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# Hampden Heights Sentinel

## Highlights:

- We are excited to have a young, but experienced teacher coming aboard our staff for next year – Page 1.
- Rain or shine, God blesses us each day in more ways than one – Page 3.
- In the meantime I will continue to supplement my methods with the most powerful weapon I have in my arsenal..... Prayer– Page 4.

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*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14-15*

## RJA News Corner

By Lee Stahl, Principal

### RJA Teacher Leaves to be Head Teacher of New Mission School

After 23 years of teaching at Reading Junior Academy, Karin Lebo will be leaving at the end of this school year to be the head teacher of the new Simplicity Mission School. The mission school, located in Allentown, will be a first of its kind for an Adventist school in Pennsylvania, since there will be no sponsoring church and will focus almost entirely on serving non-Adventist students. We are grateful for the many years of service that Mrs. Lebo has given to RJA. While we are sorry to see her leave, we are excited for the new opportunities she has been given.

### New Teacher Hired for Next School Year

With Mrs. Lebo leaving, Reading Junior Academy will be doing some restructuring of its teaching staff assignments. Darlene Peterson will be assigned to teach grades 1-2, and Carol Rey will be assigned to teach grades 3-4. RJA has hired Matthew White to teach grades 5-6 for next year. Mr. White grew up around the Maryland area, but moved to the Shenandoah Valley when he was about 10. After graduating from Shenandoah Valley Academy, he attended Southern University where he met his future wife, Beth-Anne. He also took a year off as a student missionary,

teaching in Yap, Micronesia. After graduating from Southern, they got married in Hamburg, PA. They then flew to Korea to teach English and religion for a year. From there Matthew got a job teaching in Cookeville, TN where they have lived for the past 6 years with 2 Bassett hounds and a crazy cat. They have a one-year-old son, Edmund, who is full of energy and love. The whole family looks forward to moving to Pennsylvania to be closer to family and to make new friends. Matthew is finishing up his Master's Degree in Science this summer. We are excited to have a young, but experienced teacher coming aboard our staff for next year.

## One Year Anniversary

By Bob Kondracki

This month marks the one year anniversary of our church newsletter--The Sentinel. To be honest, the newsletter has not gone the direction that I originally thought it would.

Initially I saw the newsletter as an informative medium to keep members of our congregation aware of upcoming events and

breaking news in our church. Something similar to what the previous newsletters had done in the past. But it has currently taken the direction more of an editorial style. Maybe that is what it was meant to be at this point. Maybe that is also part of the reason our other newsletters didn't continue...redundancy in the bulletin, announcements, etc.

In any case, Ashley and I would like to thank those who have contributed to the newsletter over this past year, and would also like to encourage others not to hesitate in submitting things of interest. And we as editors will continue to try to evolve and refine the Sentinel according to the needs of our church and in the direction the Lord leads us.

**Grace's Outpost** By Ashley Richards

Let me just preface this by saying that the past week has been one of the worst (okay, *the* worst) I've experienced in my short life. Honestly, it shouldn't have been so stressful, but it really was, and it brought up old demons that could have been resurrected a million years in the future and it still would have been too soon. Friday night, after it was over, and I was attempting to get my breath back, I read this psalm for my personal devotions, and it filled my heart with peace. So, selfishly, these words are more for my battered heart, but if (or when!) you're worried—or terrified, as I was—I pray it gives you the same peace.

**Psalms 27, NASB**

The Lord is my light and my salvation;  
Whom shall I fear?  
The Lord is the defense of my life;  
Whom shall I dread?  
When evildoers came up on me to devour my flesh,  
My adversaries and my enemies, they stumbled and fell.  
Though a host encamp against me,  
My heart will not fear;  
Though war arise against me,  
In spite of this I shall be confident.  
One thing I have asked from the Lord, that I shall seek:  
That I may dwell in the house of the Lord all the days of my life,  
To behold the beauty of the Lord  
And to meditate in His temple.  
For in the day of trouble  
He will conceal me in His

tabernacle;  
In the secret place of His tent He will hide me;  
He will lift me up on a rock.  
And now my head will be lifted up above my enemies around me,  
And I will offer in His tent sacrifices with shouts of joy;  
I will sing, yes, I will sing praises to the Lord.  
Hear, O Lord, when I cry with my voice,  
And be gracious to me and answer me.  
When You said, "Seek My face," my heart said to You,  
"Your face, O Lord, I shall seek."  
Do not hide Your face from me,  
Do not turn Your servant away in anger;  
You have been my help;  
Do not abandon me nor forsake me,  
O God of my salvation!

For my father and my mother have forsaken me,  
But the Lord will take me up.  
Teach me Your way, O Lord,  
And lead me in a level path  
Because of my foes.  
Do not deliver me over to the desire of my adversaries,  
For false witnesses have risen against me,  
And such as breathe out violence.  
I would have despaired unless I had believed that I would see the goodness of the Lord  
In the land of the living.  
Wait for the Lord;  
Be strong and let your heart take courage;  
Yes, wait for the Lord.

**Recipe of the Month** By Elizabeth Hill

Here is one of my go-to recipes for anything requiring a yellow cake base. (Pineapple Upside Down Cake, etc.) It is also the one I will use for my granddaughter's requested birthday cupcakes.

**Virgin Bacardi Rum Cake**

- 1 yellow cake mix (I use Duncan Hines)
- 1 four serving size pkg. instant vanilla pudding mix
- 3/4 cup water
- 3 large or extra large eggs
- 1/2 cup oil

This cake is actually the old Bacardi Rum Cake with water used in place of the rum. Makes a great "All Purpose" cake!

Put all ingredients in mixer bowl. Beat for two minutes on high. Pour into greased and floured pans and bake at 325 degrees according to size on cake mix box or until a toothpick inserted in center comes out clean.

I have made this cake quite often and it always comes out moist and beautiful. It gets better if it sits at least 1 day but will hold up for a long time without getting dried out. It also freezes beautifully.

## Curse or Blessing? By Chris Gelsinger

"I call on you, O God, for you will answer me; give ear to me and hear my prayer." (Psalm 17:6)

I enjoy acronyms. A few of my favorites are:

**TGIF:** "Thank God I'm Forgiven"

**FROG:** "Fully (or Forever) Rely On God"

**BIBLE:** "Basic Instructions Before Leaving Earth"

For April 15th, it's not an acronym, but putting the first two words together: **The IRS Money** = "THEIR MONEY". That's how I looked at it for several years.

In 1 Thessalonians 5:18 (NKJV), it says: "in everything give thanks; for this is the will of God in Christ Jesus for you."

I asked myself: How are they related? Should I be thankful for paying taxes?

Several days prior to April 15th this year, something suddenly came to my mind. I worked all year round and now I had to pay back taxes. And not just one type of income tax, but there are state, local, and federal taxes. Three of them for one year! Not only that—I have to keep all the documents throughout the year. After all of these...and it all comes down to one date: April 15th. Some people get their taxes done as soon as they receive their W2s. Some wait until the

last minute. Some people go to tax professionals while others prepare their own taxes.

However, with those hours I've worked all year, I had the *opportunity to develop my character*. It could be in the office, in the store, in church, or at home. Wherever I may be, the interaction I have with people gives me that opportunity.

Open the door for someone or say "thank you" if someone opens the door for me. Give someone in the church family gifts each Sabbath -- that is if they are willing to lend me their arms...so that I could give them a hug. I could start a conversation or make new friends at work, comment about the weather to someone at the garage while having oil changed on our car, greet visitors at church, or let someone go before you at the checkout in the grocery store (making sure that they only have 2 items or less in their cart).

*I had the opportunity to spend time with my family.* We'd chat during supper time at the table, go to church on Sabbaths and learn more about God (together and as individuals). Go out on Sundays and make the decision of the day: Chinese foods, tacos, or curly fries! Or stay home and be Iron Chefs!

There is a story of a man who was faithful to God.

One day God said to him "push this stone". Well, that stone was huge! The man did as God had said, but he couldn't move the stone for he was small and weak. But he continued to do so as he was told.

Day after day he came and pushed that huge stone, but each day he went home disappointed. Nevertheless, the next day he went back to the stone and pushed it again. Weeks and months went by, but he couldn't even make it budge.

A year later, he called to God and said, "Lord, I did as you have asked me to do. I did all I can, but I could not move the stone. Nothing happened in one year." God said, "My child, I did not ask you to move the stone. All that I asked is for you to push it. Yes, something had happened. You gave it your best and you put your trust in Me. Look at yourself." The man looked at himself. Then he realized that he was bigger and stronger than a year ago. Not only had he grown stronger physically, but also in faith. "Thank you my Lord."

Many times we look at things such as income taxes or huge stones as negatives. But if we look at them from another perspective, there may be blessings sprinkled throughout that one whole year that we hadn't noticed. Some are for a reason and for the others we need to seek God more to see them. Now is your opportunity.

Take a closer look for them this year. Rain or shine, God blesses us each day in more ways than one. Some we can visibly see while others are "hidden", like acronyms, but they are 100 times more abundant all around us!

By the way, remember **ASAP:** "Always Say A Prayer."

## The Observation Post By Bob Kondracki

### Fathers and Daughters

My daughter just recently had her 15th birthday....and I'm getting a little nervous.

Now although she thinks this is a wonderful thing, and she's looking forward to all the usual things that teenagers look forward to at that age....graduating, driving, dating?!? I don't particularly share her enthusiasm, to be honest.

I must admit that since becoming a father, and especially since having a daughter, my perspectives and philosophies have changed rather dramatically from my previous peaceful state of mind. That's not to say that as fathers we don't worry about our sons also. But it's different with your daughter. So, depending on who you talk to, the change in my "attitude" is debatable as to whether it is for the better or the worse.

If you talk to Colleen, she will emphatically tell you, "My dad is too mean. He's too strict with me. I can't have this, I can't do that, I have to do this, and I mustn't watch that"...yada, yada, yada. She accuses me of being way too over-protective, and she can't have any fun because of it. "Well, so and so's parents let them do this! And so and so's parents let them have that, they can eat as much of this as they like, they can stay up as long as they want," etc.

Now let me translate that for you. Or more accurately, fill in the details.

My daughter doesn't see the logic in me not allowing her to stay on her electronic devices the entire day, only stopping periodically to allow the circulation to resume in her fingers, or to give her eyes a rest so she doesn't develop cataracts at an early age from staring at "artificial light" for hours on end. She doesn't see the value in doing homework every single night whether she has any or not. Nor does she understand why you can't eat pasta three times a day, or get her hydration strictly from carbonated drinks or cold brewed coffee. She really gets aggravated when she has to constantly ask me to put the password into her iPod or laptop. "Why can't I have some privacy," she moans. Asking her to exercise is akin to condemning her to the Bataan Death March in her mind. She also has no TV in her room, and don't even ask her about the absence of a cell phone in her electronic repertoire if you don't want to incur the "glare of death" from her.

I could cite many other examples that elicit contentious overtones in our home, but I won't. I think you get the idea.

Now for my defense...

First of all, I'll readily admit I'm not the stereotypical,

ideal father. I've made my share of mistakes, both as a father and a husband, and I continue to make mistakes. A lifetime of attitude and environment will ingrain certain things into you.

But you see, since becoming a father of a daughter, my attitude now is, "All men are scum until proven otherwise." I probably realized that was true before becoming a father, but I wouldn't admit it. Now I have no choice. So before anybody starts tuning up to object, let me say that the only people offended by this statement either don't have a daughter, or have a son that is the exact type that I'm trying to keep my daughter away from. The fathers with daughters who read this know exactly what I'm talking about.

I know the old saying, "Don't judge a book by its cover," but when some guy comes to my house in a ragged t-shirt, with tattoos up and down his arms, a pierced nose, smoking a cigarette, and riding a Harley with no helmet, I don't care if he is claiming to be Billy Graham's alter ego, he is trying to project a certain aura and image about himself, and contrary to judging a book by its cover, I believe him. I believe he is who he is projecting himself to be, and I'm throwing him out of the house, preferably so that he lands on his head and never comes back.

Actually, that's not quite accurate. He wouldn't even have made it into the house... Sorry. Call me a Neanderthal if you must. Those of you who have heard my phone message all these years know that my philosophy hasn't changed much.

You see, I'm always going to err on the side of being conservative....and safe. This is the only daughter I have, and I'm not going to let anything bad happen to her as long as I can possibly help it. If I'm labeled as a tyrant, or controlling, or anything else you want to call me because of it, well, I'll just have to live with that.

So now you see where my nervousness is coming from. Let's face it, the world isn't getting any better to live in....or safer. And Colleen is getting to the age that soon Dena and I won't have the control over things in her life as we do now. And although my decisions are not always the popular ones, or even the correct ones, I worry about what is going to happen when our influence on her as parents isn't as strong as it is while she lives with us. We have tried to teach her one thing, but the world is constantly trying to teach her something completely different. We've always been badly outnumbered, but there will come a time when she's completely on her own.

(continued page 5)



**Meet a Member** By Ashley Richards

Since, a couple of months ago, Mr. Kondracki took the opportunity to interview his daughter, Colleen, for this column, I have decided to follow suit and interview my grandmother, Arlene Smith.

Arlene grew up in the Adventist church, the third daughter of at least second-generation Adventists, although her family's heritage in the church might go back farther than that. She attended church school, and was baptized as a child. She worked as a secretary for the majority of her adulthood (although, she remembers, she spent one year working as a teacher in an Adventist grade school). She's worked everywhere from Guam to Andrews University to landmarks in South Dakota.

She was married to L. B. Smith, who served in the Air Force as an aircraft mechanic, and they had three children. Two of her children, Christopher (who lives in Kansas) and Karen, remain in the church, and she has nieces and nephews, two sisters, several grandchildren, and distant family members who are all a part of the American Adventist church.

She enjoys working on puzzles and reading stories, and, before her arthritis became too severe, she had enjoyed crocheting, knitting, and embroidering, and still occasionally grows flowers and tomatoes.

Her favorite part about the Adventist church, in general,

she says, is Jesus, and "His love for me," but the greatest appeal Hampden in particular holds is her family, and, she says, "I like the pastor."

Her favorite Bible verse is Job 23:10: "But He knows the way I take; when He has tried me, I shall come forth as gold." She says she likes it so much "because it's what I can do with His help. I couldn't do without it."

**Five facts about Arlene Smith you might not know:**

- There is only state Arlene hasn't visited—Florida! She's also visited Guam, Mexico, and took a trip to Scandinavia with her daughter Karen in the 1980s.
- Arlene used to be in a quartet with her three sisters. She sang the bass part!
- Arlene originally wanted to be a nurse, but she couldn't because she fainted at the sight of blood!
- Arlene used to kill rattlesnakes with her garden shovel! She would chop the snakes' heads off before they had a chance to attack her children.
- Arlene traveled to Russia as a short-term missionary. Her favorite part, she says, was when she "saw the Holy Spirit work on the people's faces in Russia."

**The Observation Post** (continued from page 4)

Yes, yes, I understand I must trust her to know what's right and wrong at this point in her life. But I also know that the devil is very cunning...very convincing...very persuasive. I'm not afraid of a lot of things....but I'm terrified of that. I'm terrified of the decisions she may make. Not because I don't trust her, but because of the formidable enemy she faces as she goes into the world on her own. And my fear is only amplified because she is a girl.

But then I have to reason

with myself. I must remember that God loves her even more than I do, and that it will soon be an ultimate test of faith for me, and us as parents when we have to leave the rest of her life in her own hands...and in God's hands. No matter how strong you say your faith is, as a parent, when it is this personal, it is still a challenge.

It will be a few years yet before Colleen graduates and goes on to college, but I know they will fly by quickly. And I'm preparing

my approach now as to how I intend to intimidate the first boyfriend she brings home....just to make sure he understands that this is the apple of my eye he's messing with, and if he has any dishonorable intentions, well, there will be blood....

It was only when I got older that I began to understand my father's methods of dealing with me in my younger days.

And only then did I truly appreciate his tough love for me. I hope Collen will also come to understand

my approach with her when she is older.

In the meantime, I will continue to supplement my methods with the most powerful weapon I have in my arsenal to ensure my daughter's well-being....

Prayer.

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**Children's Page** By Ashley Richards

Have you ever heard the phrase "April showers bring May flowers"? We already got to see some of the flowers in April, but have you ever wondered what kinds of flowers people could see in the Bible times? Some of them are listed in the puzzle below, along with other types of trees and plants that are mentioned in the Bible. You can find words across or up and down, but the words are not diagonal or backwards.

A	L	M	O	N	D	B	L	O	S	S	O	M	S	P
L	E	V	A	O	A	L	I	E	R	H	L	U	L	O
O	C	V	I	W	I	L	L	O	W	E	A	S	I	M
E	V	R	E	H	R	S	Y	T	H	I	S	T	L	E
D	K	C	O	E	E	G	O	I	E	A	O	A	K	G
C	E	A	P	A	L	M	F	M	A	T	E	R	E	R
C	A	C	V	T	I	E	T	E	L	L	U	D	T	A
L	E	E	R	L	D	T	H	O	R	N	S	S	A	N
E	E	I	C	Y	P	R	E	S	S	A	L	E	M	A
L	T	U	R	T	P	S	V	C	R	O	S	E	A	T
A	C	R	O	W	N	D	A	I	S	Y	M	D	R	E
R	E	A	C	Y	E	E	L	E	O	C	A	N	I	N
D	D	J	U	A	W	A	L	N	U	T	L	E	S	A
R	A	L	S	Y	A	R	E	N	B	E	L	B	K	N
G	R	A	P	E	S	H	Y	S	S	O	P	D	I	Y

- Almond blossoms
- Aloe
- Cedar (tree)
- Crocus
- Crown Daisy
- Cypress
- Grape (vines)
- Hyssop
- Lily of the valley
- Mustard seed

- Oak (tree)
- Palm (trees)
- Pomegranate
- Rose (of Sharon)
- Tamarisk (tree)
- Thistle
- Thorns
- Walnut (tree)
- Wheat
- Willow (tree)

**Health Ministries** By Arleen Johns

We need to have well balanced life "wheel" according to Carolyn Hetrick who assists with Hampden's Heath Ministry classes. If one of the 8 areas of your life is poor or lacking, your "Life Wheel" is out of balance. Get enough rest, sunlight, exercise, water, good nutrition, temperance and air, and above all trust in God.

At our last meeting, a delicious meal was enjoyed by more than 25 people, who also received good health tips and recipes for easy supper (dinner) meals.

Our resident Physical Therapist, Wayne Johns, had the lecture on care of the shoulder. He also covered core strengthening exercises.

Here is our Health Ministries Recipe of the Month, by Carolyn Hetrick Hope you enjoy it!

**Roasted Asparagus**

- 2 lbs fresh asparagus
- 2 T extra virgin olive oil
- 1/4 tsp black pepper, freshly ground
- 1/2 oz fresh lemon juice
- 3 T pine nuts, toasted (optional)

2 T grated Parmesan cheese

Wash and snap off ends. Arrange in one layer on baking pan. Drizzle with oil and toss.

Roast 20 minutes at 400 degrees, stirring once. Drizzle with lemon juice and sprinkle the pine nuts and parmesan cheese