



Hampden Heights Sentinel

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Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. ~1 Corinthians 6:19-20 NIV~

The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights Church

Making It Right

Have you ever missed an opportunity to make something right that went wrong? Or have you ever had an argument with someone that you care about, that you work with, or simply just spend time with, and didn't know how to go about fixing it later on? Matthew 18:15-17 really explains how to work out conflicts with people. "Moreover, if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that by the mouth of two or three witnesses every word may be established. And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector."

I feel that one of the most difficult problems we have today is that we all too often look for alternative methods to how the Bible instructs on resolving a conflict. Inevitably, they usually fail. More often than not, personal opinions on how to deal with our conflicts get in the way. The Lord knew that we would have conflict on this earth, because Satan created the great conflict between himself and God. It is our responsibility to hear and follow what the Lord says on this issue.

The first step is to go to your brother or sister in Christ. If he or she chooses not to listen and resolve the conflict in the manner God has given us as an instruction, then the second step is to go to him or her with two or three as witnesses. This is not just for your benefit, but it is also for their benefit as well.

I have to say, I truly appreciate the steps that the Lord has implemented in order to resolve conflict. On a few occasions, I have had the opportunity of putting this method into practice, as well as also having others address me using these steps. When it comes to the third step I have to admit that it does sound a little bit harsh. But it does get the point across; either you get yourself together, or else people should treat you according to how the Bible describes.

Please don't misunderstand this concept. We should still continue to love the sinner, but in no way do we even appear to accept or condone their rebellious behavior. Please keep in mind that this isn't my opinion, but this is what the Bible says. "And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector." Strong words indeed, from Christ himself.

actually endorses these three steps? It almost sounds as if God is playing baseball. One, two, three strikes and you're out. I wonder if it's that God has a funny sense humor, or if He just likes baseball.

I truly do believe He does have a sense humor, and often times He is smiling down on us. The truth is that there is a very valid reason why God has us follow these three steps. God is truly not slack in what He's doing. He truly gives us as many opportunities as possible so that none of us will perish but that we will all come to repentance. The Bible says it in 2 Peter 3:9, "The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance."

I truly believe that many of us fail to follow God's instructions when it comes to resolving conflict and repenting. I have to admit that even I have fallen victim to allowing pride and ego to get in the way of following God's commands in resolving conflict. I don't do this deliberately, but Paul explains it very well in Romans 7:19 when he says, "For the good that I will to do, I do not do; but the evil I will not to do, that I practice."

Do you ever wonder why God

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RJA News Corner by Lee Stahl, Principal

Students visit Pennsylvania Farm Show



Students at Reading Junior Academy spent a day at the Pennsylvania Farm Show in Harrisburg on January 12. Students enjoyed seeing a variety of animals such as cows, horses, rabbits, pigs, sheep, and goats. This year the chickens were also back on display. The main exhibit hall provides many displays and projects submitted by 4-H groups across Pennsylvania. Enjoying the several items in the food court is always delicious, not to mention the free samples provided in the main hall.

Coming Up in February:

- RJA Ski Trip on February 16
- RJA Girls Sleepover on February 18
- PA Conference Geography Challenge on February 22

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

Recipe of the Month by Elizabeth Hill

Here is a recipe I make for a favorite cousin who thinks it is much better than regular apple pie. He has moved to Oregon but, when he comes for a visit, I'll be making it again!

French Apple Pie

- Pastry for 2 crust pie (9 inch)
- 3/4 cup sugar
- 2 tbsp. flour
- 1/8 tsp. salt
- 1/2 tsp. cinnamon (see note)
- 6 cups sliced apples (4 to 5

- large apples)
- 1/2 cup raisins
- 2 tbsp. orange juice
- 3 tbsp. butter

Frosting

- 1 cup 10X sugar (confectioner's or powdered)
- 2 tbsp. softened butter
- milk

Combine dry ingredients and mix with apples and raisins.

Pour into bottom crust.

Sprinkle with orange juice and dot with butter.

Add top crust; flute edges and cut steam vents.

Bake at 400 degrees F for about 40 minutes or until crust is browned.

Cool before frosting, or, for a shiny glaze, frost while hot.

Mix sugar and butter.

Add milk, a teaspoon at a time, until of spreading consistency.

Note: I also add a sprinkle of nutmeg (freshly grated) and allspice.

Grace's Outpost by Ashley Richards

"But seek first His kingdom and His righteousness, and all these things will be added to you." – Matthew 6:33, NASB

Her name was Maria Clara.

Have you loved something—or someone—so much you lost sight of putting God's will first? This month, I was there. It's hard to admit, because I had been proud to feel like I'd always wanted what God wanted first in my life, and, until now, I couldn't think of a time when I felt like I wanted something that I knew God either didn't want for me, or wasn't going to give me at this point in my life.

By now, I'm sure all of you (or at least most of you!) know that I sponsor two little girls in South America through Compassion International (one of which I only help the youth sponsor, but she's still my Brazilian *princesa*)—Arummy in Peru, and Sabrina in Brazil. I'm more proud of their sponsorships than I am of any other thing in my life. I'm grateful that God has given me the opportunity to support them in a way that will give them tutoring, a safe place to play, nutritional and hygiene education, nutritional supplements for their meager diets, and a place where they will learn about Jesus and have a hopeful future. Without my (our, in Sabrina's case) sponsorships, they would probably be doomed to repeat the cycle of poverty that they were born into.

So, naturally, when I received my raise last month, my first instinct was to sponsor another kid. The rational voice of my mother echoed in

my brain, *Shouldn't you use that money for something you need, like paying off your loans?* (I don't have a pragmatic bone in my body, so my mom has had to insert her own voice of reason into my own brain for any hope of common sense against my wild dreamer schemes.) But I felt the Holy Spirit counter, *Well, isn't this a better use of your money?* And it's true. At least, for me. I'd much prefer to remain at Panera forever, doing something that leaves me feeling unfulfilled in my work life, if, with my spare change, I can rescue children from poverty and teach them about Jesus' love, than be debt-free but do nothing to share—and *be*—the Gospel when it is in my power to do so.

I searched and searched for a child for weeks, asking God to send me a child, and I fell in love with an adorable little girl named Maria Clara from Brazil. Not terribly far (by Brazilian standards, anyway! It's a huge country) from where Sabrina lived, so it wouldn't be terribly difficult to arrange to visit them both at the same time, should I be able to visit Sabrina when we go on our mission trip this July. But I'd needed the funds of my paycheck to pay off extra bills that had accrued from overspending at Christmas, so I put Maria Clara on hold until my next paycheck. I got home after prepping that Monday night—the checks come in at midnight on Tuesday morning—checked to make sure she was still available, and was thrilled to take that last step toward sponsorship the next morning. Since prepping keeps me at work late nights, I was up past

midnight destressing from my workday, and thought, *you could sponsor her now.* But something made me hold off. *You told yourself tomorrow. It won't make a difference—she'll still be there tomorrow,* I urged myself, and went to bed.

The next morning, Tuesday, my day off, I woke up, said my morning prayers, and checked to make sure Maria Clara was there, but alas. She was gone. I was devastated. I'd prayed for a child, and had thought that God had dropped Maria Clara in my lap the very day I uttered that prayer. I instantly *loved* her the way I'd loved Arummy and Sabrina before I'd been able to sponsor them. In my head I could already see the future of her sponsorship, I could see meeting her this July and hugging her lots and lots and watching her grow, and getting the privilege of praying for her *every single day.* In my heart, she was already my Brazilian *princesa.* Even now, it hurts to think about Maria Clara, knowing that I'll never meet her, never sponsor her. It sounds silly and stupid, but it's true. I'd felt betrayed as soon as I saw that dreaded message pop up in place of Maria Clara's picture: "Oops. The page you are looking for could not be found. But this child can't afford to be forgotten. More than 6 million children under the age of 5 die every year from causes stemming from extreme poverty. We can forget about that. **Or we can do something about it...**"

I know. It's probably a silly story, compared to the much more severe things that others deal with on a daily basis. Longing for life for a stillborn child, for a wife just-passed from cancer, for parents just killed in a car wreck. I'm not sure what God's plans are for me, regarding which child I may sponsor in the future, but I think He *did* know that my laptop would break, and I'd need to be able to save up money to fix (or replace) it, and that I'd need to be able to renew my passport—quickly!—to have it in time for Brazil, and all the other things that need money and my attention right now. I still feel His calling to sponsor a child—just not quite until I can get all these other things sorted.

Sometimes sponsorships fall through, and sometimes kids are taken from the website to be promoted at Christian concerts and other venues, so I don't know if, in the future, I'll have the opportunity to work in Maria Clara's life in an intimate way. But I *do* know that God has the perfect third Compassion child out there for me (and maybe, someday, a fourth, or fifth, or sixth!), whose life He particularly needs me to love, and, at the right time, He'll bring that child to me, and my finances will align, and I'll get to be a sponsor all over again.

Because two things I know: God's timing is perfect, and He's in the business of using people to advance His kingdom. And I can't wait to be a part of both of those things.

The Sacred Gaze

by Barbara Snyder

Recently I went to an offering entitled "The Sacred Gaze" at the Christ Episcopal Church in Reading. The title immediately drew me. I went, and was encouraged to listen attentively to the subject matter of prayer. The speaker was Dr. Susan Pritchard, a sociologist from Washington State University.

Dr. Pritchard stated, as others have said before, that we learn to know our self only as it is reflected to us by others. But Susan Pritchard is a Christian exploring how a false self is created by distortions in the mirrors around us. I would call these mirrors (a limited list, of course) physical appearance, pride, achievement, perceptions of parents, teachers, playmates, mates, rewards, punishments, abusive situations etc. etc.

But there is a Divine Mirror, a reflection that shows how gazing into the face of Christ can reveal to us who we really are. When the true self is known as God's beloved, the way is opened to radical freedom and joy in Christ.

I have found that day to be one of comfort and growth. The entire day was about prayer. I have often used different structure in my prayer life so as to encourage ME TO LISTEN TO GOD, rather than me dictate, or list jobs for God to fulfill. It is difficult not to list things for God to fulfill because, after all, He is all powerful and He can meet our needs. But I want more. I want a relationship with Him, and I know He wants that as well.

Susan Pritchard wants that too, and that is why she has chosen to write and publish books and articles sharing that relationship.

First, The Sacred Gaze is praying while looking; looking at yourself as you see yourself, and imagining yourself as God sees you. Yes, physically, but in so many other ways. Are you a team player, hard worker, lazy, energetic, a go-getter, nurturing, angry, fearful, critical of self and others, shame-filled, pride-filled, etc.?

See it and name it.

Not so fast though. Defining who you are, what you are like, is important. Only then are we conscious of our wounds, our disappointed hopes, our abilities, our needs, strengths, and weaknesses. God sees you with one additional factor: our potential in Him.

So this prayer, this conversation, includes God's gaze on us. If we can trust in God, we must take great comfort in this fact. God sees us with infinite mercy, love, and hope. How can we imagine what that looks like? Picture looking at yourself in a mirror. Now we see through a glass darkly... Then look through a mirror imagining yourself as God sees you.

Decades ago when I first became a Christian, I was reading scripture, and I was drawn by the verses describing me as a child of the King. Well, if I am a child of the King, then I must be a Princess! Very good. Then I read scriptures that said I was the bride of Christ. Well, if I

am a bride of Christ, then I must be a Queen. Even better! My position is royal and because of my royal relationship, I can talk to God as a member of His family, as one who does not have to say things the King will be interested in, because He is interested in *me*. Makes a big difference in my words, in my speed (now it is conversational speed, not rushed), and in my desire to communicate. I can go to Him about anything, big or small, good or bad, and it is okay.

I am a registered nurse. Because of my experiences and because I have a certain non-spiritual "view" of myself (there is the mirror again), I thought I was supposed to know "all things medical." But two years ago, my husband rapidly developed Closed Angle Glaucoma. We spent about 6 hours the first few weeks, every week at the ophthalmologist's office. He received about 30 eye drops a day, and was in so much pain. When it was time for his third surgery, both he and I had just about had it. A routine pre-operation chest x-ray showed a possible aortic aneurism. This is no joke of a diagnosis. An emergency MRI showed no aneurism but a serious lung condition. It was handled quickly, and things worked out.

But our pre-operation cardiology visit had me so worried. I was obsessing about my lack of confidence in dealing with how things were working, what I was going to say. I had to leave the living room, sit down on

my bedroom floor and tell God I was scared of my own limitations. What was I going to say to this cardiologist now? I felt like a 5-year-old. However, by the time I got to the office I had no anxiety. I DID NOT KNOW what I was going to say, but my mouth opened and the cardiologist and I had decent communication.

Now, I am so glad that I don't have to know it all. I am glad I saw myself as a 5-year-old there on the floor talking to Jesus. There is so much freedom in Him and none in ourselves, that is, unless you are seeing through His Sacred Gaze.

God bless you as you really are in Him...in His mirror.

The Medicine Chest by John Manubay, M.D.

Vitamins and Supplements

Some vitamins and supplements may be beneficial for overall health, and for managing some health conditions. Dietary supplements do not require premarket reviews or approval by the FDA, and they do not have to provide safety evidence like other drugs before the product is marketed. Many supplements however can have side effects or may be harmful, and should not be taken in place of prescribed medicines. One should always consult their physician before taking supplements.

About half of the general population is deficient in vitamin D. Deficiency is associated with osteoporosis and hip fractures. Vitamin D is important for growth and development of bones, and may protect against prostate, breast, and lung cancer. The active form of vitamin D is vitamin D3, which enhances the absorption of calcium from the small intestines. Many Americans do not consume enough calcium. Calcium strengthens the bones, prevents osteoporosis, lowers blood pressure, and may decrease the risk of colon cancer. Deficiencies can lead to shrinking of bones, with loss of height, and muscle

cramps. Too much calcium though can increase the risk of cardiovascular disease. You may want to discuss the risks and benefits with your doctor.

Lutein protects the eyes and lowers the risk of macular degeneration. It may also protect the eyes from sunlight damage, slowing cataract development.

Omega-3 fats or high-quality fish oils are important in maintaining a healthy immune system. Fish oil significantly decreases inflammation which is seen in Cancer, Heart Disease, Alzheimer's, Arthritis, and autoimmune diseases. Omega-3 fatty acids help lower triglyceride levels and may help improve glucose tolerance and prevent insulin resistance.

Niacin raises HDL (good cholesterol) levels and lowers total cholesterol, LDL, and triglyceride levels. Flushing is one of the side effects, but can be relieved by aspirin.

Red yeast rice contains similar active ingredients seen in statin drugs and can lower cholesterol levels. However, liver functions must be checked, as liver enzymes can be elevated.

Coenzyme Q10 has been known to lower blood pressure and improve overall heart function. CoQ10 levels

decline with age.

Green tea and extract are good weight loss supplements. Their ingredients increase the metabolic rate and promote fat burning. Do not add sugar or artificial sweeteners to it. Green coffee bean extract promotes weight loss by decreasing the absorption of calories from the intestines. Drinking coffee doesn't give the same effects though, as roasting the bean destroys a key phytonutrient.

At age 45 – 50, age related memory loss often starts. About 15% of people experiencing this may go on to develop Alzheimer's disease. Brain protecting antioxidant supplements that can defend the brain include Vitamin E, Vitamin C, Coenzyme Q10, Alpha lipoic acid, and Glutathione.

St. John's wort has been used to treat anxiety and depression. There is greater benefits with minor depression. If there is no improvement in helping depression as seen after two months, it will probably not help. One should not take this with any other antidepressants.

Dehydroepiandrosterone (DHEA) is a hormone made by the adrenals. With stress, adrenals are exhausted along with DHEA levels.

DHEA supplements can replenish this hormone.

Melatonin is effective in helping insomnia without suppressing REM or dream sleep. Melatonin levels decline with age. It is also good for treating jet lag, and for night shift workers.

Black cohosh has weak estrogen-like activity and can reduce hot flashes in menopausal women and can decrease symptoms related to perimenopause and menopause, including depression and insomnia. Flaxseed boosts phytoestrogens and can also help with hot flashes and other symptoms of menopause.

Saw palmetto improves symptoms of BPH, or an enlarged prostate gland. It is important to have your doctor examine your prostate and check a PSA test to rule out prostate cancer.

Glucosamine sulfate helps prevent osteoarthritis and can build up joint cartilage. Chondroitin sulfate helps form healthy cartilage tissue by attracting and holding water in the tissue. Hyaluronic acid is beneficial for arthritis by serving as a lubricant in cushioning the joints. Benefits have been seen with patients with knee osteoarthritis, showing improvements in pain and function.

Notable Quotes selected by Bob Kondracki

Life isn't about waiting for the storm to pass, it's about dancing in the rain.
~Vivian Greene~

All that is necessary for evil to succeed is that good men do nothing.
~Edmund Burke~

A friend is one who has the same enemies as you have.
~Abraham Lincoln~

To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you.
~C.S. Lewis~

I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess.
~Martin Luther~

Guard against the impostures of pretended patriotism.
~George Washington~

I tremble for my country when I reflect that God is just; that his justice cannot sleep forever.
~Thomas Jefferson~

Well done is always better than well said.
~Benjamin Franklin~

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The Children's Page by Ashley Richards

Did you know this month we will celebrate Valentine's Day? Many times we celebrate Valentine's Day with the love of our friends, crushes, or husbands (or wives), but the greatest love of all is Jesus' love for us! Most of all, though, Jesus' love is kind. He didn't have to love us, or save us, but He did. His love moved Him to act out of kindness to save our lives. So this week's puzzle involves the word "kindness"—but with a twist! Jesus wasn't just kind to one country or one nationality—He was (and is!) kind to us all! So in the puzzle below, you'll find the word "kindness" many times, but in many different languages. Because Jesus is kind to Brazilians, but He's also kind to Americans, to the French, to the Spanish, to the Chinese, and to the Kenyans. Jesus loves us all. What kind (or loving?) thing can you do for someone else today? In the puzzle below, you can find words going down, across, backwards, or diagonally.

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

- Agalelei (Samoan)
- Aji byen (Haitian Creole)
- Aloha (Hawaiian)
- Amabilidad (Spanish)
- Aroha (Maori)
- Bondade (Portuguese)
- Bunatate (Romanian)
- Dobrota (Russian)
- Gentillesse (French)
- Gerumas (Lithuanian)
- Gute (German)
- Kabaitan (Filipino)
- Kalosyni (Greek)
- Kebaikan (Indonesian)
- Lahkus (Estonian)
- Laskavost (Czech)
- Mosa (Sesotho)
- Shinsetsu (Japanese)
- Umusa (Zulu)
- Venlighed (Danish)

The Pastor's Place (continued from page 1)

Putting others first is often difficult for us. But that is exactly what God wants us to do. Love your neighbor as you love yourself. That is God's second most important command. The first one is to love Him with all our heart. In order to do this, we have to follow what the Bible says in Luke 9:23,

"Then He said to them all, 'If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.'"

I hope you find this article beneficial if you happen to be going through a similar issue. Please, do not try to read into what I'm trying to

say, or change the meaning of what I am saying, which is that we all ought to obey God's instructions. If we choose not to listen and heed His voice, we will have to deal with the consequences of our choices.

It is my hope and prayer that when you read this you may feel convicted to resolve any conflicts you may be having with someone, even if it involves any conflict you may have with me.

May the Lord keep you and shine His face over you, and give you peace.