



Hampden Heights Sentinel

HIGHLIGHTS:

- For things I can control, I do my best and ask for His guidance. Page 1
- It's awe-inspiring to know that Jesus loves me. I'm no accident. Page 2
- We can forgive the child who is frightened by the dark, but it is a tragedy when men are afraid of the light. Page 2
- Health concerns bring contemplation. Page 3
- Church activities. Page 4
- Do you believe in a dog? Page 4
- I want to see David beat Goliath. Page 5

INDEX:

The Crow's Nest	1
Grace's Outpost	2
Notable Quotes	2
Going Deeper	3
Calendar of Events	4
The Funny Bone	4
Painting Auction	5
Question of Month	5
Children's Page	6
Church & Newsletter Information	6

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. ~Matthew 6:14-15 NIV~

The Crow's Nest

by Bob Kondracki

Church Safety

Many of us are resistant to change. I dislike change as much as or more than anybody, and my wife will verify that. I am not however, as defiant to it as a friend of mine. He is especially loath to embrace anything electronic, even to the point that it creates more problems than it solves for him. I constantly badger him with the phrase, "Either keep up with technology, or you'll find yourself lying in it's path, with tire tracks across your forehead." A little dramatic to be sure, but you get the point.

Change is inevitable. It's going to happen, whether we like it or not. And quite often we have little or no control over it. Some of it is going to be helpful, some unfortunately is going to be detrimental, but some of it is also going to be necessary.

Moving forward, you will begin to see and hear about changes coming to our church...specifically safety measures that the Security/Safety Committee and the Church Board will be attempting to implement.

Now I've observed that there are a fair amount of people in our church that question "why do we need these changes, nothing has happened in over 20 years?" Well, because the problem is, you can only predict the future from the past when you can control the parameters. Unfortunately, we can't control

all the parameters, therefore that reasoning is invalid. We seem to have a lot of illogical and naïve thinking going on in our Adventist churches today. I've discovered it after taking the position of Security Committee Leader for our church, and it has also been confirmed to me by other security personnel that I've talked to. Our church is by no means the exception, but typical of most Adventist churches. There is a reason that the conference endorses the programs proposed by ARM...Adventist Risk Management (adventistrisk.org) Adventists seem to think that because we believe ourselves the remnant church, God is going to protect us better than He protects His other churches. Many also naively believe that walking through the church door automatically makes people a saint, incapable of bad behavior.

Life doesn't operate that way, and neither does it change just because you are inside a church.

Another alarming condition I've encountered in our church is the mindset of "I'm not afraid to die." You know what, if that's your attitude, more power to you. But not everybody may share your cavalier philosophy. There are many types of people attending our church at any given time, and they are all at

different stages of their Christian journey. Not everyone is going to share your haughty perspective. Suppose it's not you that's killed by an active shooter, but the rest of your family? I wonder if you are going to feel the same way then?

Yet another popular way of thinking is; "I will trust in the Lord for my safety." Now I'm not going to argue that philosophy, simply because I can't. God is our ultimate trust, and if we can't have faith in Him, our faith is then empty anyway. But let me point out something...God doesn't expect us to just sit back and do nothing, while He takes care of things we could be doing ourselves. He works WITH us, not as our butler. Let's face it. Bad things happen to good people. They always have, and they will continue to happen. I put my trust in the Lord for things I can't control. For things I can control, I do my best and ask for His guidance.

Admittedly, some of the safety programs we will be attempting to integrate into our church are going to be intrusive. There is simply no way around that. Fire drills and active shooter drills are especially difficult to practice and implement into the normal routine of worship.

(continued on page 6)

Grace's Outpost by Ashley Richards

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. How precious to me are your thoughts, O God! How vast is the sum of them!" – Psalm 139:13-17, ESV

For Christmas last year, my dad bought me one of those DNA kits. You know, the ones to aid in ancestry research? He's been very interested in genealogy for the past several years, and has taken his own test, but I've been secretly dying to know what my own results would be, and now that I've taken a DNA test, it's only fueled my curiosity.

Since I've gotten the results, I've been captivated by what my ancestors must've been like, where they must've come from, what their lives must've been like. Most of my ancestry covers just about

the entirety of Europe—from Norway to Italy! from Portugal to Russia!—but it looks like I have ancestors from India, from Israel and some other Middle Eastern countries (like Jordan, Syria, and Egypt!), from South Africa and Cameroon and Nigeria.

I can't keep myself from wondering what their lives must've been like. Did I have grandparents who were slaves violently ripped from Africa to live an unimaginably hellish life here in America? Did I have Indian grandmas who were sold into sex slavery to British officers, or grandparents who wasted away from leprosy that Mother Teresa gave a tender hand? Did I have grandmas or grandpas gassed to death by Hitler, or condemned to death by typhoid in a Warsaw ghetto for Jews? Are Peter and Esther and Mary Magdalene and Jeremiah and Daniel my grandparents? Did I have German grandpas who walked with Martin Luther and shared his passion for the awe-inspiring idea that Jesus saves us, not by what we do, but by His grace through faith? Did my French ancestors die at the merciless hand of the guillotine, or from desperate starvation while Marie Antoinette ate her

cake? Were my Dutch ancestors neighbors of Corrie ten Boom, or my Belgian ancestors neighbors to Peter Paul Rubens? Were my father's ancestors fierce Vikings? Neighbors of Jean Sibelius or Edvard Grieg, children of Danish or Norwegian royalty, friends to Astrid Lindgren or Hans Christian Andersen? Did my grandfathers know Robert the Bruce, or William Shakespeare, or Victor Hugo?

It leaves me in awe to think that dozens of people from all these cultures somehow came together, and formed a family that, in the course of time, brought me forth into this world. How perfectly God must've orchestrated it all!

But you know what is even more amazing to me? When I was being orchestrated in my mama's womb, Jesus was there. Jesus tenderly formed my brow and fit my brain together like a fragile puzzle. Jesus lovingly designed an encourager's heart and a storyteller's mind and a pianist's fingers. He brought those Indians and Germans and Scots and Dutchmen and South Africans and Vikings and Frenchmen together, knitted them into one big, beautiful international family, and

knitted together the *perfect* circumstances so that I could exist. He knew how desperately I'd want to meet them one day, to hear their stories and feel their love, and, one day, in heaven, there's going to be a special family reunion where I meet grandmas and grandpas that He's gathered into His fold, who could've escaped from slavery or survived the Holocaust or walked in faith next to an amazing reformer or God follower like Martin Luther or Dietrich Bonhoeffer or C.S. Lewis or Gladys Aylward or Mother Teresa or John Calvin or John Wycliffe... or Ellen White.

But until that day, it's enough to be filled with all overwhelming awe, this feeling of being cherished beyond the moon and the stars and all the gems in this world.

Jesus loves *me*. I am no accident. I'm a world-changer and a friend of King Jesus. Every part of me has been stitched together for a purpose. I *could not* be loved more.

And neither could you.

Notable Quotes selected by Bob Kondracki

If pride and selfishness were laid aside, five minutes would remove most difficulties.
~E.G. White~

We can forgive the child who is frightened by the dark, but it is a tragedy when men are afraid of the light.
~Plato~

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.
~George Bernard Shaw~

The separation is in the preparation.
~Russell Wilson~

Here lies the grave of Mike O'Day. He died maintaining his right of way. His right was dear, his will was strong, but he's just as dead as if he'd been wrong.
~tombstone epitaph~

I believe our flag is more than just cloth and ink. It is a universally recognized symbol that stands for liberty and freedom. It is the history of our nation, and it's marked by the blood of those who died defending it.
~John Thune~

Going Deeper

by Barbara Snyder

Getting to the Heart of the Matter

Here it is, Friday, early evening, and I am four days late turning in my article for the newsletter this month. I have been trying to squeeze words from alphabet soup, so to speak, for three days now but I cannot make the words happen. So, I took 20 minutes of silence and received an idea. Here it is: I remember that once I was told two things--teach what you know and write what you've taught, plus tell what you've lived. Although I am not writing what I usually write I'm still going to stay true to the theme of "Going Deeper."

This has been an interesting month for the Snyder household. Both Fred and I were surprised and dismayed at hearing the necessity of a quadruple by-pass for Fred's somewhat clogged cardiac arteries. Although an Open-Heart surgery (Stents were not medically feasible.) is a common surgery, it is by no means an easy, predictable, or uncomplicated one. Recovery is 6 - 12 weeks and is accompanied by a much greater than average major surgery pain. It is relatively common only because Americans are too overweight, terrible eaters, chronic TV and computer watchers and video game players (in other words...SITTERS). Some are genetically predisposed to coronary artery disease. My husband fits into both categories.

In September I will celebrate the 50th anniversary of my first nursing degree. Since then I've had 40 years of working in ICU, medical surgical units, and

student/staff and patient education. So, I did what I've done in the past, and started researching open heart surgery. First priority: find the right surgeon. Second priority: find the right hospital.

I looked at the US News and World Report's "Report of Hospitals for 2019". The publication rates the top 100 hospitals in the U.S. as to patient satisfaction, safety, surgical history including complications, post-op infections, medication safety, and mortality rates. Hospitals are also rated as to the top 20 in each state, the best grades in specific surgeries, and the top hospitals in overall care in the United States. Surgeons are rated as to medical school completion, residency and internship programs, fellowships and Board Certifications.

U.S. News evaluates how well hospitals perform heart by-pass surgery using data such as nurse staffing, patient volume, etc. Hospitals receive 1 of 3 ratings: high performing, average, and below average. In by-pass surgery, Tower Health (Reading) was rated as high performing.

America's Best Hospitals Healthgrades is another rating option. This year, 2019, Healthgrades rated Reading Hospital and Medical Center as #4 in Pennsylvania, and in the top 2% of the country based on 32 conditions and procedures. Simply put, patients are more likely to have a successful treatment without major complications and have a lower chance of dying at America's Best Hospitals.

Thirdly, I read about coronary

by-pass options. Although Fred did not qualify for the much less complicated stent or robotic surgery, I learned enough basics to ask intelligent questions such as if Fred's condition would warrant a "beating heart" procedure. In other words, surgery without the use of the Heart Lung machine. I got my answer: yes, and no...but I liked the answer. I had researched enough to know that not using the Heart Lung machine sometimes yielded fewer complications. I also liked the doctor and I liked the odds. Additionally, online I noticed that certain types of meds would be needed, not optionally post-operatively, but most probably for the rest of his life. The doctor explained that this is because arteriosclerosis of the heart is a disease, not an event, and that the medications are to treat the disease itself to keep it from progressing. Seeing the pictures of the cardiac catheter helped clarify that. I have more questions to ask about the medications but will wait until a later date.

As a small addition, I had asked the surgeon if Fred should attempt to lose weight in the next few weeks. "No, but I do want an increase in protein. Buy whey powder and have 1 to 2 glasses per day. This will help the healing process."

Perhaps this information will help others be more aware of the benefits of research and a feeling of freedom to ask questions. Additionally, hopefully, it will help clarify the life altering consequences of our habits of diet and exercise. If only patients would also hear, understand and comply.

Lastly, Fred and I want to thank everyone for all the prayers. The prayers, and the concern from everyone is very much appreciated.

There are many events coming in the next weeks and months. Hopefully this article will also encourage you to investigate options for any medical issue that may come your way, and also to remember to stop, pray, look, pray, listen, pray, ask, pray, be grateful, *pray!*

Amen.

Calendar of Events submitted by Wendy Hughes

7/3/19	Wednesday	Son Shine Seniors	11:00AM	Son Shine Seniors		fellowship hall
7/3/19	Wednesday	prayer meeting w/ meal	5:30PM	personal ministries	Wayne & Arleen	wayne & Arleen
7/6/19	Sabbath	1st of the moth Bible study with meal		Wayne Johns	Wayne & Arleen	fellowship hall
7/10/19	Wednesday	prayer meeting w/ meal	5:30PM	personal ministries	Wayne & Arleen	wayne & Arleen
7/11/19	Thursday	prayer meeting	6:30 PM	personal ministries	Nancy	fellowship hall
7/14/19	Sunday	Christmas in July		social	arleen johns	fellowship hall
7/15/19	Monday	Oley Turnpike Dairy	1:30PM	Adventist Youth	Wendy & Daren	oley
7/15/19	Monday	board meeting/CANCELLED	7PM			board room
7/17/19	Wednesday	prayer meeting w/ meal	5:30PM	personal ministries	Wayne & Arleen	wayne & Arleen
7/20/19	Sabbath	potluck				fellowship hall
7/24/19	Wednesday	prayer meeting w/ meal	5:30PM	personal ministries	Wayne & Arleen	wayne & Arleen
7/25/19	Thursday	prayer meeting	6:30 PM	personal ministries	Nancy	fellowship hall
7/27/19	Sabbath	baking & Movie	8:00 AM	Adventist Youth	Wendy & Daren	fellowship hall
7/28/19	Sunday	Crystal Cave	11AM	young youth	Stacy & Jason	
7/31/19	Wednesday	prayer meeting w/ meal	5:30PM	personal ministries	Wayne & Arleen	wayne & Arleen

The Funny Bone selected by Bob Kondracki

Be Careful What You Pray For

A country pastor decided to skip services one Sabbath and head to the hills to do some bear hunting. As he rounded the corner on a perilous twist in the trail, he and a bear collided, sending him and his rifle tumbling down the mountainside.

Before he knew it, the pastor's rifle went one way and he went the other, landing on a rock and breaking both legs. That was the good news. The bad news was there was a ferocious bear charging at him from a distance, and he couldn't move.

"Oh Lord," the pastor prayed, "I'm so sorry for skipping services today to come out here and hunt. Please forgive me and grant me just one wish.... please make a Christian out of that bear that's coming at me. Please, Lord!"

That very instant, the bear skidded to a halt, fell to its knees, clasped its paws

together and began to pray aloud right at the pastor's feet.

"Dear Lord, bless this food I am about to receive... in Jesus' name... Amen."

Letter to God

There was a man who worked for the Post Office whose job it was to process all the mail that had illegible addresses. One day, a letter came addressed in a shaky handwriting to God with no actual address. He thought he should open it to see what it was about.

The letter read:

*Dear God,
I am an 83 year old widow, living on a very small pension. Yesterday someone stole my purse. It had \$100 in it, which was all the money I had until my next pension check.*

Next Sunday is Christmas, and I had invited two of my

friends over for dinner. Without that money, I have nothing to buy food with. I have no family to turn to, and you are my only hope. Can you please help me?

*Sincerely,
Edna*

The postal worker was touched. He showed the letter to all the other workers. Each one dug into his or her wallet and came up with a few dollars. By the time he made the rounds, he had collected \$96, which they put into an envelope and sent to the woman.

The rest of the day, all the workers felt a warm glow thinking of Edna and the dinner she would be able to share with her friends. Christmas came and went. A few days later, another letter came from the same old lady to God. All the workers gathered around while the letter was opened.

It read:

Dear God,

How can I ever thank you enough for what you did for me? Because of your gift of love, I was able to fix a glorious dinner for my friends. We had a very nice day and I told my friends of your wonderful gift.

By the way, there was \$4 missing.

I think it must have been those thieves at the Post Office.

Up All Night

Have you heard about the agnostic, dyslexic insomniac?

He stays up all night wondering if there really is a dog.

Painting Auction to Benefit Pathfinders submitted by Ashley Richards

The Hampden Hawks Pathfinder Club is auctioning off a painting to the highest bidder! Pastor Leon Strickland, former pastor of Hampden Heights, created the painting specifically for the purpose of raising funds for the Pathfinders to go to Oshkosh this summer for the Oshkosh Camporee.

The painting will be given away via silent auction to the highest bidder. For anyone wishing to bid, there is a spiral journal in the church foyer, next to the painting. Simply write your name and your bid on the first available line. Feel free to up your bid as many times as you like, but each bid must be at least one dollar more than the previous bid. There is no minimum for the first bid on the painting, but please be generous, as it goes to a great cause! The winner will be announced by July 30th, so please be sure to have your bid in by Sabbath, July 27!



Question of the Month asked by Ashley Richards

If you could travel in a time machine, and experience any Bible story, what Bible story would you want to experience?

"Probably Noah's ark, because I think it'd be pretty neat to experience the whole earth covered in water, and seeing God put the whole world back together again." – Emily McLean

"It would be neat to see David and Goliath—to see that giant fall!" – Cordell McLean

"Creation. I'd want to see that." – Genesis de Peña

"In Genesis, with Noah and the Ark. Experiencing the storm would be really cool." – Madison Roth

"I want to see David and Goliath. I want to see David beat Goliath." – Rommel Virtudazo

"Where Jesus turned over the tables." – Grace de Peña

"I would probably say the time when Noah was building the ark, so much about that time period would be interesting." – Brian Hernandez

"The one when Jesus took the demons out of that one man when they went into those pigs." – Koria Jorge

"It would be interesting to see the crucifixion." – Joel Hinkle

"Definitely Noah's ark. I want to see the animals and how big the ark is, and see how the bird came back, and the rainbow, and all of that. It's a story that really sticks out." – Maximo Tavarez

**Hampden Heights
Seventh Day Adventist
Church**

2706 Old Pricetown Rd.
Temple, PA
19560

PHONE:
(610) 921-0890

CHURCH EMAIL:
HampdenHeightsSDA
@comcast.net

SENTINEL EMAIL:
HHSentinel
@yahoo.com

SENTINEL EDITORS:
Bob Kondracki
Ashley Richards

We're on the Web!

See us at:
www.HampdenHeightsChurch.org

The Children's Page by Ashley Richards

Did you know that one of Jesus' names is Lamb of God? In the puzzle below, you can find the word "lamb" in *twenty-four* languages! Isn't it amazing that all over the world, even if we speak different languages, we can all speak to Jesus, and He hears us, and He loves us? You can find the words going either down or across, but not backwards or diagonally.

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

agneau (French)
barany (Hungarian)
cordeiro (Portuguese)
domba (Indonesian)
eriena (Lithuanian)
gwayana (Shona)
haruf (Maltese)
inyama yemvu (Zulu)

kambing (Malay)
keiki hipa (Hawaiian)
kondoo (Swahili)
kuzu (Turkish)
lamm (German)
memana (Hindi)
miel (Romanian)
nku (Sesotho)

owieczka (Polish)
reme (Maori)
tamai mamoe (Samoan)
tupa (Filipino)
uain (Scots Gaelic)
xai (Catalan)
yahnya (Ukrainian)
yangrou (Chinese)

DID YOU KNOW?

Did you know that if a sheep rolls over or falls onto its back, it can't turn itself back around? Sometimes this is because they are pregnant, overweight, or just because they have lots of fleece (which never stops growing!). When this happens, they probably are scared or frustrated, so it is important to find the sheep's farmer and help the sheep get back on his feet!



The Crow's Nest (continued from page 1)

Unfortunately, things like this are not going to wait to occur when it is convenient for us. We must prepare to meet these emergencies on their terms, not ours. However, with proper planning, we can be more equipped when they do occur.

We can continue the way we've been operating, and bury our head in the sand and pray nothing happens.

Or we can take the appropriate steps to be proactive and do what we can do, and let God handle the things He knows we're not capable of controlling. To repeat a quote from a previous newsletter; "The truth does not change according to our ability to stomach it."

Let me leave you with a story to ponder.

Two young sisters had made it a habit of being late while walking to school. It finally got to the point that if they were late one more time, they would be suspended. As fate would have it, a short time later they realized while on their way, that they were going to be late again. Frightened, they hid in the bushes near the school, considering what to do next.

One sister suggested, "why don't we pray that we're not late?" The other sister thought about this for a moment, and then replied, "why don't we pray while we run?"

Please be receptive, and above all, cooperative in the changes we are trying to bring to our church. The bottom line is, it's for your safety.