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# Hampden Heights Sentinel

## Highlights:

- Indoor pollution can come from any number of sources. Page 1
- Jesus' love for us is raw and unprotected, and matters not if it's unrequited. Page 2
- A "Kindness Jar" might benefit your family. Page 3
- Satan, a three-headed dog? Page 4
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- Even failure is not wasted by God. Page 5

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*so in Christ we, though many, form one body, and each member belongs to all the others. -- Romans 12:5 --*

## Health Ministries

by Arleen Johns

### NEWSTART-- Air

Air- how's the air you breathe? Is it polluted, stuffy, stale or fresh (naturally) Tobacco smoking is the single greatest air hazard for millions on planet earth. Leading causes of death linked to smoking are heart attack, stroke, chronic obstructive lung disease (including emphysema and chronic bronchitis) and many types of cancers (kidney, bladder, womb). Did you know that there are 4,000 chemicals in tobacco smoke (ouch). Tobacco not only shortens life but it robs us of life quality. Smoking is now linked with dementia, having more memory deficits and declines in reasoning abilities. It affects your voice box, and the ability to taste foods is reduced.

About 20 million Americans suffer from asthma. In severe cases, asthma attacks can be deadly. They kill 5,000 people every year in the United States. The culprit? Air pollution from cars, factories and power plants. And indoor pollution can come from any number of sources including formaldehyde in building materials, permanent-press qualities to clothing and draperies, as a component of glues and adhesives, as a preservative in some paints and coating products, and in pressed

wood products like particleboard. Other indoor pollution is smoking, household products, and the use of gas stoves or kerosene space heaters.

While we may not get rid of it, it is important **to open windows and keep the air circulating** to cut down on high concentrations. Some people may find great relief in removing products with chemical adhesives. Other indoor pollutants include: pesticides, paints, varnishes, hobby products, tobacco smoke, and cleaning products; bacteria, mold, mildew, viruses, animal dander, dust mites, cockroaches, and pollen.

EGW Ministry of Healing pg 275,276; Thorough Ventilation and Plenty of Sunlight.

How do we get good quality fresh air? By having pine trees or other green spaces, ocean waves or moving water, the air after a thunderstorm is especially helpful (although we just can't order a T-Storm)! The negative charged particles- Plants in and around your home help too as they filter some of the bad air out. House plants are natural air purifiers.

**Move Out of the Cities** and enjoy the air the way God created it – fresh, crisp,

clean, and with the scent of evergreen trees and flowers. Trees, water, and wind help keep air fresh.

We benefit by keeping the house clean (dusting) and well ventilated, at night especially. No tobacco smoke or odors, plants in and around house, proper posture, breathing exercises.

Negative ions are better than positive. Depression and anxiety are most helped by green spaces (lawns/trees). It is important to breathe deeply. Breathing exercises help improve mood.

Try this exercise, Take a deep breath, hold it and slowly let it out. Take 1 breath every 10 seconds That's 6 Instead of the usual 16x minute.

Get fresh outdoor air daily. Avoid cities, smog, motor exhaust, hydrocarbons, tobacco smoke, hair spray, Keep bedrooms well ventilated, summer and winter but don't sleep in a draft. Take 20 deep breaths outdoors or near and open window 2-4 times per day.

Here is a fun idea to try- blow up 2-3 balloons each day you cannot be outdoors to encourage oxygenation of tissues.

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## Grace's Outpost by Ashley Richards



Meet Sabrina.

Sabrina came waltzing into my (rather, our) life almost a year ago now, and I can safely say she's changed my life forever. Along with the youth of the church (and a couple of adults whose heartstrings Sabrina has tugged on), I help to sponsor Sabrina through a Christian organization called Compassion International. I think I've mentioned Sabrina before, although I'm not sure I've devoted an entire column entry to her.

I think I've mentioned—numerous times!—the little girl I sponsor through Compassion International (by myself) in Peru—Arumy—and the way she's made me a better person. Arumy has taught me to love, to infuse all the love in my heart in this giggly, shy little girl and not look back.

But it's been relatively easy, because eventually I've seen a return on my investment in love. I've seen what my love has done to make Arumy a better person. I've gotten the letters from her where she's eager to share her life with me, her trips to her grandma's house in Lima and to see where her papa works laying brick, and I get to tell her things like, "Wow, you're getting so big! I can't believe you just turned 7!" or "Look at you! Writing me your very own letter in your own hand—I'm so proud of you! Your cursive is beautiful!"

With Sabrina, it's not quite so easy. Sure, it was nerve-wracking at first, sending Arumy letters, month after month, until enough time had passed that she could actually receive my letters and start responding. It took a couple months. But Sabrina? It's not so easy. For me it's always been way more than just seeing my \$38 being used to teach her about Jesus and make sure she has food to eat on a daily basis. It's the "abrazos y besos" (hugs and kisses!) sent over the hundreds of kilometers to San Mateo, Peru, seeing Arumy's confidence grow enough to ask me questions about what I do for work or what I got my dad for Father's Day, monthly promises of prayers for my family. I can see Arumy growing, maturing, and blossoming.

But I've only received one letter from Sabrina so far—and sometimes I receive two letters a month from Arumy (it's rare, but it happens!). And I'm sure Sabrina's fine (although I will be checking in with Compassion very soon, just to be sure!)—if she wasn't, if she'd passed away, gotten seriously injured or sick, moved away, or opted to leave the program, Compassion would have contacted me, since my name is the one on the sponsorship agreement—but it's harder to pour my heart out to this little girl I've grown to love more than life and to slowly stop expecting to get anything in return. I guess it's a little bit like it might be to be a radio host—just talking and sharing but never truly getting a sense of what you're saying being heard.

I suppose it's even harder to love in the face of animosity, in the face of bitter rejection, but I guess that's why they call it wearing your heart on your sleeve. It's not protected that way. And I think that's the kind of love Jesus has for us. Unprotected, raw love that doesn't care that it's unrequited—or that it could be.

When we go to Brazil next summer for our church's mission trip, Compassion can arrange for Sabrina to come meet us, which is one meeting I cannot wait for! But that makes me think of Jesus, and His second coming, and it makes me think that Jesus is looking forward to meeting us in person far more than I am anxious to meet Sabrina face-to-face, hug her, love her, tickle her, and maybe say "eu te amo" until I lose my voice. Jesus is using Sabrina to teach me how to love like He does.

If you have a moment, please send up a prayer for Sabrina. Her dad's in prison and her mom can't find steady work, and the Zika virus is alive and well in Brazil (at least, for now). Poverty conditions in Brazil are terrifying—she doesn't have an easy life, but she is precious in Jesus' sight. Jesus has mighty plans for Sabrina, and your prayers—our prayers—can move mountains for her.

## The Book Review by Stacy McLean

Life Skills for Kids by:  
Christine M. Field  
(Equipping your child for the  
real world)

I am always asking the Lord to guide me in my reading. I pray that I am drawn to books that will benefit our family and others. I was continually checking this book out at the library, so I decided to buy it used online for a penny and 3.99 shipping. I have been referring back to it and have made a plan to teach the life skills needed to our children as they are growing. We are working on specific goals and it really is fun and rewarding to see that at the grocery store my kids can navigate the store, find the items to buy, compare prices, and look for bargains. They both pick great fruits and vegetables and can weigh them and estimate costs involved with shopping. I am so proud of them this year for the accomplishments that they have made with learning more life skills. We really see the responsibility start to take place. There are many more examples, and this book is a must have.

Christine Field believes that all kids need a practical life education in order to thrive as adults in public as well as family life. She has devised hundreds of fun ways to systematically teach children basic life skills by letting them do everyday stuff along with adults. Combining humor and insight, she discusses 14 topics such as: Time and Space Organization, Healthy Lifestyle Skills, Decision-making Abilities, Money Management, Spiritual Habits, The Art of Celebrating Life, etc. Whether your kids are toddlers, teenagers, or

adolescents, this book will provide loads of inspiration and practical wisdom for preparing them to live fruitful, God-honoring lives in the real world. "Christine Field's book reflects the simple, practical lessons she and her husband have gleaned from organizing a homeschooling household with 4 children" This was stated by Greenleaf Press. Christine is a former trial lawyer turned homeschooling mom, and is passionate about her kids developing healthy life skills. She is a speaker, a columnist for several magazines, and has authored several books.

This book really has some great strategies, and it is actually quite enjoyable to read. I will share some of the awesome ideas that Christine has given. I would also like to let you know that I have tried some of the ideas with my family and let me tell you, they are phenomenal. This book is just fabulous in how it states life skills that even adolescents leaving home will benefit from. It is crucial in this day and age that our children, teens, and adolescents know how to attain abilities needed to enter the world on their own. Well, we know that we are never on our complete own. We have God right by our side, all the time. He is always there to listen to whatever is on our minds. We also need to let that be known to our children. Always know that we can give all our worries to God, he is up all night anyway!

Christine wrote this book because she needed it for her own family. With having so many demands and responsibilities between

homeschooling four children, involvement at church, the task of running the household and supporting children's other interests, it was just too much. Her children needed practical life education in order to take care of themselves. Between the gaps in her children's learning and education, and the instruction needed for academics, this was too big a task. After homeschooling for a few years, she realized a solution that is quite simple. Get the children involved in everyday life alongside the adults in the family. When we spend time with adults, we learn to be adults. They will become equipped for adulthood if we just take the extra time to share what we know and do. Whether you home school or not, this can be accomplished with your toddler, children, teens, and adolescents that live at home. O.K. Now I will share one of the strategies that I have used. This is called "The Kindness Jar". I modified it to meet our needs. I used two plastic cups and put their names on them. I filled it with 100 pennies. They are given the opportunity to earn \$1.00 a week, just for being kind and using kind words. This may not seem too exciting to the older teens and especially the adolescents. However, if they were to receive more money or some other privileges then that would be enticing. This really shows you how your children, teens and adolescents are talking to their siblings and you. Of course the first few weeks are the hardest, because they are just starting to realize just how their words make a big impact on the family. After a few jars less than \$1.00, then they really want to work harder to earn more.

This can be adapted to your family; you could use nickels, dimes, and quarters. You can also up the amount each week to make it more rewarding. The idea is not to focus on the negative here, the idea is for them to learn how to be kind and compassionate to their family first and that will reflect on others later.

What are the Adult Life Skills? There are 3 broad areas of Public, Personal, and Family Life. They are divided into categories. People skills, in and around the home skills, life navigation skills, time organization, space organization, money management, healthy lifestyle skills, healthy mind skills, spiritual habits, decision-making skills, creative skills, and celebration skills. We need to teach our children to function in those 3 basic areas of life. We need to have balance because if they fail to keep the Creator at the center of their lives and give more attention to one area or another there will be no balance. There are 7 character qualities that our teens can have in place. Here are a few: A Godly Attitude, A Respectful Attitude and a Life Fully Committed to Jesus Christ. If you want to know the rest, you need to read the book. We must take time and effort to provide them with basic life skills. Each chapter that is written has Bible verses to go along with the skills.

I had the Bible right alongside to help me focus. There is a check list in every chapter that gives a quick

(continued on page 8)

## Speak of the Devil

from Uncle John's Reader 1996

### The Devil You Say

The Devil as we think of him--with the horns, pitchfork, etc.--dates back to the 10th and 11th centuries; his popular image not taken from the Bible. According to the New Testament, the Devil takes the form of a lion, a wolf, a dragon, and a serpent. Early Christians sometimes thought of him as a three-headed dog.

### So Where Does the Devil We Know Come From?

His beard (goatee), horns, hooves, hairy legs, pointy ears, etc. were borrowed from the goat. Scholars cite two reasons:

1. "The domestic goat was renowned for the size of its phallus," writes historian J.C.J. Metford, and, according to legend, "tempted saints by whispering in their ears lewd details of the sexual pleasures they had relinquished."
2. One of the ways the church discouraged interest in other religions was by literally "demonizing" gods that competed with theirs. So a lot of the imagery is derived from pagan sources: the goat-like features also come from Pan, the Greek god of shepherds, fertility, and nature.

## The Power of Forgiveness

from "Signs of the Times," 1953

Paul Freiwirth tells a story that reminds us of the profound influence forgiveness can have on the life of an offender.

A soldier who had multiple violations of army regulations found himself once more before the exasperated disciplinary authorities. "Here

His red skin is the color of blood and fire.

His three-pronged fork, or triton, was borrowed from Poseidon, the nasty-tempered Greek god of the sea and of earthquakes, whose main symbol was the three-pronged spear.

### Devolution

Modern mythology paints the Devil as the kind of all-powerful, evil being who possesses little girls in the movie *The Exorcist*, or tries to destroy the world in the movie *The Omen*. But that hasn't always been the case.

During the Middle Ages in parts of Europe, he was seen as more of a mean-spirited, clumsy, dimwitted lout with a fondness for pranks--like Bluto in the Popeye cartoons--that the wise and the holy could easily outsmart. "There was nothing grand about their Satan," historian Charles Mackay writes in his book *Extraordinary Popular Delusions and the Madness of Crowds*. On the contrary, he was a low, mean devil, whom it was easy to circumvent, and fine fun to play tricks with...It was believed that he endeavored to trip people up by laying his long invisible tail in their way, and giving it a sudden whisk when their legs were over it;

he is again," the disgusted military judge said as he read off the long list of offenses for which the man had been disciplined in the past. But a little later, as he prepared to announce the punishment, a sergeant stepped forward and, after due apology for taking this liberty, said, "There's one thing we

that he used to get drunk, and swear like a trooper, and be mischievous.....Some of the saints spat in his face, to his very great annoyance; others chopped off pieces of his tail, which, however, always grew back again.

Of course, some countries were extremely serious about Satan. Historians estimate that from 1450 to 1750, more than 200,000 alleged witches were executed in Europe and America for "dealing with the Devil."

### Devil's Food

How did devil's food cake get its name? One theory: The stuff was so tasty that people assumed that the inventors had to sell their soul to the Devil to get the recipe.

You've probably eaten pumpernickel bread before...but did you know the word *Pumpernickel* means "Devil's fart" in German? Apparently, when German bakers invented the bread centuries ago, it was awful. The 1756 book *A Grand Tour of Germany* described it as bread "of the very coarsest kind, ill-baked and as black as coal, for they never sift their flour." Locals joked that it was so difficult to digest that even the Devil himself got gas when he ate it.

have never done with him, sir." "What's that?" the judge demanded. "Well, sir, we've never forgiven him." The surprised judge nevertheless decided to break all precedent and free the offender. This was the last thing the errant soldier had expected. Tears ran down his cheeks, and he withdrew, not only to the barracks, but also from his old

In some countries, the Devil is nicknamed "The Good Man," "The Old Gentleman," and even "The Great Fellow." Why? Tradition had it that if you "spoke of the Devil," he would appear. So people didn't.

### Satan On Trial

In 1971, a man named Gerald Mayo filed suit against Satan in the U.S. District Court in Pennsylvania, alleging that "Satan has on numerous occasions caused plaintiff misery and unwarranted threats, against the will of plaintiff, that Satan has placed deliberate obstacles in his path and has caused plaintiff's downfall. Plaintiff alleges that by reason of these acts Satan has deprived him of his constitutional rights."

The case, "Gerald Mayo v. Satan and His Staff," was thrown out of court after Mayo failed to provide the U.S. Marshall with instructions on how to serve Satan's subpoena, and could not prove that Satan lived within the jurisdiction of the District Court.

### Did You Know....

What the most shoplifted book in the United States is?

The Bible.

way of living. The punishments he had received in the past had only made him more bitter, but this sudden manifestation of forgiveness changed his whole attitude. From that point on he was a model soldier. Forgiveness changes us--and it has the power to change the person we forgive.

## On The Mountain Or In The Valley, Just Let Me Love You by Barbara Snyder

The famous author and comedian Erma Bombeck wrote [If Life is a Bowl of Cherries, Why Am I Always in the Pits?](#) Erma could make hilarious the humdrum, and the misfortunes of everyday life. Yet she was one of us: as mortal, weak, destined to suffering and death, and certainly not immune to anger, self pity, envy, and revenge. She was diagnosed with cancer and during one of her chemotherapy treatments she received a dose many times that prescribed. She died within days. A mistake cost her life. In those first hours after learning the truth her emotions probably did not include the humor for which she was so well known. We too have suffered, or will suffer heart rendering periods or events; loss of loved ones, disappointed hopes, broken dreams, mountains of guilt, and physical, mental and spiritual injury or neglect. When these things happen to ourselves, our family, our community or our world, it is natural to ask "Where is God?" Or "Why God?" Life changes, we will change, things will change and we probably won't like it.

When life becomes grudgingly real and very, very fragile, seeking God may seem like a lot of hard work (and begging). In my life I have experienced grief, fear, anger and frustration, not to mention constant temptation to be angry and frustrated with my Creator. Why should I try to find Him when I am so busy trying to protect my family, get answers, act

courageously when I don't feel courageous, seek relief from pain, and find direction for my life? He is the answer and He loves me, so why is He hiding?

When we are young in the faith, we often base our faith, and are rewarded for our faith by visible signs of contact with the realm of God. We can ask that it does not rain for the family picnic, or perhaps that we get that elusive "A" grade on a math test, achieve the needed promotion, and meet a needed friend. These prayers and their positive answers are well, good, and real. They are also meant to encourage us and strengthen us in our walk with God, to help us to bubble over with witnessing, and to give us added nutrition to grow in our faith and in our decidedness for Christ. But as God has made us to be sharers in His Kingdom, to be joyful in the entirety of our lives, the truth is that we are in a fallen world. If all were easy, filled with happiness and prayers answered according to our ideas of right and good **(even if what we seek is right and good!)** we would become so satisfied to live on the mountain with Jesus, Moses and Elijah. But Christ told his favored three disciples not to speak of the mountaintop experience, to follow him back to the valley, to succor those who were hurting and in doubt, in poverty, and affliction. So true with us.

Yielding to Jesus is yielding to reality, to dealing with reality as the substance of our prayer. Living one day at a time, hoping for good, but accepting of the truth of the present. This is the substance of His Presence with us. This is what He meant when He said "I pray not that you should take them out of the world, but that you should keep them from the evil." John 17:15

Jeremiah 29 verse 13 is usually translated "If ye seek Me you shall find Me when you search for Me with all your heart." [Desire of Ages](#) says "It was heart work with Christ, and if we consent, He will so identify ourselves with Him that by obeying Him we will be but carrying out our own impulses." From these and many other inspired scriptures it is apparent that all is a work of the heart: wanting God, finding God, experiencing His Presence, consenting, obeying, living anywhere and anyway He directs. With God, nothing is wasted. No pain, grief, disappointments, good things, bad things, or failure... even failure is not wasted. All becomes food from God Himself to eventually transform us for Him.

But back to Jeremiah. I was delighted when recently I was told that the translation from the New American Bible is a bit different. To me, however, it was very, very different, and very, very welcome. It states: "When you seek Me with all your heart, you will find that I am with you where you are." What a relief!

There is no work in finding Him. He is here, with me, in the valley, in my failure, in other's failures, in persecution, in all things. My prayer now becomes, "Open my eyes that I might see." He suffers more with me in my valley, even more than as a parent caring for a suffering child. "Just let Me love you." He says. "I will do it all for you." "I will strengthen your heart."

Rejoice for the work is His and He will strengthen your heart. Over time if we keep allowing Him to love us we will see, hear and know in our hearts the acceptance of the reality that afflicts us and know the best courses of action. Wait upon God and you will grow past needing always to be on the mountain with Him. Our Christian growth will become our invitation to see and do something about the sufferings of others.

Ultimately yours, and my best earthly reward will be the invitation to suffer with Him as He has with us, to walk with Him to the cross and wait with Him there.

**Meet a Member** by Ashley Richards

Colleen Vazquez has come full-circle.

Though her parents (and family in general, she says) were never very religious and she hadn't grown up in a very religious home, when she was 10 she had the opportunity to hear the Adventist message for the very first time. "I come from a broken family," Colleen explains. When she was six, her parents divorced, and her family was separated. She was one of five children—one of the middle children—and some of the children lived with their mom, and some with their dad. Colleen had a terrible relationship with her mom, and she lived with her dad from ages 10 to 14. By that time, her father had gotten remarried to a Seventh-day Adventist woman. Colleen's stepmother would take Colleen to church, and when Colleen was 12, she was baptized into the Adventist church.

However, she was forced to return to her mom when she was 14, and she "lost all contact" with the church, she explains, since her mother wasn't religious. In 1993, Colleen moved to Pennsylvania with her best friend (they were both originally from a town called Cortland in upstate New York). After she got out on her own, Colleen began attending a Pentecostal church. "I've been studying the Bible for 10 years, a little more than that," she explains. She started studying long before she considered coming back to the Adventist church.

Then she saw some Doug Bachelor programs on the television, and she learned that the Adventist church was one of the only churches to teach prophecy. She decided she wanted to know more. She started taking Bible studies with Nancy Stump (they went through two series of studies together), and she was baptized just a couple of Sabbaths ago.

Though Colleen has no family in the church, she is very proud of her son, Cameron, who will be turning 28 very soon, and her grandson, Josiah (who is only five months old!).

Colleen is not involved in any ministries yet, but she's already given me several exciting mission trip fundraiser suggestions, and I just may steal her to be my fundraising muse! She also loves working in the kitchen and has expressed some interest in helping out there. She loves baking in particular. (She has said to me, "I'm like Moses—he had a horrible time speaking. It always comes out scrambled, or not at all!" but we all know you don't need to have a great speaking voice to be used by God, and I believe God has big plans for Colleen now that she's a part of our church—speaking or not!)

Colleen loves to do lots of arts and crafts, and some of her favorite activities include reading (the Bible in particular—she loves to read and study her Bible!), needlepoint, embroidery, latch hook, punch rug, music, crocheting, puzzles, and word searches.

Five things you might not know about Colleen:

1. Her son's birthday is one day after her own.
2. She hates gossip more than any other relational vice.
3. She's friendly and outgoing. She gets along with everyone.
4. People say that she has a nice personality, and that she's funny.
5. Once she and her best friend took a train trip down to South Carolina to visit a friend. It was her most exciting vacation, and she would love to go back!

**Recipe of the Month** by Elizabeth Hill

This is one of the easiest recipes I have ever made, and the results are really good! Takes no time at all.

**Chocolate And Coconut Pecan Custard Pie**

Ingredients:

1 refrigerated pie crust, softened as directed on box

1 can Pillsbury Creamy Supreme Coconut Pecan Frosting

1 can (14 oz.) Eagle Brand sweetened condensed evaporated milk

3 eggs

1/2 cup chocolate chips

1/4 cup shredded sweetened coconut

Preparation

1. Heat oven to 350 degrees F. Place pie crust in 9 inch glass pie plate as directed on box for one crust pie.

2. In large bowl beat frosting, condensed milk, eggs and 1/2 teasp. salt just until well blended. Stir in chocolate chips. Pour into crust lined plate. Sprinkle with coconut.

3. Bake 50 to 60 minutes until golden brown, top is puffed and center is almost set. Cover crust with foil during last half of baking, if necessary, to prevent excessive browning. Cool at least one hour. Serve warm or cooled. Store covered in refrigerator.

## A Father's Day Poem by Colleen Kondracki

# Happy Father's Day

*To my father, the  
bravest man I know.  
Unto you I shall  
bestow  
A poem specially  
written for you  
So that you know  
that I love you.*

*You've been with me  
through thick and thin.  
My appreciation?  
Where do I begin?  
I'm grateful that you're  
here with me  
And love me through  
eternity.*

*You're super special.  
One of a kind!  
Someone like you is  
hard to find.  
We're all so lucky to  
have you here.  
I hope you know that  
we hold you dear.*

*You're the greatest  
father I could ask for.  
I love you now and  
forevermore.  
Your whole family  
would like to say,  
"We hope you have a  
wonderful Father's  
Day!"*

## Mission Trip Central by Ashley Richards

Greetings from Mission Trip Central!

It's been a while since I last posted an update here, but we have been trying to lay the groundwork for a successful mission trip coming up July 20-31, 2017 (this includes travel days). Our destination is to be Brazil (like I explained last time, we won't know our exact location until 6 months prior to our departure date, but we foresee no issues with being placed in Brazil), and we will be building a church, holding a Vacation Bible School and evangelistic series, and operating a temporary clinic (either medical or dental, depending on the personnel who accompany us) while we are there. We will need leaders (and helpers) in all these categories (as well as help preparing meals three times a day for our group), so if any of that interests you, please feel free to come speak to me at any time, or call/text me at 610-207-7573.

For those who are interested, we have an informational meeting set for Sunday, July 10<sup>th</sup>, at 10:00 a.m., here at Hampden Heights. In addition to more information about the trip, we will also have trip application packets available for those interested in going. Trip applications are due by August 1<sup>st</sup>, and will need to be either mailed to the church, c/o Ashley Richards (mission trip coordinator), or turned in to me personally.

People of all ages are welcome to join us, although children under the age of 15 must be accompanied by a parent, and teens from the ages of 15 to 18 may join by themselves, but they must have the (notarized) Parental Release Form signed (two copies) before being able to join us.

This is a church ministry, much like any other ministry this church supports, and even if you are not able to join us, we crave your prayers and support while we are preparing to go! If you would like to donate to the Mission Trip Fund, make sure to mark your tithe envelope as such, and if you want your donation to go to a particular team member, make sure to mark that on your check, as well.

There is already a way in which we could use your help—one of our first fundraisers will be an arts/crafts fair. If you knit, sew, crochet, cross-stitch, oil paint, watercolor paint, sculpt, blow glass, take pictures, do pottery, etc.—would you be willing to either make or donate something for us? All items donated will be sold to raise funds for our mission trip to Brazil.

If you're interested in helping with the fair but are unable to donate art for us, please come speak with me anyway, as we can use your talents elsewhere. As we get further into the mission trip planning stages, we will have even more opportunities for you to get involved to reach the people of Brazil, and we welcome your involvement, prayers, and help in any way possible!

We need at least 20 adults to be able to go, and can take no more than 45 people at this time (including leadership). Slots are filling up fast, so if you're interested in joining us, come see me for an application form, or come to our meeting on Sunday, July 10, to learn more about the trip.

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**The Children's Page** by Ashley Richards

Have you ever heard the story of Elisha and the angel army? Elisha was a mighty prophet of God, and he had an assistant named Gehazi. The king of Syria attacked Israel in war, and God used Elisha to help warn the king of Israel of the evil that was about to attack his country. The king of Syria found out, and sent his army to capture Elisha. Elisha's assistant, Gehazi, was terrified when he saw the Syrian army, but Elisha wasn't. He told Gehazi not to be afraid, because the ones with them were more than the soldiers against them. Elisha prayed that God would open Gehazi's eyes so that he might see what Elisha saw—and he did! There were soldiers, chariots of fire, and horses all around that area—an army of angels to protect Elisha! But if you want to find out how the story ends, you'll have to read the story for yourself. Maybe one of your parents, grandparents, or older siblings can help you read the story if you have trouble reading it yourself. You can find it in 2 Kings 6:8-24. In the puzzle below, you'll find words taken from the story of Elisha and the angel army, but all the letters are mixed up!

- 1. AHLEIS \_\_\_\_\_
- 2. IZAHEG \_\_\_\_\_
- 3. ARICHOTS \_\_\_\_\_
- 4. RIFE \_\_\_\_\_
- 5. SEDOSLIR \_\_\_\_\_
- 6. EHORSS \_\_\_\_\_
- 7. AINMTNOU \_\_\_\_\_
- 8. IANSSYR \_\_\_\_\_
- 9. AEEILRSST \_\_\_\_\_
- 10. SGINK \_\_\_\_\_
- 11. LNNSSSEDIB \_\_\_\_\_
- 12. WORDS \_\_\_\_\_
- 13. WOB \_\_\_\_\_
- 14. MAIRAAS \_\_\_\_\_
- 15. AIDERRS \_\_\_\_\_

**DID YOU KNOW?**

Did you know that many people confuse Elisha with another prophet? Elijah was the prophet of Israel just before Elisha, and because their names are so similar they are often confused. You can remember which comes first because the "J" in Elijah comes before the "S" in Elisha in the alphabet—just like Elijah came before Elisha!



**Book Review** (continued)

summary and helps you to remember the most important points. Christine also suggests we teach our children to sit still for 15 minutes a day. They may think or pray quietly, but they may not play with toys or listen to music. This is great practice for individual devotions and for sitting still in church. Teach your children to always ask God for guidance and direction and he will fulfill their lives if they make Him their center. Remember, **"I can do all things through Christ which strengthens me."** **Philippians 4:13** Best Wishes and God Bless

**Health Ministries** (continued from page 1)

**Fresh Air's Importance To The Sick**

An incredible story! During the 1919 flu epidemic, the hospital in Eureka, California, was overflowing with patients. The head doctor called the army, which gave them tents, cots, and blankets.

The overflow patients were moved into the tents in which there was no heat, except hot water bottles that were used to keep the feet warm. It was found that no patients in the tents, with the fresh air they were getting, were dying. However, patients in the hospital were still

dying. When this was realized, the heat in the hospital was turned down and the windows were raised. The patients had to put on heavy underwear, but the death rate went down (Gunter B. Paulien PhD. *The Divine Philosophy and Science of Health and Healing*, p. 88).