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Hampden Heights Sentinel

HIGHLIGHTS:

- Changes are afoot at the Sentinel. Page 1
- Basil to the rescue. Page 2
- A history lesson in a nutshell. Page 3
- "...only speak words that reveal we have been with Jesus" Page 4
- Church Business. Page 5
- "Squash" your zucchini in soup. Page 5
- The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. Page 5
- Word puzzles for the determined. Page 6

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Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ~Luke 9:23 NIV~

Changes

by Bob Kondracki, Editor

You will subsequently notice that there have been some major changes to the newsletter this month. Not particularly in layout, but in content and authors. Unfortunately, Ashley Richards has chosen to end her association with the newsletter. That left me with a void to fill, because as the regular readers of the Sentinel know, Ashley contributed quite a bit of content. But, while I'd like to thank Ashley for her many years of service, and say we are disappointed to see her depart, I am also at the same time excited to welcome our two newest members of the newsletter staff.

My sister-in-law, Tina Kondracki, will be taking over the Children's column starting with this issue. Tina is not a member of our church, but that may change in the future. Tina and my brother Brian have been doing a lot of Bible study lately, and with the Holy Spirit's guidance, have recently discovered the truth of the Sabbath, much to the chagrin of many family members and associates. As many of us already know, it can be very difficult when you discover a truth the Lord has led you to, and the rest of your family is not only not pleased, but vehemently opposed. As Tina and Brian struggle to help their children understand the truth of God's word, please keep them in

your prayers. We know the Devil has no boundaries, and will stop at nothing to keep people from learning the real Bible truth, and that includes leveraging even family members against each other.

As a matter of fact, Jesus was quite familiar with this tactic, and even spoke about it in multiple places in the Bible, including Matthew 10:37 and Luke 14:26-27. The story of Martha and Mary in Luke 10:38-42 further illustrates that Christ comes first in our lives, even above family. That also means His truth comes first as well.

Tina admittedly, doesn't have much experience writing, so her column will probably change and evolve over time, so please be patient with her. I did offer her position however, because she is very creative, artistic, and good with children, and she definitely has the enthusiasm for the job!

Our 2nd new writer is Dave Taylor. Dave and his wife Debbie, and daughter Heather are members of Hampden Heights church. We don't get to see as much of them as we'd like, but that is because Dave is a very devoted lay pastor of an SDA church in Philadelphia. Of course, all those who know the family can attest that it is always a delight when they do visit Hampden when the opportunity presents itself.

I've had many interesting and complex discussions with Dave over the years, and I've always appreciated his insight and perspective. He is one of the few people I can genuinely connect with on a logical and analytical basis. His ideas and beliefs are solidly grounded, and he has no problem defending and explaining his position. So, before I even invited Dave to join the newsletter, I knew he would be a great addition if I could nab him! Every time I've heard him preach, I've always been impressed, and always received a blessing from his message. And, judging by his first column, my instincts were dead on, because he certainly didn't disappoint. Dave's creativity and imagination are evident even from the start with just the first words he wrote, his column title; Alabaster Box.

I think Dave's unique style and insight will only add to the quality of our newsletter, and I am grateful and excited he has agreed to commit to writing for the Sentinel for at least a year, but I'm hoping that once he gets his creative juices flowing, he'll decide he enjoys it too much to stop now.

So please welcome Tina Kondracki, and Dave Taylor to the Sentinel. I am eagerly anticipating good things from both of them.

The Path to Better Health by Leo Pena

Holy Basil

As the summer days continue to fall upon us, I really enjoy the different sounds of birds in the back yard. It's also appealing to the eyes to see different species visiting at different times as the garden blooms flowers. But nothing beats the stimulation of smell and taste, and I just love the smell of basil in my garden. This month I want to look at the nutritional components of *Ocimum basilicum*, basil's scientific name, and its health benefits.

The reason for the pleasant smell of basil is that various basils have different scents, primarily because the herb has a number of different essential oils, in different proportions for various cultivars. Basil is most commonly used fresh in recipes. In general, it is added at the last moment, as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water.

When I investigated the nutritional value of basil, I discovered that it contains over 20 vitamins and minerals, including vitamin A, B, C, and minerals such as iron, copper and calcium. But what really popped out is Basil has 395% vitamin K and 55% manganese. With this nutritional profile it qualifies as a medicinal herb.

Vitamin K is an essential fat-soluble vitamin that plays an important role in bone health and heart health. It's one of the main vitamins involved in bone mineralization and blood

clotting, but it also helps maintain brain function, a healthy metabolism and cellular health. One cup of basil leaves has more than your daily recommended value of vitamin K, making it a perfect source to prevent vitamin K deficiency. Plus, vitamin K can be beneficial to your bone density, digestive health and brain function.

The basil plant has a rich history dating back 3,000 years ago to ancient India, as it's long been considered a medicinal herb and sacred plant in Ayurvedic medicine. Historically, it was used as medicine, and still today holy basil leaves are regarded as natural adaptogens (anti-stress agents) that promote health throughout the entire body.

Let's look at some known health benefits of basil.

1. Fights Skin Infections and Acne

Holy basil has been found to have antibacterial, antiviral, anti-fungal, anti-inflammatory and analgesic (painkilling) properties. It can help kill bacteria that can cause breakouts and skin infections, so it's a great natural remedy for wounds, plus a home remedy for acne and other skin irritations. It's believed to benefit the skin and treat skin infections both internally and externally.

The primary active compound of holy basil oil is eugenol, also the active ingredient in the powerful antimicrobial clove oil, which is widely believed to help combat many skin disorders. Holy basil also contains other therapeutic components,

including gamma-caryophyllene and methyl eugenol. Research published in the *International Journal of Cosmetic Science* shows that when used with coconut oil as a carrier, holy basil absorbs into the skin even better and could be even more effective against acne.

2. Cancer

According to research published in the journal *Nutrition and Cancer*, basil and its phytochemicals (including eugenol, rosmarinic acid, apigenin, myretenal, luteolin, β -sitosterol and carnosic acid), in some cases, may help prevent chemical-induced lung, liver, oral, and skin cancers because they increase antioxidant activity, alter healthy gene expressions, induce cancer cell death, prevent blood vessel growth contributing to cancer cell growth and stop metastasis — which is the spread of cancer from one organ to another.

Holy basil benefits also appear to help protect the body from radiation poisoning and help minimize damage from radiation treatment, according to research published in 2016 in the *Journal of Cancer Research and Therapeutics*. It selectively protects the normal tissues against the destructive effects of radiation.

3. Supports Dental Care and Oral Health

Basil may fight bacteria in your mouth that can lead to dental issues, such as cavities, plaque, tartar and bad breath

It serves as a natural mouth freshener and cleanser because compounds found in the leaves kill bacteria and germs hiding in your mouth. Using a mouthwash containing basil leaf extract twice daily seems to help reduce plaque and the risk for developing gingivitis.

Holy basil benefits include helping to diminish ulcers in the mouth, and *in vitro* studies demonstrate it may stop the growth of oral cancer cells. For natural dental care, try adding a drop of basil essential oil to your toothpaste or drinking one cup of basil tea every day.

4. May Relieve Headaches

Practitioners of Ayurveda recommend holy basil as a natural headache remedy that can help relieve migraine pain. Research suggests this is due to its ability to relieve inflammation, sinus pressure and muscular tension due to stress. Try diffusing holy basil essential oil or making basil tea to reduce headache symptoms.

5. Insect Repellent

Similarly to other essential oils, including citronella oil and thyme oil, research has shown that the volatile oils found in basil can repel mosquitoes and help to prevent bug bites. To make a homemade bug spray or lotion, dilute several drops of basil essential oils with carrier oil and massage into skin or swollen bites as needed.

Going Deeper by Barbara Snyder

Black Lives Matter and History

William Wilberforce (1759-1833) was a famous member of Parliament when, in 1795, he came to have a living faith in Jesus Christ through the help of John Newton. Wilberforce initially wanted to become a preacher, but Newton persuaded him to serve God by fighting slavery in the British Parliament. (Newton wrote the hymn "Amazing Grace" and had been a slave ship captain. You might already be familiar with that story.) The decision to serve God by fighting against the slave trade in Parliament was monumental. Britain was the world's largest slave trader in the 19th century and the journey to pass the bills to outlaw slavery would be heartily challenged. You see, these were very politically incorrect opinions for this time. If you do not know of Wilberforce, here is a start. I suggest you watch the film, "Amazing Grace" also, as it is a fairly accurate representation of the business and cultural view of slavery conducted by the British in colonial times.

Wilberforce was from a trade merchant family, and a friend of William Pitt (the younger). Initially he enjoyed the status of a member of Parliament, but in time he began to reflect deeply on his life, which led to a period of great sorrow. "I am sure that no human creature could suffer more than I did for some months," he later wrote. His usual energy and focus returned in a spiritual rebirth. He took on societal issues on child labor, free schools, orphans, single mothers, compassionate care of animals etc. In the very late 18th and early 19th century

he joined and led the movement to outlaw the capture and transport of Africans as slaves. As an MP in the House of Commons he campaigned for over 20 years under terrible physical and mental stress to aggressively speak out using hard evidence of the abuses, sicknesses and deaths of the African slaves. Working with a small group of spiritual leaders and an even smaller group of other members of Parliament, he drafted bills, yearly addressing the capture, transport, and treatment of African people.

But he was always overruled. Until he wasn't. In the process, his health was ruined.

During this time of political wrangling and backbiting, Britain was in the front row seat watching the French Revolution and its aftermath. It was even suggested by one of his so-called spiritual helpers, that a revolution in Britain was needed to accomplish the goals set. But Wilberforce's faith abhorred revolution, with its resulting chaos, civic and cultural destruction, and murder.

Wilberforce's evangelical faith was central to everything he took on. All lives mattered to Wilberforce because he believed all people were made in the image of God, and that Jesus Christ came into the world to save all sinners, out of all nations.

Wilberforce wrote:

"The distemper of which, as a community, we are sick, should be considered rather as a moral than a political malady" *

"I would suggest that faith is everyone's business. The advance or decline of faith is so intimately connected to the welfare of a society that it should be of particular interest to a politician." *

"What a difference it would be if our system of morality were based on the Bible instead of the standards devised by cultural Christians." *

"It makes no sense to take the name of Christian and not cling to Christ. Jesus is not some magic charm to wear like a piece of jewelry we think will give us good luck. He is the Lord. His name is to be written on our hearts in such a powerful way that it creates within us a profound experience of His peace, and a heart that is filled with His praise." *

The above quotes reflect a Biblical foundation for real life problems. They encourage clinging to the cross for wisdom, strength, patience, perseverance and gratitude. It takes Christians to do great things for mankind. To focus repeatedly on Wilberforce does both he and Christ a disservice. The focus is Jesus only. His quotes show that.

It is a sad indeed that this historic representative of Christ is not mentioned in our American society. I doubt if 5% of our youth can tell us who Wilberforce is. I wonder if anyone thought of taking down his statue in England. I wonder if anyone in our angry society really know much about the statues we are taking down, illegally, with anger and violence. I wonder if we could take on our very human grievances in a Christ like manner.

I knew of William Wilberforce before I watched the film "Amazing Grace." But during the film, I felt a nudge, or a disturbing thought; I'm not sure which, perhaps both. I wondered where was my life going to end up? Was my name in the judgement a name that could be connected to saving lives for Christ? Had my path been fruitful, or just mildly culturally Christian convenient? Would I have been able to stand up to evil if I had trusted more, and worked harder at staying closer, more intimate with God? Or is this all ahead of me yet? Times are looking somewhat similar. Who of us can say with certitude that we know we're doing God's will? I can't. Perhaps I am turning my back on something that God would have me face.

God bless you in this time of challenge. Hold tight to Him and listen for His voice. You will be given a Christ like passion for justice, mercy, and a daily walk with Him.

Amen

* Taken from quotes noted in [Real Christianity](#) by William Wilberforce

Alabaster Box by Dave Taylor

A Sinner's Offering of Love

A hearty welcome to all readers of the new column called "Alabaster Box"! It is the sincere hope of the author that the different offerings placed into this alabaster box each month will give off such a sweet aroma that all readers will be drawn into a closer walk with our Lord and Savior Jesus Christ.

Although it is anticipated that many different topics may be addressed in this column over the coming months, it seems fitting that the initial topic would be a focus on the scriptural passages from which the column derives its name. The phrase "alabaster box" only appears three times in all of scripture. It appears once each in the gospels of Matthew, Mark and Luke, in their telling of the tale of Mary's anointing of Jesus at the feast at the house of Simon, the Pharisee and former leper (Matthew 26:7, Mark 14:3, Luke 7:37). The limited scriptural snapshot of this feast does not portray a joyous celebration so much as it reveals a social gathering plagued by personal bias, self-righteous indignation, and under-appreciation of Jesus, the guest of honor. In typical agape fashion, Jesus addresses all these thinly concealed issues by speaking truth without needlessly saying a single harsh word.

When Mary, who remains unnamed by the discretion of these three gospel writers, begins quietly anointing the head and feet of Jesus with costly ointment, the disciples make critical comments about her actions. They display no empathy toward the woman,

and appear oblivious to the woman's motivation and the significance of her act of love and devotion. Jesus' disciples are completely focused on the costly gift, to the exclusion of any consideration of the giver, or even the recipient of the gift. To those cold hearts, the woman's action is an irresponsible waste of resources, a prime example of bad stewardship and a display of poor judgment. How much better it would be to use this asset for the benefit of the poor, they declare in smug, self-righteous tones (Mark 14:4-5).

The disciples have sight, but no insight, and as they harshly condemn the woman's act of love and gratitude, Jesus puts an end to their nonsense. He rushes to the defense of a fragile soul who is new to the kingdom of God, and who is unprepared to deal with harsh, unmerited criticism from "the church." "Leave her alone. Why are you bothering her?" Jesus admonishes. "This is a good thing that she has done for me." With these few words, Jesus teaches them a proper perspective, quenches their fiery darts of misplaced criticism, and shields a sensitive soul from a needless crisis.

Furthermore, Jesus elevates Mary's actions and ennoble her motivations in front of the other guests by declaring that she has anointed his body in preparation for his burial, a purpose that Jesus alone discerns. Despite the fact that Jesus speaks these words clearly and matter-of-factly, this is a prophecy which his disciples are unable to receive, digest and accept.

Jesus, alone in this crowd, is the only one who knows that his burial is just a few short days away. Mary's Spirit-led presentation of this special gift would be the only gift tendered to the living Christ before his death. Joseph of Arimathea would give the gift of a new tomb for Christ's burial, but that was a gift given to a dead man. The group of women who brought spices to the tomb early on Sunday morning to honor Jesus were too late, for He had already risen immortal.

Next Jesus works with Simon, his host and fledgling disciple. Simon is an open book before Christ, as his young faith waivers and he tells himself if Jesus were truly a prophet, he would know what kind of woman was touching him (Luke 7:39). This Pharisaical bias against social association with sinners was a mindset that Jesus had to contend with throughout his ministry. (See Luke 5:30 and Luke 15:2.) In mercy, Jesus chooses not to publicly embarrass Simon by direct confrontation, yet He does not let this teaching moment pass by unutilized. Jesus tells a parable about two debtors (Luke 7:41-42). One debtor owes ten times as much as the other, but neither is able to pay off their debt, so their creditor forgives both debts. Jesus asks Simon, "Which debtor would love his creditor more?" When Simon replies that the one with the largest debt would love his creditor more, Jesus affirms Simon's correct judgment. In his dispassionate analysis of the hypothetical debtors, Simon unwittingly passes judgment upon himself. While the on-looking crowd sees the discussion between Jesus and Simon as an esoteric,

philosophical debate, Simon slowly comes to realize that Mary is the greater debtor and the greater lover, while he has been forgiven little, and loves comparatively little. Jesus carefully orchestrates Simon's journey of self-discovery as he points to the acts of love that Mary has bestowed on him. Jesus mentions that Mary's sins are many, but that is already a matter of public knowledge, not a revelation of things secret, and Jesus only mentions her sins in the context of these sins having all been forgiven (Luke 7:47).

It is difficult for any prophet to immediately demonstrate that he is a true prophet, since some amount of time must pass before a prophecy can be confirmed by actual events. However, as twenty-first century observers, we have the advantage of seeing that Jesus addressed Simon's questions about his role as a prophet in multiple ways. Not only did Jesus predict his imminent death and burial, but he also prophesied that the gospel message would be preached around the world, and that Mary's righteous act would be preserved as part of that gospel (Matthew 26:13).

Finally, Jesus addresses Mary directly (Luke 7:48-50). He speaks three short sentences of encouragement, which fall like gentle rain on her troubled heart. Jesus assures her, "Your sins have been forgiven. Your faith has saved you. Go in peace." Since both Matthew and Mark agree that these events happened just before Christ's final Passover, it appears that these are the final words Jesus spoke to Mary before his death.

(continued on page 6)

Summary of Church Board Minutes From July 20th, 2020

submitted by Wayne Johns

Health Ministries: Start future seminar on Creation Health. Request to purchase assessment form in Spanish and English for use for church and community. Also purchase one polo shirt with Creation Health logo. Goal is to understand health message.

Motion with 1st and 2nd to purchase Creation Health assessment forms approximately \$210.

Motion was approved.

Motion with 1st and 2nd to provide Leo with a master key.

Motion was approved.

FYI: Pastor will help to contact area churches regarding Pathfinder club starting at Hampden, including PA Conference, RJA, etc.

Motion with 1st and 2nd to open Pathfinder club to area churches not currently active to consider Hampden.

Motion was approved.

FYI: Pavilion facelift possibilities—

(1) Pave stoned area cost of \$20,000.00 if include driving space behind pavilion adds \$2000.00. Need to address water \$1300.00 to drain into lawn or tap into existing

schedule—40 cost at lower cost of \$200.00–300.00.

(2) Millings cost would be \$4000.00.

Suggest bring to church members for their input.

FYI: Leo will secure a tripod and wireless mike for the phone for use with recording for Facebook.

FYI: Will move pavilion “No Trespassing” sign out of view of Facebook picture.

FYI: Evangelism; any church holding fall meetings will also have available funds for the spring meetings.

FYI: We will be holding evangelistic meetings this fall unless COVID-19 restrictions prevent such a gathering.

FYI: Shalom Spanish SDA Church began temporary 1 years rental on 7.18.20

FYI: Board members will make contact to our membership identifying time for church services.

Recipe of the Month

by Arleen Johns

it's August-what to do with the abundance of zucchini and yellow squash? You make summer squash soup, of course.

Summer Squash Soup

Ingredients

5 cups chicken broth (3 -4 TBS McKay's chicken seasoning)
4 cups water

2 cups uncooked bow tie pasta
2 cups shredded yellow squash
2 cups shredded zucchini
1 TBS chopped fresh parsley
1 TBS chopped fresh basil
1 TBS fresh lemon juice
1/2 tsp chopped fresh thyme
1/2 tsp chopped fresh oregano
1 tsp salt

Topping:

1/4 cup thinly sliced fresh basil to sprinkle over soup in bowl

Directions

Bring broth and water to boil, add pasta and cook 8 minutes Add squash, zucchini and herbs. Cook 5 more minutes.

Note: if you do not have fresh herbs, substitute 1 tsp dried for the 1 TBS. I add extra squash and zucchini (like 4 cups each).

Notable Quotes

selected by Bob Kondracki

Don't trust everything you see...Even salt looks like sugar.
~Maryum Ahsam~

Society has become so fake that the truth actually bothers people.
~Chanda Kaushik~

To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you.
~C.S. Lewis~

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.
~William Arthur Ward~

Chess is the art which expresses the science of logic.
~Mikhail Botvinnik~

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
~Martin Luther King, Jr.~

Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.
~John Wooden~

Never interrupt your enemy while he is making a mistake.
~Napoleon Bonaparte~

Kites rise highest against the wind - not with it.
~Winston Churchill~

A friend is one who has the same enemies as you have.
~Abraham Lincoln~

History teaches us that history teaches us nothing.
~Georg Wilhelm Friedrich Hegel~

Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself.
~Khalil Gibran~

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The Children's Page by Tina Kondracki

1-How old was Noah when the flood ended? If you're not sure, the answer can be found in Genesis 8:13

A-825 years

B-601 years

C- 411 years

Complete these verses by unscrambling the words and putting them in order.

Proverbs 22:4

By _____ and the _____ of the Lord are _____ and honour, and _____

Sehicr , yhmiulit, arfe, elif,

Nehemiah 6:9

For they all made us _____, saying, Their _____ shall be _____ from the work,thatit benot done. Now _____ O God, strengthen my hands.

Frdiaa, kdweenan, eeftehroe, sdhna,

Romans 3:23

oemc nnieds, orhts, het , evha ,ygrol , lal , nad odG, fo, ofr, fo.

Psalms 46:10

oGd, lliw, nhtaeen, eb ,wnko, monga, xtdela, nda, l, l ,ma , itlsl, dtxaeI, eb, eb, retha, l ,hatt, lwli, eht.

John14:6

sJseu, htcmoe, imh, yb, ount, em, nma, ihsat, het, on, eht, fiel, ywa, urhtt, ount, ma, l , rfhath, het, btu, dna, the.

The 10 plagues of Egypt. Unscramble and put in order 1-10 (Found in Exodus chapters 7 through 11)

Lbsio, csloust, gfsor, (tino twrea dbolo rtdeun), sskdaenr ,slife, (tfsri hdtae nbro fo lal) ilec, (fo tlkivceao ahdte) lsmhtrao

Did You Know?

God himself buried Moses in Moab, but no one knows precisely where (Deuteronomy 34:5-6)

At the grand dedication of God's temple, Solomon had 22,000 oxen and 120,000 sheep sacrificed (1 Kings 8:62-63)

Alabaster Box (continued from page 4)

Although these words are recorded only in Luke's gospel, they are found early in his book, and appear to not be in chronological order. What an amazingly, uplifting way to encourage and inspire during those final moments of fellowship!

"As the alabaster box was broken, and filled the whole house with its fragrance, so Christ was to die, His body was to be broken; but He was to rise from the tomb, and the fragrance of His life was to fill the earth.

. . . Until time should be no more, that broken alabaster box would tell the story of the abundant love of God for a fallen race" (Desire of Ages, p563).

May God give each of us heavenly vision, a heart that loves lavishly and the wisdom to only speak words that reveal we have been with Jesus.