

June 6th
2020

Volume 6
Issue 6



Hampden Heights Sentinel

HIGHLIGHTS:

- School continues, albeit in a different way. Page 1
- Rejoice, though now you've been grieved by various trials. Page 2
- A ship in harbor is safe, but that is not what ships are built for. Page 2
- Going nuts can actually be good for you! Page 4
- "Regrouping and attempting another massive invasion of German occupied France wasn't an option." Page 7

INDEX:

RJA News Corner	1
Grace's Outpost	2
Notable Quotes	2
Going Deeper	3
Path to Better Health	4
Board Minutes for May	5
Recipe of the Month	5
The Crow's Nest	6
A Tribute	7
Children's Page	8
Prayer Ministry	8
Church & Newsletter Information	8

When I am afraid, I put my trust in You. In God, whose word I praise—In God I trust and am not afraid. What can mere mortals do to me? ~Psalm 56:3-4 NIV~

RJA News Corner

by Lee Stahl, Principal

The Most Unusual Ending of a School Year!

What do you do when the Governor closes all schools due to the Covid-19 virus? You have students working on school at home. RJA, like other schools, had to create a distance learning program for our students to finish the school year. After surveying our parent's available access to technology such as internet and computers, we set up a combination of weekly assignment packets, scheduled zoom meetings, and the use of online programs such as Reading Plus, Kahn Academy, Connect Ed, etc. Our teachers also reached out to students and parents to provide help over the phone when requested. While this method of learning is far from ideal, and can be challenging for parents as well, most of our student did very well in doing their assigned work. Here are pictures of some of our students doing school at home.

Lexiana Hill, and Isabella Manzuetta. Our departing 10th grade class: Cory Calapino, Danity Mejias, Ashley Mendoza, Jesus Pinillo, Elianiz Rivera, Zaretan Sako, and Zoe Torres.



8th Grade Graduation

This year, not being able to have a normal graduation service, the 8th grade graduates had a "drive-up" graduation. The students drove up to the school to get a picture taken with the principal, receiving their diploma with teachers standing along the sidewalk. This year's graduates: *Almah Carr, Gabriella Martin, Alexis Mercado, Zulma Rodriguez, and Maximo Tavarez.* Our kindergarten graduates: *Sebastian Colon-Ramos, Alanis Fontanez,*

RJA Teacher Retires

After 32 years teaching English, Social Studies and some other subjects at RJA, Toni Wlasniewski (AKA Mrs. Ski) has decided to retire. She will be missed not only for her vast knowledge, but also for her crafty talents. She always expressed a strong desire for her students to succeed in life, and challenged them to go beyond the basics. Taking her position next school year will be Mrs. Leona Bange.



Schools to Start Back Up!

According to PA Education Secretary, Pennsylvania schools should be back open in August. RJA is already making preparations for the reopening. We are currently analyzing CDC guidelines and creating procedures that will be implemented during the school year.

(continued on page 8)

Grace's Outpost by Ashley Richards

It's been a long couple of weeks, battling my anxiety through these long months of quarantine and uncertainty, so I'm going to let Peter and God speak for me this month, if that's okay with you. My brain is fried, and I have nothing to offer at this point. I know God is good and God is looking out for us. Don't forget to lift each other up through these times, and carry your loved ones, friends, and church family to God through these weeks.

May God bless you with these words.

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now

for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

"Concerning this salvation, the prophets who prophesied about the grace that was to be yours searched and inquired carefully, inquiring what person or time the Spirit of Christ in them was indicating when he predicted the sufferings of Christ and the subsequent glories. It was revealed to them that they were serving not themselves but you, in the things that have now been announced to you through those who preached the good news to

you by the Holy Spirit sent from heaven, things into which angels long to look.

"Therefore, preparing your minds for action and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy." And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile, knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot. He was foreknown before the foundation of the world but was made manifest in the last times for the sake

of you who through him are believers in God, who raised him from the dead and gave him glory, so that your faith and hope are in God.

"Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart, since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; for

'All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the word of the Lord remains forever.'

And this word is the good news that was preached to you."

– 1 Peter 1:3-25, ESV

Notable Quotes selected by Bob Kondracki

History does not long entrust the care of freedom to the weak or the timid.
~Dwight D. Eisenhower~

I can't count how many of my friends are in the cemetery at Normandy, the heroes are still there, the real heroes.
~Charles Durning~

Hitler made only one big mistake when he built his Atlantic Wall. He forgot to put a roof on it."
~World War II U.S. paratrooper aphorism~

If D-Day - the greatest amphibious operation ever undertaken - failed, there would be no going back to the drawing board for the Allies. Regrouping and attempting another massive invasion of German-occupied France even a few months later in 1944 wasn't an option.
~Douglas Brinkley~

It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived.
~George S. Patton~

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~John F. Kennedy~

When the debate is lost, slander becomes the tool of the losers.
~Unknown~

In life, it's important to know when to stop arguing with people and simply let them be wrong.
~ Unknown~

A ship in harbor is safe, but that is not what ships are built for.
~J. A. Shedd~

The illegal we do immediately. The unconstitutional takes a little longer.
~Henry Kissinger~

The Christian's Bible is a drug store. Its contents remain the same, but the medical practice changes.
~Mark Twain~

Going Deeper by Barbara Snyder

Fully Known, Fully Loved

My prayer at this time is that what I write will be of some use, some help, for someone who is wanting MORE. Sometimes I write to share an insight that occurred in me. Sometimes I write to present myself to you, the reader, a member or a participant in the activities and worship at Hampden Heights SDA Church. Sometimes I write selfishly, writing to show myself to you because I need to do just that. I need to share me.

It is easier for me to share the revelation moments I've experienced with Jesus, my Best Friend, those moments on the mountain, so to speak, than to share myself in everyday life. It is easier for all of us to do that rather than to show our weaknesses, our failures, our brokenness, or our disagreements with our family, or our church family, or the SDA Church itself. As far as the church is concerned, in fact, I'm a wholehearted supporter of the church precepts and of the founder, Ellen White's writings. Raised Roman Catholic and versed in the do's and don'ts, I had no hesitancy within myself to clasp hands with our truths and reject what I felt to be untrue about my former church. Uppermost, I was found, shown, believed, and saved by Jesus Christ and not by my natural inclinations, even those for good. I saw beauty in Him and desired to do what was right and good as truths were presented to me. However, if I do not admit to my weaknesses, my witness will falter and my relationship with God will diminish. Ellen White in Steps to Christ states that we

are to unite our weaknesses to His strength, not our strength to His strength.

As can be expected with most of us at times, real life has overtaken me. Most of real life has shown itself to me in the surprise and disappointment, pain...real pain, in how my family, especially my children, have chosen a much different path. These paths seem to be at the bottom of what I would have wanted for them. They have all rejected church, and rejected some standards, the end results being that even some non-Christians have had trouble accepting. In the process, I thought they had even rejected me. This is not a success story.

In loving my children, I have had to face what real acceptance means. Initially I will admit that I didn't accept them. I couldn't reconcile with their choices. I struggled with pride, the worst of sins, in knowing what to do, how to love, how to be honest yet honoring their lives for what they were. I struggled with wondering about their salvation, my parenting skills, my financial support when they were in college, my lack of instruction in directing them, my lack of time for them. I fought the temptation to condemn myself. I'm still struggling here.

Jesus knows me. He knows I have trouble loving when pride stands in the way. For me, this sad state is just one example of me walking the path, staying with the journey, holding onto the faith that Jesus will resurrect this shipwreck of a life. And the shipwreck I am talking about is mine, not my children's lives. Trouble is, I might have

to wait until He comes before I see how He has led though-out. Yet, that too, is an opportunity to share the walk and the load with the same One who walked the road to Emmaus. I might not recognize Him in these times of seeming failures, but He is here nonetheless.

People who have seen me and talked to me in casual circumstances may be surprised at what they are reading now. But people who are honest with themselves may recognize, not my identical problem, but their own unique problems, their unique struggles that platitudes cannot heal. Some people who know me encourage me on the journey. Mostly they do this by listening and praying. Generally, they do not encourage me by talking and preaching. It is not best to say things like, "Well everybody has problems, God will hear you if you pray." Or maybe, "There might be some hidden sin that you are cherishing and that's why things have not gone better for you." And please don't say, "God knows the end from the beginning. He will work it out."

Over-all though, I can honestly say that I have peace. This great gift of grace has been offered to me even in the situations when I have knowingly wandered from the true path. There is gratitude in knowing that the highest gift is in wanting Jesus for eternity. In fact, I think we do a disservice to our young people and to ourselves when we talk about heaven as a future place of good things and good times. Jesus said that heaven is now.

In Matthew 6 the Word says: "Thy Kingdom come, Thy will be done on earth as it is in Heaven." "For Thine (or "You Are") [is] the Kingdom, and the power, and the glory forever.

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one. I in them and you in me, so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me. ... I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them." John 17:20-23, 26.

Knowing this, I can have the fuel to release the pride of "being right" and embrace my children for themselves (not their choices), and growth happens in me. It is all a mystery as God is a mystery. Rachael Held Evans in her book Searching for Sunday writes "When the people of God abandoned the covenant of love and fidelity, drawn as we are by the appeal of shallow empty pleasure, God removed every possible obstruction to the covenant by being faithful for us by becoming like us and subjecting Himself to the very worst within us, loving us all the way to the cross and all the way out of the grave..."

(continued on page 5)

The Path to Better Health by Leo Pena

Fruits and Nuts Save Much Cooking

And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat. ~Genesis 1:29 KJV~

In the book of Genesis God gave man the original diet, which consisted of fruits and nuts. This diet, if followed, contains all the main nutrients we would need for a healthy and long life. Today we will look at some of the advantages of pairing dried fruits and nuts to our diet, and if it can aid in the recovery from lifestyle disease.

Despite the overwhelming evidence of the health benefits associated with consuming fruits and vegetables, there's a large gap between recommended fruit and vegetable intakes and the average amounts the population consumes. While the role of dried fruit in health is less well studied, health agencies around the world recommend them as a convenient way to incorporate more fruit into the diet.

The health benefits of tree nuts in relation to cardiovascular disease risk reduction have been widely studied. More recently, nut consumption has also been associated with a lower risk of all causes of cancer mortality. In-addition, the consumption of certain nuts, including pistachios, has been associated with improvements in the regulation of blood glucose and insulin, markers of inflammation, endothelial function, and other related metabolic risk markers. Nuts

and dried fruits are healthy foods because of their nutrient profiles. They provide dietary fiber, potassium (K) and a variety of health protective bioactive compounds. Nuts also are a source of protein and monounsaturated and polyunsaturated fatty acids.

Fruit consumption in the U.S. has been low historically and has changed little in recent years. Data from the Centers for Disease Control and Prevention (CDC) indicate that 39 % of adults consume fruit less than once per day and in a state-by-state survey; no state met the fruit intake target. Children generally fare better with fruit intake, but not by much. (Data from National Health and Nutrition Examination Survey (NHANES) 2003–2010.)

Traditional dried fruit has a similar nutrient profile as the original food and, as a result, dried fruit is typically a good source of fiber and potassium. In an analysis of NHANES data from 1999–2004, compared with non-consumers, dried fruit consumers had significantly lower intakes of solid fats/alcohol and added sugars and higher intakes of vegetables, meat, and soy products. Average energy intake of dried fruit consumers was 1038 kJ higher per day than non-consumers, yet they had significantly lower weight, BMI, waist circumference, and sub scapular skinfold measurements, even after adjusting for lifestyle measures such as physical activity, TV/computer use, and smoking. Additionally, adult dried fruit consumers had significantly higher intakes of fiber, vitamins A, C,

E, thiamin, riboflavin, niacin, and folate. Vitamin B12 was the only vitamin that was not higher among dried fruit consumers. Consumers of dried fruit had significantly higher intakes of calcium, phosphorus, magnesium, iron, zinc, copper, and potassium, and significantly lower intakes of sodium.

Tree nuts have been consumed for thousands of years, providing a concentrated source of energy, nutrients, and bioactive compounds, including unsaturated fatty acids. While nutrient content varies among species, tree nuts generally are good-to-excellent sources of protein, dietary fiber, vitamins E and K, folate, magnesium, copper, and potassium, and are rich in phytosterols and phenolic compounds. Consumption of nuts is even less common than fruit, with a small minority, about 6.8 % of the population, including nuts in their diets on a regular basis. Mixed nuts containing peanuts (which are technically legumes) are the most commonly consumed nuts, walnuts the least.

An analysis of three large prospective longitudinal studies; the Nurses' Health Study, the Nurses' Health Study II and the Health Professionals Follow-up Study, found that associations of fruit consumption with the risk of developing type 2 diabetes differed significantly among individual fruits. The results showed that each incremental intake of 3 servings a week of certain whole fruits, including grapes or raisins, dried plums, apples or pears, grapefruits, and blueberries, was associated with a significant reduction in risk of

developing type 2 diabetes.

Not all fruits were associated with a reduction in risk though.

Large prospective studies have found an association between nut consumption with a lower risk of fatal coronary heart disease (CHD). The more frequent the intake, up to 5 or more times per week, the lower the risk. Lower total mortality has also been associated with frequency of nut consumption.

Only a small percentage of the US population regularly consumes tree nuts or dried fruit, yet tree nuts and dried fruit, are among the foods associated with some of the largest shifts toward a higher HEI score. Nuts and dried fruit have a complementary set of nutrients. Both are shelf-stable, portable, and accessible and, in many instances, they are consumed together as snacks or prepared foods.

Reference:
Nutritionj.biomedcentral.com/
published 05 March 2016.

Going Deeper (continued from page 3)

We are talking about the Great Mystery here, the ultimate reality that the apostle Paul says we only "see through a mirror dimly." ... I think the point is this; what each of us longs for most is to be both fully known

and fully loved. God feels the same way about us. God too, wants to be fully known and fully loved."

I was unclear about how to end this article because the process of living it is not

complete. Suffice it to say that my hope is that I may become lost in His Presence so much so that any grief I have remaining is sanctified for His work in me and for others.

My prayer, likewise, is for our children, that they hear and understand the voice of the Holy Spirit and allow themselves to be opened for His work of salvation within them.

Amen

Summary of Board Minutes From May 18th, 2020 submitted by Wayne Johns

Opening Devotion

Pastor Shawn. Expressed concern about *Prophesy Again* presented by Andrew Henriques, suggesting we be very cautious with ministries that utilize sensational messages, even though completed with apparently well spoken words. Lifting up Jesus is to be our focus. Members attracted to sensational messages have been influenced to leave the very church Ellen White states is God's last remnant church. Please be cautious! Test all things!! Recommend Church Board act on behalf of church body while we are in Stay-At-Home per PA Governor with 1st and 2nd to transfer to Hampden Heights; Stephanie Calvaresi and Leslie Fessler from Fleetwood SDA Church. Transfer from Hampden to Pa Conference SDA Conference for James and Betina Bowman.

Motion with 1st and 2nd Church Board act on behalf of church body for transfers under current circumstances. **Motion** was approved.

FYI: Discussed positions for Ministry Placement Committee, that meets 5.25.20 via ZOOM. Suggested that we seek positions for Pathfinders, Kindergarten Leader, Deacons, Elders.

Re-Opening Plan

Some PA churches have opened that are in phase yellow. We're thinking we will be opening in near future. Currently groups of 25 are suggested. We need to protect people... i.e. seniors and those at high risk. Discussed providing two services, 8:30 church for older population, (9:30 Sabbath school-younger remain in fellowship hall and

seniors remain in Sanctuary) and 11:00 church service for younger members. It was also suggested that younger members enter/exit fellowship hall to allow seniors to enter/exit from lobby.

Wendy Hughes has been making homemade masks, and we have secured 50 masks for those who visit the church not having a mask. We do however encourage members bring their own mask if possible. Hand sanitizer will also be provided.

While in the sanctuary, we will use every other pew, keeping six-foot increments of separation.

We will strongly discourage handshakes or personal contact of any kind.

Offering plates will not be circulated, but will be located at a convenient place to

receive your offering.

We may use Facebook live for fellowship hall.

We will monitor lavatory use to limit number of occupants at one time. A trash can in hallway will be provided so people can open door with paper towel, and discard in trash.

Nancy will move primary class into Kindergarten room.

Junior/Early-teen will also move into Youth department.

There are room dividers available.

Those with known risks would be encouraged to remain at home for safety.

Plans to start an It Is Written follow-up Bible study group starting Thursday 5.21.20 @ 7pm.

Recipe of the Month by Arleen Johns

Fruit & Nut Chews
(modified from 3ABN)

Ingredients

- 1 c. dried apricots or peaches
- 1 c. dried pears
- 1 c. pitted dates
- 1 c. raisins
- 1/2 c. raw walnuts or other nut of choice

- 1/4 c. macaroon coconut (unsweetened and fine)
- Pinch of salt

Directions

Combine dried fruit and nuts and run through the food processor.

Sprinkle with salt and mix and knead together with gloved hands.

Break off small pieces and form into balls.

Roll in coconut.

This recipe is good when you want something sweet but not unhealthy.

I used dried mango in place of pears and it was yummy.

This recipe freezes well.

The Crow's Nest by Bob Kondracki

In God's Strength, or Our Own?

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

~2 Corinthians 12:9 NIV~

We are living through trying times right now. Many of us have dealt with far worse situations personally than what we find ourselves currently immersed in, and there have always been episodes in history, and continue to be, where masses of people have had to endure far worse than what is happening now. But other than a world war, very few of us have lived through a situation that has affected us so collectively. Between dealing with an insidious virus that seems to have no discretion in who it attacks or kills, and anger and rage at a very basic tenet of our society-law enforcement, we are trying to come to grips with major issues on multiple fronts. I have to tread lightly here. I don't want to make light of either the current pandemic or the protests, but I also don't want to exaggerate the reality of the circumstances either. While the protests and outrage over racial injustices by law enforcement have become a national crisis at this point, the coronavirus is a world-wide problem, with the looming potential of killing thousands more, if not millions when all is said and done. Currently, according to the World Health Organization (WHO) there have been 6,663,304 confirmed cases, and 392,802 deaths worldwide from the virus at the time I'm writing this. That means the

global mortality rate of COVID-19 is hovering around 6%, with variances depending on things like age, health condition, state of residence and country you live in, etc. Apparently, even your genetics, blood type, and your gender play a role in your susceptibility as well. Other obscure dynamics also factor into how vulnerable you are, and it seems doctors and scientists are discovering new things about this sinister threat every day.

It seems like we have no choice but to resign ourselves to trusting that the skill and urgency of all the doctors and scientists working on this will result in at least finding a vaccine, if not an effective treatment or cure. Even our President has said we need to employ "warp speed" on finding a vaccine.

Unfortunately, those more knowledgeable and educated on the subject say that this is a very remote possibility this early. And even if a vaccine is produced, it would be very risky, not having the requisite time for trials and evaluation. But are we desperate enough, and trusting enough on our own abilities and resources that we are now willing to be "guinea pigs" when that happens? That could be a very relevant question in the near future.

If you closely examine the currency for the United States, it still says, "In God We Trust," at least for now anyway. But reading that slogan the other day, I couldn't help but think; with all the fear, the accusations of blame, the caginess and desperation of our politicians, the constant "spin for their own agenda" media, and now

the instilled mistrust of law-enforcement, is this philosophy still the fundamental mindset of America today? We know that science, (I use the term loosely, junk science is a better description) Liberals, and Atheists have been working hard for a long time to convince us that we can only depend on ourselves for our own happiness, enlightenment, fulfillment, and yes, the responsibility to solve all the world's problems. Do the current events only serve to perpetuate this rhetoric and propaganda, further eroding the faith in God of the American people? Even putting aside the individuals unsure of their beliefs, is everything that is currently happening furtively instilling doubt in the minds of some proclaimed Christians right now?

History has proven that in any time of despair, many will inevitably ask, "Where is God?" Nothing like a good crisis to bring out the best, and the worst in people. But a crisis, or season of fear and desperation will also test if we really believe what we proclaim to believe. And let's be honest here, these current trials are mild crises, comparably speaking. Today's challenges pale in comparison to many things that have happened throughout the world's history, and more importantly, to what we know is about to happen in the future...

So, what's the answer? Must we just inevitably conclude that mankind alone is responsible for solving his own problems, with his own preservation in peril if he fails? If so, we can then

logically deduce that if man's abilities fail, consequently humanity ultimately fails.

Perhaps some of us, as Christians, are over-looking a very important fundamental aspect in all of this. Could some of us, just possibly, be guilty of looking too much to our own strength and abilities, instead of to God's? We want to be strong, we want to be steadfast and resolute in our own efforts, just like we are in our Christian beliefs. But where does God then fit into the equation? It's quite easy to then let potential success become a reflection of our own talents instead of God's intervening power. Pretty soon we could then start to cultivate an attitude of pride and arrogance, rationalizing that God had no hand in our success, so He really isn't that essential. We start feeling that we don't truly need Him, or can't count on Him, at the time we probably need Him most. Sound improbable? Perhaps you need to think again. I can cite many times in my own life that this scenario played out. I'm pretty certain I'm not alone.

I've often wondered how all the martyrs in Christian history were able to endure the difficulties, pain, and horrendous torture that they were forced to experience. One can't help but imagine yourself in those situations and wonder how could I possibly go through what they went through without succumbing. Then I heard a story by Doug Batchelor one day. I may not remember all the details quite correctly, but the impact it had is something I won't forget.

(continued on page 7)

The Crow's Nest (continued from page 6)

He told of a Christian who was being tortured because of his faith. His tormentors would torture him until he finally agreed to their demands, and they would then relent. But as soon as they then tried to convince him to renounce his belief and loyalty to Christ, he would refuse. This went on time and time again. Finally, they said to him, "why do you tell us you're going to renounce Christ while we're

torturing you, and then when we stop, you refuse to do so?" The man replied, "that's not me talking when I agree, that's the pain talking." This story made me realize that there are some things that we simply CANNOT do in our own strength. Without God's intervention, we are not going to be able to endure, we are not going to be able to rely on our own abilities to get us through.

It's inherently against our sinful nature to admit, but some things are just not possible without God's strength. We must realize that as Christians, even though the rest of the world doesn't understand that, but will eventually realize this truth, albeit the hard way.

In closing, I don't want anybody to arrive at the wrong conclusion, or take this article out of context. I believe God expects us to do

everything we possibly can to accomplish the tasks at hand. But I also think we, as Christians, have to guard against slipping into the mentality of the rest of the world, thinking that the burden is solely on us, and we can accomplish it if we are just put enough effort into it. God by no means expects us to just sit back and let Him do everything for us. He wants us involved. He's proven that time and time again.

(continued on page 8)

A Tribute by Bob Kondracki

People tend to take things for granted, or even forget about them if they have no discernable impact on their lives at the current time.

June 6th, 1944. The coast of France...Normandy.

Today marks the 76th anniversary of D-Day, or Operation Neptune, also known as Operation Overlord. Over 156,000 troops landed on the shores of German occupied France during WWII. 34,250 of those troops landed on Omaha beach alone, by far the bloodiest of the 5 beaches. Overall, of the 4,414 Allied deaths on that day, 2,501 were Americans. As is so often the case with war, it was literally a hell on earth. Chaos, confusion, and death were the norm.

There was much blood shed on that day...on our behalf.

These seem like only numbers to us now, but to the men who died, and the families who lost loved ones, it meant everything. It also meant everything to our nation. It was also the ultimate gamble. And make no mistake, it was a huge gamble.

The English Channel was experiencing hurricane strength storms on the planned day of the invasion.

The invasion had already been postponed once because of the weather. And Dwight Eisenhower, Supreme Commander of the Allied Forces, and who would later become President of the United States, knew his opportunity was slipping away. There is not enough space in this article to go into all the details, but with God's providential intervention, the weather somehow miraculously broke, and the Allies were able to successfully execute the largest amphibious invasion in history. 11 months later the war in Europe was over. The Germans had been defeated.

And although many of today's generation regard D-Day with only a passing interest and knowledge, even fewer realize exactly what would have happened if D-Day had failed. It's a thought even those familiar with the history don't like to dwell on.

The Germans were expecting the invasion, they just didn't know when. Because of some

clever trickery by the Allies, they suspected it was going to be led by General George Patton, and come further up the coast at Pas-de-Calais. Many things fell into place just right for the Allies, despite all the casualties and chaos, and you'd be a fool if you didn't believe God wasn't involved in the Allied success.

But what happens if the invasion had failed? Let's examine the possibility. First off, Panzer Lehr, the elite armored division of the German SS was not on the beach because Hitler was sleeping at the time. The Allies had no answer for the Tiger and Panther tanks that could have been there. That alone could have insured the Allies defeat. The Germans knew that if this invasion failed, the Allies didn't have the resources to attempt another invasion for at least a year. Douglas Brinkley summed it up, "If D-Day - the greatest amphibious operation ever undertaken - failed, there would be no going back to the drawing board for the Allies. Regrouping and attempting another massive invasion of German-occupied France even a few months later in 1944

wasn't an option."

The result of failure? The Germans take up to 50 divisions right to the Russian front, including most likely an intact Panzer Lehr, the Waffen SS, (you can look these subjects up on your own if interested) etc. and they would have pulverized the Russians. It would have been similar to stepping on a piece of rock candy and grinding it into powder on the cement. Graphic, you say. Yep, but that's the reality. And if Russia falls in WWII, the Allies lose the war. Simple as that.

We must never forget the sacrifices so many made on our behalf so we can have the freedoms we enjoy today. And we must especially be reminded of this in light of our prevailing attitude of entitlement.

We must also not forget about another sacrifice that tends to be taken for granted, or overlooked, or dismissed in today's day of "enlightenment." About 2000 years ago, there was also much blood shed on our behalf, this time on the hills of Golgotha. Even in our troubled world today, we have much to be thankful for.

**Hampden Heights
Seventh Day Adventist
Church**

2706 Old Pricetown Rd.
Temple, PA
19560

PHONE:
(610) 921-0890

CHURCH EMAIL:
HampdenHeightsSDA
@comcast.net

SENTINEL EMAIL:
HHSentinel
@yahoo.com

SENTINEL EDITOR:
Bob Kondracki

Pastor Shawn Shives
678-749-1689
PastorShawn@gmail.com

We're on the Web!
See us at:
www.HampdenHeightsChurch
.org

The Children's Page by Ashley Richards

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." – Joshua 1:9, ESV

In the puzzle below, you'll find the names of 20 places mentioned in the Bible. Places mentioned in Genesis—all the way through to Revelation! Did you know that Bible stories took place on THREE different continents? And yet, Jesus was with them in all of those places, and He is with YOU, too, wherever you go, because He loves you!

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

- | | | | |
|---------|----------|-----------|--------------|
| Babylon | Damascus | Havilah | Patmos |
| Berea | Egypt | Iconium | Philadelphia |
| Cana | Ephesus | Judah | Philippi |
| Cilicia | Ethiopia | Lystra | Phoenicia |
| Cyprus | Greece | Macedonia | Rome |

Prayer Ministry submitted by Ashley Richards and Cheryl Cherington

Too tired to pray! O Father,
tired of toiling
Tired of all the
heavy load, the blistering
way,
Weary of all the monotone
moiling,
Tired out—too tired
to pray!

"Too sad to pray Undone,
my God, with trouble,
The same dull
heartache borne another
day,
My life an empty field of
worthless rubble,
And I—too sad to
pray!

"Too sinfull—yes, for any
further praying,
Too proud to hear,
too wicked to obey,
Loathing the desert path, yet
ever straying,
And gone too far to
pray!

"O Christ, pray for me!
Weary, sad, in silence,
My impotence at
Thy dear feet I lay.
Jesus, my final Help, my All-
Reliance,
Pray—for I cannot
pray."

—
Anonymous (published in
Matilda Erickson Andross's
Alone with God)

RJA News Corner (continued from page 1)

When completed this document will be shared with all students and parents.

Reading Junior Academy is registering students for next school year. You can save on the registration fee if paid by June 29, and

even get free registration for recommending new students to our school. See Mr. Stahl or Mrs. Edris for complete details.

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

The Crow's Nest (continued from page 7)

Just read the stories in the Bible for confirmation of that. We must remember that we certainly have our part to do, but we must also remember that God has His part to do as well.

We take care of the things within our control, and God will take care of the things that are beyond our control.