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# Hampden Heights Sentinel

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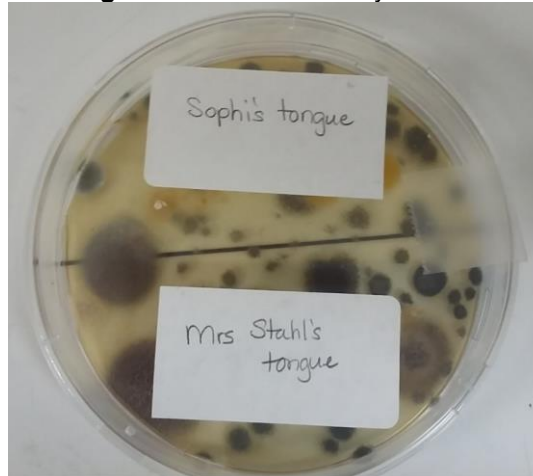
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*The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'*  
~Matthew 25:40 NIV~

## RJA News Corner

by Lee Stahl, Principal

Growing Bacteria submitted by Mrs. Stahl



Science is much more fun when it is not just being read, but rather being done! Mrs. Stahl's seventh and eighth grade class were studying bacteria and went in search of finding bacteria in different locations around the school building. Each student was "armed" with a sterile Q-tip and set off to find some places that might harbor bacteria. Since, bacteria is microscopic, it wasn't until it was placed in a petri dish filled with agar medium, and allowed to grow for a couple of days in a warm, moist environment that "all was revealed". The "abstract" become "concrete". The students' found it "Very cool, but gross!"

### How important is sleep?

Did you know that according to the Centers for Disease Control and Prevention that about 60% of middle school students and 70% of high school students are sleep deprived? The National Sleep Foundation commissioned a national survey and discovered that most children are not getting the recommended amount of sleep needed for them to develop and function properly. There are many studies that have shown that there is a very strong correlation between amount of sleep students get with their academic performance. Still many students are failing to get enough

sleep. Why is this? Some of the reasons suggested from the survey above found that 73% of school-aged children consume caffeinated beverages. 43% of school-aged children have TVs in their bedrooms. Jean Twenge, a psychologist from San Diego State University, has conducted a study and has found that "Teens who used electronic devices at least five hours a day were 50 percent more likely not to get enough sleep." Kyla Wahlstrom, who studies the science of sleep at the University of Minnesota, says, "When students turn their devices off to go to sleep," she explains, "the brain needs about one hour to become sleepy."

So what is the recommended amount sleep for school-aged children? According to the American Academy of Pediatrics, children of 3-5 years in age should receive 10-13 hours of sleep each day. 6-12 year olds should have between 9-12 hours each day, and 13-18 year olds should have between 8-10 hours per day. Are your children getting the recommended amount of sleep each day? As parents we want our children to be at their best. Help them by making sure your children are getting the rest they need!



**RJA students wearing various hats to school.**

September 6 was the first Friday of the month which means it is Spirit Friday at RJA. To demonstrate their school spirit students were asked to wear a hat to school that day. Throughout the school year there will be a variety of opportunities for students to show their "spirit."

**Grace's Outpost** by Ashley Richards

"But now, thus says the LORD, your Creator, O Jacob, and He who formed you, O Israel, 'Do not fear, for I have redeemed you; I have called you by name; you are Mine!'" – Isaiah 43:1, NASB

This month, I want to tell you about my friend—we'll call her Aviva (Avi for short).

Avi is a Jew. A Jew who loves her faith, but who works in a Sunday-keeping church, teaching Sunday school and helping out in the office. A Jew who loves Yom Kippur, but doesn't keep the Sabbath.

The irony doesn't escape me.

Avi is a fairly new friend, but I've grown to love spending time with her. She loves baby names, like me, and though she is in high school, she can't wait to have a daughter (her name will be Esther, she's convinced). She helps me brainstorm names for some of the characters in my stories, and

she's all too happy to chat about her life and how the people of her town would butcher all her favorite Hebrew names (which is probably why she likes Esther, Eve, and Judith more than Hadas/Hadassah, Chava, and Yehudit, if I had to guess).

She is kind and friendly and thoughtful, intelligent with hopes of a good future.

But Aviva is a Jew.

She doesn't know Jesus. Or, she knows *of* Jesus, but she does not *know* Jesus. She does not *love* Jesus.

Sometimes I just sit here and think, with this big stone of ache on my chest, Avi would make a *really* good believer. She would be kind and full of energy for the church, in love with Jesus and passionate for the lost.

It's humbling to hear her speak of Yom Kippur, of the

beauty of repentance and atonement, the freedom of having one's sins forgiven. How can she be so in awe of the work of Yom Kippur, but not the King who it points to?

I've been praying for Aviva as I've been working my way through these forty days of prayer with my two prayer partners. One day, Jesus is going to bowl Avi over with His love. It'll be a tidal wave of love, and she won't know where it came from.

There won't be a thing she can do about it.

Because I've prayed.

And I know Jesus is working to save her. Jesus wants Aviva in heaven even more than I do. Aviva is Jesus'.

Jesus has been teaching me 2 Timothy 1:7. In the King James Version, it goes like this: "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

He has been teaching me the meaning of this verse as it comes to my own faith, and my own relationship with Him, but I think it applies to Aviva, too.

I have no reason to fear for, or worry about, Aviva. She is in Jesus' capable hands. He gives us the spirit of power, and of love, and of sound mind, and I believe He will give this gift to Avi one day, too. The power of the Holy Spirit, the love of Jesus, and the guidance of God's Word.

This same power that saves me and has victory over the evil one will also woo Aviva to Beauty in the Flesh, to Joy Unparalleled, to Boundless Hope, to Everlasting Life.

Amen.

**Notable Quotes** selected by Bob Kondracki

If all you have is a hammer, every problem looks like a nail.  
~Bernard Baruch~

It is easier to find men who will volunteer to die than to find those who are willing to endure pain with patience.  
~Julius Caesar~

They are in front of us, behind us, and we are flanked on both sides by an enemy that outnumbers us 29 to 1. They can't get away from us now!  
~General Chesty Puller~

Tobacco, coffee, alcohol, hashish, strychnine, are weak dilutions; the surest poison is time.  
~Ralph Waldo Emerson~

Find out just what any people will quietly submit to and you have the exact measure of the injustice and wrong which will be imposed on them.  
~Frederick Douglass~

When they call the roll in the Senate, the Senators do not know whether to answer "Present" or "Not Guilty"  
~Theodore Roosevelt~

I have not failed. I've just found 10,000 ways that won't work.  
~Thomas A. Edison~

History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.  
~Maya Angelou~

A man is not finished when he is defeated. He is finished when he quits.  
~Richard M. Nixon~

God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers.  
~A. P. J. Abdul Kalam~

We the people are the rightful masters of both Congress and the courts, not to overthrow the Constitution but to overthrow the men who pervert the Constitution.  
~Abraham Lincoln~

**Going Deeper**

by Barbara Snyder

**Grace in Earthly Places**

It seems so right for so many reasons that we are advised to spend quiet and alone time with God at the beginning of our day. Today, I got up in a rush because a neighbor called to drop off an item before going to work. In my hurry I happened to glance out the window and was rewarded with a spiritual sight, a male cardinal in a bush within 15 feet of me. Birds touch me, and there was an immediate quiet in my soul. This is God's grace, a gift in the morning to settle and ground me, to invite me to grow with the day, to benefit by His creation.

It is a good spiritual practice to review those graces in our lives, those times when God's presence has been palpable to us. Most of us have had periods in our lives when mornings seem absent; having young children, sick children, up all night with children and having to go to work in the morning, having many varied responsibilities and tempted successfully to feel no opportunity for quiet/silence/peace. However, or whatever, no one but God understands fully the chaos of responsibilities for everyone in our sin-marked world. But there are opportunities: The mother of 16 children, one of

whom became a great Protestant reformer, knew that her God was her life. In constantly caring for her children and her household, several times a day she prayed while working. She placed a cloth on her head as a signal to her children, "Do not interrupt this prayer time." And while continuing the diaper changing, the stirring of the pot, the getting water from the well, she gave her intention to God and God alone; God made it all work out. This is Grace.

When my oldest two children were very young, I was single, living in a two-bedroom mobile home, working, going to school and making things happen. One winter evening the heater was constantly running. (Have you ever lived in a mobile home? Heaters and air conditioners are so very loud.) The children were playing; the winter darkness came at 5pm; my brain needed quiet, fresh air, relief from responsibilities, someplace to go. There was no place. I believe the Holy Spirit guided me to the floor, my back against the side of the sofa, my arms hugging my knees, my knees drawn up to my chin. I sat there in my very small private space and peace came. I arose anew to face my little world again. That is Grace.

We seem to think of Grace as forgiveness. It is. But it is more than that. It is the cardinal in the bush, the movement of a breeze, the going forth to meet each new day or hour, resting in Him. It is finding words to help a friend, to comfort the sick, to feed the hungry, to fulfill the Beatitudes. It is love in human form. It is a gift that only requires acceptance. When we spend the time despite the circumstances to partner with the relationship God is inviting us into, and participate in its growth, we grow in depth; our prayer time is filled with words and no words, with listening. We, spiritually speaking, hold hands and walk in trust and confidence. We are consoled by Him until we are fully groomed by Him to carry our cross, going deeper and deeper in recognizing His sacrifice for us. We will experience a departure, a "Dark Night" from Him also so that our faith, our trust, is tempted. His graces seem to disappear. It was so for Jesus on the cross. It was so for Job, Jacob, Elijah and it will be so for us also, sometimes one period in a lifetime, often more. But even the darkness is Grace.

My challenge to you now is this. The foundation of this article is in its essence the Third Angel's Message.

Grace in Rest--rest from our efforts, from our work. It is not our work but God's. Prayer is more what He says to us, through us, than what we say to Him. It is He via the Holy Spirit who does the praying. (Romans 8:26) It is we who just show up. Our intention is to be available to Him for loving, for instruction, for rest. Grace in the morning and all day long, however that may look to us individually.

In spiritually heart felt submission to these concepts (showing up for prayer, seeing God in scripture, in nature and in our intentions, in knowing God's work is not ours, etc.), we are gradually released from the burdens that slow us down, that hinder our spiritual progress towards reflecting Him at all times, in all ways of life. We walk the narrow road successfully; we enter the gate "Eye of the Needle" because we carry no baggage. We are light on our feet, quick to serve Him through meeting the needs of others. "The road may be dark and the future perplexing but we are never alone. He is always at our right hand to support, uphold, and to cheer" (Ellen White).

It's all GRACE.

Amen.

**Recipe of the Month**

by Arleen Johns

**Slow Cooker Sweet Potato Tacos**

**Ingredients**

- 8 corn or flour tortillas
- 2 large sweet potatoes or yams, diced in 1" cubes
- 1 can black beans, drained and rinsed
- ½ to 1 cup vegetable stock
- 2 tablespoons lime juice

- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 teaspoons garlic, minced
- 1-2 teaspoons sea salt, or to taste
- pinch cayenne (optional)

**Instructions**

Spray the slow cooker crock with non-stick spray. Add

beans, sweet potatoes, vegetable stock, lime juice, cumin, coriander, and garlic.

Cook on high for about 2 hours, or until sweet potatoes are softened to your liking.

Season the filling to taste with salt.

To assemble the tacos, put a generous amount of filling inside a warmed tortilla.

Top with avocado, salsa, and a squeeze of lime juice.

**Calendar of Events for October** submitted by Wendy Hughes

<b>Date</b>	<b>Day</b>	<b>Event</b>	<b>Time</b>	<b>Coordinating Committee</b>	<b>Leader</b>	<b>Location</b>
10-5-19	Sabbath	1 <sup>st</sup> of the Month Bible Study with Meal	Afternoon	Wayne and Arleen Johns	Wayne Johns	Fellowship Hall
10-5-19	Sabbath	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-6-19	Sunday	Lay Leadership Training	11-2 PM		Lance Moncrieffe	Fellowship Hall
10-6-19	Sunday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-9-19	Wednesday	Prayer Meeting w/Meal	5:30	Personal Ministries	The Johns	The Johns Home
10-10-19	Thursday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-11-19	Friday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-12-19	Sabbath	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-13-19	Sunday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-16-19	Wednesday	Prayer Meeting w/Meal	5:30	Personal Ministries	Wayne John	The Johns Home
10-17-19	Thursday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-18-19	Friday	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-19-19	Sabbath	Potluck	Lunch			Fellowship Hall
10-19-19	Sabbath	Evangelistic Meeting	7:00-8:00	Personal Ministries	Nancy Stump	Fellowship Hall
10-21-19	Monday	Church Board Meeting	7:00-9:00	Board Members	Lee Stahl	Board Room
10-23-19	Wednesday	Prayer Meeting w/Meal	5:30	Personal Ministries	Wayne Johns	The Johns Home
10-24-19	Thursday	Prayer Meeting	6:30	Personal Ministries	Nancy Stump	Fellowship Hall
10-26-19	Saturday	Game Night	6-8:00	Young Youth	Jason & Stacy McLean	Fellowship Hall
10-30-19	Wednesday	Prayer Meeting w/Meal	5:30	Personal Ministries	Wayne Johns	The Johns Home
10-31-19	Thursday	Prayer Meeting	6:30	Personal Ministries	Nancy Stump	Fellowship Hall

**Question of the Month** by Bob Kondracki

As most of you know, Ashley usually does this feature, but she asked me to do it for her this month. So, when I asked this question, the majority of the people immediately responded with, "Wow, that's a tough one." And as many of you know, I often endeavor to make things difficult... 😊

**Of all the miracles that Christ performed, which one would you have most wanted to be witness to?**

The feeding of the 5000. I was really amazed that a little boy had enough faith to give up his lunch so Jesus could perform a miracle.  
~Lorraine Edris~

I most appreciate the Lazarus resurrection. The fact that he was dead for 4 days is significant. Nobody could say he was just sleeping or in a coma.  
~Fred Snyder~

Mark 9:24. The father of the afflicted boy says, "Lord, I believe. Help my unbelief!" The father's pain and sorrow were so poignant that it touches my heart. Personally, I can relate to this story very well.  
~Barbara Snyder~

Christ's resurrection. Technically, it was God's miracle, but it would have been awesome to witness.  
~Colleen Kondracki~

Christ feeding the 5000. I would love to observe the food being divided and passed around but never running out.  
~Dena Kondracki~

Calming the storm on the sea of Galilee.  
~Virginia Maldonado~

The resurrection of Lazarus.  
~Jadial Maldonado~

The resurrection of Lazarus. I love it because it was a personal miracle. Lazarus was a good friend, and I love the idea that Jesus comes through for his friends. He cares about each of us personally.  
~Ashley Richards~

Jesus feeding the 5000. For 3 reasons; 1. "Yahweh Yireh" means "The Lord Will Provide" 2. Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry. 3. When we do our best (humbly give all that we have), God will do the rest!  
~Chris Gelsing~

When Moses parted the Red Sea. It wasn't a Jesus miracle, but it was definitely done through the power of God.  
~Yeng Gelsing~

When Christ turned the water to wine. This was Jesus' first miracle. His mother certainly knew he could handle it, but others didn't have a clue He was capable of miracles.  
~Wayne Johns~

**The Funny Bone** selected by Bob Kondracki

**Water to Wine**

A trooper pulls over a priest and immediately smells alcohol on his breath. The next thing he notices is an empty wine bottle lying on the passenger seat.

"Have you been drinking?" the officer asks.

"Just water," says the priest.

"Then why do I smell wine?"

The priest looks at the bottle and shouts, "Holy Mackerel! He's done it again!"

**A Priest, A Minister, A Rabbi, and a Bear**

A priest, a minister, and a rabbi want to see who's best at his job. So each one goes into the woods, finds a bear,

and attempts to convert it. Later, they all get together. The priest begins: "When I found the bear, I read to him from the Catechism and sprinkled him with holy water. Next week is his first Communion."

"I found a bear by the stream," says the minister, "and preached God's Holy Word. The bear was so mesmerized that he let me baptize him."

They both look down at the rabbi, who is lying on a gurney in a body cast. "Looking back," he says, "maybe I shouldn't have started with the circumcision."

**What Do You Call...**

Q: What do you call an Amish guy with his hand in a horse's mouth?

A: A mechanic.

**Blessed are the Red-necked**

"What's wrong, Bubba?" asked the pastor.

"I need you to pray for my hearing," said Bubba.

The pastor put his hands on Bubba's ears and prayed. When he was done, he asked, "So how's your hearing?"

"I don't know," said Bubba. "It isn't until next Tuesday."

**The End is Nearer than You Thought**

A priest and a pastor are standing by the side of a road holding up a sign that reads "The end is near! Turn around now before it's too late!" A passing driver yells, "You guys are nuts!" and speeds past them.

From around the curve, they hear screeching tires—then a big splash.

The priest turns to the pastor and says, "Do you think we should just put up a sign that says 'Bridge Out' instead?"

**Barefoot Gandhi**

Gandhi walked barefoot everywhere, ate very little, and often fasted, leaving him thin and with very bad breath. Thus, he is often thought of as a super callused, fragile mystic plagued with halitosis.

**Bible Bafflement**

My friend opened a ministry, using a snippet from the Bible as the name. But he soon regretted his decision to order office supplies over the phone. When his stationery arrived, it bore the letterhead "That Nun Should Perish."

**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](http://www.HampdenHeightsChurch.org)

**The Children's Page** by Ashley Richards

"I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works, and my soul knows it very well." – Psalm 139:14, NASB

By Ashley Richards

This month's puzzle is inspired by a game my grandma used to play with me when I was little. Aren't grandmas wonderful? In this puzzle, you'll see lots of blanks! Can you fill them with the names of 26 Bible characters whose names start with each of the 26 letters of the alphabet? Some of them are very easy, but some are pretty hard! When my grandma would play this game with me, I would play with my brother and sisters, and she would have the letters written on cards, and we'd have competitions to see who could come up with a Bible character first! But we can hardly have a competition on a piece of paper, so I hope this is still fun!

If you want to challenge yourself, only use boys' names, or girls' names! (I'll give you one hint—there is only one person in the Bible whose name starts with a Q!) Can you fill in all the blanks?

**A** \_\_\_\_\_

**B** \_\_\_\_\_

**C** \_\_\_\_\_

**D** \_\_\_\_\_

**E** \_\_\_\_\_

**F** \_\_\_\_\_

**G** \_\_\_\_\_

**H** \_\_\_\_\_

**I** \_\_\_\_\_

**J** \_\_\_\_\_

**K** \_\_\_\_\_

**L** \_\_\_\_\_

**M** \_\_\_\_\_

**N** \_\_\_\_\_

**O** \_\_\_\_\_

**P** \_\_\_\_\_

**Q** \_\_\_\_\_

**R** \_\_\_\_\_

**S** \_\_\_\_\_

**T** \_\_\_\_\_

**U** \_\_\_\_\_

**V** \_\_\_\_\_

**W** \_\_\_\_\_

**X** \_\_\_\_\_

**Y** \_\_\_\_\_

**Z** \_\_\_\_\_