

June 2nd
2018

Volume 5
Issue 6



Hampden Heights Sentinel

HIGHLIGHTS:

- Graduations are in the air at RJA
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- Time to start taking your health seriously
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- Never too late to reach someone for Christ
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- Experiencing Jesus' peace amid chaos
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- The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.
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- A Hebrew woman that would be Queen!
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Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
~ Romans 8:1-2 NIV ~

RJA News Corner

by Lee Stahl, Principal

School Year Comes to an End!

8th Grade Class Trip

The 8th grade class visited Washington DC on May 13-15. During their visit they spent time at the International Spy Museum, the Natural History Museum, and the Air and Space Museum. They also got to do some fun time at the Sky Zone trampoline park. As always this is a great trip that they raised money for throughout the school year.



9th and 10th grade students visiting Hawk Mountain.



1st and 2nd Grade Class Performs Skit

On Friday, May 11, the students in Mrs. Peterson's classroom had the chapel program for that morning. The students performed a skit based on several miracles that Jesus performed in conjunction with the life of Zacchaeus. It was very well done, with some students having to memorize several pages of lines.

Field Trips

Students from 9th and 10th grade visited Hawk Mountain Sanctuary and Crystal Cave on May 14. Later on in the month the 3rd and 4th grade students also took a trip to Crystal Cave.



Graduation Program

RJA graduation was on Thursday, May 31, at the Kenhorst Boulevard Church. This year's 8th grade graduates asked their principal Lee Stahl to be their commencement speaker. The class chose the Romans 12:2 as their class scripture text. *"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."* Student graduating from kindergarten, 8th grade, and leaving 10th grade from RJA are listed.

Kindergarten Graduates: Yusuf Arias, Jameson Berkel, Serenity Cruz, Jasper Klopp, Nicolas Peguero, Emma Pinter.

8th Grade Graduates: Cory Calapino, Christina Crissup, Jaylin Johnson, Ava Lizardi, Ashley Mendoza, Jesus Pinillo, Victoria Torres.

10th Grade Recognition: Jeremy Balio, Jose Pinillo, Oscar Polanco, Ricardo Torres.

Reading Junior Academy is registering students for next school year. You can save on registration fee if paid by June 30 and even get free registration for recommending new students to our school. See Mr. Stahl or Mrs. Edris for complete details.

iThrive Wellness Camp submitted by David Beard**iThrive Wellness Camp****July 25-July 29, 2018****Blue Mountain Academy, 2363 Mountain Rd, Hamburg, PA 19526**

iThrive Wellness Camp is a 5-day rejuvenating wellness experience where participants will learn how to improve their health and maintain wellness. The staff consists of a supportive and caring team of Wellness Coaches, Physicians, Nurse Practitioners, and Massage Therapists. This enriching experience is open to all members of the family, ages, and fitness levels.

Come, learn, and enjoy...

- Healthy & Delicious Meals
- Relaxing Massage
- Interactive Seminars
- Daily Exercises
- Healthy Cooking Demonstration
- Wellness Coaching
- Medical Consults
- Spiritual Renewal
- Fun Activities for Children
- Much more!

Everyone is Welcome!

Adult fee: \$250

Child (under 18 yrs old) fee: \$150

Location: Blue Mt. Academy
2363 Mountain Rd, Hamburg, PA 19526

Camp Dates: July 25-July 29, 2018

Registration Deadline: Sunday, July 22, 2018

To register online or download a registration form, please go to this site:

www.eventbrite.com/e/ithrive-wellness-camp-registration-42058159086

My Cousin Joe by Barbara Snyder

My Cousin Joe

Today I am going to tell you something of the journey of my favorite cousin, Joe. He was a year older than I, and very, very good looking, athletic, and smart. I looked up to him. He did not go to church often; he had had a difficult time in Vietnam and carried the scars of post-traumatic stress disorder (PTSD). Only his wife knew much about how these facts worked out in his life. His marriage broke up; there were many disappointments.

One of the biggest disappointments for Joe was being diagnosed with the big "C" word. The diagnosis was the same one that eventually took his mother's life, and the doctors were the same doctors that treated her. Anger played a part in Joe's life after surgery because, had the doctors not lost sight of his family's medical history, preventive screening could have easily saved him from this devastating medical emergency.

Depending on how Joe reacted to the chemotherapy, he had been given from 6 months to 18 months to live. He never "took" to the chemotherapy and we expected that death would overtake him soon. He turned yellow skinned, lost weight everywhere, except his belly which only got larger by the month. He suffered lots of pain, nausea, and sleeplessness. But he talked and shared with those who

loved him, and to me, who always thought he was my hero. One day his oldest sister called me saying she could not get Joe to listen. He was asking the same questions over and over and accusing people of spying on him. As he had not eaten for months, he was maintained on home intravenous feedings through a vein in his chest. He could not go on a hospice program because the policy at that time was that all hospice patients would give up their special feedings. These feedings had already prolonged his life as now he was 18 months post-surgery already. Although Joe simply did not want to die, his body did. After getting time off from work, I took a 4-hour trip to see Joe. I did not know what to say and I prayed and searched for the right way to reach him.

In the car my answer came in the story from Max Lucado's book He Still Moves Stones along with the Bible story in Mark 9:14-29. Focus especially on verse 24. Right after descending the Mount of Transfiguration with Peter, James, and John, Jesus meets with his remaining disciples. They were upset that they could not help a child possessed with a devil. Contrary to what we would expect, Jesus does not help right away. In fact, the father has to endure another excruciating experience with his son until the father's heart is about to burst with pain. "Lord, I believe, help thou my

unbelief!" Then, Jesus did not answer the prayer of the words, but the unspoken words of the heart. Following Max Lucado's lead, I paraphrased for Joe until I believe Joe had an "Ah-ha!" moment. In addition to Joe asking me to tell the story again, I repeated it and told him that his body was sending so many desperate signals to his mind that it was difficult for him to be able to articulate a prayer. But just as that father had a prayer of the heart, Joe could too. He heard truth and received it. I am not sure what that truth was exactly, but it was gentle, and especially for him.

The following day, I made my trip home and said goodbye to Joe for the last time. That day, he asked his sister to call hospice. He died two days later. I believe my cousin died without fear, in the peace of Jesus, finishing his last battle. He had never leaned on Jesus prior to that time. Previously, he was independent and healthy. He wanted to stand on his own—though in the end, with no control over his body, he found himself helpless in front of a caring Savior. God made himself known to Joe's understanding and offered Joe a way out, and through, to the final and glorious beginning. If you are discouraged for yourself or for others, remember that God is never discouraged in his work for us.

He is constantly searching for the key to our hearts and His words are the words that matter, not our own. Give all, your will, your words, and your heart, for the yoke is gentle and the burden is light.

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

Walking with Jesus is like... *Pathétique*.

You know. The song by Beethoven? Are you familiar? Sometimes I wish this newsletter was more interactive, could include visual aids and sound bites and tastes and smells and... *feels*.

Maybe *you* need to go listen to *Pathétique*, since I can't share it here (particularly the second movement!). Ach, the *tranquility!* The rich combination of notes on a perfectly-tuned piano. The way the peace seeps into your bones and holds you

paralyzed, spellbound. The way your heart is enraptured by the music, and the world fades away, and all there is is wholeness and mesmerizing soul-deep peace.

There is so much going on in my life right now—have you ever been in one of those stages in your life where it feels like *everything* is sifting sand and *nothing* is a sure foundation? That's where I am right now. I'm sure it could be much worse, but I don't handle change terribly well (okay, well at all) to begin with, and small things become big things, and big things become *really* big things, and really big things become unmitigated disasters. Maybe you know how it goes? I'm basically an exhausted child after a big day that gets overwhelmed by everything.

And for a while now, every day brings a new frustration or conundrum, while I'm

trying to find my new normal, but one constant remains the same. Jesus. *Jesus*. Oh, sweet Jesus.

I'm so bad about trying to take my life back into my control, about trying to control things with a vice grip, about so easily doubting and so seldom trusting. I—so desperately!—yearn to live my life from a place of faith, trust, and peace in Jesus, but I find it so incredibly hard to live out in reality.

Life so easily vanquishes me (and how I wish it didn't!), but how much more easily does Jesus vanquish my own demons! He's like the sweet, peaceful refrain of my life that seeps all the way deep into my bones.

Just like *Pathétique*.

No matter the issue of the day—flare-ups with new managers, really missing Becca after her move to

Boston, bad allergy flare-ups that leave me feeling spent, drowning in lack of self-confidence, or just grumpy afternoons—Jesus takes it all, and gently reminds me at every turn, *Hey, Ashley, I'm here. Hey, Ashley, let Me give you some of My peace.*

Maybe I'm learning. I'm more stubborn and selfish than I'd like to be or ever want to admit to, but at least I earnestly *desire* Jesus' peace. I'm not trying to go it on my own anymore. I have so much yet to learn, so many ways in which Jesus has to grow my faith, my patience, my peace, my *trust*, but we're trying. Going it alone is no longer an option.

As I hope for me, I hope for you that life brings you lots of Jesus, lots of peace, and yes, even lots of *Pathétique!*

Recipe of the Month by Arleen Johns

This is an old recipe handed down from my mother. I hope you enjoy it as much as I have.

Mom's Granola

- 9 C quick oats
- 2 ½ C Whole wheat flour
- 1 C brown sugar
- ½ C wheat germ
- ½ C wheat bran
- 1 tsp cinnamon
- 1 ½ tsp salt
- 1 c shredded coconut (can use unsweetened)
- ½ C sesame seeds

Mix all dry ingredients

Emulsify all liquid.

- ¾ C olive oil
- ¾ C water
- ½ C molasses
- 1 tsp vanilla

Mix liquid into dry ingredients and mix well, even with hands to break up clumps.

Bake 200° for 2-3 hours until crunchy-

Additional instructions for baking: I often bake at 300 for 45 minutes, turn off oven, stir and let sit several hours or even overnight. It won't be completely baked, so I turn on the oven again until it warms to temperature, then turn off and let sit again. I like to break up the big lumps... watch so it doesn't burn. Rotate the 2 baking sheets.

Let me know how it turns out, or if you have any questions.

The Funny Bone selected by Bob Kondracki

The Deal

A young man had just gotten his driving permit. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little more, and get your hair cut and we'll talk about it."

After about a month the young man came back and again asked his father if they could discuss use of the car. They again went to the father's study where the young man's father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get your hair cut!"

The young man waited a moment and replied, "You know what Dad, I've been thinking about that. Of course you know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...." to which his father quickly replied.... "Yes.... and they WALKED everywhere they went!"

The Bible Answer

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. So he put a note under the windshield wiper that read: "I have circled the block 100 times. If I don't park here, I'll miss my appointment. FORGIVE US

OUR TRESPASSES."

When he returned, he found a citation from a police officer along with this note. "I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job. LEAD US NOT INTO TEMPTATION."

The Parrot

Three sons left home, went out on their own and prospered. When they met again, they had all done very well, and discussed the gifts they were able to give their elderly mother for the fine job she had done raising them by herself.

The first said: "I built a big house for our mother."

The second said: "I sent her a Mercedes with a driver."

The third said: "You remember how our mother enjoys reading the Bible. Now she can't see very well. So I sent her a remarkable parrot that recites the entire Bible. It took elders in the church 12 years to teach him. Mama just has to name the chapter and verse and the parrot recites it."

Soon thereafter, their mother sent out her letters of thanks.

"Milton," she said, "the house you built is so huge. I live only in one room, but I have to clean the whole house."

"Gerald," she said, "I am too old to travel. I stay home most of the time so I rarely use the Mercedes. And that driver is so rude! He's a pain!"

"But Donald," she said, "the little chicken you sent was delicious!"

Notable Quotes selected by Bob Kondracki

As America celebrates Memorial Day, we pay tribute to those who have given their lives in our nation's wars.
~John M. McHugh~

Human judges can show mercy. But against the laws of nature, there is no appeal.
~Arthur C. Clarke~

Some people drink from the fountain of knowledge, others just gargle.
~Robert Anthony~

The Devil tempts all men...but some men tempt the Devil.
~Arab proverb~

Hope is independent of the apparatus of logic.
~Norman Cousins~

Glory is fleeting, but obscurity is forever.
~Napoleon Bonaparte~

I saw the angel in the marble and carved until I set him free.
~Michelangelo~

I didn't say it would be easy, I said it would be worth it.
~Unknown~

Repetition is the mother of all learning
~Latin proverb~

The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.
~Thomas Jefferson~

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

In the end, we will remember not the words of our enemies, but the silence of our friends.
~Martin Luther King, Jr.~

I remember my mother's prayers and they have always followed me. They have clung to me all my life. ~Abraham Lincoln~

Over all our happy country - over all our nation spread, is a band of noble heroes - is our Army of the Dead.
~Will Carleton~

I greatly fear some of America's greatest and most dangerous enemies are such as think themselves her best friends.
~Nathan Hale~

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.
~John F. Kennedy~

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.org

The Children's Page by Ashley Richards

Do you know the story of Queen Esther? It's one of my *favorites!* Esther was a Hebrew girl living in the Persian Empire when King Xerxes (he is also known as Artaxerxes or Ahasuerus!) divorced his wife and sent out a proclamation looking for the most beautiful women in the land to become his new wife! Esther was one of the most beautiful women in the land. After she became his wife, one of Xerxes' advisors (an evil man named Haman!) tried to make a law to kill every single Jew that existed, and God gave Esther courage and power to rescue her people! If you want to read the story for yourself, you can find it in the book of Esther in the Bible. Maybe one of your parents or grandparents will read it with you this afternoon!

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

WORD BANK:

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|------------|-----------|
| Artaxerxes | Hegai |
| Ashes | King |
| Banquet | Mordecai |
| Bigthana | Persia |
| Citadel | Queen |
| Edict | Sackcloth |
| Esther | Susa |
| Guests | Teresh |
| Hadassah | Vashti |
| Haman | Zeresh |

DID YOU KNOW?!

Did you know that Esther's name WASN'T really Esther? She used Esther when she went to King Xerxes's palace as his wife, but her Hebrew name was Hadassah. Esther means "star", but the Hebrew name Hadassah means "myrtle tree". If you got to have two names, what other name would you use?