



Hampden Heights Sentinel

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me" John 14:6 NIV

Highlights:

- They came in at fourth place and won an Honors Trophy. – Page 1
- The fear of human opinion disables; trusting in God protects you from that. -- Page 2
- We're also eagerly looking forward to Chef Mark Anthony returning to Hampden Heights in September. – Page 3

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RJA News Corner

By Karin Lebo

The Reading Rebots Ride Again

For the third year RJA has participated in the *First Lego League World Class Robotics Challenge* held at Blue Mountain Academy. Every year young people from around the world participate in the challenge by building and programming an autonomous robot and developing a project to support the annual theme. Starting in the fall the Robotics Club worked together to build Lego based missions that our robot would be programmed to conquer.

This year's theme was "Learning Unleashed" so the Rebots decided to develop their project around teaching the playground sport of Tetherball in a new and unusual way.

Ms. Rey, Mrs. Lebo, and Pastor Tom Stone worked together to coach this team of 4th, 5th, 6th, and 7th graders. The Robotics club met Tuesdays after school to develop their skills in critical thinking, teamwork creativity, problem-solving, communication, information literacy (knowing how to find and use the information you need) and understanding technology.

On Wednesday, March 25, the Rebots had the opportunity to join six other teams from places as near as Blue Mountain Elementary and as far away as Mansfield Elementary in Ohio. The students participated in the three part judging of their "Learning Unleashed" Tetherball Project and robot construction. The judges were impressed with their teamwork and ability to express themselves clearly.

Then on to the Robot Challenge where the Rebots put their robot through its paces. They chose to do four of the missions well instead of trying to do more with less accuracy. Their coaches were impressed with the teamwork as they were able to collect the full points possible for the missions they planned. They came in at fourth place and won an Honors Trophy. After discussing what went well and what they would like to do differently, the Reading Rebots are looking forward to next year's challenge where they will put into practice the new skills and ideas they gleaned from this challenge.

The *FLL World Class Robot Challenge* is an exciting way to bring STEM into the classrooms of Reading Junior Academy. Robotics opens up the world of **STEM** (Science, Technology, Engineering and Math) in an exciting and fresh new way. As always, RJA is happy to have members of the community that are interested in STEM join us as volunteers as we broaden our students' horizons. Simply call us at 610 777-8424 for more information.

Grace's Outpost

By Ashley Richards

"The fear of human opinion disables; trusting in God protects you from that." – Proverbs 29:25 (MSG)

I was reading Proverbs 29 last night for my personal Bible study when I came across this little verse. It really struck me. *The fear of human opinion disables; trusting in God protects you from that.* Have you ever been there? Are you there now?

Honestly, I've been through an incredibly hard week at work—well, the past couple of weeks. At the beginning of January, I was transferred from mostly making food as orders came in to essentially being a prep chef, and while that was challenging in and of itself, at the beginning of March, we transferred from doing the prep in the morning and the afternoons (so no one prepper was consistently doing a full day's prep at one time) to only doing it in the afternoon/evenings, and, for the most part, that person is me. Nearly every day I come in to work to find that something has been completely used up, so rather than being able to jump in and get my job done, I am playing catch-up first. It's been incredibly frustrating and tiring.

I don't say this to complain. I say this because by the time I get home at night, my energy is depleted, and with the schedule I am forced to keep, I rarely have time to do anything, much less come up with an article for the church newsletter (although, I'm working on it. Progress is being made!), and

just last night, before my Bible study came, I had no clue what I was going to write, much less the time to make it happen.

But then I read Proverbs 29. It was one of those things where you know God is leading you. *Use this*, He prompts. *This is what I want you to talk about.* How could I do anything but agree? Five minutes earlier my brain could have been replaced with grape jelly, and it wouldn't have made a difference. But I always feel awkward going forward with something like this unabashedly. God doesn't work in the way man works. We all know that. But God hasn't revealed to me *why* I need to share this verse with all of you. Or even who it will benefit. Sometimes I wonder if it benefits anyone. But the Holy Spirit impressed me with this verse last night. *The fear of human opinion disables; trusting in God protects you from that.*

Has human opinion disabled you? Completely debilitated you on the spot? *I'm not pretty enough. I'm not witty enough. I'm not smart enough. I'm not good enough of a worker to get that job. I could never deserve to be that man's wife (or that woman's husband!). They would never really be my friends. I stutter. I'm too emotional. I'm too ugly. I'm too much of a mess-up. I'm too gullible. I'm too proud.*

So. What?! Jesus made you just the way you are. He loves you just that way. Any faults you may have, He can—and will!—fix them. That's not for you to worry about. That's not for you to let others disable you with. Let God worry about fixing all the problems.

I once heard that the reason so many lack self-confidence wasn't that people saw themselves as they really were, or even that they saw themselves how they thought they were. It was that they saw themselves how they thought others thought they were.

There's only one person who can have that negative of a view of yourself, and that's you.

As far as you're concerned, you're royalty. You've been adopted into the family of the King of the Universe, so who cares what others think? When it comes down to it, the opinion of the King of the Universe is the only one that really matters.

The fear of human opinion disables; trusting in God protects you from that.

Let me paint you a picture. You are beautiful (even if you're a guy. You're beautiful, too.). Your heart is treasured far above any other commodity in the universe. There is a God who watches you grow and struggle and succeed, and He gets giddy with excitement.

(I know this, because every so often, when I'm really paying attention to Him, He tries to unload a bit of it on me. "Look at these people, Ashley! Don't you get excited, just looking at them? Aren't they so beautiful? Aren't their hearts and souls so precious? Look at humanity, as they live and breathe and cry and laugh. They are so perfect. I love them so much!" Yes, if there's one word to describe God when He thinks about you and me, giddy is definitely it.) If there was one word to describe you, He'd call you *treasure*. Because that is what you are to Him. Not broken, not failing, not hideous, not ugly, not stupid, not hateful, not odious, not weak. Rather, to Him you are beautiful, you are strong, you are inspiring, you are glorious, you are hope-inspiring, you are full of potential, you are royalty. You are treasure.

So why trust in the fabricated opinions of others; why let the opinions of others bring you down?

The fear of human opinion disables; trusting in God protects you from that.

Recipe of the Month

By Elizabeth Hill

Here again is another recipe which I have not yet tried, so I would appreciate comments from anyone if you decide to try it. Between my car troubles, Tique's health issues, and the weather, things have been a little hectic around here. These things also caused me to miss the last potluck. But nonetheless, here is the recipe for the dessert I was planning to make. I would have switched the frozen whipped topping to whipping cream (1 cup) which I would have whipped with 2 tablespoons sugar and a little vanilla, and then folded it into the cream cheese mixture but that's the only change I would have made to the recipe.

Red, White, and Blueberry Dessert Squares

Crust:

- 1 1/2 c. all purpose or unbleached flour
- 3/4 c. firmly packed brown sugar
- 3/4 c. butter
- 3/4 c. chopped walnuts

Filling:

- 1 pt. (2 cups) fresh blueberries
- 1 (8 oz.) pkg. cream cheese, softened
- 1 tsp. vanilla
- 1 (7 oz.) jar marshmallow crème
- 1 (8 oz.) container frozen whipped topping
- 1 1/2 pts. (3 c.) fresh raspberries

Glaze:

- 1 1/4 c. sugar
- 1/4 c. cornstarch
- 2 c. water
- 1 (3 oz.) pkg. raspberry flavor gelatin

Heat oven to 325 degrees. Lightly spoon flour into measuring cup; level off. In large bowl combine flour and brown sugar; mix well. Using fork or pastry blender, cut in butter until coarse crumbs form. Stir in walnuts. Lightly press mixture in ungreased 15" X 10" X 1" baking pan. Bake at 325 degrees for 10 to 15 min of until golden brown. Cool.

Sprinkle blueberries over cooled crust. In large bowl, beat cream cheese and vanilla until light and fluffy.

Add marshmallow crème; beat just until combined. Fold In whipped topping. Spread over blueberries. Refrigerate about 1 hr. or until firm. Sprinkle raspberries over top of cheese mixture.

In medium saucepan combine sugar, cornstarch and water; mix well. Cook and stir over medium heat until mixture thickens and becomes clear. Remove from heat; stir in gelatin until dissolved. Carefully spoon glaze over raspberries. (or maybe switch them for strawberries, sliced, and change to strawberry gelatin.) Refrigerate about 1 hr. or longer until firm. Cut into squares. Store in refrigerator. Serves 25.

Health Ministries

By Arleen Johns

Our March health ministry's cooking class featured fiber (beans) with recipes using a huge variety of beans. There was even a quiz to see if people could identify the beans. Samples included Black bean brownies (very yummy, recipe included) and Chicken salad using garbanzos. Did you know 1/4 C of beans equals 15 grams of protein? Can't beat that! Be sure to increase water intake when increasing fiber in your diet. Beans are inexpensive, and cause you to feel fuller so you don't eat as much. Our most popular recipe was the Black Bean Brownies, so I've included the recipe here.

Our Health Talk was on neck pain, and general stretching and treatment was also discussed.

We're also eagerly looking forward to Chef Mark Anthony returning to Hampden Heights in September.

Our next class will be on April 16, Thursday evening at 6pm. Hope to see you there, and bring a friend!

Black Bean Brownies

- 3 T canola oil
- 1/4 cup water
- 1 t vanilla
- 1/8 t salt
- 1 - 15 oz canned black

- beans, drained.
- 3/4 t Rumford's Baking Powder (aluminum free)
- 3/4 cup + 2 tablespoons Florida Crystals (sugar in raw)
- 1/3 cup cocoa powder
- 1/2 cup whole wheat flour

Preheat oven to 350°. Spray an 8"x 8" baking dish. Blend the first 5 ingredients until creamy, about one minute. Add all the dry ingredients & blend about 2 minutes more. Pour batter in the prepared baking dish, spread until even. Bake uncovered 40 minutes. Cool completely before cutting into 9 pieces.

May sprinkle lightly with powdered sugar when still hot. You may also want to try adding chopped walnuts or pecans before baking.

Meet a Member

By Bob Kondracki

There are probably very few in our church that don't know our member this month; Wayne Johns. Between being former head elder and preaching sermons, and being involved in so many church activities, Wayne is very hard to miss.

But even if you do know Wayne personally, there are some interesting things about him that you may not be aware of, and we'll discuss them with him today.

Wayne and his wife Arleen were two members of our church that really went out of their way to make me feel welcome when I first started coming to Hampden Heights. They certainly had an impact on my early experiences with our church. This was before I was married of course, and I would often spend time at their house on Saturday nights doing something fun. Their friendship with me and Dena and my family just transitioned and continued after I was married, and few people know that the Johns are also the God parents of our two children.

Wayne is currently a practicing Physical Therapist, focusing primarily on orthopedics. He has been involved in that field of work since 1972, when he interned at our own Reading Rehab. His wife Arleen is a Occupational Therapist as well, and in 1974 they were both invited to work permanently for the Rehab by Bob Geddis, Chief Physical Therapist at the time. At that time they started attending the Hampden Heights church and became members shortly

afterward. Today Wayne and Arleen own and run a private therapy office in Shoemakersville called B & W Physical Therapy. They are both looking to retire this year and focus their energies more on the Lord's work of saving souls.

Born and raised an Adventist, Wayne was baptized on his thirteenth birthday, and is forth generation Adventist. His great grandfather William James McComas actually spoke with Ellen G White, and Wayne's grandfather, Kenneth McComas also saw Mrs. White in person when he was a youngster. Both Wayne's grandparents, Agnes and Kenneth, were singing evangelists.

Wayne also has family in the Adventist church; at Hampden Heights, and around the country. His parents Lester and Mildred Johns attend Hampden Heights, while his brother Bruce, who incidentally is also a PT (guess that runs in the family too) and his family live in Hamburg, PA and attend the church there. Another brother Ken, lives in Tennessee and belongs to the local Adventist church, and Wayne and Arleen's two sons, Jason and Jeff, both married and moved away, attend Adventist churches in Tennessee and Arizona respectively.

Wayne and Arleen certainly keep themselves involved in the activities of our church. Wayne is a teacher in one of our Sabbath school classes, and also conducts an after-church Bible study class. Both Wayne and Arleen are now leading the Health Ministries

program at our church as well. Wayne has also been an Elder in at Hampden for quite a while, starting as a regular Elder for 5 years, and then becoming Head Elder after Dorald Adolf died. After being Head Elder for 10+ years, Wayne recently stepped down from that position to concentrate on other areas of helping our church. With so much involvement in different things over the years it's probably easier to list what Wayne hasn't been active in! He claims he hasn't been a deaconess yet, but I think he's up for the challenge if anybody on the Ministry Placement Committee is reading...

When he has a little free time on his hands, Wayne enjoys collecting US postage stamps and also has a small coin collection. He also enjoys photography, and really gets into his garden, which he has a nice patch of land devoted to. He has also recently developed a practical interest in woodworking—building cabinets and such—and admitted just lately taking up a honey bee hobby! Wayne also finds time to remain a very competent clarinet player, often playing special music for our church service. And I can vouch for one other skill that he's become very proficient at---making excuses not to join the chess club...what a talented guy...

"My strongest desire is to be of service for Jesus, and I really want to use my talents where the Lord leads. Anything given from God should be used for His glory, or it ultimately goes to waste," he says.

When asked if he had a favorite Bible verse, Wayne cited John 3:16, 1 John 1:9, or perhaps Philippians 4:13. But upon further reflection, he gave 1 Corinthians 15:51-58 as his favorite. "Behold, I show you a mystery; We shall not all sleep, but we will all be changed...." for lack of space, you'll have to look the rest up yourself.

Wayne loves all the classic Bible stories such as Daniel and the Lion's Den, the story of Sampson, and the story of David, but his favorite is the one about Jonathon and his armor bearer who said "nothing can hinder the Lord from saving by many or by few." This story can be found in 1 Samuel 14:1-15.

In answering my usual "What is your favorite chess opening" question Wayne replied, "Excuse me I believe I hear mother nature calling" I must admit I've never heard of that opening before. I still have a lot to learn.

Concluding our interview, Wayne confessed that he believes we need a clearer understanding of what it means to have Jesus in our heart. In order for us to understand, we must realize we are all lost without Christ. He would also like to encourage everybody to read Ellen G White's inspirational *Steps to Christ*.

Wayne professed that, if ever asked to preach again, as Paul stated, "I will preach Jesus Christ and Him crucified."

"What a Redeemer we have!"

Wayne and Arleen plan to continue their efforts to share the gospel as long as the Lord allows.

The Observation Post

By Bob Kondracki

Reaching People

Reaching people for Christ. Is there a paradigm as far as method or approach that all of us should be using? Christ definitely had His method; He ministered to the needs of His audience before bidding them to follow Him.

I wrote in a previous article in this newsletter that I really believe there is no "one size fits all" cookie cutter template that works on everybody without exception. That's not to say that some methods aren't more effective or fruitful than others though.

I have had recent discussions with a few people in the church about a situation I've been going through with my step-brother Clark Hill.

Clark is far from being a Christian. His lifestyle definitely hasn't been even remotely close to anything of that nature. Quite the opposite as a matter of fact.

You see, when my mother remarried, Clark was the oldest of my step-father's 6 children that my siblings and I had to integrate with into a large new family. As can be imagined, there was quite a bit of competition, and inevitably many confrontational situations. Now admittedly, I seemed always involved in some kind of confrontation or competition with my three step-brothers. And as a result, a fair amount of my personality today is the result of Clark's influence on me from those early days.

You see, it was Clark that initially got me into war-gaming. We had a healthy competition in chess, and that naturally lead to the comparable war games that he was more familiar with. He also introduced me to weight-lifting, and military history. A lot of my interest

in cars came from him, and a very competitive nature and a somewhat confrontational attitude were his influence as well (albeit good or bad).

Clark eventually joined the Navy when he was old enough and our somewhat antagonistic relationship pretty much dissolved for awhile. When he left the Navy four years later, we only sporadically got together once in a while to play an occasional war game. His increasingly aberrant lifestyle and behavior was something that I knew was unhealthy, and I didn't really want to get involved in it. His life continued to progress down a destructive path, and Clark saw his share of time in jail for various offenses, including fighting, and he also developed a significant drinking problem. He eventually became an alcoholic. Subsequently I lost touch with him altogether.

Recently Clark came back into my life because of some unfortunate circumstances. And for the first time in perhaps 25 years, I would see Clark again. You see, Clark was diagnosed with Hepatitis C from drug use, cirrhosis of the liver, and liver cancer. The last two diseases caused by a lifetime abuse of alcohol.

So when Clark finally ended up in the hospital with a prognosis from the doctors that wasn't encouraging, I had to go see him. After all, the entire family was going. But after so many years I certainly expected things to be awkward to say the least. Little did I realize at the time how much this experience was going to impact my life.

When I did see Clark in the hospital for the first time after all these years, I was surprised that we were able to communicate so well, and we seemed to be able to identify with each other about things we still had in common, even more so than before. He was also a lot more mellow now than he had been in the past. A serious illness will do that to some people, I guess.

Clark lives in Allentown, and he was in St. Luke's hospital there. I started going up to see him either every Friday or Saturday night after that. He went into the hospital sometime around Thanksgiving of 2014. It was about an hour and 15 minute drive one way, and I would spend 3-4, sometimes 5 hours there just talking with him.

Clark's situation was stable but not improving, so they eventually moved him into a nursing home in Allentown. So I just transitioned along with him and visited him there. It was a dirty, smelly place. But unfortunately since Clark was at the poverty level, and, without insurance. He really had no choice in where he ended up.

We had some very good conversations while he was there, laughing and joking and remembering things from our youth, comparing stories of our kids, etc. We even played a few games I brought up. He hated it there though. Constant yelling and screaming....it was more like a psych ward than a nursing home. I would often stay after everyone else had gone home. Our bond continued to grow stronger.

Often I would try to steer our conversations toward spiritual issues, and although Clark wasn't adverse to discussing religious matters, it wasn't on his list of favorite things to talk about, but I continued to try to get him to dialogue.

My approach to introducing the gospel to Clark was really pragmatic and logical. I figured we both had similar ways of thinking and he would certainly be able to identify with the logic of believing in God and the objective evidence supporting His existence. I thought that was the correct approach because that works for me, and again, Clark and I were very similar in our personalities and reasoning methods.

During many of our religious conversations I often had to employ tact, so as to not let things become contentious, but nonetheless we were still able to discuss things very openly and honestly.

Clark's logic was that he simply didn't believe, and if God wanted him to believe He would show him something. I countered that God isn't going to come down and hit him on the head with a magic wand. There is an element of faith involved on our part. But Clark's position was that he can't believe in something simply because he has something to gain from it, when he has no reason to believe otherwise. He weighed the evidence and he simply couldn't believe. He couldn't give a reason why, he just didn't.

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I continued trying to reason with Clark during one particularly long conversation we had one night. I used my best logic. I told him that we both know his situation is now dire. He has nothing to lose by accepting the Lord, even if he isn't really sure, or doesn't completely believe. Let God take it from there....just take that step of faith. But he would have none of it.

That was the last conversation we had on religion. I was averse to bring it up again because I didn't want to argue with him, since I've come to realize, maybe the hard way that arguing wins few converts. But I did continue to pray for Clark.

Children's Page

By Ashley Richards

Did you know that tomorrow is Easter? As Christians, we celebrate this as the day that Jesus was resurrected from the grave. In the puzzle below, you'll find the names of some of the people Jesus interacted with after He was raised from the dead. But—you'll have to unscramble them first!

- 1. HONJ
2. SLAEPCO
3. AWREND
4. AHMOST
5. AYMR
6. HIILPP
7. NIOSM
8. HATEMWT
9. NOAJNA
10. EREPT
11. SAJME
12. HAWTOBEOLRM
13. SAJDU

Observation Post

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Clark's situation continued to deteriorate. He was subsequently moved to hospice, and then eventually home. I was able to talk to him on the phone a couple times, but unfortunately I was unable to continue to visit Clark because the apartment building he was living in had rampant bedbugs, and I just couldn't take that chance. He understood my position. He even suggested I stay away.

I hadn't talked to Clark for the past two or three weeks because his wife said he wasn't doing very well, and he had a hard time talking on the phone to people. He was becoming disoriented and confused right now.

Clark died on Tuesday night.

I felt throughout the day Tuesday that I should give him a call, maybe on the off chance he could talk to me.

But I didn't call. In the end, I was ineffective in reaching Clark for Christ.

Since Clark's death, I've asked myself why this is bothering me even more than expected. The fact is that after spending so much time with somebody, and sharing so much, even after a 25 year hiatus, I came to love him like a true brother.

I also realize that I don't have the comfort of knowing that Clark was saved. I had that comfort with my grandmother, and I believe my father accepted Christ before he died. That made their deaths much easier to deal with, knowing where they were headed. I don't have that with Clark. And it magnifies the pain tremendously.

The simple fact is that in John 14:6 Christ says, "I am the way, and the truth,

and the life. No one comes to the Father except through me." No matter how you rationalize it or try to spin it to make yourself feel better, that is the way it is. Clark, unless he made some miraculous last minute change of heart, will not be in heaven.

Clark taught me one final thing through all this though. I think I should have emphasized Christ's love much more than the logic of our beliefs. Would it have made a difference, I don't know. But I can't help feeling I let him down by my approach.

How many friends and family are we going to let down by our lack of emphasizing Christ's love in the gospel. The facts of our beliefs are our foundation, but it is the love of Christ that brings us to that foundation.

Logic will always be my first choice in any situation, but when sharing the gospel.... I believe love...Christ's love is what needs to be emphasized above all else.