



Hampden Heights Sentinel

HIGHLIGHTS:

- Don't procrastinate reading this article!
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- So much, I think we see our relationship with Jesus as an obligation. It shouldn't be.
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- ...our journeys are both alone and accompanied by many.
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- Short month, but busy schedule.
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- Being defeated is often a temporary condition. Giving up is what makes it permanent.
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For it is better, if it is God's will, to suffer for doing good than for doing evil. ~1 Peter 3:17 NIV~

RJA News Corner by Lee Stahl, Principal



RJA students enjoying their time at the farm show.

One of the field trips that students look forward to going to every year is at the PA Farm Show. This year was no different. There are many reasons why. Some like the free food samples, such as: potato chips, cheeses, dipping mustard and pretzels, and of course Turkey Hill ice cream. Others like walking around seeing the hundreds of various exhibits. There are those who like to sit in the arena and watch the tractor pull. And most like looking at all the different farm animals: ducks, chickens, rabbits, goats, sheep, alpacas, horses, and cows giving birth to calves. No matter what your interest, there is usually something at the Farm Show for you, including a variety of food in the food court.

How are your time management skills?

We all have the same amount of time – 24 hours a day, 7 days a week. Why does it seem that some people are able to get more things done than others? Are they just faster at what they do, or could it be something else? Why are some people almost always late or forgetful?

If you identify with any of the problems listed above, maybe you should consider improving your time management skills.

Some of the benefits of good time management include:

Being more responsible which improves personal relationships with others, and having more free time to do the fun things you want to do because you are more efficient with your time in completing tasks. You are healthier, because you have less stress from worrying about deadlines, and are able to sleep better. People with good time management skills also tend to make less mistakes.

So how do you improve your time management skills? First and foremost is organization! Being able to improve time management will involve being more organized. This not only involves organizing your time, but your tasks and how you perform your tasks. The order that you perform your tasks can have significant impact on the amount of time it takes to complete the tasks. One of the best things to help organize your time is making a list of the things you need to do. Prioritizing your tasks and maintaining a calendar of when things need to be completed are also important. While some tasks automatically have deadlines, create deadlines for those that don't. Overcome procrastination by starting early on tasks that take longer to complete. Avoid multitasking! While many think multitasking helps you become more efficient, it often has the opposite effect. Focusing on one task at a time not only helps complete tasks quicker, but also results in better quality of work.



PA Conference Teachers getting their CPR/First Aid/AED recertification.

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Grace's Outpost by Ashley Richards

"But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ." – Philippians 3:7-8, NASB

Katharina von Bora was perhaps only three when she left home for the first time.

Clinging to her papa's legs, the convent looming above her. Born to a poor Saxon noble family, Katharina was born to a memorable name, but none of its benefits. Her mama died when she was very young, and some versions of her story say that she was another mouth to feed that her father and new step-mother couldn't afford. Her father stated the decision was to further her education.

In any regard, at the age of five or so, Katharina found herself in a cold convent, lonely, hungry, and lost. At the convent, she grew, and by the age of 16, she had taken her vows and become a nun, maybe more as a necessity than out of any real conviction.

By the age of 24, there were rumblings and rumors of a rebellious man who had stood up to the Roman Catholic Church. A man with a rebellious idea that people did

not answer to the pope, or even the local priest, but rather to God Himself. Who taught that salvation is not obtained by how many rites you performed, how religiously you confessed your sins, or how you abused your soul to be fit to stand before God, but by faith in the grace of a compassionate God.

Martin Luther.

It almost seemed too good to be true. Katharina had been unhappy at the convent, longing for something more—and something more hopeful. Some versions say that some of Luther's writings were smuggled into the convent, and it captivated the hearts of Katharina and some of her fellow nuns.

In 1523, Katharina wrote a letter to Luther, begging for help escaping the convent. Luther replied by sending Leonhard Köppe, a local councilman and a merchant who often delivered herring to the convent. He snuck Katharina and 11 other nuns out of the convent in his cart, eventually delivering them to Wittenberg, where Luther lived, around 60 miles from the Nimbschen convent.

Luther eventually found homes, husbands, or employment for all 12 nuns—except for Katharina. She was notoriously picky about her suitors, and eventually refused to marry, save two men: Nicholas von Amsdorf (one of Luther's colleagues) or Luther himself. Luther initially worried about the message it would send and the scandal it would cause, but his father approved of the match, and eventually Luther decided "his marriage would

please his father, rile the pope, cause the angels to laugh, and the devils to weep." Their marriage was a happy one, and Katharina had surprising privileges for a woman of her day, including running a hospital in their home (at times), hiring clergy, and running a distillery (although this is perhaps not the most noble of decisions!)

On her deathbed, Katharina was recorded as saying, "I will stick to Christ as a burr to cloth."

How beautiful, no? I once read an author (if only I could remember who he was!) who told a story of a man who purposed in his heart to reflect on the life and love of Christ in every, single waking moment of his life. The decision was not an easy one, especially when he had errands to run and business to attend to, and at the beginning, he was easily discouraged in his pursuit. He refused to give up, though, and decided to pursue it in increments. First, he would focus his mind on Jesus and His sacrifice for one minute. He did it! Then he worked his way up to keeping his mind unwaveringly focused on Jesus for one whole hour. Can you imagine? And then, he finally made it to keeping Christ on his mind for one whole day. After years of pursuing this dream, he shared that no matter where life took him, it had been years since he took his mind off Jesus, and his whole life had been transformed. He developed such a surpassing love for his Savior that it would take your breath away.

Can you imagine reflecting on the beauty of Jesus in every millisecond, in every waking moment? How beautiful a life that must have been.

In the past week, in my devotional time with Jesus, I came across two powerful statements that took me by surprise and captured my heart:

1. I am who I am because of who Jesus is, and what He has called me to.
2. The best place to be, to learn and to have peace, is at the feet of Jesus. Make your way there, as often and as long as you possibly can.

Come to Jesus, as much as I can. What a beautiful idea. So much, I think we see our relationship with Jesus as an obligation. It shouldn't be. It should be a treasure, a joy, and a pleasure. This is my dream for 2020. To come to Jesus as my Treasure, my Joy, and my Pleasure.

And may we all stick to Christ as a burr to cloth.

Going Deeper by Barbara Snyder

Mark 4:3-9 and 10-20: A Meditation

I have, for years tried to read the Bible meditatively. For me, the process is to read a small section of scripture three times and then "sit" with it. The sitting slows down my brain and hopefully opens my heart so that I not only understand the verses, but understand how they are applied to my own life. I have used this technique with the Psalms especially, and have had the Youth class practice this method with some verses in Isaiah and in the New Testament. Usually when I have found my personal application, I document the experience in my journal. I have found that slowly reading chapters of the Desire of Ages yields the same results. And, although I am not proud to say, I have been many characters in the scriptures, most of whom had major character flaws! However, the inspired writings, all of them, always lead back to Jesus and His work in our hearts and lives, not our own flawed attempts.

Just recently I had the privilege of meeting someone who also sees herself as a participant in the scripture stories and parables. I want to include here something she had shared with me. Her story, her journey, has been rough and tortuous. Her reactions to external and internal trials have been varied but, in all things, she has been led by the Holy Spirit to a passionate and fruitful relationship to our Triune God. Here is a bit of what she wrote about Mark chapter 4, a familiar parable. It starts with "a sower went

out to sow his seed and he found three types of ground...the dry, the rocky, and the verdant." She writes...

"The first ground was hard, dry, desert soil...unyielding, rigid, closed, obdurate, unfeeling. The soil of this heart will not let anything nor anyone penetrate it. I was flattened. I was too hurt, too wounded to care. In others, this type of heart may be too strict on itself and others, and for some, unrelenting in its rituals, demands and practices. It never smiles. That was not me, but I had been shot down in my radiate joy. I had psychic nausea. I was cold in fear and an unrelenting grief gripped me.

My heart sought its 'juice' again but it was 'on empty'.

Resentment, hard feelings, and pure bewilderment filled my heart to the brim.

The dry hard soil of the desert-heart is not yet ready to receive. It needs time to yield and smile again. God sent me the softening of Love. The Divine Sower sees my heart is not yet ready. He stays around and tends the Holy Ground of my wounded soul not yet ready to open to the Seed. He waits in Divine Hope. I have choices to make. I have free will. Will I put my hand to the plow and not turn back? He looks at me and, I melt, "Yes, Lord, I will come!" I have to! Who else has the Word of Eternal Life?

The second ground I faced was rocky and a mass of stony material. It was full of gripes and groans with one stone rubbing against the other. I felt no space for

flowering but I had promised to do my work. As I held each rock in my hand, it told me its story of hurt or being betrayed. The next stone was full of grief. Another, of anger. Another, of disappointments. There was a heap of stone signifying the bedrock of fear, terror and horrors of abuse and trauma. I toiled terribly! Seemingly alone.

This rocky stony soil needed lots of tending. It needed to be cleaned out...but pull out one stone and yet another rolled down to be worked on. It was overwhelming. The stones were heavy and blocked the way. It was just too much to deal with and it never seemed to end. Trudging. Trudging through the muck in the darkness.

The rocky stony soil, full of stones, has no room for the Seed as it was full of Pain and Sorrows. I'm stuck! The Divine Sower sends another trial to 'clean me out'. An avalanche of stones falls on me (cancer) and blasts out the pit of shame! I just could never get deep enough, to the bottom of the abuse. Blast! I was emptied of the final rock. My heart was now finally open to hold the Seed!

The third ground is now good ground. It is warm, watered and waiting. It is rich, relaxed and tender. It needs some daily tilling but it has been cultivated. I have done my work with the Sower. I was a heart prepared. I wanted to grow and fulfill my purpose to bear fruit. It was open. It had benefited from the 180* turn to the effulgent love of God! My heart and soul emptied and consented. It now basked in the Son. It was watered with grace.

The Divine Sower sees my Heart is warm, open, ready and waiting! He plants the Seed."

There is more, but this is enough to illustrate the truth as it was for one specific individual. My story, if compared to this, is similar, but I did not endure "abuse" My journey is nothing compared to that of this God-fearing woman. Each one of us has some rock, or many, that can be given a name reflective of our experiences and we will find that our experiences are both unique and pandemic; our journeys are both alone and accompanied by many; our feelings are varied and universal. Notice how the author has endured God sent experiences that, while difficult and of long endurance, were meant solely for her healing. Those in the process of healing are also fruit bearers, but only a healed individual can bear the best crops.

So, what do we take from this? Look inside yourself and see the soil and rocks and name them based on your experiences and the prompting of the Holy Spirit. Consider yourself as a child who has experienced familial, religious, and societal pressures, expectations and more that you may not have understood or agreed on, or were incapable of fulfilling. These pebbles of unloved events become rocks deterring the fruit of interior Christian life. Our interior life must be healed in order for us to know ourselves, and in order for us to hear our Lord.

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Calendar of Events submitted by Wendy Hughes

Date	Day	Event	Time	Sponsor	Leader	Location
2/1/20	Sabbath	Communion	During Service			Sanctuary
2/1/20	Sabbath	1 st of Month Bible Study/w Meal	After Church Service	Wayne Johns	Wayne/Arleen Johns	Fellowship Hall
2/1/20	Sabbath	Youth Discipleship Class	2:00		Ashley Richards	Classroom #6
2/2/20	Sunday	Lay Pastor Training	10:00AM-2:00PM		Lance Moncrieffe	Fellowship Hall
2/5/20	Wednesday	Prayer Meeting w/Meal	5:30PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
2/6/20	Thursday	Prayer Meeting	6:30PM		Dena Kondracki	Fellowship Hall
2/8/20	Sabbath	Vespers, Game Night, Pastor and Mrs. Welcome	5:00PM	Social Committee	Arleen Johns	Fellowship Hall
2/9/20	Sunday	Serve Dinner at HRM	4:00PM-6:00PM	Youth	Daren and Wendy Hughes	Hope Rescue Mission
2/12/20	Wednesday	Prayer Meeting w/Meal	5:30PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
2/13/20	Thursday	Prayer Meeting	6:30PM	Personal Ministries	Dena Kondracki	Fellowship Hall
2/15/20	Sabbath	Potluck	After Church Service			Fellowship Hall
2/15/20	Sabbath	Youth Discipleship Class	2:00		Ashley Richards	Classroom #6
2/15/20	Sabbath	Community Service to Visit Shut-Ins	After Potluck	Community Service	Wendy Hughes	
2/17/20	Monday	Board Meeting	7:00PM		Pastor Shives	Board Room
2/19/20	Wednesday	Prayer Meeting w/Meal	5:30PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
2/20/20	Thursday	Prayer Meeting	6:30PM	Personal Ministries	Dena Kondracki	Fellowship Hall
2/21-2/23/20	Friday-Sunday	Ignite Leadership Training		Youth Ministries	PA Conference	Blue Mountain Academy
2/26/20	Wednesday	Prayer Meeting w/Meal	5:30PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
2/27/20	Thursday	Prayer Meeting	6:30PM	Personal Ministries	Dena Kondracki	Fellowship Hall

Don't Be SOY Confused: Phytoestrogen vs Estrogen by Leo Pena

To soy or not to soy is a question of popular debate in food science. The main reason for polarized sides is due to similarity in the biological makeup that phytoestrogens have to estrogens.

“Soy is unique in that it contains a high concentration of isoflavones, a type of plant estrogen (phytoestrogen) that is similar in function to human estrogen, but with much weaker effects. Soy isoflavones can bind to estrogen receptors in the body and cause either weak estrogenic or anti-estrogenic activity.”

One factor influencing published reports is what type of soy is being studied. For example, is it whole soy foods such as tofu and soybeans,

or processed versions like soy protein powders, or soy-based veggie burgers.

Another consideration is the specimen being tested, animal or humans. “Soy may be metabolized differently in animals, so the outcomes of animal studies may not be applicable to humans.”

Phytoestrogens are plant-based compounds that mimic estrogen in the body. They have been found to be beneficial in combatting symptoms and conditions caused by estrogen deficiency. This may be of particular benefit to premenopausal and postmenopausal women. Phytoestrogens may also play a role in fighting cancer.

Many men worry that consuming soy products may make them vulnerable to reduced male fertility. The most studied phytoestrogens are soy isoflavones. Some studies found that soy isoflavones, whether in foods or supplements, do not change testosterone levels in men.

Phytoestrogens are abundant in many healthy plant foods. Some of the nutritional benefits include being rich in vitamins and minerals, and also being a complete protein with all essential amino acids and omega 3's and 6. The soy part of the legume family is a nutrient-dense source of protein that can safely be consumed several times a week, and is likely to provide health benefits.

The soybean plant is used to produce a number of different products, including soy milk and tofu. It is also often fermented to produce ingredients like tempeh, soy sauce and miso, which is a traditional Japanese paste made from fermented soybeans.

Next month we will look in detail at the benefits that soy has on osteoporosis.

Harvard T.H Chan School of Public Health n.d., *Straight Talk About Soy*, viewed 20th January 2020, <https://www.hsph.harvard.edu/nutritionsource/soy/>

Recipe of the Month by Arleen Johns

Sweet Potato Biscuits

Ingredients

1 c. whole wheat flour
 ½ tsp. salt
 1 tbsp. baking powder
 3 tbsp. oil or melted Earth
 Balance butter

1 c. cooked sweet potato
 ½ c. soy or coconut milk

Instructions

Combine dry ingredients.
 Beat oil or melted earth
 balance into sieved potato.
 Add milk.
 Add dry ingredients to potato
 mixture and work dough until
 smooth.

Roll out to ½ inch thickness
 on floured surface. Cut with
 biscuit cutter and place on
 greased sheets.
 Bake at 350 degrees for 18-
 20 minutes.

Notable Quotes selected by Bob Kondracki

You have enemies? Good.
 That means you've stood up
 for something, sometime in
 your life.
 ~Winston Churchill~

You are not judged on the
 height you have risen but on
 the depth from which you
 have climbed.
 ~Frederick Douglass~

Where facts are few, experts
 are many.
 ~Donald R. Gannon~

Cast aside those who liken
 godliness to whimsy, and who
 try to combine their greed for
 wealth with their desire for a
 happy afterlife.
 ~Kahlil Gibran~

Being defeated is often a
 temporary condition. Giving
 up is what makes it
 permanent.
 ~Marilyn vos Savant~

Let's not let the facts get in
 the way of a good story.
 ~Unknown~

Better to remain silent and be
 thought a fool than to speak
 out and remove all doubt.
 ~Abraham Lincoln~

People will generally accept
 facts as truth only if the facts
 agree with what they already
 believe.
 ~Andy Rooney~

Loved. You can't use it in the
 past tense. Death does not
 stop that love at all.
 ~Ken Kesey~

We would accomplish many
 more things if we did not think
 of them as impossible.
 ~Vince Lombardi~

Every man dies. Not every
 man really lives.
 ~William Wallace~

How few there are who have
 courage enough to own their
 faults, or resolution enough to
 mend them.
 ~Benjamin Franklin~

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The Children's Page by Ashley Richards

Do you know the story of Daniel? Do you know how he was taken captive with his friends Azariah, Mishael, and Hananiah? How they were taken to Babylon, and forced to be King Nebuchadnezzar's wise-men? Have you heard the story of the king's vision, how Daniel interpreted it, and then how the king created a statue and made all his subjects bow to it? Daniel's friends refused to bow, so they were thrown into the fire, and Jesus protected them! And I'm sure you know the story of Daniel in the lions' den. What an amazing life Daniel had! In the puzzle below, you can find some words that talk about Daniel's life. Can you find them all? You can find the words going across or down, but not backwards or diagonally.

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

- | | | | | |
|------------|---------|-----------|----------------|---------|
| Azariah | Darius | Hananiah | lions den | statue |
| Babylon | feast | hand | Mishael | water |
| Belshazzar | fire | Israel | Nebuchadnezzar | wine |
| Daniel | goblets | Jerusalem | Son of God | writing |

DID YOU KNOW?

Did you know that Daniel was a very prominent person in Israel when he was taken captive to Babylon? The Bible tells us that he was among the nobility of Israel (if not related to the king himself!). The Bible also tells us that he was very, very smart (he did well in every subject!), was very handsome, and had no known defects at all. Can you imagine being a prince, and being kidnapped by your enemy as they destroyed your home and your country? Isn't it amazing how Jesus cared for Daniel and used him for His glory?



Going Deeper (from pg. 3)

The reverse is also true...in knowing our interior selves we set the ground for healing; as we hear our Lord, our interior and thereby our exterior selves are healed.

If you are not used to thinking this way, I am sure that scripture will become more useful to you in other ways, but scripture will always lead to an inner awakening in your walk with Jesus. Let me know your ways of studying, praying, and absorbing God's truth for you personally. We will have a thriving discussion.

God blesses always, Amen.

RJA News Corner (continued from page 1)

On January 21, students enjoyed an extra day off from school while teachers were being in-serviced. Beside CPR/First-Aid/AED recertification, teachers also learned new strategies to

help students with conflict resolution.

**Reading Junior
Academy...
Educating Today and
for Eternity!**