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Hampden Heights Sentinel

HIGHLIGHTS:

- A lot was happening at RJA in March
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If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.

~Hebrews 10:26-27~ NIV

RJA News Corner by Lee Stahl, Principal



A CHEERFUL GIVER submitted by Cindy Eisenhardt
Jacob Jimenez, a third grader at RJA just LOVES his stuffed animals. He has been known to bring two or three of his "stuffers" to Ms. Cindy's room for piano lessons on Tuesday afternoons, every week, to "watch" him play. Last year, Jacob donated a large bag of stuffed animals to the Pre-K/Kindergarten room. The class was very excited to have so many new toys. This year, Jacob brought a large bag and a box filled with "stuffers" to school again. This time he said he would like to donate them to children that don't have many toys to play with. After several discussions, we decided to donate them to a woman's shelter in Reading. Lot's of children will be wearing smiles on their faces because of the sharing of RJA's "cheerful giver."

MUSIC FEST

Music Fest was held at Blue Mountain Academy on March 2-3. RJA had twelve students participate. This year a sign language choir was added and conducted a concert as part of the church service. Also, the format was tweaked so that the main concert could be held during the afternoon instead of the evening. The students attending had an enjoyable time.



BIOLOGY STUDENTS' DISSECTIONS

This year's biology students in grades 9 and 10 are engrossed in their various dissections. Mrs. Stahl enjoys teaching the anatomical parts of several organisms and the students get to view them up close. This aids in their comprehension and understanding of location and function of the different organs. This year's dissections include: flowers, mushroom, sea anemone, clam, frog, fetal pig, sheep's brain, and cow eyeball. By the way, the bandanas help with the smell.

OTHER HAPPENINGS IN MARCH

- RJA Choir sang at Fleetwood SDA Church on March 10.
- RJA students participated in the National School Walkout Day on March 14. The school organized the walkout, and several students volunteered to pray for the families of the 17 victims lost a month earlier in Florida as well as for all victims of school violence. Additionally, we prayed for God's continued protection of our school students and their families.
- RJA students also participated in Global Youth Day in downtown Reading on March 18.

The Pastor's Place by Pete Maldonado, Pastor, Hampden Heights SDA Church



recapture the reality of Adventist youth as a global movement mobilized for service, contributing to the proclamation of the everlasting gospel and ushering in the second coming of Jesus Christ. After seeing all the news reports, testimony videos, and worldwide activity from more than 150 million digital social media impressions on GYD 2017, we know God has been ministering to those in need through our tireless young people committed to being the hands and feet of Jesus."

GYD

What is GYD? Well for those of you that may not be sure of what GYD is exactly, it stands for Global Youth Day. In particular, the youth of the Seventh Day Adventist Church from all around the world. It is a day when every young person can join a movement that is larger than themselves. It is a time when Adventist Divisions, Unions, Conferences, and even the

local church played a vital role in encouraging every young person to rise above their limitations and live out their faith in fulfilling Bible prophecy.

The Bible teaches in Matthew 24:14:

"And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come."

The motto of GYD was **"Be The Sermon,"** and this is done by sharing the Gospel of Christ, in love for God and others. According to this SDA General Conference Youth Ministry Department website article, it reads as follows: **"With the support of GC Administration, the 13 Division youth directors, MENA Union and the Israel field, "Global Youth Day" was launched on March 13, 2013. The vision of GYD is to**

This year on March 18th, we had over 250 youth, young adults and many adults participating in GYD in the downtown Reading, Pennsylvania area. The following churches joined the GYD from the Pennsylvania Conference: Emmanuel SDA, 10th St. SDA Spanish, Reading Hampden Heights SDA, Kenhorst SDA, Shalom SDA Spanish, and students (continued on page 6)

Grace's Outpost by Ashley Richards

Have you ever had one of those days where your brain packed a bag and headed south? That's me, today. It wasn't even a bad day, or a hard one. It was relatively lovely, to be honest. It hasn't been a long, hard, or trying week. For the most part. It actually went pretty well. But I've sat here, trying to come up with something to encourage or challenge you, my dear readers, and it's like a ping-pong ball is bouncing across the corners of my brain. There's nothing there.

So, this time, I'll just share one of my favorite psalms with you. Is that okay? God's Word is far superior to mine, anyhow. I pray that Korah's sons' words encourage you far better than mine might've, in the first place.

How lovely is your dwelling place, O Lord of hosts! My soul longs, yes, faints for the courts of the Lord; My heart and flesh sing for joy to the living God.

Even the sparrow finds a home, and the swallow a nest for herself, Where she may lay her young, at your altars, O Lord of hosts, my King and my God. Blessed are those who dwell in your house, ever singing your praise! Selah.

Blessed are those whose strength is in you, In whose heart are the highways to Zion. As they go through the Valley of Baca They make it a place of springs; The early rain also covers it with pools. They go from strength to strength; Each one appears before God in Zion.

O Lord God of hosts, hear my prayer; Give ear, O God of Jacob! Selah. Behold our shield, O God; Look on the face of your anointed!

For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God Than dwell in the tents of wickedness. For the Lord God is a sun and shield; The Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly. O Lord of Hosts, Blessed is the one who trusts in you!

– Psalm 84, ESV

Zacchaeus and the Crowd by Wayne Johns

What is it that makes me an individual? Am I a contagious Christian, or part of the crowd blocking access to Jesus? When I see a visitor to our church, do I think someone else will minister to them or do I intentionally make an effort to talk to them?

Zacchaeus was a small man. To some of the Jews, he was perceived as not just small in stature, but small in character as well. Many felt he was not even worthy of mention, let alone worthy of meeting Jesus. Zacchaeus wanted to know Jesus. He understood that Jesus was more than just a good person and had a yearning to find out more about Him.

But the crowd was too big. The crowd would not let him get close, it was too difficult to even see Jesus. He was too short!

But that did not stop Zacchaeus. He was determined to know just who this Jesus was, and what He stood for!

Zacchaeus calculated the direction Jesus would be going and planning ahead, climbed a tree to see. Jesus, knowing Zacchaeus' plans, stood under the tree... and you know the rest of the story.

Do you feel like a Zacchaeus? Do you think you are too small to make a difference? Zacchaeus would say no, and so does Jesus.

Have contagious Christianity. When a visitor comes to church, or even a regular church member, think big and show them the love of Jesus. Spend time intentionally talking to them.

Be a Zacchaeus, seek and you will find. You may feel there are insurmountable "things" in your way. But even if you feel short in spiritual stature, with Jesus you are as tall as you need to be!

Climb a tree and you will see!

God bless as we follow Jesus.

Aha Moments!

by Barbara Snyder

Dear Church Family,

I thought that I would write about something that would entertain you, but also something that perhaps many of us can identify with. I hope you will receive a blessing from some of the AHA! moments of my Christian experiences. I will write them without much elaboration and let you draw your own conclusions.

1. I had a supervisor once who would use the word "hats" to describe her duties for that workday. (Some others might have used the word "mask".) She sometimes wore her "administrative" hat, sometimes her "instructor" hat, "mother" hat, "wage earner" hat etc. I had been thinking of my own hats for a period of time when I reached this conclusion: I have a variety of hats in my closet: mother hat, educator hat, nurse, wife, team player, leader, follower, good-natured, sister, friend, co-worker, energetic hats. I had so many hats I didn't know all their names. But I knew the truth was I wanted to stand bare-headed before God and let Him love and use me. It was a good thought that I will never forget.

2. I was returning home from a retreat one Saturday evening. I was just allowing the thoughts and good feelings of the retreat to fill my brain and heart when I started remembering a song. The song was popular when I was a teenager. I remembered it well enough but it had not been a favorite

of mine nor had I heard it recently. The title is "Turn Around, Look at Me." These are the words...

There is someone walking behind you. Turn around look at me.

There is someone watching your footsteps,

Turn around, look at me

There is someone who really needs you

Here's my heart in my hand.

Turn around (turn around), look at me (look at me).

Understand, understand

That there's someone who'll stand beside you

Turn around, look at me

And there's someone to love and guide you

Turn around, look at me

Oh, I've waited, but I'll wait forever

For you to come to me

Look at someone. Look at someone.

Who really loves you, yes loves you.

Turn around, look at me. Turn around, look at me.

3. I was walking from my car at the VA in Lebanon one Friday morning. I was to teach a Basic CPR class that day. This is an 8-hour class. We gave the participants lots of time to practice and understand the skills necessary to pass. On the walk in, a very clear prayer came to me from the Holy Spirit.

You do know He prays for us, don't you? The prayer was "Oh God, who am I supposed to help today?" I started teaching. At a break, a man whom I knew as a long-time employee in the psychiatric clinical areas approached me and told me he was glad I was teaching because he hadn't done well in a previous class. I remembered him. He had successfully completed many CPR classes before so I didn't know what his problems had been lately. We proceeded after break and practiced, and he was terrible! I wrote the steps on the board so he could glance up and get clues. I asked him to watch everyone else practice before he did, so he could see their movements and timing. I then asked him to come from lunch early and I would take him privately to another room thinking others made him nervous. No luck. He could not pass one skill. I took him aside, knowing that I could not hold up the rest of the class for him and asked him if he was under more stress than usual. He was. His wife had cancer. I asked if he had seen a doctor lately to get help. "No, but I do see the diabetic nurse specialist." Oh, so I thought I could send him there. Maybe she can help if it is a glucose issue. ***I had to do something. I just don't flunk people!*** I paged her. He left for her office. She answered my page. She saw him. I finished and went home. Tuesday was my first day back at work. As I was going to my office another instructor saw me and said I had to call the Psych Chief of Staff.

Then my supervisor appeared at my door and told me that the Psych Chief called to ask me how I knew? How did I know what? Well it happened that the Diabetic Nurse Specialist noticed a difference in our CPR candidate and took him to his Primary Care Provider. At first both the Nurse and the Provider thought it was stress but the longer the three of them talked, suspicions grew. He was sent for a CT scan and the diagnosis was Alzheimer's Disease. The Psych department and Human Resources were planning on firing him (CPR is a mandatory skill.) as soon as he flunked his next CPR. The Nurse told me the whole stream of events was "unbelievable." NO, it was God. I saw the now ex-employee and his wife in the hallway. I felt like running in the other direction thinking he might hold some blame for me. But I approached them instead and told them I had heard what had happened. They thanked me profusely! Now they knew what was wrong, and they would get disability. I walked away in awe and joy about how God orchestrates kindness for all his children. No mention of Jesus in this but HE WAS IN IT. The AHA! moment in this is how great is His faithfulness. How great is His will worked out in the life.

Now that I am getting started I might just have more for another newsletter article. May God bless you and keep you and have the sun shine upon you and give you peace. Amen.

Recipe of the Month by Arleen Johns

Chicken Gluten

This recipe is ideal for making chicken salad. It may take a little time but is well worth the trouble. It's originally by Kyong Weathersby of 3ABN, but I've modified it a little. It is very good, it's much healthier, and significantly less expensive than a processed commercial chicken roll. You may also freeze the dry chopped gluten for later use.

Gluten

¾ c cashews
1 c water
1 c plus 5 TBS vital wheat gluten flour

1 T whole wheat flour (or 2TBS rice flour)
½ tsp sea salt
½ tsp onion powder
¼ tsp garlic powder
1/4 tsp celery salt or seed

Blend cashews with water until smooth. Mix remaining ingredients in a large bowl. Pour cashew mixture into the dry mixture, and quickly knead with washed hands until all dry is incorporated and you have dough that is not too stiff or too sticky. If too sticky, add a teaspoon more vital wheat gluten flour.

Roll onto a sprayed pizza stone or baking sheet about ¼ inch thick. Bake 15 min on each side till done, Cool. Break into pieces, grind, but leave some larger pieces. I use my Ninja's small bowl and grind this batch in about 4 grinds. That way you can get the right size you want. You can also chop with a knife.

To make the chicken salad

Add chopped celery, onion & pickles (can use dill or sweet pickle relish) Mayo (I use JUST MAYO which has no egg in it)

The measurements are to taste, and the mayo to the desired "wetness" of your salad

Serve on bread or crackers.

Notable Quotes selected by Bob Kondracki

Life is not holding a good hand; Life is playing a poor hand well.
~Danish proverb~

Life can only be understood backwards; but it must be lived forwards.
~Soren Kierkegaard~

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.
~Billy Graham~

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.
~Arnold Schwarzenegger~

We have all the light we need, we just need to put it in practice.
~Albert Pike~

In politics stupidity is not a handicap.
~Napoleon Bonaparte~

To be prepared for war is one of the most effective means of preserving peace.
~George Washington~

Prejudice is a great time saver. You can form opinions without having to get the facts.
~E. B. White~

The two most powerful warriors are patience and time.
~Leo Tolstoy~

When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity.
~Albert Einstein~

Get your facts first, then you can distort them as you please.
~Mark Twain~

The Funny Bone selected by Bob Kondracki

I Never Go To Church

"I never go to church," boasted a wandering member. "Perhaps you have noticed that, pastor?"

"Yes, I have noticed that," said the pastor.

"Well, the reason I don't go is because there are so many hypocrites there."

"Oh, don't let that keep you away," replied the pastor with a smile. "There's always room for one more."

Thou Shalt Not Lie

A minister was walking down the street when he came upon a group of about a dozen boys, all of them between 10 and 12 years of age.

The group had surrounded a dog. Concerned the boys were hurting the dog, he went over and asked, "What are you doing with that dog?"

One of the boys replied, "This dog is just an old neighborhood stray. We all want him, but only one of us can take him home. So we've decided that whichever one of us can tell the biggest lie will get to keep the dog."

Of course, the reverend was taken aback. "You boys shouldn't be having a contest telling lies!" he exclaimed.

He then launched into a ten minute sermon against lying, beginning with, "Don't you boys know it's a sin to lie," and ending with, "Why, when I was your age, I never told a lie."

There was dead silence for about a minute. Just as the reverend was beginning to think he'd gotten through to them, the smallest boy gave a deep sigh and said, "All right, give him the dog."

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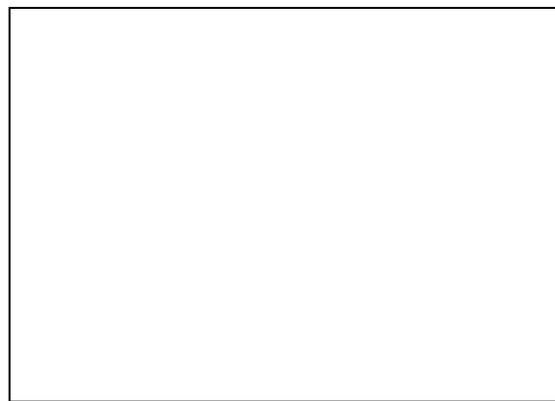
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The Children's Page by Ashley Richards

Have you heard the story of Jesus' crucifixion? It's an amazing story, because Jesus didn't just die—He also was raised from the dead, so that we might have eternal life with Him! Jesus loves us so much. If you want to read the story for yourself, you can find it in Matthew 26-28, Mark 14-16, Luke 22-24, or John 18-20. Maybe your mom, dad, grandma, or grandpa will read it with you this afternoon! In the puzzle below, you'll find the name of ten people who were involved somehow in the story of Jesus crucifixion, death, and resurrection (either for good or bad!), but the letters are mixed up! Can you figure out what their names are?

1. SANAN _____
2. PHAIACAS _____
3. SSUEJ _____
4. JANNAO _____
5. HJNO _____
6. SADJU CARIOTIS _____
7. RYAM _____
8. PRTEE _____
9. MELOSA _____
10. MONIS FO EERCYN _____

What do you think it looked like when Jesus was raised from the dead and came out of the tomb that Sunday morning? Do you think the angels were bowing at His feet? Did they have food ready to feed Him? Did He immediately want to visit His disciples and friends? Or was He eager to go meet His Father in heaven? Was He happy or confused or sad or grateful to be alive or hungry or thirsty? Does it take lots of energy to be raised from the dead? Did He wish His disciples were there with Him when He came back to life? Draw Jesus how you imagine Him when He rose from the grave in the box below!



The Pastor's Place

(continued from page 2)

and faculty from Reading Junior Academy and Blue Mountain Academy. Also, from the Allegheny Conference, the following churches: Bethlehem Haitian SDA, Rehoboth SDA English, Rehoboth SDA Spanish. And several others churches traveled to our area in order to join the movement: Allentown Spanish SDA, Easton SDA, Poconos SDA, the Pennsylvania Youth Challenge (PYC) out of Philadelphia, and L.E.G.I.T.

simple church out of Easton PA.

All of them contributed to making a difference and helping impact the lives of many people who were in need of receiving the simple love of God through His Gospel.

We had seven different locations throughout the city of Reading, where food packages, clothing, blankets, toys, hot meals, water, hot chocolate, prayers, free health

screenings, free literature, free hair cuts for the homeless were provided, and many other needs were met. We also travelled to several nursing homes around the city to share the love of God with songs, prayers and fellowship.

Many other entities provided us with support and supplies needed for this endeavor, including Panera Bread, Weis Supermarket, Giant Supermarket, and the Mennonite Food Distribution facilities center out of

Ephrata, PA. The local Reading Presbyterian Church provided their facilities at no cost. We also received the support from the City and Mayor's office in Reading.

This extremely successful ministry could not have been possible without the guidance and direction of our Lord through the Holy Spirit, and the willingness of Christ's devoted followers.