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But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. ~Matthew 12:36 NKJV~

RJA News Corner by Lee Stahl, Principal

RJA Students Help Assemble Care Packages for Hurricane Harvey Victims

On Friday, September 8, students from Reading Junior Academy joined students from Blue Mountain Academy, Pine Forge Academy, and Jesse R. Wagner Elementary School to help assemble over 10,000 care packages that Adventist Community Services will be sending to Hurricane Harvey victims in Texas. Pine Forge Academy hosted the service project. It was neat to see students from the different schools working together for a good cause.

Adventist Whole Health Network Conducts FOCUS Week at RJA

During the week of September 11-15 students at RJA learned the meaning of NEWSTART as staff members of AWHN introduced ways that we can live healthier and happier lives. If you unfamiliar with the acronym, NEWSTART stands for Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God. This year teachers will look to highlight each of the elements into

their classrooms.

RJA Partners with AWHN to Conduct 5K Run and Health Fair

On Sunday, November 12, Reading Junior Academy will have a 5K run/walk and health fair. The race will begin at 9:00 AM at RJA, with the health fair to follow. A 1K run/walk will also be available. Entrance fee for the 5K will be \$20 if pre-registered at pretzelcitysports.com/calendar_events. Fee increases to \$25 on race day. Look for more information to follow in coming weeks.

There is Something Great in the Air by Cindy Eisenhardt

This year, Ms. Cindy's kindergarten class is joining the Kenhorst Blvd. SDA Church's weekly morning prayer meeting. We are having a great time praising God through song and prayer. A big thanks to Annette and Clarence Wilson and their fellow prayer warriors for their warm welcome. As in years past, the students will adopt a prayer buddy from the Kenhorst church. We will pray for them throughout the year, send them cards, small gifts, and invitations to our annual Thanksgiving play and feast. If you're looking for a "unique" prayer experience come join us each

Wednesday morning at 11:00 AM!

RJA Students Participate at BMA Sports Fest

For two days, over 150 students across Pennsylvania came to Blue Mountain Academy to participate in their annual Sport Fest. RJA had 23 students in grades 5-10 participate. Each student chose two sports to learn skills. They had choices of basketball, soccer, volleyball, flag football, and gymnastics.

Field Trip to Roadside America

While the older students were at Sports Fest on September 17, RJA students in grades 1-4 and their families went on a field trip to Roadside America to see the miniature sized village and model railroad.

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

The Medicine Chest by Dr. John Manubay, M.D.

Screening for Cancer

To reduce the risk of cancer, one should live a healthy lifestyle. Avoid smoking and limit alcohol, eat fruits and vegetables and maintain a healthy weight, exercise regularly, protect your skin, and get regular check-ups and recommended cancer screenings.

Cervical Cancer

Women between ages of 21 and 65 should have a PAP test done every 3 years. Women between the ages of 30 and 65 should have a PAP test every 3 years. HPV testing should also be performed. Women over the age of 65 who have had normal PAPs in past 10 years do not have to be tested. A woman who has a total hysterectomy for reasons not related to cervical cancer should not be tested.

Breast Cancer

Women ages 40 - 44 should have annual mammograms if they wish to do so. Women ages 45 to 54 should get yearly mammograms. Women 55 and older should get mammograms every 2 years, or can continue yearly screening. Screening should continue as long as a woman is in good health with life expectancy of 10 or more years.

Prostate Cancer

Research has not yet proven the potential benefits if testing for prostate cancer outweigh the harms of testing and treatment. Starting at age 50, doctors can provide pros and cons of testing. If you are African American or have a father or brother with history of prostate cancer, consider testing at age 45. PSA blood test with or without rectal exam is the screening test.

Colon Cancer

Starting at age 50, both men and women should be tested. Colonoscopy every 10 years is most commonly done to find polyps and cancer. Polyps are precancerous and can be removed during the procedure. Other methods used for screening include flexible sigmoidoscopy every 5 years, double contrast barium enema every 5 years, yearly fecal immunochemical test (FIT), yearly guaiac-based fecal occult blood test, or stool DNA test every 3 years. If you are at high risk based on family history or other factors, you may be screened earlier.

Lung Cancer

Screening guidelines are for those at high risk due to cigarette smoking. Screening is done on individuals 55 - 74 years old in good health, having at least 30 pack-year smoking history and are either still smoking or have quit within the last 15 years.

Low-dose CT scan of the chest is done as annual screening.

Many cancers may be prevented by seeing your doctor regularly and from the recommended screenings.

Recipe of the Month by Elizabeth Hill

This month's recipe is not a dessert, but rather my own recipe for cauliflower, and it is my daughter's favorite (although Tique is not all that impressed!) and it used to be my granddaughter's too, although she tells me she thinks she has lost her taste for it. I always make it for Thanksgiving, and never have any left over!

Califlower With Mushrooms, My Way

Ingredients

- 1 (12 oz.or a little larger) pkg. frozen cauliflower
- 8 oz. fresh, sliced mushrooms
- 1 tablespoon of chopped onion (not too finely chopped because you will be removing it to finish the sauce)
- 1/2 pt. light cream or half and half
- 1/4 lb. butter

2 tablespoons flour

Preparation

Cook cauliflower until crisp cooked. Reserve the water. Melt 3 tablespoons butter in small frying pan. Add onion and cook over medium heat until transparent. Discard onion. Add mushrooms to pan and brown with one more tablespoon butter.

Remove mushrooms from pan. Set aside. Add remaining 2 tablespoons butter to pan and melt. Add the flour stirring with a whisk until smooth. Add the cream a little at a time and cook until thickened. Add cauliflower and mushrooms and heat until hot, adding some of the cooking water if it is too thick.

Meeting Them Where They Are

By Aldres Cruz

“And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: ‘It is more blessed to give than to receive.’” — Acts 20:35, NLT

Never would I have thought to fly on a plane to South America—specifically, Brazil. Since I arrived in the United States over 15 years ago, the furthest I have been, outside of the country, was to Canada.

Not having any real information about the country of Brazil, I accepted God’s call through Pastor Pete, which was best the decision to make. The day finally came to depart from the States, and

it took about 14 hours to arrive at our destination, Cuiabá, in the central-western state of Mato Grosso. After a couple of days in the city, getting to know everyone that was going to the village with us, we departed once more. This time, it was a six-hour ride to where we were staying, a native (Parecis) village near the city of Campo Novo.

Once there, I would say that I was a bit surprised by the conditions of the village when we first arrived. Nonetheless, we started working right away by unmounting materials from the truck and bus, and we cleaned up the immediate area.

As the days went on, we were

able to connect with villagers through a daily devotional, as well by reaching out personally to each one of the villagers. This was done by going to their homes and huts, and we would ask them for any petitions that they had before praying to the Lord. By doing this, I could see how they opened their hearts to the Lord and trusted in His promises. As we interacted with the adults and kids of the village, they could see how different we were, working for a cause they cared about deeply. Things like these are what impacted me the most on a very personal level, because together we were able to show the villagers Jesus in the simplest way.

A Bountiful Blessing

By Rerma Richards

The Calebe Mission trip that I took part in was a breathtaking experience. At first there was anxiety and fear in my heart. Thinking about the flight and also being away from my family for a whole month, with no phone services worried me, but God always had His way of stepping in at the right time. He will never leave us, nor forsake us, nor put more on us than we can bear. When we first landed in Brazil, there was this fascinating feeling that would not cease, Praise the Lord. It was truly a stunning scene especially when we traveled to the village. I do not think that a camera could’ve ever captured the sun rising with enough justice. It was a scene that every eye has to experience.

I wasn’t familiar with the

Portuguese language. When the Americans and the Brazilian natives came together to Praise the Lord, it did not matter what language that you knew. Every mouth was open, every heart was full of compassion, and every hand was clapping to praise the Lord.

That is what I loved and appreciated the most. All hurdles had to flee because Jesus’ name was being lifted up. That was very inspiring to me. On the trip, our pastor said, “You may not understand everything that the chief or his wife or natives of the village might say, but they can see if Christ lives in you, and you can also show them Christ within you.” So I tried my best by helping with the building and cleaning. Making cement is harder that the guys make it look!

I also spoke the words that I learned. The main words that I picked up on were: “bom dia” (good morning), “tudo bem” (how are you?/I am doing well), and “obrigada” (thank you). Every time that I saw Senhora Clarisse, I would speak those words with extreme excitement. Senhora Clarisse would then always give me a big hug, as if I was her precious baby. We both showed kindness and compassion to each other. It was a bountiful blessing. Her testimony had so much self-denying meekness, faith, and hope. It was really a life changing one. It was a testimony that made me rethink the way that I have thought up until that point. My heart’s desire is to surely see everyone in heaven from this Calebe Mission trip.

Grace's Outpost

By Ashley Richards

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit. — Romans 15:13, NASB

We first met Alexander our first Sabbath in the village.

I could tell you a great many stories of everything that happened in Brazil, but Alexander's story is special. (You may have heard others refer to him as just Alex, but he seemed especially proud of his full name, writing it with flourish on each craft, each day, and introducing himself by it. So we'll call him Alexander, here.) *Alexander* is special.

He came to our little church-circle outside the chief's hut that first Sabbath, soaking up every word about the story of Jonah and the attention. (We love Alexander!)

As our week-and-a-half in the village progressed, we got to know Alexander more and more. He came to every VBS program, every church service, and it's been a while since I've seen such hunger for God and His hope in someone's eyes. Sure, Alexander came for the games of Capture the Flag, the popcorn, the free balloons, and the singing. But I've never heard anyone sing Jesus Loves Me with such heart, and every story, every message about the gospel and Jesus' love, was like feeding a starving man.

(Consequently, after hearing all the stories and being Christians for so long, can we still hunger for Jesus and the gospel like Alexander does? How do we—and I am the chief of these—become immune to the good news of the gospel? How can I experience such eager joy in walking with Jesus? How do I hunger for Jesus like this little boy does?)

On our last day in the village, it was a high Sabbath. We were dedicating the clinic and the church to the Lord, Pastor Pete and Pastor Art were speaking, our VBS kids were singing *Cristo Me Ama* (Jesus Loves Me in Portuguese) in front of the village and all who came for the service, and two neighboring churches had come to support the church opening. We had been told that there was a possibility that there might be a baptism.

After the church service had concluded, Pastor Pete and Pastor Art gave instructions for the baptism at the river, explaining that there were three people wanting to get baptized, but inviting others to give their lives to Jesus in baptism.

When we got to the river, not three, not four, not even five, but *six* people were baptized! It doubled their current congregation (which still amazes and humbles me!). But even more, the first group of people to be baptized waded into the river's waters, and, wonder of wonders, little Alexander was there! I was

so excited for him. To think that, even if I never see Alexander again on this earth, I'll get to spend eternity with him and Jesus.

What a privilege.

He was so proud, so excited. This kid was beaming from ear-to-ear. What an audience this precious boy had to be welcomed into the family of God!

Sometimes I think back to two months ago, when we were in Brazil, and I think about Alexander. I wonder how he is, and I hope he's flourishing there; I hope he's learning so much about Jesus and walking with Him, so much his heart is bursting with joy. I make so many mistakes in my life—even now—but Brazil will never be one of them. Jesus used us to ransom souls, and I'd do it again in a heartbeat.

(A big thank you to everyone who made this dream of mine a reality, and all the people who supported me—both with prayers and money! I'll treasure this trip forever, and thank God for the opportunities He gave me through your generosity.)

Ellen White and Modern Medicine

by Michael W. Campbell, submitted by Virginia Maldonado

Heaven Is All Health

The early pioneers of the Seventh-day Adventist Church lived in a world of filth and disease. Before modern health care, ignorance prevailed. Without a knowledge of even the germ theory, people lived considerably fewer years than they do today. Parents could expect on average that only half of their children might survive into adulthood. For James and Ellen White, only two of their four sons reached adulthood.¹

Such deplorable conditions meant that it was imperative to pay attention to new developments in health reform that swept across America. People were increasingly suspicious of various forms of “heroic” medicine, which often included toxic treatments that used bloodletting, or poisonous substances such as mercury and even opium. Early Adventists participated in a host of reforms, including health reform. Ellen White simply stated, “We are reformers.”²

Health Visions

As early as 1848 Ellen White received a vision about the dangers of tobacco and other stimulants. This was followed by a much broader and all-encompassing vision in 1863: “I saw,” she wrote, “that it was a sacred duty to attend to our health, and arouse others to their duty.... We have a duty to speak, to come out against intemperance of every kind—intemperance in working, in eating, in drinking, and in drinking—and then point

them to God’s great medicine: water, pure soft water, for diseases, for health, for cleanliness, and for luxury..... I saw that we should not be silent upon the subject of health but should wake up minds to the subject.”³ She also wrote: “The work God requires of us will not shut us away from caring for our health. The more perfect our health, the more perfect will be our labor.”⁴ Ellen White viewed health as essential to “fit” people for the second coming of Christ.⁵ After all, “heaven is all health.”⁶ Thus, Ellen White’s contribution was to integrate health reform into Adventist theology.⁷

The Physical and Spiritual Connection

At the foundation of a Seventh-day Adventist philosophy of health was the connection between the physical and the spiritual. This became an Adventist philosophy of wholeness.⁸ Adventist health reform was far from merely a list of dietary taboos—it was an all-encompassing way of life. Each person has individual needs, and broad health principles must be applied using “common sense.” She warned against fanatics who sought “to regulate the consciences of others by their own rule.”⁹

An often overlooked aspect of health reform is the connection between the mind and the body. Such mental health, according to Merlin D. Burt, plays an essential role within an Adventist philosophy of health.¹⁰

“Mental health,” for Ellen White, results in “mental clearness, calm nerves, a quiet, peaceful spirit like Jesus.”¹¹ Psychology and theology converged for Ellen White. “The two must interplay and, when correctly integrated, provide the most help for the human mind and emotions. For her the true source of mental and emotional health was God the loving Father, Jesus the ‘Great Physician,’ and the Holy Spirit the ‘Counselor.’”¹²

Adventist historians can easily see the deep emotional pain and anguish that Ellen White herself personally suffered during her lifetime. She recognized mental and emotional brokenness. Yet “one of the remarkable characteristics of her work,” adds Burt, “is her consistent optimism that people can recover, no matter how broken they may be.”¹³

Modern Medicine

In contrast with her early warnings against early primitive (and dangerous) medical practices, Ellen White took advantage of modern medicine, especially during the latter part of her life. William A. Fagal observes that her own example is instructive. At one point she received X-ray treatments for a cancerous spot on her forehead.¹⁴ On another occasion, when queried about using quinine to treat malaria (the only known drug to treat malaria at the time), she stated: “We are expected to do the best we can.”¹⁵ Burt concludes that if Ellen White were still “present today, she would probably still argue that natural

methods are best where possible but that physiologically based drug therapy has its place.”¹⁶

In this same spirit, Ellen White urged that the Seventh-day Adventist Church provide the very best medical training for medical personnel at the College of Medical Evangelists (now Loma Linda University), and that the school should meet the very highest standards required of them.¹⁷ Thus, for Ellen White, Adventist health reform was an all-encompassing philosophy of health that connected the mind and body together. She prioritized natural remedies and a healthful lifestyle, but was not afraid to take advantage of modern medical expertise when natural treatments were not enough.

For footnote references and online viewing, please refer to:

www.adventistreview.org/1701-62#.WbGeOgSmrbl.email

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The Children's Page by Ashley Richards

Have you ever wanted to be a missionary? Where would you go if you could? Would you go to Africa? Asia? Europe? Or stay right here and reach the people you know for Jesus? Would you go to a country where you have family, or where you know absolutely no one? Paul was one of the first missionaries of the Christian church, after Jesus returned to heaven, and he went on MANY missionary trips! In this puzzle below, you can find a list of all the cities Paul went to on his mission trips (it's a lot, isn't it?). You can find the words going down or across, but never backwards or diagonal.

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

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|----------|-----------|
| Achaia | Jerusalem |
| Antioch | Lycaonia |
| Athens | Lystra |
| Attalia | Macedonia |
| Berea | Malta |
| Caesarea | Miletus |
| Corinth | Pamphylia |
| Cyprus | Perga |
| Derbe | Pisidia |
| Ephesus | Phrygia |
| Galatia | Rome |
| Iconium | Troas |

Notable Quotes selected by Bob Kondracki

It is the set of the sails, not the direction of the wind, that determines which way we will go.
~Jim Rohn~

Everything has its limit - iron ore cannot be educated into gold.
~Mark Twain~

Wisdom is perishable. Unlike information or knowledge, it cannot be stored in a computer or recorded in a book. It expires with each passing generation.
~Sid Taylor~

Step with care and great tact, and remember that Life's a Great Balancing Act.
~Dr. Seuss~

The use of force alone is but temporary. It may subdue for a moment, but it does not remove the necessity of subduing again, and a nation is not governed which is perpetually to be conquered.
~Geletti Burgess~

Nearly all men can stand adversity, but if you want to test a man's character, give him power.
~Abraham Lincoln~

Once a woman has forgiven her man, she must not rehear his sins for breakfast.
~Marlene Dietrich~

Rather fail with honor than succeed by fraud.
~Sophocles~

Try not to become a man of success, but rather try to become a man of value.
~Albert Einstein~