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Hampden Heights Sentinel

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For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. ~Isaiah 9:6 KJV~

RJA News Corner by Lee Stahl, Principal



RJA Students Tour Harley Davidson Factory

On October 30 students in grades 7-10 took a field trip to the Harley Davidson Factory in York, PA. Harley Davidson began in 1903 out of a small shed by William S. Harley and brothers Arthur and Walter Davidson in Milwaukee, Wisconsin. The tour was very interesting since students got to walk through the plant while the motorcycles are being assembled. We saw the use of robots to weld most of the joints and robotic carts carried each motorcycle through the complete manufacturing process. From start to finish it only takes a couple hours to completely assemble a motorcycle. It was interesting to find out that every motorcycle assembled is preordered. They do not mass produce and inventory their motorcycles.



7th & 8th Grade Students Enjoy Agape Meal

The morning before Thanksgiving Break is a special day in Mrs. Stahl’s homeroom. For the past several years she has been “surprising” her students with setting up her classroom with desks in the shape of a cross and candles throughout the room. The students enjoy fruits, vegetables, bread, and juice. The time ended with Mr. Stahl sharing a devotion about Christ’s sacrifice and how his love for us is the most powerful force in the universe. We know this to be true since 1 John 4:8 says, “God is love.” Therefore, love is equated with God. We have the ability to tap into this power each day by asking to be filled by the Holy Spirit!

Caught in the Net: Recognizing Internet Addiction in Youth

“The use of technology has exploded over the past few decades as access to high-speed Internet has become more widely available.

The educational and social benefits are many: wider access to educational knowledge, increased work efficiency, and ability to stay connected to social networks.

However, a growing number of experts, including Kimberley Young, founder of the Center for Internet Addiction; and David Greenfield, founder of The Center for Technology and Internet Addiction, have voiced concern that some computer users are becoming dependent on the Internet to the point that their behaviors resemble that of full-blown addiction.

Internet addiction refers to a pathological use of computers or technology that is characterized by intrusive urges to engage in online behaviors to an extent that contributes to significant impairments in daily life (e.g., relationships, school, physical health). Internet addiction can take many forms, such as excessive gaming, problematic online gambling, preoccupation with online sexual content, compulsive use of social media or chat rooms, and excessive and compulsive e-mailing or texting. (continued on page 6)

Grace's Outpost by Ashley Richards

"And the Word became flesh and dwelt among us, and we have seen His glory, glory as of the only Son from the Father, full of grace and truth." – John 1:14, ESV

Merry Christmas! Lately I've been thinking lots about the different groups of people involved in the story of Jesus' birth—Mary, Joseph, King Herod, the angels, the shepherds, the wisemen, the animals in the stable, the innkeeper. What must their experience have been? How different would OUR lives be if we encountered baby Jesus on the night of His birth?

King Herod.

Raging, hateful, terrifying King Herod. He had so much hate and murder in his heart that he missed the One he needed more than anything. Jesus came to save him, and he tried to put Jesus to death. Or maybe he was far too gone for the influence of the Holy Spirit to reveal to him what Jesus could've been to him. Either way, he pursued Jesus—but out of hatred and envy. May I never pursue Jesus out of anything but desperate, head-over-heels love!

Mary.

Sweet Mary. Just old enough to realize what being Jesus' mama would cost her, but with enough crazy faith to let God use her anyway. What wonder she must've felt, watching her stomach grow, feeling Jesus kick! What was it like to have the Creator of the Universe growing inside your belly?! What must it have been like to be the mama to God, to teach Him to tie His sandals and return a tithe, to pet a lamb and to hold His baby brother? May I always have such awe as Mary, both at the way God uses me for His glory, and seeing the way He works in my own life!

The Angels.

What must it have been like to be an angel on the night of Jesus' birth? How could they contain themselves?! Did they fully understand it? The plan of salvation, Jesus' determination to follow through on the plan, why Jesus came as a baby born in a lowly stable because no one would even give His parents a hotel room? And then... He was there! I can imagine that the angels were full of so much giddy excitement that they could barely contain themselves.

"He is born! He is born!" I'm sure they would have sung to millions if they would but listen. Oh, that I would be that giddy, that proud, that joyful over what Jesus came to do for me! Oh, that it would never grow old, that I would never become immune to the amazing news of Jesus' love.

The Innkeeper.

Do you think the innkeeper ever realized who Jesus was? Sometimes I wonder. Was his wife there to help Mary through the delivery? Did Joseph brag to him about his newborn Son who would one day save the world? If he ever did realize that Jesus was the King of the Universe, I can only imagine what kind of idiot he felt like for shoving Mary and Joseph in the stables. He had the power to give Him a warm hotel room and instead he gave Him a stable. Only a step above being born on a deserted road in the wilderness. May I never miss Jesus' presence, the way He works around me, the opportunities He gives me to work with Him for His glory!

The Shepherds.

Can you imagine what was going through the shepherds' heads as they made their way

from their fields to the stable? I like to imagine that they forgot their sheep with reckless abandon, so excited were they to see the Messiah. Do you think they wondered *why us*, out of all the thousands in Bethlehem that night, did God choose to reveal His birth to some lowly, stinky shepherds?! How thankful were they? How humbled? How amazed? May I always be in awe of the way Jesus uses me for His glory!

Merry Christmas, and have a blessed new year!

Author's Note: It has come to my attention that my last article in this section was met with some controversy. I am sorry to have caused such an uproar—that was never my intention. I don't know when the Sunday law will come, and I certainly don't believe that Jesus will come at that law's inception, as some have taken away from my article. Rather, my goal was to prepare for Jesus' soon coming! I want to go with Him when He returns to take us home—and I hope you are all there, too! It makes my heart sad to see so much division in God's people, and I hope that, despite our differences, we can love each other like Jesus loved us.

Christmas Scripture to Ponder selected by Bob Kondracki

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

Now to the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. Amen.
~1 Timothy 1:15-17~

Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel.
~Isaiah 7:14~

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
~James 1:17~

But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people."
~Luke 2:10~

The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him.
~John 1:9-10~

Thanks be to God for His indescribable gift!
~2 Corinthians 9:15~

The Unforced Rhythms of Grace

by Barbara Snyder

When married people wake up in the morning, their interests lie in one another; What are they or each other going to do today?, What are the goals, wishes, and aspirations for today, this week, next month?, How was their time of rest and do they need more?, etc. When individuals are in sync with each other their worlds merge and their lives change into unity; love thrives. Their commitment to each other deepens and their joy, contentment, and productivity increases. They "see" each other. They "know" each other's needs. They "feel" the warmth of each other's company. This is what Jesus meant when He called His true followers the "bride" of His church. As a husband takes a bride to have and to hold from this day forward, Christ takes us as His bride as if His love was meant for each of us from the beginning of time, which it surely was, and is. Nothing changes in God's love except our realization of that love through Grace.

How is it then that we have lost sight of that excitement, contentment, and security that we were meant to have? Since God's infinite love does not change, His patience does not cease, His attention never wavers, we have a surety that is everlasting. His relationship with us is a heaven guaranteed contract. He is never in default. Any weakness in this spiritual relationship is not His but

ours. Surely, though He casts no blame, we are Laodicea. Lukewarm doesn't cut it in a real relationship. Spoken of in human terms, in a lukewarm relationship two people may live in the same house, have similar goals, and have a history. But they find little contentment in each other, little or no need to communicate. They bump into each other in the hallways as they prepare to go in opposite directions for opposite reasons. Sometimes they feel satisfied and sometimes they feel happy (if they are lucky) but the joy, which is a deep emotion, is not there.

Jesus steps forward and says, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me--watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" (Matt 11: 28 - 30 **The Message**). Jesus wants your company in an intimate way. He knows you inside and out and wishes to make Himself known to you in the same depth, a depth that never ends. Like a marriage, life is good when intimacy is your intent and heart wish, walking together hand in hand, unforced and in sync.

In Revelation 3, Jesus says to Laodicea "Here's what I want you to do. Buy your gold from me, gold that has been tried by the fire. Then you'll be rich. Buy your clothes from me, clothes designed in Heaven. You've gone around half-naked long enough. And buy medicine for your eyes from me so you can see, really see."

How can men, women, and children be blind, poor and naked when Jesus is their partner? Men, women and children who are unaware that Jesus is their partner, who have not discovered the rewards of buying the gold, seeing through His eyes, wearing His clothes are like the little fish in a big ocean. Once a little fish, when away from his mama, heard older fish talk about how fish need water to live. They cannot live without water. The little fish became afraid and hurried back to mama swimming wildly in circles and saying "Mama, we need water. We got to find water or we will die!" The little fish could not know or see, or feel that he was surrounded by water. Surrounded by the source of life for him. Are we not little fish, surrounded by Grace and not know it?

This is Grace: When Christ made His promises clear in His word, and in His life, He also promised that the onus is on Him. He is the one who does the work. Our work, so to speak, is to show up daily, to listen in order to find out what is in store for our day together, to discuss my plans

with Him and vice versa. I like the section in the Message "I won't lay anything heavy or ill-fitting on you." I used to think that God tested us in hard situations with challenges that would leave me weak, bereft, or fallen. I know now that this is a dark interpretation of spiritual warfare. No need to attach God to these grief-filled issues. They are instead reality being worked out in our lives. That issue of the devil's reality and the reality of Grace was decided in the Garden when Adam fell. It will be our reality until Jesus comes and changes all in a blink of an eye. Our job is to face reality **AFTER** we have come face to face with Jesus in His Word daily. This working out of grace in our lives is painful during hard times. But in the end, we can see. Maybe it is only a light at the end of a tunnel but it is there. We are left wounded but not dead; we are left richer but in different ways; we are left perhaps having fallen, but not forsaken. We are still living under this umbrella of Grace. Like the little fish we develop the ability to recognize the grace and to accept joy.

In my life I have been very close to God. I have recognized some of the graces about Him that no one ever taught me. **First**, God is a gentleman. **Second**, God wants honesty from us. He is honest with us too and does not always soften reality or truth as much as we would like. (continued on page 4)

The Unforced Rhythms of Grace (continued from page 3)

Third, God is OK with our anger, our irritations, our displeasure in Him. He never says as we do to a child: "Say you are sorry." He only wants the truth as we see it at that moment. I have had several heated discussions with my Lord. Once I did all things according to the rules, had a relationship with Him daily, but things did not work out after I was tempted and left His side. Then I blamed Him for the debacle that followed. I even followed my anger against Him for a very,

very long time. **Fourth**, I always, always, need to be reminded by Him through other Christians, that I am swimming in that ocean of Grace...It is life to me, no drowning allowed. Never move from that ocean. If you do, He'll throw you back in. **Fifth**, When life hits you like a nuclear blast, God knows your heart, front and back, the flip side, and He holds you even though you cannot talk to Him. You cannot express the depth of your hurt, anger and pain, but He is so much more kind than

the kindest person you know. He never lets go. When someone is drowning, that someone fights with the person who is trying to save them. God is a lifeguard and stronger than my fight to reject Him.

I know there are individuals who would disagree with me. But in the process of living my reality, I have got to think of myself as a child who has a loving Father who never quits. I give Him my life to take. That is all and that is enough.

As I have begun this article, I would also end it. Intimacy is portrayed in scripture using marriage as an equal analogy. To discover more of the intimate moments with Jesus, always show up, and always sit after reading scripture to feel the intimacy for you in your own real life. Always keep conversation as a bridge from Him to you. If you find that difficult, once in a while go to the Song of Solomon. Spiritual life is like a dance in marriage. There is a give and take, discussion, resolution, fulfillment, and growth. Believe it and go for it. Amen.

Meet a Member by Ashley Richards

This month's Meet a Member selection has been a member of our church for just about a year now, but he has been attending with his family for many years before that! We are highlighting Cordell McLean in particular this month as his birthday is only a couple days from when this article is to be published (so if you see Cordell, wish him a happy birthday!).

Cordell grew up attending church—about ten years ago, he and his family had tried attending a couple different Sunday-keeping churches, at the recommendation of acquaintances, and then they decided to try out Hampden Heights, because the Hinkles (Jake and Joel are Cordell's cousins) attend here. "So far, so good!" he jokes. He was baptized with his sister, Emily, approximately a year ago when Carlton Knott held an evangelistic series at our church. He had been nervous about certain aspects of being baptized, but he's really glad he did it. "It was the right time," he says.

His favorite Bible verse is John 3:16. "I know that He died for us—powerful love!—so that I can live in heaven," he explains. "I know He can take care of us. He made us from the dust of the earth."

So far, Cordell has helped out with taking up the offering, and enjoys doing it. He admits that he's just started taking piano lessons, and would love to help out with special music and singing up front for the worship service one day!

Cordell is in tenth grade (he is home schooled), and he enjoys reading books (particularly about animals), watching old movies, listening to music (mainly classical and Christian music), and hanging out with friends. He's just started taking piano lessons, and really enjoys it! He loves the composers Tchaikovsky and Strauss. He says, when he grows up, that he'd love to rescue wildlife and run a rehabilitation center for them—he admits his dream is

to "go to Africa or Brazil—that would be my wish!"

Five things about Cordell you may not know:

1. He had the opportunity to pet a North American porcupine—a dream come true! ("Thank God I did!" he exclaimed.)
2. He traveled to Tennessee last summer with his family and had the opportunity to go to Bright's Zoo, which houses a lot of endangered animals. He was able to pet a capybara—the largest rodent on earth!—there! (He's also had the opportunity to pet other wild animals, too, including a lynx and a chinchilla!)

3. He enjoys going to Hawk Mountain with his grandfather—he's seen many things there, but his favorite memory was when he saw a bald eagle so close he could see it from head to toe in detail!
4. He got to meet the pastor of *It Is Written*—John Bradshaw!
5. Some of his favorite animal facts include that there are over 30,000 quills on each North American porcupine, and over 30,000 feathers on each Eurasian eagle owl.

Calendar of Events submitted by Wendy Hughes

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1 st of the month Bible study & meal RJA Christmas Program
2 Secret Sister Revealing	3	4 Pathfinders	5 Son Shine Seniors Christmas Party Come & See "Gospel Seminar"	6 Come & See "Gospel Seminar"	7 Come & See "Gospel Seminar"	8
9	10	11	12	13	14	15 Potluck
16	17 Board Meeting	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

Notable Quotes selected by Bob Kondracki

If you haven't got any charity in your heart, you have the worst kind of heart trouble.
~Bob Hope~

For it is in giving that we receive.
~Francis of Assisi~

He puzzled and puzzled till his puzzler was sore. Then the Grinch thought of something he hadn't before. Maybe Christmas, he thought...doesn't come from a store. Maybe Christmas, perhaps...means a little bit more!
~Dr. Suess~

Giving is a really big thing around Christmas, as well it should be. Christmas is about giving, and it all stems from the greatest gift the world has ever received - the gift of Jesus Christ.
~Monica Johnson~

There are more people who wish to be loved than there are who are willing to love.
~Nicolas Chamfort~

Your talent is God's gift to you. What you do with it is your gift back to God
~Leo Buscaglia~

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The Children's Page by Ashley Richards

Merry Christmas! Isn't Christmas a wonderful time of year? There's all the joy and happiness, all the pretty lights and Christmas trees, all the presents (are you excited yet?!), but most wonderful of all is the fact that Jesus came as an itty, bitty baby to save us! Because of Jesus, we have peace. Isn't peace a wonderful thing to have? In this puzzle below, you can find the word "peace" translated into 20 different languages from all over the world—can you find them all?

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

- | | | | |
|-----------------|-----------------------|-------------------------|---------------------|
| amani (Swahili) | fred (Danish) | mir (Bosnian) | pokoj (Polish) |
| bakea (Basque) | heiwa (Japanese) | mtendere (Chichewa) | rahu (Estonian) |
| baris (Turkish) | kayapayaan (Filipino) | nabadda (Somali) | sith (Scots Gaelic) |
| eirini (Greek) | khotso (Sesotho) | pax (Latin) | udo (Igbo) |
| filemu (Samoan) | maluhia (Hawaiian) | perdamaian (Indonesian) | uxolo (Xhosa) |

RJA News Corner

(continued from page 1)

Emerging research shows that brain activation patterns found in individuals who are addicted to the Internet are similar to those found in individuals with chemical addictions."

To check out the whole article online go to:

<https://jae.adventist.org/en/2016.4.7>

**DID YOU
KNOW?!**

Did you know that lots of people think that the names of the Magi (who we assume are three, but we don't actually know how many they were!) were Gaspar, Melchior, and Balthazar, but we don't actually know their names.



**Reading Junior Academy:
Educating Today and for
Eternity!**