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# Hampden Heights Sentinel

## HIGHLIGHTS:

- RJA has a new outreach mission!  
Page 1
- Staying true to God in the face of extreme adversity.  
Page 2
- Can we accept that despite our sins, we are still loved?  
Page 3
- Are you eating to "fatigue?" Here's how to stop.  
Page 4
- Perhaps you'll find a jar of soup in your Christmas stocking this year.  
Page 5
- A great team was the reason for success.  
Page 5

## INDEX:

RJA News Corner	1
Alabaster Box	2
Going Deeper	3
Path to Better Health	4
Recipe of the Month	5
Good Things End	5
Church & Newsletter Information	6

*Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that openly profess His name. ~ Hebrews 13:15 NIV ~*

## RJA News Corner

by Barbara Snyder

### Mission in Action

The Reading Junior Academy is on a mission! Part of RJA's mission is to become involved, as much as Covid restrictions will allow, in ministering to each other, each family, and the local community, including SDA church members in the area.

During the months of September and October, the students have made birthday greetings for Hampden church member Betty Gray, who will be 100 years of age on November 25. Our goal is to for Mrs. Gray to receive 100 cards. About 60 cards have been done by the students so far, with more to come.

Several of the teachers want to continue using greeting cards as an outreach. All the children enjoy working on them, and some of the sentiments expressed in these cards are suitable for Hallmark! The younger students in particular love to draw, color, and write sentiments to those in need or to those who have approaching special events. We do, however, need time to plan, organize, and collect the supplies before beginning the undertaking. Having said that, if any person or family is in need of encouragement or congratulations, please call the school with your request and, if at all possible, the teachers will follow up.

In the month of November, the home and school will be collecting personal supplies such as toothbrushes, toothpaste, hand soaps and bodywash soaps, shampoos, deodorant, washcloths, baby diapers, baby blankets, scarves, and gloves for the homeless. Distribution will be by Opportunity House of Reading. Opportunity House has their own store also. The store is located on N 5th Street Highway in Reading. The store accepts donations of furniture, shoes and clothing, housewares and decorative items, books, DVDs, metal equipment, toys, sports equipment, and accessories (but please refer to their website for specifics.) All proceeds go to supporting the shelter. It is our hope that our children will continue to learn (as part of this process) that being proactive and resourceful can go a long way to protecting and empowering the homeless, and protecting the innocent.

Also in November, RJA teachers are scheduling the parent teacher conferences. We have 10 weeks of school completed already. As parents are our best resource for student learning, growth and development, we continue to encourage parents to be partners in our most important mission of putting Jesus first, and keeping Jesus first. As our first banner on entering the school states: "Educating

Today and for Eternity."

This has been only a preview of the future of RJA's mission. Suffice it to say that each day it is our mission to lift up Jesus. We teachers and staff hope to put Jesus front and center of all the instruction, order, discipline, routine communication, outdoor time, student to student interaction, and more. It is our hope that you will join with us in that endeavor with prayer, financial and talent support, telling others about our school. We need and appreciate your help. It has been a trying 1 year and 9 months dealing with the Covid-19 pandemic, but we have weathered it and we will continue to do so with your help and His!

P.S. We want to publicly thank all those church members (Mike Knarr, Eric Blackerby, Wayne Johns, Rich Plunkett, and John Richards) who in June, July and August cleaned the school's air conditioning units, put in new LED lights in our classrooms, hallways, and kitchen areas, and searched and found reasons for our electrical malfunctions. We could not have done it without you.

## Alabaster Box by Dave Taylor

### Daniel Gave Thanks (Daniel 6)

After defeating King Belshazzar of Babylon, Darius the Mede instituted a new governmental structure for the expanded Medo-Persian Empire, consisting of 120 princes or satraps, overseen by three presidents or regional administrators. Daniel, the Hebrew captive was awarded a post as one of the three presidents (Daniel 6:1-2). In fact, Daniel's performance was seen by King Darius as superior to his other government appointees, and Darius contemplated granting Daniel a further extension of authority (v3). Immersed in this highly competitive environment, the new mix of government employees began jostling for power and influence. The situation engendered a conflict that began with petty jealousy, developed into prejudiced hatred, and ended with the implementation of a devious plot to legally assassinate.

Jealous of the winds of favoritism that were blowing in Daniel's direction, the princes and the two other presidents conspired to stain Daniel's reputation in the eyes of the king. This turned out to be an incredibly difficult task, and they were unable to identify any possible charges to bring against Daniel in regard to the manner in which he conducted governmental affairs. They found "he was trustworthy and neither corrupt nor negligent" (v4 NIV). Finally, they agreed that they could find no fault in Daniel's professional behavior, but perhaps they could identify a weakness through Daniel's religious devotion to his God (v5).

Daniel's foes were shrewd and cunning in their political skills. Correctly they evaluated the weaknesses of both King Darius and Daniel, and without hesitation, they used this to their advantage. This type of behavior does not suddenly emerge, fully developed on the occasion of the first opportunity that presents itself. Rather, the successful deceit displayed by the scheme of the princes reveals the perfected technique of a well-practiced political approach that was motivated by personal greed and blind ambition, unrestrained by considerations of moral or patriotic principles. The Medo-Persian princes foreshadow the last day personalities described in 2 Timothy 3:2-3 as men who are "despisers of those that are good." The prophet Daniel stands as one of the very few Biblical characters for whom we find no scriptural record of their sins. Benjamin Franklin said that, "There is no man so bad, but he secretly respects the good." If Franklin was correct, then we must admit that the princes were very good at keeping their inner thoughts secret.

When the presidents and princes met with King Darius, they proclaimed, "All the presidents of the kingdom, the governors, and the princes, the counsellors, and the captains, have consulted together to establish a royal statute, and to make a firm decree, that whosoever shall ask a petition of any god or man for thirty days, save of thee, O king, he shall be cast into the den of lions" (v 7). Two features of this decree brought before the king are worthy of our consideration.

First, it seems that the decree has been given an intentionally inflated endorsement of support in an attempt to persuade the king of its popularity. Scripture records that this decree was the work of the presidents and princes, and no mention is made of involvement on the part of governors, counsellors or captains. Additionally, to give the impression that "all the presidents" endorsed the decree is clearly a falsehood, since President Daniel would not have been in agreement. Second, the decree includes no statement or explanation of its purpose. It seems odd to pass a law without a clear purpose, but the face-value purpose was to honor King Darius, while the true purpose was to make the free exercise of Daniel's religion illegal. To specify the former purpose was perhaps unnecessary, and to declare the latter purpose was undesirable. Flattered by the apparent intent of the proposed decree, and urged by the officials to move forward, Darius signed the writing and the decree with little hesitation or deliberation (v8-9).

"Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime" (v10). What a remarkable example of courage, integrity and consistency in his spiritual life! Undoubtedly, these are the very same characteristics that made Daniel a valuable and trustworthy member of the king's appointed governmental agents. After Daniel knew that the decree

had become law, he openly prayed from his home window and gave thanks! Daniel chose not to be a false witness by shuttering his windows or by pretending not to pray, but he continued his daily routine of private prayer within public view. Given this choice and the potential danger involved in this decision, it is easy for us to understand that Daniel had a lot to pray about. However, Daniel did not only bring prayers of petition, but he also gave thanks. Oh, that we could be quick with praises and prayers of thanksgiving, even in our most troubled times of trial. Paul instructs us, "Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thess 5:16-18).

King Darius was deceived. He was blinded by his desire for the honor and the applause of men. To his credit, after the nobles brought Daniel's violation to the king's attention (v12-13), he was displeased with himself for being so easily manipulated, and without success he worked the entire day to find a loophole that would excuse Daniel (v14). On the other hand, Daniel was not deceived. He reacted to the decree with his eyes wide open, clearly perceiving the choices to be obedience to God or obedience to man. Daniel's bold actions in this situation illustrate scriptural truth, some not penned until later times. "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3).

(continued on page 4)

## Going Deeper

by Barbara Snyder

### Love as a Mobile

Individually and personally, our private selves—which we've all been trained to take absolutely seriously—are too small and temporary to really believe Paul's words about us. He says: "You are God's work of art" (Ephesians 2:10), "You are God's temple" (1 Corinthians 3:16), "You are the sweet aroma of Christ" (2 Corinthians 2:15), "You are saints" (Romans 1:7; 1 Corinthians 1:2). You are loved. (1 Corinthians 13).

Yet on our own, we have so much evidence to the contrary. We are not saints but sinners. "You're all sinners" (Romans 3:23). "You are slaves to the flesh" (Romans 6:20), and "Your sinful passions bring death," (Romans 7:5) are words that find us standing guilty and shame-based as we hear them as individuals. How can we be loved like that? Or we rebel against Paul's words, thinking, "I'm not going to sit here and be told I'm terrible and unworthy." Of course, the little ego, is just too small and feeble to carry this great big piece of guilt on its own. Perhaps it is because we are guilty, shame-based, and unworthy, we tend to blame it all on the Devil. Everything that happens that is negative we attempt to blame on Satan.

Paul knew, that the above verses were far too heavy to be carried by the individual person. He is trying to find words and categories, searching for language to describe the entirety of humanity, historical, larger-than-life religious community of believers, and their behaviors. He names this "the Body of Christ." Fortunately,

the evidence of a life lived in this Body of Christ is that the basic reality of this world is the spiritual reality, not our physical or material reality in which we think we live. We are loved.

We cannot easily be told that we, on our own, are evil, bad, sinful, or responsible. We'll block it or deny it. But we cannot deny that we are a part of a species that has killed one hundred million people in wars within the last century. We don't find ourselves resisting that quite as much because, somehow, we're carrying this together. There is a level of acceptance as we move toward being accountable to our neighbors near and far. We're all participating in the evil of unjust systems and it's at that level that we can and must carry the pain and hear that we are sinners. More positively, we must carry what seems like the complete opposite, that we are saints. Both are true at the same time, and believe it or not, "in Christ" they don't cancel one another out! They include one another. "Amazing grace how sweet thou art that saved a wretch like me." And within the Body of Christ, the end result is victory. Our eyes are drawn to Jesus, grace, confession, change. We are loved.

I was very drawn to these words in [The Message](#). "Mostly what God does is love you. Keep company with Him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of Himself to us. 'Love like that.'" Ephesians 5 Introduction: [The Message](#)

Well, we can't 'Love like that' on our own. But we can go on--one step ahead of another. God gives of Himself daily within us and others. We can practice His presence to recognize Him in others, to recognize the needs of others. We can get out of God's way as He loves others. It takes wisdom to do that. We are loved.

Mostly what God does is love us, loves you, loves me. People struggle with those words in their emotional and physical lives. We hear mostly how Satan tracks us, traps us, overpowers us. It is dangerous to give wickedness such power, and very inaccurate also. Christ took care of our foe at the cross. I, for one, have had enough of the sophistries of the Devil. I have not, nor throughout eternity, will I ever have my fill of God. I will keep my eyes open and centered on Him. We are loved.

Eternity is more than my childhood concept of riding a Siberian tiger, or lying in a field of daisies looking up at an endless blue sky, without death, illness, pain or anxiety. Heaven is all that, but more. Mostly what God does is love us. Well, bring it on Dear God! I'm ready to be filled. This is the kind of love we are talking about—not that we once upon a time loved God, but that He loved us and sent His Son as a sacrifice to clear away our sins and the damage they've done to our relationship with God.

When Jesus was asked which command of God's law was most important, He answered "Love the Lord your God with all your passion and prayer and intelligence."

But there is a second commandment to set alongside it: "Love others as well as you love yourself. These two commands are pegs; everything in God's law and the prophets hangs from them."

I imagine a baby's colorful mobile. "We are loved" is the center point. The mobile is shown to have love for God on one end, and love of our neighbor on the other. From these, hang, at various levels, the individual laws and the sayings of the prophets moving slowly in and out of the periphery of our lives, the fields of our vision. The specific laws and sayings move silently and effortlessly, beautifully. The mobile continues to draw our attention as we see it and discover its appearance and deeper truths with new eyes. Each time the laws and sayings of the prophets move within our vision we learn more at a deeper level. This attention generates energy, spiritual goals, praise and worship. The mobile gives us strength to throw off the temptations and the normal, yet weighty facts of life. The fact is life is tough. It is like the tornado winds that blow a mobile here and there but, nevertheless, moving it even faster into our fields of vision. The character is strengthened. The commitment to love is deeper and ever more demonstrated. Keeping our eyes open, we cannot lose. Love, faith, and hope in a mobile. We are loved.

## The Path to Better Health by Leo Pena

### Food Coma, Why You're Sleepy After a Meal

If you frequently feel tired after eating, and in need of a siesta, you're probably wondering if there's anything you should specifically avoid or eat in order to lift your energy.

Feeling sleepy after eating is a common problem, one that many people experience post-lunch. This is also the same time of day when sugar cravings and a desire for caffeine tend to kick in, both of which are tempting because they can counterbalance afternoon tiredness.

Rather than indulging your fatigue with sweets and coffee, a better approach is to structure your meals in a way that helps sustain your energy. In this article we'll look at just how to do this, and what foods to limit that can zap your energy.

"Food coma" is postprandial fatigue, also called postprandial somnolence. You're most likely to feel this way after eating a big meal, especially one high in fat, refined carbs and/or sugar (once the sugar rush wears off). If you find that your motivation and focus tank shortly after finishing a meal, you probably ask yourself, "Why do I crash after I eat?" One of the main causes of feeling tired after eating is a drop in blood sugar (glucose). After you initially eat sweets or refined carbs you experience sharp insulin levels, but a couple hours later levels fall as your "blood sugar crashes." This can cause feelings of lethargy, fatigue, cravings and brain fog, although the severity of these symptoms varies from

person to person. Sugar and processed "white" carbs also cause more serotonin to be released, which is a "happy chemical" but one that can also make you feel relaxed and drowsy.

Other reasons you feel sleepy after eating include the way your parasympathetic nervous works and your circadian rhythm work. Your parasympathetic nervous system is the part of your nervous system that is in charge of "rest and digest" processes. It responds to you eating a meal by making you feel more relaxed.

As an article published in Time magazine explains, "animals—humans included—have built-in 'vigilance signals' that keep them awake and alert when hungry. These signals help them locate and acquire food. It follows that once an animal (or a human) has eaten a lot, these vigilance signals dissipate and are replaced by feelings of fatigue."

Eating also causes blood to be rushed to your digestive system to help with digestion. It's actually a lot of work for your body to break down food, and this process uses a lot of energy and can cause your mood and level of arousal to dip.

Your circadian rhythm, or "internal clock," plays a role in your energy levels throughout the day, including after you eat. It's considered mostly natural and "normal" to feel a little tired in the afternoon, usually around 2 p.m. to 4 p.m., which is a couple hours after most people's lunch time. You may actually be sleepy due to your normal circadian cycle rather than because of your last meal.

### How to Stop Getting Tired After Eating

What are foods that cause fatigue? You want to avoid consuming too many carbs (especially refined carbs) and sugar all at once, without enough protein foods, fiber and fat to balance things out. Big, heavy, high-fat meals, those that include fried foods, fast food and processed meats can also wipe out your energy since these can take a while for your body to digest. For some people, a food sensitivity may also contribute to post-meal sleepiness. Potential food sensitive or allergens can include wheat/gluten, dairy, nuts or shellfish. Of course, alcohol can also diminish your mood and ability to focus, so skip the alcoholic drinks.

### Why do you get tired after a big meal, and is it better to "graze" instead?

Meal timing really comes down to preference, since every person is a bit different. Some prefer to eat two to three meals per day, for example, if they're practicing intermittent fasting, while others do best to eat about every three to four hours. Do some experimentation to see which schedule suits you best. You might be someone who benefits from eating three smaller meals since these smaller meals can put less pressure on your digestive system.

### Which type of meal composition is best for preventing fatigue?

Overall, aim to strike a balance by including some high-fiber foods, healthy fats,

protein and vegetables. Be careful not to load up on refined carbs like pasta dishes, cereal, grain bowls without protein, noodle dishes, sweets, etc. When in doubt, add some vegetables to a protein dish, such as tofu and nuts, and incorporate some fat, such as olive oil or avocado slices, to round things out. Keep in mind however that too much protein causes some people to feel lethargic, possibly because of increased release of tryptophan, an amino acid found in protein foods like turkey, milk, meat and eggs that triggers serotonin production.

### What foods are best for lifting your energy?

Focus on eating enough protein first and foremost, such as: plant proteins like beans and nuts, complex carbs, such as whole grains. Vegetables and fruit can also give you a quick supply of energy — just don't overdo it.

Foods that supply you with B vitamins, like B12 and B6, vitamin D and iron can also help support higher energy levels. B vitamins and iron are especially important for supporting digestion and metabolic processes that convert the nutrients in your diet into usable energy.

Finally, make sure to stay hydrated by drinking plenty of water (and not much caffeine, alcohol or sugary drinks), since hydration is key for feeling your best.

By Jillian Levy, CHHC  
August 15, 2021  
<https://draxe.com/health/tired-after-eating/>

**Recipe of the Month** by Arleen Johns

**BPRL Soup in a Jar for Gifting *The Mitcheff Sisters***

- 1/2 c. barley
- 1/2 c. split peas (uncooked)
- 1/2 c. brown rice (uncooked)
- 1/2 c. red lentils (uncooked)
- 2 T. parsley
- 2 t. garlic powder
- 2 t. salt
- 1 t. Italian seasoning
- 2 t. onion powder
- 1 t. sage

In a pint jar, layer barley, split peas, rice, and lentils. In small plastic bag combine seasonings, attach to jar with ribbon. Decorate jar lid if desired, Attach recipe card with the following directions:  
  
Empty jar contents into stock pot, add 10 cups water and contents of seasoning packet. Add 1 onion chopped, 2 diced carrots, 1 diced potato,

2 celery ribs, and 1 C canned tomatoes.

Cook for 1 hour or until beans are tender, stirring occasionally.

In pressure cooker- Cook 25 minutes.

**All Good Things Must Come to an End** by Bob Kondracki, Editor

If you are a regular reader of this newsletter, and you have also consistently kept up with the Church Board Minutes column, then you are already aware that my time as editor of the Sentinel...and the production of the Hampden Heights Sentinel newsletter itself, is coming to an end. The December issue of this year will be the final newsletter. I decided to make this announcement a month early because I didn't want it to appear so abrupt, or to catch anybody off-guard.

With the endorsement of Hampden Height's former pastor, Pete Maldonado, I and my former co-editor Ashley Richards started the newsletter with our initial issue way back in April of 2014. After almost 8 years, and what will be 93 issues at the end of this year, it's been a great run! And I am proud to say, that in all that time, we have never once missed producing an issue. Yes, the newsletter has been late on occasion because of often-times mitigating circumstances. But we never let these sometimes unforeseen or even suspicious reasons succeed

in preventing the publication for that month.

Incidentally, before continuing, I would like to inform you that I have every issue of the Sentinel ever produced on file, so if there is a back issue you're interested in, contact me and I can get you a copy.

As the main editor, it's true I had the authority and responsibility of the final product every month. But that, by no account means that I could have accomplished this by myself. There are many factors that make a newsletter a success, and the Sentinel was no exception. Most of the "heavy lifting" was done by my very competent and dependable writers. Without them, obviously there wouldn't have been much to read! So, although I constructed the finished product, there are many people that need to be acknowledged and thanked that played such an integral part in the success of the longest running newsletter in Hampden Height's history!

The Sentinel was not perfect. It didn't fulfill everyone's need, or idea of what a

church newsletter should be. Initially, my intention was that the Sentinel would be a reservoir of information about church activities, useful news, events, etc. But by default, the newsletter became more editorial than informative. That was something I struggled with as editor of the newsletter. But something I have come to learn and accept, albeit probably too late, is that things don't always have to be perfect. It's almost impossible to please everybody. I finally realized this and tried to make the newsletter as interesting and fun to read as possible, within the parameters we had developed.

**Many Contributed**

There are so many people I would like to thank that contributed throughout the Sentinel's history, but I would need another issue just to list them all! There are a few however, that were extremely vital to the Sentinel, and I would like to especially acknowledge and thank them. If I fail to mention someone, that certainly DOES NOT mean you weren't remembered or appreciated for your efforts!

First and foremost, thanks to our former pastor, **Pete Maldonado**, who had the confidence and faith in Ashley and I to allow us to start and build the newsletter from the ground up.

**Ashley Richards** Ashley was my co-editor for many years, until finally leaving for other church activities. She was responsible for the success of the Sentinel as much as anybody. Her columns were some of the most popular in the newsletter, and she did a fine job of finding and correcting the many mistakes that I often missed, or was even guilty of myself.

**Lee Stahl** Principal Lee Stahl was also with the Sentinel from the very first issue. He consistently provided readers with entertaining pictures and the latest news on what was happening at our church school, Reading Junior Academy.

**Barbara Snyder** What can I say about Barbara. She stepped in when I needed a writer, and although recently confessing to me that she has been out of ideas for her column for years, she has never (continued on page 6)

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**All Good Things Must Come to an End**

(continued from page 5)

disappointed or failed to find things to write about that have been thought-provoking and encouraging. I've had many long discussions with Barbara over the years, and although we don't always agree, she has often inspired me with some of my own ideas.

**Dave Taylor** Dave was another writer that agreed to step in when I needed someone. If you didn't know better, you would think Dave was a professional writer! The quality of his writing has been exceptional, and it is always biblical and enlightening.

**Leo Pena** When Leo became leader of Health Ministries at our church, he also graciously agreed to do a column on health for the newsletter. Leo has done a great job of educating us on topics that were often not given much thought in our everyday lives, but were still very important.

**Arleen Johns** Arleen has actually been my most dependable contributor. Never missing a deadline, she has provided us with healthy alternative recipes to common dishes for many years. She took over for my mother, **Elizabeth Hill**, who also gave readers recipes for some more "indulgent" dishes.

**Dena Kondracki** I must thank my wife, who has always been helpful and patient in assisting me with the newsletter, whether it be providing direction when I was frustrated with Microsoft Word, or accompanying me every month to the church to print the newsletter.

**Chris Gelsing** for tirelessly sending the newsletter out every month to the shut-ins and non-attendees of our church, despite dealing with so many problems of his own.

**Pastor Jonathan Srock** A great dept of gratitude is owed to Pastor Srock, who over the years has diligently kept the newsletter posted on Hampden Heights website. Pastor Srock has no affiliation with our church, yet has unselfishly been willing to do this, in spite of dealing with significant physical handicaps of his own. His efforts cannot be over-stated. Thanks to **Dave Beard** for arranging that partnership.

So, in closing, I must confess I have ambivalent feelings about saying goodbye to the Sentinel. On one hand, I admit it was often quite stressful piecing together a newsletter every month.

But conversely, it is also going to be difficult to not miss something that's been a part of your life and mission for such a long time. It was also not without reward, seeing the finished product each month, and having people express their appreciation for the hard work my crew and I put into it. The newsletter might not have been everyone's "cup of tea," but it was because of the people that did enjoy it, and were not afraid to express their appreciation that we were encouraged to put in the effort month after month.

So lastly, it is the readers that deserve the most thanks. Thank you for your interest over the years. Without you, more than anybody, there would have been no newsletter! You, as much as anything, were the reason for our prolonged success. My sincere wish is that we were able to provide many blessings and stimulating perspectives over the years, and that God was glorified through our efforts.

It has been a fulfilling experience producing the newsletter for Hampden Heights throughout this time. I feel I've been amply blessed for all my efforts. I sincerely hope that the so many others involved share similar feelings. Good-bye and God bless.

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

"The just shall live by his faith" (Habakkuk 2:4). "We may boldly say, The Lord is my helper, and I will not fear what man shall do unto me" (Hebrews 13:6). While King Darius was unable to save Daniel from the den of lions, the King of Kings and Lord of

Lords "sent His angel and shut the lions' mouths" (v22).

"The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right

name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall. But such a character is not the result of accident; it is not due to special favors or endowments of Providence. A noble

character is the result of self-discipline, of the subjection of the lower to the higher nature—the surrender of self for the service of love to God and man" (Education p57).

Like to talk to Dave?  
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