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Hampden Heights Sentinel

HIGHLIGHTS:

- RJA students always seem to be going somewhere!
Page 1
- Relinquishing your fears to God isn't easy
Page 2
- Get your exercise by laughing
Page 3
- Science without religion is lame, religion without science is blind.
Page 3
- Does being Christian mean being unyielding?
Page 4
- 16,000 African Muslims convert to Christianity every day.
Page 5

INDEX:

RJA News Corner	1
Grace's Outpost	2
Recipe of the Month	2
Sue's Health Nuggets	3
Notable Quotes	3
All or Nothing	4
The Funny Bone	5
Surprising Facts	5
Children's Page	6
Church & Newsletter Information	6

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. ~1 John 4:7-8 NIV~

RJA News Corner

by Lee Stahl, Principal



RJA Chorus

There is a joyful sound coming from Ms. Cindy's room every Tuesday afternoon. Around 35 kids from Pre-K to the 6th grade have joined RJA'S Chorus this year. We hope to visit at least one nursing home this year as well as the Bethlehem Haitian church in Reading. Look for us in the spring at the Kenhorst Blvd. and Hampden Heights churches for our annual RJA Days, as well!



RJA Visits Haycreek Festival

On September 7, the students of RJA spent a day back in time while exploring the Haycreek Festival at Joanna Furnace. The day saw opportunities to see demonstrations in glass blowing, soap and paper making, pottery, and blacksmithing to name just a few. Students also learned about the US Civil War and what it was like to serve in the military at that time. There were also antique cars and tractors, various crafts and of course food to enjoy. It was a fun day!

Sports Fest at BMA on September 16

This year Sports Fest at Blue Mountain Academy was a one-day event instead of the usual two days as in the past. However, that did not reduce the excitement of the students that came and participated in learning skills in a variety of sports. They were able to select two sporting activities from basketball, volleyball, soccer, flag football, and gymnastics. It was a great day!



RJA Students Enjoy Afternoon Touring Cabelas

While students in grades 5-10 enjoyed a day at Sports Fest, students in grades 1-4 spent an afternoon getting a guided tour of Cabelas. The tour guide did an exceptional job in sharing information about the variety of animals on display. For a pleasant surprise, he encouraged our students to spend time with God in prayer each day. That is something you seldom find in many of the places you visit today.

Substitute Teachers Needed!

Looking for ways you can help RJA? One way is to be a substitute teacher. RJA is looking for more good substitutes. Minimum requirements include: high school diploma, SDA member in good standing, and extreme love working with children. If interested email Lee Stahl, Principal for more information at lwstahl@paconference.org

Grace's Outpost by Ashley Richards

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." – Matthew 11:28-30, ESV

I love when Jesus teaches me things.

Don't you? Do you know what it's like? Argh, this may be the hardest thing Jesus has brought me through to date, but seeing His hand in my life is what's making it all worth it.

I spoke... a month ago? Maybe two? about an intense and personal struggle I have with trusting God and letting fear rule my life (not to mention my own need to control every aspect of my life—and maybe even things not related to it—with a vice grip). I am convinced that it is a stronghold of the devil's in

my life, and that Jesus needs to overcome it before He can use me for His Kingdom in the way He desires to.

I feel like I'm fighting with the angel, just like Jacob, and I'm at that stage where I'm screaming, "I won't let go until you bless me!"

And so Jesus has been working in my life. *Really* working in my life. He speaks to me through my personal time with Him (although He's hardly limited Himself to that!). He shows me the lies of the devil that I've bought and accepted as absolute truth, and when worry and doubt come in like an enemy under the guise of dense fog, He speaks me through it, guides me through it.

One of the caterers at Panera might be going on medical leave for a while, and so just yesterday the worry came into my heart, already embedded before I knew it'd taken hold, and for the first

time in maybe a decade, Jesus has talked me off the ledge. Convinced me to give Him my worry. And He led me to sleep in peace.

I've by no means conquered my fear and doubt and worry—not yet anyhow!—but Jesus is leading me there.

A while ago, I was reading a book called *Facing Your Giants*, by Max Lucado, which talks about the highs and lows of the life of King David, and lessons we can learn from his life. One thing that struck me through the book was this recurring thought that the author expressed—that when David focused on God, he was always victorious, but when he focused on his problems, he always fell. So much of the time, I am *consumed* with worry for my future, this and that and anything in between (and probably things that *aren't* even in between, if I'm being honest...), but lately

Jesus has been telling me, "You forget all of that stuff. It's waaaay over there!" as He gestures far to my right. "I'm here," he says, gesturing straight ahead. "Follow me."

So Jesus is teaching me to leave this concern and that concern to my left and my right and far behind me. He's teaching me to stay zeroed in on Him, and one day I'll be stuck on Him so well that nothing will shake me off.

I pray the same for you.

Recipe of the Month by Arleen Johns

Yummy Lentil Roast

Ingredients

- 2 C cooked lentils
- 1 large onion chopped
- 3 slices torn bread
- 2 C soy milk (unsweetened)
- 2 TBS ground flax meal mixed with 2 T water (in place of egg)
- ¾ C chopped nuts (pecans, walnuts)
- ½ C pecan meal
- 1 C cooked brown rice
- 2 TBS flour
- 3Tbs nutritional yeast
- 1/3 C olive oil
- 1 TBS Braggs Liquid amino or soy sauce
- 1 ½ tsp onion powder

- 1 ½ tsp salt (to taste)
- 1 tsp sage

Directions

- Combine milk with bread to soften
- Mix flax meal with water and let set to gel about 5-6 minutes. You may water-sauté the onions but I usually don't because of the baking time of the roast.
- Mix all ingredients together. Place in a 9"x13" sprayed baking dish.
- Bake 350 degrees for 1 hour

and add a dish of water in oven for moisture

Tip: To save time, cook extra lentils and brown rice, measure out 1 or 2 cup portions for the freezer and then you will have them ready to use in the future.

Add a green vegetable like broccoli or green beans and a salad for a complete vegan meal.

Sue's Health Nuggets by Sue Shobe

Sue Shobe is a Faith-Community Nurse that currently serves the Hampden Heights church. She will also be doing a monthly Health Nugget column for our newsletter. She can be reached at the address, email, or phone number listed at the end of this article.

walking and jogging promote bone health.

- 8. Swimming is also good for bone health.
- 9. Smoking and drinking have a negative effect on bone health.
- 10. Our bones do not change with age.

sufficient Vitamin D levels

- 6. True – Vitamin D is essential for good bone health
- 7. True – Weight bearing exercises strengthen the bones
- 8. False – Swimming is not a weight bearing exercise and doesn't promote bone health
- 9. True – Smoking and drinking can cause bone loss
- 10. False – Our bones become thinner with age

Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.

<http://dsc.discovery.com/tv-shows/curiosity/topics/10-reasons-why-laughing-good-for-you>

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True or False

- 1. Greens are a good source of calcium.
- 2. Beans are a poor source of calcium.
- 3. Recommended daily intake of calcium should be 500 mg..
- 4. Fifteen minutes of sun exposure per day will provide you with adequate Vitamin D.
- 5. Vitamin D is beneficial in preventing diabetes.
- 6. Vitamin D promotes good bone health.
- 7. Weight bearing exercises such as

Answers

- 1. True - Greens, especially spinach are a good source of calcium
- 2. False – Beans are a good source of calcium, with 63 mg per ½ cup
- 3. False - Recommended daily intake of calcium is 1000-1200 mg
- 4. True – But you need to expose more than just your arms and face
- 5. True – Vitamin D has been shown to decrease the risk of diabetes in those with

Fun Facts

People who regularly eat dinner or breakfast in restaurants double their risk of becoming obese

<http://discovermagazine.com/2009/jan/05-20-things-you-didn't-know-about-fat>

Notable Quotes selected by Bob Kondracki

Science without religion is lame, religion without science is blind.
~Albert Einstein~

Nothing is impossible, the word itself says 'I'm possible'!
~Audrey Hepburn~

You are free to make your own choices, but you are not free of the choices you make.
~Unknown~

I go to assume a task more difficult than that which devolved upon Washington. Unless the great God, who assisted him, shall be with me and aid me, I must fail; but if the same omniscient mind and almighty arm that directed and protected him shall guide and support me, I shall not fail - I shall succeed.
~Abraham Lincoln~

To be a Christian without prayer is no more possible than to be alive without breathing.
~Martin Luther~

A gem cannot be polished without friction, nor a man perfected without trials.
~Lucius Annaeus Seneca~

How many legs does a dog have if you call his tail a leg? Four. Saying that a tail is a leg doesn't make it a leg.
~Abraham Lincoln~

Superstition is the religion of feeble minds.
~Edmund Burke~

A fine quotation is a diamond in the hand of a man of wit and a pebble in the hand of a fool.
~Joseph Roux~

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.
~Henry Ward Beecher~

All or Nothing

by Barbara Snyder

I was raised in a time when the prevalent view was that truth was an "all or nothing" concept. One was either right or wrong, in or out, at the head or lost behind. However, it seems that, after decades of living in this world, issues are not at such polar ends; there are, in most situations, a lot of middle possibilities. In fact, insisting on the "all or nothing" approach sometimes contributes to an erroneous view of our God's character. For instance, "Do not think that I've come to bring peace but a sword." is written in another translation as "Don't think I've come to make life cozy." While it is true that swords do come in the life of some believers because they are believers, it is also true that a wide range of discomfort applies. Swords imply grave injury or death. "Don't think I've come to make life cozy." is much more palatable and tolerable; enough for growth but not for death. Cozy is not "all or nothing."

If we always take or interpret the above example using the meaning of the word "sword" exclusively, we can only concur that love for our Creator has to be polarizing, that love for God always arouses animosity in others and love for God normalizes the negative. I would like to instead view the interpretation as just one point on a continuum.

These points or viewpoints become invitations to pray and ponder. For example, consider them as opportunities to notice the turmoil, angst, and resentment that comes from other family members when another member is truly converted. The

uncomfortable and painful experiences that follow are truly a natural consequence of change. Change is upsetting to the status quo. Upsetting the status quo brings hurt and perceived threats to the "non-changing members." After all, the Christian is "not the husband/wife I married." The child is "not the child I raised." The values are different. They may ask, "What did I do wrong?"

But change is normal. Reactions to change are often predictably normal. The invitation to the Christian is to be compassionate to those who are experiencing the change. In reality, these individuals may not have the conscious solace of God to support them. Be tolerant of the ones experiencing the change as they are your mission field. Be compassionate also to newly baptized church members. They have much change to face and endure.

In the case of our loved family, sure, they may be resisting the truth. But it is perhaps just as true that the time for them is not ripe. There are blockages in their hearts and minds that have to be put aside. There are knots that have to be untangled; prior knowledge and concepts have to be unlearned. Change is tough.

Since there is no truth without Jesus as the center of His own message, by insisting on an "all or nothing" we subtract love from truth, peace from truth, joy from truth, Jesus from truth. It should not be attempted. Who would want to follow a stern, unyielding, vindictive God without

compassion? Can we focus instead on the message that Jesus sent to John the Baptist? "The blind see, the lame walk, lepers are cleansed, the deaf hear. The dead are raised and the wretched of the earth learn that God is on their side." Matt. 11:4-5.

We are encouraged to reflect Jesus within our choices rather than solely adhering to the customs and traditions of our church. Even Jesus gave many traditions and customs the shove when they interfered with love. Let us not strain at gnats and swallow camels. If God, Himself, never quenches a smoking flax, then we should not think another person as unsaved because they haven't embraced the truth publicly yet. (Again, let us remember that it is best if we define truth as "truth as it is in Jesus.") Who knows how the Spirit is working underneath the breast of your non-Christian mate, or child, parent, or friend? If we insist on an "all or nothing" we may find that we, and not they, are the ones in greater dire spiritual straits. Again, we may find that we have mixed the truth as it is in Jesus with truth as it is in ego, our own opinion, a worldly timeframe, or custom/tradition.

Madelaine, L'Engle, in her book Walking on Water: Reflections on Faith and Art, writes, "We must be careful never to get set into rigid molds. The minute we begin to think we know all the answers, we forget the questions, and we become smug like the Pharisee who

listed all his considerable virtues, and thanked God that he was not like the other men... To be a witness does not consist in engaging in propaganda, nor even in stirring people up, but in being a living mystery. It means to live in such a way that one's own life would not make sense if God did not exist." I myself need to chew on that for a long time.

Truthfully, to look upon another child of God and to make a judgement is presumptuous. Do not be suspicious of the grace that God bestows on another, even if we or the other do not recognize a specific grace. Do not be afraid of how lavish grace really is. It is lavish for all of humanity. Christ assured that on the cross. From the moment we begin to judge anyone, to limit our confidence in him, from the moment at which we pigeon-hole him, we cease to love him, and he ceases to be able to become better. We must dare to love in a world that does not know how to love. (Please do not become confused at the difference between confidence and trust, or love and permissiveness.)

We, though, will have to accept the fact that we are often unwise; "that I am not always loving, that I make mistakes; that I am, in fact, human. And as Christians we are not meant to be less human than other people, but more human, just as Jesus of Nazareth was more human." (L'Engle)

(continued on page 6)

The Funny Bone selected by Bob Kondracki

One for You, One for Me

On the outskirts of town, there was a big old pecan tree by the cemetery fence. One day two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me. One for you, one for me," said one boy. Several were dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me. One for you, one for me." He just knew what it was. "Oh my," he shuddered, "it's Satan and St. Peter dividing

the souls at the cemetery." He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along. "Come here quick," said the boy, "you won't believe what I heard. Satan and St. Peter are down at the cemetery dividing up the souls." The man said, "Beat it, kid, can't you see it's hard for me to walk." When the boy insisted, though, the man hobbled to the cemetery.

Standing by the fence they heard, "One for you, one for me. One for you, one for me..." The old man whispered, "Boy, you've been tellin' the truth. Let's see if we can see the devil himself." Shaking with fear, they peered through the fence, yet were still unable to see

anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of Satan. At last they heard, "One for you, one for me. And one last one for you. That's all. Now let's go get those nuts by the fence, and we'll be done."

A Very Faithful Woman

An elderly lady was well-known for her faith and for her boldness in talking about it. She would stand on her front porch and shout "PRAISE THE LORD!"

Next door to her lived an atheist who would get so angry at her proclamations he would shout, "There ain't no Lord!!"

Hard times set in on the elderly lady, and she prayed for GOD to send her some assistance. She stood on her porch and shouted "PRAISE THE LORD. GOD I NEED FOOD!! I AM HAVING A HARD TIME. PLEASE LORD, SEND ME SOME GROCERIES!!"

The next morning the lady went out on her porch and noted a large bag of groceries and shouted, "PRAISE THE LORD."

The neighbor jumped from behind a bush and said, "Aha! I told you there was no Lord. I bought those groceries, God didn't."

The lady started jumping up and down and clapping her hands and said, "PRAISE THE LORD. He not only sent me groceries, but He made the devil pay for them. Praise the Lord!"

Surprising Facts about Christianity submitted by Bob Kondracki

Christianity is the world's largest religion, with over 2.4 billion adherents, about a third of the world's population.

The Catholic Church considers the Theory of Evolution to be "virtually certain", and believes that intelligent design "isn't science even though it pretends to be."

In 2001, the World Christian Encyclopedia counted 33,830 different Christian denominations.

In 2010, the Catholic Church had an income of US \$97 billion.

Christianity is severely persecuted in at least 27 countries.

38% of Christianity is projected to live in sub-Saharan Africa by 2050.

Judas sold Jesus for the equivalent of 4 months' pay of a working man.

There's an empty place next to Muhammad's Tomb, Islam's main Prophet, reserved for Jesus.

Going to church is good for you: Services lowers your blood pressure, a study found.

Jesus is mentioned more times in the Quran than Muhammad.

According to the Vatican, you can reduce the time you spend in purgatory by following the pope on Twitter.

At least 20 million people died during the Taiping Rebellion in China, led by a man who claimed to be the brother of Jesus, and who attempted to impose a theocracy based on his interpretation of Christianity.

The keys to the holiest site in Christianity, the Church of the Holy Sepulchre, are held by a Muslim family that opens the church every morning. This arrangement has been in place since 1187 CE.

Christmas ham, originally a pagan tradition, was endorsed by the Catholic Church as a test of truthful conversion from Judaism.

16,000 African Muslims convert to Christianity every day.

Christian Atheists believe in the teachings of Christ but not that they were divinely inspired. They see Jesus as a humanitarian and philosopher rather than the "son of God."

Buzz Aldrin received communion on the moon.

Early Christians were called "atheists" by Romans as they didn't pay tribute to pagan gods.

7% to 10% of Arabs are Christians.

Most Medieval Europeans were illiterate and needed visual reminders of hell to get them into church, so gargoyles were invented.

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We're on the Web!
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www.HampdenHeightsChurch
.org

The Children's Page by Ashley Richards

Oh, no! Someone has written a story, but so many of the letters got erased! Can you figure out what the words are? (If you get stuck, the story that this telling is based upon is found toward the end of Luke 24!)

On_e u_on a ti_e, t_o tho_sa_d ye_rs _go, t_ere li_ed a_ a_azing Ma_ nam_d Jes_s. He wa_per_ect, b_t_e d_ed _n t_e c_oss _o _et u_ all f_ee f_om t_e p_wer of _in an_d_e_th. A_ter b_ing _n t_e _omb fo_ thr_e _ays, H_w_s resu_rected to li_e! H_sho_ed H_s fr_ends (wh_we_e cal_ed _he d_sciples), an_lat_r tha_da_, He s_rprised t_o oth_r p_ople wh_lov_d H_m ve_y m_ch! Th_y d_d no__now tha_ He ha_ri_en fro_ th_d_ad, a_d th_y _ere ret_rning _o th_ir ho_e i_Em_aus aft_r t_e P_ssover. Th__wo frie_ds talk_d _o eac_ot_er abo_t_e _erything tha_ha_hap_ened—Je_us' cruci_xion, t_e ve_l tha__as to_n, th_h_p_e t_at w_s sto_en fro_t_em bec_use J_sus w_s n__ore. Wh_le t_ey _ere ta_king, Jesu_wal_ed _p ne_t t_t_em a_d ask_d t_em w_at the_w_re talk_ng ab_ut. The_w_re sa_, _ut th_y coul_n_t beli_ve th_t J_sus h_d no_h_ard wh_t h_d hap_ened! "_re_y_u_nly a v_sitor tha_d_es no_kno_w_at ha_pened i_Jerusa_em?" o_e o_t_e men, Cleo_as, aske_.

_o Jes_s as_ed the_, "W_at thin_s?"

An_t_ey to_d Hi_a_l ab_ut _esus, a m_ghty prop_et who_th_c_ief prie_ts an_rul_rs h_nded o_er to b_cruci_ied b_the Ro_ans, an_h_w th_y ha_ho_ed t_at Je_us mi_ht b_t_eir Re_eemer. The_exp_ained ho_s_me w_men re_oiced ov_r_s_eing J_sus' tom_empt_y, a_d ho_th_y ha_see_Hi_al_ve, an_h_w som_f th_di_ciples h_d see__he empt_y to_b, bu_t_ey _ad n_t ye__een Jesu_.

Th_n _esus e_claimed, "O fo_lish _nes! Wa__t n_t ne_essary t_at Je_us suf_er _hese th_ngs _o en_er in_o H_s glo_y?" Fro_Mo_es onw_r_d, J_sus expla_ned t_e scr_ptures t_Cle_pas a_d _is f_iend.

Th_n t_ey be_ame c_ose t_t_e vil_age w_ere C_eopas _nd hi_fri_nd w_re goi_g, a_d J_sus act_d _s_f He w_uld tra_el fart_er, bu_Cl_opas and _is frie_d u_ged Je_us to st_y wit_th_m. Fin_lly, He ag_eed. Whe_H_s_t at th_ir tab_e w_th t_em, H_too_t_e b_ead a_d _lessed it an_bro_e it, an_g_ve it t_the_, a_d in_tantly, t_eir e_es wer_op_ned a_d t_ey rec_gnized t_at t_e ma_the__ad b_en walki_g _ith al_alo_g _as _esus H_mself! A_d t_en _e vanis_ed fr_m th_ir si_ht. "Di_n_t our hear_s b_rn w_thin u__hile _e ta_ked _o u_o_t_e _oad, w_ile H_open_d t_us th_s_riptures?" th_y as_ed ea_h_ther. Th_t ve_y in_tant t_ey jum_ed u_an_ret_rned t_J_rusalem, _o th_e_even dis_iples, an_ex_ained ev_ryth_ng th_t happ_ened!

All or Nothing (continued from page 4)

Indeed, my experience with this entire thought progression is always in flux. I started out in an "all or nothing" and I believe at the minimum my children had suffered because of it. I may well have turned many relatives against anything very good I had to give. I wish that I would have learned more and faster. I have learned some of the ins and outs of this article by these personal experiences, and some by resonating with

writings from several spiritual authors, including those of Ellen White. Now I believe that spiritual growth is a summation of the grace-filled moments of our entire lives, (including mistakes) and those moments involving the physical, emotional, mental, experiential, and spiritual transitions and events all melted together by the Holy Spirit following a holy timetable. Therein is hope for us all. There is no "all or nothing" until the very last

day of the final judgment when all the world knows all the truth. The "nothing" is simply the knowledge of the fact that nothing was left undone by God to save all mankind.

My prayer is that I grow as you will grow in knowing the continuum of His great care and compassion through all time.