



A Light In The Darkness

Fruit of the Spirit

Volume 2
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HARVEST 2025

"A Cheerful
Heart Makes
Good Medicine"

Comfrey

More Purpose
Now Than Ever



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**“A Cheerful Heart
16 Makes
Good Medicine”**



Credit: Terry Truskey

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Scripture

Editor's note: Read the selections for the fall feasts when they align on your calendar. *Read on Simchat Torah (not Shabbat).

Hebrew	English	Torah	Haftarah	Brit Chadash	Midweek Chapters
VaYelech	And He went	Deut 31:1-30	Hos 14:2	Rom 10:1-17	Rev 1-7
Ha'azinu	Give ear!	Deut 32:1-52	2 Sam 22:1-51	Rom 10:17-11:12	Rev 8-15
V'zot ha'Brachah*	This the blessing	Deut 33:1-34:12	Josh 1:1-18	Rev 21:9-22:5	Rev 16-22
B'reisheet	In the beginning	Gen 1:1-6:8	1 Sam 20:18-42	Jn 1:1-17	Jam 1-2
Noach	Noah/rest	Gen 6:9-11:32	Isa 54:1-55:5	Mt 24:36-46, Lk 17:20-27, 1 Pet 3:18-22	Jam 3-5
Lech Lecha	Go forth, yourself	Gen 12:1-17:27	Isa 40:27-41:16	Jn 8:51-48, Rom 4:1-25	1 Ptr 1-2
VaYera	And He appeared	Gen 18:1-22:34	2 Kgs 4:1-37	Lk 1:26-38, 17:28-37, 24:36-53, 2 Pet 2:4-11	1 Ptr 3-5
Chayei Sarah	Life of Sarah	Gen 23:1-25:18	1 Kgs 1:1-31	Mt 1:1-17, Jn 4:3-14, 1 Cor 15:50-57	2 Ptr 1-3
Toldot	Generations	Gen 25:19-28:9	Mal 1:1-2:7	Mt 10:21-38, Rom 9:1-31	1 Jn 1-2
VaYetze	And He went out	Gen 28:10-32:3	Hos 12:12-4:10	Rom 9:1-31	1 Jn 3-5
VaYishlach	And He sent	Gen 32:4-36:43	Hos 11:7-12:12, Obd 1:1-21	Mt 2:13-23, 26:26-46, Heb 11:11-20	2 Jn 1
VaYeshev	And He settled	Gen 37:1-40:23	Amos 2:6-3:8, Zech 2:14-4:7	Mt 1:1-6, 16-25	3 Jn 1
Miketz	At the end of	Gen 41:1-44:17	1 Kgs 3:15-4:1	Lk 24:13-29	Jud 1
VaYigash	And He drew near	Gen 44:18-47:27	Ezkl 37:15-28	Lk 24:13-27	Ruth 1-4
YAH'S APPOINTMENTS			SPECIAL READING		
Yom Kippur	Day of Atonement	Lev 16:1-34, Num 29:7-11	Is 57:14-58:14	Heb 9:1-15	
Sukkot	Tabernacles	Lev 22:26-23:44, Num 29:12-16	Zech 14:1-21	Jn 1:1-18	Rev 16-22
Shabbat Sukkot	Sabbath of Tabernacles	Ex 33:12-34:26	Ezkl 38:18-39:16	Lk 2:1-14	Jam 1-2



(Scripture continued)

Hebrew	English	Torah	Haftarah	Brit Chadash	Midweek Chapters
Shemini Atzeret	The Eighth Day	Deut 14:22-16:17, Num 29:35- 30:1	1 Kgs 8:54-66	1 Jn 3:1-3	Jam 3-5
Simchat Torah	Rejoicing in the Torah	Gen 1:1-2:3, Deut 33:1	Josh 1:1-18	1 Ptr 1:22-25	1 Ptr 1-2
Chanukah	Dedication	Num 7:1-17			
		Num 7:18-29			
		Num 7:24-35			
		Num 7:30-41			
		Num 7:36-47			
		Gen 41:1-44:17, Num. 28:9-15, Num. 7:42-47,	Zech 2:14-4:7, Is 66:1, 23-24, 1 Sam. 20:18, 42		
		Num 28:1-15, 7:48-53			
		Num 7:54-8:4			

Women of the Bible

The Midwives of Exodus

Midwives held a crucial role in ancient times. Bringing new life into the world was the task they were most experienced in making happen. The actual delivery publicized their success as infants were brought forth. It didn't start there, though. Midwives carried the responsibility of supporting the pregnant women towards the rewarding outcome. These women learned and trained early in life, likely participating in births and garnering experience that would serve well in many more deliveries.

The two specific midwives named in the book of Exodus were such

women of expertise. Their story is briefly told in Exodus 1. The description of their livelihood, their names, and their actions project deep conviction, strength, and faith. Starting in Exodus 1:13-14 (referring to NKJV now and throughout), we are introduced to the circumstances surrounding their lives.

The Circumstances

Life was tough. Hard. Difficult. The Egyptians made life practically unbearable to the children of Israel. There was no free time to pursue other interests. Likely their funds were limited. Resources were restricted. It wasn't just getting up, going to



work, going home, going to bed; but worse. The children of Israel were subjected to poor conditions and harsh employers. There were no vacations, no breaks, no choice. They could never advance in their positions. They were stuck as servants, slaves. No promotions. No parties. No equality.

Both verses 13 and 14 reiterate that the children of Israel were made to serve with rigor. According to Strong's H6531, that meant "harshness, severity, cruelty." The Gesenius' Hebrew-Chaldee Lexicon labeled rigor as "oppression, tyranny; from the signification of crushing."

(<https://www.blueletterbible.org/lexicon/h6531/kjv/wlc/0-1/>)

That's rough, real rough. The Egyptians didn't give the children of Israel any time, ability, or even choice to protest. They were stuck where they were. There was no hope for relief in sight, no light of day to grasp. Nothing.

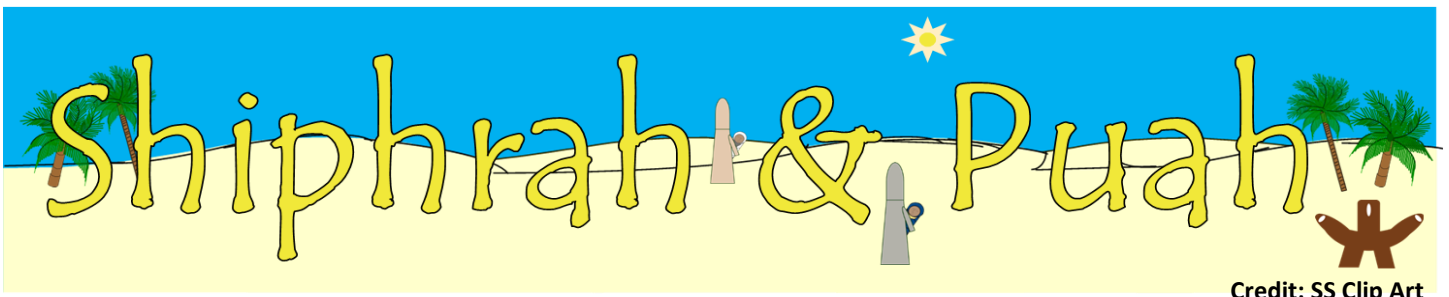
In Pharaoh's Domain

Verse 15 switches to a more personal scene. The Egyptian king spoke to the Hebrew midwives. Both women were sought out and brought to the king. Likely, they were well known; their names alone point to

their outstanding character. Shiphrah's name meant "fairness, clearness" (Strong's H8236). Puah (H6326) meant "to glitter, brilliancy". He knew the power they held, the ability to reach into every Hebrew household and he intended to use it to the fullest extent. In his mind, the way to subdue this growing nation was to nip it at birth, literally. The king spoke to the Hebrew midwives in verse 16 the instructions of his evil plan. Note that he said "duties (Strong's H3205, to bear, bring forth) of a midwife for the Hebrew women, and see them on the birthstools..." (*Exodus 1:16*) The king wanted them to snuff out the male babies, but by specifying, he gave the midwives a way to counter the command.

The Choice

There is no hint that the midwives had a meeting together, but both acted in unison. They had faith, put their trust in Yahweh. These women chose life over obedience to a tyrant. They were persuaded in their own hearts that choosing to obey Yahweh was better. They didn't openly rebel or protest. They simply acted on their own and made sure that they never made it to witness the delivery



Credit: SS Clip Art



(Women of the Bible continued)

of the Hebrew women. Shiphrah and Puah's faith spoke loud and clear in their actions. These actions almost allude that they didn't coddle the pregnant women, but guided them to be independent. Perhaps they prepared the women of the household for the delivery so that it would go smoothly without them. The Hebrew midwives may have prolonged their arrival to ensure that they couldn't fulfill the king's command. Whatever took place, it worked, as verse 17 described.



Credit: Digital Artwork by A.M.

The Consequences

In verse 18, the king caught on and called the midwives in for questioning. He didn't outrightly accuse them of direct disobedience. He might have wanted to hear it from their mouths, but they were already prepared. They had been since the initial command back in verse 16. Their answer was logical. (*Exodus 1:19*)

Yahweh rewarded them for their choice to protect life and the Hebrew nation "multiplied and grew very mighty." (*Exodus 1:20*) He was pleased with the midwives. He blessed them also. Shiphrah and Puah revered (Strong's H3372) Yahweh first and foremost, especially above the Egyptian king's command of genocide. Verse 21 explains that

this is the reason that Yahweh provided families (Strong's H1004) for them also. They proved themselves trustworthy.

Lessons from Shiphrah and Puah

1. Choose Yahweh's Word over man's decree. Pharaoh gave the midwives specific instructions, but they didn't adhere to them. Instead, they clung to Yahweh in reverence. When we are faced with rules that contradict Yahweh's Word, we have a choice to obey Yahweh rather than man. Be in constant reading and studying of the Word, so that you know the difference.

2. Live by the courage of your conviction. Live boldly by Scripture. The midwives didn't openly rebel or protest, they adjusted their roles so that it promoted life instead. They were sure that they weren't going to kill any babies; their courage proved it. When we are faced with circumstances that challenge our faith, we can still live our lives by the courage of our conviction. Living life in Torah speaks louder than any words we could say.

3. Invest in others that they may be ready to meet life's challenges. The midwives ensured that the Hebrew women were able to deliver their own children. When we invest time and instruction in others, do it so that

they can learn to problem solve and think for themselves. Redirect them to seek Yahweh's answers through His Word, through prayer, and through counsel of elders.

4. Be a good steward with what you have. The midwives took their roles seriously and chose to be good stewards of the other mothers.

Yahweh saw this and blessed them with more - their own families. When we are good stewards with what Yahweh has blessed us with, He will bless us with more. In other words, when we are trustworthy of little, we are also trustworthy of a lot.

Saige Jenkins

Bible Study

PATIENCE NOW!

"But let patience have its perfect work, that you may be perfect and complete, lacking nothing." (James 1:4, NKJV; *emphasis added*)

Patience (Greek: G5281, ὑπομονή, *hupomonē*, pronounced hoop-om-on-ay') comes from G5278 and means cheerful (or hopeful) endurance, constancy translated as enduring, patience, patient continuance (waiting). (Source: Blue Letter Bible Lexicon)

Vine's *Expository Dictionary of New Testament Words* on G5281 explains:

"Literally 'an abiding under' (*hupo* 'under,' *meno* 'to abide'), is almost invariably rendered 'patience.' Patience, which grows only in trial (James 1:3), may be passive, i.e., endurance. Patience perfects character (James 1:4)."

Vanessa: Patience. That's the one

we're cautioned not to ask for. I've seen some folks get brave and ask for patience in prayer. Sometimes I believe it's a knee-jerk reaction to wanting to conquer the fruit of the Spirit. For most people, it seems this is the second toughest fruit to master, right

after self-control; especially for Americans. We're conditioned to be constantly on the go, scarf down our food, and get back to work as quickly as possible.

I now know that when we ask for patience, Yah is glad to give us opportunities to practice it. I don't believe He sprinkles patience over us like it comes in powder form. I believe He creates situations and circumstances that require us to be patient. Talk about agony for an impatient gal like myself! (For any impatient person, this can be a tough one to conquer.)

Saige: I can totally agree with



Credit: SS Clip Art

(Bible Study continued)

Vanessa. Opportunities to develop patience almost always come as trials meant to perfect it. When I started on the path to truth, I had already decided that patience was too hard to acquire, and I was fine with never developing that fruit in my life. What a poor conclusion! Yahweh had different plans for me.

Vanessa: Early in life, I realized the value of time. I would consistently speed just to save eight seconds. I walked faster than everyone else. I ate faster than anyone else. I still do this. I'm working on it.

I can't tell you I've mastered patience without being dishonest. It seems like a bit much now that I'm older—all that effort and energy just to save a few seconds. When I was younger, I simply didn't have the ability to "stop and smell the roses." I'm still not great at it, to be honest, but I'm a whole lot better!

Waiting used to make me angry—especially at doctors' offices. I couldn't relax and read a magazine. That changed when I became the patient who made the doctor late because of the condition I was in. I no longer mind waiting in those situations because one day, it was me who made everyone else run late. That appointment was the difference between life and death for me. Had the doctor been as impatient as I was, maybe she wouldn't have taken the

time to address my situation. I wouldn't be here to write this if she hadn't. I thank Yah that I no longer experience anger in the waiting room. I've grown up a little.

Saige: James 1:3–4 explains that trials "produce perseverance," and perseverance must "finish its work" so the believer becomes "mature and complete." This virtue shapes Messiah-likeness through every hardship. (Source: BibleHub Lexicon)

I think James knew what patience involved, and he warned his readers matter-of-factly when he finished his greeting: "let patience have its perfect work, that you may be perfect and complete, lacking nothing." (*James 1:2–4*)

Vanessa: I'm curious—what are the places or situations where you find it hardest to be patient? Think about yourself for a moment and reflect on the things that make you impatient—if that's something you struggle with. If you've conquered patience, I commend you.

longsuffering
μακροθυμία
μακ - ροθ - υ - μί - α
mak-roth-oo-mee'-ah

Credit: SS Clip Art

The biggest lesson I've had in patience has been learning to wait. I did extra tasks—anybody's work—no matter where I was or what I was doing. At restaurants, if I needed a napkin or ketchup, I'd get up and get it myself.

There are still a few places I frequent where I do this. But over the years, I've settled down a lot. Most days, I

can wait for the waitress to bring the ketchup or the to-go box.

Lastly, patience is more than just one of the fruits of the Spirit. It's something we should wear. It should cover us—clothe us, actually—like Colossians 3:12 describes.

Therefore,
as the elect of [Yah],
holy and beloved,
put on tender mercies,
kindness, humility,
meekness, longsuffering;
(Colossians 3:12)

Credit: SS Clip Art

As you reflect on any area where you fall short in patience, know that you're not alone. Together, in time, we will conquer this!

LONGSUFFERING

Saige: Isn't that the same as patience? I used to think that patience and longsuffering were the same—or at least that patience was the “umbrella” term. But when I studied it more deeply, I realized they are different.

The longsuffering described in Colossians 3:12 is sometimes translated as *patience* in certain Bible versions. However, in Greek, longsuffering is listed as G3115 (Strong's Greek). Strong's definition describes it as “longanimity, i.e., (objectively) forbearance or (subjectively) fortitude.” (Source: Blue Letter Bible Lexicon)

Thayer's Greek Lexicon defines G3115 as: “Patience, endurance, constancy, steadfastness, perseverance—especially as shown in bearing troubles and ills.”

So, what's the difference? It's a small detail, but a deep one.

Longsuffering is the *passive* form—a calm endurance while you are in the trial (which is longanimity). Patience, on the other hand, is a *joyful* endurance—the active form.

Example: When you're standing in a long line waiting to check out your items:

Longsuffering is standing there calmly. You're not complaining (out loud or in your heart). You may be smiling (not scowling—that's a complaint in the heart). You're simply waiting your turn. You might use the time to check your phone or go over your daily list.

Patience is standing in line, *delighted* to have this opportunity to be a light in a dark place as a silent witness. You're smiling from ear to ear, praying for every individual in the line (and maybe even in the store!). You might meet the glances of other women and smile at them, sharing the joy in your heart. You could be going through your thankful/grateful list, praising Yahweh for daily loading you with so many benefits! (*Psalms* 68:19)

I can't say I'm in a state of patience all the time, but I know from *first hand experience* that longsuffering leads into patience—like a stepping stone from



(Bible Study continued)

The pineapple reflects patience/longsuffering. Once planted, it will take a full two years to mature to a fruit-bearing plant.



Credit: DOL Photography

enduring or tolerating situations. Sometimes I *experience* patience rather than *practice* it. The best way to do that is to put it on, like a piece of clothing (remember Colossians 3:12). It becomes a part of us, rather than something we have to grapple with daily.

Bible Hub summarizes longsuffering beautifully:

Galatians 5:22 lists *makrothumia* among the Spirit's fruit, indicating that this characteristic is not self-generated but produced by the indwelling Holy Spirit... [It is] at the heart of [followers of Messiah and their] relationships. (Source: Bible Hub Lexicon)

Remember: It takes time for the fruit of longsuffering and patience to develop. Start with yourself in small ways and watch the miracles of Yah work in your heart.

Vanessa & Saige

Natural Remedies

Comfrey / Symphytum

Disclaimer – You must perform your due diligence with all remedies and uses. This particular plant has poisonous properties. PROCEED WITH CAUTION!

Often described as the orthopedic specific of herbal medicine, Symphytum, commonly known as Comfrey, is becoming a remedy I always want in my back pocket. During my first semester in Homeopathy school this remedy really took me by surprise. The first time it was mentioned I heard the instructor say the words “knit bone.” That piqued my curiosity. I was note taking and I’m pretty sure I highlighted

or starred that. Could a remedy, rebuild a bone? My thoughts were all over the place! The possibilities, the goodness of Yah! The mere possibility of seeing something so amazing with a plant...come on. Was this real!? It also made me think of the knitting that happens in the womb. (Psalm 139:13, NIV) Yes, my brain moves that quickly. I was so intrigued! What did he mean by knit bone?

Turns out comfrey actually assists the body in restoring bones! If you are hearing this for the first time and have broken a bone, buckle up! This one is exciting!

Comfrey is one of those versatile plants that I find fascinating in any



form. It truly helps bones heal faster. Comfrey in the homeopathic world is derived from a plant. It is kosher. Now that I've been schooled on clean and unclean remedies, I've chosen to not write about unclean remedies. I will confess, it is a struggle for me not to use them should I need one. The thought of not being able to, still makes me struggle in my flesh. Oh, that flesh! I'll be ecstatic to get rid of it, one sweet day. I'm not one to bend/change/conform so easily. It takes a bit of nurturing from the Ruach (Spirit) to settle me down, chill me out a bit so to speak, to ponder the consequences. This one is clean. I'll not be writing about any remedies that we should not consume. What would be the purpose? We are called to be obedient and if we are found with even a little leaven we ruin the whole lump. Pray for me that I don't burn myself. It'll be very tempting to reach for Cantharis if I do... back to the plant Comfrey. Let's explore. There are various ways to use this plant. My preferred method is as a homeopathic remedy obviously, but you have the option to use it as a poultice, a salve, or a tea. As a remedy it is made the same way, all of them are made with a bit of sub-

stance, a dilution, succussion, and repetition until the remedy is ready to be covered in a sucrose (sugar) pellet. Remedies come in various doses and are used for various purposes.

While reading through the Materia Medica, I discovered this remedy was used for bone cancer in the late 1800s. I truly didn't even know cancer existed back then. I know you might be thinking "there is nothing new under the sun, Vanessa" but really and truthfully, cancer in the late 1800s, who knew? I didn't. It just so happens I have an adopted brother who has bone cancer. I am truly excited and confident about him using this remedy. I'd like to see it kick cancer back right where it came from.

If you or a loved one find yourself in a situation with a bone injury, first take Arnica. As soon as you can possibly think of it. You may remember reading about that remedy a few issues back. That's the remedy for blunt trauma, bruising, and soreness. If there is blunt trauma to the eyeball go straight for Comfrey. Skip the Arnica. Just for the eyeball area. The rest of the bones in the body use



Credit: Oak Hill Homestead

Arnica first, Comfrey second. The dose for Comfrey will be dependent on where the bone injury is and how severe. Usually, a 30c dose once per day. Always consult a book or a remedy professional (Homeopath) to

(Natural Remedies continued)

be sure what dose to take and how often. This is medicine. Although it's natural and 'just a remedy' it is medicine. Please use remedies responsibly and only as needed.

If you experience stitching pain after a bone has healed, Comfrey can be useful to heal that linger-



Credit: Chargin Valley Soap and Salve

ing pain. Even if you experience a fall and have a sore tailbone or knee, try this remedy. It could help you avoid days (upon days) of discomfort. That is something I always want to avoid.

I hope you have found this helpful. I also hope you never have a need to take this remedy.

Vanessa

Essential Oils

Note: Carrier oils: fractionated coconut oil (FCO); jojoba oil; grapeseed oil; sweet almond oil; avocado oil; rosehip oil; and apricot kernel oil. Apply topically: behind ears, brain stem, knee pit, ankle, on wrists, and pulse points.

Love

2 Wild Orange drops
2 Geranium or Patchouli drops
3 Vanilla drops
2 Ylang Ylang drops
Carrier oil

Joy

3 Rose drops
4 Lavender drops
2 Frankincense drops
2 Lemongrass drops
Carrier oil

Peace

2 Frankincense drops
3 Lavender drops
3 Patchouli drops
4 Ylang Ylang drops
3 Bergamot/Sweet Orange drops
Carrier oil



Credit: Angela Koehn

Patience/Longsuffering

4 Myrrh drops
2 Cardamon drops
1 Lime drop
3 Sandalwood drops
Carrier oil

Kindness/Generosity

3 Cedarwood drops
2 Lavender drops
1 Vanilla drop
1 Bergamot drop
2 Rose drops
Carrier oil

Goodness

2 Frankincense drops
2 Myrrh drops
2 Spruce drops
3 Bergamot drops
2 Vetiver drops
2 Lemongrass drops & carrier oil



Credit: Psalm 115:1

Faithfulness/Trustworthiness

2 Rose drops
1 Sandalwood drop
2 Frankincense drops
1 Peppermint drop
2 Sweet Orange drops
Carrier oil

Gentleness/Meekness

2 Lavender drops
2 Cedarwood drops
2 Geranium drops
1 Rosemary drop
Carrier oil



Credit: DOL Photography



Credit: Georgia Boston

Self-Control/Chastity

2 Peppermint drops
2 Rosemary drops
4 Lemon drops
2 Cedarwood drops
Carrier oil

Owie/Bug Bite

3 Peppermint drops
2 Frankincense drops
6 Lavender drops
1 Copaiba drop
2 Tea Tree drops
Carrier oil



Credit: DOL Photography

Angela Koehn

Embracing the Bounty of Foraging

Herbs

Comfrey: The Faithful Healer of The Garden

Tucked in the quiet corners and into the edges of many herb gardens and homestead paths grows a plant that's long been honored, yet often overlooked — comfrey. With its deep green, velvety leaves and delicate bell-shaped blooms, comfrey is far more than a pretty perennial. Known for centuries as "knitbone," this humble herb carries within its leaves and roots the power to restore, repair, and renew.

It's easy to see why comfrey became a staple in folk medicine. It was the

herb mothers reached for after falls, farmers trusted after long days in the field, and healers relied on to draw together what had been broken. In a way, comfrey teaches us something holy — that healing doesn't always happen fast or loud. Sometimes, it grows slowly in quiet places, doing its work deep beneath the surface.

The Healing Power of Comfrey

Comfrey contains a compound called allantoin, which encourages cell regeneration, making it especially effective for:

- Healing bruises, sprains, and bro-



(Embracing the Bounty of Foraging Herbs continued)

ken bones

- Repairing torn ligaments and sore joints
- Soothing wounds, burns, and inflammation
- Restoring skin after surgery or injury

Its roots draw minerals — calcium, potassium, magnesium — from deep in the soil, offering them to us in a form the body gratefully receives.

For the homesteader or herbalist, it's a workhorse in the apothecary — a healing ally as trustworthy as they come.

Comfrey in the Garden & Homestead

At Emuna Farms, comfrey does far more than mend the body:

- In the garden, it enriches compost, feeds fruit trees, and deters pests.
- With animals, its leaves (fed in moderation) support health and healing in livestock.
- As a fertilizer, comfrey leaf tea offers a mineral-rich tonic for depleted soil.

This humble herb gives freely — restoring what is weak, strengthening what is strained, and quietly going about its work without demand or applause.

The Spiritual Picture of Faithful Healing

While this article honors comfrey for its many physical benefits, I cannot help but see how this herb also mirrors the Spirit's work in us.

In Galatians 5, we're reminded of the Fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Comfrey speaks most clearly to me of:

- Faithfulness – Year after year, it returns. It heals again and again. It doesn't quit or fade. Just as the Spirit never tires in tending to our wounds.
- Gentleness – Comfrey works quietly, restoring what's torn without force or fanfare.
- Goodness – It gives and gives — offering healing to the body, nutrition to the soil, and strength to the weary. In seasons when we feel broken or spent, comfrey reminds us that healing is possible. That even when we can't see it, renewal is happening. The Spirit, like this faithful herb, is always working to bring restoration from the inside out.

Healing Recipes with Purpose

These two comfrey-based recipes are beautiful ways to care for the body — and perhaps offer a moment of spir-



Credit: DOL Photography

itual reflection as well.

Comfrey Bone & Muscle Balm

Soothing, strengthening, and full of gentle power.

You'll need:

- 1 cup dried comfrey leaf
- 1 cup olive oil
- 1 oz beeswax
- Optional: 10 drops wintergreen, rosemary, or lavender essential oil

Instructions:

1. Infuse comfrey into olive oil using a double boiler (on low; under 110 degrees for 2–3 hours) or a sunny window for 2–4 weeks.

2. Strain, then combine oil and beeswax in a saucepan. Heat gently until beeswax melts.

3. Stir in essential oils. Pour into jars or tins to cool.

4. Use for joint pain, bruises, sprains, or tired muscles.

Reflection: As you apply this balm, consider the ways Yah has brought healing in your life.

What wounds has He bound up?

How can you offer gentle restoration to someone else?



Credit: DOL Photography

Instructions:

1. Combine herbs and salts in a muslin bag or add directly to a warm foot basin.

2. Add essential oil if desired.

3. Soak your feet for 20 minutes, breathing deeply and reflecting on God's peace.

Reflection: As your feet are refreshed, ask Yahweh to restore your walk with Him — to make it steady, gentle, and faithful.

Closing Thoughts

Comfrey is a gift — a faithful servant in the garden, a healer in the home, and a quiet reminder of how restoration works. It doesn't demand attention. It just roots deep, grows and strong, and offers what is needed.

May we, too, be rooted in the Spirit. May we grow in gentleness, move in goodness, and remain faithful — even when no one sees.

And may we never forget that healing, like comfrey, often starts where the world isn't looking — at the feet, in the soil, in the quiet work of grace.

Alisa Bridges, Emuna Farms

Comfrey & Mint Foot Soak

Peace for the path, especially when your feet are weary. You'll need:

- ½ cup dried comfrey
- ¼ cup dried peppermint
- ¼ cup epsom salts
- Optional: 5 drops frankincense essential oil





Plants for the Service of Men

Proverbs 17:22 "A cheerful heart makes good medicine, But a crushed spirit dries up the bones." (HNV)

Shalom, my fruitful sisters!

I pray, as you read this, that the Ruach is uplifting and loving on you during these chilly nights. I have just finished reading a book over the last couple of months, and although the full content of the book isn't directly tied to this topic I am writing about, there was a section I read that truly took me on a journey, a journey through a place of reflection. In this section, the main character, named "Much Afraid," was looking over the edge of a waterfall cliff. As she admired the water droplets leaping from the edge, she stated that each leap looked as though it was full of excitement and joy; even though it was crashing into a big pool of water and rocks. She observed, after such a huge crash, this calmness flows through the river as the water goes down the stream. She reflected on how joyful each leap looked to fulfill its purpose as a waterfall, even though the journey itself was frightening. The motivation for the

water was simply to do Yahweh's Will. I had to reflect on myself. When I am faced with something frightening, or faced with an assignment from the Father, do I do it with all joy? Do I leap in trusting His process and knowing that although the task, whatever it may be, may have a rocky bottom or crashing waves, that through the process of obedience, through His strength, that He gifts us with daily, the ending result will be a calming stream of His fulfillment? Sometimes, this might look like getting out of bed on some days, other times it can be speaking a word to someone, or doing a task I may not feel equipped for. Yahweh has been showing me the difference between living life with His joy and living life with a broken spirit, a life walking through life trapped in trauma, pain, hurt, and fear.

If you could allow me to get personal, I want to take you through a journey on how plants served me, but most importantly, how Yahweh's

joy does a mighty work! Before I get into that, I first want to bring extra attention to Prov 17:22. This verse is so bold in its



Credit: Susana Malm

statement and so accurate in its assessment of health. A crushed spirit does indeed dry the bones, making them brittle and fragile. How is this possible?

This is multifaceted, but the main culprit is the hormone cortisol. Depression, the feeling of loneliness, and stress cause an imbalance of cortisol levels. Resulting in a disruption of bone density remodeling, a process where old bones break down and new bones are formed, allowing the bones to remineralize and get stronger. If this process is hindered, which can happen due to an excess amount of cortisol in the body, it often results in a condition called osteopenia. It's your body's warning that your bones are weakening (the first stage) before osteoporosis; this can present itself as fractures during minor falls, back pain, stooped posture due to weakened bones in the spine or it may be asymptomatic, depending on the severity of bone density loss.

Thankfully, Yahweh has provided herbs like Horsetail. This is a unique herb due to its reproduction through spores that are on a reproductive stem as opposed to being reproduced by pollen. The main component in this plant that supports bone health is *silica*. Silica promotes bone growth by stimulating osteoblasts for bone formation and decreasing osteoclasts, which are responsible for bone resorption; the process in which bone tissue breaks down and is absorbed by the body. Silica also

helps to produce collagen in the body; this is crucial for bone health as the collagen, specifically type 1 collagen, helps create the mature bone cells called osteocytes.

Another herb Yah has blessed us with, to help keep our bones in optimal shape, along with His cheerful heart is Astragalus. This herb is a powerful plant that helps *Mesenchymal (mes·en·chy·mal) Stem Cells (MSC)* turn into osteoblast cells. This is due to the component Astragalus polysaccharides(paa·lee·sa·kuh·ridez) (APS) which is found in its roots. APS allows the MSC to not only convert to osteoblast cells, it also slows down the aging process of the MSC, allowing them to extend their function longer. What an amazing contribution it makes to the structure of the bones, but this gift sent from the Most High Elohim and does not stop its assistance there. Let's dig deeper into what other medicines we may need when the bones are dry.

There are things that lie underneath the surface. Just like our healing process to reach the level of joy Yahweh wants to take us to. Although the bones are responsible for the structure of our body, they also play a crucial role in the support of our body's immune system. Yes, deep inside these strong bones of ours is a soft spongy cell factory called bone marrow. This bone marrow is divided into two types: Yellow Bone Marrow, which is responsible for storing fat cells which hold lipids that can be used for energy and Red



(Plants for the Service of Men continued)

Bone Marrow, which is responsible for blood production, specifically red blood cells, white blood cells, and platelets.

Why is this important? The answer lies in the function of the T-cell, a cell that is responsible, I'll even say, crucial to the health of the immune system. The strongest example I can give as it relates to the importance of the T-cell function in our bodies is the HIV virus. This virus specifically targets T-cells causing the body to fall into an acquired immunodeficiency, making your body subjectable to other viruses and diseases. Let's put this in context.

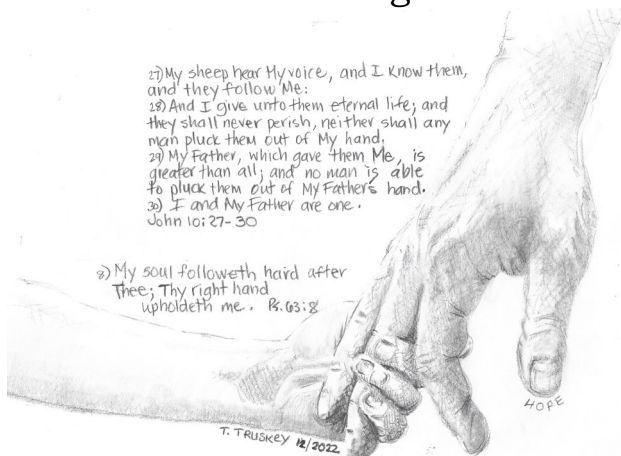
During chronic stress, depression, and high levels of sorrow the body slows down blood cell production causing your immune system to take a nose dive, however, the APS in *Astragalus* increases the blood cell production. In this context it specifically influences T-cells to be persistent in stress induced immunosuppression of the body; strengthening different compounds of the T-cell to enhance its functioning. With the im-

mune system down due to the crushed spirit, the red blood cells increase productivity in the bone marrow, but due to that crushed spirit and high cortisol environment, their production process is disrupted and they are unable to live as long of a life, causing an overall lower red blood cell count. However, APS counteracts the stress effect by boosting the very production process that is disrupted.

The fact that Yahweh has gifted us with His plants to help us in every stage of life is so Yah-some! The fact that a crushed spirit literally dries the bones and breaks down our bodies due to that "drying" process proves just how important it is to continue to dwell in His joy. How important it is to have a cheerful heart.

I spoke about what a broken spirit can do, but I saved the best for last. Have you ever heard of the saying "laughter is the best medicine?" Well, that saying isn't just a motto, it is scientifically proven that one laughing session (during the study they watched a comedy movie) decreases the cortisol levels in your body by 37%. It increases the T-cell production and the natural killer cell production in the bone marrow, as well as increases the blood circulation which helps these important fighter cells fight any infections and viruses our bodies may come in contact with.

Let's focus just on Scripture, because, hey, the Bible doesn't say laughter, it says a cheerful heart.



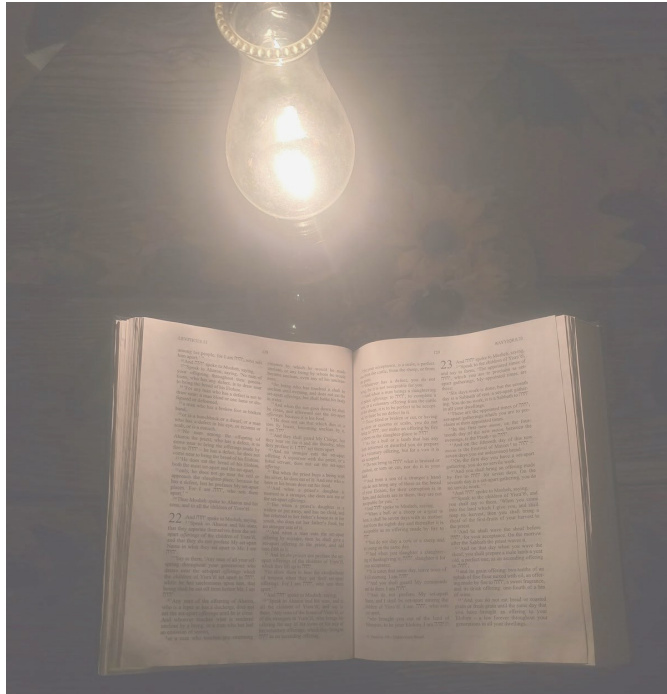
Credit: Terry Truskey

Well, imagine what a complete heart change can do if a single laughter session can make all that change? Imagine how strong and functional our bodies will be if we took Yahweh's direction and lived with the joy that He has given us. He says Himself that His joy is our strength. He recognizes and understands that life happens. We experience sorrow, stress, pain and hurt and that is when His plants can service us for the time being, but we have to fully surrender it all to Him. We have to surrender all the pain and sorrow we may have experienced in our lives and cast it all (all the burdens)

down at His feet so that we can produce more of His fruits, so we can have continual medicine flowing through our bodies, the medicine of a cheerful heart. We are full of His love, even at the moments we may feel like we are alone and unvalued. Constantly drawing near to Him, we continuously trust the truth of His Word. Thanking Him for the support through His herbs and foods that we partake in daily.

I asked you earlier if I could get personal, and I want to be vulnerable with you. This year has been a year of trials for me and my family. I

found myself stressing moment after moment. I felt unseen, unloved, uncared for as I went through trials and tribulations with the people around me. I truly felt the suffering of standing on what Yahweh's truth is. I found myself so low that, like Yahshua, the enemy took me onto



Credit: DOL Photography

the temple mount to tempt me as He did our Savior, and it was the words of our Savior that were spoken on the temple mount that allowed me to resist the devil, and not tempt Yahweh our Elohim, so that he would flee. I was a crushed spirit and everything within me was showing it: painful back, bones fragile, constantly sick, catching virus after virus, infection after infection. It took a lot for me to search after Yahweh's joy, His strength, and Yahweh blessed me even more with a craving, a craving that not only filled my stomach but increased my joy. That craving was dark chocolate; I have never been a fan of milk chocolate, but I always loved the way dark chocolate tasted, and I loved it even more when I realized just how much of a mood booster it is. Dark chocolate is made out of Cacao Beans. It was so fitting as these beans that get crushed and made into the greatest of dark choco-



(Plants for the Service of Men continued)

lates have 3 main components that work together to enhance your mood. Phenylethylamine (PEA) which is known as the “love molecule”, this compound elevates your mood and enhances the brain chemicals that are associated with motivation and achievement. Theobromine enhances cognitive functioning and alertness, which at that time I was getting no sleep, but this compound results in better decision making and the ability to think through thoughts more clearly. It also helps with MSCs increasing bone formation and density. Lastly, Epicatechin a compound that not only regulates moods through decreasing cortisol in the body, but

it also relieves anxiety and has anti-depressive effects due to it increasing the AKT levels in the brain (a protein that helps our bodies adapt to different changes in the environment around us).

The three components were a gift from Yahweh during the time where I was indeed a crushed spirit and my bones were noticeably dry. As I took pleasure in the plant that He had blessed me with and took pleasure in His Word that He had written, turning page after page to scriptures that uplifted and encouraged, I realized something indeed. Setting my heart to cheerfulness, as I embraced all the little joys around me, it did good, like a medicine. What else could I have expected? His Word never returns back to Him void.

So, if you find yourself getting overcumbered, if you notice you are more crushed in spirit than you are filled with a cheerful heart, grab some tea, eat some dark chocolate and get into His scriptures. Yahweh has given us His sacrifice through Yahshua, so that His Holy Spirit may dwell in us creating the perfect environment for joy which leads to physical and spiritual healing. Remember, *a cheerful heart makes good medicine!*

Yahweh Bless!
With much joy I write this to you!

Your sister Jona



Credit: Hadassah's Handmades

Featured Article

Disclaimer: This article is not intended for young readers. Please proceed with caution.

More Purpose Now Than Ever: A Raw Look at Menopause, The Darkness I Faced, & the Purpose I Found

What I'm about to share is raw, real, and deeply honest, a personal journey through one of the most significant seasons of change: menopause, and into a new beginning. It might be "too much information" for some, but this is real life, unfiltered and full of purpose.

It was another one of those many nights filled with beyond frustrating sleepless hours. "What is going on?" I thought as I lay there, the clock cycling through the numbers, my husband sleeping deeply and peacefully beside me. "Am I really so stressed out that I can't sleep at night?" That was the only explanation I could come up with. Many major life changes were happening simultaneously, and stress seemed like a reasonable explanation.

For about 2 years leading up to my 50th birthday, I had increasingly struggled with sleep. It started with waking up a couple of times each night, then every hour, and eventually, I found myself lying awake nearly all night. This was one of those nights. What I didn't know was that I

was fast approaching yet another completely uncharted major life change, one for which I had no frame of reference, no experience, and no preparation: the complex, messy reality of menopause.

With a mom and three older sisters, you'd think I would know something about this big shift. But until now, no one had told me anything useful. My mother and two sisters had hysterectomies before reaching menopause, and my third sister breezed through it with no issues. I believed I would sail through it too.

That very same month, when I turned 50, I missed a period, had a couple of hot flashes, and thought, "Well, that was easy!" I was totally unprepared for what was about to unfold. The hot flashes continued. Periods were missed one month, then came back with unpredictable intensity the next. My body began to feel tender. Intimacy with my husband spiked shockingly high for a moment, then plummeted to non-existent. My lady parts dried up, and intimacy became painful rather than pleasurable.

Heart palpitations began constantly and unbelievably frightening. With them came tremendous anxiety, emotional instability, and a thick, heavy fog in my head. It was all frustrating and terrifying. After a couple of months like this, I began losing



(Featured Article continued)

energy fast. At a specific point, it felt like someone pulled a plug, and all my remaining energy drained right out of me. I ended up in bed for two solid weeks, unable to function. I could barely make it to the bathroom. My stomach was sick, I couldn't eat, and I lost 14 pounds in those two weeks.

Now I was really wondering: What is going on with me? Am I about to have a heart attack? Do I have some crazy disease? Is this all from stress? Could this be menopause? There was a distinct shift in my overall sense of well-being; mind and body. It's difficult to describe and equally hard to understand if you haven't experienced it.

The couple of years around my 50th birthday were filled with major life changes: moving twice, facing an empty nest, drastically downsizing, preparing the family home for sale, transitioning to living in a bus, an intense bout of bronchitis, continuing to run my housekeeping business, my husband changing jobs, substantial involvement in transitioning my aging parents, the whole COVID ordeal, starting a master's degree program, and dealing with tremendous anxiety and uncertainty. Now, this new and challenging journey into menopause.

So how much of my struggle was

due to hormone imbalance? How much was grief from no longer being able to bear children? How much was stress from everything else? All of these were significant contributors to the overwhelming feelings I was sinking into.

My naturopath prescribed a compounded bio-identical hormone cream: estrogen, progesterone, and testosterone, customized to my needs. It's easily applied to the biceps or the backs of the knees. Using this cream, along with an extra dose of progesterone in pill form, I slowly regained my strength, resumed my activities and work, and reclaimed a bit of normalcy.

Knowing the downsides of long-term pharmaceutical use and wanting to be all-natural, I didn't want to take hormones at all (not even bio-identical ones). So after a few months of functioning mostly normally again, I began reducing the cream and eventually stopped altogether. Everything was fine for a while... until another stressful move triggered a deep and rapid descent into darkness.

Out of seemingly nowhere, I was thrown back into anxiety, heart palpitations, a sick stomach, foggy head, extreme emotions, everything I had experienced before, but this time, I crashed even harder and faster. Unable to eat, I lost another 20 pounds. I was so weak and bedridden again for



Credit: DOL Photography

weeks. Everything fell off my plate, including my studies. This crash was far more intense than the first.

With extreme heart palpitations worse than before and anxiety through the roof, I had to concentrate and really focus (on an even greater level) on just the next moment, earnestly urging myself to keep going, literally one moment at a time (even though I was back in bed doing nothing). At the same time, our family home of 10 years was being sold. I was staying alone in the staged home while it was on the market.

In this brief timeframe, an intense darkness crept over me, completely enveloping my mind and outlook. Unchecked by isolation, it really messed with my head. As my energy drained again, any hope or sense of purpose went with it. My vision became so overshadowed with despair that everything grew darker...until the darkest of moments.

Not wanting to cause trauma for anyone else, I carefully considered the best method to make my exit. I wanted it to be quick, painless, and least messy for those I left behind. It was settled. I had decided to end my life. How could I possibly live like this? I was imprisoned in my weak, failing body and the darkness of my mind. There was nothing to stay alive for...except my kids and grandkids.

This tiniest ray of light somehow miraculously pierced through the thick, dark veil of hopelessness. What kind of example would I be for

them if I followed through with self-destruction? That would directly oppose the values and principles I tried to instill in them.

The integrity of my example, for my children, their children, and generations to come, was the one thing I could find to stay alive for; in that darkest moment, staring death in the face, the power of a single decision in a single moment was unforgettably realized.

In that pivotal moment, the faintest flicker of resolve won the war. It was weak and dim, but it was just enough.



Credit: DOL Photography

Life won.

From that moment on, I was determined to live with purpose. No matter what came next, I knew I had to intentionally pursue that purpose with victory and resolve. Simply staying alive to endure and survive was not enough. My life needed to bring something of value to others. Every moment I've been blessed with since that pivotal decision is not mine alone; it is a gift from my Maker, entrusted to me to steward for His purposes.

In truth, our entire lives (mine, yours, all of ours) have always been



(Featured Article continued)

gifts, but I see that so much more clearly now. I also understand why the suicide rate for women in this age range spikes higher than at any other stage of life. The transition is real, and the darkness can be overwhelming.

Eventually, the family home sold, and I moved into our bus while my husband went to eastern Oregon to manage a farm crop for a season. I fixed up the bus to be super cute, and it became my cozy haven while I slowly recovered and resumed my school coursework. During this time, I practiced every kind of stress-reducing technique I could find on a social media platform (deep breathing, tapping, stretching, relaxation exercises, healing frequencies, vitamin B for energy, ashwagandha, CBD oil, calming essential oils, LifeWave patches) and lots of prayer. I also got back on the hormone cream and stayed on it consistently for several months.

The next time I weaned myself off the cream, I paid close attention to my energy and stress levels. Whenever I felt myself beginning to dip, even slightly, I used the compounded hormone cream again for a week or two, and that would level me out. Over the next two years, this became a dance I rehearsed with awareness and care. It has now been over three years since I last needed the cream,



and I'm doing great. I do get quite hot sometimes, but as I write this, we're in the sweltering heat of summer in the Missouri Ozarks. Summer here feels like one big hot flash for everyone!

During the worst part of my journey, I truly believed I would be stuck there for the rest of my life. I didn't realize it was a transitional season, one I was going through. That word — through — is key.

I'm so happy to report that I am now living the absolute best years of my life. Since that pivotal decision, we've been blessed to welcome so many treasures: 15 grandchildren and counting! Our 16th grandchild is due this November. I've had the great honor and privilege of spending extended time with my daughters, helping them through the births of their children. To think, I could have missed out on all of this love. These little ones are my greatest inspiration, and I am so deeply grateful for every day of life with them. My purpose is now coming to a new and exciting fruition through writing children's books with relatable storylines and profound, timeless truths. The first of many books, Mimi & P. Pie Penelope May, has come to life through the incredible talent of my dear friend and fellow Ava Missouri resident Ellie Snyder. Her beautiful,



creative illustrations make the story truly shine, and I'm thrilled to share that it is now available on Amazon.

By the end of this year, I will have six children's books available for purchase on Amazon, something I never imagined possible just a short time ago. I am deeply grateful for this season of creativity, open doors, and a renewed sense of purpose and worth. Here's what I know for sure: YOU have incredible value and purpose, too. The truth is that you are valuable, you are needed, you are loved, you are wanted, and you are uniquely designed by our loving and sovereign Creator. He has great purpose for your life.

As long as He gives us breath in our lungs, there is more for us to live out, more work to be done, more joy to experience, and more lives to affect in beautiful ways. Every day that we have a beating heart, we have a significant purpose designed by the Creator Himself. Our lives are not our own to decide when they begin or when they end. However, we do have incredible free will to choose what we do with them in between.

This is my story.

If I had just had a little bit of awareness about menopause, I wouldn't have been blindsided like I was, and I wouldn't have felt so alone. One of the many books I'm currently working on is especially close to my heart. It's not for children this time, but for women.

I'm gathering a powerful collection of real stories from women who have

navigated the many experiences of entering this new season of life. The goal? To place this wisdom into the hands of the next generation of women who are approaching this transition, offering them the gift of insight and encouragement—a "heads-up" from those who've walked the path ahead of them.

Though each journey is uniquely personal, there are so many shared threads i.e. moments of confusion, grief, laughter, growth, and grace. My heart is to remind women: you are not alone. This is a season you are going through. The chaos doesn't last forever. And the Father's purpose for your life is not over; it's just unfolding in a new way.

If you would like to share your experience going into the menopause years to be part of this book, please email me at eleypublishing@gmail.com. Together, we can share our stories with younger women so they can move into this season with awareness—and lives can be saved.

May this recounting of my journey into a new beginning encourage you to keep moving toward your new beginning.

With love and gratitude, Allison Eley
Eleypublishing.com
Allisoneley.com

Available on [Amazon](https://www.amazon.com/stores/author/B0FKQ2RFJ1?ingress=0&visitId=db72f6be-8d83-46ac-98fb-dd77732bd7b9&ccs_id=8217e0f4-bde8-4ed8-86f3-e3675337e25c).

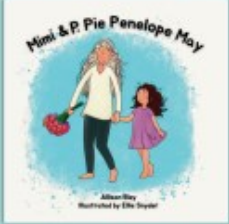
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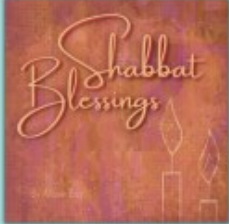


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Mimi & P. Pie Penelope May



Shabbat Blessings

Collection: Little Learners - Big Creator



Animal ABCs



Counting Fun with Fruits & Veggies



Colors of Creation



Patterns on Purpose

Sister Spotlight

Aubrey's Journey

I was around the age of 4 when I prayed and asked my Messiah into my heart. Not too long after, in 2012, our Torah journey really started for my parents. My mom started reading Exodus to my brothers and I as a bedtime story, which started the wheels turning. That was the last Christmas we celebrated. Sometime in 2013, we started keeping Sabbath and using His name.

My parents started watching the Elijah broadcast as a recommendation from my late aunt. We had al-

ready been eating clean since as long as I could remember and I was young enough that giving up the "holidays" wasn't too big of a deal. In 2014, we started keeping all of the feasts, all of which we celebrated alone. I have a key memory of celebrating our first Passover while my mom was 8 months pregnant. We found a small local fellowship group that met very irregularly. For 7 years, families filtered in and out of our group except for a small family and an older lady.

In those years I discovered for myself what my personal walk had to



Credit: Incorruptible Beauty

mean to me; that I still needed forgiveness and that I could love Yahweh just as much as someone that had had a prodigal season. In 2022, our group was so small that Mom started praying about meeting more local believers. Two months later we met Anaiah's family through a mutual friend. That Sukkot was our first time celebrating with a group. It was incredible being around so many believers! It felt like a giant family reunion with strangers. It wasn't until the next Sukkot that Anaiah and I finally broke the ice and started to grow close.

What might seem like a boring testimony, is powerful! I have always been a believer and I used to think that maybe I couldn't love Him as much as someone who had been forgiven for more, but that is not true! There is no such thing as a boring testimony. He weaves a life story unique to each of us. Your testimony is just as important to know and share as anyone else's.

Anaiah's Journey

Growing up my family and I were

Christians, our favorite holiday was Christmas and church was only when we were able to go. When I was probably around 8-10 this older gentleman in our congregation started asking questions, and that's when my dad got curious and gave what this man had to say a chance, I don't remember seeing my dad much around that age because he worked the night shift at the local lumber mill and would sleep during the day, but during this time of him searching for answers we saw him even less, he said all he ever did was read the Bible and pray, and his eyes were becoming opened.

The first large change I remember is he came home one day and told my mom to throw away all the bacon. That was a big thing for us, We were big bacon lovers at the time. Soon after that Christmas went away, we started keeping the Sabbath on Saturday and we stopped going to church. All of our friends thought we were crazy, many avoiding us at all costs including our closest friends at the time. We then started keeping feast days, I believe Hanukkah was our first big one. At least that's the one I remember. Since then our belief has grown and continues to grow.

My brothers and I never had any friends our age that believed, all of the kids in our group were babies besides us three older kids. I remember praying for many years for Yahweh to bless us with some older kids in our group, and eventually around 2021,



(Sister Spotlight continued)

my mom connected me with a couple of girls from a family she'd been talking to who lived in Georgia. We became best friends and within a couple of months I met several other girls as well, we talked all the time and still do, but I still didn't have a local girl I could be friends with, so I kept praying while also thanking Yahweh for the community He had blessed me with. Well, in 2022 I was at a farmers market with an old friend, and she told me that one of her mom's old childhood friends and her kids are going to come and visit for a bit. I thought it was cool, not thinking much about it, but then they walked up, and there was Aubrey, a girl I had seen the face of a couple times but had never really met. Later when we were driving home mama told me that Aubrey's family believed the same! I was shocked to say the least. We ended up spending that Sukkot together and it was so much fun!! This was the first time we actually had teenagers our age that believed the same and we got along, even my brothers became friends with Aubrey's older brothers!

Aubrey's and I's families spent another Sukkot together. After a full year of knowing each other Aubrey and I finally broke the ice and became friends. Over the next year, we got to know each other better and as

our friendship grew it seemed so did I. At the time of meeting them, my personal beliefs were the same as my father's. I hadn't really gathered my own thoughts on many subjects, or options on much of anything biblical. Since knowing Aubrey my opinions on Torah have grown, I've become more spiritually aware and my eyes for the first time seem truly opened. Aubrey has for sure been one of my closest and dearest friends, someone



Credit: Incorruptible Beauty

I can be myself around, and to go from the friendships before where I was scared to breath my own opinions to this, was amazing! My beliefs continue to grow, my eyes continue to open, and I'm excited to see how this next year goes.

One thing I've learned in this walk is to trust Yahweh and pray, He doesn't always answer right away, but He does hear us and in HIS time and in HIS way He will answer them, no matter how big or small your prayers are, if you trust Him, put your life into His hands He will take care of you.

Our Journey

In late April 2024, Aubrey had the random thought that someone should start a young women's magazine that could help Torah Observant girls connect. At a friend's baby shower, in May, she brought it up to

Anaiah, who loved the idea. As they started planning a long road trip to the Proclaim Music Festival in June, Aubrey realized that it would be a good place to find support and see if the idea was worth pursuing. But it didn't happen that way. We met some really nice young ladies there and started a group chat. It was about a week later that Aubrey brought up the idea to the group, but while we had positive reactions, nobody really jumped on the idea.

About a month later on July 28th it randomly got brought up again. Suddenly it went from a random "oh that would be a cool idea" to "ok, let's see if we can make it work." Aubrey googled and searched the Bible looking for a good name. Something catchy but not too cliché or cheesy. She sent a short list of names to Anaiah, who picked a couple favorites. Out of those they both agreed on *Incorruptible Beauty* from 1 Peter 3:3-4:



Credit: Michele on the Hill

Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of Elohim. (1 Peter 3:3-4, NKJV)

We designed a logo next, which in itself also took several ideas, thoughts and prayer on the matter. We wanted something feminine but roses and daisies were too common. We decided a sunflower just felt right. They are tough and confident where they stand, deeply rooted and strong against the storms, yet they have a feminine, delicate look. Delicate as in, soft, gentle and quiet spirited. Not delicate as in it could break. While it stands strong in the storm, it faces the sun, always finding the light in the dark.

From there, we explored web builders to build our website and after many frustrating evenings, the website was up. We began planning our first issue! There was seriously not even time to take a breath before diving into that part! It was all happening so fast. It was completely not in our timing. We decided on July 28th 2024 to start creating the magazine and by August 9th 2024 we had a website. We were blessed with some amazing women who agreed to write articles for us. We also posted on Facebook to ask for women's opinions of what they'd like to see. We picked



(Sister Spotlight continued)

a few of the amazing ideas to start with and before we knew it, we had a magazine.

Within five months we went from having an idea to having a full online magazine and subscribers. Then the link on our website wasn't working for a few people, so we researched and set up a whole new website as soon as we could. Since that first issue, we have seen Yahweh working through the magazine in so many ways, whether it's last minute articles that come in (in the nick of time) the perfect verse to theme an issue off of, or teaching us to slow down and trust Him through the stressful times.

Now we are working on our fourth issue, and preparing for our next four. Yahweh has shown He is in complete control. This is His magazine and we have to trust He will do with it what He wants, when He wants. He works on His own time, not ours. This magazine is complete-

ly in His hands and He never fails us, even if that means it doesn't go according to how we thought it should.

Shalom and blessings
Aubrey Ellen & Anaiah Elizabeth

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Along Life's Journey

Looking back on myself as a young bride, I see and feel the blessings of having a trustworthy husband, one committed to transparency, vulnerability, and integrity. He didn't tell me what I should have been doing or how I should act. He allowed me to grow and showed me what integrity looked like firsthand.

In the days, weeks, and months after marriage he permitted me time and space to become a woman able to love fully and to trust him, without screaming at me "TRUST ME!" He gladly showed up and fulfilled needs and expectations. Being honest and dependable, my husband helped me to gain confidence in him, myself,



and our marriage in my new role as wife and mother.

I am not saying all was peachy; we messed up countless times. There was a ton of forgiveness needed for a prideful, vain, and worldly couple. I often failed at keeping control of our finances, cooking a decent meal, being temperate, being a mother to active young children and accepting his authority and view.

I kept many things from him as well, not necessarily lying, just not telling him things he should know. While working through those issues (with louder than necessary voices and the lack of understanding/listening, plus long nights) we found that grace and a bit of patience would help us build a relationship on faith in the Messiah. It would be the key to our success.

You see, he was away from home twice as long as he was home and people constantly told him lies about me and my activities. Others (even family) told me terrible lies and things about his activities and integrity. We eventually talked about these things, deciding that we should not respond to them. We would allow our actions to speak for themselves. Through all these growing pains, my husband showed unfailing love and

faithfulness.

Thirty years later, I am more able to see Yahweh's hand in our lives as He brought us through many swift and deep waters. The blessing He bestowed upon me with a trustworthy and strong man has led me to become a child of Yah, seeking to submit to my husband. There is honor and humility in becoming the wife Yah wants for His son, my submission to him, as we love and serve Yahweh and our family daily.



My advice to you is to be open and willing to pursue Yah's purpose in your life, even if the things He directs you to do seem unnatural to you; be willing to do them. In ALL matters, please take the time and make the effort to

seek Yahweh's will for you first!

Matthew 6:33, "But seek first the reign of Elohim, and His righteousness, and all these matters shall be added to you." (ISR, 1998)

Proverbs 3:6, "Know Him in all your ways, and He makes all your paths straight." (ISR, 1998)

I look forward to reading some of your thoughts and testimonies in the coming issues of A Light in the Darkness.

Keleah Gonne

Understanding Me

The Refiner's Fire for the Deeper Fruit in Life

Trials. We all have them. It's a fact of life and no one is exempt from trials. It's not a favorite topic to discuss, but it's one of the most fruitful results that Yahweh brings forth in us. Why? Trials produce Messiah-like character in us, while – depending on the type of trial – ridding us of fleshly hindrances. The refiner's fire trial accomplishes that quite thoroughly, and none of us are exempt, but why?

There are some Messiah-like characteristics that can only be accomplished through the process of being refined by Yahweh. For me, such traits were goodness and gentleness (or meekness). When I initially began my walk with Yah, I remember reading the fruits of the Spirit in Galatians 5. I laughed to myself because I knew that I could never fully develop some of those character traits. Literally, I thought it was impossible. Plus, I was quite content never to try. Little did I know that it wasn't up to me, but up to Yahweh when and how that would happen.

Goodness & Gentleness

"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, gentleness, self-control. Against such there is no law." (Gal. 5:22-23, NKJV, now and throughout)

Goodness and gentleness, as listed

in Galatians 5:22-23, are Messiah-like qualities that are refined in our hearts by Yah Most High. Here are some brief definitions.

Goodness (G19) means just that, as a virtue or beneficence. (<https://www.blueletterbible.org/lexicon/g19/kjv/tr/0-1/>) According to Biblehub, "While other words in the group* stress intrinsic virtue, this one highlights virtue actively expressed in generosity and righteous initiative towards others." Gentleness (Strong's G4236) is just that... gentleness. Bible Hub describes gentleness as "properly, temperate, displaying the right blend of force and reserve (gentleness). 4236/p ρ aotēs ('strength in gentleness') avoids unnecessary harshness, yet without compromising or being too slow to use necessary force." (<https://biblehub.com/greek/4236.htm>) This is not something we can accomplish ourselves. Literally, it is the work of the Ruach Kodesh (Set-Apart Spirit) in us.

When I tried to cultivate them more fully in my own heart, I would often be inwardly met with tainted fleshly character, the dross hidden deep in my heart, such as selfishness (when self comes first and only). I couldn't do it on my own. Yahweh refined these characters in my heart, meaning that I have always had goodness and gentleness, but over the years,

they have been tainted (and even buried) under selfishness (among other fleshly things). At the appropriate time, when Yahweh deemed it, He worked specifically in my heart to develop the attributes of goodness and gentleness. How did that happen? Through the refinement, similar to the refining of silver.

Malachi 3:2-3

“But who can endure the day of His coming? And who can stand when He appears? For He is like a refiner’s fire ... He will sit as a refiner and a purifier of silver; He will purify the sons of Levi, And purge them as gold and silver, That they may offer to Yahweh an offering in righteousness.” (Mal. 3:2-3)

Malachi 3:2 presents to us the refiner’s fire that is clarified in verse 3. That refiner’s (Strong’s H6884) fire (H784) is the intense burning of impurities to purge and bring forth a high quality of purity. The verb “refined” (H6884) means “to smelt, refine, test.” (<https://www.blueletterbible.org/lexicon/h6884/nkjv/wlc/0-1/>)

Malachi 3:3 further describes Yahweh sitting as a refiner and purifier of silver. To sit (H3427) involves the idea of “to dwell, remain, sit, abide” and even goes as far as “to marry ... to be inhabited.” (<https://www.blueletterbible.org/lexicon/h3427/nkjv/wlc/0-1/>) He is inti-

mately involved in the process from the moment the silver is prepared to be refined to the moment it becomes completely purified. Yahweh doesn’t leave for a moment, for any reason until the arduous task is complete. Purified? Yes, purified (H2891) as in “to be clean, be pure.” The purity carries only innocence. (<https://www.blueletterbible.org/lexicon/h2891/nkjv/wlc/0-1/>)

He will also purge them as silver is purged (H2212), meaning Yahweh will “purify, distill, strain, refine” as if to filter them through the process that these men become like Yahweh, righteous in a very pure sense. (<https://www.blueletterbible.org/lexicon/h2212/nkjv/wlc/0-1/>) This refinement is the process that Yahweh uses for each of us as He prepares and purifies us like silver.



Credit: SS 2024

Modern Process of Refining Silver in Heat

“The words of Yahweh are pure words, Like silver tried in a furnace of earth, Purified seven times.” (Psalm 12:6)

Being refined like silver is a word picture that can bring vivid images. Do you know how the modern process works?

Silver arrives at the refinery still attached to other items, from which it must be removed. It’s weighed, tabulated, then combined with a flux (looks like dirty sand). There are im-



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purities in the silver and these must be removed through heat. It must be contained in this process; a crucible accomplishes this, since it can withstand the heat more than the contents of silver and the impurities. In a sense, the crucible protects the silver while it allows the refining to occur. The silver enters the next phase; it is already divided and ready to be put in the crucible.

Special metal tongs are used to place the crucible into a melting furnace. Heat transforms metal and flux into a liquid hot material. This can take up to 30-45 minutes. The crucible is taken out of the furnace with the tongs. The molten material is poured into a mold, usually shaped like a brick or inverted cone. The flux does its job at this point by fusing with the impurities and forms a slag (or dross) that is lighter than the silver, floating to the top. The silver naturally sinks and forms a button.

That process is repeated until the entire lot of silver is transformed into button-sized pieces.

The next step is to repeat the melting and cooling process into grains (similar to the size of BBs) to speed up the process. The grains are then put into a mantle and an acid solution is added to dissolve the metals into liquid form. Once the silver is fully dissolved, it undergoes more processes with other substances that continue to extract

the exact silver. Pure silver is the final result. (<https://www.youtube.com/watch?v=5Y4qqCeyQ88>.)

The Similarities in Our Lives

“Behold, I have refined you, but not as silver, I have tested you in the furnace of affliction.” (Isa. 48:10)

There are times in our lives when we are ready to be fully refined in our character. Yahweh knows our hearts and when we are ready for this. His desire is to develop characteristics in us, like goodness (G19, uprightness of heart and life) and gentleness (G4236, meekness). Before He does the carefully monitored deep work of that, Yahweh has already separated in us other fruits of the Spirit, ones that we can actively participate in. The deeper work of goodness and gentleness requires a stripping in our hearts, removing the opposing fleshly traits, such as selfishness. We are not always aware of the extent of our



Credit: SS Clip Art

own selfishness. (I know I wasn't; I thought that was me, who I was, something never meant to change.) Yahweh mixes into our lives elements that will attach themselves to the impurities of fleshly nature in us as He prepares to burn them out of our lives, in a spiritual sense. He has weighed our hearts to see how much we possess. This will affect how extensive our purification will be in the heat of our trials.

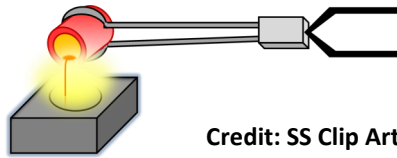


The Crucible in Our Lives

"The refining pot is for silver and the furnace for gold, But Yahweh tests the hearts." (Prov. 17:3)

The furnace He chooses usually involves circumstances that we can not get away from. It may involve health issues, relationship matters, or living standards. These become the crucible in which we experience the purification. Yahweh knows what will be most effective. These circumstances will be used to refine us while simultaneously used to protect us from greater risks as the pressure and heat increases. These details are not known to us as we enter into the next phase of our heart refining. We may notice some tests and trials, but we have no idea that we are being transferred to the furnace of our refinement.

While we feel we have been catapulted into our greatest challenges yet, Yahweh has carefully placed us into the furnace of trials. We may not notice it right away or perhaps we felt it immediately. Either way, Yahweh used carefully calculated steps to place us there. He doesn't "walk away" while we go through the process of refinement in our hearts. Instead, He stays close, making sure that the dross in our lives is burning away with us remaining intact. The intensity of the trials transform us and we are brought down to a low state, as if our lives have melted right before us. It almost seems that we face the most basic areas of life: breath, health, ac-



Credit: SS Clip Art

ceptance, shelter, basic provision. We may question why life has thrown us into this whirlwind of trouble. Also, we may be examining our lives and hearts to see why we are being punished (from our view point). All the while, it feels like Yahweh is silent to us. We cannot hear Him or sense His presence. What is going on?

The Dross in Our Hearts

"I will turn My hand against you, And thoroughly purge away your dross, And take away all your alloy." (Isaiah 1:25)

Yahweh purposely adds elements in our lives to bring to the surface of our awareness the fleshly tendencies (dross) that have dominated us most of our lives. To us, these ways are normal, maybe even what makes us who we are. From Yahweh's viewpoint, they are not a part of us, but layers of selfishness that we may not realize were never to be a part of our lives. The elements He adds are similar to the flux added to the impure silver.

The flux in our lives fuses with the fleshly character. Sometimes it's very apparent to us as we become aware of selfishness (dross) in our hearts; other times, we question why we are losing things that we have known to be a part of us all of our lives. We lose them as they float out of our lives and beyond our grasp. This is also difficult for us as we grapple with losing fleshly habits that we



(Understanding Me continued)

have accepted for most of our lives as normal.

The Final Part of the Refining

"The refining pot is for silver and the furnace for gold, And a man is valued by what others say of him." (Prov. 27:21)

As the first heated trial comes to a close, Yahweh carefully lifts us out of the flames and pours us into the mold that He has formed for us. It is a new way of life for us, an adjustment. The selfishness continues to float to the top while the pure qualities that Yahweh has refined remain at the bottom. We learn to operate without that level of selfishness. He pulls us out of the mold and the pure characteristics remain deep in our hearts.

Yahweh repeats the process as many times as He sees needful. Each time we undergo the fiery trial in our lives, Yahweh works deep in our hearts in the areas that are much needed to separate and purify goodness and gentleness. These characteristics were a part of us from the very start, but they were scattered, even lost in the dross that tainted our hearts. We may experience repeated fiery trials in our lives as Yahweh continues to cultivate and refine goodness and gentleness (or other deep characteristics) in us.

I remember feeling different, too. Something changed in me. There was a mildness in me that I never knew existed. No longer easily irritated, I

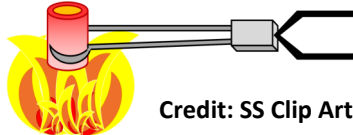
found myself gentle with everyone. Things didn't seem to bother me as much. I felt calm inside while the world uncontrollably spun around me. This wasn't me, was it? Taking a deep breath, I slowly ventured into my days, carefully observing my new reactions. There was no thought process on how to handle things, I just knew (that I knew, that I really knew) that being gentle and having a pure heart of goodness in everything I do would be my new way of life. It felt natural.

A Moment of Respite, But for How Long?

"For you, O Elohim, have tested us; You have refined us as silver is refined." (Psalm 66:10)

Finally! A moment of respite! Yahweh took me out of the crucible of my heart's refinement. I felt relieved, though I wasn't sure for how long this moment of shalom would last. It took a while for me to adjust to the new characteristics that resounded in my heart naturally. The refining was so deep that it would take an additional 9-12 months for me to really stand back and be amazed at all the changes Yahweh had done in my heart (and without my help!). There was no other way to develop the qualities of goodness and gentleness/meekness in my heart, even I knew that.

In hindsight, I began to piece together Yahweh's refining in my heart.





It took time for me to recognize that He never left my side. Yah was always there, silently, but intently watching for His reflection in my life. As soon as He saw it, He took me out of the scorching furnace of affliction. There was no need to continue in it. Yahweh successfully developed the Messiah-like character that I initially thought impossible to cultivate in my heart.

Conclusion

Yahweh never expects us to complete this profound work ourselves, though. To undergo the refining pot for silver is not a choice that we make voluntarily. It is a decision when Yahweh knows we are ready for the intense purging that He has for us. Only He knows when we are able to endure the endless days and nights of severe testing and trials. We may cry, beg, and plead for relief, but Yahweh (who sees the bigger picture for us) knows that this is part of the process, and a necessary one at that. The fierce force that appears to be ripping us apart is doing a much more important work. We are being brought down to a depth of ourselves that will be pure in heart.

S. Jenkins

(*Note: The “group” is the “New Testament family [of terms] that describes moral excellence and beneficent action” – not the list of the fruits of the Spirit.)

The Master's Reflection

Before the silversmith can begin,
He must dig me from the pit I was in.
He picked me up, He cleaned me off,
And now prepares me
to burn off my dross.
Heavy my burden, deep-laden with
sin,
He prepares the fire,
soon my cupellation will begin.
The crucible is His hand,
In which I'm placed, safe,
cupped in His hand.
Through the refiner's fire,
again and again, I'm passed.
The dross of my sin to the surface
surely does rise,
So the Maker can clean it
from His fair prize.
Into this cup, the Master does see,
Seeking a reflection of Him,
and not me.
Perfecting His work that He's
done in me,
Preparing me now for the Bride to be.
One day He will speak loudly,
Before the whole world to see.
He will say, “This is My people!”
And we will say,
“Yes, this is YHWH, my Elohim!”

(Fred Clark III, 2025)



Domestic Violence Column

WARNING: Please proceed with caution for young readers.

It has been reported that *1 in 4 women* and *1 in 7 men* have experienced physical violence by an intimate partner. While we can examine the alarming statistics of domestic violence with countless variables, I believe our efforts are better spent elsewhere.

Col. 3:16–20, “Let the Word of Messiah dwell in you richly, teaching and admonishing one another in all wisdom, singing with pleasure in your hearts to the Master in Psalms and songs of praise and spiritual songs. And whatever you do in word or deed, do all in the Name of the Master יהושע, giving thanks to Elohim the Father through Him. Wives, subject yourselves to your own husbands, as is proper in the Master. Husbands, love your wives and do not be bitter toward them. Children, obey your parents in all, for this is well-pleasing to the Master. Fathers, do not provoke your children, lest they become discouraged.” (ISR,

1998)

This scripture brings hope and assurance to families who follow Yah’s righteous commands. However, in households where the lust of the flesh and the pride of life are entertained, these scriptures are often twisted to fit the narrative of those in abusive patterns.

Abuse is mistreatment or harm inflicted on another. It is driven by pride, lack of self-control, selfishness, greed, and other sinful indulgences. Returning abuse for abuse is neither healthy nor scriptural. Let’s

look to Yah’s Word to define several methods of abuse as described in scripture:

1. Physical Violence

- *Direct physical attacks:* Striking another person or causing bodily harm (Acts 16:19–24).
- *Threats of violence:* Using intimidation to create fear and control, even without actual physical harm (Ephesians 6:9).

2. Sexual Mistreatment

- *Sexual abuse:* Including rape (Deuteronomy 22:25–27), unwanted



Credit: Georgia Boston

touching (Genesis 39:12), and sexual harassment or suggestive speech (Ephes. 5:3–4).

- *Using intoxication* to facilitate sexual misconduct (Gen. 19:33, 25).

3. Verbal and Emotional Abuse

- *Reviling and speaking evil*: Slandering, insulting, or degrading speech (1 Peter 2:23; James 4:11).
- *Hurtful words*: Reckless, harsh, or cutting language (Proverbs 12:18; 15:1).
- *Manipulation and control*: Gaslighting (Malachi 2:17), blame-shifting, threats (Psalm 73:8), isolation, and minimizing the victim's experience.
- *Using leverage*: Withholding affection or threatening harm to children or loved ones; turning children against another parent.
- *Unwholesome talk*: Speech that tears down, contrary to Yah's call for gracious communication (Eph. 4:29, 31).

4. Misuse of Authority

- *Oppression*: Exercising power to control or dominate (Gen. 16:6; Deut. 7:8).
- *Financial abuse*: Using money or needs to manipulate or control, oppress, punish (Prov. 22:16).
- *Spiritual abuse*: Using scripture, authority, or rituals to control, devalue, or harm—contrary to the servant leadership modeled by Yahshua (Matthew 23:4; Luke 2-3).

5. Other Forms of Mistreatment

- *Persecution*: Enduring mistreat-

ment/violence because of one's faith (Matt. 5:45; Luke 6:22, 27–28).

- *Betrayal, deception, infidelity, and disloyalty* within the home (Mal. 2:16–17; Prov. 11:29).

Recognize

- Abusing others is a sin against Yah, not only the person(s) suffering. (Mal. 2:16–17; Psalm 11:5).
- Sin separates us from Yah (Psalm 10:4–11; Isaiah 59:1–2).
- Our fight is not with flesh and blood, but with spiritual forces and principalities (Ephes. 6:11–17; 1 Peter 5:8; 2 Corinthians 10:3–4; Revelation 12:7–9).
- It is our duty and joy to be our brother's keeper (Matt. 18:15; James 5:19–20; Galatians 6:1–9).
- While in a situation, perspective is skewed by many factors. Not the least of which is: feelings, short sightedness, past experiences, children, shame, overzealous, etc.

What Do You Do?

1. Perspective – Pray – Rebuke.

Look for Yah's perspective. Take stock of what's happening from Yahshua's perspective—as if He were the one being harmed. See the bigger picture. Determine what is wrong through prayer and fasting. Pray incessantly for the abusive person, from a distance if needed, and with laying on of hands when possible. Rebuke the adversary in all ways Yah shows you. This is an act of love. We all fall short and should be ready to help a brother up. Seek counseling

(1 in 7, 1 in 4 continued)

from faithful elders, teachers, or ministries (together if possible, and definitely individually) make every effort to live peacefully and walk humbly with one another (Matt. 7:16; 18:15-17; Hebrews 4:13; Romans 3:20).

2. Prepare – Pray – Appeal.

Enjoy the peaceful moments. Talk with trustworthy brothers and sisters. Ask them to pray for you and those involved. Ask about assistance if needed. Appeal to Yah for deliverance—for yourself and the abusive person. Continue counseling. Trust Yah when He brings help, praying for discernment with a positive and open mind. Take help when He sends it. Yah is sufficient. Avoid saying “I can’t” or using negative speech—your words hold power. Work on enjoying peaceful times and creating good memories, especially when children are involved (Prov. 15:22; 11:14; Psalm 55:22-23).

3. Leave – Pray – Search.

Take heart in Yahweh. After making every effort to redeem the abusive person, distance yourself from willful sinners who refuse to repent (2 Thesalonians 3:6, 14-15). Be prudent in safety—this is often the most dangerous time. Go where Yah sends help. Search for those that will hold to the will of the Father. Counseling is essential for wise decisions. We are not promised that Yah will follow our plans—it may not be your ideal com-

fort. Trust that Yah sees the end from the beginning. You will be in His presence if you follow His leading. Address any physical injuries and needs immediately (Matt. 10:13-14, 23; 1 Samuel 25; Romans 16:17; 2 Timothy 3:1-5).

4. Expose – Pray – Release.

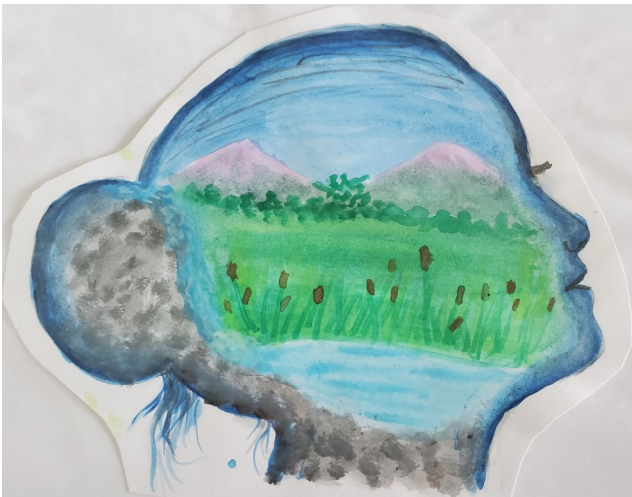
His mercies are new every morning. Expose the sin to trusted and faithful people. Silence in these matters allows the adversary power where he has been allowed to reign by the abusive one. (Eph. 5:11-13). Truth sets us all free (John 8:31-36). Often, the abuser is also looking for a way out. Counseling is needed for perspective, healing, accountability, and emotional release. Free yourself from the bondage of hiding the truth—you may begin the deliverance of a loved one (Prov. 28:13; Psalm 32:3-5).

5. Take Responsibility.

Pray – Study – There Is joy in mercy. Now that you are safe, take a breath and praise Yah. Begin to study diligently and ask Him to show you what your part in all of this is—or was. Take responsibility for your role, repent, and make amends where needed. This step can be uncomfortable and is often misunderstood as “victim shaming.” In reality, we are human and make mistakes. In any conflict, all parties carry some portion of responsibility. Show mercy to yourself, as well as to others involved (2 Cor. 5:10; 2 Timothy 2:15).

6. Repent – Pray – Heal.

Find joy in your mourning. Repent for your missteps as revealed through study, prayer, and the counsel of righteous individuals. This frees you to begin forgiving freely and healing from trauma. Look to the Father, His Word, and His people. Healing is an ongoing—and often life-long—process. Surround yourself with uplifting work and people who love you. Each hurdle you overcome brings more light and freedom. Choose one thing each day or week to be joyful about during this journey. *(Romans 12:2; Colossians 3:13)*



Credit: Psalm 115:1*

7. Reconcile – Pray – Rejoice – Study.

Grow in favor with Yah. Reconcile as much as possible, when possible, and when it is healthy. The hope is that those who have been perpetrators have come to repentance and are walking a journey to be reconciled to our Father. Watch for good fruit as evidence of a changed heart. Pray for them continually. Continue to study and grow in favor with Yah.

Come to a place of peace and hope, rejoicing in all things—for all good things come from Yah.

Seek Him continually as you navigate life and its challenges. He alone is your hiding place. Not all people are meant to have access to your life, but pursue peace with diligence and with all people. Love from a distance if necessary. *(Psalm 23:3; John 10:7)*

Turn your experience into purpose as Yah guides you. *“For we are His workmanship, created in Messiah יהושע unto good works, which Elohim prepared beforehand that we should walk in them.”* (Eph. 2:10)

There is joy in fulfilling Yah’s purpose for you.

Keleah Gonne

Kindness: Being Kind to Yourself - Giving Yourself Grace

Shalom sisters.

What is the first thing you think about when someone says, “be kind?” or “be nice?” If you are like me, it is almost an immediate thought of how you relate to others; am I being Messiah like in my interactions with my sisters, my husband, my children? What about in my drive home. Did I honk at someone, did I cut someone off, or while I was at the grocery store, was I impatient or did I say something that wasn’t nice to the person in front of me?

While all those things are absolute-

*Artist prefers to use Scripture reference as credit.

(1 in 7, 1 in 4 continued)

ly things that we should be aware of and that if we are seeing those areas in our life that need refining, we should take it to Yahweh in prayer, and begin, with Yahweh's help to refine those areas in our lives.

The kindness that I would like to talk about is the kindness that we give or show to ourselves. Are we taking the time to find out what that even means? Do you even know what that means?

I can only speak for myself, and this has been and is still something that I struggle with every day. It doesn't come naturally to me, and If I am honest, it never really has. I have always been a person who took care of others, even before I was married. I have worked in many "care" positions, and I have always had a love for helping others, and my work showed it.

Self-Care

It wasn't until about 6 months or so ago, that I started to have conversations with two dear sisters (in faith) in which they would ask me questions like "What did you do for yourself today?" or "What does your self-care look like?" These were not questions that I knew how to answer. In my mind, I'm thinking, *Self-care? I don't even know what that is...Do*

something for myself, I mean, I got out of bed, I ate something, I drank water...? Sounds to me like those fit.

I quickly concluded that, yes, all those things were important, but I also concluded that I didn't have any clue, at all, what self-care was, nor did I have any idea of how I could implement it. I did know that the idea

sounded lovely, but that was about it. After all, I am a wife, a homeschooling mom to 4 children (2 of which have a special need), when was I possibly going to find time for this self-care stuff? I thought to myself, *between 12:00 and 12:01. That's when.*

It took probably another month or so, and through therapy and

conversations with the same sisters, that I started to put some of the puzzle pieces together about this self-care stuff. I started to learn a little more about why it was important, and I even started to brainstorm ways that I could start to implement it, for myself.

This was the first time, in a very long time, that I was putting thought into what "I" needed...into what "I" liked...things that I could do for me, that benefitted me...Yes, these things would ultimately benefit my family, but they benefitted me first. I was trying to figure out me, first.



Credit: Digital Artwork by A.M.

I decided that I was going to wake up an extra hour earlier (6 a.m.), than everyone else. I decided that I was going to try this. I had been given a book from a sister to read, and I decided that I was going to use this time to start reading this book.

So that is what I did, I set my alarm, woke up early, sat in my recliner, and read. The house was quiet...too quiet, at first....

After about 3 days, I came to the realization that I really like this. This self-care stuff...this quiet time, to do whatever I wanted, to read my book, or to do nothing at all. This was for me. This was what being kind to myself looked like. Then it hit me like a ton of bricks, sisters!

Mom Guilt...

Oh, it was REAL.

It was really REAL!

It made me feel terrible! How dare I think about myself when my children needed this or that? How dare I think about myself when there is laundry to be done, or dishes to be washed, or (insert almost anything here).

So, what did I do? I went back to my normal routine, of taking care of everyone else, but me. This lasted about another 3 days, (we were going through a hectic period with therapies and such with 2 kids) and I was really feeling the emotional and physical toll that everything was taking on me.

Through therapy, I expressed my concerns and talked about the mom guilt that I was feeling, and I was

shocked (I don't know why) to hear that other moms felt this too, and that it was something that I could get over...it was real, and I wasn't alone. That made me feel better.

I decided that I was going to continue my self-care, so I did. That was almost 6 months ago. My self-care may change from day to day, and that is okay too.

I am still learning, and growing through this, but I can tell you that it has made a difference in my life, in my mood, in the way I handle things with my children, my husband and just about all aspects of my life.

I FEEL better, therefore, I AM better.

Dear sisters, I hope that this has inspired you to start your own self-care journey, whatever that may look like for you.

I hope that this has inspired you to...be *kind*...to yourself.

Melissa Paris



Credit: Terry Truskey



Recipes

Blueberry Pumpkin Muffins

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup quick-cooking oats
- $\frac{2}{3}$ cup white sugar
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup canned pumpkin
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup unsalted butter, melted
- 1 egg
- $\frac{3}{4}$ cup fresh blueberries or frozen blueberries, thawed

Directions:

1. Preheat the oven to 400 degrees F (200 degrees C). Grease and flour a 12-cup muffin tin or line cups with paper liners.
2. Whisk flour, oats, sugar, baking powder, salt, cinnamon, and nutmeg together in a bowl until evenly blended. Combine pumpkin, milk, butter, and egg in a separate bowl; gradually stir in flour mixture just until moistened. Fold in blueberries. Spoon batter into the prepared muffin cups, filling each to the top.
3. Bake in preheated oven until tops spring back when lightly pressed, about 20 minutes.

Pumpkin Pie Bars

- 1 (15.25 ounce) package yellow cake mix
- $\frac{1}{2}$ cup melted butter
- 3 eggs
- 3 cups pumpkin pie filling
- $\frac{2}{3}$ cup milk
- $\frac{1}{4}$ cup white sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ cup butter

Directions:

1. Preheat oven to 350 degrees F (190 degrees C). Grease the bottom of a 9x13 inch pan.
2. Pour one cup of yellow cake mix into a medium size mixing bowl; set aside.
3. Combine remaining cake mix, $\frac{1}{2}$ cup melted butter and 1 egg; mix well. Press into the baking pan.
4. Combine pumpkin pie filling, 2 eggs and milk in a medium size mixing bowl; mix until smooth. Pour evenly over the crust in the 9x13 inch pan.
5. Pour the sugar and cinnamon into the mixing bowl containing the 1 cup of yellow cake mix. Cut in the butter until the mixture looks crumbly. Sprinkle this mixture over the pumpkin filling.
6. Bake for 45 to 50 minutes or until a knife inserted into the bars come out clean. Let cool before slicing.

Susan's Encouragement Corner

Hello my beautiful sisters.

It's time for us to meet again this coming fall season. The Feast of Tabernacles (Sukkot) is right around the corner. For me, it is such an exciting time of year (even better than Christmas ever was). I'm so very blessed to know Father's true feasts and seasons. It's the best gift I have ever received. I also want to take a minute and thank Yah, first, and then my fantastic Daughters of Light (DOL) team because without them, none of this would be possible. They're hard workers, bringing this magazine together and us sisters closer; it is just amazing. Being a small part of this endeavor is a blessing and a privilege beyond words for me.

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, trustworthiness, gentleness, self-control. Against such there is no Torah." (Galatians 5:22-23, TS2009, now and throughout)

As you can see, this issue is based on the fruits of the Spirit. In this article, I am speaking about peace. This subject goes way deeper than it would seem on the surface, mostly because most do not think on the spiritual side of peace. Let's get that tea, coffee, or hot cocoa going as we



Credit: Susan Freeman

curl up in our favorite chair, put our feet up and dive in.

How do we keep peace in our lives with all the things going on around us: home, kids, work, all the things that are going on in the world? Peace has nothing to do with what is currently going on around you, but where you place your hope and trust. We will always face dif-

ficult circumstances. We will always have things that are out of our control. What matters is whose hands we are putting all those things in, whose hands we are giving the control to.

"REJOICE in יהוה always, yeah again I say REJOICE!" (Philippians 4:4, emphasis added) This verse was written by Paul while in prison facing horrible circumstances, but this is his response to the situation. Rejoice! I say rejoice! Philippians 4:6 says "Do not worry at all, but in every matter, by prayer and petition, with thanksgiving, let your requests be made known to Elohim." Philippians 4:7, "And the peace of Elohim, which surpasses all understanding, shall guard your hearts and minds through Messiah יהושע." This is how we bring peace into our lives. We have to turn everything: our lives, our growth, our pains, and worrying over to Yah. Is this always easy? Of

(Susan's Encouragement Corner continued)

course not. It is a growth process, something we will have to probably try over and over again, but, Father is always there. Realizing that is a big part of the battle to keep our peace. We still have to do our best to try to be the best we can be, though. This is a cooperative effort, and I believe that Yah honors us trying our very best every day, leaning on Him to help make the very best outcomes. When we do our best, we can put it in His hands and give our worries over to Him, knowing (most certainly) that He will be there for us. Be thankful for the fruit that comes out of the things when we let go and let Yah.

“For the rest, brothers, whatever is true, whatever is noble, whatever is righteous, whatever is clean, whatever is lovely, whatever is of good report, if there is any uprightness and if there is any praise – think on these.” (Philippians 4:8)

Let the peace of Yah into your heart because we know who He is and how limited we are. Peace isn't just a feeling, it is a fruit that grows and is cultivated by staying close to Yah. Isaiah 26:3 confirms, “The one steadfast of mind You guard in perfect peace, for he trusts in You.”

There are some things we should

ask ourselves:

- What is currently *stealing my peace? Is it anxiety, conflict, fear?*
- Do I believe Yah is truly in control of my circumstances?
- Have I made peace with others or is there someone I need to forgive or speak with?
- Have I made time to rest and be still in Your presence?

Peace is not just the absence of conflict, it includes inner peace, which is a deep abiding surge of calm from trusting Yah, even in our most difficult situations. This inner peace is often tied to the Hebrew concept of shalom, meaning wholeness, completeness and well-being. Peace with Yah is a result of being justified by faith, as put in Romans 5:1, “Therefore, having been declared right by belief, we have peace with Elohim through our Master יהושע Messiah.”

Learn how to cultivate peace by spending time in prayer and Scripture. Trust Yah's sovereignty in difficult situations. Learn to live in harmony, being a peacemaker and fostering reconciliation, rather than division. What is said in Matthew 5:9? “Blessed are the peacemakers, because they shall be called sons of Elohim.”

Here are some suggestions to cultivate peace in your life:



Credit: DOL Photography



Credit: Terry Truskey

- Choose ways to practice peace in your daily life by taking minutes of silence and stillness.
- Reconcile with someone or pray for them.
- Speak gently where you would normally react harshly.
- Turn off your phone and enjoy Yah's creation all around you.
- Write down three things you're grateful for.

This fruit (and all the fruits) come from inside us when we give our lives to Yah and let Him transform our inner being. Only then can Yah work through us. It is not only what we can do for others, but to truly change; to get the kind of peace only He can give.

"Peace I leave with you – My peace I give to you. I do not give to you as the world gives. Do not let your heart be troubled, neither let it be afraid." (John 14:27)

Only then can we give this to others by our actions. We get our peace from the Holy Spirit, which lets us know that Yah is in control, no mat-

ter what the situation looks like. When we try to find peace on our own, we usually end up more anxious and more worried than we were in the first place. That's why it's only the peace that is given through the Holy Spirit. It's so powerful that it is the only way of attaining *peace*. *One way of doing this is by starting your day with prayer. Thank Yah for giving you another day, no matter what the day brings. He is always with you. You can start your day with peace that only comes from Him.*

Will there be bumps in the road? Of course there will be; life is not always smooth sailing. (Okay, a lot of life is not smooth at all.) We as believers of "the way"... "His way" have a huge advantage over those who don't know our "Dad." Maybe the way we act in diversity can even help bring others to Yah, when they see how we handle those bumps in the road. They may want to know how we can keep our peace, even in difficult situations.

We all have a lot to deal with every day, home issues, children issues, and health issues; just turning on the television and hearing what is going on in the world can stress anyone out. We need to realize that *peace is outside of our circumstances*. It has nothing to do with what is currently taking place with our lives. Ultimately, it's where you place your hope, where you place your faith, and where you place your trust. There will always be difficult things, always things out of our control. Again, it goes to teach us who we are putting



(Susan's Encouragement Corner continued)

our faith in. Who are we giving our control over to? We have to put them in Yah's hands. We do our due diligence and work as hard as we can to deal with these situations and then not stress about it because we have turned it over to Yah and we will be thankful of whatever he gives us. The fruit comes out of very hard work. He

says it is a peace beyond all understanding that will guard our hearts (Phil. 4:7).

I love you, my beautiful and faithful sisters. Until we meet again, I will pray for your *shalom and the peace that only Yah can give.*

S. Freeman

Creative Corner

Fruit of the Spirit

This list is from Gal. 5:22-23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, trustworthiness, gentleness, self-control. Against such there is no Torah." (ISR)

Love: A selfless, sacrificial love that reflects Yahweh's unconditional love for us. Love that extends to all, regardless of their actions.

Joy: A deep, inner contentment and gladness that is not dependent on circumstances. A joy that can be present even in the midst of suffering.

Peace: A sense of inner tranquility and harmonious relationships, with Elohim and others. A peace that surpasses all understanding, offering a sense of security and wholeness.

Patience (also known as forbearance/longsuffering): The ability to endure suffering, provocation, or difficulties with a calm and composed spirit. A virtue that reflects Yahweh's patience with us.



Credit: Jamie Graham

Kindness/Generosity: A compassionate and generous attitude towards others, characterized by acts



A Light In The Darkness

of service and support. A tangible expression of love and care.

Goodness: Moral uprightness that reflects Yahweh's righteousness. A commitment to doing what is right and just in all matters.

Faithfulness/Trustworthiness: Being dependable, reliable, and true to one's word and commitments. A steadfastness in relationships and a commitment of Yah's will in all things.

Gentleness/Meekness: A meekness and humility that allows Yahweh to work



Credit: Angela Koehn

in and through us. A gentle spirit that is not harsh nor abrasive.

Self-control/Modesty: The ability to restrain one's desires and impulses, living in moderation and discipline. A sign of maturity and spiritual growth.

Keleah Gonne



YAHWEH becomes Man

Credit: Echo Valera

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<https://www.facebook.com/share/g/14MBNgtTw9/>



Sisters Helping Sisters

שְׂמֵאלוֹן!



Credit: Melissa Paris

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

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

SUKKOT SISTERS

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



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

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

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

Prayer Requests

Please keep in your prayers:

Those involved in vehicle accidents, for the recovery of their injuries and the support of families who lost loved ones.

Those with health challenges, that they may have the strength for each day; that they continue to draw on Yahweh's unlimited resources.

Those who are silently struggling that they may gain the courage to take the next step closer to Yahweh who will direct and guide them.

Those who face struggles and hardships, that Yahweh would make provision for them and reveal to them His plan for their lives.

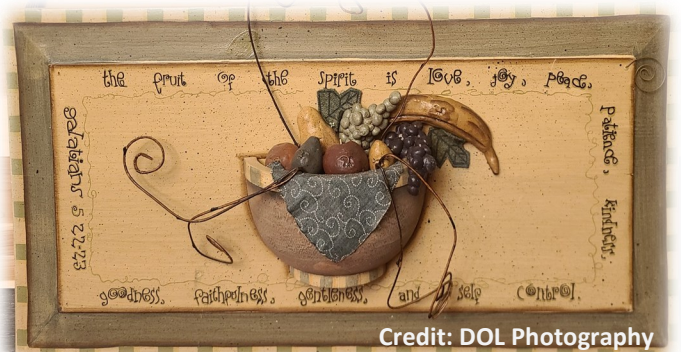
The widows and orphans, that Yahweh would continuously send messengers to encourage them and make provision for their needs.

The urgent requests that pop up daily, for it only takes a moment to pray to Yah for those involved.

Our sisters (and brothers) across the world who are suffering at the hands of their persecutors, that they may stand strong, be delivered and know that Yah hears their prayers.

Those in leadership positions, that Yahweh guides their every step and choice that they may glorify Him and go in the way of righteousness.

Those who struggle with emotional pain and past hurts, that they may learn to forgive and find true freedom in their hearts, that they may trust Yahweh to bring His judgment to pass in His timing.



Credit: DOL Photography

Praise Reports

Dear sisters, before Passover 2025, I was working on myself and one morning on a weekday I awoke to "fitting" in bed. I closed my eyes and started praying to Yah for the fitting to stop saying I don't want to have a fit and asking for his protection. I kept praying until it stopped. I drift-

ed off to sleep and woke up an hour later and it had stopped. I got out of bed and got ready for work and worked late to make up for the time I missed in the morning.

This happened again on 16.5.25 [05/16/2025], but not at home but in holiday accommodation. I was



(Praise Reports continued)

with my mum and it was our last day of our holiday and I needed to check out of the accommodation early to catch a coach home. Praise Yah he made sure I was fit to travel and was able to give me strength to do everything before we checked out!

Last June 24, I had 2 fits without warning and collapsed on the bathroom floor. My breathing was bad. Mum called the ambulance men. Before they came, I had sustained injuries to my forehead and rib cage with bumps on forehead. They disappeared before the ambulance men came. Praise Yah!

Before 2016, I had stopped attending church and the last time since I had entered a church was when I was a child.

In 2016, I had shingles and a bacterial infection on top of my scalp, half of my face and in my ears. I looked horrible and it was very contagious and nobody visited me. It got me down. I was at my lowest and in complete despair and also had extreme nerve pain and my scabs were bleeding. Despite all my efforts with treatment nothing would stop the intense itchiness and pain and I began crying a lot for help. The next day, I got a calling

and was led to attend a church local to me down the road and went and entered for spiritual healing. 3 months later the shingles disappeared. This was the start of my spiritual journey/relationship with Yah. 6 months later I got baptised and grew from a baby in faith. He also showed me that it was time to leave there and follow the truth in 2019.

During my early walk with Yah, I had developed an ovarian cyst and when the operation was due, the surgeon found nothing. Praise Yah!

In 2021, I had triple positive breast cancer and had several biopsies in left breast during covid lockdown and went through surgery alone as wasn't allowed visitors. It was 11mm in size. All through treatment I didn't suffer any side effects. He protected me and gave me the strength to overcome everything. To this day I have regular mammograms but am clear. Praise Yah!

These are just a few of my experiences where He has helped me overcome and grown my faith to trust in Him as my loving Father. Ask and it shall be given and He will never forsake you but protect you. I hope this encourages you all.

Love and blessings,
Sister Michelle,
East Sussex,
UK

Credit: Michelle C.





Kids' Corner

Welcome to Kids' Corner!

This space is just for kids.

In this section I try to keep things fun. My kiddos love to do Bible puzzles, mazes, and such. I hope that your kids will enjoy these activities as well.

(Answers are found at <https://eliyah.com/light/alitd-kids-corner/>)

From my home to yours,
Shalom, shalom.

Melissa

Fill in the Blank

1. O sing _____ Yahweh a new _____: sing unto Yahweh,
all the _____. Psalm 96: _____ (KJV on this page)
2. Let us _____ before His _____ thanksgiving, and
make a _____ noise unto Him with psalms. Psalm 9__ : 2
3. Trust in Yahweh with all _____ heart; and lean _____
unto thine own _____. Proverbs 3: _____



(Kids' Corner continued)

Bible Word Search

Books of the Old Testament

R	H	A	G	G	A	I	G	J	O	N	A	H	E	I	S	A	I	A	H
E	C	C	L	E	S	I	A	S	T	E	S	A	U	H	S	O	J	F	H
S	E	G	D	U	J	E	W	E	S	T	H	E	R	S	G	N	I	K	O
T	B	N	O	M	O	L	O	S	F	O	G	N	O	S	M	B	Y	C	S
A	M	O	S	L	O	Z	Y	M	O	N	O	R	E	T	U	E	D	O	E
W	K	K	K	E	K	R	V	O	Y	H	T	U	R	H	A	Q	B	R	A
K	U	B	Y	U	P	F	K	I	B	L	Q	V	D	A	N	I	E	L	A
L	K	O	C	M	S	S	K	H	I	A	E	V	E	W	I	F	O	M	Z
A	K	J	L	A	E	A	H	J	K	K	D	V	P	X	W	I	K	Y	N
M	A	K	S	S	L	M	A	P	U	C	D	I	I	F	O	C	I	M	Q
E	B	I	B	C	C	U	I	P	D	H	V	L	A	T	Z	D	F	C	S
N	A	N	R	J	I	E	R	H	H	G	A	O	U	H	I	C	U	I	Z
T	H	J	E	E	N	L	A	A	A	J	X	M	N	F	H	C	S	S	N
A	M	S	V	R	O	I	H	I	C	O	K	N	A	T	V	E	U	K	A
T	L	M	O	E	R	S	C	M	I	E	A	U	T	L	N	C	C	S	H
I	T	L	R	M	H	W	E	E	M	L	R	M	Q	E	A	J	M	C	U
O	K	A	P	I	C	E	Z	H	I	X	Z	B	G	F	I	C	E	I	M
N	E	S	H	A	F	E	I	E	B	N	E	E	Z	V	L	X	H	E	M
S	M	P	S	H	G	Y	H	N	H	V	V	R	Q	U	A	G	H	I	Y
W	N	H	A	I	N	A	H	P	E	Z	S	S	E	Z	E	K	I	E	L

AMOS
CHRONICLES
DANIEL
DEUTERONOMY
ECCLESIASTES
ESTHER
EXODUS
EZEKIEL
EZRA
GENESIS
HABAKKUK
HAGGAI
HOSEA

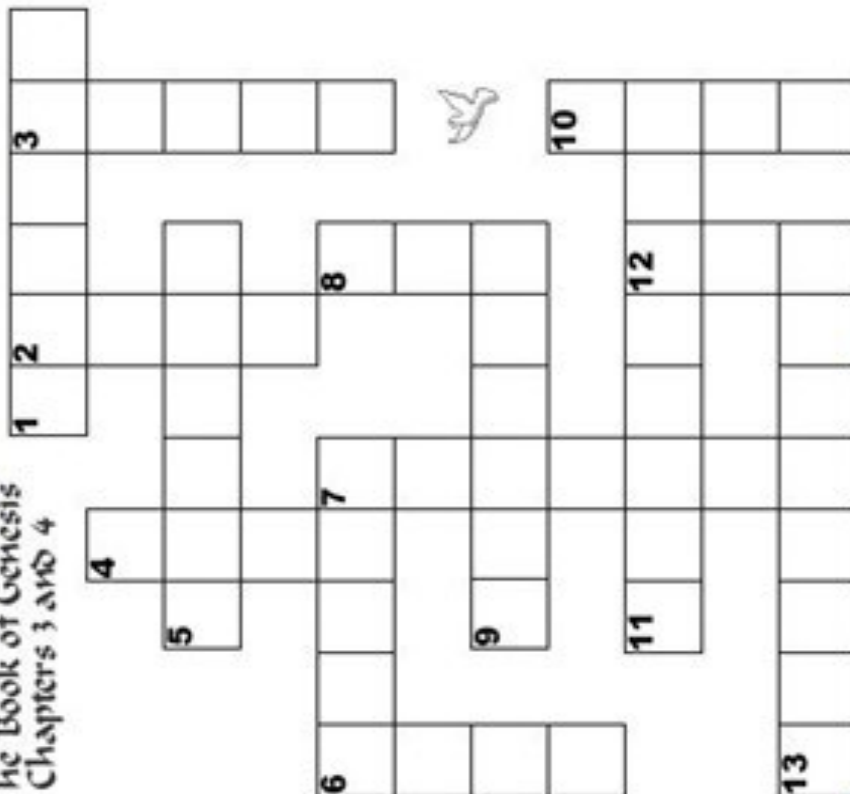
ISAIAH
JEREMIAH
JOB
JOEL
JONAH
JOSHUA
JUDGES
KINGS
LAMENTATIONS
LEVITICUS
MALACHI
MICAH
NAHUM

NEHEMIAH
NUMBERS
OBADIAH
PROVERBS
PSALMS
RUTH
SAMUEL
SAMUEL
SONG OF SOLOMON
ZECHARIAH
ZEPHANIAH



Crossword Puzzle

The Book of Genesis
Chapters 3 and 4



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more puzzles at <http://biblewordgames.com>

Down

- (2) Adam's second son
- (3) Cain's first son (Gen.4:17)
- (4) Adam's first son
- (6) Adam's third son
- (7) What creature tempted Eve
- (8) Cain lived in this land
- (10) First man
- (12) First woman

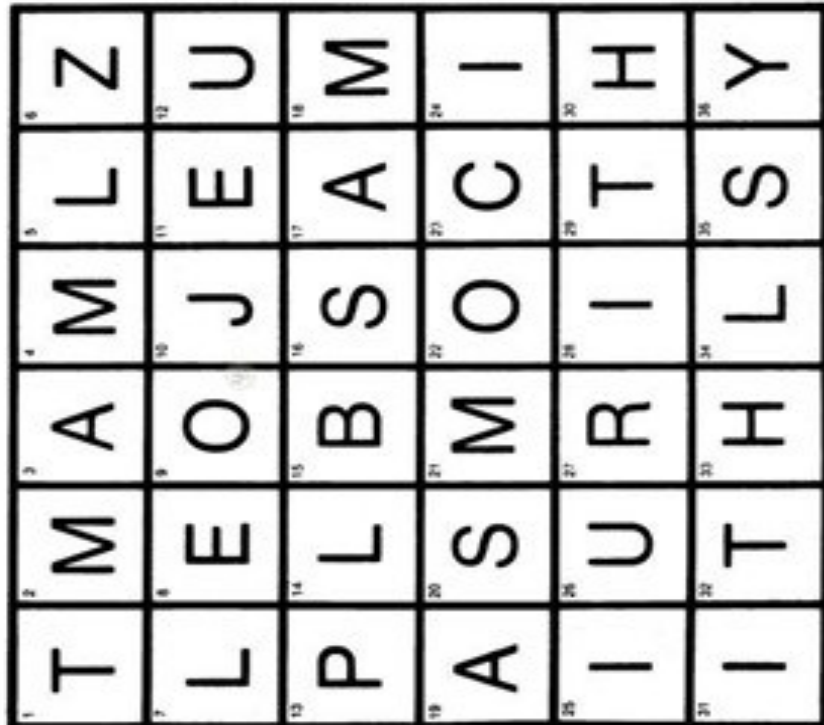
Across

- (1) Cain's occupation (Gen.4:2)
- (5) The ____ of Eden
- (6) Adam and Eve's first clothes(Gen.3:21)
- (9) Because of sin the ground was ____ (Gen.3:17)
- (11) Abel's occupation (Gen.4:2)
- (13) Cain became a ____ and a vagabond (Gen.4:12)

BIBLE BOOK NAME-O-GRAM

Find the following ten books of the Bible in the anagram below. You may use each letter as many times as you wish. Each letter you use must touch the square of the letter you choose before it. Put the numbers of the squares which spell out the name in the blanks after each name.

JAMES _____ AMOS _____
JOEL _____ RUTH _____
PSALMS _____ TIMOTHY _____
TITUS _____ JOB _____
SAMUEL _____ ACTS _____



From the Editor

Disclaimer: Suggestive material may not be suitable for young or pure readers.

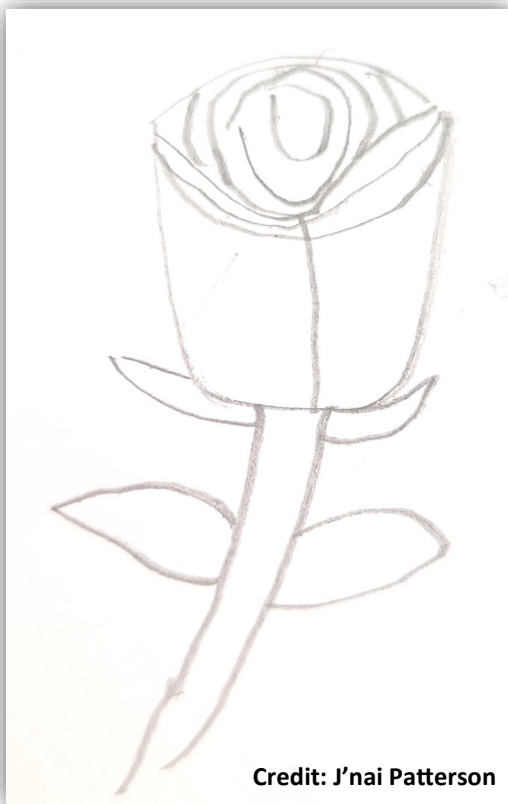
Oof! ... The words 'self-control' used to make my skin crawl. The very mention of the possibility – the imagination of what it would take to put my flesh at bay...those words plagued me. Hearing those words was a constant reminder of something I wasn't in control of. For my situation, the lack of self-control involved a sin that leads to death. For our pure and young readers, I am going to be vague – on some things you'll have to read between the lines.

My indulgence was that of a physical nature. I sowed to my flesh on a regular and rather disgusting basis. As a child this act was forced upon me and when I reached adulthood and found pleasure in it—oh dear. That was all it took. I found momentary pleasure in sharing my body and that's not how it should be. I wasn't taught anything growing up, much less how to be a lady, how valuable my body is, or how inappropriate

my behavior was. *Mothers, you've got to know just how important it is to protect your little girls and teach them what is proper and what is not.* That goes for outfits, behavior, language (seductive and flirtatious) and the way they are to carry themselves. I wasn't taught the importance of anything. We were created to be pure and not behave like wild Indians (heathens)... like I was guilty of.

During the time I started to mature and develop the fruit of the Spirit, self-control was the one fruit I could not get a handle on. It wasn't a lack of desire or effort, either. The rest of the fruit came easier – that patience bit, I still dance with it from time to time, but impatience wasn't exactly what I'd call a stumbling block for me. As I think back, patience has certainly developed over time in me. I was an impatient person and dealt with it by doing everything that needed done myself. I didn't have to wait on anyone that way, you see.

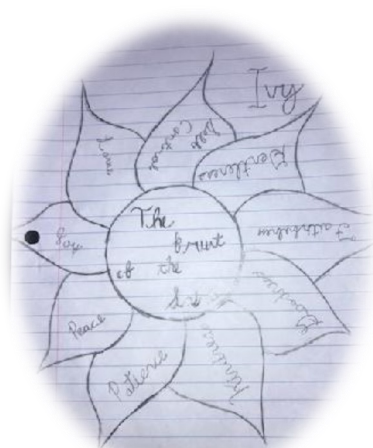
For decades, I desired to be free from the bondage of this particular sin. It wasn't until I met a very dear friend at Sukkot a few years ago. Somehow on a drive back from



Credit: J'nai Patterson

Phoenix she and I entered into a very long and intimate conversation about this subject, something she had already overcome. She was so point blank and matter-of-fact with me and so loving and understanding having been there herself. She captivated my focus on pleasing the Father and doing so with my body. It truly was something! (for me). For the first time in all my life, I believed I could be free from this. Before, I wasn't strong enough. I couldn't resist, couldn't say no. Only part of me wanted to be free... the other part – not so much. For others, sure. They could overcome it. Me? Nope... I was wrong! Yah delivered me completely and for real!

I desired to honor Yahweh with my body, but time and time again I gave in to my flesh. It seemed, at times, that self-control was a laughable matter. I believe I had help from the opposite side in the spiritual realm. Suitors were always nearby and plentiful. The thoughts and activity consumed my mind. The woman I am now knows to cast those



Credit: Akiyah Ivy

thoughts and imaginations aside. I've struggled with that imagination more writing this past week than I had the past year. It must be so frustrating to the enemy to

know he lost this battle. (chuckle)

One conversation got me to re-focus and get it together. I

stopped almost instantly. It did take Yah inter-



Credit: Digital Artwork by A.M.

vening to remove a suitor from my life, but He did it quickly. On my own power and my own merit, I was not able to succumb to obedience – not in this area anyway. It's a constant reminder to me now, that He really does hear us, He really does love us. He's patient and not pushy. He won't change us, we have to initiate the change. Oh, I wish He would have just transformed my mind and made me a pure and righteous woman years ago. The fact that He didn't and still didn't leave my side, shows me just how much He really loves us and truly will not leave us nor forsake us. (Heb 13:5 NKJV) It would have made sense for Yah to leave me behind. I was sinful. I was guilty.

Over the past few years I have learned that I'm not alone in this struggle. Some of you ladies may struggle with something entirely different. Yah knows our hearts desires. He's attuned to our cries. Today I encourage you if you are struggling with sin in the area of self control to reach out and find help. I don't have all the answers but, I am certainly willing to help.

Love, Vanessa



Directory

Adrian O'Brien C.P.M.

(419) 612-6779

(Texts welcome)

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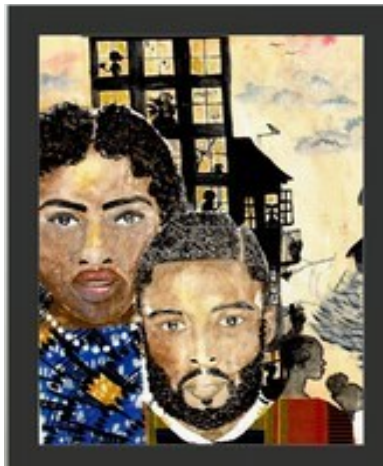
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Here's this week's Sabbath school lesson!



link in the comments below

Shabbat Shalom!

Sabbath school for???

☒ Children

☒ Adults

☒ Whole family

[FB](#)

(www.facebook.com/TrainedUpInTorah)

Kaleigh Abernathy
trainedupintorah@gmail.com

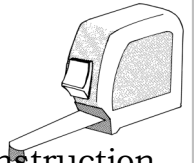
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Torah

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Luke Baker
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Dilki Shanika Swasey

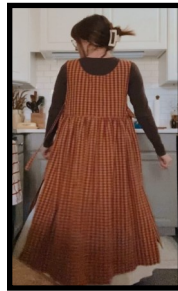
Eden Earth Creations

(I am a seamstress.)

[Instagram](#)

(www.instagram.com/edenearthcreations)

[FB](#) (www.facebook.com/profile.php?id=100091126533366)



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A Light In The Darkness

(Business Directory continued)



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Jordan Rousseau

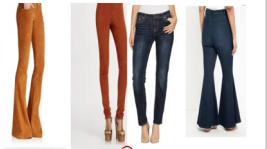
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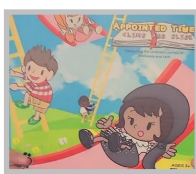
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Your Business Name

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Small picture.

Email: daughtersof-
light@eliyah.com

photo

Lisa Smythe (520) 508-7963

digitalmarketingmamabear@gmail.com

[FB](https://facebook.com/lisathemomathome/) (https://facebook.com/lisathemomathome/)

[TikTok](#): (@the_simple_faithful_life)

Moms, learn simplified monetization of videos & products that sell. I'm a homeschooling mom. My main desire is to raise kingdom children. (I didn't want to sacrifice them to the school system to earn a necessary income for our family.) I started out many years ago in network marketing, but after so many years in multiple companies and so much competition in the industry, I decided to shift to digital marketing.



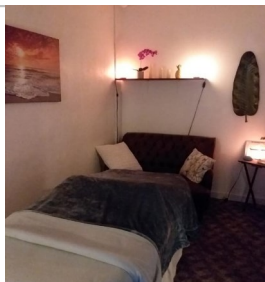
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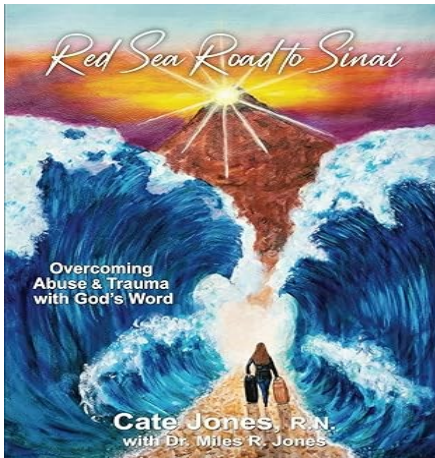
*(https://patreon.com/myhomesteadeducation)





A Light In The Darkness

(Business Directory continued)



Cate Jones shares a profound testimony of abuse, trauma, & [Yah's] deliverance from illness, mental anguish, & worthlessness. Join Cate & witness the miracles. Order your copy now. [Available on Amazon.](#)

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Yah's Words on Wood

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(423) 535-0796
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Your Business Name

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Email: daughtersoflight@eliyah.com

your photo

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1 Peter 3:3-4

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ARTIST? ILLUSTRATOR? PHOTOGRAPHER?

Inquire/submit to **daughtersoflight@eliyah.com**

Submission deadline for

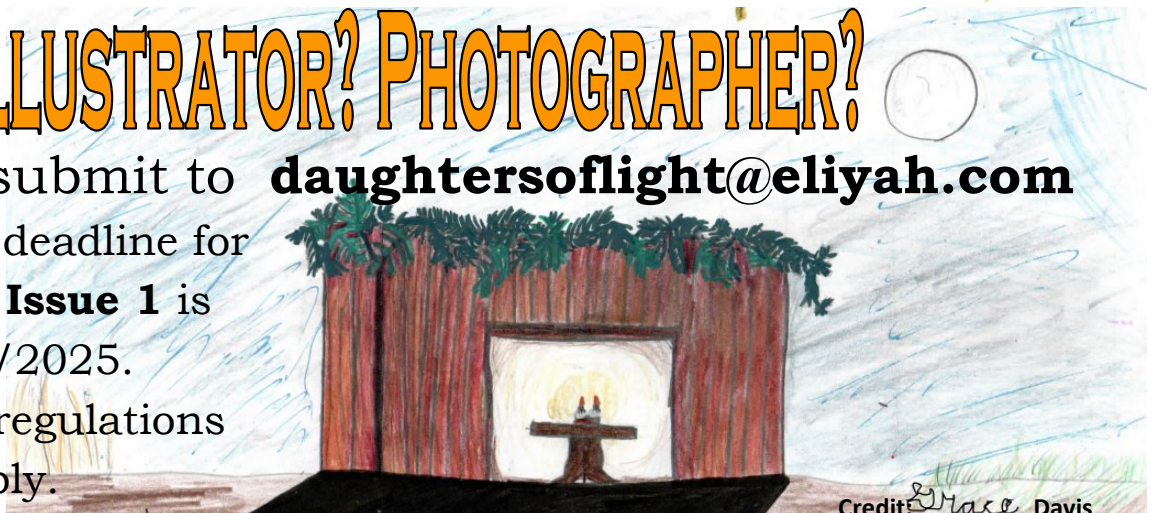
Volume 3 Issue 1 is

11/14/2025.

Rules and regulations
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Go to <https://eliyah.com/light/rules-and-regulations-for-artists/>

Let us help you grow your business. Contact daughtersoflight@eliyah.com.



Credit: Grace Davis

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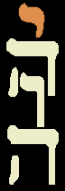
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Comfrey plant, p.11, [https://
www.oakhillhomestead.com/2016/0
4/why-you-should-grow-
comfrey.html](https://www.oakhillhomestead.com/2016/04/why-you-should-grow-comfrey.html)

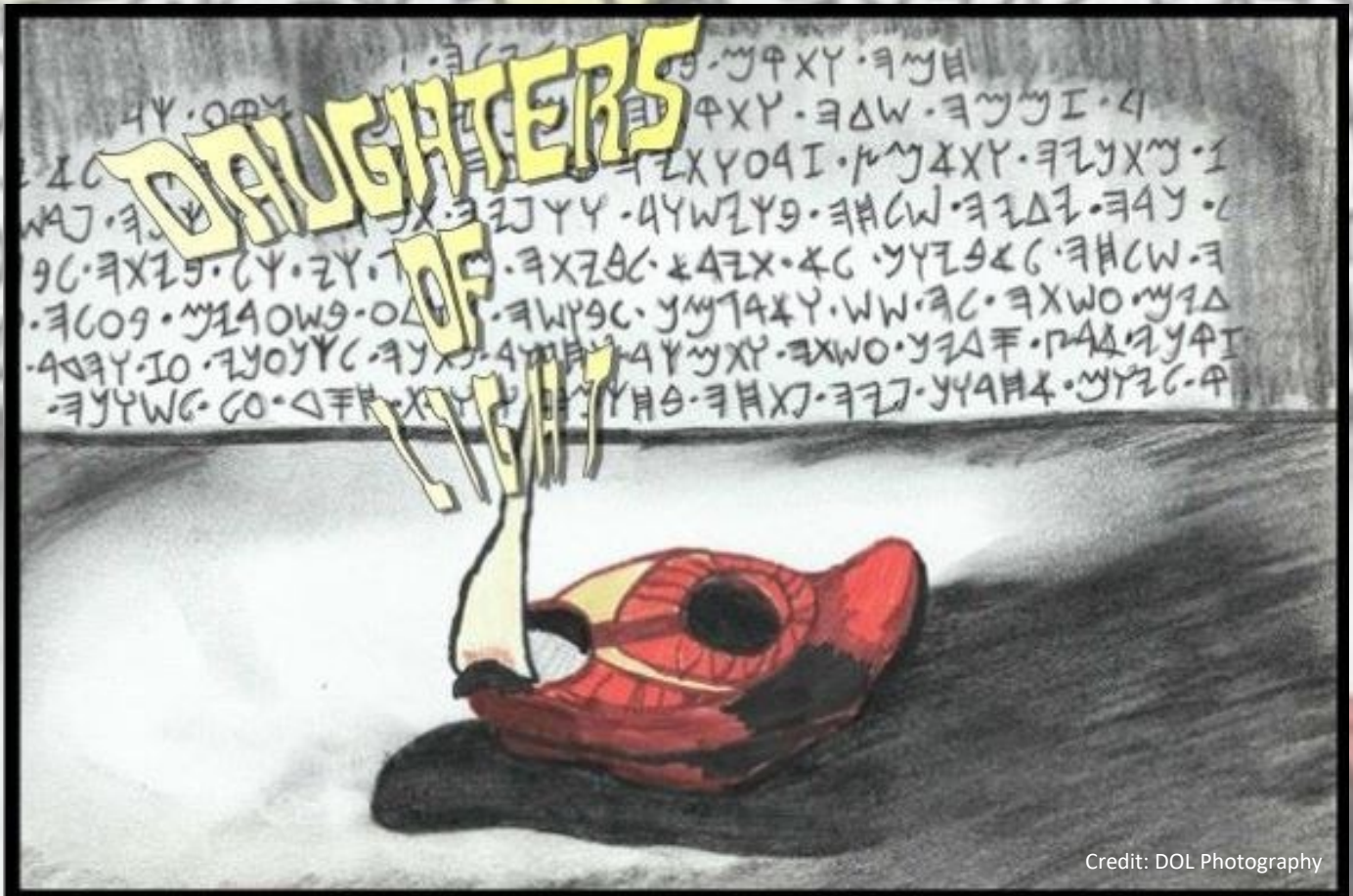
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pos=2&psq=comfre&ss=e&v=1.0](https://www.chagrinvalleysoapandsalve.com/collections/organic-comfrey-root?pos=2&psq=comfre&ss=e&v=1.0)



A Light In The Darkness

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Credit: DOL Photography

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

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