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Hampden Heights Sentinel

HIGHLIGHTS:

- RJA preparing students for the job market. Page 1
- “a light to lighten the Gentiles, and the glory of thy people Israel” Page 2
- Add a highlight or your point of interest here. Page 3
- The significance and symbolism of “stones” Page 3
- Vegetarian Lo-Mein Page 4
- No nativity scene in Washington, DC?! Page 4
- Common sense in dealing with headaches. Page 5
- How many do you know without looking them up? Page 6

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You will seek me and find me when you seek me with all your heart. ~Jeremiah 29:13 NIV~

RJA News Corner

by Lee Stahl, Principal



Life Skills at Work
submitted by Leona Bange

RJA high school students are increasing their readiness for career, college, and beyond through a new high school class: Life Skills. Students are engaging in class discussions, applicable reading, and hands-on activities designed to generate learning experiences that broaden their understanding of life's everyday decisions and demands. This class covers many topics: personal strengths, weaknesses, and relationships; career and vocational exploration; applying for jobs, maintaining jobs, and supervisor relationships; college preparation, college entrance testing, and college scholarship acquirement; personal finance, budgets, and successful living. Various professionals have visited the classroom either in person or zoom. Students are currently engaged in a classroom job simulation. Students applied, interviewed, have a schedule, time sheet, supervisor etc. for “jobs” assisting in various daily functions at RJA. One student remarked, “I really am glad to do this. I want to know

what it's like to have a real job.” Another remarked, “I love the class discussions we have.” If anyone is interested in coming or zooming to share information about your job or career, please contact Mrs. Bange at lrbanke@paconference.org.

Redners Receipts

If you shop at Redners, you can help by going to the customer service desk and request to register as a “Save a Tape Customer”. Then you can submit your receipts to our school, and we will receive 1% of your receipt total. You'll know your registered when “Save a Tape Customer” is listed on the bottom of your receipts.



Jahbari examines pollen grains under a microscope during a flower dissection in Mrs. Stahl's 7th and 8th grades science class.

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Alabaster Box by Dave Taylor

Simeon and Anna: The Two Faithful Witnesses

For millennia, the inhabitants of our little world sank deeper and deeper under the dark reign of the usurper prince. There was always a small remnant of survivors who kept alive the promise of a Messiah, but even among them, there was a distorted vision of the purpose of His mission. "The earth was dark through misapprehension of God. That the gloomy shadows might be lightened, that the world might be brought back to God, Satan's deceptive power was to be broken" (Desire of Ages, p22). The apostle Paul testified that "when the fullness of the time was come, God sent forth his Son, made of a woman, made under the law, to redeem them that were under the law, that we might receive the adoption of sons" (Galatians 4:4-5). "Like the stars in the vast circuit of their appointed path, God's purposes know no haste and no delay" (Desire of Ages, p32).

When Jesus was born in Bethlehem, there was little fanfare or recognition by religious or civil authorities. This long-awaited event was without the splendor of a red-carpet celebration. Indeed, the infant was laid to rest in an animal feeding trough. There was no extravagant gender-reveal party with colorful pyrotechnics. However, there was a small band of angels who lit up the field with God's glory after finding a group of shepherds who had prepared their hearts to receive the good news of the Redeemer's birth. Later, a group of foreign wise men would come in pursuit of the Messiah, but sadly,

"Messiah" was a concept far from the lips and minds of most of God's chosen people. Yet, it was God's design that the arrival of the Messiah would be acknowledged in His holy temple.

About 40 days after Jesus was born, Mary and Joseph took the infant to the temple in Jerusalem to be dedicated to the Lord (Luke 2:22). This was in accordance with the time of the mother's ritual purification after giving birth to a son. Before the passage of 40 days, Mary was forbidden to touch any holy thing or to enter the sanctuary (Leviticus 12:2-4). Interestingly, mothers who gave birth to a daughter were required to observe an 80-day purification (Leviticus 12:5). While more affluent parents would bring a lamb as a burnt sacrifice and a turtledove or young pigeon as a sin offering (Leviticus 12:6), Joseph and Mary brought two turtledoves or young pigeons for these two offerings (Luke 2:24), as permitted by Mosaic law (Leviticus 12:8).

As Joseph and Mary are completing their temple activities with the priest, the young family is approached by Simeon, whose name means "God has heard." Simeon was a just and devout servant of the Most High, and was filled with the Holy Spirit. In fact, the Spirit had revealed to Simeon that during his lifetime, he would see the Messiah (Luke 2:25-26). It is no happy coincidence that Simeon was in the temple that day. The Spirit of God had led him to that place at that time, and instructs him that the Christ child is before his eyes. Simeon reaches out and lifts up Mary's infant in his arms,

praising God and testifying that this child is the salvation of the Lord (verse 28-30). The Spirit of prophecy falls upon Simeon, and while he speaks of things that are still to come, he reinforces revelations already recorded in scripture. Simeon declares the child to be "a light to lighten the Gentiles, and the glory of thy people Israel" (verse 32), echoing the proclamation of Isaiah that "thou should be my servant to raise up the tribes of Jacob, and to restore the preserved of Israel: I will also give thee for a light to the Gentiles, that thou may be my salvation unto the end of the earth. (Isaiah 49:6). Simeon continues by declaring that "this child is set for the fall and rising again of many in Israel" (Luke 2:34a), in prophetic imagery similar to Isaiah 8:14, warning that "to both houses of Israel He will be a stone of stumbling and a rock of offense, a trap and a snare to the dwellers of Jerusalem."

Under divine inspiration Simeon declares that Jesus will be "a sign which shall be spoken against" (Luke 2:34b). Decades later Jesus himself will refer to his own death, burial and resurrection as a sign for his generation. "An evil and adulterous generation seeks after a sign; and there shall no sign be given to it, but the sign of the prophet Jonah. For as Jonah was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth (Matthew 12:39-40). Similarly, when the Jews asked Jesus to show them a sign that he had authority to remove the moneychangers from the temple, Jesus said, "Destroy

this temple, and in three days I will raise it up," speaking of the temple of his body (John 2:18-21). Fittingly, this sign of the rebuilding of the "temple" in three days was an issue raised in the interrogation of Jesus before Caiaphas the high priest (Matthew 26:61, Mark 14:58), a "sign" which was derided and spoken against.

As Simeon nears the end of his testimony, he forewarns Mary that there will be trying times ahead for her personally. God, in his great love and mercy, does not wish for Mary to be caught off guard and to be completely unprepared emotionally for the troubles of the future, and so He instructs Simeon to reveal that "a sword shall pierce through [Mary's] own soul" (Luke 2:35a). One may question the helpfulness of such an alarming, and non-detailed warning, but for those who walk by faith and not by sight, it serves as a gentle reminder that God is our only source of strength, protection and guidance. Implicit in this unsettling revelation is the promise that "I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee (Isaiah 41:13).

Finally, Simeon closes by stating that through the Messiah "the thoughts of many hearts may be revealed" (Luke 2:35b). We see this principle illustrated throughout the gospel ministry of Jesus, where some, like the rich young ruler, went away sorrowful (Matthew 19:22), while others, like James and John, immediately followed him (Matthew 4:22).

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Going Deeper by Barbara Snyder

A White Stone and a New Name: Symbolism of Revelation 2:17

Whoever has ears to hear, let them hear what the Spirit says to the churches. To the victorious one, I will give some of the hidden manna. I will also give that person a white stone with a new name written on it, known only to the one who receives it."

Sometimes when I read scripture there is a verse, or a word that holds my attention for a moment, or attracts me on an emotional or an experiential level. With that in mind, I will tell you that I have always liked my name. I have had a reason, an emotional reason, for choosing the names of each of my children. So, names are important to me. It is the new name of Revelation 2:17 that was my attraction. Often when something like this happens, I will attend to it, to the word or phrase, and my visual self takes over. It is because of this propensity of mine I often imagine a way to make the idea emerge into a mini lesson and have used these lessons in Sabbath School and in formal devotionals. The story of the white stone has become one of those devotions. I have reviewed the scripture with students at RJA, pointed out the distinguishing features and mentioned the history (depending on the students' ages) that gives extra meaning to the verse. I also distribute white stones to each student and we discuss how our stones in Heaven might be different from our small sample in class. I address the battle that each

of us, each of the children and myself, may endure that affects our lives. Some of the children have talked about loss of a parent, loss of a sibling etc. Profound losses will always affect our spiritual battles.

The symbolism of scripture is so touching and significant! You can fill in your own history as you contemplate this verse but here are some facts that might add to the significance of this analogy as John saw it.

So, what is the History of This White Stone?

At the time the book of Revelation was written, a white stone was equivalent with innocence. If you were to be tried for a crime, a white stone signified acquittal, and a black stone signified guilt. To receive a white stone means that you are free from condemnation. You have been tried and have been found Not Guilty.

To return to the law again, it is known that at some period around the time of Christ and into the 2nd century, the people were given 2 stones and used them to vote in passing or rejecting referendum. The white stone was the vote for passing the measure, and the black for disapproving the measure.

The meaning of the white stone also refers to the Roman custom of awarding white stones to the victors of athletic games. The gladiators were usually former slaves or captives from conquered lands. The stone was given to victorious gladiators by the master of the games, who conferred on them special rights even

though they still sought freedom. This stone served as his "ticket" to a special awards banquet. At the awards banquet the ticket holders were served at the tax payer's expense. There was no worldly cost. Sound familiar? According to this view, Jesus (the master) promises the overcomers entrance to the eternal victory celebration in heaven. Additionally, in ancient "Rome, a particularly happy day is called a 'white day.' A white stone is a delightful gift to receive."*

One of the better-accepted explanations of the white stone has to do with the high priest's breastplate, which contained twelve stones. Each of these stones had the name of one of the twelve tribes of Israel engraved on it (Exodus 28:21). As he ministered in the temple, the high priest bore the names of God's people into the Holy Place of the Tabernacle. In the same way, the "white stone" with the believer's name written on it is a reference to our standing in God's presence.

The "white stone" can also be a comparison to the two stones used in decision making: the Urim and Thummim, which the high priest wore behind the square breastplate. The Urim was white and the Thummim was black. The Urim may have been a diamond, for there was no diamond among the twelve stones of the breastplate. On each of the 12 stones was written the name of a tribe; but what was written "on the Urim none but the high priest knew." No one will know your new name except Christ and the individual, you!

Just another example of how personal the relationship is between Jesus and the saved.

Almost all talk of battles and wars concerning a Christian life refers to the inner battle that arises when a sinful thought tempts you. God's Spirit and the flesh are at odds, but the Christian must recognize that the real battle lies in staying with Jesus, in depending on the Lord's power to save, and not on yourself and your willpower. Staying in the relationship is our only basic task and the relationship is the only guarantee of success. When you have chosen to live by the Spirit, and live only to do God's will, you will be transformed and given a new name. This relationship evolves into a love relationship. It is not based on avoiding sin but in loving the One who first loved us.

To summarize, you will be very aware of the battles you had to endure in your spiritual journey, and you will immediately identify with the only name that will be the ultimate symbol of victory and transformation. The white stone is a symbol of whom you will have become through your faithfulness. It's rock solid. Here on earth your faith is being tested – there in eternity it will have been proven; it's withstood the testing. Written on this stone of solid faith will be your new name. The new name will illustrate who you've become through God's grace. (2 Peter 1:4) This name will reflect the battle. The "new name" refers to the Holy Spirit's work of transforming believers to the holiness of Christ beginning at baptism and continuing
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Alabaster Box (continued from page 2)

Indeed, we see this revelation of hearts displayed across the entire course of history as each man, woman and child must decide, "What do I do with Jesus?" Satan himself reveals his own heart and shows that he is a liar and murderer through his cruel treatment of Jesus. But most importantly, the heart of God is revealed in that "while we were yet sinners, Christ died for us" (Romans 5:8).

Although the testimony of Simeon is quite powerful, the Hebrew mind required two or more witnesses to validate the truth of testimony. "At the mouth of two witnesses, or at the mouth of three witnesses, shall the matter be established" (Deuteronomy 19:15). "In the mouth of two or three witnesses every word may be established" (Matthew 18:16). Eager to validate the truth that had

been spoken to Mary and Joseph through Simeon, God sends the prophetess Anna into their midst. "Anna" is the Greek variant of the Hebrew name "Hannah" and means "favored." Anna was "of a great age" (Luke 2:36), having been a widow for the past 84 years (verse 37), following a short marriage of 7 years. She joins the small group around the Messiah just as Simeon is finishing

his testimony, and she praises God as she adds her voice in speaking to "all them that were looking for redemption in Jerusalem" (verse 38). Likewise, we should give thanks to God for the gift of His son, and speak about the Christ to all who are looking for salvation.

Going Deeper (continued from page 3)

until our earthly life is over. (see Romans 8:29).

All of this is proof that your faithfulness is highly esteemed by God. This new name, that only He and you know, is the testimony of your spirit; it's how God sees you. He doesn't see what you were according to your human nature. He sees the new creation in you, the result

of your faithfulness to Him and His commandments. (2 Corinthians 5:17) And that is what you will be for all eternity. No more battle to overcome sin, but a new creation to live eternally!

He that overcometh shall be admitted to the heavenly holy of holies, and to a glory and knowledge incomprehensible to those who have not

experienced it (1 Corinthians 2:9). He shall be made a priest unto God.

It doesn't get any better than that.
Amen.

*William Barclay (1907-1978)

Recipe of the Month by Arleen Johns

You may switch out any of the vegetables here for others you like better.

LO MEIN STIR-FRY
Kyong Weathersby

½ of (12 oz) pkg whole wheat spaghetti

- 1 T olive oil
- ½ onion, sliced
- ½ carrot, match thin sliced
- 2 ½ mushrooms, sliced
- 1 T parsley
- 1 clove garlic, minced
- ½ T toasted sesame seeds
- 3 T soy sauce, unfermented

- ½ T turbinado sugar
- ½ T nutritional yeast flakes
- ½ tsp paprika

Cut spaghetti in 1/3 (third) size, and cook according to package directions until tender.

Drain and rinse with cold water. Drain completely. Set it aside. Pour olive oil into a hot wok or large skillet over high heat. Add vegetables. Stir-fry until vegetables are tender. Add cooked noodles, and remaining ingredients. Mix and fry until the noodles are hot. Delicious!

Notable Quotes selected by Bob Kondracki

He puzzled and puzzled till his puzzler was sore. Then the Grinch thought of something he hadn't before. Maybe Christmas, he thought...doesn't come from a store. Maybe Christmas, perhaps...means a little bit more! ~Dr. Seuss~

If you haven't got any charity in your heart, you have the worst kind of heart trouble. ~Bob Hope~

For it is in giving that we receive. ~Francis of Assisi~

He who has not Christmas in his heart will never find it under a tree. ~Roy L. Smith~

And know that I am with you always; yes, to the end of time. ~Jesus Christ~

The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They couldn't find three wise men and a virgin. ~Jay Leno~

The Path to Better Health by Leo Pena

Headaches

The common headache is sometimes overlooked or often masked with a painkiller like aspirin which, especially when overused, can sometimes cause more serious health issues. A headache is a good indicator that your body is missing something. Maybe you need to take a breather, drink some water, or change the way you eat. You may have a vitamin or nutrient deficiency, or a food sensitivity that is causing this built-up tension. Headaches can be triggered by stress, fatigue, allergies, eyestrain, poor posture, alcohol or drugs, low blood sugar, hormones, constipation, and nutritional deficiencies. Your body is telling you that something needs to change, so begin to heed those signals. You may be wondering; how do you make a headache go away?

There Are Four Main Types of Headaches

Tension

This is the most common type of headache among adults and teenagers. Tension headaches are also known as stress headaches, chronic daily headaches or chronic non-progressive headaches. Causing mild to moderate chronic pain, they come and go over time.

Cluster

These headaches are the most severe, but least common type. The pain is intense and can feel like a burning or piercing pain behind the eyes. Cluster headaches occur in groups over a period of time lasting from a couple of weeks to a couple of months. They may go away for

months or years, but then come back.

Sinus

Inflamed sinuses can cause pain in your cheeks, forehead and bridge of your nose. Usually other sinus symptoms, such as a runny nose, fever, pressure in the ears and facial swelling, occur at the same time.

Migraine

Migraine headaches can last from a few hours to a few days and usually occur one or more times a month. People usually have other symptoms with migraines, including: sensitivity to light, noise or smells; nausea or vomiting; loss of appetite; and upset stomach or belly pain. A child experiencing a migraine headache may turn pale, feel dizzy, and have blurry vision, a fever and an upset stomach.

Causes and Risk Factors.

You may be wondering what causes headaches. In general. Headaches occur due to a combination of nerve signals sent from the blood vessels and muscles in the head. What causes these signals to turn on is still unknown. Headache triggers can include:

- Illnesses such as sinus infections, colds, fever or throat infection.
- Stress
- Eyestrain or back strain
- Environmental causes such as secondhand tobacco smoke, smells from chemicals or perfumes
- Heredity as headaches tend to run in families, especially migraines

- Food allergies
- Hormone imbalance
- Vitamin or mineral imbalance
- Aspartame

Luckily there are several natural remedies that can show you how to make a headache go away fast, without medicine. Try some of these natural ways to fight headaches.

Magnesium may prevent the wave of brain signaling, called cortical spreading depression, which produces the visual and sensory changes that are common when experiencing a headache, especially a migraine. Magnesium can block the pain-transmitting chemicals in the brain, and it can improve platelet function, which will help your body react to injuries and prevent bleeding.

Peppermint oil generates a long-lasting cooling effect on the skin. Research shows that peppermint oil stimulates a significant increase in skin blood flow of the forehead, and it soothes muscle contractions. One study showed that peppermint oil, in combination with ethanol, reduced headache sensitivity.

Lavender oil is commonly used as a mood stabilizer and sedative. Research has shown that the use of lavender oil is a safe and effective treatment of migraine headaches. One study conducted in 2012 measured the results of inhaling lavender oil for 15 minutes. The 47 participants were asked to record the effects every half hour, for two hours. Out of 129 headache attacks, 92 responded to the lavender oil remedy.

One study, done over a four-month period, showed that migraine attack frequency was reduced by 48 percent in participants who consumed 75 milligrams of butterbur twice a day. This research, done at Albert Einstein College of Medicine, measured a decrease in migraine attack frequency — suggesting that butterbur is an effective headache remedy and symptom reliever.

A study done at the National Hospital for Neurology and Neurosurgery concluded that there is indeed a water-deprivation headache. The study notes that while water deprivation is common and recognized by the public, it's not described in medical literature. The research indicates that headaches from a lack of water include impaired concentration and irritability,

If you are struggling with migraines, resting or sitting in a darkened room can help relieve symptoms, and it can be a basic headache treatment at home. Close your eyes and focus on relieving tension in your neck, back and shoulders.

<https://draxe.com/health/natural-headache-remedies-relief/>
By Dr. Josh Axe, DC, DMN, CNS
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The Children's Page by Tina Kondracki

New Testament Jeopardy

1-Nazareth (Matthew 2:23)

- A-Where did Adam live?
- B- Where did Jesus Live as a child?
- C- where did Moses live?

2-Second Cousin to Jesus (Luke 1:36 & 57-60)

- A - Noah
- B-Peter
- C- John the Baptist

3-Philemon

- A-5th book of New Testament
- B-20th book of the New Testament
- C-18TH book of the New testament

4- Jesus said to "get thee behind me Satan" (Matthew 16:23)

- A- James
- B- Peter
- C- Judas

5- Verily I say unto you, (Luke 4:24)

- A- No profit is accepted in his own house
- B- No profit is accepted in his own city
- C- No profit is accepted in his own country

6- Is death (Romans 6:23)

- A- To talk about your neighbor is
- B- The wages of sin
- C- Those who eat unclean meat

7- He was sent to the Island of Patmos

- A- James was sent there
- B- Paul was sent there
- C- John was sent there

True and False from the Book of Genesis

- 1- God created the birds and fish on the 4th day. (Genesis1:20)
- 2- God breathed life into Adams mouth the breath of life (Genesis 2:7)
- 3- I have given every cow for meat to eat. (Genesis 1:30)
- 4- God gave names to all cattle and to the fowl of the air (Genesis 2:20)
- 5- God gave the people 120 years to repent (Genesis 6:3)
- 6- The Ark had Three decks. (Genesis 6:16)
- 7- Nimrod was a farmer (Genesis 10:8-9)

Unscramble on the Book of Ruth (Ruth1:1-12)

- 1- Dgsjue
- 2- Lmohan
- 3- Ellemhci
- 4- Abom
- 5- Mifena
- 6- Ndsuhba
- 7- Sphteirhae
- 8- Gshtdurae

Did You Know?

Did you know that Mahershalalhashbaz is the longest name in the Bible? (Isaiah 8:1)

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RJA News Corner (continued from page 1)

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