

August 7th  
2021

Volume 7  
Issue 8



# Hampden Heights Sentinel

## HIGHLIGHTS:

- Church activities and upcoming events. Page 1
- A profound message of stewardship for all of us. Page 2
- The powers used for our purification will not always be pleasant. Page 3
- You're-in for a lesson on the importance of colors. Page 4
- Apple pie in disguise. Page 5
- Even if you're on the right track, you'll get run over if you just sit there. Page 5
- Don't forget about Timothy! Page 6

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*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. ~Romans 8:38-39 NIV~*

## Summary of Church Board Minutes From 7-6-21

submitted by Wayne Johns

### READING HAMPDEN HEIGHTS SDA CHURCH 7.06.21 BOARD MEETING MINUTES 7 pm Quorum 9 – Membership 256

#### MEMBERS PRESENT:

Pastor Shawn Shives, Paulo Acosta, Juliana Acosta, Jason Mclean, Eric Blackerby, Shirley Blackerby, Dwight Edris, Lorraine Edris, Leo Pena, Donna Knarr, Nancy Stump, Arleen Johns and Wayne Johns.

Quorum declared by Clerk @ 6:55

**MEMBERS ABSENT:** David Beard, Bob Kondracki, Jason Shives, Cheryl Cherington,

**Opening Prayer:** Pastor Shawn

**Devotion:** Pastor Shawn – Great Controversy p.557 preparing for latter rain we will be flanked by demons supporting Sunday laws, need to persecute people, claim to be apostles, demons pretend to be gods of pagan religions, impersonate Christ. Here's what to do to not be deceived: we start with enough rain to get going. Pray for the Holy Spirit to see you through. Seek now or you will not find Him when you need Him. Confess your sins. Stand strong during temptation. Imitate the apostles in the upper room. You can never get closer to God then when serving Him.

**Clerks Report:** Minutes for 5.17.21 reviewed.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To accept minutes as presented.  
**Motion** was approved.

**Treasurers Report:** Treasurer's report provided an overview.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To accept Treasurer's Overview.  
**Motion** was approved.

**Evangelism** – Reviewed schedule of meetings that will start 10.8.21; Fri, Sat, Sun, Tues, Wed, with two meetings at 3 and 7 pm on Tues, Wed. Meetings will end Sabbath 11.6.21 with "Last Night on Earth". Sabbath service @ 11:00 will start 10.30.21. Pastor desires special music and children's story to match topic. VOP is supplying all images for series. There will be no streaming of series so people can come to meetings. Teams will be developed starting this coming Sabbath including a leader, assistant leader, prayer leader. We will try for 7 teams. Each Sabbath will have team provide testimony/story of their activity. 40,000 handbills will be sent out. Name tags will be coded to also help us to learn visitor's names. Attendant's record will track attendance, baptism request etc. CORE is expected to be here to assist. Visitors will receive their own Bible after attending 10 meetings. Remember to set an example for other church members

and visitors.  
**Department Reports**

**Sabbath School** – Started mid July 2020 as whole group and 1 adult class. Started regular classes once returned inside church. 2 classes for young, Nancy doing Primary, Earliteen/Juniors meeting. Youth classes currently lacking. May consider Sabbath program in Sept/Oct.

**Social Committee** – provided 32 geraniums on Mother's Day, 3.18 had pancake breakfast and work bee, January secret sisters discovered who was giving them gifts. May complete corn roast in July/Aug. Sept sing fest with bonfire, Oct game night or reception especially after introduction of the Sabbath, Kayla Federowski has agreed to assist with Social Committee. Social Committee is open to ideas.

**AV System** – System has been updated with video ability and updated computers. We will plan to remove boxes/materials from back pews this week.

Three departments scheduled to report next month: Elder – Newsletter – Pathfinders

**BENEDICTION:** Nancy Stump

**ADJOURNMENT:** 8:35 pm

## Alabaster Box by Dave Taylor

### Lazarus – Parable and Prophecy (Luke 16)

Many of Christ's recorded parables were delivered near the end of His ministry, as He and His disciples slowly made their final journey from Galilee southward to Jerusalem. Events described in Luke chapter 16 probably occurred in the district of Perea, which bordered part of the eastern side of the River Jordan and the upper portion of the Dead Sea. In this chapter Jesus delivers two parables in which stewardship is a central theme. The first of these parables (Luke 16:1-13) was addressed to His band of disciples and is known as the parable of the unjust steward. Some Pharisees were present in Jesus' audience and they proceeded to heckle the Master (verse 14). A comparison of multiple Bible translations gives a clear picture of the scene as Jesus was derided (KJV), sneered at (NIV), ridiculed (ESV), made fun of (NCV) and mocked (DARBY). At this point, Jesus addresses the Pharisees with the parable of the rich man and Lazarus, a parable that allows Him to stay true to His original topic of stewardship, while delivering a stern warning about the persistence of unbelief.

Of all the parables spoken by Christ, this parable is unique in that it is the only parable that gives a specific name to any character. The three main characters are Abraham ("father of a multitude"), Lazarus ("God has helped") and the rich man. Some Bible commentators have referred to the rich man as Dives (pronounced Dahy-veez) from the Latin word for "rich," but that appears to be

a misinterpretation of the adjective found in the Vulgate (Latin version of the Bible) as the proper name of this wealthy, but nameless, character. The Abraham character in this parable appears to be a representation of the well-known patriarch, and he is addressed as Father Abraham by the rich man. The Lazarus character appears to be distinct from Lazarus of Bethany, the follower of Jesus and brother of Mary and Martha, since Lazarus of Bethany was not a homeless beggar. However, it is notable that these two men named Lazarus, one seemingly fictional and one historical, are the only two Bible characters with that name. While "Lazarus" is an uncommon Biblical name, it is the Greek form of the Hebrew name "Eleazar", which is found much more commonly in the Old Testament. The most well-known Eleazar was the third son of Aaron, who became high priest after the death of his father. One source has identified a total of eight different Eleazar men in scripture (<https://www.abarim-publications.com/Meaning/Eleazar.html>) with all being found in the Old Testament, except for one who is listed in Matthew's pedigree of Jesus.

As Jesus begins the story, He paints a vivid contrast between the life of the rich man, clothed in purple and fine linen, and the life of Lazarus, full of sores licked by dogs as he lay at the rich man's gate, wishing for a few crumbs from the rich man's table (v 19-21). The time comes when both men die. Lazarus is carried by the angels into Abraham's bosom, while the rich man is buried and finds himself

tormented in the flames of hell (Hades in the NIV, being a Greek translation of the Hebrew word "sheol") (v 22-23). The rich man can see Abraham and Lazarus afar off, and he cries out, asking Abraham to send Lazarus with a drop of cooling water for his tongue (v 23-24). Even now in death, as formerly in life, the rich man is self-absorbed, concerned chiefly with his own comfort. His only thoughts of Lazarus are as a potential servant for himself. Abraham informs the rich man that he received good things during his life, and now he receives bad things, while Lazarus only received evil things and is now blessed with good. Furthermore, the two realms are separated by a great gulf, which cannot be crossed from either direction (v 25-26). In short, there is no hope or help for the rich man at this point.

Here ends the message of stewardship that Christ is trying to convey to his audience. Every good gift comes from above (James 1:17), and with the receipt of material blessings comes a responsibility to share with others. Indeed, in Matthew 25:31-46 Jesus indicates that the deciding factor between those who receive everlasting punishment and those who enter life eternal will be their treatment of the hungry, the thirsty, the homeless, the naked, the sick and the imprisoned. This is the concept echoed in the parable of the rich man and Lazarus. However, some misguided theologians have improperly interpreted this parable as a revelation of what happens immediately after death, even though this would be in conflict with the preponderance of scriptural

truth if we understand that much time has passed between the death of the two men and their meeting across the "great gulf." After their deaths, and after their subsequent resurrections, the rich man and Lazarus meet for one final time, in that great assembly with every member of Adam's race as described by John the Revelator. "And they [Satan and his allies] went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them" (Rev 20:9). The psalmist writes, "Only with thine eyes shalt thou behold and see the reward of the wicked" (Psalms 91:8).

Jesus is not content to lose the attention of His audience without warning about the danger of deeply entrenched unbelief, and He extends the parable with a final message, intended especially for those skeptics seeking a supernatural sign. In this closing passage, the rich man begs Abraham to send Lazarus to his father's home so that his five brothers can be warned and avoid the torment that awaits them (v 27-28). Abraham responds by saying the rich man's brothers already have Moses and the prophets to provide them with a warning (v29). The rich man continues to press his request and says that they will surely repent if they are visited by the dead (v30). Abraham is resolute and assures the rich man that if they will not hear Moses and the prophets, then they will not be persuaded to repent, even if one rises from the dead (v31).

(continued on page 5)

## Going Deeper by Barbara Snyder

### Water, Fire, and the Way of the Cross

"We are continually baptized by water and fire during the spiritual journey – water for purification and fire for transformation. I love this so I choose both!"

I found this quote (although I don't know the original author) and am convinced that it applies to all Christians. We have been baptized by the Holy Spirit (water) and the Holy Spirit (fire) daily in order to live the life of Christian; by living it, we grow in the life of Christ. We actively choose this life daily, or our life becomes someone else's, someone other than Christ's life. The resultant life of not choosing is choosing the life of spiritual independence which is impossible. Steps to Christ states there is no independent life, either we are for Christ, or against Him.

I love this life of water for purification. We understand the life of spiritually being up on the mountaintop with Jesus. James, John, and Peter experienced that first hand with their eyes, their ears, and their hearts on the mountaintop with Jesus, Moses, and Elijah.

Many of us have experienced that water of purification with our faith, with our hearts, and we have been truly shown love if we, even once in our lives, visualize it, or hear the Lord's calls to us. Such moments are previews of Heaven and will last us all of our earthly existence this side

of Christ's coming.

But back to that fire again. It's the fire that bothers me. I repeat, the fire bothers me. The fire will be experienced whether we want it or not. Although it may be accompanied by the comfort of the Holy Spirit, it is not comfortable. As parents, we may be able to help our children to some degree learn to recognize it, but we cannot save them from it. As our Parent, God the Father cannot spare us; He spared not His own Son. So, the fire leads to, is, and will be our Cross. "Lift up your cross and follow me." To follow Jesus and bypass a cross is not real. It is not possible, and it won't happen.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, *holy and acceptable to God*, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

*Romans 12:1-2 ESV*

Do we get it?

It is the way of our humanity, especially those from the world of affluent countries, countries that have been spared war, poverty, abject misery within their borders, who probably are the most vulnerable to the incorrect belief that our prayers will

always have a rosy answer. When we run through our laundry list of "gimme" prayers and are past 8 years old, we are hardly praying. Much more is expected of us.

Having said that, it is important to know that God knew we were going to try to run from our cross. After all, Jesus Himself was not wanting it. He only knew it was His Father's will for Him. In order for us to participate in calling others to God's love and mercy we, too, have to carry this cross also. In His love, and in order to demonstrate His mercy, Jesus gave additional names for our cross. He at times called our cross a yoke, a trial, a wait, a service. He wanted us to know that He was present in the situations, the severity, the time and the type of the crosses.

His most sacred example and observance showing His death is the foot washing and the communion service. I like to think of the foot washing as the purification by water analogy. By example Jesus washed His disciples' feet to help them spiritually get ready for the cross. Then, by taking, eating and drinking His body and His blood, we show the Lord's death till He comes. By beholding we become changed. As we participate in the communion service, the growth that we experience, the gift that we take, changes us into more mature Christians able to understand the significance of His cross so much so that we gratefully embrace our own.

"You choose to break your life and death wide open. You let your life be broken, used up, and you don't spend your life protecting yourself."\* In handing over the smallness of who you are, you become recipients of the Holy Spirit which is God in us. "Unless the single grain of wheat dies, it remains just a grain of wheat" (John 12:24). The crushed grain and grapes become the broken bread and the life-giving wine. There is no other way for the transformation to happen.

You then chew on this mystery for all the rest of your days! Divine truth is recognized by participation with and practice of, not by more thinking or discussing or even believing. You eventually have to "eat" the truth. You eventually have to identify so closely with Christ's death that your own cross becomes a gift. You can give freely.

Your life and death are pure gift and must be given away in trust.

For those who are now suffering the ache of cross bearing, God is with you. You are on the right journey. Although you cannot see anyone else on this journey, be assured, you are not alone, not picked out, not being punished. It hurts but it is all good. "All things are well. All manner of things will be well." \*\*  
God Bless.

\* Richard Rohr

\*\* Julian of Norwich

# The Path to Better Health by Leo Pena

## Urine Color; Should We be Paying Attention?

We do it every day, several times a day, but how much do you really think about your pee and whether or not it's normal? Your pee color and frequency can actually be pretty telling, indicating your hydration levels and even serving as a sign of potential health issues. What does your pee say about your health? It may indicate an issue with your bladder, kidneys, prostate or urethra. Cloudy, dark or foamy pee serves as a sign of bacteria growth or worse. It's important to be aware of your pee, as silly as it sounds, and reach out to your health care professional when you notice prolonged abnormalities.

### What Is Pee?

Pee is liquid waste that travels through the urinary tract before it exits the body. It's made up of water, salt, electrolytes and chemicals. Here's a simple rundown of the urinary tract, where pee is made from blood and then travels through the body:

- Kidneys: Filter waste and toxins from our blood and produce urine
- Ureters: Takes pee from the kidney to the bladder
- Bladder: A sac that stores urine
- Urethra: The tube that carries pee from the bladder out of the body during urination

Pee is important because it filters waste from the body. The kidneys work to filter waste from the blood to produce urine. When the kidneys, which make up your natural filtration

system, aren't working properly, toxins can be left in the body and negatively impact your health.

### Urine Color and Meaning

The color of your pee can actually tell you a lot about your health and hydration levels. The standard color of pee is a clear yellow, which occurs because of a chemical called urochrome. This chemical is an end product of protein metabolism, and it creates the normal and natural yellow pigment in urine.

Researchers indicate that many of the causes of abnormal urine color are benign. The color of your pee will change because of a few factors, including your diet, medications, hydration and health.

Here's a rundown of possible pee colors and why your pee looks that way:

#### 1. Clear

Clear urine is a sign that you're hydrated and ingesting enough fluids. It's completely normal for your urine to be clear here and there, but if it's always clear, that may be a sign that you are actually over-hydrated, which can mean that your electrolytes are out of balance.

If your pee never has a yellow tint, then try cutting back on your water intake.

#### 2. Yellow

The normal color of pee is a light yellow to deep amber color. This occurs because urochrome, which has a yellow pigment, is produced by the body when it breaks down hemoglobin, a type of protein that carries oxygen to the red blood cells. The shade of yellow in your

pee depends on your urochrome levels.

#### 3. Brown

If your pee is a brown color, that's an indicator that you are dehydrated. Brown to dark brown urine may also be caused by certain medications or by bile buildup in your urine, which is an indicator of liver issues.

#### 4. Cloudy

Cloudy urine can be a symptom of a urinary tract infection, especially if your pee has a foul smell as well. Cloudy pee can also be a sign of kidney issues, certain diseases like diabetes and heart disease, STDs like gonorrhea and chlamydia, and prostate issues.

If your urine is consistently cloudy, reach out to your health care provider.

#### 5. Red

Red or even pink pee can be caused by food with deep pigments, like beets or even blueberries. If it's a one-time thing and you notice a reddish color in your pee, think back on your recent meals to determine if that may be the cause. If your pee is consistently pink or red, you should contact your health care provider about some possible health issues, including problems with your prostate, kidneys and bladder.

#### 6. Orange

Orange pee can be a symptom of dehydration, infection and liver issues. It may also be a sign of adult jaundice. Some foods (especially those with food dyes), supplements or medications may make your urine orange temporary.

#### 7. Blue/Green

Blue or green urine is rare but may be caused by consuming foods with food coloring or by dyes that are used in medical tests on the kidneys and bladder.

### How to Keep Your Urinary Tract Healthy

#### 1. Stay Hydrated

Getting enough fluids is important for bladder health. Focus on making at least half of your fluid intake water, and add in other hydrating drinks like herbal tea. It's also important to eliminate alcohol consumption and stick to one to two cups of coffee (or other caffeinated beverages) per day.

#### 2. Eat a Healthy Diet

Eating a well-balanced, healthy diet will improve the health of your urinary tract and reduce the risk of health conditions that negatively impact urination. Two great foods to add to your diet for urinary tract health are cranberries and garlic. Cranberry juice may decrease the number of UTIs over a year, for example, especially for women with recurrent UTIs. Meanwhile, studies indicate that garlic extracts show antibacterial activity against a wide range of bacteria, including E. coli, the bacteria that most commonly causes UTIs.

<https://draxe.com/about-us>  
By [Christine Ruggeri, CHHC](#)  
March 26, 2021

**Recipe of the Month** by Arleen Johns

**Zucchini Cobbler**  
(A recipe that tastes like apple pie)

8 cups peeled, de seeded & chopped zucchini (from about 3 pounds)  
2/3 cup lemon juice  
1 cup sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

**CRUST:**  
4 cups all-purpose flour  
2 cups sugar  
1-1/2 cups cold butter, cubed  
1 teaspoon ground cinnamon

Cook and stir zucchini and lemon juice for 15-20 minutes until zucchini is fork tender. Add the sugar, cinnamon and nutmeg; cook 1 minute longer. Remove from the heat; set aside.

For crust, combine the flour and sugar in a bowl; cut in butter until the mixture resembles coarse crumbs. Stir 1/2 cup into zucchini mixture.

Press half of remaining crust mixture into a greased 15-in. x 10-in. x 1-in. baking pan. Spread zucchini over top; crumble remaining crust mixture over zucchini. Sprinkle with cinnamon.

Bake at 375° for 35-40 minutes or until golden and bubbly. Yield: 16-20 servings.

Note: if using larger zucchini, make sure to remove the green peel and the seeded middle so that your "secret" is not found out. Also, you may cut down on the sugar for a healthier version

**Notable Quotes** selected by Bob Kondracki

In politics stupidity is not a handicap.  
~Napoleon Bonaparte~

God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?'  
~William Arthur Ward~

The more sand that has escaped from the hourglass of our life, the clearer we should see through it.  
~Jean Paul~

Beware of false knowledge; it is more dangerous than ignorance.  
~George Bernard Shaw~

The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.  
~Michelangelo~

My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better.  
~Marlo Thomas~

Even if you're on the right track, you'll get run over if you just sit there.  
~Will Rogers~

When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity.  
~John F. Kennedy~

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.  
~Confucius~

A forest is in an acorn.  
~Polish proverb~

Nearly all men can stand adversity, but if you want to test a man's character, give him power.  
~Abraham Lincoln~

There are two kinds of people: those who say to God, 'Thy will be done,' and those to whom God says, 'All right, then, have it your way.'  
~C. S. Lewis~

Coincidence is God's way of remaining anonymous.  
~Albert Einstein~

**Alabaster Box** (continued from page 2)

For many in the crowd that day, this final statement must have sounded like dramatic hyperbole, but Jesus always spoke truth, pure truth without exaggeration. Incredibly, the message in verse 31 is a prophecy that was not just fulfilled once, but it was fulfilled twice within a couple of weeks. The initial fulfillment was when Jesus raised Lazarus, the brother of Mary and Martha, from the dead.

. Although this miracle coaxed many to believe that Jesus was the Christ, many others only became more entrenched in their hatred and unbelief. Even the subsequent resurrection of Jesus after His death at Calvary failed to convince some stubborn hearts, validating the truth that if the extensive testimony of scripture is rejected, then not even resurrection of the dead will be found convincing.

May we each continue mining nuggets of truth from God's Holy Word, and may we declare with David, "Thy word is a lamp unto my feet and a light unto my path" (Psalm 119:105).

Send your comments to Dave at: Alabasterbox@earthlink.net



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**The Children's Page** by Tina Kondracki

**Test Your Knowledge of 1 Timothy!**

This test is only for the first chapter, so it shouldn't be too difficult. All the answers can be found in 1 Timothy 1:1-20.

- Who wrote this epistle? \_\_\_\_\_ What was he to Christ? \_\_\_\_\_ By whose commandment? \_\_\_\_\_ List the blessings in his greeting? 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_
- To whom is this epistle written? \_\_\_\_\_ What does Paul call him? \_\_\_\_\_ Where was Paul? \_\_\_\_\_ Where was Timothy when he received this letter? \_\_\_\_\_ Why was Timothy asked to remain there? \_\_\_\_\_
- To what should we not give heed (or time)? 1 \_\_\_\_\_ 2 \_\_\_\_\_ Why? \_\_\_\_\_ Give the end (goal) of the commandment? \_\_\_\_\_ To accomplish this end (goal) what must people have? 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_
- Some had turned aside to what? \_\_\_\_\_ What did they want to be? \_\_\_\_\_ What was wrong with that? \_\_\_\_\_
- When is the law good? \_\_\_\_\_ For whom is law not made? \_\_\_\_\_ For whom is it made? 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10 \_\_\_\_\_ 11 \_\_\_\_\_ 12 \_\_\_\_\_
- What was given to Paul to preach? \_\_\_\_\_ Why did Paul thank Christ Jesus? 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_
- What had Paul done in the past? 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ Why did Paul obtain (receive) mercy? \_\_\_\_\_

**Match Game**

- |               |                          |
|---------------|--------------------------|
| 1. Law        | ___ An apostle of Christ |
| 2. Conscience | ___ Paul's son           |
| 3. Christ     | ___ Timothy left there   |
| 4. Paul       | ___ Teach only one       |
| 5. Gospel     | ___ Keep it pure         |
| 6. Timothy    | ___ Keep a good one      |
| 7. Heart      | ___ Must be true         |
| 8. Ephesus    | ___ Good, if used right  |
| 9. Faith      | ___ Paul to preach       |
| 10. Doctrine  | ___ Is our hope          |

**True or False**

- \_\_\_ 1. Christ is "our hope."
- \_\_\_ 2. Preachers today should not warn against false teachers.
- \_\_\_ 3. Everyone should teach, if they understand or not
- \_\_\_ 4. Paul became what he was all by himself without strength from anyone.
- \_\_\_ 5. Paul said that he was saved in ignorance.
- \_\_\_ 6. Paul is an example for that who believe in salvation by faith only. (verse 16).
- \_\_\_ 7. Many have won wars without preparation. (Verse 18)
- \_\_\_ 8. Hymenaeus and Alexander are examples of "once saved always saved."