



Hampden Heights Sentinel

HIGHLIGHTS:

- What do the students really think of RJA? Page 1
- Jesus would not have altered His response, since this situation was to become a greater blessing planned by God. Page 2
- Add a highlight or your point of interest here.
- We come to resemble that which we know, commune with and live by. Page 3
- Men take note, tomatoes are better for you than you may realize. Page 4
- Church Business Page 5
- A healthy alternative in-between meal drink. Page 5

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You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. ~James 4:2-3 NIV~

RJA News Corner by Kayla Federowski

Office and Food Store Hours

If you are familiar with the RJA health food store, please note the new available hours. The school office and health food store are open 8:00-11:30 am. Please call during these hours to possibly schedule a later appointment for the food store if needed.

TK Program

RJA is now offering Transitional Kindergarten (TK). Similar to Pre-K, the TK program offers 4-year old's who are turning 5 between September 2nd and December 2nd the chance to develop school readiness skills such as getting along with others and co-operation, which are best practiced in the social setting of a classroom. This is a very limited program, so if you or someone you know might be interested, please call RJA as soon as possible.

Principal Note

Surprise! School has started once again and we're jumping back into our routines. Our staff and students are excited for this school year because it is a special school year. We recognize that we have all been chosen to specifically be at Reading Junior Academy this school year...students, staff, and even volunteers. This summer we had many doubts

about how this school year would come together. We quickly realized the amount of time, effort and computer hours it would take to get a school set up and ready for a successful year. We very quickly realized that it was almost impossible to get it all done before we ran out of time. But this was only by our own understanding. "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses so that the power of Christ can work through me." (2 Corinthian 12:9 NLT) Like Paul, RJA was feeling and looking weak. But God has shown us our school is strong because our support is strong. So many people have stepped up and made sure our school and students had lights, security, books, supplies, food, money, and more. RJA has been especially blessed this school year. Therefore, we thank everyone who has made this school year possible by your time, efforts, and blessings. "In him we are chosen, having been predestined according to the plan of him, who plans everything." (Ephesians 1:11 NIV)

Words from the Students

What do you think makes RJA special?

"I think this school is special because I grew up here. The people I grew up with are still

here. I could say RJA is my family from home." -Morgan Robinson 7th grade.

"RJA is special because it's teachers talk about God, and that helps us. And the rooms and the songs are beautiful." - Abigail Justafort 4th grade

"RJA is so welcoming. It's so warm, and everyone is so nice. I feel like I'm at home when I come here." -Rhiner Matus 9th grade

"That it's like a big family and that I feel that there is a strong connection between RJA and God. This school helped me so much that if I did not go to RJA I would not know God so well." Nailys Nunez 5th grade

"We like playing outside and eating together. We are Christian and the teachers are nice." - Grades K-2

"I like how we went to the pool when the school just started. I wasn't expecting that. I like the kindness that has been shown. My teacher makes the work for me much easier and understandable." Vaushawn Taylor -8th

"The staff are so nice, they make learning fun and sometimes play games, but they make sure you learn a lot." -Enrique Peguero 6th

**Reading Junior
Academy...Educating
Today and for Eternity!**

Alabaster Box by Dave Taylor

Lazarus Is Sleeping – Part 1 (John 11)

It is very near the end of Christ's earthly ministry when He receives a messenger from Bethany. The sisters Mary and Martha had sent word to Jesus that their brother Lazarus had fallen ill. The simple message said, "Lord, behold, he whom thou lovest is sick" (John 11:3). As far as we know from the disciple John's testimony, the message contained no explicit request for Jesus to come quickly. Given the extremely strong bond between Jesus and this family, perhaps Mary and Martha assumed that simply informing Jesus about Lazarus' declining health would be sufficient to draw Him to Bethany at break-neck speed. Indeed, perhaps an urgent, definitive request for Jesus' presence would not have altered His response in this case, since this situation was to become part of a greater blessing planned by God. However, it can serve as a reminder to us that our prayer requests should be concrete and specific. "Ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss" (James 4:2-3). It is not that God wishes to engage us in a game of semantic word play or that He only responds to "properly formatted" prayers, but the development of our faith is enhanced when we see God's specific providences delivered in response to our prayers over specific people, situations or things. When we pray nebulous, generalized prayers, it might be very difficult for us to determine whether God has responded to us or not.

When Jesus hears the bad news from Bethany, He assures His disciples that "this sickness is not unto death." It is for the glory of God and the Son of God (John 11:4). Surprising the disciples, Jesus does not immediately go to Lazarus, but remains still for two additional days (John 11:6). His delayed departure did not arise from an uncaring indifference, but sprung from a desire to achieve a greater good. God's apparent delays are typically redemptive in nature, because He is "not willing that any should perish, but that all should come to repentance" (2 Peter 3:9). Jesus tells His disciples, "Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep" (John 11:11). The misguided disciples express the sentiment that it is not a good idea to arouse the sick from their sleep. Then Jesus says plainly, "Lazarus is dead, and I am glad for your sakes that I was not there, to the intent ye may believe" (v14-15). Were the disciples confused over the discrepancy between Jesus' initial declaration that this sickness would not be fatal and the revelation two days later that Lazarus had died? John does not record any such discussion among the twelve. Nor do they audibly ponder how visiting a dead man could possibly boost their belief. Perhaps here near the end of their three-and-a-half-year association with Jesus, the disciples have become accustomed to cryptic and sometimes confusing statements from Him.

Arriving in Bethany, Jesus finds that Lazarus has been in the tomb for four days (v17). A large gathering of mourners, many of whom had

come from nearby Jerusalem, was assembled to comfort the two bereaved sisters (v19). Martha receives word that Jesus is approaching and goes out to meet Him, but Mary does not hear this welcome news because of the noise of the mourning crowd, and she remains in the house (v20). As Martha approaches Jesus, the first words out of her mouth are, "Lord, if you had been here, my brother would not have died" (v21 NIV). These words are not delivered as an accusation, but as a statement of belief in Jesus and His power. Her sorrowing heart longs to be able to turn back the hands of time and escape this nightmare of life without her brother. Martha further expresses her faith in Jesus by saying, "I know that even now God will give you whatever you ask" (v22). Does Martha dare to dream that even now Jesus might reverse her loss? Jesus encourages her by responding, "Thy brother shall rise again" (v23). "His answer was not intended to inspire hope of an immediate change" (Desire of Ages pg. 530). Always the teacher, Jesus works with Martha, encouraging her expressions of faith and attempting to draw her attention to the "bigger picture;" the day when the righteous dead of all the ages shall come forth from their dusty beds with immortality in response to the call of His voice. Jesus knows that what He is about to do for the family of Lazarus, Mary and Martha, is just a temporary fix; a short-term reversal of the victory of that enemy called death. Jesus wants to set Martha's heart on thoughts of that final day when "this mortal shall have put on immortality" amid

cries of "O death where is thy sting? O grave, where is thy victory?" (1 Cor 15:54-55).

Martha demonstrates sound theological understanding when she replies, "I know that he shall rise again in the resurrection at the last day" (v24). Jesus wants to give Martha a deeper understanding and help her make the connection between that resurrection power applied at the last day and the Son of Man who is currently standing before her. He declares, "I am the resurrection, and the life: he that believes in me, though he were dead, yet shall he live: And whosoever lives and believes in me shall never die (v25-26). Do you believe this? Jesus asks. Although Martha may not have fully digested these morsels of truth dispensed from her Master, she responds in the affirmative and declares her belief that Jesus is the Son of God, the prophesied Messiah (v27). "And when she had so said, she went her way, and called Mary her sister secretly, saying, The Master is come, and calleth for thee" (v28). Staying true to character, Martha, who Jesus once described as "worried and troubled about many things" (Luke 10:41), brings the conversation to an abrupt termination, perhaps prematurely. What additional encouragement and teachings might Jesus have been ready to share with Martha? What better place can there be for those who are full of sorrow than at the feet of Jesus? May we each learn to linger just a few moments longer as we commune in His presence.

(To be continued)

Going Deeper by Barbara Snyder

Life Has a Direction The Way Down is the Way Up

Life has a direction, generally perceived as "up". This sentence has several meanings, of course: secular, educational, personal, familial, spiritual, age related etc. Life is a life-long PhD.

I've written about this subject before, but as always, there is more to the telling, more depth to the fathoms. In knowing Jesus by going down (sometimes often, often frequently) into the depths of our behavior and our understanding, we get a glimpse into the foundation of our being, our design, and our purpose in and for this world. I believe that the reality of our life on earth is based on this ultimate reality.

Ultimate reality is in essence God, and it is possible to know God. The words tell us that such knowing is not based on reason or deduction, but on communion with God.

It all started with creation. Every aspect of creation was centered in God's thoughts of sharing joy and love. The nature of the earth and the attractions of the universe are just invitations to experience Him. God made all of creation for Him and for us. Each part of that creation was given to us to care for, and although there was a casting out of paradise because of sin, God neither forsoke us nor changed our purpose. We are still to tend and keep it (creation). Work, to fallen human beings seems like going down; work to human beings open to Christ's saving sacrifice for us is a means of going up. We are given the additional privilege

of bringing all of His creation back to its original design. This requires getting past our self-centered seeing and moving towards reflecting the Creator as Adam originally did. Jesus, in His humanity found it, experienced it, and lived it.

I know the above words seem philosophical or esoteric but is truth none the less. And I have John 17 to prove it. Read John 17 and see it as poetry and truth, just as it says. And He says we are to be one with Him. John 17 is full of these facets, and prayer intentions of Jesus Himself, and He says they (you and me) are of the Father also. Knowing the Father is intimate, and this intimacy transforms us. We come to resemble that which we know, commune with and live by. The entire point of John 17 is oneness. It is like poetry.

"The knowing that humans seek, in every cell of our being, is to know the source and ground of our existence. This, ... teaching is the goal and meaning of being human. Life has a direction. All of life flows from and returns to Divine Presence. . . Union with Ultimate Reality is sharing in the divinity of Christ. It is participating in the Divine Presence. This is the fulfillment of humanity. . . ."

The moral is "Don't settle for anything less than the truth of your Christ-self."* The other self, with which we are all much more familiar with, is a small cramped place when compared with the spaciousness of our true self-in-Christ. God opens up tremendous opportunities to show us who we are, how we function, and how God-given

talents are expressed in people. If anyone is frustrated, disappointed, grieving, exhausted, and all or any other emotions most often viewed as negative, take heart. The human experience looks like down, but it is up. The time will come that somewhere, someone is impressed with you just as you are. People will be touched by you to the extent that the Holy Spirit can produce faith in them. Nothing is wasted. Even the aging aged will bring in fruits. We won't know it until later but it is true. It didn't look like Jesus was a success either but He was.

Life is a joy, a cross, and a Calvary. But both Peter and Paul expressed joy and humility in looking forward to the entire sacrifice, as did countless others not mentioned. Look at Hebrews 11. This chapter is full of successes and failures of people, but also the ultimate glory of God. Let Hebrews 11 speak to you; notice who it mentions and know that these people were often down, but they were raised up. How they were yet raised even higher... How Moses failed to see the promised land but got to go to heaven instead. All because God was faithful to those who brought Him glory upon glory.

This is surely Grace. There are times when we all have noticed this Grace, this calling to look up, in our lives. For me, it is often a bird, or a sunbeam, or lightning. At times, it has been a realization of how close I came to danger and I was unaware, and kept safe too. It is an answer to prayer before the prayer was spoken.

At times, also, we have experienced our crosses. We have experienced death of loved ones; some have experienced tragedy, remorse, hunger, pain, fear, abuse. It doesn't matter what the experience, good and bad. It matters how it is perceived. Ask God to be giving grace you can see, and trust that it is there. When we cannot see, as Jesus could not see while on the cross until the last moment, the foundational truth is still there. He is there and He is in you, your hope of glory.

Blessings.

* David Benner

The Path to Better Health by Leo Pena

Tomatoes and Prostate Cancer

I was thirteen when my paternal grandfather passed away. It was a couple of months after him and my grandmother had just celebrated their fiftieth wedding anniversary. He had been suffering for a while and had not told anyone. When we got him to the doctor, it was too late to help him. We later found out he had prostate cancer. I loved my grandfather dearly, and if I could do anything to help back then I would have. I felt helpless. That's why when I read an article on a simple remedy to protect the prostate, I knew I needed to share with others. Loma Linda University found that men who consumed canned and cooked tomatoes 5 to 6 times per week had a 28% decreased risk of prostate cancer compared with men who never consumed this food.

First author of the paper Gary Fraser said the effect was still significant, even after adjusting for a number of potential confounders, including ethnicity, education, obesity, exercise levels, alcohol consumption and others. "Interestingly, the decreased risk was only seen in those men who ate canned and cooked tomatoes," Fraser said.

To examine how tomato consumption might impact the development of prostate cancer, the researchers looked for significant relationships between diet and prostate cancer in nearly 28,000 Adventist men in the U.S. After tracking the study's male participants for nearly

eight years, all of whom were cancer-free when they enrolled in the project, 1,226 of them had been diagnosed with prostate cancer, 355 of those as aggressive cases.

While all tomatoes and tomato-based products contain lycopene, other studies have shown that lycopene is absorbed at different rates depending on the product consumed. Lycopene bioavailability is higher when tomatoes have been heated or cooked, and especially if cooked with oil. Processing tomatoes in this way contributes to the separation of the lycopene from the carrier proteins. This research suggests that it is particularly cooked tomatoes that may play a significant role in reducing a man's risk for developing prostate cancer. It may be their lycopene content that is the active principle.

Prostate cancer is the second most common cancer worldwide. In the United States alone, there were an estimated 165,000 new cases of prostate cancer and nearly 30,000 deaths just in 2018. Since 1989, a research team at Loma Linda University Health has examined a number of dietary practices to see which offer promise in preventing chronic diseases such as heart disease and cancer. Earlier research in the Adventist Health Study and several other projects internationally suggest high lycopene intake is associated with reduced risk of prostate cancer. Tomato and tomato-based products are of particular interest since they are major sources of the carotenoid lycopene. Fraser, a professor of medicine and epidemiology at

Loma Linda University, said researchers will continue to look at various tomato products and their potential to reduce prostate cancer risk. "Still," he added, "men concerned about developing prostate cancer could consider adding cooked and canned tomatoes to their diet on a regular basis."

Tomato nutrition also includes some vitamin E, niacin, pantothenic acid, choline, betaine, calcium, iron, magnesium, phosphorus, zinc, copper and more. Based on their nutrient content, why are tomatoes good for you? Not only is tomato nutrition low in calories and a good source of vitamin C and vitamin K, but tomatoes are also considered a high antioxidant food, and one of the best sources of the phytonutrient called lycopene, in the world.

Lycopene is closely tied to enhanced immunity and cancer risk reduction. Although most people correlate lycopene with deeply colored red tomatoes, it's believed to present in equally high quantities in organic yellow, green or orange tomatoes. Lycopene found in tomato nutrition has well-researched beneficial effects when it comes to stalling cancerous tumor growth. Adults with cancer who have participated in studies commonly show signs of cancer regression and tumor malignancy when supplementing with high doses of lycopene. Research has shown that when lycopene supplements are given to men who already have existing prostate cancer, the lycopene helps reduce the size of the tumors and stop the spreading of

cancerous cells.

While lycopene is most researched in regard to tomato nutrition benefits and prostate cancer prevention, it's beneficial for defending against other types, too. Strong evidence indicates that higher lycopene intake can help protect against lung, stomach, colon, oral, breast and cervical cancers. Additionally, tomatoes supply many other forms of antioxidants and a wide range of vitamins, in addition to potassium and phosphorus. So, let's enjoy making some garden-fresh tomato soup this summer.

Summary of Church Board Minutes from 8-16-21

submitted by Wayne Johns

READING HAMPDEN HEIGHTS SDA CHURCH 8.16.21 BOARD MEETING MINUTES and ZOOM 7 pm Quorum 9 – Membership 255

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, Bob Kondracki, Jason Shives, Cheryl Cherrington, Arleen Johns and Wayne Johns.

Quorum declared by Clerk @ 7:10

MEMBERS ABSENT: David Beard

Opening Prayer: Pastor Shawn

Devotion: Pastor Shawn – Time of trouble such as man has never seen. Only place to turn is turn to God.

Clerks Report: Minutes for 7.06.21 reviewed.

Motion with 1st and 2nd To accept minutes as presented.

Motion was approved.

Treasurers Report:

Treasurer's report provided an overview.

Motion with 1st and 2nd To accept Treasurer's Overview.

Motion was approved.

School subsidy went up over \$1000.00/month. Student aide above \$1000.00 each month also.

Had further discussion on student aide.

Health Ministry suggested having a health seminar on 9.18.21 after fellowship meeting on "How to improve our immune system" followed by concert by Matt and Josie Minikus.

Motion with 1st and 2nd to have Health Ministry's program 9.18.21 and an evening concert by Matt and Josie Minikus .

Motion was approved.

FYI: Pastor is planning to provide evangelistic series in person, but may have to consider other options because of COVID.

Social Committee – Hymn fest 9.11.21 @ 4 pm at Delilah and Jack Romyn's home. In event of rain will utilize the pavilion instead.

Motion with 1st and 2nd for

hymn fest at Romyns.

Motion was approved.

FYI: Discussed 9/11 20 year anniversary and possible planning an event on 9.11.21. Jason Shives, Arleen and Wayne Johns will evaluate options for this event. [Discussion with Jason, Arleen and Wayne as follows: Will plan to contact Jewish Federation, Church of God, music from BMA/RJA as possibilities, with a spiritual rather than secular overtone]

Oct 8 meetings handbills will be mailed out before event. We will also receive handbills at Hampden by middle of September for our use.

Department Reports

Elder – Will plan to hold meetings prior to each board meeting. Will evaluate format for contacting missing members by elders and using membership to personalize contact.

Newsletter – Bob plans to resign after December's issue. He feels newsletter has exhausted its usefulness and it's time for someone else to start in a new direction. Bob was thanked for his efforts.

Pathfinders – 15 Pathfinders started year. Pathfinders had a rough start with the initial leader resignation and Covid. Paulo took over leadership, Wayne - Chaplin, Ashley - honors. Several events were held including: camping, Laurel Lake. Adventurers also joined with some events. Final meeting was at Leo's home including swimming honor. Wayne helped with Bible bowl and a big thanks goes to Wendy Stahl for helping with the team. Paulo would like give thanks for the many people who helped with honors. Paulo reminded the board his temporary leadership has concluded and is in hopes we will secure an individual for next year. New club needs to be registered at the conference by Sept 26.

FYI: Adventurers will have registration 9.1.21 @ 6 pm. Will place insert in bulletin for this event.

FYI: Prayer Ministry has requested August 28 for a vespers

Three departments scheduled to report next month: **Safety & Security – Adventurers – Community Service**

BENEDICTION: Cheryl Cherrington.

ADJOURNMENT: 8:14 pm

Recipe of the Month

by Arleen Johns

Now that school is started, this may come in handy as a quick and healthy after-school satisfier until dinner.

Peanut Punch

2 c. soy milk
2 Tbsp. organic peanut butter
1 large ripe frozen banana
2 Tbsp. wheat germ

1 tsp. flaxseed
8 – 10 pitted dates
2 Tbsp. oatmeal as needed to thicken
1/4 tsp. vanilla
Sweetener of choice- like honey

Combine all ingredients in blender and blend until smooth. Serve.

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See us at:
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The Children's Page by Tina Kondracki

A fun and different way to study the Bible is by doing quizzes instead of just reading. Here is another quiz, this one on Proverbs.

Proverbs Chapter 8

- What cries (Prov. 8:1)?
- What lifts up or puts forth her voice (v.1)?
- Where does wisdom take her stand (v.2)?
- Where does wisdom cry (v.3)?
- To whom does wisdom call (v.4)?
- What should simple ones understand (v.5)?
- Who should be of an understanding heart (v.5)?
- What will wisdom speak of (v.6)?
- What comes from the opening of wisdom's lips (v.6)?
- What will wisdom's mouth speak (v.7)?
- What is wickedness (v.7)?
- What are wisdom's words with or in (v.8)?
- What is not in wisdom's mouth (v.8)?
- Who are wisdom's words plain to (v.9)?
- Who are wisdom's words right to (v.9)?
- What should you receive instead of silver (v.10)?
- What should you receive rather than choice gold (v.10)?
- Wisdom is better than what (v.11)?
- What can't be compared with wisdom (v.11)?
- Who is speaking (v.12)?
- What does wisdom dwell with (v.12)?

- What does wisdom find out (v.12)?
- The fear of the Lord is to hate what (v.13)?
- What does wisdom hate (v.13)?
- What belongs to wisdom (v.14)?
- What does wisdom have (v.14)?
- By wisdom, kings do what (v.15)?
- By wisdom, who all rules (v.16)?
- Who does wisdom love (v.17)?
- What will happen to those who diligently seek wisdom (v.17)?
- What is with wisdom (v.18)?
- The fruit of wisdom is better than what (v.19)?
- What is better than choice silver (v.19)?
- I _____ in the way of _____, in the midst of the paths of _____ (v.20)
- What will wisdom cause those who love her to inherit (v.21)?
- Who possessed wisdom in the beginning of His way (v.22)?
- What was from the beginning (v.23)?
- When was wisdom brought forth (v.24)?
- When was wisdom brought forth (v.25)?
- Wisdom was around before what was made (v.26)?
- Wisdom was there when the Lord did what (v.27)?
- What did the Lord do with wisdom (v.28)?
- What did the Lord assign its limits or decree (v.29)?
- What did the Lord mark out of appoint (v.29)?

- Wisdom was beside the Lord as what (v.30)?
 - Wisdom was the Lord's daily what (v.30)?
 - What did wisdom rejoice in (v.31)?
 - What did wisdom delight in (v.31)?
 - Who is blessed (v.32)?
 - What are you to hear (v.33)?
 - What are you not to do with instruction (v.33)?
 - Who is blessed (v.34)?
 - What is he doing at the posts of wisdom's doors (v.34)?
 - Whoever finds wisdom finds what (v.35)?
 - Whoever finds wisdom obtains favor from Whom (v.35)?
 - He who sins against wisdom wrongs what (v.36)?
 - Those who hate wisdom love what (v.36)?
- Quiz originally by Pastor Todd R Cook