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# Hampden Heights Sentinel

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*Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. ~Matthew 5:11-12*

## RJA News Corner

by Lee Stahl, Principal



### RJA Spiritual Focus Week

Dr. Carlos Charnichart, Treasurer of the PA Conference of SDA, shared his childhood story during RJA's fall spiritual Focus Week. Carlos grew up often feeling that he was just an accident, and insignificant to God. After all, his parents were young and unmarried at the time of his birth, and they didn't feel capable of raising him, so his grandmother adopted him. This led to times of disappointment when he never got to meet his mother, and on one occasion when they were scheduled to meet, she didn't show up. It wasn't until much later in life that he recognized that God had a plan for him. He discovered through scripture that God knew of him long before he was born (Jeremiah 1:5) and that He had plans for him (Jeremiah 29:11). It was because of his grandma that Carlos came to know God and became a Seventh-day Adventist. His message was clear that no one is an accident to God. He has a purpose for each one of his children.

Because Dr. Charnichart had to leave early to fly to Mexico to see his family as they make preparations for his grandmother's estate, we had another person fill in the last day. Todd Casey, Youth Director of the PA Conference, spoke to us via zoom while he was visiting

family in Canada. Todd shared the message, touching on our school's spiritual theme: *Love God, Love People*. He reminded us through scripture that God is love. Using the mathematical property of substitution, we were able to easily see God's character using 1 Corinthians 13 and replacing the word "God" for the word "love".

We finished the week giving students an opportunity to make decisions in their lives. They could choose from: 1) recognize that they are important to God and want to discover His plan for them. 2) make a commitment to love God and all people. 3) learn more about the Bible in hope of getting baptized. 4) continue to fulfill the vows they made when they were baptized. Most students chose more than one and many would like to prepare for baptism someday.



**Mrs. Stahl gives last minute instructions to students preparing for the mile run as part of their PE class.**

### Senior Mentors Wanted!

RJA students are still looking to partner with a senior mentor one hour each week to develop a companionship and at the same time help them earn tuition credit at school. The Partnering for Eternity (PFE) program is a grant we receive to assist students with tuition at Adventist schools.

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## Alabaster Box by Dave Taylor

### Thinking About Thanking

"Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us." (Steps to Christ p102)

Over the course of my lifetime I have driven a variety of automobiles, from my first car, a 1972 Ford Maverick, to my current vehicle, a 2004 Toyota Corolla. I have driven well over half a million miles in total, but throughout all those years and all those autos and all those miles, there are only a handful of times when I was truly thankful for the spare tire in the trunk. I do not usually drive along the streets and highways with a heart overflowing with thankfulness for the blessing of owning a fifth tire. I am quite certain that you can imagine what kind of automotive incident coincided with those rare moments of praise and thanksgiving for a spare tire. True thankfulness springs from an awareness of our deep need, and a realization that we are unable to supply that need by our own power.

Is there ever a circumstance in which we should refrain from giving praise and thanks to God? At first blush, we may say "no", there is never a time when thanksgiving is inappropriate. However, the fallen nature of man's heart has a way of contaminating and even corrupting expressions of gratitude. Jesus tells a parable of two men visiting the temple in Luke 18:9-14. The two men do not arrive together, but they find themselves in that sacred place simultaneously. Both

men come into the temple to pray, but otherwise they share very little in common. One man is well-respected by Jewish society of the day. As a Pharisee, he is very knowledgeable about the minute details of Jewish law, and its requirements. The other man is despised by his culture, and is viewed as a traitor to his nation. As a publican, he is empowered by the occupying force of the Roman government to collect taxes from the people, an opportunity that could be quite lucrative, especially for a man whose financial savviness exceeded his moral principles. Two men come to the temple on this day for an audience with the great Jehovah, yet how different are their approaches to the throne of heaven!

The Pharisee renders thanks to God that he is better than other men. He makes the critical mistake of holding up himself and his works as an offering to a perfect God. The Pharisee proclaims his superiority over extortioners, over unjust men and over adulterers. Yet not content to revel in these abstract comparisons, he quickly takes inventory of his fellow worshippers to find a more concrete example of his superior righteousness. "Thank you, God," the Pharisee prays, "that I am not like this publican." He continues by reminding God that he fasts not just once, but twice every week and he gives tithes of all his possessions. We do not hear his lips render thanksgiving for the food that God provides for the other days of the week when he is not fasting, nor do we hear thanks for receipt of the possessions which enable a faithful return of tithe. The

depth of the Pharisee's self-deception and lack of self-awareness is staggering, but "out of the abundance of the heart, the mouth speaketh." (Mat 12:34).

The Pharisee is an easy target for our modern-day righteous indignation, but lest we judge too harshly or too quickly, take a moment of honest reflection to consider whether we sometimes approach God in a similar state of self-deception. As members of that last day church represented in Revelation as the church of Laodicea, Jesus admonishes us through the apostle John that while we say "I am rich, and increased with goods, and have need of nothing," we are unaware that we are "wretched, and miserable, and poor, and blind, and naked." (Rev 3:17) The solution to this dilemma immediately follows: "I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eye salve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent." (Rev 3:18-19) Only after the application of that spiritual eye salve will our prayers rise in unison with the publican, who would not even look upward to heaven, but beat upon his chest and cried out to receive the mercy of God as a sinner. Two men had an opportunity to be justified as they entered the temple for prayer that day, but Christ declares that only the publican returned to his home with a purged life record, just as if he had never sinned.

Christ closes the parable of the Pharisee and the publican with a cautionary statement,

informing us about how upside-down and backwards our thinking is in comparison to the thoughts and character of God. "For every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted." (Luke 18:14) The life of Jesus presents us with the clearest portrait of an omnipotent servant God, who sacrifices His well-being for that of His creatures. The mind of man struggles to comprehend the concept of an omnipotent servant, yet Christ, who was fully God and also fully man, "made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name:" (Phil 2:7-9)

"Could we with ink the ocean fill  
And were the skies of parchment made;  
Were every stalk on earth a quill,  
And every man a scribe by trade;  
To write the love of God above  
Would drain the ocean dry;  
Nor could the scroll contain the whole,  
Though stretched from sky to sky."

- "The Love of God" -  
Lehman

During this Thanksgiving season, as you carve the turkey or Tofurky, make sure you carve out a little time to lift your voice in expression of praise and gratitude as a recipient of God's unmerited favor.

## Going Deeper by Barbara Snyder

### What Does the Lord Require of Us?

Micah 6:6-8 gives a concise and balanced answer to today's spiritual and political questions. "What does the Lord require of you but to seek justice, to love mercy, and to walk humbly with thy God?"

To start, what is **justice**? To our Lord, justice is not punishment. Justice is repairing relationships, repairing the culture, society and the world to its original intent. The word is a positive one, and Christians are told to forgive when forgiveness is not "warranted", to welcome back when it is not deserved, to be the first to approach the accused with offers of inclusion. If that is the case, we have to commit not to changing the entire world, but to accepting what reality to our sin filled world really means. Life on this planet is hard and inexplicable. There are no experts in repairing it. There is no one who has not been the victim of injustice. There is no guarantee of an obvious success. (Yet the aforementioned comments do not mean that there is an easy way out for wrongdoers.)

All the above include reasons why some translations use the word "seek" justice. To misconstrue what justice entails can cause escalating problems like an atomic mushroom cloud. Justice is not judging/punishing the other. It's not trying to change another. It is "You; "therefore you have no excuse, for when you pass judgment on another person, you condemn yourself, since you, the judge, practice the very same

things." Romans 2:1. Judging and punishing corporate or personal guilt is not about us setting things right. It might be for us to voice only. Let God be God. Don't fall into the trap of taking on God's role.

Consider the following profound quote.

"Humans often end up doing evil by thinking they can and must eliminate all evil, instead of holding it, suffering it themselves, and learning from it, as Jesus does on the cross. This ironically gives us the active compassion we need to work for social change." \* Richard Rohr Oct. 16, 2020

The book City of Joy by Dominique Lapierre helped me understand this upside-down view of justice. I read the book in the early 90's and it had a profound effect on me. The author chose 3 main characters to illustrate the life experiences of the very poor. They lived with them, became hungry with them, felt dirty, saw crime, disease, and death with them. In order to truly share the plight of the poor in Calcutta, they embraced the lives of the poor. They did not run from or try to change it. They had the courage to endure the brokenness, and by learning to live and to be this way, they (and we) can pass this onto others. They changed the poorness of body, hardly at all, yet they impacted it through the humility and vulnerability of Christ. They received the true strength of spiritual and practical empowerment and transferred that strength to their poor friends and neighbors, one individual at a

time. Remaining humble in Christ, taking that role of a servant in Christ, we become able to show compassion, know prayer deeply, become imaginative in helping, and finding some (not all) solutions, walking the walk, talking the talk. Whether it's one person at a time, one family at a time, one street, one neighborhood, one classroom, one school, one church, one mission field, we will seek justice for others. We seek justice, perhaps for ourselves too.

### What is "love mercy"?

Titus 3:5 states "He saved us, not because of right things we have done, but because of His mercy. He saved us through the washing of rebirth and the renewal of His Spirit." He saved us; and we know that act of saving was one of infinite sacrifice, unmeasurable mercy. The love was given, not to the worthy, but to the unworthy. His mercy is demonstrated through us for those who have hurt, frustrated, and disappointed us. His mercy is available for us, even as we cast judgment upon ourselves, for we have not been "completely" good. We have not been the "Standard Bearers"; we have not submitted even to our own standards: those ideals we have adapted for ourselves, those characteristics we have/had believed we should have lived up to. Mercy is an open, gifting hand to the unworthy, to the guilty, to the underserving and to those innumerable beings who cannot do, provide, or pay for themselves. (physically, mentally, emotionally, spiritually) They are at the mercy of others who are blessed in different, if not better ways.

I would challenge you to consider that mercy and justice are the same, albeit different angles/views of the same God, the same virtue, the same definition(s). For an historical example:

The entire country of India was riddled with death and strife. Pakistan and India were just recently divided. Everything was in turmoil, a war between religions. Gandhi (a Hindu) is known to have been approached by a distraught Hindu man who confessed to the murder of a Muslim child. "I'm going to Hell!" the man said. Gandhi responded "I can tell you how to find your way out of hell. Go out and find a homeless Muslim boy, take him into your home and raise him as a Muslim." Now this was a cultural horror for a Hindu. The Muslims were their mortal enemy. Justice and Mercy intertwined.

I spoke earlier of Micah, but Deuteronomy 10:12-13 is very close to Micah 6:6-8. There is more elaboration, both before and after the verses in discussion though; from them we can go in so many directions! Read the Deuteronomy section and consider that walking **Humbly with Thy God** is very much a part of the Three Angels Messages. There are no dangling phrases such as "for the hour of His judgment has come." There are no "Babylon has fallen" words within either Micah or Deuteronomy, but to "walk in all His ways and to love Him" and to walk humbly" is held within the words in Revelation 14:6. "Then I saw another angel flying in the midst of heaven, with an eternal gospel to proclaim to those who dwell on the earth..."

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**Going Deeper** (continued from page 3)

Fear God and give Him glory... and worship Him who made the Heavens and the earth. Verse 12 "Here is a call for the endurance of the saints, who keep the commandments of God and the faith of Jesus." The people of the days immediately before the coming of Jesus have learned the intimacy and the surety of the resurrection life with Christ. They have walked in His sandals, chose to steadily refer all things to Him instead

of using their own ego discernment, no matter how "right" that seems to have been. They are separated from others who have done "good" from a sense of duty. They are separate from those who have, because of seeming piety and success, put up a standard of being a "superior" person.

Oswald Chambers says "We have put our sense of duty on the throne instead of the resurrection life of Jesus. We are not told to walk in the light

of conscience or of a sense of duty, but to walk in the light as God is in the light. When we do anything from a sense of duty, we can back it up by argument. When we do anything in obedience to the Lord, there is no argument possible." I thought a lot about these things, and this is my conclusion:

If you are looking to Jesus in all things, big and small, daily, hourly, and minute by minute, Jesus will so cover you and your actions so that others

see Jesus and not you. AND YOU ARE PERFECTLY OK WITH THAT. That is walking humbly with thy God.

These simple yet profound requirements of us from the Word of God are in so many ways deeper revelations of all three as one. The Word uses three as one frequently, doesn't He!

Amen. (I have so much more to think about.)

**Recipe of the Month** by Arleen Johns

The original recipe was given to me by my mother-in-law Midge Johns years ago, and has become a very popular fellowship meal casserole. Feel free to leave out eggs and cheese to make it vegan.

**Popular "Meat" Loaf With Sweet & Sour Glaze (Midge Johns)**

- 3 Tbs oil
- 1 onion chopped
- 6 slices of whole wheat bread- cubed or part dry bread crumbs
- 1 can vege-burger or burger crumbles
- 2 cups cheddar cheese (optional)
- 4 eggs/egg beaters (I have left them out all together and

- it turns out fine)
- 1 tsp garlic powder
- 1 ½ tsp sage

**Glaze**

- 1/2 C catsup
- 1/2 C brown sugar
- 1/2 C water

Sauté onions in oil (or water sauté)  
 Mix everything together and press into sprayed 9x11 casserole  
 Mix the glaze together to dissolve brown sugar,  
 Spread glaze over top of the casserole  
 Bake uncovered 45 min at 350 degrees

**Summary of Church Business Meeting Minutes from 10-17-20** submitted by Wayne Johns

Financial report presented by Dwight Edris.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> to accept Treasurer's Report.  
**Motion** was approved.

Clerk's Report from Board Meeting 9.21.20.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> to accept Clerk's Report.  
**Motion** was approved.

Recognized today's Rommel Virtudazo's baptism and Myrtle Lewinson's POF.  
 Request of Jo Jo to be baptized in the near future.

To begin: Evangelism with Revelation Seminar in two weeks, and we are encouraged to invite a friend. Pastor plans to continue even if only one visitor attends. Conference wide plan is to hold evangelistic meetings in spring, with 121 venues.

Report from Adventure's Club: Bike ride is scheduled for tomorrow.  
 Pathfinder Club: Meeting tomorrow @ 4 p.m.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> for Paulo Acosta to be the interim Pathfinder Leader.  
**Motion** was approved.

Report of interest to begin an Eager Beaver Club.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> for Janelle Shives to be the Eager Beaver Leader.  
**Motion** was approved.

Reminder of upcoming Church Social on 10.31.20 for Anything Potato, with potato bar, games and crafts. Sign-up sheet provided so we know number of potatoes/food to purchase.

Communion kits for purchase. This will allow us to participate in communion during COVID-19 safely. Cost is \$30/100. Once received, will schedule communion.

Discussion of pavilion driveway paving and related costs. Estimate was for 120' X 24' @ \$9700.00. Requesting only 20' wide which will reduce cost, but not known how much of a reduction at time of meeting. Jewish Federation has stated they would support 50% of related cost of paving.  
**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> to apply 2" base coat, if possible, this fall, with Jewish Federation pledge covering 50% of those costs, and revisit consideration of application of final 1" in the Spring.  
**Motion** was approved.

## The Path to Better Health by Leo Pena

### Saw Palmetto for Prostate Disorders

Some time ago my father asked me to accompany him to a doctor's appointment. He was a bit fearful because he was having symptoms that indicated possible prostate problems. He is 70 years old so he knew he was in an age group that has higher risk. This month we will look at what is the prostate, symptoms, causes and if Gods medicine cabinet has an answer.

Many men aren't sure what their prostate is, what it does, or when to call a doctor if they think they might have a problem. So, information is the best tool you have in dealing with this aspect of men's health.

What is the prostate? Web MD says it is a small gland that is part of the male reproductive system. It's supposed to be about the shape and size of a walnut. It rests below your bladder and in front of your rectum. It surrounds part of the urethra, the tube in your penis that carries pee from your bladder. The prostate helps make some of the fluid in semen, which carries sperm from your testicles when you ejaculate.

As you age, your prostate can become larger. It's a normal part of aging for most men. By the time you reach age 40, your prostate might have gone from the size of a walnut to the size of an apricot. By the time you reach 60, it might be the size of a lemon. Because it surrounds part of the urethra, the enlarged prostate can squeeze that tube. This causes problems when you try to pee. Typically, you won't see these problems until you're 50 or

older, but they can start earlier.

You might hear a doctor or nurse call this condition benign prostatic hyperplasia, or BPH for short. It is not cancerous.

Symptoms; If you have trouble starting to urinate or have to go a lot, especially at night, these could be signals that you have an enlarged prostate. Other signs and symptoms include:

1. Your bladder doesn't empty completely after you pee
2. You feel the need to go out of the blue with no sensation of build-up
3. You may stop and start several times
4. You have to strain to get any flow going

It's important that you see your doctor if you have early symptoms of BPH. Although rare, it can lead to serious problems such as kidney or bladder damage.

As you may know me by now, you know that I always look for Gods answer for health through nature. Very few plants have so much proven scientific research as Saw Palmetto for prostate health. Saw Palmetto extract is taken from the deep purple berries of the Saw Palmetto fan palm, which is known as *Serenoa repens*. It grows as a tree or shrub and has lush, green leaves that fan out from its thorn stem. The berries also contain high molecular weight polysaccharides (sugars), which may reduce inflammation and strengthen the immune system — thus adding immune system booster to the list of Saw

Palmetto benefits.

The most important factor about Saw Palmetto is that it's been shown to slow the production of the enzyme 5-alpha reductase, so taking it is a strong step to improving prostate health. This enzyme converts the male hormone testosterone into dihydrotestosterone (DHT) — a sex steroid and androgen hormone. Research shows that Saw Palmetto inhibits testosterone from binding to and stimulating prostate cells, which reduces the multiplication of prostatic cells and prostatic enlargement. One 2012 study conducted in Switzerland analyzed 82 patients in an eight-week trial. The patients took one capsule of 320 milligrams Saw Palmetto extract daily.

At the end of the treatment, the International Prostate Symptom Score was reduced from  $14.4 \pm 4.7$  to  $6.9 \pm 5.2$ . Investigators' and patients' assessments confirmed the good efficacy, and treatment was very well-tolerated and accepted by the patients. Studies have also found that Saw Palmetto inhibits the growth of prostatic cancer cells and may destroy dangerous cells. A study conducted at the Department of Biochemistry and Molecular Biology in Beijing found that Saw Palmetto induced growth arrest of prostate cancer LNCaP, DU145 and PC3 cells and down-regulated DHT, the hormone that leads to prostate enlargement.

Another interesting note about Saw Palmetto is the research that has been done to measure its effect on post-surgery recovery time. Prostate surgery (known as transurethral resection of the prostate, or TURP) can require a lengthy recovery period, but research shows that taking 320 milligrams of Saw Palmetto daily for two months before prostate surgery can reduce the time spent in surgery. It also helps with blood loss, the development of problems during surgery and the total time spent in the hospital.

Saw Palmetto is widely used in other countries; for example, it is used in 50 percent of treatments for BPH in Italy and in 90 percent of such treatments in Germany.

The primary side effect occurring in humans is gastrointestinal distress, which is mild and can be minimized by taking Saw Palmetto with food. Saw Palmetto is believed to be quite safe, although formal toxicology studies have not been completed. One study found no mutagenic or teratogenic effects in rats and dogs that were fed Saw Palmetto in a dosage of 2 g per kg daily for six months, and this dosage was well tolerated. No clinically relevant changes in laboratory parameters have been found in human clinical trials. Clinical studies have used a dosage of 160 mg twice daily or 320 mg once daily of a lipophilic extract containing 80 to 90 percent of the volatile oil.

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**RJA News Corner**

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**The Children's Page** by Tina Kondracki



Drawn for Jesus by: Christine Martino

Can you find these items?

-  Boomerang
-  a hammer
-  An eye
-  an Ichthus (Christian Fish)
-  a fish
-  a sailboat
-  a fork
-  a tack

BONUS: Find the name JESUS, and 4 Crosses, artist initials.

**Notable Quotes** selected by Bob Kondracki

Senior mentors are usually retired or near retirement. In the PFE program, students accompanied by their parents usually visit at the mentor's home and can share hobbies, play games, read or help with school work, help with household chores, and other activities. If you think you might be interested, please contact Principal Lee Stahl at 484-336-0198.

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

Christianity is one beggar telling another beggar where he found bread.  
~D.T. Niles~

Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it.  
~Thomas Paine~

The Lord gets his best soldiers out of the highlands of affliction.  
~Charles Spurgeon~

When soldiers have been baptized in the fire of a battlefield, they have all one rank in my eyes.  
~Napoleon Bonaparte~

It is well that war is so terrible, otherwise we should grow too fond of it.  
~Robert E. Lee~

In wartime, truth is so precious that she should always be attended by a bodyguard of lies.  
~Winston Churchill~

While only one day of the year is dedicated solely to honoring our veterans, Americans must never forget the sacrifices that many of our fellow countrymen have made to defend our country and protect our freedoms.  
~Randy Neugebauer~

I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm.  
~Franklin D. Roosevelt~