



# A Light In The Darkness

Light In The Winterness

Toughing Out The Winter

**Volume 1**  
**Issue 1**  
**WINTER 2023**

**Susan's Tassel**  
**(Tsiytsiyt)**  
**Corner**

**The Tetra**  
**Scrolls**  
**Explained!**

**Plants For**  
**The Service**  
**Of Men**



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Front cover photo courtesy of Internet.

## DOL Team Updates



Our Daughters of Light Team has been busy! We have been diligently working on creating a newsletter, as well as keeping up with the daily. Blessed be the name of Yahweh!

Here are some of the things that we are working on:

Angela introduces a new member, Vanessa Harden, who will be the main editor for the

newsletter. She is excited to be on the team and that she can handle lots of work, and that she has a good eye for presentations and such, and will be in charge of the "From The Editor" section.

The team has discussed that the first edition of the newsletter will come out on the 3rd Friday of the

month, and it is agreed by all.

We each have our own sections and we invite guest writers.

The ladies affirm that each of them is available if needed. What an amazing team to work with!

We also start brainstorming for next Sukkot (2024), on themes and reception gifts.

## Fellowship Opportunities

### ***Tammy Robinson***

Sister Tammy Robinson and her family band traveled to Ava, Missouri and shared their talents during two nights of Praise and Worship open to the public at the True View Ava Family Theater on 08/19/23 & 8/20/23. The Robinsons offered 5 albums for sale (including one she debuted live at True View named "Celebration") while they were leading praise and worship. You can find their music on YouTube or get an album to support



their continuing ministry. The albums are available for purchase in the Bread of Life Thrift and Grocery store just down the street from the theater in Ava, Missouri (at the Ava Plaza).



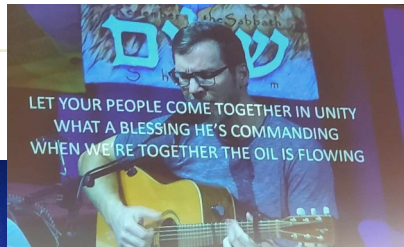


## Fellowship Opportunities Continued



### **James Block**

We are so thankful for the opportunity to share three praise and worship evenings 12/16/23, 12/17/23, and 12/21/23, featuring brother James Block and his wife Liz in the True View Ava Family Theater while they are on tour in the U.S. from Israel.



### **Left & Right Ministries**

On the 21st we were blessed to add "Left and Right Ministries" to the nights praise offering. Their music is available at [www.leftandrightmusic.com/](http://www.leftandrightmusic.com/), they offered home recordings during the

nights Praise.

Each of the nights were live streamed on Eliyah.com and the YouTube channel Eliyah.com; however, they will only be archived on



Eliyah.com. James' music can be found online and at Bread of Life Thrift and Grocery. James blessed each and every attendee with prayer both spoken and in scriptural songs. YHWH brought together Yah-some crowds each night to fellowship, praise, and worship.

### **Sukkot 2023**

This past Sukkot marked an incredible time for us joining together with like-minded individuals at YHWH's Feast to worship, praise, and learn Yah's ways. It is a joyous time to meet, build, and cultivate relationships. The Father was present there, as we moved a small city of people onto a most Yah-mazing campground aptly named Indian





## A Light In The Darkness

### Fellowship Opportunities Continued



Springs in Steelville, MO. The Council of Twelve really knocked it out of the park this year! They followed as Yah led in their preparations for this feast. Evidenced by love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control shown throughout our stay together. We enjoyed many great teachings, lessons in survival tasks, a wonderful, guided tour of the Tabernacle (replica by Brother Tom), tassels and shofar making. We enjoyed a great and lively charity auction, group canoe trip, and an excellent family fun day enjoyed by all in attendance. Brother Patrick led men's, women's, and youth meetings while several others labored tirelessly to keep us on schedule, organized, and supplied. Other brothers supplied and cut wood for all to use for campfires and we had a continual fire at the tabernacle.

We gathered around and celebrated

as many were immersed in obedience to YHWH at the river and hands laid upon them by the elders in blessing. Elder Yoseph blessed us daily with reading chapters from the Torah. Elder Shaul, the security team, and the night watchmen kept watch throughout the days, evening, and



night for danger and any that had a need within the camp. Elder Neil graced many with his wisdom and insights daily from early morning to exhaustion, teaching, studying and counseling sessions that reach to ones everyday life. Brothers and sisters witnessed many acts of kindness, devotion, love, and wholesome laughter shared around many fires, tables, and meals with warm coffee, tea and delectable delights. It is always with great sadness that we begin to help others break camp,



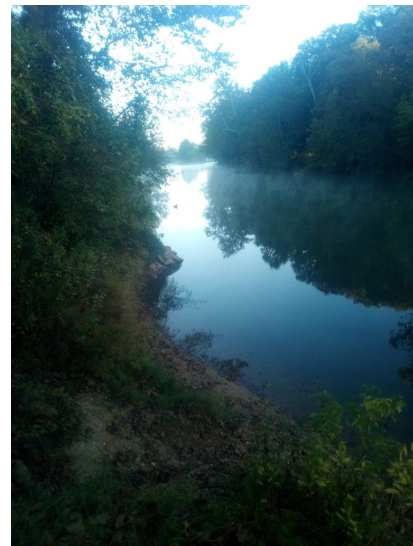
## A Light In The Darkness

### Fellowship Opportunities Continued

share contact information, and pack to journey back home.

It was at this Feast that we launched a new women's ministry, Daughters of Light, at an exquisite tea party. It is our hope that we can offer sisters a place to stay connected throughout the years and to ask and receive assistance. Daughters of Light to provide a place for each of us to give of the talents the Father has granted us.

Each week there are many fellowships that gather in obedience to YHWH and in fellowship with brothers and sisters, we would like to



share their gathering times with you here. If you know of one or have one you would like to see here, please give us the details when you email the [daughtersoflight@elijah.com](mailto:daughtersoflight@elijah.com)



Shepherd's Way of Ava is hosting a 3-day [Passover gathering](#) (3/25/2024 to 3/27/2024). Click on link for more details.

Weekly Sabbath hosted by  
[Shepherd's Way of Ava](#)  
with a fellowship meal.  
Watch Tom Martincic, live.

11:00 a.m. True View Theater, Ava MO

Natzarim Yahshua  
Family Fellowship  
South of Mountain View, MO  
Oneg (Pot-blessed) included.  
Weekly Sabbath, 10:30 a.m.



# Share Your Thoughts With Us

Welcome to the **Daughters Of Light Magazine**, "*A Light In The Darkness*". We are honored to have you and humbled to be called in service to Yahweh and our sisters. Please let us know how we can best serve our community; we ask that you use your talents as well. Please email us if you would like to give of your talents.

### We Welcome Your Feedback

We welcome your feedback on the Daughters Of Light (DOL) meeting

this past Sukkot (2023). Let us know what you did and did not like. Tell us what you would like to do or ideas of activities you would like to see next year.

### Are We Missing Something?

This is a magazine by and for the Daughters of Light. We want your input for what you would like to see included.

**daughtersoflight@eliyah.com**  
**dolsisterhood@gmail.com**

# Service To Yahweh

### **True Brew Coffee Shop**

130 E Washington Ave Ava, MO  
Coffee shop and Restaurant run by Bread of Life Ministries. 100% volunteer staff and Meals are provided at no cost to those in need or for a donation. Those who are able to pay assist us in providing services to those in need.

### **Bread Of Life Thrift And Grocery**

212 N Jefferson street Ava, MO  
A thrift store and discount grocery run by Bread of Life Ministries. All

volunteer staff and All proceeds assist the needy. Those in need are assisted at no cost to them.

### **Ava TrueView Family Theatre**

209 S Jefferson street Ava, MO  
Your Home for Wholesome local cinema, live music and performing arts. Staffed by volunteers by Bread of Life Ministries offering family movies, guest performers and speakers in a climate-controlled environment offering snacks and drinks.





## Scripture

Hebrew	English	Torah	Haftarah	Brit Chadashah	Gregorian	Hebrew	Midweek Chapter(s)
VaYigash	And He Drew Near	Genesis 44:18-47:27	Ezekiel 37:15-28	Luke 6:9-16	12/23/2023	Tevet 11	Ruth 1-4
VaYechi	And He Lived	Genesis 47:28-50:26	1 Kings 2:1-12	1 Peter 1:1-9	13/30/2023	Tevet 18	Ezra 1-5
Shemot	Names	Exodus 1:1-6:1	Jeremiah 1:1-2:3 Isaiah 27:6-8:13, 29:22-23	Acts 7:17-29	01/06/2024	Tevet 25	Ezra 6-10
Va'era	And I Appeared	Exodus 10:1-13:16	Ezekiel 28:25-29:21	Romans 9:14-33	01/20/2024	Shevat 3	Esther 1-5
Bo	Enter/Go	Exodus 10:1-13:16	Jeremiah 46:13-28	1 Cor. 11:20-34; Lu. 22:7-30	01/27/2024	Shevat 10	Esther 6-10
Besha-lach	When He Let Go	Exodus 13:17-17:16	Judges 4:4-5:31	John 6:15-71	01/27/2024	Shevat 17	Song of Songs 1-4
Yitro	Jethro	Exodus 18:1-20:26	Isaiah 6:1-7:6, 9:5-6	Matt. 5:8-20	02/03/2024	Shevat 24	Song of Songs 5-8
Mishpatim	Ordinances	Exodus 21:1-24:18	Jeremiah 33:25-26, 34:8-22	Matt. 5:38-42, 17:1-11	02/10/2024	Adar I 1	Lam. 1-3:33
Terumah	Offerings	Exodus 25:1-27:19	1 Kings 5:12-6:13	Matt. 5:33-37	02/17/2024	Adar I 8	Lam. 3:33-5
Tetzaveh	You Shall Command	Exodus 27:20-30:10	Ezekiel 43:10-27	Phil. 4:10-20	02/24/2024	Adar I 15	Joel 1-3
Ki Tisa	When You Elevate	Exodus 30:11-24:35	1 Kings 18:1-39	1 Cor. 8:4-13	03/02/2024	Adar I 22	Amos 1-4
VaYachel	And He Assembled	Exodus 35:1-38:20	1 Kings 7:13-8:21	2 Cor. 9:1-15	03/09/2024	Adar I 29	Amos 5-9

# Tassel Ministry



## Susan's Tassel (Tsiytsiyt) Corner

First let me introduce myself. My name is Susan I am 67 and I live alone with my two cats Laila and Lucy. I started my walk with Yahweh about 3 and a half years ago, a wonderful life-changing experience.

At my first Sukkot I attended a Tassel making class and as I love Yahweh and love doing craft things this was an ideal way I thought to give back a small drop of what our loving heavenly father has given me. Reading in Deuteronomy 22:12, "Make tassels on the four corners of your garment with which to cover yourself with." And also Numbers 15:38, "Speak to the children of Israel and

you shall say to them to make a tsiytsiyt on the corners of their garments throughout their generations and to put a blue cord in the tsiytsiyt of the corners. I knew this is something I wanted to do as a small ministry.

I love to make tassels. I take them to the feasts when I go and give them away to those who have none, or just anyone who would like a set. I also usually carry a couple sets in my purse....just in case....(smile) . They are not terribly expensive to make and being on a fixed income, this helps me. Making tassels keeps me mindful of our loving heavenly Father, and that we need to walk as close to him in his commandments as possible. Hopefully we can get more people involved in tassel making so that we can get them to other believers all across the world who would like to wear them.





### Tassel Ministry Continued

Making tassels at first can seem to be a bit daunting, but after a very short time you will be making them with ease. The main wrapping with the blue cord is 10-5-6-5 and this represents the numeral value of the name Yahweh. Most make them with white cords and one blue cord. The scripture says the blue is a must, but once you get more proficient you may want to branch out and use different colors with the blue cord and maybe add some beads or other decorations at times for some variety.

There are quite a lot of videos out there on making tassels including on [eliyah.com](http://eliyah.com) ministries and other platforms. Some can be a bit confusing and therefore....here I am ...to help to make tassels and maybe UN-complicate anything that might be

confusing so that we can increase this tassel making ministry and get tassels to whom ever wants to have a set all over the world. HalleluYah! (See the last page to contact me. I would be very happy to be of help in anyway I can answering questions.)

Ready to get a head start? Materials needed:

String, crochet cotton size 10, one ball each of medium blue and white

Scissors, sharp enough to cut string

Jig (see photo), or a clipboard, or even a hanger on the back of a chair!



Watch the video and take your time to practice.

# Birth Announcement

It is with tremendous joy our first birth announcement is for the preciously named Neḥama Yageev Taḳleet SHav B'todah born to the grateful and proud parents Ben and Rebecca Campbell, a very healthy baby boy weighing 9 lbs and 5 oz. on November 23, 2023 at 12:25 p.m.

Baby Nehama came in to the world on the 5th day of the week, Thursday, respectively.

We invite you to read the story of this birth in "Praise Reports."



"Child Baby" by Irene Lasus/ CC0 1.0



## Tetra Scroll

by

Bible Scrolls International

# Featured Article



15x 52    22 x 78    18 x 63

Shalom dear brothers and sisters!

My name is Wendy Carter and I've been invited to share the story behind the creation of Tetra Scroll Bible Timelines.

I rarely talk about the history behind the Tetra Scroll. Truthfully, I forget that people might want to know such things, and yet each and every day we have the grand privilege of being a living testimony in Messiah, to live as a declaration of our faith, a ready witness of the goodness of Yahweh. We are the sum of our spiritual walk with Him through the mountains and valleys of life. Today, I'll share a glimpse of the grace and mercy shown to me by Yahweh and His precious son, Yeshua.

The Scriptures tell us that there is a season for everything under the sun, including a time to die, a time to weep, and a time to mourn. In June of 2004, I experienced the truth of these words when my fiancé died just days before our wedding. (Ecl 3:8)

My world turned dark, and though I clung to our Heavenly Father, I was certain that no matter what might lie ahead for me, good or bad, I'd had my fill of this life. Thankfully, the one who shuts doors so that no man can open, and opens doors that no man can shut, had plans for me -- plans to prosper and not to harm me, plans for hope and a future.

Praise Yahweh, the keeper of the season! (Jer. 29:11; Rev. 3:3-8)

During those difficult years, I chose to honor Yahweh by creating something to lay at the feet of my King, to praise Him when He gives and when He takes away.

Thus began my 7000+ hour journey of researching and developing the Tetra Scroll - a Bible Timeline designed to honor our Heavenly Father's Name, and present the Bible in a new, exciting and VISUAL way. (Jer. 29:11; Rev. 3:3-8)

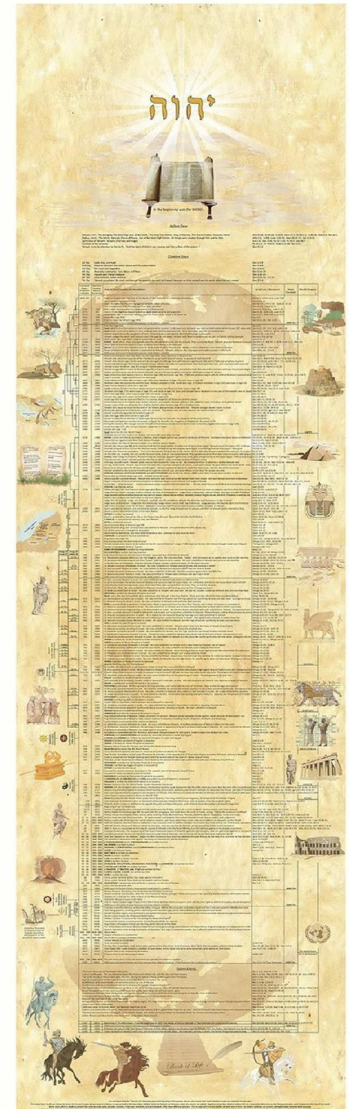


## Featured Article Continued

Seeing the entire Biblical Timeline -- all at once -- provides a unique perspective not possible by simply reading text or by scrolling through a digital image.

The Tetra Scroll helps you see - at-a-glance - where Biblical and important secular events fall in relation to each other and within the nearly 6000 years since Adam's creation.

- The Tetra Scroll is divided into four sections: Before Time, Creative Days, Events from Genesis to Revelation, and non-interpreted Future Events
- Thousand-year periods marked by horizontal lines
- Gregorian and Hebrew dates, plus a column for the Kings of Judah & Israel
- World Powers appearing in the order they came into power (right border)
- Patriarchal lifelines reveal what occurred during their life times (left border)
- Bible Writers, Judges, Prophets, and Kings (bold and easy to locate)
- Over 450 cited Scriptures, and many Biblical calculations
- The top Ten Religions of the world (right border), Important People and Secular Events such as: Alexander the Great, Antiochus Epiphanes, Julius Caesar, Protestant Reformation, Crusades, Inquisition, King James Bible, World Wars, Israel-1948, Six-day War, Yom Kippur War, a non-interpreted list of Future Events from Revelation, and much, much more.



### Here's how it works:

If you are looking at Elijah for example, you'll see...

The Gregorian years involved, how many years he lived from Adam's creation, which kings are ruling in Israel and Judah, in which millennium and for which





# A Light In The Darkness

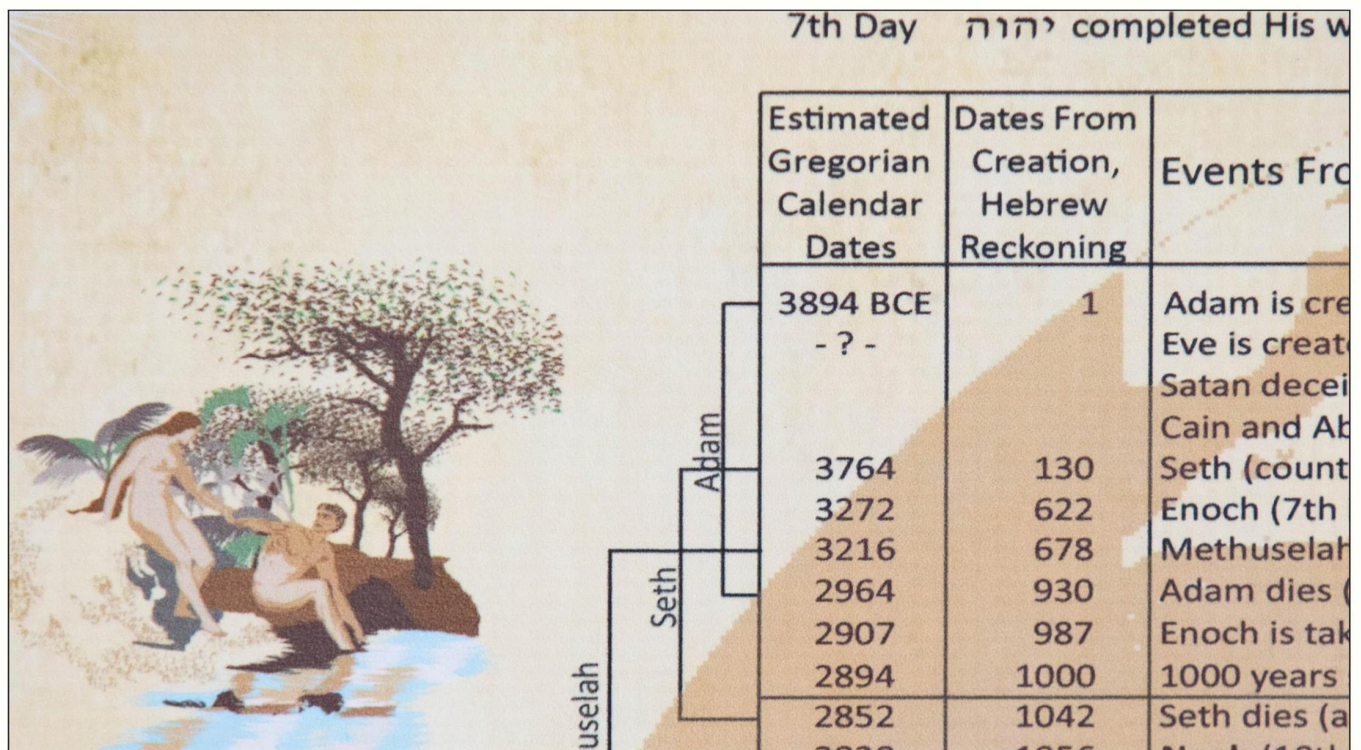
## Featured Article Continued

Kingdom Elijah prophesied, and where to find him Scripture. And...

A glance to the right tells you Egypt is still ruling and Assyria is about to destroy the Northern Kingdom of Israel. You'll also see how long it will be until Judah is exiled to Babylon and where Elijah falls in relation to other important events, such as Messiah's birth.

All of this is available -- at-a-glance -- on the Tetra Scroll.

**Perfect for home-school, personal study, and congregation settings.**



-- The Tetra Scroll... like a 6000-Year snapshot from Heaven --

**For more information visit: [TetraScroll.com](http://TetraScroll.com)**

Sukkot Discount of \$15 per Scroll is available through December 2023





## Featured Article Continued

### Tetra Scroll available in Vinyl and Canvas

15 x 52    18x 63    22x78

\$80    \$95    \$110    Vinyl

\$130    \$145    \$160    Canvas

Sukkot discount is reflected in the pricing above

Contact me at: [wendy@tetrascrolls.com](mailto:wendy@tetrascrolls.com) to receive your discount.  
Discounted shipping also available when purchasing multiple items.

[TetraScroll.com](http://TetraScroll.com)

### Tetra Scroll Key Features And How To Use It

#### Additional Items



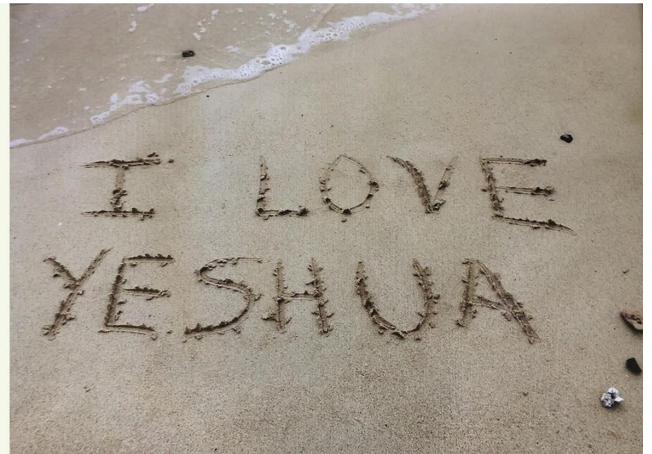
### Ten Commandment Vinyl Prints 18x36" \$60

**Paleo Tetragrammaton for Tetra Scrolls and Ten Commandments  
available by special order**



## A Light In The Darkness

### Featured Article Continued



I Love Yahweh and Yeshua Prints 22x36 \$60

This beautiful Tetragrammaton is from the 1300s, preserved in an old Bible.

It includes...

- Scriptures from Isaiah 10 and Psalm 68
- The names of four Angels: Michael, Gabriel, Raphael, and Uriel
- The Four Living Creatures: Man, lion, Ox, and Eagle
- "Shema Israel," and "Eloheinu is One"

Translation Chart Available

26 x 30

\$60



"Additional Items" are currently limited editions and available only by contacting me directly.

Wendy@tetrasrolls.com

Thank you for your love for Yahweh, His Son,  
and the Holy Scriptures.

May His Kingdom Come  
and His Will Be Done on Earth as it is in Heaven!

PRAY FOR  
the PEACE of  
JERUSALEM

Your loving sister and fellow servant in Yahweh's Kingdom,

Wendy Carter





# Understanding Me

I agree. We all tick differently. Yet we all have similar goals towards one aim. Our heart's desire is to please Yahweh and become more Messiah-like. How can each of us be a perfect workmanship of the most High? The answer is simple, but daunting. We are a work-in-progress and it involves our personality.

### **A Reflection**

Personality: the sum of our behav-

ior. Most of us think that our personality is beyond change. What we got is what we're stuck with for the rest of our lives. And if you have more hindering traits than productive, too bad!! You're just going to have to live with it. Eventually you will learn to tolerate those traits.

Each morning we look in the mirror as we prepare for our day. Whether we stand in front of it for a couple hours or a couple of seconds, when we look in the mirror, we see our-

**My recharge:** Working on projects (and accomplishing them)!

**At parties:** I'm ready to help or enjoy the scene.

**My closet** looks neat and organized.

**My philosophy about life:**

Be your best and live in harmony.

**I am happy** helping people; putting things in order;  
with warm sunshine & hugs.

**What irritates me the most about other people:**

Negativity/pessimism; lack of gratitude; jumping to conclusions.

**One thing I would like to change about myself:**

Disconnect my self-worth from what other people think,  
so that I don't take things too personally.

**What matters most to me:**

Learning how to please Yah and have healthy relationships.





## Understanding Me Continued

selves on the outside and on the inside. In those hours - or seconds - we judge and reminisce about our traits; we may criticize them, or look on the bright side of life. Then we walk away. Do we even give it another thought? Our personality is a reflection of us, what we are on the outside and what we are on the inside.

*But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. (James 1:22-24)*

While James was using the mirror to point out the importance of keeping Torah, he raised a good point about how we function. We tend to remember for the moment. We consider, perceive, or even "observe fully" (Strong's G2657). Then, the moment we move on, we forget. You know, "out of sight, out of mind." We may think about it during our day or we may forget about it altogether. Either way, we don't do anything about our personality. Why? It is likely that we think we can't, but we can.

We may consider that we can change parts of our personality; however, talking about it is definitely easier than changing. Some of our personality traits seem impossible because they make up who we are. Besides, why do we need to change?



...natural face  
in the mirror...



...goes away,  
and immediately forgets...

We're fine with what we've got! That is, until, it's someone else who irritates us to no end! Is it them who is irritating us or is it a trait that we have and we see it in someone else?! Absurd! How many times have you thought about the other person changing first? How many times did you think about changing yourself first?

### Core Characteristics

Personality is made of up core characteristics. These characteristics (or character traits) are something we automatically accept because we have had them all of our lives. On the other hand, when someone else demonstrates their core characteristics, we reluctantly accept them. For example:

- Do you know someone who is always late?
- Do you know someone who is always punctual?



### Understanding Me Continued

- What about someone who is always in charge?
- And what about someone who never wants to be in charge?

We all have different traits and certainly our lives have influenced us to be individually peculiar, but these core characteristics that Yahweh has blessed us with are what characterize our personality. Each of us inherently only have a portion of Messiah-like personality; these are the all-encompassing characteristics that Yahshua demonstrated. Initially, Elohim gave each of us a portion of Messiah-like personality traits, but it is up to us to develop the other personality traits to maturity.

### Negative Traits

What about the negative traits we possess? Core characteristics have productive/positive traits and hindering/negative traits. Even the negative traits that we have are really positive traits. They are the positive traits pushed to the extreme. Productive traits that are over-the-edge are used in every situation all the time and become somewhat useless or hindering. Character traits are not meant to be cookie-cutter, one-size-fits-all. However, because we are accustomed to our characteristics, we use them everywhere, even when they are not appropriate.

My recharge: spending time by myself

At parties: I look to help out or sit and watch everybody.

My closet looks neat and organized.

My philosophy about life: I like to do things the right way.

I am happy when everyone works together as a team.

What irritates me most about people: when people don't help when works needs to be done, leaving everything for me to do.

One thing I would like to change about myself: I would like to be more relaxed about things; not be so reserved and private. I desire a balance of being outgoing and quiet too.

What matters most to me: Genuine friendships.



### Understanding Me Continued

**My recharge:** It would be taking a nap!

**At parties:** I'm ready to make new friends.

**My closet** looks neat and organized.

**My philosophy about life:**

Be authentic & honest.

**I am happy** when I am with and talking to with  
my [grown] children.

**What irritates me the most about other people:**

Their lack of compassion towards others.

**One thing I would like to change about myself:**

Praising before reacting. (I'm working on it.)

**What matters most to me:**

Being in the will of Yahweh.

For example, creativity is marked as a productive/positive trait. It is highly prized in many areas, however, creativity is pushed to the extreme when used inappropriately. For example, I love creativity and starting new things. The thrill and exhilaration of a new project is energizing. Creativity takes a negative turn when I feel the pressure and stress of getting tasks done, finishing old projects and working on current projects. Instead of using my creativity in those projects, I jump to a totally unrelated new project and get excited about it. And while I get a lot done on this new exciting project, the time has passed and the other

projects suffer.

### Change Is Possible

Yes, it is true. Change is possible, even when it comes to our personality. Personality isn't a permanent part of us, it is fluid and able to change. We develop and master new skills and make new choices which influence our personality. We are, in effect, expanding our scope of personality and developing Messiah-like characteristics into our lives.

We know that each of us has a portion of Messiah-like characteristics, what we would call our "personality." We also know that our personality is





## Understanding Me Continued



a collection of productive/positive and hindering/negative character traits. In essence, it is a make-up of our core characteristics. These characteristics reach into our physical appearance, into our thoughts, our feelings, and how we interact with others. They influence us deeply, but we are not restricted by them. Change is possible.

### Where Is The Starting Point?

The starting point is to understand ourselves. We are all unique, one-of-a-kind women, handcrafted by Yahweh. We have been refined in the

trials and tribulations of life. Most of us have been pressed by the pressures of change, and sifted through different temptations.

Once we understand how we tick, we will also gain an appreciation of others and their core characteristics. What's more is that we will be able to discern their needs instead of interpreting them as irritations.

### Personality Categories

Personalities are often classified into four categories. The following categories are simplified for the purposes of this article. (The following lists are intended to be guidelines, and not meant to cover all the factors involved with being you.)



[Priscilla Du Preez](#) on [Unsplash](#)

### Meet the Charismatic Woman.

She is out-going, cheerful and easily anyone's good friend. She sees the best in others and hardly holds a grudge. She loves to talk and be around people. Her creativity is spontaneous and eye-catching.



## Understanding Me Continued



[Christina](#) @ [Unsplash](#)

### Greet the Commanding Woman.

She is assertive, pro-active and takes charge of any situation. She speaks her mind and knows she's right. She can walk into a chaotic situation and her presence alone brings order and discipline. She loves to delegate and has several projects on the go. Her leadership skills have a natural flare.

### Notice the Quaint Woman.

She is exact in all her doings. She



[Tobi Gon](#) @ [Unsplash](#)

thinks things through and has an eye for detail. She is always punctual and well groomed. She has a keen sense of organization but is disciplined and waits for the opportunity to speak. When she does, listen, because her words

carry weight. She speaks; she doesn't yell.

### See the Quiet Woman.

She prefers to be in the background. She is content to sit and watch.

However, she listens very well. She is more concerned about others and makes sure she is prepared to help where



she can, even if it's offering a tissue or a band-aid. Her service brings her contentment.

[Kevin Liang](#) @ [Unsplash](#)

Email [daughtersoflight@elijah.com](mailto:daughtersoflight@elijah.com) to take the personality quiz and discover yours.

Saige Smith



# Sister Spotlight!

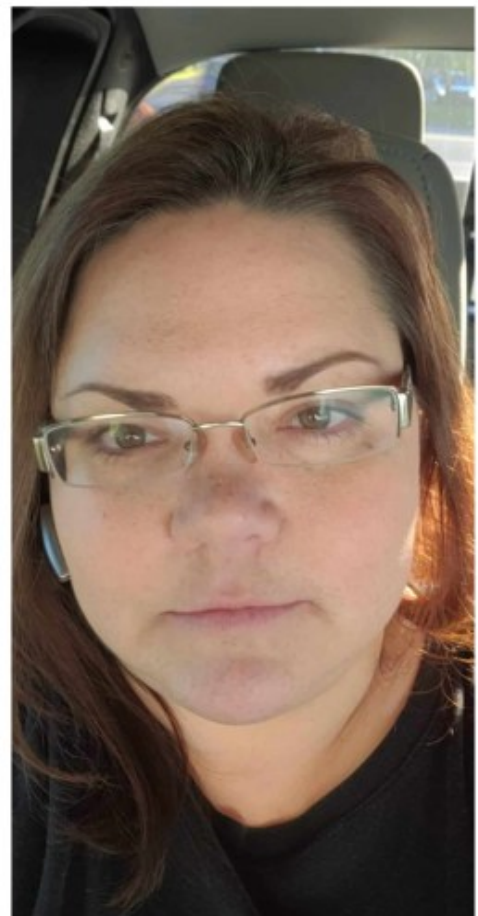
Hi everyone! I'm Vanessa owner of W Trucking, Inc. out of Dalton, GA. My days are consumed with paperwork, regulations, phone calls and a few hundred emails to tend to. The highlight of my life now is having a living room full of drivers for the weekend. It happens quite often and gives me an opportunity to discuss our ways of life and why we keep the Sabbath.

I'm the definition of that adage 'rags to riches'. As a child I experienced every struggle imaginable. As an adult I enjoy the finer things and have regular challenges but no hardships to speak of.

One of the greatest things I've ever experienced is Yah's healing. On September 5th of this year I received healing for a diagnosis of chronic kidney disease—stage 5. I dealt with that for 5 very long years. So glad to be well! Thankful is an understatement!!

If I could offer a word of encouragement it would be to get through the hard times and know that hardships can serve such purpose. I couldn't be the woman I am today without the struggles, without the lack and most importantly without the discipline hard life offered me—free of charge.

Know that Abba loves you and I do too!





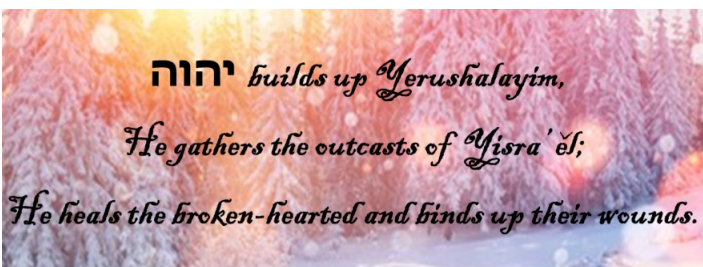
# Life's Journey



With winter here, sometimes it's too easy to falter and feel that life is against us. A season of dormancy, filled with white, grays, and blues that seem to fade and dull colors around us, winter may be beautiful to look at, but it can be dreary for some. So it is with our lives, when we are enduring the long nights of challenges, life drags along. Yet, it doesn't have to be that way. Read along with these little snippets of wisdom and discover how to enjoy the difficult seasons of life.

We are not responsible for actions perpetrated against us. We are responsible for how we react to them and for overcoming them.

Yah has assured us in Psalm 147:2,

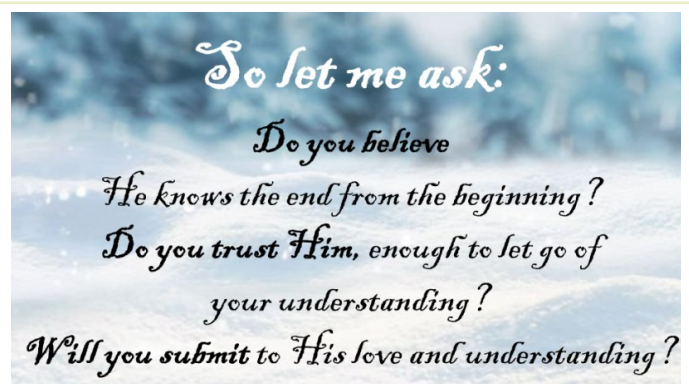


Yahshua read from the scroll of Isaiah 61:1-3 in Luke 4:18.

The Spirit of יהוה is upon Me,  
 because He has anointed Me to bring  
 the Good News to the poor.  
 He has sent Me to heal the broken-hearted,  
 to proclaim release to the captives and  
 recovery of sight to the blind,  
 to send away crushed ones with a release,  
 to proclaim the acceptable year of יהוה.  
 Luke 4:18 (Ts2009)

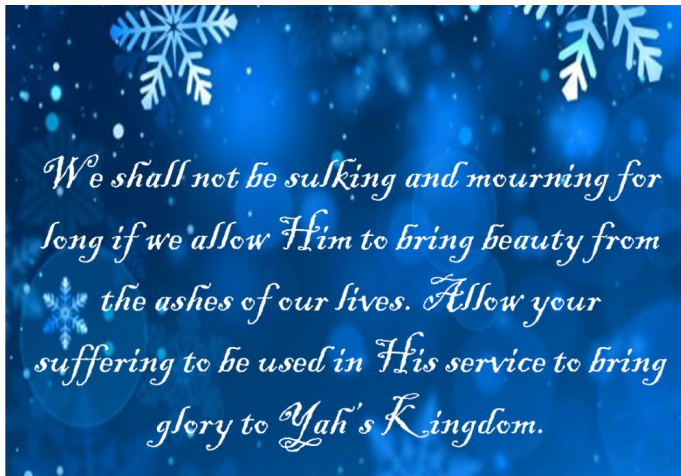
Let's pause a moment... Matthew 11:28, *Come to Me, all you who labor and are burdened, and I shall give you rest. Take My yoke upon you and learn from Me, for I am meek and humble in heart, and you shall find rest for your beings. For My yoke is gentle and My burden is light.*

Romans 8:25, *And if we expect what we do not see, we eagerly wait for it with endurance. And in the same*





## Life's Journey Continued



*We shall not be sulking and mourning for long if we allow Him to bring beauty from the ashes of our lives. Allow your suffering to be used in His service to bring glory to Yah's Kingdom.*

way the Spirit does help in our weaknesses. For we do not know what we should pray, but the Spirit Himself pleads our case for us with groanings unutterable. And He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the set-apart ones according to Elohim. And we know that all matters work together for good to those who love Elohim, to those who are called according to His purpose.

We have the ability and the authority to rebuke the spirits that bring up the age-old:

Why me? What did I do? This is not what I wanted.

See how Yahshua rebuked the spirit out of His taught one:

And turning around and seeing His taught ones, He rebuked Kēpha, saying, "Get behind Me, Satan! For your

thoughts are not those of Elohim, but those of men." (Mark 8:32-33)

**We must process the trauma grounded in faith and with a support system.**

Brothers, if a man is overtaken in some trespass, you the spiritual ones, set such a one straight in a spirit of meekness, looking at yourself lest you be tried too. Bear one another's burdens, and so complete the Torah of Messiah. (Galatians 6:1)

When we carry our trauma on, we miss the blessings Yah has for us. We miss opportunities to serve Him and our brothers and sisters.

- Sit at His feet with a sister and begin the journey to fulfill your call-



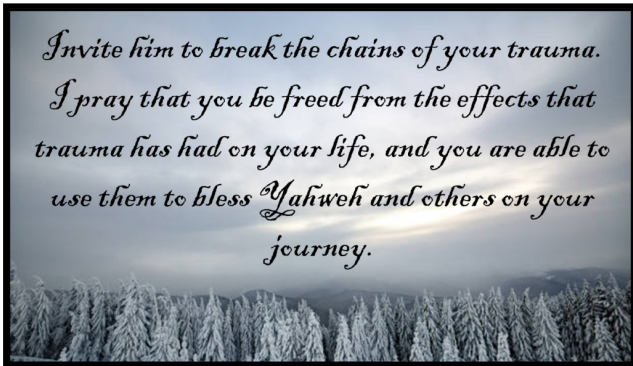
*Psalms 5:11,*

*"But let all who take refuge in You rejoice; Let them ever shout for joy, because You shelter them; And let those who love Your Name exult in You. For You bless the righteous, יהוה; You surround him with favor as with a shield."*





### Life's Journey Continued



*Invite him to break the chains of your trauma.  
I pray that you be freed from the effects that  
trauma has had on your life, and you are able to  
use them to bless Yahweh and others on your  
journey.*

ing. We are meant to bear up one another's burdens. Freedom for me came simply from no longer being bound by the silence that was demanded by those abusers.

- Forgive and release. Forgiveness of those responsible for your trauma and yourself for whatever part you feel you played in the lasting effects of your trauma.
- Put into words the trauma and your feelings. Talking specifics with a trusted sister allows an opening to your heart and the trappings within your mind. This often brings something out that you have to deal with

unexpectedly. Be patient with yourself and ask your sister to pray with you and for you. This journey has taken time, likely years, don't expect yourself to click it off like a switch.

- Allow Yah to bring shalom and joy to you.

*Having determined our destiny ahead of time, he called us to himself and transferred his perfect righteousness to everyone he called. And those who possess his perfect righteousness he co-glorified with his Son! (Romans 8:30)*

Yahshua has accepted and proclaimed that He was sent to bind up our wounds, free the captive, and restore sight to those poor in spirit. He is here to comfort those who mourn and provide for those who are grieving. Make Yahshua your foundation to build the pieces back in your life.



*You are uniquely prepared by Yah for Life's Journey.  
Blessings, Kelseah Genne*



# Recipes

## Chicken and Coconut Curry Soup

(Yields 8 servings)

### Ingredients:

2 tablespoons vegetable oil  
 2 onions, finely chopped  
 6 cloves garlic, minced  
 2 tablespoons ginger, grated  
 4 tablespoons red curry paste  
 2 pounds (about 1 kg) boneless, skinless chicken breasts, thinly sliced  
 8 cups chicken broth  
 2 cans (14 ounces each) coconut milk  
 2 tablespoons fish sauce  
 2 tablespoons soy sauce  
 2 tablespoons brown sugar  
 Juice of 2 limes  
 Salt and pepper to taste  
 2 red bell peppers, thinly sliced  
 2 cups baby spinach leaves  
 Fresh cilantro for garnish  
 Cooked rice for serving (optional)

### Instructions:

In a large pot, heat the vegetable oil over medium heat. Add the chopped onions and sauté until softened.

Add minced garlic and grated ginger to the pot, cooking for another minute until fragrant.

Stir in the red curry paste and cook for 1-2 minutes.

Add the sliced chicken to the pot and cook until the chicken is no longer pink.

Pour in the chicken broth, coconut milk, fish sauce, soy sauce, brown sugar, and lime juice. Bring the soup to a simmer.

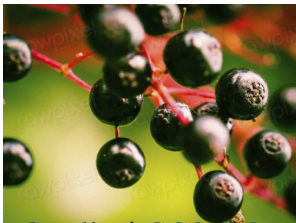
Season with salt and pepper to taste. Adjust the seasoning as needed.

Add the sliced red bell peppers and baby spinach to the soup. Simmer for an additional 5-7 minutes until the vegetables are tender.

Serve the soup hot, garnished with fresh cilantro. If desired, serve over cooked rice.



# Natural Remedies



[Credit](#) / [CC0 1.0](#)

## **Elderberry Syrup**

2-2 & 1/2 c. dried organic elderberries

3c. water

1 c. raw local honey

1 - 4 cinnamon sticks

3 - 5 whole cloves

2" fresh ginger coarsely chopped

1/2 lemon (juice)

Add everything but honey and lemon juice to a steel pot.

Bring just to a boil then simmer for 30 minutes.

Strain this mixture and allow it to cool to 115 degrees.

Add the lemon juice and honey then stir together.

Store in a glass jar in the refrigerator. This will last for months.

Use 1 - 2 tbs as needed for prevention and 1-2 tbs 3x daily for treatment of colds and flu.

(not intended for children under the age of 2 due to the inclusion of raw honey)

## **Fire Cider**

1 medium onion sliced

10 cloves garlic peeled and halved

1 horseradish coarsely chopped

2 jalapenos with seeds quartered

1 large lemon sliced

1/2 c fresh ginger root chopped

1 tsp cayenne powder

1 large sprig rosemary slightly crushed

1 large orange thinly sliced

1 tbs thyme leaves

1 handful parsley

1 tbs beet powder

1 tsp black pepper corns

3 - 4 tbs turmeric powder

5 star anise

1 & 1/2 qt. apple cider vinegar with mother

6-8 oz raw honey

Add all herbs to a large jar and cover with ACV to fill the jar. Steep for 30 days at room temperature in a dark place. Shake daily to mix.

Strain after 30 days. Add honey after straining to taste.

Take 1-3 tbs in 4



[Credit](#) / [CC0 1.0](#)

## Natural Remedies Continued

ounces of water daily prophylactically or 3 times daily to remedy illness.



"Onions Food" Credit / CC0 1.0

### Onion Compress

You will need:

A few onion slices or rough chopped pieces

Paper towel

Plastic wrap

Sock that fits

Place enough onion just to cover the sole of the foot.

Cover with cotton cloth or paper towel. Wrap with plastic wrap and secure with sock.

Leave on overnight or for several



"Lemon Fruit" Credit/ CC0 1.0

hours.

### Flu Bomb

1-3 garlic cloves crushed

¼ tsp grated ginger

1 drop Eucalyptus or tea tree oil

Juice of 1 lemon

1 - 3 tsp of honey (according to taste)

A shake to ½ tsp of Cayenne (according to tolerance)

1/3 c hot water

Take as a shot for flu/cold or 1-2 tbs

3 to 4 times daily.

### Onion Syrup

½ - 1 large onion coarsely chopped

1/3 - ¾ of raw local honey

Layer in mason jar allowing it to steep for 24 hrs. (It will keep 6-10 months in the refrigerator)

Take 1 tbs as needed for cough or respiratory congestion.



Credit / CC0 1.0



## Plants For The Service Of Men



Credit Unknown

Jeremiah 8:22, *"Is there no balm in Gil`ad? Is there no physician there? Why then isn't the health of the daughter of my people recovered?"*

This balm they are speaking about, is a medicinal extraction from a plant, created by the very Creator who has created all of us! Hallelu-Yah.

Good evening, daughters of the Most High, I write this article as the weather begins to cool down, or shall I say frost over. I sit here snuggled in my heated blanket with three children, currently going through a roll of toilet paper because the tissue box is officially out of material for them to throw all over their bed. Who actually wants to get up and take it to the trash can when you can ball it beside you and possibly use it another time in the future? Maybe that is just my children. ☺ My children don't get sick very often, but when they do, it's always better to nip it in the bud as fast as possible and I've found there has been no better way

to do this than by using the beautiful plants that YHWH has provided for us.

So many times we hear people talk about the amazing properties and health benefits of this herb or that herb; we reach for our favorite teas to soothe our throats or to relax after a long day, so I want to present some knowledge on why His teas give us healing by breaking down the properties of common plants that you can use to get through this winter season.

The first herb we will focus on is Rosemary. Rosemary has small amounts of Vitamin A, Vitamin C, and Vitamin B6. But it also contains folate or Vitamin B9 which is essential in blood function. Creating new red blood cells which we know, from scripture, that life is in the blood. The more regulated our blood is the

healthier we are.



Courtesy of [pixabay](https://www.pixabay.com/)

Rosemary is also filled with a chemical called rosmarinic acid which is also found in mint, sage, and oregano. This chemical is responsible for the anti-inflammatory, antioxidant, antibacterial and much more.



### Plants For The Service Of Man Continued

Rosemary offers many properties, niacin to help convert your nutrients to energy and manganese which helps keep the immune system running smoothly to fight off any foreign intruders in the body. This helps to heal wounds, sickness and further enhance the blood.

The second herb I want to focus on is peppermint, this herb is one of my favorites! It tastes amazing when you make an herbal infusion (tea) or put it in homemade candy. You'll notice due to the cooling effects of the menthol it'll help cool your body down, calming your system and regulating your blood, relieving headaches, and fever. Other components in peppermint, which are also contained in rosemary, are phenolic acids. These acids aid in digestion by helping breakdown and absorb nutrients faster. This process is why it can prevent an upset stomach after a heavier than normal meal. It's high in Zinc, Riboflavin (Vitamin B2), Niacin and Phosphorus which is a component of cell membranes in the bones, teeth and our DNA make up.

The last herb, but not the least! Horseradish. I'm sure you all know this plant well as it is on your table for Passover. The root of the horseradish plant has a distinct spicy bitter taste; as you are reading this you may recall the flavor and smell but the flavor, that many run away from,

is actually YHWH's healing agent in this plant. It's called allyl isothiocyanate, this compound has not only a strong flavor, but it allows your body

to have a strong defense against many illnesses. It boosts your immune system, reduces inflammation, protects the central nervous system and even fights against certain cancers. So

when you eat your garlic horseradish mashed potatoes or that spoon for the bitter journey, remember all of the benefits you are getting from this amazing plant.

If you look at the plants I pinpointed, do you see a beautiful connection? These plants are all bitter herbs. In Exodus 12:8, we know that YHWH told them to eat these things before their journey into the wilderness out of Egypt. We see the symbolism in these bitter herbs, but do you see YHWH's grace and mercy? They were commanded to eat a heavier meal, one that will give them an abundance of nutrients to help them on their trip but He also gave them the ability to absorb them and prevent bloating and upset stomachs. He prepares them physi-



[Credit](#)



Credit Unknown



### Plants For The Service Of Man Continued

cally and spiritually for the journey that was ahead. He used everything He created, to do so. Use this time to prepare spiritually and physically for this winter season as well as the season that you are currently in and know that everything YHWH has

made, is for your good. Everything He has created was called to be in service, even His plants!

SHALOM! Jona Reyes

# Essential Oils

So let us talk essential oils - EOs - at the most basic level.

At the most basic level, essential oils are the aromatic components of some plants. Not all plants have these, and of those that do; not all are desirable for human use (i.e. poison ivy, poison oak, and sumac). Others can be processed for commercial use, bottled for use and sale.

We should be diligent and thankful for these precious gifts as it takes much to get just a tiny drop.

Types of Use: Aromatic, Topical, Internal, Household, Aromatic

Aromatically: in a diffuser or humidifier, wearing it as a fragrance on a trinket, wafting or inhaling the aroma from a drop applied to the hand or from a personal aroma inhaler.

### Topical

Topically: Carrier, Neat, Compress  
Carrier - in a lotion, water, or

carrier oil such as fractionated coconut, almond, olive, grapeseed, castor oil, beeswax, or aloe gel.

Neat - straight out of the bottle to the body, not all EO's are safe to use this way.

Compress - hot water to improve blood flow and ice cold water to reduce blood flow applied to cloth and rung to moist.

### Internal

Internally: oral drops, in tea, cooking, water enhancer, capsule, or suppository insert (or for compact carrying).

### Household

Household: in distilled water, distilled vinegar, or peroxide as a body spritz or for cleaning, deodorizing, or pest repellent. Laundry, dish and bath soap, spray cleaner and solvents, sachets, bath salts and scrubs.



[Credit](#) / [CC0 1.0](#)





## Essential Oils Continued

### Dilution Rates For Carrier Essential Oils

0.25% - 0.50% for infants and children under 2 {Not for topical use on preemies}

0.25% 8 tsp=6 drops

0.50% 4 tsp=3 drops

1% for children over 2, face, long-

term use, and subtle effects.

2% for children, bath and whole body, and daily use.

3% for specific localized use

5% for short-term use and specific concerns no longer than 2 weeks

10% for small areas and acute situations

### Dilution Table for Carrier & EO (Essential Oil) by Percent Quality

Being sure that what you are using is "pure." A reputable company can prove at any time exactly where the oils come from, how they are extracted, and what their chemical constituents are. Detailed, third-party testing with batch numbers.



[Credit / CC0 1.0](#)

	1%	2%	3%	5%	10%
10 ml 2 tsp	3 drops	6 drops	9 drops	15 drops	30 drops
15 ml 3 tsp	4 drops	9 drops	13 drops	22 drops	45 drops
30 ml 6 tsp/2 Tbsp	9 drops	18 drops	27 drops	45 drops	90 drops

# Now to the exciting part!

## Essential Oils Continued

will begin with these 5 must-have single oils and 3 blends.

### SINGLE OILS

#### **Lavender**

Versatile and routinely safe for everyone. Can be used in all methods most of the time.\* Antimicrobial, antidepressant, wound healing, relaxant (tones nervous system). The oil that if you don't know what to use, use Lavender.



#### **Lemon\***

Extremely useful and nontoxic.

Incredibly safe to be used in most methods most of the time.

Antimicrobial, Antiseptic properties, detoxifying, bright, uplifting, and energizing, soothing for nausea and upset stomach. Care should be taken for a couple of hours in the sun after using topically even when diluted. Citrus alternatives sweet orange, red mandarin, or grapefruit.

#### **Tea Tree\***

Incredibly useful! Broadly safe, should be diluted before using topically.

May be used in all other methods.

Antimicrobial for fungus, bacteria, and viruses. The wound care and disinfecting must have. Anti-inflammatory stimulates the immune

system for infection-fighting. Good for earaches applied externally Never in the ear! Skin irritations such as Dandruff, topical thrush, and acne. applied neat too often will cause a reaction later. Stupendous and versatile in all of your cleaning applications.

#### **Peppermint\*\***

Greatly useful. Mostly safe for many applications most of the time, can be overly strong causing headaches and distressing situations, Needs dilution in most applications.

Very energizing, analgesic- reduces pain topically, antispasmodic and soothing to the digestive system, decongestant and expectorant properties, and some antimicrobial properties. Can help relieve headaches, too much can cause a headache, so start very small. Can cause respiratory distress in infants so best to avoid it.

#### **Frankincense**

Extremely versatile. Generally Safe for all applications. Seldom dilutions



[Credit](#)



### Essential Oils Continued

are needed.

Immunostimulant, anticancer, anti-inflammatory, antidepressant, and restorative. Some anti-microbial properties. Can help with pain and inflammation. Help with cold sores, cancer, general healing, cleaning, and a sense of belonging and connection. Used to Supercharge any other oil.

#### OIL BLENDS

We are going to include EO blends here simply because had it not been for them, my journey in EOs (essential oils) may have never begun.

##### **Protective or Immunity Blend\***

Sometimes known as On Guard or Thieves.

The main ingredients are usually Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.

Dilute for topical and avoid sunlight for 12 hours after application.

Antiviral and antibacterial properties, immunostimulant, restorative.

Warming and spicy essence. Swallow in capsule or apply diluted to feet for cold/flu, fungus or parasites, autoimmune, fatigue Gargle with water then swallow for step-throat, staph, or cough. Amazing for cleaning and antiseptic.

##### **Respiration Blend\*\***

Also known as Breath

The main ingredients are usually: Laurel, Peppermint, Eucalyptus, Tea Tree (melaleuca), Lemon, Ravensara, and Cardamom.

Dilute for the young and sensitive.

Airy, bronchial expanding, restorative. Clean stimulating scent.

Best used aromatically in a diffuser and personal inhaler, with topical uses under the nose, on the chest, and bottoms of the feet. For Pneumonia, asthma, allergies, cough, congestion, flu, bronchitis, sinusitis, nasal polyps, and use with lavender for better sleep. Great for use in a cough drop application.

##### **Tension Blend\***

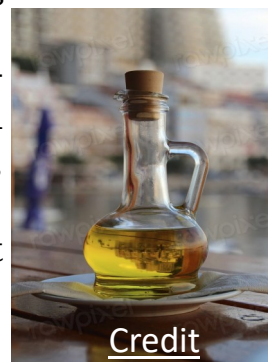
Sometimes called Past Tense or Stress Away.

The main ingredients are usually: Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary.

May use neat for short periods or acutely; dilute if irritation occurs.

Renewing, restoring, grounding, relaxant, relieving, increases blood flow. Slightly strong awakening aroma.

Can be used topically on point of concern for muscle aches, swelling, cramping, bruises, burns, joint pain, and arthritis. topically to pulse



Credit





### Essential Oils Continued

points for tension and stress. Topically applied to the temples, forehead, and back of the neck for headaches including migraines.

#### **Bonus: Cleansing Blend\***

Sometimes known as Purify or Cleanse.

The main ingredients are usually: Lemon, Lime, Siberian fir, Austrian fir, Pine, Citronella, Tea Tree (melaleuca), and Cilantro.

May be used topically for short periods neat, dilute for prolonged use. Avoid sunlight for 12 hours after topical application.

Antihistamine properties, antimicrobial, anti-bacterial, anti-fungal, anti-viral, detoxifying, air and surface disinfectant, purifying, and insect repellent.



[Credit](#)

Clean and calm aroma, used to make cleaning and deodorizing products, treat bites and stings,

acne, allergies, and addiction, also to clear the mind, and uplift mood. For a more subtle or less robust cleaning agent.

Honorable mention because we are women: Menstrual blend\* (Also called Clary

Calm or Dragon Time.)

Oregano\*\*

Cedarwood

Eucalyptus

Need a place to start on brands?



[Credit](#)

I am really loving Revive right now. Looking into Miracle Essential Oils, and Butterfly Expressions.

I have used and liked Vitality Extracts, Eden's Garden, Simply Earth, Pure, Hopewell, Rocky Mountain Oils, DoTerra, and Young Living as well.

#### **Notes:**

\*(not for application neat on infants)

\*\* (best to be avoided for infants)

## A.P.P.R.O.V.E.D. Study Method

APPROACH: How will you approach the study?

(1) Book-by-book (What is the intended message of the Author)

(2) Verse-by-verse (What the Message is in each verse by context)

(3) Biographical (The study of a life or a span of a life)

(4) Topical (Topic of study i.e. vocation, obedience, honesty, finances, parenting)

(5) Devotional (Centers on Applica-



## A.P.P.R.O.V.E.D. Study Method Continued

tion and communion with Yah over a certain Text)

(6) Scriptural solution to a specific life problem, satisfaction of a need, or an answer to a question

(7) Word (Allowing scripture to decide a words definition or how a word is applied in the text)

(8) Character (specific individual or Characteristic)

### **PLAN Your Study**

When you begin to study scripture, you need to know where you're going, whether you're studying with others or alone.

Your study plan can take on various forms, but it centers on two questions:

What text will I/we use?

Time frame for the study? (is there a limit?)

### **PREPARE**

How will I take notes?

Highlighter, pen, pencil

Notebook, computer, Note cards,

Pray The Father reveal His Word and give light to you.

### **RESOURCES & READ**

Gather your Study texts

(1)Scripture books

(2)Bible Dictionaries

(3)Concordance

(4)Extra Biblical books

(5) Biblical Atlas

OBSERVE ask (of the text) all the W's

Who: author, audience, and characters

What is the text saying (simplest terms possible)?

When was it written, and when did the events happen? Pre or post Messiah, pre or post apocalyptic?

Where the events happened, Where was the audience residing, Where did the author reside? (the culture)

Why did the author write the text?

What is the tone of the text? (conflict and resolution)

How is this intended? Allegory, Prophecy, Parable, Psalms, Recording. How was this applied? (then) How is it applicable?

### **VERIFY**

This stage may be the most difficult part of any effective study. This is where we begin to go from the historical writings to application.

"What would those original readers have understood the text to say?" You need to learn about the context of the passage.

This means consulting other verses, atlases, possibly commentaries and other reference materials that provide insight into the biblical world.

As we do this, we try to answer these questions:

What is different in the original audience's world and ours?

What is the primary principle of the text?

Does the Primary principle you identified fit with the big picture of



### A.P.P.R.O.V.E.D. Study Method Continued

this Scripture? (If not, you have not found the primary principle that was intended.)

While it is helpful to view other texts, the most basic rule of hermeneutics (process of interpreting Scripture) is that Scripture is the best interpreter of itself.

This is why we start by understanding it in the light of other scriptural passages—and then we move on to other resources.

The Goal of study is understanding and application. A study that has no effect on our hearts, is of no use.

#### ENTREAT

This is time that we take to meditate and Pray that Father help us to

understand and apply His revelations from our study.

Ask pointed questions of the Father and listen intently for His answer.

#### DILIGENT APPLICATION

Now it is time to apply what we have studied out. If we are studying together it is a great time to discuss and decide how we can help each other apply the principles.

2 Timothy 3:16–17 "All Scripture is Yah-breathed and is useful for teaching, rebuking, correcting and training in righteousness, that the servant of El may be thoroughly equipped for every good work."

Keleah Gonne

# Micro Course

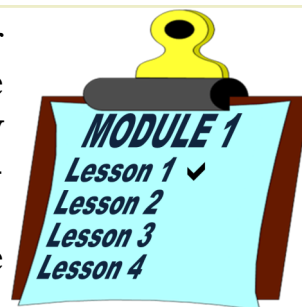
#### What is a Micro-Course?

A micro-course is a bite-sized course, sized to fit the needs of a busy lifestyle, that meets a heavy or deep topic. Micro-courses cut down the time and effort it takes to focus on a mini-course or regular-sized course.

In each module, you will have a quick overview, the stuff we'll talk about, but without the details. The information will be spread over the next 3-4 lessons. The introduction

will set the stage for the lesson. The background story will fill in the surrounding details. The doer of the Word will invite you to do one action. And the reflection will review the previous three lessons in a concise synopsis.

A mini-course usually has several modules with 4-7 lessons, whereas a



Credit: DOL Clipart





### Micro Course Continued

micro-course has a maximum of four modules with a maximum of 4 lessons.

#### **Cultivating A Servant's Heart Introduction**

You know that service is part of the Hebrew walk, but you don't know where to start. How do you follow in Yahshua's footsteps? Maybe that's why you've come to this page, to learn or grab some inspiration.

Or, maybe you're not sure how to serve, what to do, what is involved. You want to serve, but you're not sure how.

While servanthood is part of our calling as we walk in Torah, there seems to be a lot of different ideas about being a servant, some good, some not-so-good. That's why I put together this micro-course for you...

Shalom, my sisters in Torah, I am Saige Smith (Sonyah to family and close friends) and I am a full-time volunteer with Bread of Life Giving and Sharing. I have been in full-time serving for 28 years.

Yeah, serving can seem to be like a daunting endeavor at the best of times. You have many roles and you may not be so sure that you can extend yourself into another role. Or maybe you think that servanthood is a kind of punishment or retribution.

Well, I have some good news, both views towards servitude are incorrect. It's not about stretching yourself to help, nor is it a kind of pun-

ishment or payback.

#### **Servants Relate**

How do we relate to Yahweh, Yahshua and others?

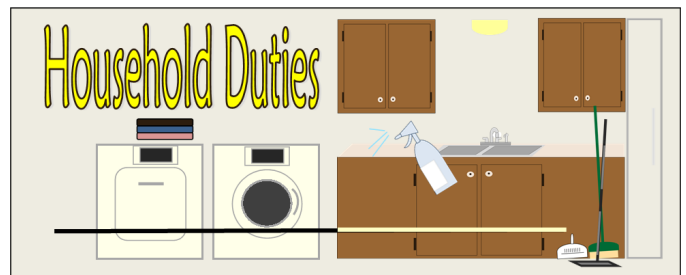
#### **The Challenge**

Our culture bombards us with self-serving, self-deserving happiness. We are constantly conditioned to serve ourselves first. Selfishness is merchandised into potential happiness products. If we get this or that for ourselves, we will be happy. If we do this or that for ourselves, we will be happy. We learn how to relate to ourselves, how to relate to others when we need something from them, but we are not given any direction on how to relate to the Father Yahweh and His Son Yahshua.

#### **Life Example**

I have been in full-time service for 28 years, but before that, I was in it for myself.

Growing up in the worldly culture, I learned how to take care of myself first. To me, that meant only giving when I got it back. Or only looking out for my own needs - and wants. I



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### Micro Course Continued

never did more than I was asked because I didn't want to be "taken advantage of" by other people. After all, I had to think of myself first.

Learning about the Bible was fascinating to me...until I read about how to serve Yahweh (though I used the titles at the time). Then love for the Word stopped. Scripture challenged me to think beyond myself and I didn't want to.

I had no problem relating to Yahweh when He met my needs and answered my prayers. Yet, He desired me to relate to Him, by serving others. I learned through servanthood how to relate to Yahweh, by the best example, Yahshua.

#### **Scriptural Reference**

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. (Matthew 5:44-45, KJV)

#### **Explanation**

Yahshua made his point quite clear, how to relate with others through specific actions. Each action he mentioned is motivated by perception. Then he reinforces that with our relationship to Yahweh as His

children. As children of the most high, we also mirror Yahweh's characteristics in our own lives (even as a work-in-progress).

Our heavenly Father Yahweh continually serves us on a daily basis. Regardless if we observe Torah or are completely worldly, we are blessed with sunshine and rain. He also answers our prayers and gives us the desires of our hearts, even in the most trivial matters.

Yahshua instructs us to follow suit. Regardless of who we come into contact with, we are to love, bless, do good and pray for them. Yahshua is our best example to follow. He repeatedly treated others with kindness, regardless of how they treated him, or took advantage of him (come for the benefits only).

As children of Yahweh, we mirror His character by doing the same to others. No matter who we meet, our heart is to reach out to them, as Yahshua did. We learn to relate with Yahweh as we relate to others like He does. We learn of His unending love, His continuing patience, and of His unceasing mercy. While we may not always succeed, our aim is to be like Him.

To continue this micro course about servanthood, please email [daughtersoflight@elijah.com](mailto:daughtersoflight@elijah.com).

Saige Smith



# Sister Sue

## **How do you help your children find spouses when there is no fellowship?**

Begin praying for them, their growth and love for Yah, that the two be brought together in His time. Be patient and know that Yah is master of all and works all things for the good of those that love Him and are called according to His purpose. It is awesome to see how He works. (Angie)

## **In your marriage, how do you guard your heart from jealousy in an immodest world?**

This is a tough one. Ask your husband to pray with you about it! Rebuke that spirit as soon as it shows up, do NOT entertain it in the least. Pray for those that you 'identify' as being immodest. (Angie)

## **Any tips on how to handle a difficult child?**

Ideally, this would be before children, so start wherever you are. Be consistent; make a parenting plan with your husband specifically that you implement with your children. Don't be afraid to modify it together. Remember to give yourself grace and them too. Correct in love

and allow them to explore and grow within your plan. Exploring is growing and not all exploration is good for the soul. Enjoy their quirkiness - they are young but once. This is a book that is helpful, Train up a Child by Micheal Pearl. (Angie)

## **How do you build your husband up?**



Thank him and pray over him daily. Tell him you thank Yah for him. Allow your actions to back up your thankfulness. Serve him first, yes, before the children! Take special note of things he does for your family and recall those things in your private moments. Tell others how awesome he is! We are called to respect our husbands as they are called to love us. (Angie)

## **What are some ways you can really be a helpmate to him?**

Laugh and joyfully have a good time together. This can be challenging when the children are a demand on our time and energy, but it's





### Sister Sue Continued

worth it. I really enjoyed the book *Created to Be his Helpmeet* by Debi Pearl. Ask him for help (kindly) and with mundane things from time to time. This lets him know you need him. (Angie)

### **What does it really mean to be a helpmate to your husband on a daily basis?**

Make him a priority! Give him something to smile about. Be intentional. If he likes coffee in the morning, be proactive, get up 10 minutes before him and make it. If he likes you to sing, read, or talk to him while you do things together, do so. Maybe he is a hugger, give him one in the morning, after work, welcome him into "your space" - the home. Let him know you desire for him to be there. (Angie)

Wives are not the only ones who have little or no time to accomplish tasks in their busy lives. Husbands find themselves equally as short on time as their wives. So how can wives accomplish being there for him when that may mean adding more to their own to do list? First, ask Yahweh to give insight into what are the most important things in your relationship with your husband. If we think back why did Father create a woman in the first place, was it not to be a helpmate to her husband? Genesis 2:20-23. You may first stop and take

a hard look at what is on that list and eliminate things that you want to do but are not a priority.

Let's face it we can not do everything, but we must be strong in prioritizing and putting first things first. I think being a good helpmate starts by truly loving your husband in a way that you are truly in tune with what help he really needs. Start by asking him. He will feel honored that you see his adversity and love him enough to ask.

Most Torah keeping husbands spend their Sundays catching up on chores or projects around the house or farm. Is it possible that you could take some of that burden off him by doing it for him? (Now here is a place that some ladies may have a problem and disagree with me. They may think they are only supposed to work in the house all day or only work in the vegetable garden, etc.) While these things help their mates in their own way ask your self "is this the only way to help"? Do I believe I am confined to doing only "women's work"? What does being a helpmate really mean? What if the only day he has off is Sunday and he's been trying to get that additional bedroom added to the house but the



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### Sister Sue Continued

grass is almost knee deep?

Could a wife who has the ability not learn how to operate a lawn mower to keep the grass mowed or maybe even a tractor to feed the cattle? Maybe he needs you to hold the end of a measuring tape or hand him a wrench as he works on the car. Your husband may not like for you to help in these ways and a wife should listen to her husband. He will let you know what he would be pleased with and it is these little things that create endearment in a marriage.

I married a man with land that he eventually wanted to turn into a cattle farm. We were married for 44 years until his death. We built a small house and as our family started growing, we sold our small house and built a much larger house. We put up fencing, built barns, baled

hay, delivered calves, etc. In all those years I can honestly say the most beautiful and enjoyable time of my marriage was work-

ing side by side, helping my husband wherever the need presented. I was there for him. He has been gone now for 8 years. I sure do miss being his helpmate. He was a wonderful husband. (Millie)

### **Is it true that children are entrenched in their ways by 3-4 years old?**

It is never too late to begin doing better! When you learn better, do better. Don't beat yourself up. You will make mistakes. Learn from them. No two children are exactly alike; one thing will work with one and something else with another. Teach them quiet time is good and so is loudness in its time and place. (Angie)

### **What are some ways to teach our children and guide them during that crucial time to really give them a good foundation to build upon?**

Read to them from the Word. Do what you say you will, no threats. Let them like things (good things) that you don't. Never lie to them. I know this seems like an "I know" moment but they need to be able to count on your words. (Angie)

### **What would you say to ladies who are struggling with encouraging their husbands? (It's a struggle because it's**



Credit: DOL Pictures



Sister Sue Continued

**like learning to speak a new language.)**

Read the book The Five Love Languages by Gary Chapman together if possible. You really are learning to speak the language of another creation. Remember you are a team, you will have to walk before you can run.

You can also ask yourself how he shows his appreciation. We often naturally show it in ways we desire it to be given. (Angie)

**"I know that praise, support, and encouragement are vital to give to our husbands and I want to fulfill this need in my husband's life, but I really struggle with verbally affirming and encouraging him. How do I learn to do this?"**

Embrace yourself. Yah has created you uniquely. Be confident that your words hold value to him. It takes time to grow in a marriage. Start just outside of "comfortable." Leave him notes in unexpected places. If you must, begin saying it to him while he is asleep; this will help you practice and have confidence to begin saying things to him awake. (Angie)

**Can you give an example of what you did to learn to be the helpmeet your husband**

**needed?**

I seated him at the head of the table. That is his chair whether he is home or not. This honored him more than I expected. Additionally, I asked him to pray with me and for me.

When you can see fit while he has something he is working on or towards, set your things aside (if possible) and ask him what you can do to help him. (Angie)

יהוה bless you and  
guard you;  
יהוה make His face  
shine upon you,  
and show favor  
to you;  
יהוה lift up His face  
upon you,  
and give you shalom.

The Aaronic Blessing (Num. 6:24-26)

Got a question? Email  
daughtersoflight@eliyah.com or  
dolsisterhood@gmail.com.  
(All questions are published anonymously.)

Thought for the day: Forgive those who have injured you - not because they deserve your forgiveness, but because you can never be happy until you release your anger and grant forgiveness. Forgiving is not a gift to someone else. Forgiving is your gift to yourself - a great gift - the gift of happiness. - Jonathan Lockwood Huie





# Sisters Helping Sisters

SISTERS HELPING SISTERS is a ministry that is very dear to my heart. We are all in need of help from time to time. Let's form a close knit sisterhood. I believe that everyone can benefit from this. I pray, that we each search within ourselves and see if there is a way that we can reach out to be a blessing to a sister in need. Teenagers/youth are encouraged to participate. Let's use our talents/services!



## Shalom!

"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."

MENTORING is a network of women who are 50 and older, who are willing to offer to be a mentor to younger women, as spoken in Scripture (Titus 2:4-6). If you are 50+, please consider dedicating some of your time helping/mentoring younger sisters.

I believe that great blessings will come to both the mentor and the one receiving.

### SUKKOT SISTERS



is a network of sisters who build each other up through reaching out to one another secretly. Everything is done anonymously. It could be something like a letter in the mail with a Scripture verse or a gift sent anonymously from Amazon.

I truly believe that the lives of each and every one of us will be enriched and we will have all formed some life long friendships. After all, isn't that what sisterhood is all about?

**Want to know more? Email me direct!**  
**[sukkotsistersofyah@gmail.com](mailto:sukkotsistersofyah@gmail.com)**



# Prayer Requests

Fellow Sisterhood

supporting

supplicating

interceding

Email

[daughtersoflight@elijah.com](mailto:daughtersoflight@elijah.com)

(All prayer requests are kept in strict confidence. We take your privacy seriously.)



# Praise Reports

## Takleet's Birth (Rebecca Campbell)

This past year has really been a lot for me. There has been a lot of change with a mix of turmoil. Lots of emotional challenges and hormonal shifts.

Last year I was beginning to see some very noticeable signs of perimenopause. January I turned 40 and started marriage counseling after I had kicked my husband out of the house. One of the biggest revelations that we had was we were both so hurt that we couldn't see past our own hurt. We couldn't recognize each other's hurt. On top of that we were hurt that the other wasn't recognizing our hurt, making for a vicious downward cycle. Nothing was changing; nothing was improving, but I would venture to say that one of the best things that happened to us was having an explosive outcome that resulted in kicking my husband out. It made us both open our eyes and see that things desperately needed to change and that was our catalyst. For that we are both very thankful for that.

It took some time for the healing to start and for reconciliation to even be an option. Yah is good and gracious and very much surprised us in

February when I had symptoms of being pregnant. I actually took multiple tests before I finally got a positive one. Normally we don't do ultrasounds, but we really were baffled as to when I had gotten pregnant. Not realizing that you had a second ovulation is a real thing, just saying.

The ultrasound confirmed that we had gotten pregnant when we started to reconcile in mid February and gave us an approximated due date of November 15. Yah is very deliberate with the things He does and allows to happen to us. This was one of my fastest pregnancies I have ever had. I feel like this was one of my most healthy pregnancies as well. I was very active throughout my pregnancy because I continued to work up until that last month. As a stocker in our small local grocery store I stay very active easily walking up to 5-8 miles during a shift and also doing light lifting of products. It was also really neat seeing how responsive Takleet was while in utero, he would easily respond to my emotions. While in utero he was also very responsive to certain sisters.

One sister in particular would just have to put her hand on my stomach he would kick directly at her hand, consistently. It had been awhile





### Praise Reports Continued

since the last time I was pregnant. My youngest will be turning 8 at the end of March. So I really had to do a lot to mentally prepare myself for this birth and the process of birth. I did struggle with some fear, I was afraid it was going hurt and that I would tear while pushing. I needed to take time to mentally work my way through the birthing process go through the mental gymnastics of birth and analyze what could I do to prevent the things that I feared.

One of the biggest helps was getting my mind focused on worship and giving thanks to Yah. Fear cannot be in His Presence while worshiping at His feet. During the Spring we thought that my husband would be getting a new job working from home telecommuting doing customer assistance of health care benefits. So with this nearly guaranteed job prospect we went ahead and got a small mini barn that he would use as his office area. Well the guy that was trying to set him up with this job completely ghosted him and disappeared, but we had made arrangements to buy a very small mini barn. So we decided that we would finish it off with some nice big windows, a porch with a roof and finished walls over the insulation. This little building I have named The Nesting Box and it has become my little haven of a mini bedroom that we also used to birth our seventh child in.

Getting The Nesting Box even close enough to completion for birthing in was an overwhelming process. We had hired a neighbor to do the work since my husband was working full time and just didn't have the time or the confidence in his skill level to do the work himself. After a lot of delays I had a morning at the beginning of November that I seriously thought I was going into labor. I have not had cramps during any other pregnancy and one morning after Ben had left for work, I woke up feeling crampy. It scared me honestly. It was very cold that morning, The Nesting Box wasn't anywhere ready for me, I hadn't gotten my birth kit yet. I felt woefully under prepared. I didn't realize that Ben had reached out to my best friend that lives 5 hours plus and asked them to come over, so her husband could help get the mini barn much closer to finished. That was a very huge blessing that that had worked out.

Our friend got about 90% of the work finished in the couple of days that they were here. That was such a huge burden lifted! Throughout all of my pregnancies I always wear a wrap around my abdomen to help support my ligaments, to help support my abdomen muscles and uterus. I don't think I was wearing it tight enough though. For the last few weeks before delivery periodically each day I would have multiple con-



### Praise Reports Continued

tractions. My last prenatal meeting showed my iron was still at a great level. I got re-wrapped and apparently it was just right based on the look on my face. So afterwards we headed to Walmart to get some walking in. After being there for an hour or so I started to feel really, really uncomfortable.

We left to head home, about an hour's worth of a drive. The entire ride home was extremely uncomfortable. I wasn't exactly sure what I was feeling. It took awhile before I could really identify what I was feeling. It was a cramping feeling that never really fully let up. It felt similar to waves washing over the lower part of my uterus. The waves would get more intense and less intense but never fully letting up. It was all I could do to just get home and take off my wrap. That most certainly helped to relieve some of the pressure I was feeling. I went to bed as soon as I could just in case labor was going to start sometime over the night.

Ah, so there were a few things that we were prayer about, with me no longer working I had been feeling a little bit overwhelmed about finances. I had been praying that when I would go into labor that it would be a day that Ben wasn't working or at the very least after he had been at work long enough to be worth while

to compensate for the gas usage, that the labor would be during the day. I live down a very bumpy gravel road, not to mention its just a little bit complicated to get to. My midwife was NOT looking forward to possibly doing that in the dark, and that my labor wouldn't be happening when someone else was in labor. My midwife had several other mommas due fairly close together. So she was asking for prayer that everyone would take their time. My prayer was that Yah would be merciful and compassionate towards her and that everything would work out AND that she would not be overwhelmed and get plenty of rest between births. Abba is so good and He met those needs!

The day after my final prenatal just so happened to be Thanksgiving! And thankfully this time around my labor started early enough that I was fully aware that I was in labor and could get a hold of Judith, our midwife, to give her ample time to get ready. I believe I woke up that morning around 3:30am with definite contractions but nothing overwhelming. I wanted to be able to time them first before I alerted the midwife. So I started keeping track around them about 4:15am.

By 7am I was ready for the midwife to get there. I had a very small support team, which is fine because I was in a very small room. My oldest



### Praise Reports Continued

daughter was my hand holder. I believe she came down by 7:30am. I am a huge fan of the Bradley Method. (Short summary of that is relax your body during contractions.) For me I just want to hold someone's hand, when a contraction hits I squeeze that hand as hard as I possibly can. All my fear, worry and pain goes into that hand I squeeze while my body remains completely relaxed. I have taught my children that when someone (especially a birthing mother) is squeezing your hand in order to keep your hand from being crushed you must squeeze back attempting to match the strength of the squeeze your receiving. So that's my strategy for pain management for a home birth. Not everyone can successfully do that.

By no means was I ready to start pushing by the time the midwife arrived at our house. but it was very comforting to me just having her here. I find her to be a very calming person. A lot of what happened after Judith arrived is a bit of a blur. There were a few things that stood out to me that was different from all my other births. Ordinarily I lay on my side for my births without any issues. But with Takleet I attempted to keep a towel or a pillow under my belly to help support it. I had started out laying on my right side. That is the same side that Takleet was

tucked away deep in my hip. When contractions were first starting at one point during the 4 o'clock hour I had leaked some fluid. That was something new for me. Later after Judith had arrived I remember laying in bed and with one of the contractions I felt more fluid come out. I did ask her to check the fluid that came out to make sure there wasn't any meconium in it. I was relieved to know that it look all good and no signs of distress.

I know at one point before I changed positions we did get the Doppler out and did a scan of my pelvis area and all we got was good strong heart beat. Again, relieved to not hear a dropped umbilical cord. We also did a reading of my side where we knew the placenta was and got a good reading of it. It took longer than it normally has for me in the past for baby to descend. I did consent to having the station (or how far baby had descended past the pubic bone) checked, still seemed a bit high. After emptying my bladder again when I laid back down I switched sides that I was laying on. I did not like switching sides. It was something very simple but I do NOT like change. This meant I had to change which hand I was holding onto with and that was just uncomfortable to me. I'm not completely certain of the exact events and the proper order of them at this point.





### Praise Reports Continued

Oh! One thing that we did discover before I had switched to laying on my left side was my bag of waters did not actually break at this point. I had started to get a little pushy before rolling over and there was a very pronounced bulge of the birth sac which did not want to pop. I mention that because after rolling over and really starting to push it popped! I have no idea if I just had that much amniotic fluid or if it was just because there was so much pressure on that bulge, but when it popped it seemed like a massive gush of liquid which I think ended up soaking my husband (in my imagination it was with a tidal way of amniotic fluids).

I could tell that everything was fine but I was sensing that my midwife was starting to feel concern. (I haven't had a chance to fully rehash the birth and get her perspective on it yet, so these are just my observations while laboring, which does and can skew things.) So when MOST women are birthing they use what is referred to as the primitive part of the brain, that is all they can focus on. I remember with the birth of number 4, Judith was telling Ben a funny story about one of the births she had been at. I LOVE humor and all things funny, I tried soooo hard to listen to that story but it was like I was deaf, I literally could NOT hear what they were saying. That's an ex-

ample of how the primitive brain works during birth.

I was not fully in my primitive brain space, part of that might be because I was really hungry. I also had the not so enjoyable pleasure of having heartburn during labor, because my stomach was empty. I had tried to eat some saltine crackers and Kix cereal earlier in the morning between contractions but that didn't end pleasantly. I was also drinking some watered down orange juice to help keep my blood sugar levels up and Body Armor electrolyte drink. So on top of thinking about how I was hungry and eating a bite here and there of a keto energy bar, I was also wondering if my other children were getting the house chores done and if my younger son had gone down to the neighbors to do their animal chores since there were gone for the day. In between contractions I'm also apologizing to my daughter assuming that I'm hurting her hand from squeezing it so hard. I'm checking to see if my husband is super uncomfortable from all the different ways he has maneuvered himself to support me. He lied to me and said he was fine and very comfortable. All these things were going through my head between contractions. Plus, during contractions I'm trying to focus my brain on what my body is doing and what am I feeling the baby do.



### Praise Reports Continued

I had to stop pushing as the head was crowning, I could feel the ring of fire. So I stopped pushing to let the skin stretch to accommodate the head. After a short rest I started pushing again. I may have stopped pushing one more time to let the skin stretch again as the head crowned. My face was pointed at the window, I'm not sure if it was open while I was pushing. Cause as I was pushing I was roaring rather loudly, I'm not exactly sure if my little neighborhood heard me or not, I just know my throat was really sore for the next few days. Pushing took more effort than what I'm used to this time around.

Takleet's head was slightly cocked to the side and tilted backwards slightly instead of the "normal" chin tucked in. So because of the tilt of his head it was one of the wider circumferences of a baby's head instead of the smallest. This was the first time that my midwife Judith caught any of my babies, normally I just lay on my side and basically spit them out into Ben's hands. As soon as I saw him I noticed that he was a boy and Ben yelled out the time: 12:25 p.m. I immediately laid down and they put the baby on my chest.

We waited for the cord to stop pulsating before Ben cut it. Next, I believe, I delivered the placenta before

even attempting to start nursing him. Although before we could make our first attempt at nursing shortly after the placenta was delivered I did hemorrhage, about a cup of blood. For a normal sized person that isn't exactly a huge deal but I'm on the petite size, so it's much more noticeable. Of course between losing blood, having low blood sugar and working my butt off pushing out a 9 pound 3oz baby, I started to have the shakes.

Thankfully Judith was able to easily get the bleeding under control and stopped. I slugged down more Body Armor and my daughter Hadashah made me some of the best scrambled eggs. Afterwards we just snuggled in bed. After a bit we weighed him, 9 pounds and 3 ounces, by far my heaviest baby. 20 3/4" long his head circumference was 14 1/2" and his chest was 13 1/2" wide, his apgar scores were good, he came out squawking.

Of course as each of my children came in to meet their little brother they all had to sniff his head. Everyone immediately fell in love with the cutest new baby ever. That is everything that I can remember.

**Do you have a praise report?  
Uplift the sisterhood. Email  
daughtersoflight@eliyah.com.**



# From The Editor

It was a typical Sunday morning. I attended church at a store front in Cartersville, GA where I sat in the back. Sitting in the back gave me the opportunity to be the first one out the door. During the service (while I anxiously waited for it to be over) I began to feel a gentle tug in my chest as if there were a supernatural rope around my heart. It felt as if I were being gently drawn towards the door.

Immediately I went into a prayer warrior state, rebuking everything I could think of and calling on our Father for protection. It didn't work. Next week it happened again! This time I knew it wasn't demonic. If it was I know where my authority lies and this thing would no longer be tormenting me. I began to change my prayer to the questioning kind asking the Father to show me what this was all about. I received no answer. Week three, felt it again. I was puzzled, at a loss, and not hearing anything from YHWH. I was determined to get an answer. The only thing I knew to do was call my friend Allan.

Allan is someone I firmly trust with

the things of Yah and somehow just knew he'd have the answer. We never talked much, we weren't even very good friends at the time but I trusted him with this conundrum. When I told him about my last three weeks, a rope and a tad bit of uncertainty all I got from him was a chuckle. Not quite the response I wanted. I wanted a response that was like "thus sayeth the Lord" etc.

I exclaimed "Allah! I'm not kidding I really need help here!" So he began to tell me the reason for his chuckle was because he'd had a similar experience a year and a half prior—not with a rope but with a command of not to return to the Sunday church. His final recommendation on the call to me was to read all the Scriptures I could find about the Sabbath. Sabbath...that was a familiar enough term. The rest day thing.

I knew about it, sure. Didn't matter. I was desperate. I'd have probably stood on my head if it would have revealed to me an answer. Reading a few scriptures was easy enough. I went and gathered the concordance,





### From The Editor Continued

notepad, pen, wrote down the verses and got to reading. I don't remember which Bible it was or what book it was in, however, I will probably never forget the moment the words "for all future generations" leaped off the page and slapped me in the head. I dialed Allan as fast as I could. Simply put I asked him about the Sabbath, was it correct that Yah never changed the Sabbath day that man did? He confirmed my suspicion was correct and that was how my journey to follow the Torah started.

Since that day, little by little, I've learned His law, His ways, and oh so much! I learned more in the first year following the Torah than probably the last 10 years in church. HIS way, HIS law, HIS everything...the way I truly desired it to be in my heart. To be in right standing with Him. I gained more salvation security by keeping His law than I ever did with the sinner's prayer, the repentance sermons and those constant, Lord, forgive me prayers.

Early on I did my level best to wrap my head around keeping the Sabbath. I'm a natural born workaholic. It took a minute to "preplan" for sundown. Within a week or two Allan re-

vealed the Levitical food laws that showed me just how much pork I consumed on a regular basis. Quite a bit. My favorite things to eat consisted of things I willed to no longer eat. Don't get me wrong, in the flesh I desired to eat those things but my new desire was greater to be in right standing and in obedience to my Father. I adapted. Never once have I put another bite of pork in my mouth.

I still kind of chuckle because looking back it's pretty obvious that breadcrumbs are to be out of the house during this time. If you only knew how much I wanted a perfect score card on my first feast of unleavened bread. I wanted so badly to have those bragging rights. I did not





From The Editor Continued



get them. I held my head in shame over the next year looking oh so forward to the next where I was sure to “get it right.” Right? Wrong. Second year I left a box of Texas Toast in the freezer under some things. Year one bread crumbs are to be out of the house during this time. If you only knew how much I wanted a perfect score card on my first feast of unleavened bread. I wanted so badly to have those bragging rights. I did not get them. I held my head in shame over the next year looking oh so forward to the next where I was sure to “get it right.” Right? Wrong.

Second year I left a box a Texas Toast in the freezer under some

things. Year one bread crumbs, year two of unleavened bread. If I had a face palm to put right here I would add one. I felt so foolish and ashamed. I was *going* it “get it right” this year. This was my year. Year two. I’m experienced now, I’ve got this, right? Oh how I have the hardest lessons to learn in humility. For future reference, I’m not the one to ask about how to properly and successfully obey and keep the feast of unleavened bread. Next year I’ll probably just rent a hotel room and pack lunch meat for a week just to be safe. (That was a joke ladies!)

In closing, following Torah has brought so much joy and completeness in my life. If you’re a woman on the fence of following Torah or if you’re struggling in one are or another, know that you are not alone. I struggled too. It is our sincere hope that you have enjoyed the first edition of the Daughters of Light, A Light In The Darkness Newsletter. May the blessing of Yah and the glory of His presence be with you always.

Shalom.



# Directory

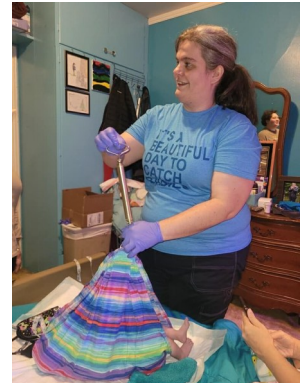
Adrian O'brien

[Chaya Midwifery Services](#)

ChayaBirth@gmail.com

(419) 612-6779 (Texts welcome)

FB: [Chaya Birth Services](#) serving the Golden, MO area



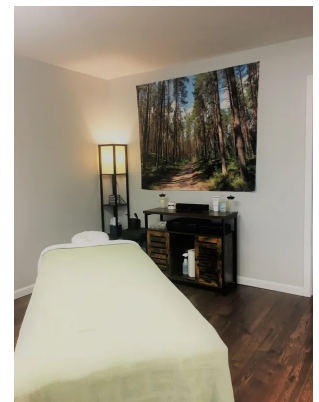
Marissa Spencer

[Olive Branch Clinical Massage Therapy](#)

Serving the Waynesville, MO area

Phone: (573) 755-3005

Email: OliveBranchCMT@gmail.com



Sarah Wyatt

[Grafted in Grace Creations](#)

Homemade organic and clean salves, soaps, lotions, and more



Sherri Ricketts

[King's Daughter Massage Therapy](#)

Located in Thornfield, Missouri (207) 807-7123





## Directory Continued

Jamie L. Laird

[Clear Water Valley Farm](#)

Heirloom seeds shipped to your door.



Jamie L. Laird

[Breath of Life Midwifery](#)

Kamiah, Idaho

(208)451-4625



Shanni R Tolmie

Vegan Friendly Soap

Happy to ship it to anyone. (My boxes fit 6-7 bars for \$10 shipping).



Samantha Asif

Great American Farms (poultry farm)

El Elyon Farms (poultry farm)

Canines of Zion (breed Rottweilers, Cave City, AR)

Maharani (Indian food truck, Ash Flat, AR)

Food truck: (870) 710-3636

Cell: (443) 538-6300





## Directory Continued



Dylan Bolte

### [Kodesh Intentions Messianic Goods](#)

From a Torah Observant Family

Sells specially designed clothing and home décor with the Torah Observant customer in mind.

See our [Facebook page](#).



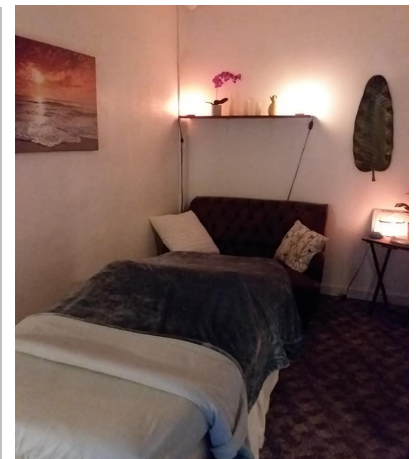
Kathy Baker

A Natural Life Spa

Located in Koshkonong, MO

Offers massage therapy ranging from relaxing to medical, with cupping, geisha, aromatherapy included as needed. Other spa services offered, also.

Call (417) 204-3616



Registered Scottish Highland Cattle

For sale as available.

Serving Oregon and Howell County

Mike Baker

(417) 204-3583



Baker Construction: Luke Baker

(417) 204-3851

New house construction, remodeling, bathrooms, decks.

Currently booked up 'til April 2024



## Directory Continued

Beth Armsheimer

Beth Armsheimer Photography

Facebook and Instagram

Serving Springfield, MO and surrounding area.

(805) 478-8995



Jennifer Martinez on FB

[JennBraille Transcriber](#)

I transcribe books for schools and the graphics, no embossing.

pm @ FB or email [yaphayah19@gmail.com](mailto:yaphayah19@gmail.com)

Michael Walker

[Threads for Torah](#)

Bracelets, Tassels, and Screen printing!

[Natzarim Yahshua Family Fellowship](#)

Mountain View MO 65548

We meet every 7th day Sabbath, 10:30 am Start time.



Kaleigh Abernathy

[Trained up in Torah](#)

Whole Family Sabbath school & activity pages

Trained Up In Torah - YouTube

Here's this week's Sabbath school lesson!

Shabbat Shalom!



Sabbath school for???

☒ Children

☒ Adults

☒ Whole family

link in the comments below





### Directory Continued

Karen KJ Wilson

[Qodesh Cleaning](#)

Branson/Springfield/Ozark area. I would love the opportunity to serve your household by completing the tasks you want, & need. I specialize in declutter, organization, and deep cleans. I offer meal prep, cooking, & house/pet sitting. Please feel free to contact me via call or text. (921) 414-3126



Sariah Fleurjuste

Shalom Creations

If you like stickers, check out my [redbubble shop](#)!

On my [Facebook Page](#), I offer free coloring pages!



Serena Anderson

Briars to Blessings

I make herbal remedies focusing mostly on salves. My main product is what many use for pain and inflammation called Swell Life and others include Bug Bite Salve, Skin Salve, and a black drawing salve.

[andersonhomestead2016@gmail.com](mailto:andersonhomestead2016@gmail.com)

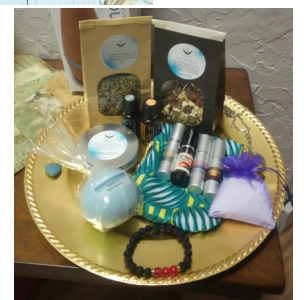


Kayla Carter

[Kayla's Natural Inspirations](#)

Kayla offers teas and tea blends, essential oils, salves and balms, sprays, kits and more.

A Clinical Aromatherapist and Certified Herbalist, Kayla knows what it is like to overcome health issues. She offers a coaching program as you make lifestyle changes. Online booking available.





## Directory Continued

L Ann Taylor

### [Gifted Storefront](#)

Careful consideration goes into making a custom art piece for you, your family, friends, colleagues, and clientele. You can also inquire about our vegan butters, all-natural body/facial powders that are perfect for dusting your body to provide a smooth dry finish. Feel free to reach out to us for your next truly unique gift.



NiYah Love

### [Revolutionary Bites](#)

Specializes in baked goods with the most incredible flavors & good for you. 100% Organic freshly milled Spelt flour (Ancient Middle East origin). All products 100% dairy-free; vegan/GF upon request.

### [Revolutionary Bites on Etsy](#)

Contact: Cuddelmuffincupcakes@gmail.com or on Instagram @revolutionary bites

Now Open!  
The Revolutionary Bites  
Bakery is Now Taking Orders.



Offering a Range of Options, Dedicated  
to Serving You with Excellence.  
Contact Us to Place An Order Now!



Sara LaFollette

### [Sara's Salves](#)

Offering salves, tinctures, lip balm and more.

Photo (left) is a recent raffle done.



Dilki Shanika Swasey

[Eden Earth Creations](#) on Instagram

[Eden Earth Creations](#) on Facebook

I am a seamstress.





## Directory Continued



Jordan Rousseau

[BFLSewingiNarroWayEntertainment.com](http://BFLSewingiNarroWayEntertainment.com)

(920) 878-8007



**Bell-Bottom Pants  
Sewing Alteration**

Name of owner

Name of Business/Service

A little about the business/service. May include product description.

Contact information may include phone number; email; social media; website.

Business logo  
or pic

Name of owner

Name of Business/Service

A little about the business/service. May include product description.

Contact information may include phone number; email; social media; website.

Business logo  
or pic

**Are you a Torah-observant business owner?**

**If you answered yes, let us help you grow your business; advertise here.**

**Contact us at [daughtersoflight@eliyah.com](mailto:daughtersoflight@eliyah.com) with your information.**





Directory Continued

# List of Contributors

A big thank you to everyone who helped with this issue of *A Light in the Darkness*,  
*Volume 1, Issue 3, Summer 2024!*

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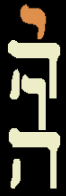
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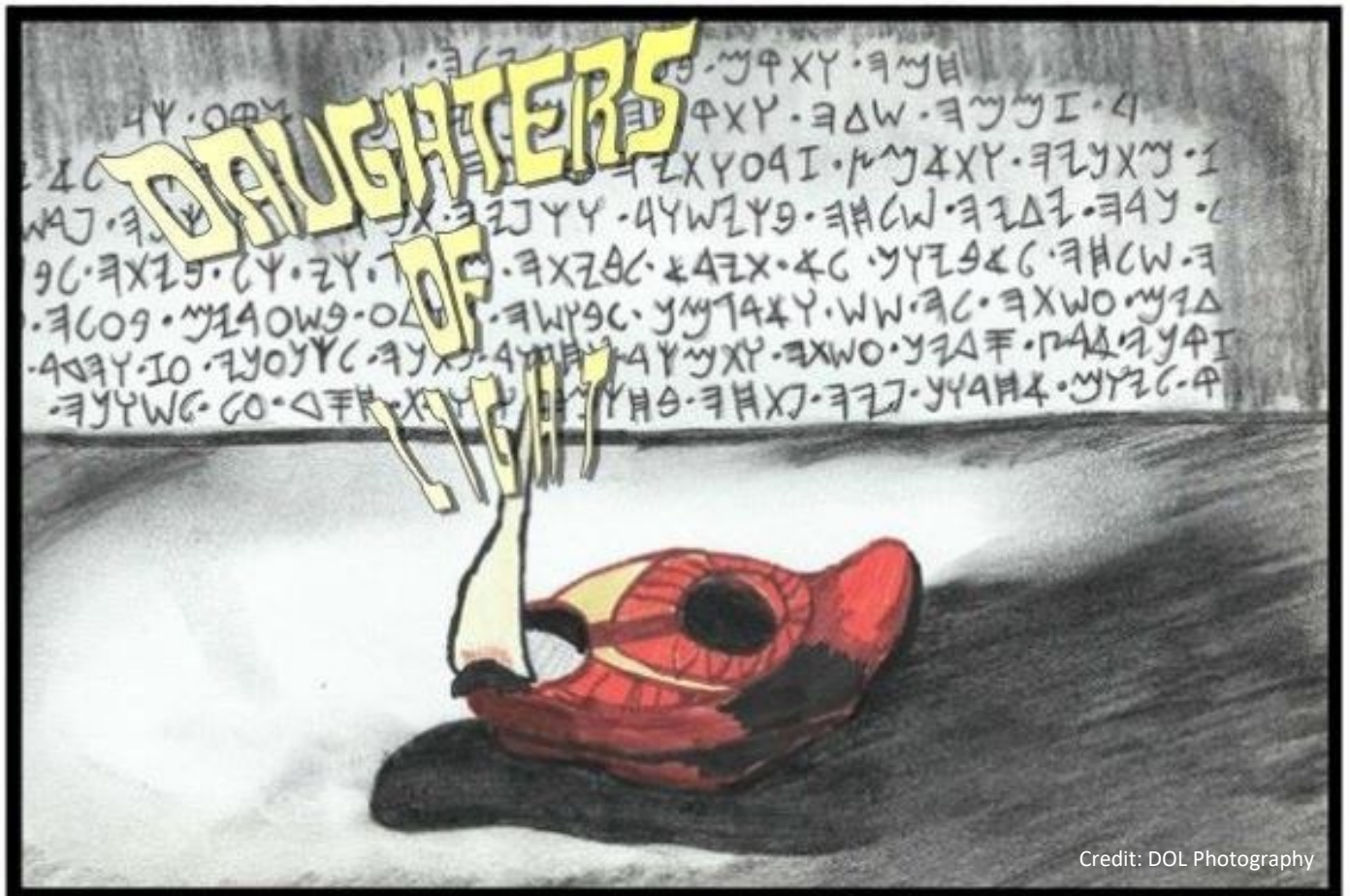
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# A Light In The Darkness

Subscribe via email: [daughtersoflight@eliyah.com](mailto:daughtersoflight@eliyah.com)



Credit: DOL Photography

Let your light  
so shine before  
men, so that they  
see your good  
works and praise  
your Father who  
is in the heaven  
(shamayim).  
(Matthew 5:16)

Credit: DOL Clip Art