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Hampden Heights Sentinel

HIGHLIGHTS:

- Protect yourself by eating your veggies!
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- Have a Brassicaceae salad.
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- A very non-traditional conversion story.
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- Can God's existence be proven by an infallible language we all know?
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- Joseph's coat had many colors, and many words!
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See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. ~Colossians 2:8 NIV~

The Path to Better Health by Leo Pena

Is There Such a Thing as "Fresh Frozen"

As the warmer weather is upon us, it's great to see my vegetable garden grow. My family and I are already enjoying some transplants that we started early inside. Unfortunately, I think I waited too long to transplant my broccoli and cauliflower plants, and they went to flower with no vegetable to eat. This month I want to examine some of the health benefits of vegetables of the Brassicaceae family, and if the frozen form also has the same benefits as fresh.

The Brassicaceae (Cruciferous) family is composed of 350 generals, and about 3500 species, including some crops of great economic importance such as broccoli and cauliflower. The Brassicaceae vegetables represent a major part of the human diet being consumed by people all over the world. Brassica is an inexpensive, though very nutritive; source of food, providing nutrients and health-promoting phytochemicals such as phenolic compounds, vitamins, phytic acid, fiber, soluble sugar, and glucosinolates, among others.

There is ever-increasing evidence that a higher consumption of Brassica vegetables, for example, broccoli, cabbage, kale, mustard greens, Brussels

sprouts, and cauliflower, reduces the risk of several types of cancer. (Kristal and Lampe 2002; Wang and others 2004)

VITAMINS: Brassica vegetables contain high levels of vitamins, including carotenes, vitamin C, and folic acid. It is a well-known fact that the first 3 vitamins have the potential to prevent and treat malignant and degenerative diseases, and extracts are protective against reactive oxygen species.

Folic Acid: Raw broccoli cauliflower and cabbage contain folic acid, a scarce and important vitamin that acts as a coenzyme in many single carbon transfer reactions in the synthesis of DNA, RNA, and protein components. Folic acid reduces the risk of neural tube defects (NTDs) and may be associated with the reduced risk of vascular disease and cancer, while low-folate intake has been identified as a main cause of anemia.

Various Brassica vegetables and especially broccoli contain glucoraphanin (antioxidant). By cutting or chewing, it is hydrolyzed into the corresponding isothiocyanate (compound} Sulforaphane, either by the plant enzyme or by bacterial thioglycosides in the colon. Among phytochemicals, sulforaphane has been

demonstrated to have neuroprotective effects in several experimental trials. Acute and chronic neurodegenerative diseases, including stroke, traumatic brain injury), Alzheimer's disease, and Parkinson's disease, are illnesses associated with high morbidity and mortality, and few or no effective options are available for their treatment. (Oxidative Medicine and Cellular Longevity / 2013 / Article)

In another study, Investigative Ophthalmology & Visual Science August 2013, Vol.54, 5236-5248. doi:<https://doi.org/10.1167/iovs.13-11664>, there was found that the dietary component Sulforaphane, demonstrates an ability to protect human lens cells against oxidative stress and thus could potentially delay the onset of cataracts.

Learning about all these amazing benefits of cruciferous vegetables led me to think of the question; what is the best way to consume them, fresh or frozen, raw or cooked? This reminded me of a popular TV show called "Kitchen Nightmares," an American reality television series in which chef Gordon Ramsay is invited by the owners to spend a week with a failing restaurant, in an attempt to revive the business.

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Grace's Outpost by Ashley Richards

Hello, dear ones. I am spending the week I should be submitting my articles for the newsletter with my sister out of state, and am choosing to share Jesus' words with you rather than my own this month. I hope they prove a fair greater blessing to you than mine ever might've been. I pray you are encouraged and at peace during these tumultuous times we are in.

"See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know Him. Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when He appears, we shall be like Him, because we shall see Him as He is. And everyone who thus hopes in Him purifies Himself as He is pure..."

"Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. In this the love of God was made manifest among us, that God sent His only Son into the world, so that we might live through Him. In this is love, not that we have loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and His love is perfected in us.

"By this we know that we abide in Him and He in us, because He has given us of His Spirit. And we have seen and testify that the Father has sent His Son to be the Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. So we

have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected within us, so that we may have confidence for the day of judgment, because as He is so also are we in the world. There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because God first loved us. If anyone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from Him; whoever loves God also must love his brother.

"Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of Him.

By this we know that we love the children of God, when we love God and obey His commandments. For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?"

– 1 John 3:1-3, 4:7-21, 5:1-5, ESV

Summary of Board Minutes From June 15th submitted by Wayne Johns

Motion with 1st and 2nd to initiate 1st reading on 6.20.20 for Jerilee Williams transfer request from Queens Faith Temple SDA Church to Hampden Heights SDA Church.

Motion was approved.
FYI: Awaiting seven (7) transfers, one was submitted today.

FYI: MPC report – Elder – Paulo Acosta contingent on completion of membership transfer.

Deacon – Richard Plunkett, Horacio Hernandez-ble Jr. and, David Beard.

Kindergarden Department

Juliana Savoy, contingent on completion of membership transfer

Pathfinder Director Christine Columbia. contingent on completion of membership transfer

FYI: Pastor Saud Elias has request. His Spanish church t is currently renting a Sunday keeping church that actively is pro-gay, and he has requested use of our facility while waiting to find a building to purchase or another rental. Suggested using downstairs where youth meet. Youth Department Leader indicated seldom are there

uncomfortable days there. Suggested Lee, Wayne and Pastor Shawn be part of a committee to make recommendations electronically back to board. Concern expressed we not just stop if this does not work but provide a 30 to 60 day termination notice.

Motion with 1st and 2nd to authorize identified committee to proceed with development of an agreement to consider the Spanish church's temporary use of Hampden Heights. The Committee's conclusion will be reported to the board electronically where a vote will be taken.

Recipe of the Month by Arleen Johns

Broccoli and Cauliflower Salad

- 1 head broccoli cut into small pieces
- 1 small head of cauliflower cut into small pieces
- 1 C yellow vegan cheese (optional)
- 1/4 C baco bits
- 1 small onion cut into small pieces

- Dressing**
- 1 C Veganaise or other mayonnaise
 - 1/4 C sugar
 - 2 TBS cider vinegar

Mix dressing to dissolve sugar
Pour over salad right before serving

Going Deeper by Barbara Snyder

Opening the Windows: Allowing God's Work

I was talking to a church member recently about the measure that the church body was to vote on this past Sabbath. I thought it was a good measure. I have reservations about only one item in it, but that is OK. The Church Board is responsible to hash out the nuances of determining the alliances made in regard to the church building and grounds. It is not my responsibility, and I am grateful for that, and grateful to them for the work they do, the consideration they put into their continual work in guarding our gates, so to speak.

This discussion reminded me of a story that I have spoken of many times before. Because of it, and the person involved, it both intrigued and humbled me. Every time I have told this story, questions have followed, and excitement, too. The Holy Spirit's presence in the lives of all people is never boring. As I tell it, I am including quotes from Thomas Merton. He was a Trappist monk, widely read, respected, yet controversial. Real thinkers and prayer warriors, whose foundations include a deep and personal relational knowledge of scripture, are always controversial.

So, to begin: I was a "new" Christian, 24 years old, with an ardent attraction to scripture, the Sabbath, the SDA Church, and to the friend who brought me to all these. In the local church, a self-supporting family had rented a small farm and a health food store in the city of Wilmington, Delaware. They farmed, canned, baked, froze,

bought, sold, and taught smoking cessation and Bible studies. My spiritual friend introduced us. Then I was invited to stay with this family and help with the work of the farm and household. I left my workplace and my apartment and moved in. I learned all the responsibilities and became like part of the family.

I was not the only one. During my stay with this family there was an open door to many in need. The farm had 2 extra cabins on the property so we had the room to do this. We once housed a family who had been homeless for several weeks. There were 4 children in that family. We housed a single woman with two children, both seemed malnourished. She recuperated and was able to move back with her extended family members. We also had a man live with us who was trying to crawl out of joblessness, divorce, and depression. He was successful. He left when he had a job and could get his own apartment.

This story is about a young woman who came to us, not because she couldn't be elsewhere, but because she wanted to be with us. I know why. Because the Holy Spirit planted her there, perhaps just for me. He knew I was going to tell her story to many.

Enter this young woman. She had a large German Shepherd as her constant companion, she dressed in peasants clothing; long skirts, hiking boots, straw hats or head scarves. She was always talking about and so much in love with Jesus Christ that her demeanor

seemed odd in a way. She seemed slightly dreamy and yet eccentric. We spent lots of time together; it felt so natural to be with her. She told me stories that I accepted as true.

She was the daughter of a SDA minister who, for whatever reason, divorced his wife. Because of this he could not remain a minister. The family's daily duties, friendships, income, supports, were no more. There were 4 children who suffered the effects of divorce, which included a move, different schools etc. All the kids took it hard, but she took it the worst. She was a rebellious early teen and did her "thing," which at that time meant the friends were those her parents would have been cautious about, the activities would have been prohibited, and the end result was that she became involved in smoking, then drinking, then pot, then drugs, then harder drugs. She became ostracized from her family after they arranged and paid for two inpatient sessions of alcohol and drug rehab. There was no reform on her part. So, since she lost her financial support, she took off for New York City where the drugs flowed freely.

Trouble is, even in NYC drugs have a price, and she had to pay. So, she took up prostitution. Prostitution that pays well required a person who organized and transported his girls and took a portion of the cache. These men have a very bad reputation. Now in my mind, I can't imagine much worse a daily life but apparently, she didn't seem to mind it. After all, she had her German Shepherd, who accompanied

her everywhere. She felt safe.

One Friday evening, she and her dog were returning from a customer to her driver and onto the next event. When she bent down to enter the car, she heard a voice say, "You aren't supposed to do your business on the Sabbath." She told me that she jumped back from the car, went home, and continued as a prostitute but never on Friday nights or Saturdays. It makes me giggle when I think about this part of the story. God respects us and accepts us exactly where we are. She followed up this communique with the Holy Spirit with obedience.

Here's your first quote to consider: "The fresh air we need is the air of the Holy Spirit breathing where He pleases, which means the windows must remain open and we must expect Him to come from any direction."

Another: " Just to break out of the ghetto and walk down the boulevard is no solution. The world has its own stink, too... perfume and corruption."

But of course, the Holy Spirit never stops working. Keeping the Sabbath in her own way was only keeping the windows open. Fresh air has to keep moving, and miracle #2 was soon to come. Several weeks after the Sabbath miracle, my friend returned to her NYC apartment after her usual day of roaming the streets, maybe even a tryst rendezvous or two. She opened the door to her apartment, and to her amazement, there was

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Going Deeper (continued from page 3)

"not a stick of furniture or a piece of clothing." (These are her words. I won't ever forget them.) What to do now? She took off and hitchhiked most of the way to her mother's house.

Now, at her mother's house, she was not exactly welcomed home. Her mom told her she could stay in the basement. In the basement was a small bathroom and a cot. She spent the next 2 weeks smoking lots of pot and reading the books found in storage boxes. Funny thing, the books included Steps to Christ and the Desire of Ages. Doesn't God have a tremendous sense of humor?!

She read for two weeks. At the end of these weeks she started to feel real nudges to yield to Jesus Christ, and to take up her life on a radically different path. But something BIG was in the way. After a time of undeniable nudges from the Holy Spirit, she burst out, "OK, OK, I'll come back to You, but I have to keep my

stuff." To deny herself her stuff, those drugs she was so hooked on, would be scary and dangerous. Delirium Tremors (DTs) is the better, more accurate name. She dreaded the physical pain that accompanied removal of toxic drugs from her body.

The Holy Spirit then said, "OK, OK, I'll write your name in pencil in the book of life." "NO, NO NOT IN PENCIL." She immediately went to the bathroom and flushed the drugs down the toilet. She then waited for the DTs to start. They never came.

Since that time, she has been free. Free from drugs, free from the desire to return to a sinful life. Free to choose to live each day with and for her Savior. Not entirely free though. She asked me if I ever thought about why she always wore those peasant clothes, outdated and old. She said she had to wear these items because if she put on a pair of jeans, psychologically, she was right back again on the streets of

NY. God often leaves a hint of our sinful life to remind us of our need to look 100% in His direction always.

As a church, be careful of guarding the gates so much that we snuff out the possibilities of the Spirit working through us. We need to have both individual and church wide open windows to facilitate the Spirit's work for those like the woman at the well, for the woman caught in adultery and sentenced (illegally I might add) to be stoned, for the paraplegic man who was lowered through the roof, and left walking, praising God...

Once Jesus saves us, He gently guides us; He does not drop us into a perfect fit with others in our life, or in our church. He grows us so we can understand others more fully. It is a God given privilege.

More Quotes:

"Reforms that concentrate too excessively on a return to strictness do not in fact break the spell. They tend to

increase the danger of spiritual suffocation. On the other hand, fresh air is not the air of the world."

"The error is to lock the windows and doors in order to allow (or keep) the Holy Spirit within our house. The very action of locking the doors and windows is fatal."

We could have much discussion about the story and about the meanings of the quotes. Muse them over. Pray about how we welcome and accompany others on their journey. Believe that God must have all the players in their places for all of us to benefit from His work of conversion. Be glad it is guaranteed by Him, and know that your work in this world is to observe and facilitate. He does that for us too. No credit for us. I'm glad about that.

Amen

Quotes are from "A Year with Thomas Merton Daily Meditations from His Journals"

The Crow's Nest by Bob Kondracki

Can a "Language" Prove the Existence of God?

According to Ethnologue, widely considered to be the most extensive catalogue of the languages of the world, there were about 7,111 different languages in existence as of January of this year. Unfortunately, that number decreases every month. There is such diversity in the different languages throughout the world, and anybody familiar with the Bible story of the Tower of Babel knows the origin of this phenomena. And of course,

we also know that God caused this deliberately, so the people could no longer communicate with each other, preventing them from continuing their iniquitous activities.

But I will submit for your consideration, that there is one more language to add to this list. It is in fact the only universal language that is generally agreed upon to be understood by everybody, not only in our small world, but in the entire universe as well.

As many have probably already guessed, I'm referring to the language of mathematics. No matter what linguistic method you communicate by, 2+2 is always going to equal 4, and everybody is always going to get the same answer (if it's correct) to even the most complicated mathematical equations. Mathematics has an exacting precision to it that leaves no room for any other possibility except a singular answer that is irrefutable. It is as "black and white" as you can get, with no shades of gray. And that is precisely

why it cannot be argued against. Its results are always the same, from every perspective, every point of view, regardless of your beliefs, prejudices, opinions, desires, or agenda.

The question is then; can God's existence be proven by a universally agreed upon system, the most precise, infallible language we know, so that nobody could dispute or arrive at a different conclusion? Well, let me present my case, and you can then arrive at your own conclusion. (cont. on page 5)

The Crow's Nest (continued from page 4)

As we get started here, the first thing we need to understand is what absolute zero is, in mathematical terms. Absolute zero means that something has a zero percent chance of probability of ever occurring, no matter what the circumstances, or what the length of time is. In other words, it is impossible, in every sense of the word. Mathematicians have calculated that absolute zero, in terms of probability is 1 in 10 to the 50th power.

We all know what Deoxyribonucleic acid is, better recognized as DNA for short. It is the building block for human life, and the most complex molecule in the universe. Howard Morowitz, Yale alumnus, mathematician, and molecular biologist, has deduced that the possibility of 1 human DNA chromosome, arranging itself by chance or evolutionary processes, is 1 in 10 to the 100,000,000,000th power. For those not familiar with huge numbers, that is 1 in 10 to the 100 billionth power.

Now, with absolute zero in mind, exactly where in the warped logic of anybody, can the possibility of DNA forming on it's own ever be considered? When you objectively look at the real numbers, you can now see how ridiculous a notion evolution really is.

To put the possibility of DNA forming by some process of evolution or chance into perspective, let's just try to compare it to something else we may easier relate to. Most states in the US have a weekly lottery. Why don't we take Arizona, for example. Let's say you were to play the

Arizona lottery every week of the year; 52 weekends a year. Your chances of winning the Arizona lottery every week in a row, 52 weeks a year... for 27,000 years...is mathematically better than one DNA forming on it's own! And also, please consider this, proponents of evolution don't need just one DNA, they need billions of them!

That hasn't stopped naïve scientists and secularists however, from trying to prove their case anyway. But after billions and billions of dollars, and millions and millions of experiments, scientists building on other scientists work over hundreds of years, the law of biogenesis, which states that living matter can only come from living matter, has NEVER been overcome. The now infamous Urey-Miller experiment of 1952 has been soundly refuted, thoroughly debunked, and proven erroneous. Yet evolutionists and atheists, even after all their failures, still expect us today to believe that rocks and seawater created life on their own?! Um, does absolute zero ring a bell here?

The next logical question is; why do some scientists and others still insist on believing in something that has been proven ridiculous and impossible?

Well, there are many answers to that question, but one of the best summations I've ever heard comes from George Wald, American biochemist, Harvard professor, and Nobel prize winner. He says, "I do not want to believe in God. Therefore, I choose to believe in that which I know is scientifically impossible; spontaneous generation arising to evolution." Now let

that sink in for a minute. This is an extremely intelligent man, highly educated. Yet he makes a decision to believe something he knows is impossible. A decision he makes not out of facts or logic, or scientific proof, but out of emotion, wishful thinking, and probably agenda. Here's a quote from yet another highly intelligent man, Steven Weinberg, American theoretical physicist, and Nobel prize winner in physics. He had this to say, "...anything that we scientists can do to weaken the hold of religion should be done."

These quotes do indeed give us some insight into the motivation of these men, do they not? But it fills me with intellectual anguish and horror when logic and reason are thrown out the window for emotion and irrationality. The unwillingness to accept the truth, especially by people who should know better is deeply disturbing!

When logic and reasoning and evidence/facts no longer apply, what do you have left? If your decisions and conclusions are not based on the evidence and the truth, exactly what are you basing your beliefs on...desire? agenda? The hope that if you wish hard enough for it, it may come true? Your beliefs then become merely a preference, the foundation of which is not grounded in reality, but in your bias and emotion. Your foundation is a completely arbitrary opinion, which each person tailor-fashions for themselves.

To answer the original question; can language prove God's existence. The answer is; absolutely!

If evolution is impossible, as pure math has demonstrated, what other possibility is there? If humanity, and all living matter was not created out of evolutionary processes, as biogenesis proves, if we did not spontaneously appear, there can be only one other answer...we were created. And if we were created, logically we can deduce that there must have been a creator. There is no other viable alternative except these two possibilities, and one has been decisively proven impossible.

Maybe some of us have a picture of God in our mind's eye of a stately, white haired gentleman with a white beard, dressed in a white, flowing robe, surrounded by hundreds of thousands of angels, and an aura of wisdom and authority about Him. That's how He's often depicted in pictures, books, and media. Or perhaps you think of God as a disembodied entity that is pure spirit. Whatever your perception of God is, there is one thing that we can be certain of...He is a creator, regardless of His appearance or what else we know of Him. The logical conclusion then, after very objectively examining only the mathematical evidence, not to mention the vast amount of other proof, is that someone or something created. We did not come about by chance...unless you choose to believe what you know is scientifically impossible. And that leaves us with the only other alternative...that there was a creator of all this. And it is God, whatever your definition or perception of Him is.

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The Children's Page by Ashley Richards

In the puzzle below, you can find 20 words—some are names, and some are just words—that are related to the story of Joseph (you know, the one with the fancy coat?).

- JEPHOS
PARIPOTH
YTPGE
WEIF
SONIRP
ADERMS
ATCO
ABKER
AEIFNM
SWOC
VEENS
RONC
BEHORRST
FILYAM
DGO
NICTRPOETO
ISALER
AAACNN
BENURE
JAMIENBN

The Path to Better Health (continued from page 1)

In this show it is quite often that chefs will freeze fresh food with the idea that it will remain fresh.

A published article by (Agric. Food Chem. 2008, 56, 22, 10505-10509) looked at the bioavailability and kinetics of the supposed anticarcinogen sulforaphane, from raw and cooked broccoli.

peak plasma amounts of sulforaphane, compared to cooked broccoli.

This finding didn't really amaze me, for we know that in raw food there is enzyme life. So, I looked next at frozen broccoli and I found an article from (Mol. Nutr. Food Res. 2012, 56). The article compared the bioavailability and metabolism of sulforaphane from portions of lightly cooked, fresh, or frozen broccoli, and investigated the bioconversion of sulforaphane. Eighteen healthy volunteers

consumed broccoli soups produced from fresh or frozen broccoli florets that had been lightly cooked. Sulforaphane bioavailability was about tenfold higher for the soups made from fresh compared to frozen broccoli, and the reduction was shown to be due to destruction of myrosinase activity by the commercial blanching-freezing process. The short period of blanching used to produce commercial frozen broccoli destroys myrosinase and substantially reduces sulforaphane bioavailability.

So, should we stop cooking broccoli and cauliflower, and should we not use the frozen products? Not necessarily. If you just add a pinch of powdered mustard, or add raw greens to your cooked vegetables, these have the enzyme activity to convert it to sulforaphane.