



MARCH



NOW THE GOD OF PATIENCE AND CONSOLATION GRANT YOU TO BE LIKEMINDED ONE TOWARD ANOTHER ACCORDING TO MESSIAH YESHUA: ROMANS 15:5

A MERRY HEART DOTH GOOD LIKE MEDICINE...

What is Spring's favorite appetizer?

A bloomin' onion!

What is a flower's favorite kind of pickle?

A daffo-dill.

Why couldn't the flower ride a bike?

It lost its petals.

UPCOMING EVENTS

2026
Moedim
Spring

Pesach (Passover)
05/01/26
Chag Hamatzot (Unleavened Bread)
05/02/26 - 05/08/26
Yom Habikkurim (First Fruits)
05/03/26
Shavuot (Pentecost)
06/21/26

Fall

Yom Teruah (Trumpets)
10/11/26
Yom Kippur (Atonement)
10/19/26 - 10/20/26
Sukkot (Tabernacles)
10/25/26 - 10/31/26
Shemini Atzeret (8th Great Day)
11/01/26

Dates to request off work: 05/02 (UB), 05/08 (UB), 06/21 (Pentecost), 10/11 (Trumpets), 10/19 (Yom Kippur) - 10/20 (Sunset) (Atonement), 10/25 (Sukkot), 11/01 (8th Day)
All feast days begin at sunrise except Yom Kippur.



Photo Amber Rogers

SPRING IS BACK!!!

I'm excited! Can you tell? Spring has always been one of my favorite seasons. Probably in part because my birthday is in spring. But mostly it is for the evidences of new life all around us! Trees become green again, flowers start to bloom, baby animals are born. On and on it goes. Evidence of Yah keeping His promise that "While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease." (Genesis 8:22)

In a world that is ever changing it is comforting to know that our God never changes, and every year after a long, cold winter we will see spring again.

If you have an article, photo, ad, or help wanted you would like to post in the newsletter, please contact

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Yah's Medicine Cabinet



Springtime Medicinals

by Kate Coffelt

The first wild plants of spring are often the ones bursting with nutrients to aid in revving things up after a season of dormancy. Early wild flowers offer nectar to the first pollinators, and many of those green shoots and wee flowers offer our bodies the 'wake up' nutrients we need for a reboot. Below is a partial list of wild plants we'd be wise to recognize and value. (Realizing a plant's value after the harvest window means waiting another year! Wah!)

In the last issue, springtime plants mentioned had to do with using as food. This time, the focus is medicinal value of springtime plants. Most have multiple layers of synergistic effects toward good health. I will just mention the primary medicinal purpose I've come to associate with each plant.

(Disclaimer: I am not an expert in wild edibles or medicinals... I am learning along with the rest of you the incredible things YAH has done in creation. I am sharing my individual understanding of cautions and/or benefits. Please take what is written below as opinion only, and do your own research to properly identify, process, and ingest any part of wild plants. There are both great benefits and dangers in the field.)

P.S. If you are pregnant, nursing, or beset with serious health conditions, research all the more carefully with those factors as part of the search.)

To make medicine or a nutritional supplement for internal use, tinctures using vodka and/or teas work great and can usually be made with fresh or dried plants. (Honey, vinegar, or glycerin can also be used as an extracting/preserving solvent; though I don't know the safety specifics.)

To make a topical medicine, dried plant matter warmed in oil to extract plant compounds is a great option. (See below for oil-extracting how-to thoughts.)

Below are a few wild plants to search out this spring for their medicinal qualities...

Roots: During growing season, the energy and nutrients of the plant flow from the roots up through the plant stem to supply leaves and blossoms. That said, in some plants **the root can be the most potent storehouse** of chemical compounds... especially when caught at peak time. That early-spring window is often ideal; when the root holds the storehouse of everything needed to assist sprouts in bursting forth. Following are a few plants known for roots worth celebrating...

Dandelion and Yellow Dock roots are said to be powerful **liver support** and **blood purifiers**.

Purple coneflower and black-eyed Susan roots make great **immunity intervention** (see Feb 2026 article).

Beets are the root bulb of a wild plant so prized it's now cultivated and touted as a treatment for **high blood pressure**. Seeds can be sowed outside right now (it likes the cold) and considered easy to grow.



NOTE: MOST ROOTS CAN BE PREPARED AS FOOD, BUT TINCTURES ARE A GREAT WAY TO PRESERVE PLANT COMPOUNDS AS MEDICINE. SIMPLY DIG UP THE ROOTS (LEAVE SOME FOR THE GROWING SEASON), SCRUB CLEAN, TRIM ANYTHING SUB-PAR, SLICE INTO SMALLER CHUNKS TO INCREASE SURFACE AREA, THEN ALLOW TO SIT IN 100 PROOF VODKA. (MY SYSTEM HAS EVOLVED TO WHERE I LET WOODY PLANT MATTER SUCH AS ROOTS SIT IN VODKA MUCH LONGER THAN EASILY-PENETRATED AERIAL PARTS OF A PLANT. AS LONG AS PLANT MATTER IS FULLY SUBMERGED IN VODKA IT WILL REMAIN 'PRESERVED' AND THE TINCTURE CAN STILL BE USED IN THE MEANWHILE BY STRAINING A BIT AT A TIME.)

CLEAVERS: MY FIRST SPRING IN EASTERN TN I ENCOUNTERED CLEAVERS... GROWING IN BATCHES ALL OVER MY YARD. WHAT ARE THESE!?? LOL! IT IS SUCH A FUN, UNIQUE PLANT! BY THE SECOND SPRING I HAD DONE MY RESEARCH AND WAS READY TO TAKE ADVANTAGE OF THEIR ARRIVAL, BECAUSE THEY ARE WELL-KNOWN FOR BEING **EXCELLENT MOVERS FOR THE LYMPH SYSTEM** AND A GREAT CANDIDATE FOR TINCTURING. SIMPLY CUT THEM AT THE BASE AND LEAVE THE ROOTS FOR NEXT YEAR'S BATCH.

HENBIT: MODERN DAY HUMANS HAVE DECIDED THE CHICKENS NEED TO SHARE THIS PRETTY LITTLE YARD CREEPER. IT IS SAID TO HAVE THE INTERNAL EFFECT OF REVING THINGS UP FOR OVERALL HEALTH, BUT IN MY CABINET IT IS LABELED TO **REDUCE FEVER** (AND THERE'S BEEN SOME TESTIMONY WITHIN THE FELLOWSHIP THAT IT WORKS). HENBIT IS SAID TO REV THE BODY TO INDUCE SWEATING, WHICH WORKS TO SUPPORT THE BODY'S NEED TO RELEASE TOXINS AND NATURALLY COOL THE BODY, RATHER THAN WORKING AGAINST THE PROCESS OF A FEVER AS OTC 'REMEDIES' DO.

PLANTAIN: WELL KNOWN FOR IT'S **TOPICAL SKIN-SOOTHING PROPERTIES**, PLANTAIN LEAVES ARE BEST CHEWED UP (BY THE INDIVIDUAL OR THEIR MOM ;)) AND IMMEDIATELY PLACED ON A **STING OR PAINFUL ROUGH PATCH** SO THE JUICES ARE IN DIRECT CONTACT WITH THE PROBLEM AREA. IF YOU'VE NEVER TRIED IT- IT WORKS! THAT SAID, PLANTAIN LEAVES CAN ALSO BE FULLY DRIED AND THEN INFUSED INTO A CARRIER OIL SUCH AS COCONUT OIL TO KEEP IN THE MEDICINE CABINET. (FROM INFUSED OIL IT CAN BE MADE INTO A SALVE... BUT I NEVER GET THAT FAR.)

MAKING A MEDICINAL OIL: (KATE'S METHOD-FOR WHAT IT'S WORTH) WHAT I'VE FOUND TO BE SIMPLEST (AND PERSONALLY CONSIDER MORE EFFECTIVE THAN OFT-MENTIONED WINDOWSWILL METHOD) IS TO COMBINE DRIED HERBS AND CHOSEN CARRIER OIL IN A STURDY, WIDE-MOUTH GLASS JAR AND HEAT LOW ON STOVETOP FOR MANY HOURS; STIRRING NOW AND AGAIN. THE JAR SHOULD BE RAISED ON SOME TYPE OF RACK SO IT'S NOT DIRECTLY TOUCHING POT BOTTOM (A TRIO OF MASON JAR RINGS CAN WORK). WATER SHOULD COME HIGH ON JAR AND BE VERY, VERY WARM TO HOT WITHOUT SIMMERING. LONG HOURS WITHIN A SINGLE DAY HAS ALWAYS PRODUCED A GOOD RESULT FOR ME. STRAIN (I USE CHEESECLOTH IN A BIG FUNNEL) INTO STORAGE JAR.

A DOWNSIDE OF USING DRIED PLANT MATERIAL (WHICH IS NEEDED TO PREVENT PREMATURE SPOILAGE IN OILS) IS THAT, UNLIKE TINCTURES OR FRESH TEAS USING FRESH-CUT PLANTS, THE DRIED PLANT MATTER THROUGH EVAPORATION HAS LOST THOSE COMPOUNDS FOR WHICH WATER WAS THE SOLVENT IN THE PLANT. BUT, STILL LOTS OF GOOD STUFF IN THERE! A REAL UPSIDE TO USING DRIED PLANT MATERIAL IS THAT ALMOST ANY DRIED PLANT MATERIAL CAN BE ORDERED ONLINE! THERE ARE WONDERFUL WEBSITES WHERE HIGH-QUALITY (OFTEN ORGANIC) WILD-CRAFTED HERBS ARE OFFERED AT REASONABLE PRICES. FROM THERE YOU CAN USE AS TEA, FOR OIL INFUSIONS, AND EVEN TINCTURES AFTER ADJUSTING THE PLANT/MENSTRUUM RATIO.

AND THAT'S NOT EVEN MENTIONING PURPLE DEAD NETTLE, CLOVER, VIOLETS, HONEYSUCKLE BLOSSOM, ETC., ETC. BE SURE TO FIND AN ARTICLE THAT INCLUDES GREAT PICTURES OF THE NATURAL MEDICINALS GROWING IN YOUR AREA, AND ALWAYS PAUSE AND RESEARCH BEFORE YOU PULL THAT 'WEED'!



Photo
by Tracy

THOSE WHO SOW IN
TEARS SHALL REAP WITH
SHOUTS OF JOY!
PSALMS 126:5





**“Therefore comfort
each other and
edify one another, just as you
also are doing.”
I Thessalonians 5:11**



Proverbs 31 Women

Spring Cleaning Checklist



GENERAL HOUSEHOLD

- CLEAN ALL BASEBOARDS
- WASH WINDOWS
- DUST CEILINGS AND LIGHTS
- VACUUM, SWEEP, AND MOP
- WASH OR WIPE DOWN WALLS
- CHANGE SMOKE DETECTOR BATTERIES

KITCHEN

- DISPOSE OF EXPIRED FOOD ITEMS
- EMPTY ALL CABINETS AND CLEAN INTERIOR
- WIPE DOWN CABINET DOORS
- WASH INSIDE OF MICROWAVE
- DEGREASE STOVE TOP & VENT HOOD
- CLEAN OVEN
- CLEAN INSIDE OF DISHWASHER
- DUST TOP OF REFRIGERATOR
- WIPE DOWN ALL COUNTERTOPS
- SCRUB SINK
- TIGHTEN ANY LOOSE KNOBS OR HANDLES

LAUNDRY ROOM

- DEEP CLEAN WASHER & DRYER
- WIPE DOWN THE WALLS
- CLEAN DRYER LINT TRAP
- CLEAN UNDER & BEHIND WASHER & DRYER
- CLEAN IRONS & STEAMERS
- VACUUM & SWEEP THE FLOOR

BATHROOMS

- SCRUB TOILET INSIDE & OUT
- SCRUB & DISINFECT SINK
- CLEAN BATHTUB/SHOWER
- WIPE DOWN BASEBOARDS
- SCRUB FLOORING
- CLEAN OUT TOWEL CLOSET

BEDROOMS

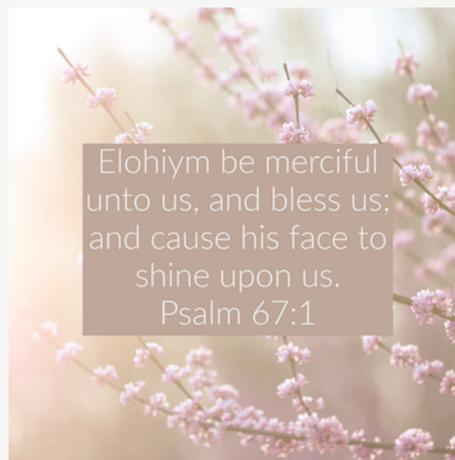
- DUST ALL FURNITURE
- DUST LIGHTS & CEILING FANS
- WASH WINDOWS
- CLEAN OUT NIGHTSTAND TABLES
- VACUUM UNDER BED
- GO THROUGH CLOTHING
- VACUUM OR WASH CURTAINS
- CLEAN BASEBOARDS
- VACUUM/MOP FLOORS

TOY ROOM

- PICK UP & ORGANIZE TOYS
- DONATE UNUSED TOYS
- REPLACE BATTERIES
- DUST FURNITURE
- VACUUM, SWEEP, MOP

AS SPRING BEGINS TO MAKE ITS ANNUAL APPEARANCE THE BEAUTIFUL DAYS AND THE SMELL OF SPRING IN THE AIR INVITE ME TO THROW OPEN MY WINDOWS TO GET RID OF THE STALENESS OF WINTER, AND BEGIN A DEEP CLEAN OF MY HOUSE. DO I ALWAYS SUCCEED?? ABSOLUTELY NOT!! HAHA. BUT THE INTENT IS THERE, AND THIS YEAR I AM INTENT ON FINDING AT LEAST A FEW PLACES IN MY HOME THAT COULD USE A LITTLE EXTRA ATTENTION AND GIVING THEM THE DEEP CLEAN THEY NEED. I MAY BE A LITTLE ODD, BUT I GET A DEEP SATISFACTION FROM TEARING A ROOM OR CLOSET APART, CLEANING IT WITHIN AN INCH OF ITS LIFE, AND THEN PUTTING IT BACK TOGETHER, KNOWING I HAVE TAMED THE DUST BUNNIES ONCE AGAIN. ALBEIT IF ONLY FOR A COUPLE OF DAYS.

I HOPE THIS GIVES YOU A LITTLE ENCOURAGEMENT TO FIND SOMEPLACE IN YOUR HOME THAT COULD USE A LITTLE BIT OF EXTRA LOVE. EVEN IF YOU DON'T HAVE THE TIME OR PHYSICAL ABILITY TO TACKLE YOUR WHOLE HOUSE THIS YEAR, ANY BIT OF EXTRA CLEANING CAN SERVE TO FRESHEN OUR HOME, AND PERHAPS REMIND US OF YAH'S BLESSINGS UNDER THE ROOF HE HAS PLACED OVER OUR HEADS. ♡



Elohiym be merciful unto us, and bless us; and cause his face to shine upon us.
Psalm 67:1

PHOTO BY TRACY



It's All in the Exposure



BY ELENA



BY ROSEMARIE



BY CINDY



BY SHARON



BY EVA



Kids Corner

Spring Scavenger Hunt

- | | |
|--|---|
| <input type="checkbox"/> YELLOW FLOWER  | <input type="checkbox"/> SPIDERWEB  |
| <input type="checkbox"/> FEATHER  | <input type="checkbox"/> BIRD  |
| <input type="checkbox"/> LADY BUG  | <input type="checkbox"/> MOSS  |
| <input type="checkbox"/> ANTS  | <input type="checkbox"/> ROCK  |
| <input type="checkbox"/> BEETLE  | <input type="checkbox"/> NEST  |
| <input type="checkbox"/> BUTTERFLY  | <input type="checkbox"/> BLUE FLOWER  |
| <input type="checkbox"/> BEE  | <input type="checkbox"/> WATERING CAN  |



Homemade Bird Feeder

1. FIND AN EMPTY TOILET PAPER ROLL
2. SPREAD PEANUTBUTTER OR ALMOND BUTTER ALL OVER THE TOILET PAPER ROLL
3. ROLL THE PEANUTBUTTER COVERED ROLL IN BIRDSEED
4. PLACE A PIECE OF YARN OR STRING THROUGH THE ROLL
5. HANG OUTSIDE FROM A TREE OR SOMEWHERE ELSE THE BIRDS CAN REACH IT AND ANJOY THEIR SNACK
6. HAVE FUN WATCHING THE BIRDS :)



Bird Fun Facts

A HUMMINGBIRD'S HEART CAN BEAT OVER 1,200 TIMES PER MINUTE, AND THEY POSSESS THE FASTEST METABOLISM OF ANY ANIMAL.

OWLS CANNOT MOVE THEIR EYES, NECESSITATING THEIR 270 DEGREE NECK ROTATION.

WOODPECKERS HAVE TONGUES THAT WRAP AROUND THEIR SKULLS TO PROTECT THEIR BRAINS WHILE DRILLING.



BY BEANA



Mosheim, TN

Busy, Busy, Busy

It's a busy time of year on the farm. We have been spending a lot of our time planting seeds and tilling the soil as the days have grown warmer. I currently have, broccoli, cauliflower, lettuce, cabbage, kale, collards, and a variety of flowers planted and beginning to sprout. It's so exciting!



At the end of the month we will be starting seeds for tomatoes, peppers, and cucumbers. Along with transplanting everything that is currently growing in pots. We are hoping to begin having produce for sale again around April 26th.

My experiment with the plastic water jugs from last month's newsletter seems to be a success so far. The seeds have sprouted, and seem to be growing well. Only time will tell if they will continue to do as well as they currently are. If they do, you can be sure I shall be planting things this way again next year!



WHEN LIFE GIVES YOU LEMONS - USE THEM.... JUICE, PEEL AND ALL!

by Rosemarie Call

Recently, I obtained multiple pounds of both lemons and oranges known to be organic and not having the offending contaminated peel coating that none of us want to partake in. As I processed these fruits, especially today as I washed, sliced, peeled and juiced the lemons, I began enjoying the fresh, clean, citrus scent and thinking of what I would do with a lot more lemons than I imagined when I said how many I wanted! So, yeah, that expression..."be careful what you ask for" comes to mind.

Well, when I start a project, I have to see it through from beginning to end, so once I poured the lemons out of the grocery bag into the sink to wash them, I was there for quite a while and I am not ashamed to say that my 54 year old hands got a bit worn out, but I did it! Actually, I love tasks like this, because He shows me things that speak to my heart and hopefully yours, too.

Let's think about lemons for a second. They are quite strong in their scent, flavor, and can even sting if you get the juice into your eyes or a cut you may have. Sometimes life can be pretty strong, too, when we encounter certain things. We may be caught off guard by a health crisis, an unexpected bill or an event that comes into our day to day life that gives us a wake up call or shakes us from our ordinary. These sort of things certainly get our attention, don't they? We must deal with these sort of things immediately, much like getting lemon juice in your eyes! (I didn't by the way, just one of the thoughts that came to me.)

Well, as we continue to think of lemons, let's think of the many things we enjoy that we wouldn't have if we didn't put forth that effort of washing, slicing, peeling, and juicing. The two main things I have made are lemonade and candied lemon peel, but I have plans to use some in some baking next week, too. I also added to my citrus cleaner spray and look forward to my home continuing to have that fresh, clean scent for weeks to come. The lemonade in it's purest form is just lemon juice, water and sugar. Adding that sweetness and diluting it with some really good filtered water makes one of the best refreshing beverages that I'm sure most of us delight in in Spring and Summer!

So, again, the life application of lemonade is that we need to be thankful that not every day gives us that wake up call of the full flavored lemon juice! We have the absolute sweetness of our fellowship and most importantly, our Savior! Without Him, this life wouldn't, in my humble opinion, be worth living. Also, His Living Water, of the absolute Goodness of His Word, gives us such great deep meaning to this existence. As you go about your day and when you encounter the inevitable difficulties in this life, I hope you will remember to mix them with Him, His Sweetness, His Goodness and enjoy what He has designed for your good and not your detriment. We in this life may like those lemons need to be washed, divided, peeled and squeezed in order to get out of us the part that, when mixed with His Sweetness and Goodness, makes for a wonderful, wonderful thing!

