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For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him... 2 Chronicles 16:9

RJA News Corner

by Lee Stahl, Principal

Students visit Pennsylvania Farm Show

Students at Reading Junior Academy spent a day at the Pennsylvania Farm Show in Harrisburg on January 14. Besides checking out the butter sculpture (pictured), they were able to see a variety of animals such as cows, horses, rabbits, pigs, sheep, and goats. Enjoying the several food items in the food court is always delicious, not to mention the free samples provided in the main hall or the free turkey hill ice cream in the equipment display area. This has always been a field trip that our students and staff look forward to each year.



9th and 10th Grade Biology Students Dissecting Frogs

Students caught on camera dissecting frogs as part of the biology course work. The dissection provides students with hands-on opportunities to understand the anatomical structure of animals and how they compare and relate to other organisms as part of God's creation and design.

The Book Review by Stacy McLean

***The God Myth and Other Lies* by Heather Thompson Day**

Stay strong in your faith. You need to know why you believe what you believe. Bob Kondracki had this book and made the suggestion that I read it and write a book review about it. So, I thought I would check it out. Typically, this is not what I usually read, although I am trying to read many different kinds of books so that the book reviews have a better variety.

It is surprising to learn how much information a large majority of college students come across that challenge their faith when in college. People will always strive to have things run smoothly in their lives, and will often acquiesce and believe anything to achieve that. Some will even compromise their faith. When college students were asked to share why they are Christians and believe the way they do, an alarming number of them were very taken back when confronted by so called "expert" professors.

Heather Thompson Day is a professor of Communication at S. Michigan College, formally a radio personality; she is currently working on her PHD. At Andrew's University, she has explored many college curricula, and has written this book about defending your faith against the many varied attacks on Christianity.

The summary of this book tells it all, so here it is as it is written by Review and Herald

Publishing: "With so many myths and lies about God and Christianity out there, it is easy for young adults to start questioning the relevance and certainty of their beliefs. If you feel as if a skeptical world is assaulting your faith, you are not left defenseless. In ***The God Myth and Other Lies***, Heather Thompson Day provides clear, well-documented responses to the most common falsehoods. Your own faith will be strengthened as you get solid answers about an array of hot topics, including Creation, Sabbath, Jesus, Sex, Death, and Homosexuality. Don't let other people's doubt steal your faith. Instead, let their questions inspire you to study what you believe. As you do, God will turn any shaky faith into holy confidence."

Thompson Day then goes on to share how relevant the Bible truths are to science that we can discover ourselves through research. If you want to prove the Bible is real and written by spiritual influence, there is evidence listed in this book to help you share that information with others. She shares how to profess your faith to others and prove God and the Bible are real. I thought the book had some very interesting points and research to back it up, especially with history and how it unfolds. According to this book, unfortunately there are many people, especially young adults, that feel as if they must prove

their beliefs to others. If you do not know why you believe what you believe, then people will try to dishonor, disrespect and prove you wrong. Thompson Day found out through research that most college students who are Christian believers say they believe what they believe because their parents, teachers, and other students have told them, or that they were raised that way and never questioned what they were taught.

We need to truly study God's word to become strong in our faith. We need to be prepared, especially in the end times to stand up for what we believe. There are many examples and arguments in this book of what and why to believe the way people do. It's frightening to see that education in our country at all levels, from professors at colleges to teachers at elementary schools are demeaning God and faith. They use scientific evidence against the Christian believers, who are unaware of why they even believe what they do. Again, we need to stay strong in our faith and know why we believe God is our Savior, and we need to be prepared and educated in our beliefs so we can share the gospel message with others enthusiastically and with confidence in its truth!

We can only grow stronger and stay strong by developing a relationship with Jesus Christ, studying the Bible and praying.

While I was reading this book, and because I home school our kids, I decided to ask them to share with me in an essay (and count as a grade in Bible) why they believe the way they do. Emily is in sixth grade, and this is what she wrote:

Why I Believe In God by Emily McLean

I believe in God because throughout our days He gives us miracles. We don't even know that He is giving us miracles because it is happening in a different place. Sometimes we can tell, and then we can be happy about them. I also believe in the Bible. The Bible is a book that tells us about God. When He gives us miracles they could be such as if there was a fire in someone's house and the person went to the hospital. It would be a miracle if the person still survived, but with a concussion. That is how God works; He works in mysterious ways. The miracles and the Bible are two strong reasons why I believe in God and why you should!

This is quoted from Cordell; he is in eighth grade.

I know God is real even if there had been accidents lately. On the roads, I know the angels are there around us in the car. On the highway sometimes it looks like we might get hit, if God was not here then we could have been hit.

(continued page 5)

Health Ministries by Arleen Johns

The acronym NEWSTART seems appropriate for us to consider at the beginning of the year. Each letter stands for something that we can do to improve our health. Perhaps you have heard of it. N stands for Nutrition. What do you think of when you think of food? French Fries? Burgers? Vanilla Ice-cream with chocolate syrup and maple soaked walnuts, or perhaps, apple pie or pizza?

Now think of crisp red apples and juicy orange slices, sweet blueberries fresh off the bush, red ripe tomatoes from the vine, carrots, and a rainbow of veggies in a salad, or good whole grain bread (watch your butter), sweet potatoes, and lentils,

walnuts and almonds.

Which food sounds better? Which group is healthier for you? Which has far less calories? Which can give our bodies protection from cancer and other diseases? If you said the second group, you are right.

God has given us such a variety of foods to choose from that we can color our plate like a rainbow. What was God's prescription to Adam and Eve in the Garden? Fruits, Nuts, and Grains (later He added vegetables). Today science has shown us that such foods lower our risk for heart disease, diabetes, high blood pressure, and certain

cancers. Think about Daniel and his three friends in the Babylonian court. How do you think they got so smart and so healthy? By following God's prescription! So when you go to pick up that Twinkie or order that latté, stop and think! Is this what my body needs for good nutrition, or is this what I'm craving and will do me more harm than good?

Here are some tips....Use the Maximal, Moderate and Minimal approach:

Maximize whole grain, fruit, vegetable, legumes, and nuts. Change up what you eat—eat a variety. Have your last meal several hours before bedtime. No more snacking between meals.

Eat like a king for breakfast (make this your biggest and best), a prince for lunch, and a pauper for supper. Some may be able to eat just two meals a day.

Moderate the amount of food you eat. Eat until you feel comfortably full—not until you are stuffed. Check serving sizes, use a smaller plate, moderate any stress when you eat.

Minimize animal protein intake; minimize refined sugars and sugar substitutes; minimize saturated fats (those that are usually solid/almost solid at room temperature. All animal fats are saturated.). Minimize salt intake. Or go vegetarian. Start one or two days of the week as you make a change. See me for recipe ideas. Next month E stands for Exercise.

Newsletter Submissions by Bob Kondracki

We have had problems with late submissions plaguing our newsletter now since it's inception over 1 1/2 years ago. Lately however it has gotten worse. As a result it has caused much stress and consternation for Ashley and myself in trying to get this newsletter out on time every month. So I am now writing this article to again request that our contributors make every effort to be on time with their submissions. The 25th of the month is the deadline for any submissions that are to be in the next newsletter that comes out the first Sabbath of the following month. That leaves plenty

of time from the last published newsletter. Unfortunately, from now on, if your article is late it will not be included in the next issue. Chasing down people every month gets to be rather stressful, and is a recipe for a quick burnout, as previous editors of the newsletter will attest to. Whether it is realized or not, putting even a short newsletter as this together every month is more work and takes more time than meets the eye. So for everybody involved, please help us as editors by not making it more difficult than it already is. Now I realize that by writing this I may just have provided some people with an excuse to

not contribute at all. My purpose is not to offend or make anybody feel indignant. I am just attempting to make everybody aware of the reality of the situation.

On another note, multiple people have told me that they have sent submissions to the newsletter which I never received. A little detective work has revealed that they were sent to the church email address instead of the Sentinel's email. Please make note, **They are not the same!** The Sentinel's email address is Hampdenchurch@yahoo.com. It is also listed on the last page of the newsletter if you forget.

Lastly, the Sentinel is still looking for someone who would be interested in doing a monthly column for our newsletter. If you have an interest, and would be willing to add to this ministry, please see Ashley Richards or myself and we can discuss it in more detail with you. If you have a passion to proclaim a message, or you have something interesting to share every month with your church family, here is your opportunity!

We thank everyone in advance for your cooperation, as Ashley and I continue to strive to make this newsletter as informative and entertaining, and as God-honoring as we can.

Grace's Outpost by Ashley Richards

A decorative border in red ink, featuring intricate scrollwork, swirls, and heart shapes. It frames the central text on the page, starting from the top right and curving around to the bottom left.

*The Lord your God is in your midst, a
mighty One who will save; He will
rejoice over you with gladness; He will
quiet you by His love; He will exult over
you with loud singing.
(Zephaniah 3:17)*

*It's almost Valentine's Day.
Be Mine.*

— Jesus Christ

Mission Trip Central! by Ashley Richards

Greetings from Mission Trip Central!

Though last month it had seemed as though we would be sent to Brazil, a couple details have changed, and it sounds like we are definitely being sent to Panama this coming July! The woman I have been working with at Maranatha Volunteers International, Kim Haas, has explained that the next step is to wait to hear what our actual group project in Panama itself is.

She has explained to me that the funding for projects has not been as faithful as it

has been in the past, and it sounds like the way mission trips are organized is being slightly restructured (especially taking into consideration that some churches are now built bigger than others, thus requiring more groups to be able to complete them—which sometimes will take part in 2-4 steps, which are completed by just as many groups). She hopes to have our group project within the next week or two—possibly even by the time this article is published. Our project could be anything from laying cement for the flooring, laying block for the

walls, helping with the roofing, or even painting and/or building a wall around the church for protection, as well as the Vacation Bible School and evangelistic series we will hold there.

The next step, after that, will be for me to make a site visit to our site location in Panama, where I'll make plans for our transportation, housing, and excursions while we are there this summer.

Ms. Haas has sent me a packet of information to start working through once we

receive our group project, which I've already begun to do. We have a lot of planning (and doing!) ahead of us.

If you're a part of the mission trip team, please note that we will be having a mission trip meeting here at the church on Sunday, February 21, at 9:30 a.m. It is vital that you be there, if at all possible.

Thank you for all your prayers you've prayed on our behalf already, and please continue to pray for us in the months ahead. God has called us to Panama for a reason, and I am excited to see the work which He has in store for us there!

The Book Review (continued from page 2)

I remember a time that my Mom changed lanes because there was a tractor trailer in front and back of her. When we were in the other lane, the truck cut in front of my Mom and it was so close that the angels gave the truck more space. When I was with my dad coming home from church, there was a guy swerving back and forth and my dad had to slam on his brakes because the guy cut right in front of him and it looked like he was going to hit us. I believe God was there holding back our car so that we did not hit him. I always feel protected by God and the angels. I talk to my friends about different DVDs to watch so that they can know about God. I give them Cosmic Conflict, Final Events, and Distraction Dilemma to watch. I believe there is only one God. I believe in the 10 commandments, in the end times all 10 commandments will be broken all around the world by a lot of people, and then God will come to save

his people. The first commandment is don't love anything more than God and it has been broken because a lot of people have other gods. The second commandment is don't talk or pray to idols, and it has been broken because a lot of people are worshiping idols and talking to the dead. The third commandment is don't misuse God's name by swearing and cursing in any way, and it has been broken because a lot of people in the world are disrespectful to God. The fourth commandment is the most important commandment because it starts with the word "remember". Remember to keep the Sabbath day holy. The Sabbath day is Saturday because God rested on the Sabbath day. Six days are for you to do your work. Saturday is the last day of the week, and God set it apart for you to rest and go to church to worship Him. At the end of time, the Sunday

Law will come into effect and all the people around the world will have to worship on Sunday. Then this commandment will be broken, and God will come to save His people. The fifth commandment is don't dishonor your parents, or disrespect them. This commandment is broken, too, because a lot of children are disrespectful to their parents and take control and do whatever they want around the world. The sixth commandment is don't kill anyone. This commandment is broken too because all around the world a lot of people are murdering other people. The seventh commandment is don't be unfaithful in marriage. This commandment is broken, too, because some people cheat on their spouses. The eighth commandment is don't steal. This commandment has been broken too because a lot of people all around the world are stealing anything to get what they want.

The ninth commandment is don't lie. This commandment is broken too because a lot of people tell lies about all kinds of things. The tenth commandment is don't be greedy in wanting what someone else has. This commandment is broken too because a lot of people around the world are self-centered and greedy. I believe all ten commandments will be broken at the end of time right before God comes to save his people. I also believe that we need to spread the gospel. This is why I believe in God.

We are all so blessed and we should be giving the glory to God. God is our Savior, and, as we read and study the Bible we develop a deeper understanding of our beliefs. We need to pray for guidance and forgiveness. We need to allow God to direct our lives. We need to develop a relationship with Him to be effective in glorifying and defending Him. God Bless.

Prayer Ministry by Cheryl Cherington

As we begin 2016, the church prayer ministry team had our first meeting of the year and has set some goals. We are all in one accord with the Holy Spirit and through prayer we will continue to do as the Lord leads us. There are six of us that are part of the Prayer Ministry Team. They are: George Hernandez, Marie Warick, Barb Snyder, Josephine Gordon, Chris Gelsinger and Cheryl Cherington.

Here is a list of people that either already have, or soon will be in charge of these departments:

Church Email Prayer Chain leader is Chris Gelsinger – If you want to be a prayer warrior, please let Chris or myself know.

Telephone Prayer Chain – leader will be Josephine Gordon. If you would like to be on that prayer chain, please let Josephine or myself know.

Prayer for our Children in School (Public or Private). We will be introducing a new

program to assign those prayer warriors (like yourselves) who would like to be a prayer warrior for one of the children. We will be asking anyone interested in being a prayer warrior for one of the students to sign up with **one of us from the prayer team.**

Prayer for our families: I have assigned each of our prayer team members a part of the alphabet from the church directory to pray for the families within these letters, as follow

A-D - Josephine Gordon
 E-H – Barb Snyder
 I – L – Marie Warrick
 M – P – George Hernandez
 Q – T – Cheryl Cherington
 U – Z – Chris Gelsinger

If you have any special requests, feel free to contact the person praying for your family, besides one or both of the prayer lines (email or phone).

There will be a prayer box for all who come into the church to add a prayer request that will be prayer for during church services.

The prayer team will be meeting weekly on a conference call to pray together over all requests and special needs. The date has not been finalized as yet. Watch the bulletin for further information.

Sabbath mornings, one of the prayer team will meet up front with the elder for the day, praise team leader and speaker or pastor immediately after Sabbath School for prayer to ask for the Holy Spirit's presence and the anointing of the words that are spoken.

Once a quarter we will try to have a training session on prayer. Barb Snyder will be our speaker for the first Sunday morning brunch, but we will let you know details as they are planned.

Once a quarter we would like a praise and prayer time, using the gifts of the praise team along with the prayer ministry team.

I hope to be able to teach an honor for Pathfinders on prayer. Currently being checked into.

Corporate Prayer. VERY IMPORTANT! We are requesting your presence, either in person or by phone at certain times for prayer. Further information will be in bulletin as times are organized.

More things may follow as the year progresses.

We have a full agenda for the year 2016! We solicit your prayers for us as we, through the power of the Holy Spirit, pray for one another. Remember to draw near to God and He will draw near to you. James 4:8 says to give God the gift of your presence. Read through a Psalm or begin reading in the book of John. Ask God to wake you early for morning prayer and Bible study. That time with your Savior will become a very special time. I began doing this many years ago and God still wakes me today to spend that time with Him. My memory isn't as good as it used to be, but His promise is sure, and when I need His words most, He brings them back to my memory.

God Bless!

Recipe of the Month by Elizabeth Hill

Here is a very simple recipe for a wonderful dessert that can be served warm or cold. It can easily be put together at the last minute and baked while eating dinner.

Sopapilla Cream Cheese Dessert

2 cans crescent rolls or Pillsbury Recipe Creations (easier)

2 cups sugar, divided

2 (8 oz. each) pkgs. cream cheese

1 stick butter (1/4 lb.)
 cinnamon

Preheat oven to 350 and bring cream cheese and butter to room temperature. (or heat in microwave for 1 min. at 50% power.)

Meanwhile, spray a 9x13 pan with cooking spray. Press a roll of dough into bottom of pan, pinching seams together

if necessary. (Recipe Creations is solid - so no need to pinch)

With a mixer combine cream cheese and 1 cup of sugar until soft and creamy. I add a tsp. of vanilla.

Spread cream cheese mixture over dough.

Place the second roll of dough on top of the filling. Don't worry if everything is not covered. The dough may not fully come to the edge.

Now mix with a fork a stick of butter and 1 cup sugar. It will be crumbly. (I leave my butter cold and mix this together with a mixer until crumbly. Maybe a small food processor would work better.) Place this crumbly mixture on top of dough. Make sure to get the edges. Sprinkle with cinnamon to taste. I use quite a bit.

Bake for 30 minutes and enjoy warm or cold. Also enjoy the smell it creates in your home while baking. Mmmmm!

Meet a Member by Bob Kondracki

Have you ever met someone that, despite whatever the circumstances, despite what you may say, or how you act, they are just determined to make friends with you? Well, this month's Meet a Member—Jose DePena is just such a person. It's hard to miss Jose at church. Whether you are ready for him or not, he comes at you with his infectious personality and cheerfulness that sometimes makes you wonder what exactly he's up to. Being overly suspicious of people such as Jose, I've put him through some rough teasing of my own, but, to his credit, he always has responded with class and aplomb. As you get to know Jose, you will discover that it's not an act at all, but he is indeed genuine, and his behavior only reflects a very generous and caring personality.

I met Jose even before he started attending our church when he was working at a "Mom and Pop" store in Reading, and I was working for Coca Cola. I didn't know him that well but he was always happy and pleasant to associate with. Becoming a Christian has certainly enhanced those traits.

Jose currently works for Brentwood Industries on Morgantown Road in Reading. Brentwood Industries produces surgical instruments and parts for the medical profession. Jose works as a machine operator for them. "I run different machines all the time," he says. "It helps to relieve the monotony and gives the workers a more rounded and varied work experience."

Jose became a Christian when he decided that his life wasn't going in the direction he wanted it to go. He explains that he was living in New York City at the time, and had plenty of time on his hands...so he started taking Bible studies. Jose explains that he had met some members of the SDA church before he started attending, and was invited to church with them many times. He was also too busy in his secular activities to have any interest at that point. After many failures in business endeavors, he decided to accept the invitation to attend and eventually accepted God's calling in his life and was baptized in a church in central Manhattan in 1992.

Jose and his wife Teresa moved to Reading from NY in 1996, and have been attending Hampden Heights now for about 14 years, and they are accompanied by his two daughters Grace, 14 years old, and Genesis, who just turned 11. They also have a son Josias, 20, who also attends frequently, and is currently going to Albright College. "I don't know if anybody will remember, but I also had my cousin visit our church a little while ago," Jose reveals. "His name is Percio DePena, and he came here to sing for our church with the Sing for Harmony group." Apparently singing talent runs in Jose's family, as he has sings for special music service on occasion, and his daughter Grace is a regular fixture on the platform singing for the Lord.

As a matter of fact, Jose is an integral part of the church worship team, helping arrange music for our services. He has also served

"One of my favorite things, though, is just helping people," he reveals. Jose really means what he says when he declares he enjoys helping people. Jose and his family have become very close to my mother over the years and they have pretty much adopted each other and consider each other as family. The DePenas are not a wealthy family. But they are a generous family, and true to their philosophy of helping when they can they recently purchased my mother a brand new stove when they found out her old one was on its last breath.

Jose doesn't have a particular favorite Bible verse or story, but he does have his favorite parts of the Bible. "I really like some books of the Bible," he says. "Nehemiah, Daniel, Luke, John, and Acts are books I really appreciate," he reveals.

Typical of Jose's generous nature and desire to help people is a burden he carries on his heart for his fellow man and his church family in particular. "I have a very strong concern about the time we're living in right now. Society's general lack of interest and relationship with God is very disturbing to me," he confides. "Even in our own church, I think we need to have a much stronger, more intimate and close relationship with God if we are going to survive the impending crisis. We have to take our relationship with God even more seriously than we already do."

A few things that you may not know about Jose:

He was not born in the US, but was originally from Santo Domingo.

He loves nature, and to be outdoors.

He is a great cook, and not afraid to experiment with recipes. "The kitchen is my laboratory!" he proclaims.

He is always ready to help others when he can. He lives what he preaches.

Jose is dead serious about the gospel and spreading God's word. "Too many people think it's a joke or don't take it seriously 'til it's too late. That breaks my heart."

When you talk to Jose it is evident that he has a passion in his heart for the Lord, and if you let him, he will eagerly try to involve you in his enthusiasm as well. Jose is not hard to find at church if you want to talk to him about the Lord. With his gregarious personality, you may very well even hear him before you see him!

Hampden Heights Seventh Day Adventist Church

2706 Old Pricetown Rd. Temple, PA 19560

PHONE: (610) 921-0890

CHURCH EMAIL: HampdenHeightsSDA@comcast.net

SENTINEL EMAIL: HampdenChurch@yahoo.com

SENTINEL EDITORS: Bob Kondracki Ashley Richards

Pastor Pete Maldonado 413-222-6114

PMaldonado@paconference.org

We're on the Web!

See us at: www.HampdenHeightsChurch.org

The Children's Page by Ashley Richards

Oh, no! Someone wrote down a Bible story, but all the important words are jumbled up! Can you figure out what the story says?

Once upon a time, there was a _____ (EHOPRRT) of _____ (DOG) named _____ (NAOHJ). He lived in _____ (ELISAR) a long time ago! One day, God told _____ (JNOAH) to go to _____ (PACHER) in _____ (EVENHIN), because it was an _____ (LIVE) _____ (YTIC) and He was going to _____ (TORYDSE) it. But _____ (JAHON) did not _____ (ILKE) _____ (VEENINH), and he did not want _____ (ODG) to _____ (AESV) it, so he decided to go in the _____ (TSOPOIOE) _____ (OTEIDRCIN). He _____ (ABDDEOR) a _____ (HIPS) going to _____ (RHHTSIAS), because he thought he could _____ (NUR) _____ (YAAW) from God. But God could even _____ (ESE) _____ (AHJNO) on the _____ (ATBO), and caused a _____ (BIELERTR) _____ (MORTS) to come up. The _____ (LORASIS) were _____ (RRIIFEETD), and woke _____ (HANJO). " _____ (APRY) to whichever _____ (OGD) you follow to _____ (EVAS) our _____ (EVSIL)!" they _____ (DRIEC). But _____ (NJHAO) knew instantly that the _____ (ROTSM) was because he was _____ (NURNIGN) from God. He told them to _____ (ROWTH) him _____ (EVABORORD) so their _____ (VLEIS) would be _____ (VDEAS), because _____ (GDO) was _____ (NIPUSHIGN) him. They _____ (DEEFRSU), saying, "You'll _____ (WRDON)!" The _____ (TRMOS) became so bad they had no _____ (NIPOTO), and they _____ (TWEHR) _____ (ONJHA) into the _____ (ASE). _____ (DOG) sent a big _____ (SHIF) to _____ (WWSOLLA) _____ (AONJH) _____ (EHLOW)! _____ (AHJON) spent _____ (REETH) _____ (YSDA) in the _____ (ELBYL) of the _____ (SIFH). While he was there, he _____ (DTEERPNE), and God made the _____ (HIFS) _____ (TPSI) him out on _____ (RDY) _____ (DLAN)! After that, _____ (JHOAN) went to _____ (EEHINNV) to _____ (RACHEP) to the _____ (OLPEEP) there, who _____ (ESFOCNESD) their _____ (NISS) and were _____ (DAVES).

Did you know?!

Did you know that Jonah wasn't swallowed by a whale? It was actually a big fish!

But fish come in all shapes and sizes, and the Bible doesn't tell us which kind of fish it was. What do you think Jonah's fish looked like? Draw it in the box to the right!

