

The Qahal



NEXT MONTH'S NEWSLETTER

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שמחה

Hebrew Word of the Month- Simchah meaning Joy

By Elaina

Summertime is quickly approaching! I love this time because all the flowers are blooming and everything is green again, which to me seems almost like a miracle after a (seemingly) long winter.

Even with bad things happening in the world and all around us, when I look at all of YAH's beautiful creation, it's hard not to feel joy rushing in. Which brings me to the Hebrew word of the month. The word Simchah means joy or gladness, which is really

because the theme of Camp Echad this year is also joy (pg. 2)! I know everyone is also planting their gardens at about this time, which is another joyful thing, the fact that YAH gave us the ability to grow fruits and veggies from tiny seeds! So, even if you're going through a tough time, I don't think you can ever be completely without joy if you have a relationship with YAH, who all true joy comes from. Have a blessed day!

Camp Echad

by Elaina

Everyone is excited for Camp Echad this year! The theme is Choose Joy, and it will be held in the first week of June at the Clifton's house in Deer Lodge. It is going to be a week full of fun games and activities, some of them being Ultimate Frisbee, fishing, tie-dye, Starlight Dancing, and Enigma Night! There are also going to be theme nights, where you dress up and perform a skit at the end of the day. Some of the themes include Western, Neon Colors, and Safari.

Tracy also made these really cool T-shirt designs, so the kids (and adults?) are going to learn how to put the designs onto shirts, some of which they're going to be tie-dying. So choose your costumes, pack your bags, and get ready for a really fun week!



Philippians 4:4 ~ "Rejoice in the Lord always; again I will say, rejoice."

"Y'all youngins better secure your tickets for the 'Enigma Night' before this mystery-train leaves the station, 'cause it's fixin' to be a wilder ride than a runaway holler hootenanny" - Tracy Grijalva

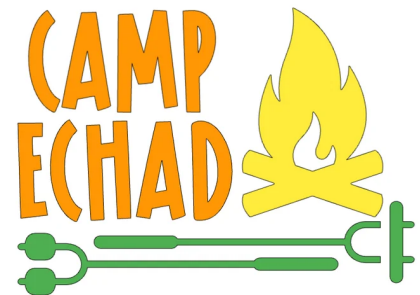


photo by Hanna



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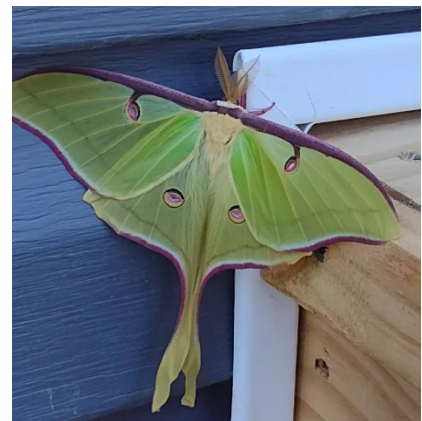


photo by Eva

Shalom Studios

by Elaina

On April 22, the SSYP youth gathered at LMU park to film the final scenes needed to finish the fifth episode of the Children of Israel series, which they will be putting on the shelf for later, and start filming a new series, the Shalom Ya'll Show! The day started with some volley ball while the adults talked, followed by a lesson that Tracy gave on making concrete, and a fun activity where the youth got to make their own concrete, using sand, Elmer's glue, and rocks from the Grijalva's driveway. Then the youth got to work acting, filming, directing, and having a great time.



James 1:2 ~ "Count it all joy, my brothers, when you meet trials of various kinds."



Some additional things that happened that day included Fleenor kids showing up and storming a women's exercise group when they started playing Church Clap. So keep your eyes peeled, because all 3 episodes are planned to be put out in a very short time!

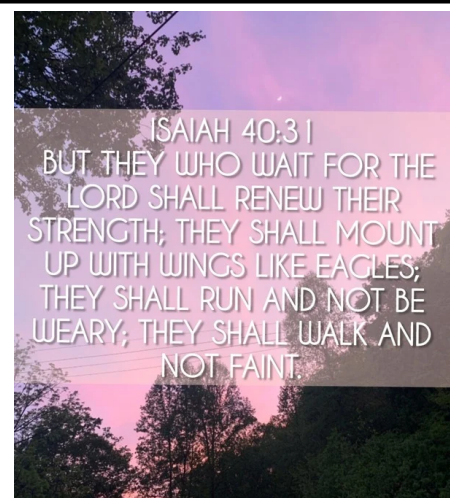


photo by Hanna



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What's your name?

Kathryn Kerkhoff Coffelt (you can call me Kate ;)

What's your favorite feast and why?

Great question! I suppose my favorite feast is Sukkot. It is the joyous culmination of the plan of YHWH for this age, so I feel it ultimately envelops all the feasts in their fulfillment. (Plus, it's a lot of fun!)

What's your favorite thing to do on that feast?

Hmm... not sure I have a 'favorite thing'. Spending leisurely time with those dear to me and fulfilling together the invitation and command to tabernacle with our Creator is pretty cool! Having time with Him and our fellowship to talk, sing, study, watch the kids play, eat(!) ... it's all so great!

What's your favorite Bible verse?

For me, there are probably a variety of favorite verses based on the occasion. But one that hits the spot for simple focus is:

"Do not be conformed to this age, but be transformed by the renewing of your mind, that you may discern what is the good, and fully pleasing, and complete will of the Most High." Romans 12:2

What's your favorite Bible story?

Absolutely the 'road to Emmaus' found in Luke Chapter 24.

Imagine the scene: an unexpected traveler joins two friends returning home after the horrific events in Jerusalem; a hideously unthinkable ending arranged by the 'spiritual leaders' of their faith and carried out by the occupying government. All believers were reeling from the trauma and sudden loss; and then they even heard reports from some that the tomb was found empty, and that they saw angels who claimed He is alive... what a roller coaster!!

As they walk and discuss, a stranger comes along beside them. Though the man initially plays as if uninformed (LOL!), He goes on to reveal mind-

expanding, dot-connecting, profound understandings of the amazing plan of YHWH; explanations 'beginning with Moses'. (Wow- do I ever hope to experience that one fine day!) These two friends realize, after He made His rather notable departure(!), the incredible happening they just experienced... and were filled with such excitement and joy. And to think He singled them out to experience it... what a privilege! "Were not our hearts burning within us as He spoke with us on the road and opened the Scriptures to us!?" But I love that story all the more when pondering our risen Messiah's experience of it. He orchestrated that event, and just hours after His resurrection. To me, there certainly seems to be an element of playful fun, and it tickles me. He must have been overflowing with relief and unspeakable joy... experiencing the promise of Malachi 4:2 Himself! He had endured the spiritually and physically gruesome mission for which He was sent, even to death... and He had overcome!

The Questions Cont.

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What's your best joke?

A toad hops into a bank and up to Miss Patricia Whack's teller's window.

The toad says: "I would like to borrow some money."

Miss Whack is not amused. She explains that to borrow money, one must offer collateral.

The toad asks: "What's collateral?" Miss Whack explains that it is something of value one owns that can be used when borrowing money.

The toad leaves and returns to the bank the next day, again hopping up to Miss Patricia Whack's window. Onto the ledge in front of her he places a small statue; a painted cat with ruby eyes.

Miss Whack, clearly unimpressed, asked "What is this?"

The toad explained that it was collateral.

Miss Whack impatiently stated she would need to speak with the manager about whether it could be used as collateral, and proceeded to the bank manager's desk.

After she explained the situation to him, the manager took the small statue in hand and studied it carefully. Patricia said she did not understand what it was, and did not think allowing the toad to borrow money would be wise.

The bank manager looked at her intently, and after a pause said: "Well, it's a knick-knack Patty Whack, give the frog a loan!"

What's your favorite medicinal weed?

I have two; I keep them in small bottles with me. One is mullein, which I rely on regularly for chest congestion. The other is the coneflower cousins: echinacea (purple coneflower) and rudbeckia (black-eyed Susan), which I keep on hand for the rare times I need to nip some sickness in the bud.



photo by Elaina

For the Love of Mimosa... And Not the Drink

by Regina Cody

It's that time again, Spring is here. I have been looking forward to the new fresh herbs arriving after the brisk cold of winter. Why spring? Spring is new beginnings or RE-newed beginnings. It is the time of year that new flowers are blooming, and weeds are popping up everywhere. Last year, I found Mimosa Tree's and the flowers from them not only look and smell so beautiful, but they also come packed with so many benefits for the mind, body and soul. I was asked which herb was my favorite, and immediately Mimosa came to mind. Even though it is not technically an herb, it is my favorite plant to use to make a tincture with. The flower from the Mimosa Tree, when infused in alcohol for 6-8 weeks and taken as needed, helps with sleep and anxiety without the other harmful effects from pharmaceuticals.

The whole reason to turn to Yah's creation for dealing with everyday life and its ups and downs, whether through allergies, sickness, soreness or anxiety is to allow Yah's creation to do the work inside and out.

I have had so much fun learning and experimenting with different herbs and plants to create different healing tinctures and/or lotions/salves that have been a true blessing to my friends, family and myself. A little special detail about the tree itself is, Mimosa pudica earned its nickname "sensitive plant" from its reaction to stimulation. Its leaflets quickly turn inward when touched or shaken. The reason is up for debate. One explanation is that it is a form of predatory defense, exposing thorn-covered stems. However, folding up its leaves costs the plant a great deal of energy, so please do NOT touch the Mimosa tree leaves more than once. This tree also has another nickname, Persian Silk Tree. It is a fast-growing tree with fluffy pink flowers and fern like leaves or foliage that closes at night as well as when touched. The fragrance that the flower puts off has been described as smelling like cotton candy and I can agree that it is a sweet gentle smell and quite pleasing to the taste when made into a tincture.

The Mimosa tree symbolizes resilience, sunshine and sensitivity, representing the ability to thrive in harsh conditions while posing delicate, blooming beauty.

As you can see, this has more to offer than just its beauty. The medicinal benefits from Mimosa pudica carry the exact things I need to get a good night's sleep, and it helps with mild pain, allowing me to wake more refreshed than traditional over the counter sleep aides that leave me feeling groggy in the morning. I can also take a lessor dose during the day to help with nerves or anxiety during stressful situations. However, Usnea or AKA Old Man's Beard would come in a very close second in my favorite's herbs/plants. Reasons for another time.

