



Hampden Heights Sentinel

Highlights:

- See how beautiful, cherished you are. Pg 1
- Kind gesture for our military Pg 2
- When you allow the Holy Spirit to lead, He will always lead you closer to God. Pg 3
- * Our discipline comes out of our love for Christ. Pg 4
- * I love the multi-cultural small church atmosphere. Pg 5

Index:

Grace's Outpost	1
RJA News	2
Cookies for the Military	2
Pete's Place	3
Observation Post	4
Meet a Member	5
Recipe of Month	5
Children's Page	6
Sentinel Info.	6
23rd Psalm	6

For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God--not by works, so that no one can boast. Ephesians 2:8-9

Grace's Outpost

By Ashley Richards

"Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands." Isaiah 49:15-16, ESV

A couple days ago, a gentleman came onto the local Christian radio station that I listen to, as a part of a PSA-type message. The station partners with a child-sponsorship organization (Compassion International), and the message promoted writing letters to the children people sponsor. The man was talking about what a joy it was to write—and receive—letters to (and from) his sponsored child. He shared that at the close of each letter, his little boy wrote with desperation, "Please don't forget me!"

I myself sponsor a little girl through this same organization (a little girl named Isabel in San Mateo, Peru), and my heart broke at the thought of that. The thought of Isabel being so lonely that she would plead at the end of each letter, "Please don't forget me!" made

me sick.

The thought of that little boy leaves me with desperate sadness.

But the more that I've thought about that little boy, the more I realize how well those four words resonate with all of us, we sorry lot of humans, plagued by desperate loneliness. Why do we drive ourselves into the ground, doing work half the time we aren't even passionate about? Why do little girls preen in front of mirrors in their tutus, all grins? Why do teenage boys work so much harder when their crush passes by? Why do young men living in inner-city desperation tote guns and rob corner stores, for the fun of it? Why do so many people get wasted after being ditched by the loves of their lives?

Like that little boy, living in abject poverty, not even daring to dream of hope, all humanity cries out with one voice, "Please don't forget me!"

I can see it in the eyes of every person I meet. It breaks my heart, if only because Jesus cries right back to them, "Please

don't forget Me!" (And so many will never see it!)

Oh, you precious, precious soul, if only you could see how truly impossible it is for that to happen! You matter. Unceasingly.

If only you could see how beautiful, how cherished, you are. You are cherished more than silver or gold.

No matter how invisible you feel, you are not forgotten, in the eyes of the Everlasting Father, nor could you ever be. You are loved. You are cherished. You are desired for, and pined over in every moment you are separated from Him. No commodity on Earth (never mind the universe) could compare to the value of your heart to the King who created you.

We are children of the King. We couldn't be more significant if we tried. No matter what you've thought up until now, you are not invisible. You are not unknown. You are not insignificant. And you could never, ever, ever be forgotten.

Bask in the glory of that.

RJA News Corner By Lee Stahl, Principal



Weaver’s Orchard by Karin Lebo, Teacher

On Tuesday, October 14 our first and second grade class, with several parents, drove to Weaver’s Orchard for a field trip even though the weather was calling for rain. The Lord blessed us with dry weather as we picked apples from the trees, pumpkins from the vine, rode a hay wagon through the orchard and learned how the best cider in PA is made. We had been learning about plants and how they grow so this trip served to reinforce many of those concepts. We ate our lunches el fresco and played in the playground to run off some of the energy that had been held in check as we listened to Ms. Cory tells us about how the bees helped the orchard. Have you ever tried Kiwi Berries? Weaver’s Orchard grows them. They are a cross between the kiwi and grapes. Yum. We then practiced our letter writing skills as we wrote thank you letters to our guide and tractor driver.

Field trips provide a valuable experience to classroom learning. This past month two classrooms at Reading Junior Academy went to Weaver’s Orchard. PreK/Kindergarten class went the first week of October and the first and second grade class went the second week. What follows is a description of one of those trips.

ITBS Testing. What is it and why we do it?

ITBS stands for Iowa Test of Basic Skills which is a norm-referenced standardized achievement test used by many schools throughout the United States including all Seventh-day Adventist schools. Assessment plays a vital role in education. It provides an answer to the question, “What does a student know and what is that student able to do?” ITBS Tests are used:

1. To help determine the developmental level of each student so that teachers can adapt instructions to individual needs and abilities.
2. To diagnose strengths and weaknesses in the pupil’s educational development.
3. To determine the student’s readiness skills to begin instruction.

4. To provide progress reports to parents.

Students in grades 3 and up at Reading Junior Academy take ITBS tests during the end of September into early October. The results of these tests are usually returned by the month of December. At this time teachers will review the results with students to assist them in identifying strengths and weaknesses. Teachers and administration will also answer questions that parents may have regarding their child’s results. Besides just looking at the individual student, teachers and administration review classroom results to identify patterns that may reflect on strengths or deficiencies in curriculum or instruction. Through this process we strive to provide a better education for all our students.

Cookies for Our Military By Ashley Richards

This month, approximately a week after Veteran’s Day, we will once again be delivering cookies to military in the area to show our appreciation for what they do. If you would like to donate some cookies, please bring

them to the church kitchen by Sabbath, November 15th. The only two stipulations the military has put in place for us is that all cookies must be homemade, and each type of cookie must have an accompanying list of ingredients used to prepare the cookies. Any

and all cookies are welcome! Thank you, once again, for your donation of love and time.

If you have any questions, please feel free to contact Ashley Richards at either ashrichards1988@hotmail.com, or at 610-207-7573.

Pete's Place By Pastor Pete Maldonado

Spending Time With a Friend

The year was 1994 and I was in the wrestling room working out as usual. It was the off-season and many wrestlers from the surrounding schools would come to work out. This day I met a young man called Abdul. He was about 18 years old, fresh out of high school. You could plainly see that he had real wrestling talent. He wrestled at 118 pounds. He was quick as lightning. I had a difficult time getting a handle on him when we would go at it. It seemed as if I was trying to catch a chicken in a chicken coop. He was quick! The only time I could overpower him was when I was able to use my weight against him. He had speed and natural ability, I only had experience and weight on my side.

The following year I was asked to be the Head Wrestling Coach of Western New England College in Massachusetts. Abdul was a freshman and, as I suspected, nobody could touch him on the mat at his weight class of 118 lbs.

Abdul had a great wrestling year. His sophomore year ended up being even better, and he became an All-American Division III wrestler at the Nationals. This was to be my last year as a Head Wrestling Coach at any wrestling program in the

nation. And it would be the only time Abdul Shabazz placed at Nationals.

The year was now 1998 and I had lost contact with Abdul. On occasion I would see him walking the streets of Springfield, MA. He continued wrestling in college, but was not very successful under different coaching styles. Little did I know that the Lord was leading me to leave wrestling. One of my favorite verses I've grown to love, which is also a Biblical promise proclaims: "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you" (Psalms 32:8).

It would be almost 15 years before I would speak to Abdul Shabazz again.

Then one day in 2009, while listening to the still small voice in my ear telling me to go to the wrestling room and work out, I walked into Western New England College.

There I found Abdul working out with many of the new freshman and sophomores. It was as if God had made time stand still for us. I can't tell you who was happier, Abdul or me! We reminisced about old times, and caught up on the past 15 years. And so was resurrected a wonderful friendship, although Abdul still insisted on calling me "Coach!"

But Abdul was also going through a crisis at this time. The girl he had been involved with had decided to move on without him. He still had feelings for her and he was going through a tremendous amount of anguish and sadness. I began to spend time with him and tried to help him to focus on other things. Abdul asked how could he could get his mind off of her. When we conform to the things which happen in our lives and don't seek the Lord's leading we tend to find ourselves in a world of hurt. The Bible tells us to not conform. "Do not be conformed to this present world, but be transformed by the renewing of your mind, so that you may test and approve what is the will of God - what is good and well-pleasing and perfect" (Rom 12:2).

Abdul and I would spend a lot of time together over the next 6 months. And as a pastor I love to give Bible studies. Abdul found himself in many of these. And he realized after awhile that the young lady that had once so dominated his thoughts not so long ago had faded in importance. She had been replaced in his mind by his love for Christ. "You will seek me and find me when you seek me with all your heart." (Jeremiah 29:13)

Knowingly or unknowingly, Abdul had begun seeking to know more about the Lord.



When you allow the Holy Spirit to lead you, He will always bring you closer to knowing Jesus. The Lord allowed me to have a second opportunity at getting to know Abdul better. This led Abdul into having a saving relationship with the Lord, and me into having the opportunity to lead someone to know Jesus on a personal level.

Abdul surrendered his life to Jesus in the spring of 2010. It was an early Sabbath morning and we were on our way to the river when dark black clouds covered the skies. A storm warring was in effect and it seemed that Abdul's baptism was going to be cancelled. Then my young son Adriel started talking about God stopping the rain when Elijah prayed and how if we also prayed He would stop the rain this time too. So, with the faith of a little child we prayed, and God was more than good on His part. The storm literally took a pause and it would not start again till we finished baptizing the three people who were giving their hearts to Christ that day. Abdul was the last, and afterward clouds gathered and a huge thunderstorm passed through the area. What a day this was. It definitely was one of the most memorable moments in ministry for me and my family. God showed us that, "Our God is good, and He never stops getting better!"

The Observation Post By Bob Kondracki

Love or Discipline?

By the time an individual makes a decision to give their life to Christ and become a Christian, they usually understand that this decision will also entail a significant amount of sacrifice on their part. Most understand that this will be a life changing decision, and their current way of living is going to be impacted in a very significant way. At least Christians that are truly converted and not just "Christian" in name only understand this. Of course there are plenty of people in our society that fall into the latter category. I find it very interesting that statistics show the majority of Americans today do in fact consider themselves Christian, yet live typically very "unchristian" lives.

When we become Christians, we are also expected to exercise a considerable amount of restraint and discipline in our lives. We are now under new ownership, and the things we did previously are no longer acceptable by the new landlord of our building--the Holy Spirit.

So now the question naturally arises as to what exactly the mechanism is that drives our changed behavior going forward?

Is it discipline, or is it our love for Christ that sustains our behavior?

There is no doubt whatsoever that true Christians have to have a considerable level of discipline in their lives if they want to conform to what the Lord expects from us according to His word. Unless of course you are of the opinion that grace covers you without exception and you now have a "get out of jail free" card that allows you to continue to do whatever you want without suffering the resultant consequences. Needless to say, that particular theory has more holes in it than a piece of Swiss cheese, and is better left for a future discussion.

So then can we conclude that discipline is the foremost characteristic of a devoted Christian? After all, we certainly need discipline to resist the constant temptations of the devil, do we not?

Or is it the love and devotion we feel for Christ, produced in us by the knowledge of what He has done at the cross on our behalf, and His Holy Spirit working within us that compels our behavior?

I do not believe it is logical to assume that the gift of salvation was only meant for those particular individuals who have the ability and personality to uphold the most disciplined lifestyles.

But we also cannot assume that just because we love someone so deeply that we are exempt from exercising restraint in our actions either.

So what is the answer?

Maybe the answer is somewhere in between the two. Or maybe it is even a combination of the two.

We have two cats at home. Nobody likes to clean the litter box. But of course everybody loves the cats. So by choice my wife maintains the litter box so nobody else has to do this thankless job. The cats don't thank her. The rest of the family takes it for granted that she will continue to do it. Does she enjoy doing this dirty job? Certainly not. But her Discipline for doing it is produced out of her Love for the cats and the family.

I will give you another more personal example. When I was young there was probably nobody I loved more than my grandmother. She, for the most part raised me and made sure that I had exposure to the Lord even when I was not the least bit interested. She prayed for me constantly despite my lack of respect for her. I loved her deeply. But did that love prevent me from pursuing my own selfish interests and ambitions even though some of the things I did hurt her and caused her anguish? I am ashamed to say today that it did not. Even though I loved her, my selfishness quite literally overruled anything else that got in the way of what I wanted. My love for her was not enough motivation to me to consider her feelings more than my own selfish desires.

At the time, only what I wanted was paramount. It is only with age and wisdom that I've come to deeply regret my past behavior.

My grandmother died before I could ever make amends and show her what a tremendous positive influence she really had on my life. That is a regret I'll live with the rest of my life.

Our discipline comes out of our love for Christ. But the devil preys on our biggest weakness---our selfishness. It is a constant battle that we fight. Our love for Christ versus our love for self. Which one wins? Sometimes Christ wins. Sometimes our selfishness wins. As far as I know, the only way to swing the odds in Christ's favor is to trust in Him and immerse yourself in your relationship with him. Let His power prevail in your life.

If the prevailing power in your life is self, unless that changes, and Christ becomes the authority, your destiny is already determined.

As I have told my daughter so many times, "You will become what you expose yourself to." This isn't my wisdom, it's the Bible's.

Christ knows the obstacles we will face in this life. He knows the battle that rages within us. And He has provided accommodations for our success against them. Let's pray that our love for Him is strong enough to sustain our discipline to stay true to Him.

Meet a Member By Ashley Richards

Family is what drew Jerry and Cloty Ramos to the church, they say.

Jerry was introduced to the Seventh-day Adventist church through his aunt (in Connecticut) in high school. Up until then, he had practiced Catholicism, and attended Catholic school all the way up until high school. Cloty was born into an Adventist family, but was drawn to Hampden Heights in particular because of her mother's friend, Ann Selma (Anselma Ayala). She says she also loved the proximity to her alma mater, Albright. She says she has been coming to Hampden for approximately 10 years, and Jerry says that they've been attending Hampden together for about seven years (which is how long they've been married for, as well). Cloty's family on her mother's side are all Adventist in some fashion, and Jerry has aunts, uncles, and cousins who are in both Connecticut and Puerto Rico

who are within the church. Cloty loves "the multi-culture small church" atmosphere of Hampden, while Jerry appreciates that it feels like "a loving and inviting extended family."

"[Even though] the devil torments me, I have the Lord God to free me from him," Cloty shares of her faith. "I have a Father who loves me, no matter what I do."

Jerry agrees. "I love that the Creator of everything that has ever existed, that exists today, and that will ever exist in all of the universe loves me greatly, and wants me to spend all of eternity with Him. It's an amazing and mind-blowing thought."

Cloty works at Penske Truck Leasing as a Compliance and Customer Support Agent (which essentially means, she says, "helping customers be compliant with their driver mileage logs"), and has an interest in Asian culture

(particularly Japanese and Korean). Jerry works for Santander Bank in the Secondary Auditing Dept., reviewing closed mortgages for accuracy and completeness, and has a deep interest in technology. They have two daughters, Destyne, five (who will be six in December), and Edyn, four, who both attend Reading Junior Academy (kingergarten and preschool, respectively). "[Edyn] loves being in the same class as her older sister," Cloty says.

She is not particularly involved in any ministries, but she says, "I prefer to help behind the scenes." Jerry helps out with the AV/sound system twice a month, and he says, "I really enjoy that." He also helps Wendy Good with the Primary class, and had helped with VBS and HOPE Kids while it was still running. He also serves on the RJA school board.

He says that he would also like to become involved with the church's online presence (including the church's website, and creating a blog or social media presence, as in with Twitter, Facebook, etc.): "I think we need to reach out to people where they are, and nowadays more and more people are living a connected life. They have an internet-connected PC [personal computer], or tablet, or smart-phone, or in some cases, all three. So why not reach out to them there."

Recipe of the Month By Elizabeth Hill

Here is the recipe for the cake I made for October's pot luck. Our family likes the addition of apples to this cake both for the extra moistness and for the extra flavor.

Carrot-Apple Cake

- Ingredients:
 1 1/2 cups sugar
 1 1/2 cups vegetable oil
 3 eggs
 2 teaspoons vanilla
 2 cups sifted all purpose flour
 2 teasp. cinnamon
 1 teasp. baking soda

- 1 teasp. baking powder
 1 teasp. salt
 2 cups shredded carrots
 1 cup chopped apples
 1 cup golden raisins
 1 cup chopped pecans

- Pecan Cream Cheese Frosting:
 2 (3 oz.) pkgs. cream cheese, softened
 1 tbsp. milk
 2 teasp. vanilla
 dash salt
 1 box (1 Lb.) confectioners' sugar, sifted
 1/2 cup chopped pecans

Preparation:
 Combine first 4 ingredients in a large bowl; blend well. Sift together dry ingredients; add to the first mixture and mix well. Stir in remaining ingredients. Pour into 2 greased and wax paper lined 9 inch cake pans. Bake at 350 degrees 35 to 45 minutes until center of cake is firm to touch. Cool in pan for 10 minutes. Remove from pan and finish cooling on cake racks. Frost with pecan Cream Cheese Frosting.

Frosting: In a medium bowl blend first 4 ingredients thoroughly. Gradually beat in sifted sugar until frosting is smooth and of spreading consistency. Fold in pecans. (I sprinkle them on the top of the cake for those who do not like nuts, and because I like the way it looks.)
 This is a very easy recipe for which you don't even need a mixer except for the frosting. It takes a little time to shred the carrots and peel and chop the apples, but the results are worth it!

**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

Check out the secret, encoded message below! Lucky for you, somebody left the key to figure out the hidden message. The top line of the key is the code written below—use the bottom line to transpose the message into readable English!

Code Letter	A	B	C	D	E	F	G	H	I	J	K	L	M
Real Letter	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Code Letter	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Real Letter	A	B	C	D	E	F	G	H	I	J	K	L	M

“ R A G R E U V F T N G R F J V G U
 G U N A X F T V I V A T N A Q U V F
 P B H E G F J V G U C E N V F R
 T V I R G U N A X F G B U V Z
 O Y R F F U V F A N Z R ”
 C F N Y Z F 100:4 (R F I)

Unscramble the highlighted letters from above to discover one thing we should always offer to God!

The 23rd Psalm Submitted by Chris Gelsing

This is an eye opener;
probably we never
thought nor looked at this
Psalm in this way, even
though we say it over and
over again.

The Lord is my Shepherd
That's Relationship!

I shall not want
That's Supply!

He maketh me to lie down
in green pastures
That's Rest!

He leadeth me beside the
still waters
That's Refreshment!

He restoreth my soul
That's Healing!

He leadeth me in the
paths of righteousness
That's Guidance!

For His name sake
That's Purpose!

Yea, though I walk
through the valley of the
shadow of death
That's Testing!

I will fear no evil
That's Protection!

For Thou art with me
That's Faithfulness!

Thy rod and Thy staff they
comfort me
That's Discipline!

Thou preparast a table
before me in the presence
of mine enemies
That's Hope!

Thou annointest my head
with oil
That's Consecration!

My cup runneth over
That's Abundance!

Surely goodness and
mercy shall follow me all
the days of my life
That's Blessing!

And I will dwell in the
house of the Lord
That's Security!

Forever

That's Eternity!