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# Hampden Heights Sentinel

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*God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God. ~2 Corinthians 5:21 NIV~*

## The Pastor's Pen

by Shawn Shives, Pastor, Hampden Heights SDA Church

Colossians 3:23-24  
Whatever you do, work at it with all your heart, as if you were working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Paul's comments are clear and sharp. He is saying to you and I, anything worth doing is worth doing to the best of our ability. This concept of doing our best should be applied to all areas of our lives, and even more so when it comes to serving God in spiritual service. It was with great enthusiasm and the power of the Holy Spirit that the early believers of Christ went about turning the world upside-down. Just think in one generation while battling bitter opposition, they carried the gospel to the then known world! They set up churches in every stronghold of paganism and thus the message of life and hope through Jesus Christ was spread.

### NOTHING SUCCEEDS WITHOUT ENTHUSIASM.

A lifeless, powerless, shallow religion experience is never rewarding to either the

follower or to those individuals looking in from the outside. You and I are key members of God's church in the Reading area. As such, we are called to tell a world that is lost in sin and condemned to death, about their only hope, Jesus Christ; Jesus who paid the price, full and complete, for their sins. We are each called to offer the hope and promise of eternal life to a dying world, pointing them to Jesus...

It seems very strange to me that our friends and neighbors get so excited about a local high school football game; yet, seem to pay so little attention to things of eternal value. Lately, I have been asking myself, what has happened to the early church described in chapters two and three of the Acts of the Apostles? What has happened to God's people holding steadfastly to the apostles' doctrine as they fellowshiped with each other, broke bread together and prayed with and for each other daily? What happened to the church that worshipped God in each other's homes as God added to their numbers daily? What happened to the church that cared for the sick and poor? What happened to believers who knew each other so well that they had everything in common?

What happened is simple. Satan has fooled God's church into believing that a weakened – powerless and self-absorbed form of "Christianity" is the real thing. Sadly, both you and I have probably experienced this in a personal way. Paganism, secularism, and skepticism have done their best to dim the enthusiasm of the Adventist faith and take away it's joy and power to change lives.

A few years ago, I preached the funeral of one of my closest friends- Master Gunnery Sergeant Dave Goley, USMC, Retired. After 27 years as a caring, trusted, leader of Marines, Dave saw no hope anywhere in this world. He fell into a deep and dark depression, and then took his own life. Maybe it was the continual evening T.V. news reports of starving people, rapes, and murders in his community; Dave may have not heard that there is an **ANSWER** to this darkness.

Lately I find myself thinking what a wonderful thing it would be if those who claim to believe the 3 Angels' Messages, would re-find their first love, and because of this renewed joy, would start telling the story of Jesus once again with enthusiasm.

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## Grace's Outpost by Ashley Richards

“Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.”

1 Peter 5:8, NASB

Lately, during my personal devotional time, I have been reading in the book of Exodus. Jesus has been teaching me new and special lessons, lessons I feel impressed to share with you.

Today, I'll start with Exodus 1, and may proceed on to other portions of Exodus, in the coming months, as the Spirit leads. I'd recommend rereading Exodus 1 as a companion to my thoughts, as His words are far more valuable than mine could ever dream of being. I pray you are blessed by the thoughts that the Spirit has encouraged me with over the past weeks.

Satan and this world will take all the blessings God bestows on us, and will swallow it with greed, selfishness, and fear.

It's hard to imagine the great blessings described in Exodus 1 that God had given Israel—the fertile land of Goshen, descendants like the sand of the sea, family to surround them. God sustained them and blessed them. In every way. Especially when the story of the Israelites as slaves is filled with so much oppression and fear, despite their bounteous blessings.

Pharaoh decided they were threats, and seemingly overnight, they were

enslaved. The descendants of Israel were strong and free—why did they allow themselves to be enslaved? *How?! How could Pharaoh have done it, when he feared the Israelites?*

Evil swallows good. In a heartbeat.

In a heartbeat, Pharaoh swallowed up the prosperity of Israel with a cheap iron fist. It boggles my mind. I can't even envision it, but the transformation was stark. From riches and prosperity to almost worse than nothing in what seems like the blink of an eye.

So, it is with us today.

The evil one longs to take our joy, serenity, hope, prosperity, family, peace, salvation, wisdom, and direction, and swallow it in oppression and fear.

Be on guard. Protect your blessings from God. Fiercely protect your joy, your peace, your hope, your family, your salvation, your good heart.

It is a gift from your King.

Not that material possessions should be of any value to us. Let it never be! And not that God needs us to fight His battles, as if He were a weak and incapable King.

But when we lose sight of the goodness and provision of God, His joy, His love, His generosity, His peace, we sink like a rock. Just like Peter sinking in the Sea of Galilee when he took his eyes from Jesus and moved them to the storm. How easy it becomes to be out of sight, out of mind. When His goodness is out of mind, how

easily we are convinced that it does not exist. Stay with your King. Soak up His goodness and love like the warm sun on a sandy beach. Don't lose sight of Him.

Do not let it go the way of the Israelites, for the evil one will destroy it.

Satan wants nothing more than to destroy you, the crown of the Almighty One's creation. But, good news! Nothing is stronger than the bond between God and us when our eyes are completely on Him, and, dear one, Jesus will *never* leave us nor forsake us.

“I will not leave you comfortless. I will come to you.” – Jesus (John 14:18, KJV)

## Going Deeper by Barbara Snyder

I read on the Prayer Chain from Chris G. that a beloved member of our church, and from a beloved family, will be experiencing a significant medical diagnosis and its treatment. Immediately after that evening reading the post, I was looking for a new journal as my old one is now full. And there in my bookcase was one from long ago, all empty except the beginnings of an entry 20 some years old. I have struggled with writing an article this month and felt impressed to include the following entry. Although God is not mentioned continually here, He was orchestrating the entire time. The following words illustrate a condensed period of time in which I never left off praying. I never cried out "Why?" although, I also know, He wouldn't have left me had I done so. The visual me, the me that often imagines or catches scenes in my head was, I believe, experiencing a gift. At no time was this entire scenario anything but a healing gift from a healing Creator. Hope you feel the same. Take it for what it means for you. (The following is a summary of 5 days prior to surgery.)

July 1997

Perhaps this will be a running commentary on healing. I need healing and I need cure.

I had been rationalizing symptoms of non-health and disease for quite some time. I remember going to bed one night angry and frustrated--something that happened

every night. Certainly, these feelings kept me from being very loving toward my family--and that particular night I said to myself, "This (attitude) could kill someone."

Also, I had two episodes of severe abdominal pain and distress that were particularly obvious, one of which lasted for hours. Ugh. I was too busy and obsessive compulsive about my position at work and the signs of the times there with CEO changes etc. to pay much attention to my body and my spirit. However, my body yelled loudly and I sought help. I was shocked, scared, and a little defiant when I received the news. But cooperative in the long run, humbled really.

Right away with prayers and tears, I received guidance and support from God, friends and husband.

My God shall lead me.

I was frozen in fear. I remember the maroon reclining chair in the living room...a vision before me of the tumor. It was my friend, part of me. Yes, it needed to go, of course, but until then it was part of me.

Later I remember visually cutting pieces off of that tumor; I cut and threw the pieces down the chute. But I kept cutting and cutting and never got very far. It always seemed as big and as ugly as before. I remember looking

at the cut product and thinking, 'I am not getting very far with this so'... I decided to pull it out. I tugged and pulled and the roots were deep and strong. As I continued the roots budged but never let go. But looking back to the tumor I saw that it was shrinking and became shriveled, dried up!

Next time I "re-looked" it was gone. OK, I said, let's go look at the outside of the intestine. Can I see anything? I thought I saw a spot on the outside but it was flush with the wall of the intestine. It did not appear to jut out.

Later, I looked to the left and saw a burned-out area--looked like a bombed-out city. Sounds like chemo my friend from work said to me. I was hoping I would not have to do chemo.

OK. See the surgeon. He talks to me at length. I know he was doing what he should, but I wish he would hurry up! I knew all of this. But he does say in response to my questions that a local anesthesia was impossible to use, and that there would be no nasogastric tube. I am afraid of general anesthesia so that scared me, but to not have to have an N/G tube was good news! The surgeon told me the statistics which I did not like. He said 50-50 chance of survival in 5 years. He said with chemo the chances are increased 10%. Didn't sound like enough to me.

He told me the difference between a B1 and a B2 tumor. I almost jumped! Really? Can you see that? (the difference in the tumor right at surgery, or in other words, with the naked eye). "Sometimes," he said. I said, "I saw it." That surprised him. "In a visualization." "What's a visualization?" I would have thought he knew something about that but he didn't. Nor did we discuss it then. Too much to take in.

When I left, I was angry. Why does everyone get so scared about that 6-letter word, me included? I took off and went to Vanity Fair and filled the cart with clothes and books for my 7-year-old daughter who would have to be home for a week without me. She needs some reassurances that her mom could still take care of her and be there in her life.

CT scan Friday. Friday night phone calls of prayers and encouragement. Saturday, I receive a call from the surgeon. There is no evidence on the CT scan that the tumor has spread. Monday surgery. There is spread to one lymph node. Now my tumor is a category C and I need chemo.

But you know, I'm still here. 20 years and 2 additional cancers later.

For me, this series of events was one big miracle of caring. God cared for me.

(continued on page 4)

**Going Deeper** (continued from page 3)

Prayer unleashes power, and that not of ourselves. Our church's' prayers for our hurting members produces miracles. Let's continue to grow in this privilege.

I will conclude with a translation of the Lord's Prayer from the original Aramaic. It is amazing how the different translations (and this I'm pretty sure is a translation, not a paraphrase) show different depths and angles of God's Word.

**Our Father** (In Aramaic)

Oh Thou, from whom the Breath of Life comes,

Who fills all realms of sound, light and vibration.

May your Light be experienced in my utmost, holiest depth!

Your heavenly domain approaches! Let Your Will come true in all the vibrating universe, just as on earth!

Give us wisdom, understanding, and assistance for our daily needs.

Detach the fetters of faults that bind us, like we let go of the guilt of others.

Let us not be lost in superficial things, materialism and common temptations, but let us be freed from that what keeps us off our true purpose.

From You comes all the Working Will, the lively strength to act, the song that beautifies all, and renews Itself from age to age.

Amen!

**Recipe of the Month** by Arleen Johns

I thought this might be of interest to keep us healthy. You can watch Amanda as she presents this and other natural remedies on the Adventist Whole Health Network Facebook page.

**Nature's Cold & Flu Shot**

Ingredients

- 1 garlic bulb (about 10-12 cloves)
- 1 C lemon juice (about 6 fresh lemons)
- 2 tsp fresh ginger
- 1/8 tsp cayenne pepper

- 3 C pineapple juice
- 1 TBS honey

Directions

Blend all together, place in glass quart jar.

Refrigerate up to 2 weeks.

Dose: 1 TBS per day X 1 week, stop, and resume after 1 week.

**Notable Quotes** selected by Bob Kondracki

I remember my mother's prayers and they have always followed me. They have clung to me all my life... All that I am, or hope to be, I owe to my angel mother  
~Abraham Lincoln~

God could not be everywhere, and therefore he made mothers.  
~Rudyard Kipling~

If evolution really works, how come mothers only have two hands?  
~Milton Berle~

A truly strong person does not need the approval of others any more than a lion needs the approval of sheep.  
~Vernon Howard~

We contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.  
~Winston Churchill~

Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.  
~Louis Pasteur~

Faith is taking the first step even when you don't see the whole staircase.  
~Martin Luther King, Jr.~

The simplest truths often meet the sternest resistance.  
~Frederick Douglass~

Perfection is not attainable. But if we chase perfection, we can catch excellence.  
~Vince Lombardi~

There are two ways of spreading light; to be the candle, or the mirror that reflects it. ~Edith Wharton~

Courageous people do not fear forgiving, for the sake of peace.  
~Nelson Mandela~

We draw our strength from the very despair in which we have been forced to live. We shall endure.  
~Cesar Chavez~

The strong man is the one who is able to intercept at will the communication between the senses and the mind.  
~Napoleon Bonaparte~

Hell is empty and all the devils are here.  
~William Shakespeare~

What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value.  
~Thomas Paine~

I want to die in my sleep like my grandfather...Not screaming and yelling like the passengers in his car.  
~Bumper Sticker~

## The Path to Better Health by Leo Pena

### Remedies and the Simple Agencies of Nature

In the Savior's manner of healing, there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, "Go, wash in the pool of Siloam.... He went his way therefore, and washed, and came seeing." *John 9:7*. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies," *Desire of Ages*."

As the world waits for a medication or a vaccine to treat Covid-19, there are simple natural herbs or foods that we can use safely to help build our immune system or even help to fight off viruses.

Today we will take a look at three ingredients that have been used for centuries and are scientifically proven to have favorable properties for our health. We will learn about garlic, lemon and honey. Afterward, please take a look at the recipe section of the newsletter for a simple and tasty natural remedy that includes our ingredients.

Influenza virus is capable of causing respiratory diseases worldwide. This virus is constantly evolving, and new antigenic variants give rise to epidemics and pandemics. Influenza virus is unique among respiratory tract viruses because of its considerable antigenic variations. These mutations make it extremely difficult to develop effective vaccines

and drugs against the virus. Therefore, it is an essential need to use some of the traditional medicines, and combine them with modern medicine to inhibit the viral activity. Garlic may be one of the most famous herbal remedies to be used in human history- dating back to ancient cultures. Garlic has been an interesting plant for centuries as a medicinal remedy. A broad range of pathogenic organisms, including bacteria, fungi, protozoa and viruses have been shown to be sensitive to fresh crushed garlic. Fresh garlic extract with allicin as the main active component has been shown to have antiviral activity in vitro (test tube) and in vivo (living organism). Its beneficial effects may be due in part to sulfur-containing compounds such as allicin, diallyl disulfide, and diallyl trisulfide, that react with thiol groups of various enzymes which are critical for microorganism surveillance.

In a lab test, garlic was tested at three time periods. At time periods of treatments, 1, 8, and 24-hour exposures, viral infectivity was reduced. Although it was effective and meaningful even after one-hour contact compared with 8 and 24-hour exposures. This may involve interference of viral membrane fusion by inhibition of the penetration phase. In conclusion, the biochemical and molecular methods used to evaluate the antiviral activity of garlic extract demonstrated that this compound could be suggested as a suitable potent antiseptic agent. The molecular basis of antiviral effect of garlic extract on influenza virus would be an

interesting field for more study." *Antiviral activity of garlic extracts on Influenza virus Morbid P., Amini E., Tavassoti-Kheiri M. Iranian Journal of Virology 2008*"

Citrus fruits have long been valued as part of a nutritious and tasty diet. The flavors provided by citrus are among the most preferred in the world, and it is increasingly evident that citrus not only tastes good, but is also good for people. It is well established that citrus and citrus products are a rich source of vitamins, minerals and dietary fiber (non-starch polysaccharides) that are essential for normal growth and development, and overall nutritional well-being.

However, it is now beginning to be appreciated that these and other biologically active, non-nutrient compounds, found in citrus and other plants, (phytochemicals) can also help to reduce the risk of many chronic diseases. Where appropriate, dietary guidelines and recommendations that encourage the consumption of citrus fruit and their products can lead to widespread nutritional benefits across the population.

Citrus is most commonly thought of as a good source of vitamin C. For hundreds of years, scurvy was a scourge of long-distance sailors, soldiers, explorers, and the poor in many countries where there was a lack of access to fresh fruits and vegetables. However, it was not recognized that scurvy could be prevented and cured by consuming citrus fruit until the eighteenth century. And it would be another 200 years

before vitamin C was isolated and its deficiency identified as the cause of the disease.

Lemon is a great citrus that we can use as part of our maintenance. The Lung Health Institute.com recommends the use of lemon to boost your immune system.

When dealing with a condition like COPD, strengthening your immune system can help manage the symptoms of the disease. Putting a lemon in your water can give your immune system a quick boost. Lemon also washes out harmful toxins that our body struggles to get rid of.

Finally, a favorite among many for its sweetness is honey. Honey, an age-old remedy has been rediscovered in modern times. It is made up of a vast number of different compounds that can be of nutritional and health benefit. Its therapeutic potential has been credited to its antimicrobial, anti-inflammatory and anti-oxidant properties, as well as boosting of the immune system. Moreover, the effectiveness of honey against antibiotic sensitive and resistant microorganisms, the ease of administration for the treatment of wounds, lack of side effects in alleviating gastric pain, and shortening the duration of diarrhea have been significant.

As well as having a direct antibacterial action, honey may clear infection through stimulating the body's immune system to fight infections. It has been reported that honey stimulates B-lymphocytes and T-lymphocytes in cell culture to multiply, and activate neutrophils.

**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 EDITOR:  
Bob Kondracki

Pastor Shawn Shives  
678-749-1689  
PastorShawn@gmail.com

We're on the Web!

See us at:  
www.HampdenHeightsChurch  
.org

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

"And the jailer called for lights and rushed in, and trembling with fear he fell down before Paul and Silas. Then he brought them out and said, 'Sirs, what must I do to be saved?'"  
- Acts 16:29-30, *ESV*

Do you know the story of Paul and Silas and the jailer? You may! It's an exciting story about when Paul and Silas were missionaries in the town of Philippi. You can read it in Acts 16. In this puzzle, there are 25 words that relate to this story—you can find them going across or down?

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

**WORD BANK**

- |          |             |             |         |            |
|----------|-------------|-------------|---------|------------|
| Baptized | Earthquake  | Lydia       | Police  | Salvation  |
| Beatings | Family      | Magistrates | Prayer  | Silas      |
| Citizens | Foundations | Midnight    | Prison  | Singing    |
| City     | Free        | Paul        | Rejoice | Slave girl |
| Crowd    | Jailer      | Philippi    | Romans  | Stocks     |

**The Pastor's Pen**

(continued from page 1)

My prayer for the Reading Hampden Heights Church is that we would really get sick and tired of settling for less than what God wants for His church, and you and I would commit to getting serious about making God's vision for our church our reality.

Join with me and let's make a difference in the mission fields of Pennsylvania!

And by the way...show some enthusiasm!

**DID YOU KNOW?**

Did you know that the apostle Paul, even though he was a part of the Jewish religious leaders (a Pharisee) before he met Jesus, and traveled all over Asia and Europe teaching others about Jesus and building churches, he WASN'T a very good speaker? In 2 Corinthians 10:10, it says, "For they say, "His letters are weighty and strong, but his personal presence is unimpressive and his speech contemptible." Some other translations say he mumbled a lot, and his speech amounted to nothing. Can you believe it? God used him to change so many lives and completely change the world, but he was terrible at speaking!

