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Hampden Heights Sentinel

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*For there is one God and one mediator between God and
mankind, the man Christ Jesus... ~1 Timothy 2:5 NIV~*

RJA News Corner

by Lee Stahl, Principal



RJA Girls Sleepover

submitted by Wendy Stahl

"Love was in the air" this Saturday night, and not just because Valentine's Day was on Friday. It was the RJA Girl's Sleepover, hosted by Mrs. Stahl. Every year, for the past seven years, Mrs. Stahl has sent out party invitations to all the girls in 7th through 10th grades, to come celebrate being loved and cherished by our Heavenly Father. This is an event that the girls really look forward to every year. It is a chance to "bond" as friends and classmates.

At the event, the girls are treated like the "princesses" they are, as daughters of God. The evening begins at 6:30 with pizza and a time of worship. Worship concludes with a craft, that connects to the worship talk, in some way. Then, they usually play Hide-n-Seek around the school. After they get some energy out, they settle down for board games, doing each other's hair, and a movie. They continue to "refuel" by eating their favorite snacks that each girl provided to share. The "party" concludes with breakfast on Sunday morning, made by Mrs. Stahl. Girls are sent home with their craft and a gift bag, reminding them just how special they are.

A Field Trip to the Dentist Office

submitted by Darlene Peterson

The first and second graders went on a field trip across the street to Dr. Zahner's dentist office. We toured the whole facility discovering all the various careers needed in a dental office, such as dental hygienist, dental assistant, receptionist, accountant, and of course the dentist. Dr. Zehner likes cowboys, and his dental stool looks like a real horse's saddle! The students also learned about all the equipment needed and how it's used. They were able to see the different offices, the lunch room, the ex-ray room, as well as the waiting room. All the students saw the importance of especially learning their writing and math skills. When the tour was finished, everyone left with a nice gift bag of toothpaste and chap stick from Dr. Zehner's office staff. We enjoyed our field trip and learned a lot!



What do you notice about the students in this picture?

If you noticed students dressed as twins or triplets, you would be correct. This month for Spirit Friday RJA students collaborated to dress alike with someone else.

RJA Completes School Accreditation

At least every six years all SDA schools must be evaluated in order to be accredited. This year RJA went through the accreditation process that begins by staff and board members meeting on several occasions to complete a lengthy self-study.

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Grace's Outpost by Ashley Richards

"... and lo, I am with you always, even to the end of the age." - Matthew 28:20b, NASB

Loving Jesus is a lot like loving Sabrina.

Many of you know I sponsor five kiddos in South America—four girls, and one boy. My sponsorship helps teach these kids good hygiene, provides them with medical care when needed, gives them a tutor to help them do well in school, but most of all, it gives them the opportunity to learn about Jesus. Because of this, I get to love these kids in such a special way, send them lots of letters, and watch them grow in Jesus and hope. I am literally rescuing them from poverty—and giving them Jesus.

For most of my kids, it's been a super fulfilling, beautiful experience. I get monthly letters that tell me, "I'm praying for you!" and "I love you to the moon and back again!" and "You're so beautiful!" I find myself welcomed into the lives of five beautiful children that I love with all my heart. Nothing I've ever done in my life has meant more, or left me feeling more fulfilled. They are my mission field. I love them as if they were my own. (In a way, they are!)

My second girlie, though—Sabrina has been a special sort of journey. I began sponsoring her in 2015, with a couple of church members. The second I saw her, I loved her. Like my oldest girl, I wrote her faithfully every month, building her up with "I

believe in you!" and "Jesus loves you!" and "You're so special!" We sent her birthday notes, and I told her all about my life here in Pennsylvania. I asked her about herself, her family. Her loves and wishes and life.

Unlike most of my other kiddos, though, Sabrina hardly ever wrote back. It was hard. It was like loving a brick wall. I think she didn't know what to do with multiple sponsors, or maybe she was just slower to open up. I ran out of questions to ask her. I ran out of things to tell her. How do you have a relationship with a brick wall? How do you *love* a brick wall?

But yet, I felt called to love her, so every month, I would muster up courage, pour out my heart in that letter, dig deep to find new questions to ask, find new ways to tell you "I love you to the moon and back again!" and how precious she is to us. I kept on praying, realizing I may never have a special relationship with her until the day I could save up enough money to go to Fortaleza and visit her in northeastern Brazil. And even then, I had no clue how she'd react to seeing me.

Sometimes, I feel the same way about Jesus. Don't you? I can read my Bible, pour my heart out to God, beg to hear from Him, and yet, sometimes, it feels like talking to a brick wall. Doesn't it?

I think about Peter and James and John sometimes, and how they actually *walked* with Jesus. And I think, *What I wouldn't give to have THAT!* Wouldn't that be so much easier?! You could ask Him a question and get an *audible*

answer! He could hug you—*physically!*—on your bad days, and fill your good and bad days with laughter and joy. You could ask Him *anything*. He could work miracles in your life. He could impart His heavenly wisdom and peace to you in a moment.

Sometimes long-distance relationships only lend themselves to loneliness and misunderstandings.

But the strangest, most delightful thing happened about six months ago. Sabrina started writing letters by the *droves!* In one day alone, she penned us four letters. *Four letters!* What happened to this non-responsive child I dragged my feet each month to love and lift up? What happened to FOUR YEARS of next to no correspondence?

I learned all sorts of mysterious, wonderful things about Sabrina. She wanted to be a lawyer. She was learning how to play the flute! She loved swimming, and was going on an all-girls camping trip on her January break. She has a baby sister named Ana Vitória, although she doesn't like being a big sister very much. School doesn't necessarily come easily to her, but she works hard, because I encourage her. She likes the story of Tamar in the Bible, and loved decorating her Compassion center for Christmas. She wants to learn how to cook, and she's concerned about her city, because of the violence there, and she *loves* hearing about snow.

And I've realized how much more of a sweet blessing it is to know Sabrina now, after years of giving her my heart, after years of *choosing* to love her, month after month after month, and seeing her blossom into the sweet, kind, intelligent, beautiful little girl she is becoming. I had no idea the treasure that was coming. My life is blessed a million times over for having Sabrina in it, for having the privilege of loving her and knowing her and encouraging her. What a treasure she is, and how much more special, because of the years I decided to love her, even before I knew who she *really* was.

It will be the same with Jesus. Despite the tears and the frustration, the feeling of loneliness and confusion, the separation and loneliness—when we see Jesus, all that distance will only have made our reunion that much sweeter.

Jesus loves us as passionately as He did Peter, the woman at the well, or the rich young ruler. The only difference is light-years of space that keep us from seeing His radiant face. He hears us just as clearly in heaven as we hear each other down here—except better, because He actually knows how to listen to us, as we *need* to be listened to. He is here. *Immanuel*, God with us.

We just don't get to see Him until heaven. But you can bet that every single moment of sadness, frustration, loneliness, and confusion will be worth it on that day we will never, ever be separated from Him ever again.

Going Deeper

by Barbara Snyder

Pomeranian # 1

All Creatures Great and Small

I was thinking about my precious moments the other day and most of those moments included my children and my dogs. My first (I've had two) dog was a blond Pomeranian named Spencer. He was 7.5 pounds with the longest fur and perfectly proportioned body. He suffered a broken leg as a puppy and it was not set correctly: when he stood still (which didn't happen too often) he looked like a model posing for the cameras. Spencer came to us as a gift, and what a gift he turned out to be. He absolutely loved me, jumping on the sofa or the bed to be close. I often awoke in the mornings with him under my chin and my arms around his little body. He was very afraid of thunder, shaking from head to toe. Once during a storm, he jumped up and scooted as far as possible into me. I said softly, "Spencer, it's going to be OK." and it seemed as if his body started to relax. After that, he would sit close whenever there was thunder but he did not shake.

Spencer was no angel, though. Once when we had a family dinner at our home, he became famous for being the

family thief. I often cooked chicken for Fred's family. After dinner we sat outside. Suddenly my brother-in-law yelled. "The dog's got the chicken!" And off the table jumped my little thief with half a chicken breast in his mouth. Fred was right on his heels, (I mean right on his paws) down the hall, into the bedroom, under the bed. Fred's face peering under the bed elicited a viscous snarl from the little monster. The little monster had a wonderful dinner that night with no trace of chicken left under that bed.

Actually, Spencer was a food Houdini, always managing to extricate food from its original owner no matter how the food was protected. Once Fred, Kate, myself and Spencer went to the grocery store. Well, actually Spencer was in the car, of course; then we went to the Farmer's Market. When we were in the market, having safely stored the groceries in the back of our SUV, Spencer Houdini managed to jump over the front seat, then over the back seat. After locating the bag with the most "delicious" smell of vegetarian frozen food (sealed in the manufacturer's box, of course) he managed to get it open. When we returned to the car, we found our little Pomeranian; picture complete

with an entire Morningstar chicken patty in his mouth! We laughed hysterically but this time Spencer didn't get that chicken!

Spencer went everywhere with us. Fred took our youngest daughter to school every day, and Spencer got to ride. When Fred picked Kate up from school, Spencer got to visit. He loved all the attention and the children loved him. Who wouldn't? He was so cute and did amazing things. We used to take him hiking to Nolde Forest and Rickett's Glen. Ricketts Glen is quite a hike for a dog so small as him, but he was a trooper. He jumped on top and over rocks one right after another, getting into the water whenever possible and rushing back down the mountain--rock jumping back to the beginning.

Spencer waited for me daily as I returned from work, always meeting me at the door to the garage. Around age 8 or 9, I noticed that he would bark like crazy as I arrived home but would stay at the top of the stairs. His jumping career was over now. He started coughing and couldn't finish walks...so we carried him! Then came a diagnosis and prednisone with the side effect of added weight. He gained 30% of

his normal body weight.

Spencer died at age 10 from tracheal collapse, way too young for a Pom. I often wonder if all that hiking and climbing caused the problem. (The smaller the Pom the more likely tracheal collapse will show its deadly self.) If a child asked me if pets go to heaven, I would say "Yes." I see no reason to dampen love with theology. We buried him on our 3.5 acres and will never ever forget him. "All creatures, great and small, the Lord God made them all." With that thought I have come to honor and respect animals in a different way than before I really knew that one special Pomeranian.

Someday I will write about Pomeranian # 2. Her name is Molly and is very, very different from her predecessor. She's 15 now, but has congestive heart failure and cannot do what we used to do. She has changed so much since the day we got her. Alas, all of us have or will, but someday our world will be without pain or sickness and I will have all the young dogs I want.

May God bless us all.

Amen

Path to Better Health

by Leo Pena

Can These Bones Live?

Many studies have researched the relationship between soy foods and their association with bone health and osteoporosis prevention, and have come to conflicting conclusions.

I believe a study of a whole food plant-based diet, rather than on specific food ingredients or individual foods, may offer an opportunity for better understanding the role of soy foods in bone health.

As I wrote last week, soy foods contain varying levels of various types of isoflavones known to be weak plant-based estrogenic compounds or phytoestrogens. Because estrogen is protective of bone, postmenopausal

estrogen decline is linked with bone loss.

Until the last decade, one of the main treatments for postmenopausal bone loss was hormone replacement therapy, but we should

(continued next page)

Path to Better Health (continued from previous page)

always be concerned with the negative health impact of long-term hormone replacement therapy. Can there be alternative treatments for osteoporosis prevention? Numerous studies have investigated the relationship between soy foods and markers of bone health and osteoporosis prevention.

"Messina M., Watanabe S., Satchell K.D.R. (2009) Report of the 8th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment."

Messina and colleagues sum up the general findings of such reviews with the conclusion that although some studies show strong benefits for bone, overall, the data is quite mixed. The most positive conclusion comes from Atmaca and colleagues who note that most clinical studies with postmenopausal women indicate a positive effect of soy on markers of

bone turnover and bone mineral density. However, they conclude that information is not complete enough to warrant recommendations for treatment.

Group studies between Asian women and North American woman showed more favorable results in the Asian woman. In the studies in Asian populations, the soy foods listed in the food frequency questionnaires are consumed as a normal part of the diet, and typically include traditional soy foods such as fermented soy bean curd, soybean milk, fresh bean curd, fried bean curd puff, and soybeans.

"Zhang Y., Chen W.F., Lai W.P., Wong M.S. (2008) Soy isoflavones and their bone protective effects. Inflammopharmacology"

By contrast, the US non-Asian populations are more likely to be consuming soy as

a vegetarian meat alternative, as soy protein powders and bars, or as soy milk and some other traditional soy foods.

Perhaps most importantly for the question of whether soy foods are beneficial to bone is the body of research showing that diets high in animal protein are associated with higher fracture rates than those high in protein from plant sources

"Sellmeyer D.E., Stone K.L., Sebastian A., Cummings S.R". (2001)

A high ratio of dietary animal to vegetable protein increases the rate of bone loss and the risk of fracture in postmenopausal women.

"Study of Osteoporotic Fractures Research Group."

Soy foods intake may indirectly enhance bone strength by replacing animal protein in the diet. Research has shown that diets high in animal protein increase calcium excretion, and that

soy protein intake decreases calcium excretion in comparison with meat and dairy protein. These studies indicate that plant-based dietary patterns support bone health. Soy foods are a useful plant-based source of dietary protein and may be consumed at higher levels in plant-based eating styles.

Although more research is needed to understand fully the optimal dietary pattern for supporting bone health, we do know that dietary pattern evidence suggests that regular consumption of soy foods is likely to be useful for optimal bone health as an integral part of a dietary pattern that is built largely from whole plant foods.

Recipe of the Month by Arleen Johns

Soy Curls™ Butler 8 oz package (approximately 4 ½ cups)

½ package of soy curls
Cover in 2 -3 C hot water
Soak soy curls in hot water for 10 minutes. Squeeze out water.

Stir Fry- soak in soy sauce, garlic powder- no need to drain, but fry down to brown- you can also add fresh ginger.

Chicken Salad- pulse dry soy curls in food processor till small chunks- then hot water soak. Then add your favorite

mayo, pickle relish, onion, celery with garlic powder.

Sweet & Sour - soak- as usual. Mix together: one 8 oz bottle of Russian dressing, 1 package of dry onion soup mix and 1 can of cranberry sauce. Stir soy curls in and Bake 350 deg- 30 min.

Soups - no need to pre-soak, just add to broth and boil- delicious in chicken soup, or vegetable.

Chili – pre-soak with Mexican spices like cumin or chili, then add beans and

other spices that you would for chili. Simmer for 30-40 minutes. No need to squeeze out soaking seasoned liquid.

Home-style BBQ-add all ingredients to Crockpot and cook on high for 5 hours: 2TBS oil, 1 onion, 2 garlic cloves, 1 small can of tomato paste, 1 c brown sugar, 1 TBS molasses, 1 ½ tsp salt, ½ c lemon juice, 2 TBS soy sauce, 5 c dry measure Soy curls- 4-6 c water (start with 4 c and add to keep from drying as it cooks)

Soy Curls are so versatile and nutritious- 11 grams of protein in ¾ cup. (measured dry) They have no flavor-so like Tofu, they need to be seasoned.

Some recipes I soak in plain water, other recipes I soak in the seasonings of my recipe without draining/squeezing dry.

Hampden Heights Church Board Minutes From 2-17-2020

submitted by Wayne Johns

Shawn Taney discussed flooring options, blinds, sink, granite counter top, etc for fellowship hall. We are to pick carpet color by Wednesday.

Discussion about possibility of a part-time Bible Worker starting at Hampden at no additional cost.

Motion with 1st and 2nd to have Bible Worker join Hampden.

Motion was approved.

Motion with 1st and 2nd to invite AWHN to come for a long weekend for Health and

Temperance with dates to be identified by Pastor Shawn.

Motion was approved.

Discussed Communion schedule which is currently the second month.

Motion with 1st and 2nd to return to 1st Sabbath of each quarter.

Motion was approved.

FYI: Bulletin Update and reorder. Consider using same bulletin with color enhancement for front page.

FYI: Pastor Shawn explained the board agenda request form. Agenda items are to be

submitted by the Thursday prior to board meeting.

FYI: Discussion about 13th Sabbath program with suggestion to meet in Sanctuary. Each teacher will rotate throughout the year for a single lesson study that would then be followed by the children's program.

FYI: The following members to serve on the "search committee" are: Wendy & Daren Hughes, Stacy & Jason McLean, Wendy Stahl and Wayne Johns. (this will be announced this Sabbath). Their role will be to recommend 5 names for the

2020/2021 MPC committee.

FYI: 3ABN speaker CA Murray will be at Camp Meeting this year.

FYI: Pastor Shawn will not be at Hampden 2.29.20.

FYI: Several have expressed excitement with current Bible study interests and look forward to more involvement.

FYI: Donna is planning an Easter Program for 4.11.20.

Calendar of Events for March

submitted by Wendy Hughes

Date	Day	Event	Time	Sponsor	Leader	Location
3/7/20	Sabbath	1 st of Month Bible Study with Meal	After church service	Wayne Johns	Wayne and Arleen Johns	Fellowship Hall
3/7/20	Sabbath	Youth Discipleship Class	2:00 PM		Ashley Richards	Classroom #6
3/8/20	Sunday	Pancake Breakfast	9:00 AM-??	Social Committee	Arleen Johns	Fellowship Hall
3/11/20	Wednesday	Prayer Meeting with Meal	5:30 PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
3/12/20	Thursday	Prayer Meeting	6:30 PM	Personal Ministries	Pastor Shives	Fellowship Hall
3/15/20	Sunday	Lay Pastor Training	10:00 AM-2:00 PM		Lance Moncrieffe	Fellowship Hall
3/15/20	Sunday	Finance Committee Meeting	9:00-10:00 AM		Pastor Shives	Board Room
3/16/20	Monday	Church Board Meeting	7:00 PM-9:00 PM		Pastor Shives	Board Room
3/18/20	Wednesday	Prayer Meeting with Meal	5:30 PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
3/19/20	Thursday	Prayer Meeting	6:30 PM	Personal Ministries	Pastor Shives	Fellowship Hall
3/21/20	Sabbath	Global Youth Day	8:00 AM-6:00 PM			
3/21/20	Saturday	Game Night	6:00 PM	Youth	Daren and Wendy Hughes	Fellowship Hall
3/25/20	Wednesday	Prayer Meeting with Meal	5:30 PM	Personal Ministries	Wayne and Arleen Johns	The Johns' Home
3/26/20	Thursday	Prayer Meeting	6:30 PM	Personal Ministries	Pastor Shives	Fellowship Hall

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We're on the Web! See us at: www.HampdenHeightsChurch.org

Editor's Note: I don't know how many may have seen this disturbing article in the news, but every one of us should be aware of the alarming direction our country is starting to turn, and realize that this is only the beginning.

The Children's Page by Ashley Richards

In the puzzle below, you'll find some words relating to a story in Luke 13. There was a woman possessed by a spirit for 18 years, who could not even stand up straight because the demon was so strong. She was bent double, the Bible says. In this story, Jesus heals her on the Sabbath day! Jesus' enemies were not happy about this, because they thought it was work and that Jesus was not keeping the Sabbath. But Jesus reminded them how they would give water to their own oxen and donkeys, and He reminded them that this woman was worth much more than their donkeys! You can read the story yourself in Luke 13:10-17. Can you decipher the words in the puzzle below? You can find most of the words in the story in Luke, if you get stuck.

- 1. ABBASTH
2. AMOWN
3. OUEGGSYNA
4. BTEN LEDOUB
5. CEIKNSSS
6. DAHEEL
7. EUSJS
8. FYOGLIR
9. GANDININT
10. JOIECRE
11. KEYNOD
12. REEF
13. TOPPEONNS
14. TWERA
15. WODRC
16. YHOPRICTES

RJA News Corner (continued from page 1)

Documentation and gathering of evidence is then required to support responses made on the self-study. A visiting team of educators then came to the school to review, observe, inquire, and confirm our responses. At the end of the

two days the visiting committee issues commendations and recommendations for our school. Their report then gets submitted to the Columbia Union for final approval. We are happy to have been told that they are

recommending the highest accreditation term allowable by the Columbia Union. God has blessed our school!

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

U.S. Supreme Court Turns Away Religious Bias Claim Against Walgreens sub. by Bob K.

By Andrew Chung

WASHINGTON, Feb 24, 2020 (Reuters) - The U.S. Supreme Court on Monday handed a victory to Walgreens, turning away an appeal by a fired former Florida employee of the pharmacy chain who asked not to work on Saturdays for religious reasons as a member of the Seventh-day Adventist Church.

The justices declined to review a lower court ruling in Darrell Patterson's religious discrimination lawsuit that concluded that his demand to never work on Saturday, observed as the Sabbath by Seventh-day Adventists, placed an undue hardship on Walgreens.

Patterson, who had trained customer service representatives at a Walgreens

call center in Orlando, was fired in 2011 after failing to show up for work on a Saturday for an urgent training session.

The case tested the allowances companies must make for employees for religious reasons to comply with a federal anti-discrimination law called Title VII of the Civil Rights Act of 1964.

The law prohibits employment

discrimination based on race, color, religion, sex and national origin.

Under Title VII, employers must "reasonably accommodate" workers' religious practices unless that would cause the company "undue hardship." (Reporting by Andrew Chung; Editing by Will Dunham)