knows [Yahweh] has heard her prayer,
And cries, "It shall be done," sometime, somewhere.
(Robert Browning, names inserted. Excerpt taken
from [https://hymnary.org/text/
unanswered_yet_the_prayer_your_lips_have](https://hymnary.org/text/unanswered_yet_the_prayer_your_lips_have))

Together we are building a network of prayer warriors who intercede and supplicate, at a moment's notice. Please email daughtersoflight@eliyah.com to join the network or submit your prayer request. Yah bless you.



Praise Reports

Shalom DOL.

This magazine issue has me in tears with the testimonies inside!!!! My! How we as DOL need this kind of encouragement, and not a bunch of do's and don'ts as we come into this walk of truth. One can waste years struggling to "find themselves" in truth, with no examples to guide or encourage. So many bitter, bro-

ken, angry, jealous people, trying to be examples.

These testimonies give me hope and tov [good] information!!! I THANK YAHWEH for this magazine, and the Daughters of Light who bring forth from the RUACH [SPIRIT]!!!!

Much Blessings, G.J.



Kids' Corner

Welcome to Kids' Corner!

This space is just for kids.

In this section I try to keep things fun. My kiddos love to do Bible puzzles, mazes and such. I hope that

your kids will enjoy these activities as well.

From my home to yours,

Shalom, shalom.

This is a new activity.

I'm going to give you a verse that has some words missing, and you will need to fill in the blank. If you don't know the verse, ask a parent to help you look it up. (Fill in the blank verses based on KJV.)

1. For _____ so loved the world, that _____
_____ His only begotten son, that whomever believeth in
Him shall _____ but have
_____. John 3:_____

2. O taste and _____ that _____ is good: blessed is the
_____ that trusteth in _____. Psalm 34: _____

3. Honor thy father and _____: that thy days
may be long upon the _____ which _____ your
Elohim hath given you. Exodus _____:



(Kids' Corner Continued)

NAME _____

DATE _____

OLD TESTAMENT BIBLE BOOKS

Fill in the Blanks in the Bible Book Names



P_a____

____ver____

____les____te____

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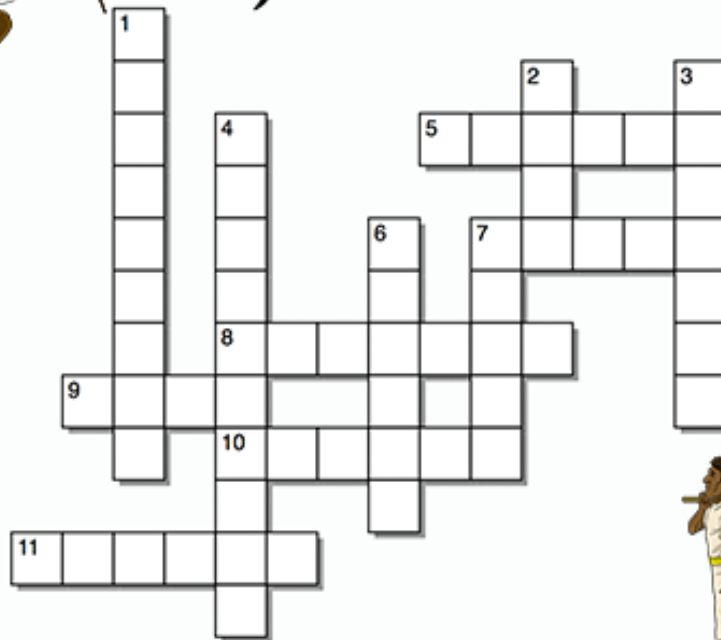


(Kids' Corner Continued)



Bible Pathway Adventures

CROSSWORD JOSHUA



ACROSS

- 5) How many spies did Moses send to explore the land of Canaan?
- 7) On which mountain were Joshua and Moses when they heard the Israelites celebrating around the golden calf?
- 8) Joshua was of which tribe of Israel?
- 9) What happened to the walls of Jericho after the Israelites blew their shofars?

DOWN

- 1) Which city was ruled by King Adoni-zedek?
- 2) Men from which tribe of Israel carried the Ark of the Covenant across the river?
- 3) After the fall of ____, Yahweh spoke to Joshua. (Joshua 6)
- 4) Following the death of Moses, Joshua became leader of the _____.
- 6) The Israelites crossed which river to enter the Promised Land?
- 7) The sun and the moon stood ____.

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From the Editor

Always near, never far.

In scripture we are reminded that Yahushua is always near: "...teaching them to guard all that I have commanded you. And see, I am with you always, until the end of the age." Amēn. (Matt 28:20; ISR 2009)

"Do not fear, for I am with you. Do not look around, for I am your Elohim. I shall strengthen you, I shall also help you, I shall also uphold you with the right hand of My righteousness." (Isaiah 41:10; ISR 2009)

Lonely times can be disheartening. Although we don't have the Father present with us we do have His presence. We're never really alone. I do not struggle with loneliness. I feel for those of you that do. I quite enjoy my 'alone time'. I don't have to feed people, I don't have to get dressed,



Credit: Psalm 115:1

and I don't have to talk with anyone but the Father. I find it refreshing. With that said, if you feel differently about being alone, know that it is ok to be sad and it is alright to not enjoy being alone. We weren't created to be alone. You are the way you are and you are beautiful!

If you do face lonely times, I would like to suggest a hobby – a new one even. Take cooking classes, learn a new dance, study biblical topics, or even volunteer at a library or local hospital, if time allows in your life of course. You could even reach out to the foster children's agencies and see how you can be of help there. There are many children in need. As always proceed prayerfully. May Yahweh bless you and keep you and His light shine upon you.

Vanessa

Philippians
4:6-7

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to Elohim, and the peace of Elohim, which surpasses all understanding, will guard your hearts and minds through Yahushua."



Credit: Michelle Sarayah Martincic



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Adrian O'Brien C.P.M.

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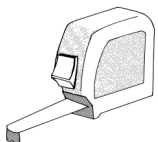
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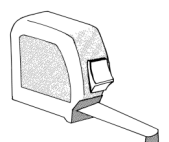
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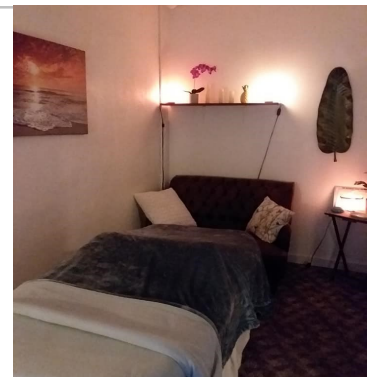
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A Light In The Darkness

(Business Directory Continued)

Here's this week's Sabbath school lesson!



link in the comments below

Shabbat Shalom!

Sabbath school for???

- ☒ Children
- ☒ Adults
- ☒ Whole family

Kaleigh Abernathy

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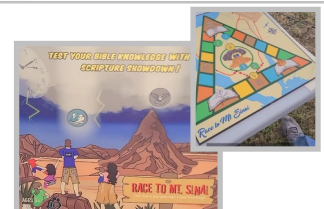
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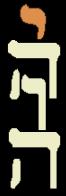
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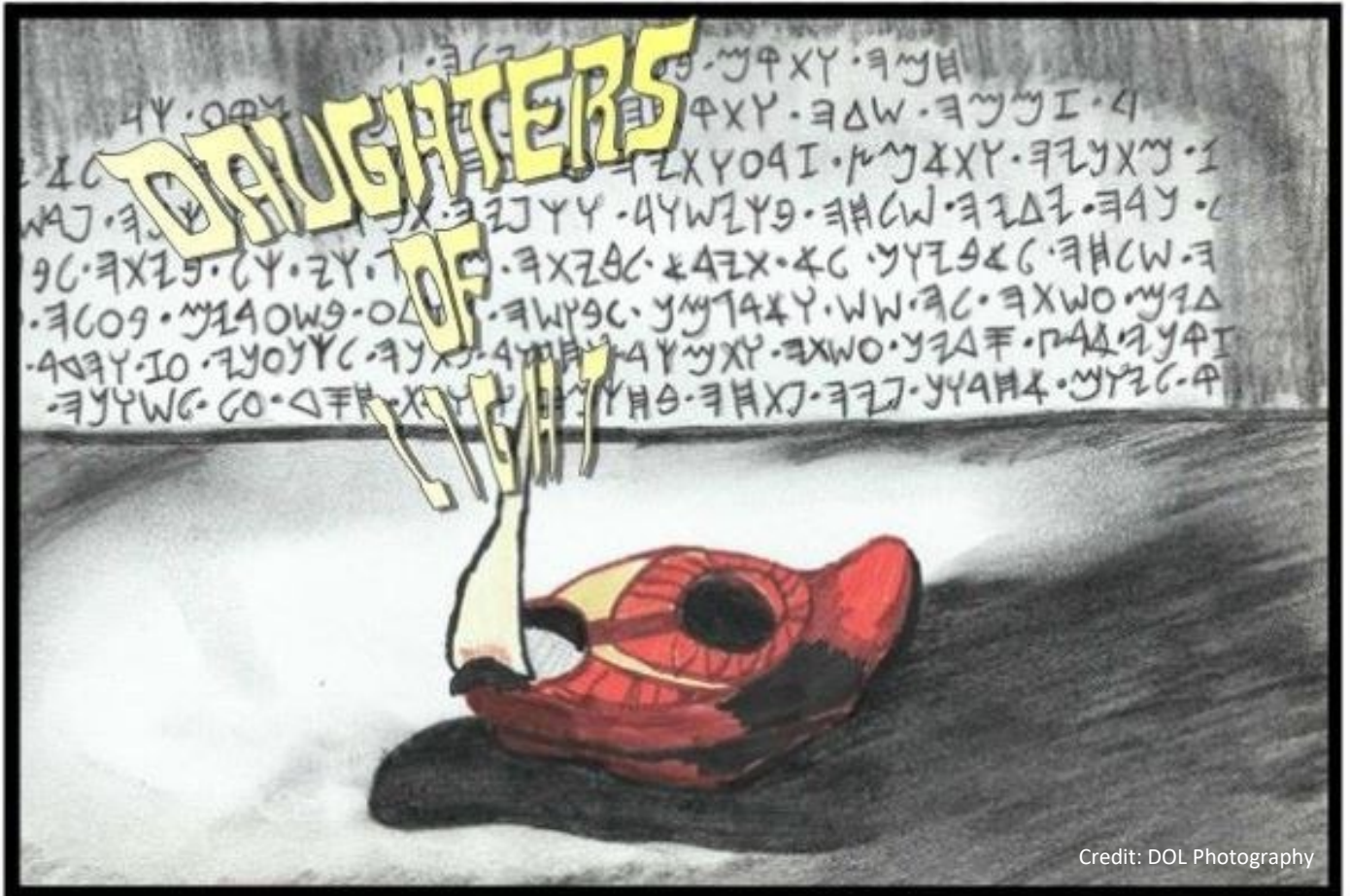
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see your good

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works and praise
your Father who
is in the heaven
(shamayim).
(Matthew 5:16)