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# Hampden Heights Sentinel

## Highlights:

- Exercise...can help control weight, improve blood pressure, control cholesterol, relieve stress, tension, and depression, and improve sleep naturally! – Page 1.
- The Pennsylvania Conference held its second annual Geography Challenge in Harrisburg on February 17... Ston Nelson won first place and Katara Key placed third! – Page 2.
- Sometimes I really wish [Jesus] didn't take me so seriously – Page 4.

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*Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body--whether Jews or Gentiles, slave or free--and we were all given one Spirit to drink. 1 Corinthians 12:12-13 NIV*

## Health Ministries

by Arleen Johns

This month we will continue our "New Start" Theme.

"E" stands for Exercise. Hi there—yes, you! Get up off the couch and move! That's right, move! God designed our bodies for movement. Exercise is NOT a bad word. Look at Adam & Eve, they were told to work the ground. They were not sitting on the couch watching the birds fly by. God knew that exercise would do us good, and science has also long ago confirmed that as well. Children, who once were off the charts in exercise demand, now sit; and way too much – 17 percent are overweight or obese, largely due to sitting. This makes them prone to adult type 2 diabetes, with its dire complications. Adults too, sit way too much; at our jobs, in the car, at home, at meetings.

One of the easiest forms of exercise is walking—it's free, it's fun, and almost anyone can do it, regardless of age, lifestyle or physical condition. If you can barely walk then just barely walk for one minute. Gradually increase to two, three, and four minutes as you improve. Park farther from the store and walk, use the stairs instead of the

elevator. Walk the mall in winter; Berkshire mall opens at 6:00 a.m. (7:00 a.m. on Sunday) and has a measured 9/10 of a mile following the perimeter of the inside of the center portion. Walk with a buddy. Keep a log to mark your progress. Try interval training (a fast pace walk, then back off to a slow pace).

Exercise is beneficial in preventing and/or managing health problems. It can help control weight, improve blood pressure, control cholesterol, relieve stress, tension, and depression, and improve sleep naturally – without a pill! It strengthens the bones and counteracts osteoporosis. It improves posture and decreases back problems. It helps to prevent/reduce risk for the big C word – CANCER.

There are other things you can also do besides walking. Lift weights. If you don't have a set of weights, lift a can of beans or a bag of flour. Use stretchy bands (or use a small towel) and grippers (make a gripper with a balloon and flour). Join a gym—it's good to do both strength training and cardio fitness. Try swimming, cycling,

gardening, or yard work. This combines two other health principles of sunlight and fresh air with the exercise.

Start slowly and progress gradually. Just 30-40 minutes a day is best for maximum benefit. It is better to exercise before a meal than right after a meal. Allow time to warm up and cool down. Discontinue your exercise and see your physician should you have any of the following symptoms: Pain in the chest, teeth, jaw, neck, arms, bones, or joints; difficulty in breathing; light-headedness, or fainting; irregular heart rate during exercise or recovery period; excess fatigue; or recurrent nausea or vomiting occurring after exercise.

A balanced and well-planned exercise program is one of the wisest investments you can make. Choose an activity that you enjoy and stick to it. Have fun and feel better every day! Be persistent -keep at it. YOU CAN DO THIS. The bottom line: just MOVE!

Don't forget to drink water before, during, and after exercise.

**RJA News Corner** by Lee Stahl, Principal**Two RJA Students Place in PA Conference Geography Challenge**

The Pennsylvania Conference held its second annual Geography Challenge in Harrisburg on February 17. This year's focus was on the United States. Each school was allowed to have two representatives participate for each age group. The representatives were selected by finishing in the top two at our local school challenge held in January. Representing RJA in grades 1-4 were Jahbari Allsop-Marsham (Grade 3) and Ston Nelson (Grade 4). In the grades 5-7 group, Aidan Evangelista (Grade 5) and Elijah Santiago (Grade 7) competed, and with the final grouping of grades 8-10 being represented by Grace Eckert (Grade 8) and Katara Key (Grade 8). While we were proud to see all our students perform well in the competition Ston Nelson won first place and Katara Key placed third. Congratulations to each one!

**RJA Students Go Skiing**

Students at Reading Junior Academy look forward to February because of the annual ski trip to Jack Frost Ski Resort. Each year, students in grades 3-10 have the opportunity to go skiing or snowboarding, which makes this definitely one of the favorite field trips of the year. Jack Frost puts together a great group package for schools, with students being provided lift tickets, equipment, lessons, and lunch for a minimum of \$20. This year was the second year in a row that Harrisburg Adventist School has joined us in skiing, and we invited some home schoolers to come along as well.

**Other Activities during February at RJA****Focus Week**

Besides Geography Challenge and Skiing, we also had a Spiritual Focus week February 8-12. Pastor Tom and Pastor Pete led out with both focusing on helping students better understand God and his plan for salvation. Bible studies have been occurring in the classrooms throughout the year, with some students scheduled for baptisms, and hopefully more will follow.

**The "Science Guy" Showed Up**

No, it was not evolution-supporting Bill Nye, but former Adventist teacher and now-presenter Ben Roy. Blue Mountain Academy brought Ben in to give science presentations to several of our Adventist schools, including RJA. Ben came to RJA to share various science demonstrations and show how science supports many spiritual concepts, including creation.

**Harriet Tubman and the Underground Railroad**

In honor of Black History month, Barbara Harris came and portrayed Harriet Tubman, providing students with a live portrayal of Harriet Tubman's life and dedication to helping slaves reach freedom. She provided samples and artifacts to help explain how the Underground Railroad worked and the sacrifices that many slaves made in order to reach freedom.

**Meet a Member** by Ashley Richards

This issue's members being highlighted—Suzanne and David Beard—are a couple you might not know very well, but they are well worth getting to know! The Beards have been friends of my family for many years, but I grew to appreciate their kindness, friendship, wisdom, and humor anew as we spoke about what brought them to the church, their hobbies and interests, and faith.

Suzanne and David came to the Adventist church from opposite spectrums. Suzanne is "fourth generation Adventist," and grew up going to church, attending Adventist schools (including Blue Mountain Academy and Andrews University). David did not. He says it all started when he was thirteen, when his brother gave him a Bible for his thirteenth birthday. As time passed, "numerous people shared their faith with me," he explained. He became more and more interested in God. Since his wife was from the Adventist

faith, he would ask her questions as they came up, until he couldn't deny his need for Jesus any longer. He was baptized in 1999.

Suzanne explained that her faith became real to her when she was hospitalized with meningitis several years ago. Her doctor told her she shouldn't have made it. She'd never seen someone with a fever so high who hadn't sustained brain loss. Her healing, indeed, was miraculous. After she was released from the hospital, the hospital sent flowers to David, along with a note saying (to some effect) *Sorry for your loss*. The hospital thought she had died. Many members of the church had been praying for her during her entire stay, and, she proclaims, "I'm a living testament to the power of prayer." She explains that the whole experience is what made her faith real to her, rather than just her family's faith.

David is a deacon, as well as being a part of the media ministries (he edits recordings of sermons at the church and posts them online) and evangelism ministries (which ministers to shut-ins, non-attending members, and visitors). Suzanne sang in the women's choir for our Christmas program last December. Other than that, she says, she's "never been asked" to do anything (although she hints that she might like to be a part of the social committee. "We used to do so much [when I was younger], and I miss that," she explains.)

David is a respiratory therapist at Genesis HealthCare in Hamburg, PA. Suzanne, an agency nurse, works with special needs children in elementary schools in the area. They have one daughter, Rachel, who also attends Hampden Heights. David has no other family in the Adventist church, but Suzanne has several cousins on her father's side who attend churches in Harrisburg,

as well as her mom (Sherry Bokovoy), who attends Hampden as well.

David loves to listen to sermons online, particularly about prophetic events and end-times. Suzanne loves doing art projects, and animals are a huge love of hers. "I think [God] put animals on this earth to show us what a relationship with Him is like," she explains—saying that companionship with animals shows how close God wants to be with us.

Five things you might not know about David and Suzanne:

1. Suzanne plays the piano.
2. David attended military school for his last two years of his schooling.
3. Suzanne was stung by a scorpion once.
4. David went to Cyprus (for approximately a month) with one of his friends from military school.
5. Suzanne was a Gymnic (a member of the gymnastics team at Andrews University).

**Recipe of the Month** by Elizabeth Hill

I love this cornbread! I like cornbread that is sweet and moist and this fits the bill. It falls apart when it is warm so plan to make it a little ahead of time so it has time to cool off. Maybe in the morning for an evening meal, or the day before an event.

**Mom's Best Sweet Cornbread**

- 1 1/2 cups all purpose flour
- 3/4 cup sugar (if you like it less sweet, reduce to 1/2 cup)
- 1/2 cup yellow cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 pinch cayenne pepper (optional)
- 1 1/4 cups half-and-half or milk

- 2 large eggs, slightly beaten
- 1/3 cup oil (use vegetable or olive oil)
- 4 tablespoons melted butter
- 1 (10 ounce) can corn kernels, well drained (I use frozen, defrosted and drained)
- Set oven to 350 degrees F.
- Set oven rack to second lowest position.
- Butter an 8x8 inch square baking dish.

In large bowl mix together flour with sugar, cornmeal, baking powder, and salt.

In another bowl, whisk together half-and-half or milk, eggs, oil and melted butter; add to the flour mixture and stir with a wooden spoon until just combined.

Mix in corn.

Transfer to baking dish or pan.

Bake for 35 minutes or until bread tests done.

## Grace's Outpost by Ashley Richards

“But you, God, shield me on all sides; You ground my feet, you lift my head high; With all my might I shout up to God, His answers thunder from the holy mountain.”  
(Psalm 3:3-4, MSG)

Jesus is teaching me to trust in Him.

In His defense, I asked Him to. But sometimes I really wish He didn't take me so seriously.

I had realized, after my significant battle with depression, that I didn't. (Trust Him, I mean.) I don't like talking about it, because it brings me back to that place in my life that I hated (and where I hated me), but, for a time (a *long* time, I might add!) I really, truly thought that Jesus had abandoned me. I didn't even know that was how I felt—not for a good while, at least!—but it was ingrained in me more deeply than His boundless love. I couldn't feel His impact, His influence, His *love*, in my life. I felt all alone, and completely betrayed by the one Person I thought I could trust completely for all time. It took me months (maybe even *years*!) to decide that He was worth risking another relationship on. And once I had, I thought I wasn't doing too bad. Our relationship wasn't to the same level as it was before, but I thought I just was holding a grudge longer than I ought to (which, I probably was doing that, too).

But it didn't take long to realize that I no longer put my trust in the King of the Universe.

I put it in me. I understand how I got there. I understand that I didn't have the strength to reach out of me and rely on Jesus. I understand how I had no more will to fight. I understand how depression sent me into animal-instinct survival mode. I may not have acted like it, but in my heart, I had just about severed all ties with Jesus. I still prayed, I still went to church, I still read my Bible, but my relationship was utterly gone, and there was a huge breach between me and Jesus, where there was once nothing but intimate affection, trust, love, and communication. Jesus was more than my Best Friend—Jesus was my *everything*.

And then He wasn't.

But I digress. I learned by sheer inundation, that the whole bit of it was utter lies. Jesus told me so many times, in so many ways, that He loved me, and was always with me, that I couldn't help but see it as truth, even though I was hesitant and begrudging at first. And when I realized that I didn't trust in Jesus anymore, I wanted, more than anything, to rectify the situation, so I began to pray that Jesus would teach me how to trust in Him.

I remembered hearing people say to be careful what you pray for, because He just might give you what you ask for. I now know *exactly* what they meant by that. Why isn't being molded into Jesus' image ever easy? Why can't Jesus just snap His fingers and we perfectly honor and glorify Him with our lives? Why isn't faith easy?

In the past year, I've become a very anxious person. I didn't even know I had it in me to be anxious! But I've come to realize it's a testament to how far I'd come from relying on Jesus, and how highly I'd come to think of myself. And I must think pretty highly of myself and my own powers, because I don't seem to know anything BUT worry and anxiety these days. It's nearly consumed me many times, and it seems my constant companion these many months. I wish I could just shake it, but it doesn't want to leave.

But last night, I think Jesus sent me a revelation. I was reading Psalm 3 in my personal Bible time, and came across these words: “But you, God, shield me on all sides; You ground my feet, you lift my head high; With all my might I shout up to God, His answers thunder from the holy mountain.”

Something about those words hit me—about the awesome greatness, sheer power, and stubborn love of Jesus, my Warrior-Protector, and my nothingness. I'm not sure I *ever* came to Jesus as a child. When I first met Jesus' love, I was about 12 or 13, and I fell in love with Him right away. It didn't matter that I was small or inconsequential. I mattered to Him, and He was my one great Love. I didn't need protecting from anything. The world was wide open to me with Him at my side. He was my Love before He was my Father.

But now? Now I need a Daddy-God. I need a God

who will hold my hand when I can barely breathe I'm so scared. I need a God whom I can run into, full force, when the world is too overwhelming to think. I need a God whose feet I can stand on, so He can do the walking for a bit.

I need a God who can shield me in His arms and slay the enemy in one breath. I need a God whose embrace will be my Rock *and* my Shield.

Maybe I need to stop expecting that trust will come easily, and instead just run to Jesus. I don't have trust perfected at all, and maybe it's time I stopped pretending that I do. Maybe it's time I just start running to Jesus instead of building up all this worry and anxiety that I can't handle it on my own.

I *can't*. That's why Jesus asks me to trust in Him.

He *can*.

## The Book Review by Stacy McLean

*Discovering Your Heart with the FLAG PAGE (A Simple and Powerful Way to Truly Understand Yourself and Others)* by Mark Gungor

Welcome to a great book! I hope you enjoy this. How would you like to know why you act and re-act the way you do? Not to mention your loved ones? Wouldn't it be nice to understand and relate better with your spouse, your children, your teens, your adolescents, your parents and friends—just about anyone with whom you converse...

Everyone can benefit from the information provided to us in *Discovering Your Heart with the FLAG PAGE (A Simple and Powerful Way to Truly Understand Yourself and Others)* written by Mark Gungor. Scripture is given in each chapter throughout this book with great inspiration. Some of you that attended Pastor Pete and Virginia's marriage seminar titled, "Laugh Your Way to a Better Marriage" have heard of Mark Gungor. They hosted this seminar by showing Mark's DVD. It was not only informative, but entertaining as well. We were all blessed to have the opportunity to learn more about how men and women think.

Mark Gungor is a top marriage

and family speaker in the United States, with thousands of couples attending his seminars every month. Married for more than 35 years—to the same woman—Mark also is the creator of the highly regarded "Laugh Your Way to a Better Marriage" seminar. While he was born in New York, he currently resides in Green Bay, WI, where he is the CEO of Laugh Your Way America! LLC, and Pastor of Celebration Church. Mark and his wife Debbie have 2 married children and 4 grandchildren.

Let's discover your heart—what makes you happy. Mark Gungor explains that the FLAG PAGE is an amazing tool to help you discover what is in your heart—who you are at your very best. In this book, Mark explains how to interpret and understand the colorful printout that is the FLAG PAGE. He shows you how to understand why you act and react the way you do, and what important needs you have in your life that are the keys to your success and happiness. The FLAG PAGE has helped thousands of people discover and understand not only who they are but also the people closest to them.

This book is an easy and fun

to read book. It is a short book, yet it gives great detail about the things that matter in life with God leading the way. Sometimes we encounter the same event with people, yet 2 different interpretations are given regarding the event. Why? We all process information different ways. Therefore sometimes it is hard to understand each other. Mark says that The FLAG PAGE is not about personality, but rather about motive. People desire to discover their best motives in order to create a map to see how they can succeed in life. The FLAG PAGE is that map. There are 4 easy to follow steps to discover yourself, and your potential to fulfill your mission that God has given you. You will find out: 1. Why you act the way you act. 2. Why you react the way you do. 3. What 5 things you need in your life to truly be happy. 4. Where you are most likely to succeed in life. You will choose several traits that describe yourself, and then you rate how strongly you feel about them. The ratings are based on feeling and not thinking. It gives you a clear picture of what motivates you. It reveals what is truly needed in our lives to be happy and successful in the way God made us.

Mark breaks it down into the countries we are from: Control, Fun, Perfect, Peace. One is called the Home Country and the other is called the Adopted Country. He refers to these four distinct and differing temperaments as "Countries." Control Country: James 1:22. "But be ye doers of the word, and not hearers only." Fun Country: Philippians 4:4. "Rejoice in the Lord Always. I will say it again: Rejoice!" Perfect Country: Matthew 5:48. "Be perfect, therefore, as your heavenly Father is perfect." Peace Country: Colossians 3:15. "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace." Wow, what an eye opener to find out about our family and how we can understand and relate better! You want to use the right words and language to motivate people the way they understand. If you want to be able to understand yourself and relate better with others, then you can achieve the gifts God has given you. You can find this book online, at the library, or book stores. You may also want to check out the DVD "Laugh Your Way to a Better Marriage". Enjoy and God Bless!

## New Feature in Newsletter by Bob Kondracki

I'd like to take this opportunity to announce a new feature Ashley and I will be incorporating into our newsletter beginning next month. A "Movie Review" column will be added, and will start out by alternating month to month with our "Meet a Member" column.

And just as our Book Review column presents a summary of Christian related reading material, the Movie Review will do the same thing for a particular Christian video.

It has become a tradition in our home that every Friday night the family gathers together to

watch a Christian video. We have accumulated quite a few over the years, and some are definitely worth recommending, some perhaps not so much. In any case, beauty is in the eye of the beholder, and our opinions are just that, not necessarily gospel, so to speak. But it might be of

interest to our readers to know a little bit about a DVD before you plunk down some hard earned money, or even borrow it from the library and it turns out not to be what you expected. We value the congregation's feedback on this or any other feature of our newsletter, so don't hesitate to let us know what you think.

**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

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Pastor Pete Maldonado  
413-222-6114  
PMaldonado@paconference.org

**We're on the Web!**  
See us at:  
[www.HampdenHeightsChurch.org](http://www.HampdenHeightsChurch.org)

**The Children's Page** by Ashley Richards

This month's puzzle surrounds the story of Philip (one of Jesus' disciples) and an Ethiopian eunuch. The story, which isn't too too popular, can be found in Acts 8:26-40. It's about one of Jesus' disciples, after Jesus had already returned to heaven, after He was resurrected from the grave and taken back to heaven. If you haven't heard it before, ask your mommy or daddy to read the story with you this afternoon! All the words in this puzzle can be found in the story.

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

Angel  
Azotus  
Baptism  
Caesarea  
Candace  
Chariot  
Court Official  
Desert  
Ethiopian  
Eunuch

Gaza  
Holy Spirit  
Isaiah  
Jerusalem  
Jesus Christ  
Philip  
Rejoice  
Scripture  
Treasure  
Water

*Did You Know?*

Did you know that when the Ethiopian eunuch returned home after his baptism, he told everyone he knew about the good news of the gospel? That's why, to this day, Ethiopia is a mostly Christian nation, while many of the other African countries around it are Muslim nations!