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# Hampden Heights Sentinel

## HIGHLIGHTS:

- RJA continues a skiing tradition. Page 1
- A broken heart isn't enough to keep God from loving us. Page 2
- Can vegetables taste like tuna? Page 2
- Finances a serious concern for our church Page 3
- Digestive health affects more than you may realize. Page 3
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*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.*

*~ Proverbs 3:5-6 NIV ~*

## RJA News Corner

by Lee Stahl, Principal



### RJA Ski Trip to Jack Frost

About 36 students and 9 adults from Reading Junior Academy enjoyed a ski day at Jack Frost Ski Resort on February 7. This annual trip for students in grades 3-10 is one of the highlights of the winter months of school. Students have the opportunity to get ski lessons, lunch, equipment, and lift ticket for as low as \$21. This year we were able to join up again with students from Harrisburg Adventist School. Although rain was forecasted early in the week, the sun was shining for most of the day.



### Why doesn't JoJo get wet?

During the week of February 11-15, RJA held its Spiritual Focus Week. This year our new conference superintendent, Jeremy Garlock, spoke. Continuing with our theme this year, *All In for Him*, Mr. G shared several of his life experiences as a child and as an adult that led him to become "all in" for Jesus. Mr. G also used several experiments throughout the week to illustrate different points. (And JoJo didn't get wet because the water had turned to gel quickly!)

### RJA Choir Visit Bethlehem French Church

On Saturday, February 16, the student choir at RJA led by Cindy Eisenhardt participated in an Education Sabbath at the Bethlehem French SDA Church located at 1248 Cotton Street in Reading, PA. Pastor Pete Maldonado presented the message. Reading Junior Academy very much appreciated the warm hospitality of Pastor John Maisonneuve and his fellow church members.



### DEM BONES, DEM BONES, DEM DRY BONES? Submitted by Cindy Eisenhardt

(continued on page 6)

**Grace's Outpost** by Ashley Richards

"The Lord your God is in your midst, a Mighty One who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing." – Zephaniah 3:17, ESV

Recently I've decided to take on a new experiment in my personal quiet time. I've begun journaling, starting with the beginning of Genesis, focusing on one simple thought: how can I see the heart of God in this chapter? My heart has been refreshed through this exercise, as Jesus draws my heart ever nearer to His, and I feel impressed to share part of one of the past few days with you. This bit comes from reflections on Genesis 3:8-24, after Eve and Adam had sinned, and they are hiding in the garden when Jesus comes to see them.

My heart is breaking with Jesus as I read through to the conclusion of this chapter. After all the love God poured into creating us, how terribly did His heart break as He watched Adam and Eve sin?

Why did He come?

I keep asking myself that, as I read. His heart was shattering in a million pieces. *Why* did He come?

Was it, perhaps (and I'm incredulous at this myself!), *love*? I don't even know how, or what that looks like, but could Jesus come down, His heart in a million pieces, out of love?

Somehow, that makes me love Him a thousand times more! Yes, in Jesus' holiness, sin couldn't be forgotten and there had to be a sacrifice. But that conversation could've been relayed through Gabriel, or come from a booming voice from heaven.

Jesus didn't have to stoop down, face this reminder of our separation, relay a curse mandated by our sin. He could've stayed in heaven and nursed His broken heart. But God's ways are not our ways, and I don't even know that God *feels* like we feel. I don't know what God was feeling that day that Eve and Adam allowed sin to decay and destroy our race, but I'm sure His heart broke, seeing

come to fruition the one thing He never wanted to see.

But He came.

Jesus, in His great love, sought us out in our sin, with His broken heart, and pronounced a curse. Not because He is a strict Taskmaster.

But because He loves us.

He came to be with us, in our greatest need, when we were too ashamed to want Him.

And so, if Jesus came for us then, if Jesus brought His love right into the worst possible point in history, so vast and so wonderful it was impossible to escape, where else will Jesus bring His love to us? Will He come to us in our most joyous, perfect moments? Of course He will! He wants nothing more than to celebrate with us. Will He come to us in our most terrified moments, frozen by fear with only the worst scenarios to keep us company? Of course He will! He wants nothing more than to be our Problem-Fixer.

Will He come to us when we are angry, when we are lost, when we are overwhelmed, when we are mourning, when our world is falling apart, when we have nothing left but to call out to Jesus, "Abba, Father!?" Of course He will! Jesus loves us with reckless abandon, with a love so wild and freeing that it transforms the world, and He longs to come to us in our need, fill us with His love and to provide the answers to our every problem.

If He stepped down from heaven to meet our Grandfather Adam and Grandmother Eve when they severed our tie to God and reigned down a curse on us all, if He stepped down from heaven to hang on that cross, what makes you think He won't step down into your heart, bind up your wounds, and meet your greatest—and littlest!—need? Jesus loves you, dear one! Accept it. *Drown* in it.

It is the most wonderful mystery in the world!

**Recipe of the Month** by Arleen Johns

**Tuna Sandwiches**

This really does taste like tuna (what I remember from my childhood) when you use the kelp powder. Give it a try and let me know what you think. This is from Bev Cook, of one of the 3ABN cooking shows.

- 2 c. parsnips, finely shredded
- 1 stalk celery, finely diced
- 1/4 small red or white onion, finely diced
- zest of 1 lemon
- juice of 1/2 lemon
- 1/4 c. homemade mayonnaise or Veganaise
- 1/2 c. relish, made with lemon juice
- 1 tsp. nutritional yeast flakes
- 1/2 tsp. kelp powder
- 1/4 tsp. fine sea salt
- 6 - 8 slices whole wheat bread

Place parsnips, celery and onion in food processor and process until fine. In a medium mixing bowl, combine parsnip mixture, lemon zest, lemon juice, mayonnaise, relish, yeast flakes, kelp and sea salt. Mix well. Serve in sandwiches, adding more mayonnaise and some lettuce if desired.

## A Note from Your Church Treasurers

from Catherine Brenner and Dwight Edris

There are some exciting events planned by the Hampden Heights Church for 2019! They include: Faith 4 Family participation, the Pathfinder Camporee at Oshkosh, hiring a Bible Worker to support our community outreach, evangelistic meetings, etc. All of these activities require not only a commitment of time by our members – but also a commitment of finances. We are grateful to our members that have contributed to these programs and for their continued support in both time and finances.

However, there’s another area where financial support is needed – and, frankly, we are falling dangerously short in that area. As in all families and organizations, we have certain recurring expenses that must be covered each month. Those expenses include, but are not limited to, utility costs, insurance, church office expense, lawn care, snow plowing, trash removal, minor repairs, and our RJA subsidy. The ONLY funds that we can use for these expenses are those that are contributed to “Church Budget” (or some envelopes list “Local Church

Ministries”). These expenses AVERAGE about \$10,000 per month. Two years ago we had about \$60,000 on hand to cover these expenses – enough to cover about six months even without any new donations. Currently, we have about \$18,000 on hand – not enough to cover even two months. That puts us dangerously close to not being able to pay some bills in those months when the expenses exceed the average.

In addition, we will be facing some building repairs in the near future (our church building is now 45 years old!).

Our appeal to each member of the Hampden Heights family is to be faithful in returning tithe and generous in supporting our local church through systematic giving to our church budget. May God bless you as you prayerfully consider how you can support the financial needs of the Hampden Heights SDA Church.

## Sue’s Health Nuggets

by Sue Shobe, Faith Community Nurse

### Digestive Health

#### True or False

1. Your GI tract is only about 25 foot long.
2. The main purpose of the GI tract is to break down food into smaller molecules of nutrients.
3. The nutrients are absorbed by the blood and fuel the body cells with energy.
4. 50 million Americans are affected by digestive disease.
5. Your gut health is only affected by the food you eat.
6. A routine schedule aids in digestive health.
7. There is no relationship between stress and irritable bowel syndrome.
8. Fiber is important in digestive health.
9. There are bacteria and microbes in the gut that help it to remain healthy.
10. The microbes have been

linked to obesity, type 2 diabetes, irritable bowel syndrome, and colon cancer.

#### Answers

1. False. Your GI Tract is over 30 feet in length.
2. True. The main purpose of the GI tract is to break down food.
3. True. Nutrients from the GI track supply the cells with nutrients for energy.
4. False. 60 to 70 million Americans are affected by digestive disease.
5. False. Your gut health is affected by genetics and stress as well as the food you eat.
6. True. A routine schedule for eating and exercising aids digestive health.
7. False. Stress especially in early life contributes to Irritable Bowel Syndrome.
8. True. Fiber is very important in digestive health because it helps to

move things through the digestive tract.

9. True. There are bacteria and microbes in the digestive tract that support its health.
10. True. When the microbes get out of balance it can contribute to obesity, type 2 diabetes, irritable bowel syndrome, and colon cancer.

#### Fun Facts

Research shows an abundant strain of good bacteria called *Lactobacillus* helps your body use energy more efficiently to boost endurance. It also has anti-fatigue properties and may help increase muscle mass.

Sometimes called the body’s “second brain,” the gut has its own complex nervous system—and it may be the reason you seek out the chips and cookies in times of added stress.

Read more at:

[https://blog.renewlife.com/6-mind-blowing-facts-about-your-gut/?msclkid=6692d5a557331f03f7a98e7c96d26c30&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=ULF\\_Genetic\\_Probiotics\\_Education\\_BMM&utm\\_term=%2Bdigestion%20%2Bfacts&utm\\_content=Probiotics-Gut%20Fact](https://blog.renewlife.com/6-mind-blowing-facts-about-your-gut/?msclkid=6692d5a557331f03f7a98e7c96d26c30&utm_source=bing&utm_medium=cpc&utm_campaign=ULF_Genetic_Probiotics_Education_BMM&utm_term=%2Bdigestion%20%2Bfacts&utm_content=Probiotics-Gut%20Fact)

**Question of the Month** by Ashley Richards

This month, we premiere a new column for the newsletter called "Question of the Month" (which is fairly self-explanatory, but I'll elaborate). Each month, we'll ask 10 different members their answer to a fun question. This month's question is "Which Bible character do you most want to meet when you get to heaven, and why?" We tried to stay away from just "Jesus!" (which is Who we all want to meet, yeah?), but we allowed a couple Jesus responses because the "why" was so good! We hope you enjoy the column, and look forward to asking you all some fun questions in the future!

"I was thinking about other Bible characters, but my conclusion came to **Jesus**. I think Jesus because of the love He has for me. His love is unsearchable! Despite who we are and what we have done or what we may do, He still loves us, He still wants the best for us, He never gives up on us. He left His throne from heaven to die for my sins—who else would have done that? No other human being would have. I love Jesus and that's who I want to meet when I get to heaven. I would probably be

speechless in asking Him any questions—I probably would just give Him a hug. Let us always be focused on the love He has for each of us!" – Diana Robinson

"**Peter** is one of the Bible characters I look forward to meeting, because, like Peter, I sometimes put my mouth or actions in gear before my brain. Even though he was impetuous, God forgave him." – Herb Shiroma

"**Paul**. I'm fascinated with how bold he was in sharing the Gospel, yet he did it in love. He made a total transformation from being someone high in religious society and walked away. He was humbled and was on fire for the Lord. He was persistent and fully relied on Jesus and Holy Spirit. I love how he met the need of the person. It didn't matter, Greek, Jew, he became like that person to win the person for the Lord." – Nancy Stump

"I would say **Moses**. His walk with God was so close, and yet God was willing to take him to heaven, even with his sins. He was just so close to God. Several times he was willing to stand up to God and refused to let Him destroy the Israelites. He was so close to

God—they had such an intimate relationship!" – Karen Richards

"**Joseph** [and the coat of many colors]—I love the story about that! I would love to meet him—he had such a hard life, and his brothers didn't treat him well, but he still helped them." – Marie Warrick

"Besides Jesus, of course, **my guardian angel**. He or she saved me from being shot in the head when I was 8. I felt him push me on my shoulder out of harm's way. I'm really looking forward to getting acquainted with him in person and to thank him for such faithful watch care and to hear other stories of my life." – Arleen Johns

"**David!** In Acts 13:22, God Himself said, "I have found David the son of Jesse, a man after my own heart who will do my will." How awesome, right? David, amiss of his sins and foolishness, God still found good in him, God still forgave him and kept the promise that a Savior would descend from him. We see in the life of David that he mourned that sin, not because of himself, but because he knew he had

sinned against God and man. We see in the life of David the reverence, love, and trust that He has for God. His relationship with God was awesome. I have learned a lot from David. I, too, want to be "a woman after God's own heart." Through David's life, I have learned the unexplainable love and mercy God has for us that even as we sin against Him He still is there." – Londa Torres

"**Daniel**. He stepped out in faith by putting his life on the line, more than once." – David Beard

"I'd like to meet **Noah**. I think it would be cool to talk to him about what he went through when he built the ark surrounded by doubters." – Wendy Hughes

"**Jesus!** He has seen me as a woman forsaken and grieved in spirit. He is my husband. He is my keeper and my Savior, having found me as in Ezekiel 16... washed me up, dressed me, protected me and taken me back, over and over again. In more current language, He is my cheerleader, always seeing the way He has. He created me as the apple of His eye. He never gives up. I count all things as lost without Him." – Barbara Snyder

**Calendar of Events for March** submitted by Wendy Hughes

Date	Day	Event	Time	Committee	Place
3/1/19-3/2/19	Friday and Sabbath	Music Fest at BMA		RJA	BMA
3/2/19	Sabbath	1st of the Month Bible Study and Potluck		Wayne Johns	fellowship hall
3/2/19	Saturday	Game Night	6-8PM	Social committee	fellowship hall
3/3/19	Sunday	Diabetes Undone	4:00-7	Health ministries	fellowship hall
3/5/19	Tuesday	Pathfinders	6:00PM	Pathfinders	fellowship hall
3/9/19	Sabbath	Pizza & Game Night	6PM	Adventist Youth	fellowship hall
3/10/19	Sunday	Lay Pastor Training	10:00-2	Lay Pastors	fellowship hall
3/10/19	Sunday	Diabetes Undone	5:00-7	Health ministries	fellowship hall
3/12/19	Tuesday	Pathfinders	6:00PM	Pathfinders	fellowship hall
3/16/19	Sabbath	Global Youth Day	all day	all departments	downtown
3/16/19	Sabbath	Potluck			fellowship hall
3/17/19	Sunday	Diabetes Undone	5:00-7	Health ministries	fellowship hall
3/18/19	Monday	Board Meeting	7PM	board members	board room
3/24/19	Sunday	Fundraiser for Pathfinders	brunch	Pathfinders	fellowship hall
3/24/19	Sunday	Diabetes Undone	5:00-7	Health ministries	fellowship hall
3/26/19	Tuesday	Pathfinders	6:00PM	Pathfinders	fellowship hall
3/29/19	Friday	Jaime Jorge Concert	7:00 PM	Vespers	sanctuary
3/31/19	Sunday	Fundraiser for Pathfinders		Pathfinders	Walmart

## Going Deeper by Barbara Snyder

### Praying for Faith for Family

This is a time for prayer in preparation for the Faith for Family Series in October. Very soon the Prayer Ministry will inform the church family of the plans for group prayer. In the interim I would like to speak to private prayer and to the attitudes of prayer necessary for, but at times, very absent, in our prayer. Because of mind clutter, intensive work and play activity, worry, and physical and emotional overexertion, we often enter prayer as a must-do, let's-get-it-over-with, let's-check-the-box-and-say-we've-done-it requirement. When I accepted this position of Prayer Ministry Leader, I told Pastor Pete that my personal principle regarding prayer was that prayer cannot be legislated. If he could not agree with that then I could not accept. My comment is based on the fact that unity, which we can only arrive at via the grace of Jesus, is only found within an attitude of openness and willingness. Not only does God honor a cheerful giver but also a cheerful pray-er. Jesus Himself demonstrated prayer, and gave us a framework for it. The Lord's Prayer is that outline. But even before that simple lecture that He gave His disciples, He demonstrated the attitude of prayer.

This attitude of prayer has, as its basis, Matthew 6:7-13, that states: "Go into your closet and shut the door, and the Father who sees in secret will reward you openly." In addition to saying that private prayer is foremost important, the closet also means to

remove yourself from distraction so that there is quiet in the soul. I interpret this being: first thing in the morning or at least a consistent, sacred time each day, before cell phones or computer mail, reading texts, TV, radio, calendar, scattered thoughts, etc. Additionally, I believe that private prayers are generally prayers that are not repeated to others (unless rarely). Prayer is a private conversation between you and the Creator of the universe. That can humble us a bit. Plus, there is no conversation unless both parties are speaking and listening. Seems to me most of our prayers are speaking and not listening. To speak and not listen is to pass by the God we are speaking to!

To prepare to listen, it would also be helpful if you understood what the word "mindfulness" means. If you do not know, please consider researching it and practicing it. It will help you to develop a stance of listening. Please do not confuse mindfulness with mindlessness or Eastern religious customs. It is not heresy. It is more like a return to the openness of youth before all those adult responsibilities cluttered up our senses. When I was a child and teen, I practiced mindfulness without even knowing what it meant. To me, looking back, it was when I used to lie on the ground watching the clouds roll across the sky, when I went outside and watched the moon and stars at night, absorbing the absolute quiet. With mindfulness, with nature, and even with

practicing deep and slow breathing, one can experience a calm that calls us to listen. Before prayer, take on that quiet so that during, and after your speaking, you can hear. Be aware that the hearing may not, and is usually not, heard with the ear, but with a renewed sense of purpose, direction, strength, faith.

Lastly, to experience freedom in prayer is an indication of a deep relationship, one in which you can tell your very BEST FRIEND anything and everything. We can eliminate the flowery language if indeed our emotions do not match this language. God is not intimidated by the depth of our problems, by the enormity of our grief or our guilt. He watches with compassion all our attempts to reconnect and meets us all the way. Deeper prayer solidifies our relationship and anchors us more firmly into a spiritual life. So, honesty is both a necessary preparation and attitude, and a RESULT of prayer. The measures such as privacy, removing oneself from distractions, listening and freedom/honesty in prayer can help "empty ourselves of self," as Ellen White has advised. Once empty, we can be filled with His Spirit. Filled to live His life and work His work. Alleluia!

In the near future our church will also schedule a variety of events in preparation for Faith for Family. All of these events will include prayer, be based on prayer, and will by themselves generate more prayer. Prepare now to pray! Do not separate prayer from the rest of your day. It does not stop when we do. It follows us throughout our day. If we develop practices of daily communication with God, daily cooperation with the Holy Spirit allowing Him to change US, our life becomes a prayer. He will so live within us that turning to Him will be like a flower turning toward the sun (*Steps to Christ*). Pray that your prayer will so integrate with your life that you can introduce the Jesus in you to the Jesus in the unchurched, to the lost, to those not prayed for, to the truth as it is in Jesus, to everlasting life for all of our communities.

Blessed be His Holy Name.

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See us at:  
[www.HampdenHeightsChurch.org](http://www.HampdenHeightsChurch.org)

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

When Jesus was on earth, He taught many things about the Kingdom of God through stories called parables—do you know what parables are? They are stories that teach a lesson. In the puzzle below, you can find words from several of Jesus' parables (found in Matthew 13!) that teach important lessons about the Kingdom of God. The words will go down or across, but not diagonally or backwards.

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

- |                 |              |
|-----------------|--------------|
| Angel           | Leaven       |
| Ashore          | Mustard seed |
| Barn            | Net          |
| Enemy           | Parable      |
| Evil            | Path         |
| Field           | Pearl        |
| Fish            | Righteous    |
| Flour           | Rocky ground |
| Gnashing        | Scorched     |
| Good seed       | Sower        |
| Good soil       | Teeth        |
| Harvest         | Thorns       |
| Heaven          | Tree         |
| Hidden treasure | Weeds        |
| Kingdom         | Weeping      |



**RJA News Corner** (continued from page 1)

Mrs. Peterson's and Ms. Cindy's Pre-K to 2<sup>nd</sup> grade classes learned that the subject of our bones is anything but "dry", with the help of a classroom visitor!

Mrs. Stacey Carr (mother of second grader Alizah Carr) put on an exciting presentation for the children all about our skeletal system on Wednesday February 6<sup>th</sup>. Mrs. Carr came toting a large bin of x-rays and "bones" that the students could look at and touch.

Mrs. Carr said she "inherited" the bones and x-rays when she was the manager of radiology for Saint Joseph's Hospital, while they had a Radiology Technologist program. She also taught at Berks Technical Institute in their Medical Assistant associates degree program

from 2002 to 2003. Mrs. Carr is currently the Director of Risk Management for Saint Joseph's Hospital. She has been coming to RJA to teach the little ones about their bones since her daughter, Almah (7<sup>th</sup> grade), was in Pre-K in 2010/2011.

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