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# Hampden Heights Sentinel

## HIGHLIGHTS:

- The Christmas spirit was alive and well at RJA this year!  
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- A recommitment to Jesus for the new year.  
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- Plan for upcoming events this month.  
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- United with God, and each other.  
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The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. ~Proverbs 1:7 NIV~

## RJA News Corner by Lee Stahl, Principal



3<sup>rd</sup> and 4<sup>th</sup> Grade Field Trip submitted by Carol Rey

On Oct 23rd the 3rd and 4th grade class went on a field trip to the Oley Turnpike Dairy. One of the students, Madison Roth, was turning ten years old and her parents wanted Madison to be able share this happy occasion with her classmates. While there all the students had so much fun together doing several activities. The day started out with a hay ride, then a corn maze, and ending with feeding the animals at the petting zoo. But of course, we couldn't leave the Dairy without eating their yummy ice cream! All 19 students sat inside eating their ice cream while enjoying talking with each other. Several adults commented on how well behaved the students were, which is always a joy for a teacher to hear!

## Care Boxes for the Opportunity House submitted by Darlene Peterson

Christmas is a time of giving! The first through fourth grade students and their families collected toiletries and filled shoe boxes for the people in need at the Opportunity House. Others at RJA joined in the fun, bringing so many items that our hug stocking could not hold them all! One Kenhorst Church member gave a Signs mini tract about Jesus coming for each box too! What a wonderful blessing, especially at this time of year, when we remember God's gift to all of us! We want to thank Suzanne Zuchewski for giving our students the privilege to serve

others in our community for the past several years now.

## RJA Christmas Program

On December 1, RJA held it's annual Christmas Program. This year musical was called *The Bethlehem Project*. The play centers around two gangs of children -- shepherd kids and the Bethlehem kids, that are struggling to get along with each other. However, by experiencing the birth of Jesus they were able to find peace, joy, and love for one another. Let us hope that we can do the same as we experience Jesus in our lives each day!

## A Trip to the Dollar Store submitted by Cindy Eisenhardt

Ms. Cindy's Pre-k and Kindergarten class took a field trip to the Dollar store Friday, December 7th. Why the Dollar store? The children were on a secret mission. They each had \$1.06 to buy their "Secret Christmas Buddy" a gift for Christmas. At Christmas time children always have a lot of ideas about what THEY want for Christmas. This trip gave them time to focus on others, and choose a special gift for another child in our classroom. We all walked down the block to have a great meal at Infinito's before we headed back to RJA.



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**Grace's Outpost** by Ashley Richards

"Moses said, 'Please show me Your glory.'" – Exodus 33:18, ESV

This year, Jesus is my New Year's Resolution.

It's so easy to try to work on so many things, but I've found that so many *things* have gotten in the way of Jesus working in my life, and I don't want it to be like that anymore! I want to love Jesus more perfectly, be transformed by the Holy Spirit more completely, commune with the Lord more deeply, sense the presence of God more frequently, and live in the center of God's will—not just living there, but being at *home* there.

I've shared honestly about my struggle to faith, and I've seen the way Jesus has been working in my life, teaching me to let go and let Him lead, but I've got so much farther to go.

But not just that—developing a deeper, stronger, more

abiding faith in Jesus isn't satisfying enough anymore. I want to *know* Jesus, I want to *love* Jesus, I want to *follow* Jesus—after struggling for years with depression, misunderstanding God, and being generally unhappy, I've realized how much I've been going through the motions, and I don't want to do that anymore, *particularly* where God is concerned!

I want an actual living, breathing, life-transforming *relationship* with Jesus. I don't want just to go through the motions anymore—I don't want to follow Him out of duty or obligation. I want to know Him, love Him, walk with Him, see His personality, count Him among my friends—count Him as my *Best* Friend—be transformed by His love and His call to rescue a dying world. I want my life to be an epic adventure of snatching back souls from the teeth of the enemy. I want to be *in love* with Jesus.

It pains me to admit how easy it is for me to slip back into the motions of being a proper Christian, how often I have personal daily devotions because I know I *need* to, how often I memorize scripture and pray and be kind because I know that is what is expected of me. It brings to mind Revelation 2:4—"But I have this against you, that you have abandoned the love you had at first." Somehow I've lost sight of the fact that salvation is through the *grace* of God, and not by my works or my duty, and it is the grace of God and the promptings of the Holy Spirit that make me worthy for Heaven in the slightest.

So this year, I'm getting back to the basics. Treasuring grace, imploring God for the baptism of the Holy Spirit in a mighty way, desiring God and the salvation of my soul over every earthly thing, learning to *love* Jesus with all my heart. There are so many other things I *could* work on, but none of them matter nearly so much in light of eternity.

**Calendar of Events** submitted by Wendy Hughes

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's day	2	3	4	5 Vespers and Business meeting
6	7	8	9	10	11	12 1 <sup>st</sup> of the month Bible study & potluck, Youth social
13	14	15	16	17	18	19 Potluck Movie Nite by social committee
20	21 Board Meeting @ 7PM	22	23	24	25	26
27	28	29	30	31		

## Unity by Barbara Snyder

I'm including a prayer in this newsletter entry. What better time to begin and to continue our prayers for unity in the church, in the world, in the home and in our hearts than a new year? Unlike us, though, our Father does not need a "when." It is always "now" with God. He is always on the spot with us. He hears our prayers and has a plan to answer before we even ask. So this "now" is the time to renew our prayers for unity. In thirty days we will be without a pastor (and our prayers go with him and his family.) In thirty days we, as individual members, will, by necessity, be invited by the Spirit to be more fully aware of the need for gathering together in presence and in purpose to find and grow with God in our lives, and to commit to the divine commission to reach out to the world. I found this prayer in my computer documents, but do not remember from where the prayer came. So please forgive that oversight and add to the prayer the words that match its intention with that of your own life. It is time to let pass the flurry of activities that defines the holiday seasons and to enter into the closet that defines our spiritual seasons of communion with God and each other. If you need a Biblical refresher on this, read the prayer of Jesus in John 17. So the following prayer is in reality John, 17. Savor it.

Oh God, we are one with You. You have made us one with You. You have taught us that as we are open to one another, You dwell in us. Help us to preserve this openness

and to fight for it with all our hearts. Help us to realize that there can be no understanding where there is mutual rejection. Oh God, in accepting one another wholeheartedly, fully, completely, we accept You, and we thank You, and we adore You, and we love You with our whole being, because our being is in Your being, our spirit is rooted in Your spirit. Fill us then with love, and let us be bound together with love as we go our diverse ways, united in this one spirit which makes You present in the world, and which makes You witness to the ultimate reality that is love. Love has overcome. Love is victorious. Amen.

Now, the word "unity" is bantered around a bit, overused somewhat, and its application in everyday life is often fuzzy, incorrect, or neutral. If anything, unity is none of these things. I want to start understanding unity first by applying its presence or recognizing its absence in my own life. Although some disagreement is healthy because it encourages deeper thinking, and better communication, disagreement often hurts. How can we handle disagreement if we are not open and compassionate?

Our country is not unified. A few months ago, I met with some friends from work. The mess at our southern border was discussed. I was outnumbered in my opinions so I reviewed my own responsibilities about this political and social mess. I came to the conclusion that although I was allowed an opinion, I also had to wonder how strongly I could hold that opinion and still be Christ-like. I decided that the best thing for me to do is volunteer at one of the containment centers and see life first hand. If I cannot participate, I lose the strength of my strong opinions. Likewise, if we feel that new members should conform to the traditions of the church, then we ought to see the new members as they are first, with Christ-like seeing. Then our friendship will help them with both their relationship with Christ, and traditions. It might also help us reduce the weight of these traditions. Perhaps this one of the possible reasons we are losing our young people.

This subject is unending. I could go on and on, and so could you! So, do that, for your own growth. Love with Jesus, unite with Him, and unity happens for you and those like Him. Get out of your comfort zone and embrace the world lovingly. Some of the world will embrace you back.

**Recipe of the Month** by Arleen Johns

I remember as a child a restaurant in California called Andersen's Pea Soup. This restaurant had the best split soup. Over the course of time I've tweaked this particular recipe so that it comes close to Andersen's. Enjoy.

By the way, Andersen's is still around, with two locations, according to their website.

**Split Pea Soup**

- 2 Cups Split peas (dry measure)
- 8 Cups water (may need more water)
- 2 stalks celery- chopped
- 2 carrots -shredded
- 1 onion- chopped

- Seasonings
- ½ tsp thyme
  - ½ tsp marjoram
  - 3 Tbs McKay's chicken seasoning
  - 2 Tbs salt
  - 1 1/2 Tbs nutritional yeast
  - 1 Tbs olive oil

- 1 Tbs parsley
- 1 Tbs sweet basil
- 1 Tbs garlic powder
- 1-2 Tbs Imitation Bacon Bits (optional)
- 1-2 Bay leaves

Bring to boil, and then simmer in a large kettle for 2 hours, stirring occasionally

Remove bay leaves after cooking. May need to add more water as the soup tends to thicken.

**Sue's Health Nuggets** by Sue Shobe, Faith Community Nurse

**Dental Health**

**True or False**

1. Gum disease can increase the risk for heart disease.
2. Dental care should start when child has his/her first tooth.
3. Sealants on molars do not prevent cavities.
4. Fluoride is known to prevent cavities by strengthening the enamel on the tooth.
5. Too much fluoride causes white spots on the teeth.
6. Gum disease and tooth decay remain a problem even though we know how to take care of the teeth,
7. It is recommended to bush and floss your teeth once per day.
8. Chewing sugar free gum after meals can help to prevent decay.

9. Tobacco increases the risk for gum disease.
10. Your diet has no effect on the health of your teeth and gums.

**Answers**

1. True - it has been found that gum disease can increase the risk for heart disease
2. True - dental care should start when child has their first tooth. This is true because we are seeing so many children with tooth decay.
3. False – Sealants do prevent cavities. Even though we know this, few children have sealants put on their teeth
4. True – Fluoride does strengthen the tooth enamel resulting in

- fewer cavities
5. True – Fluoride does help with dental health but too much can cause white spots on teeth
6. True – Gum Disease and tooth decay still remain a problem
7. False – it is recommended that you brush and floss at least twice per day
8. True – Chewing sugar free gum does prevent tooth decay as well as rinsing the mouth with water after eating.
9. True – Tobacco does increase the risk for gum disease
10. False – A healthy diet enhances the health of the teeth and gums

**Healthy Fun Facts**

1. The enamel on the top surface of your teeth is the hardest part of your entire body. <https://www.123dentist.com/10-fun-facts-about-teeth/>
2. An average person spends 38.5 days brushing their teeth over their lifetime. <https://www.123dentist.com/10-fun-facts-about-teeth/>

**The Funny Bone** selections by Bob Kondracki

**Training for Husbands**

1. Introduction to Common Household Objects I: The Mop
2. Introduction to Common Household Objects II: The Sponge
3. Dressing Up: Beyond the Funeral and the Wedding
4. Refrigerator Forensics: Identifying and Removing the Dead
5. Design Pattern or Splatter Stain on the Linoleum? You CAN Tell the Difference!
6. If It's Empty, You Can Throw It Away: Accepting Loss I
7. If the Milk Expired Three Weeks Ago, Keeping It in the Refrigerator Won't Bring It Back: Accepting Loss II
8. Going to the Supermarket: It's Not Just for Women Anymore!
9. Recycling Skills I: Boxes that the Electronics Came In
10. Recycling Skills II: Styrofoam that Came in the Boxes that the Electronics Came In
11. Bathroom Etiquette I: How to Remove Beard Clippings from the Sink
12. Bathroom Etiquette II: Let's Wash Those Towels!
13. Bathroom Etiquette III: Five Easy Ways to Tell When You're About to Run Out of Toilet Paper!
14. Giving Back to the Community: How to Donate 15-Year-Old Levi's to

Goodwill

15. Retro? Or Just Hideous? Re-examining Your 1970s Polyester Shirts
16. No, The Dishes Won't Wash Themselves: Knowing the Limitations of Your Kitchenware
17. Romance: More Than a Cable Channel!
18. Strange But True!: She Really May NOT Care What "Fourth Down and Ten" Means
19. Going Out to Dinner: Beyond the Pizza Hut
20. Expand Your Entertainment Options: Renting Movies That Don't Fall Under the "Action/Adventure" Category
21. Yours, Mine, and Ours: Sharing the Remote
22. "I Could Have Played a Better Game Than That!": Why Women Laugh
23. Adventures in Housekeeping I: Let's Clean the Closet
24. Adventures in Housekeeping II: Let's Clean Under the Bed
25. "I Don't Know": Be the First Man to Say It!
26. The Gas Gauge in Your Car: Sometimes Empty MEANS Empty
27. Directions: It's Okay to Ask for Them
28. Listening: It's Not Just Something You Do During Halftime
29. Accepting Your Limitations: Just Because You Have Power Tools Doesn't Mean You Can Fix It

**Bad Upgrade**

Dear Technical Support,

Last year I upgraded Girlfriend 1.0 to Wife 1.0 and noticed that the new program began unexpected child processing that took up a lot of space and valuable resources. No mention of this phenomenon was included in the product brochure.

In addition, Wife 1.0 installs itself into all other programs and launches during system initialization where it monitors all other system activity. Applications such as Fishing-weekend 10.3 and Football Binge-watching 2.5 no longer run, crashing the system whenever selected.

I cannot seem to purge Wife 1.0 from my system. I am thinking about going back to Girlfriend 1.0 but un-install does not work on this program. Can you help me?

Jonathan Powell

To: Mr. Powell

This is a very common problem men complain about but is mostly due to a primary misconception. Many men upgrade from Girlfriend 1.0 to Wife 1.0 with the idea that Wife 1.0 is merely a "UTILITIES and ENTERTAINMENT" program.

Wife 1.0 is an OPERATING SYSTEM and designed by its creator to run everything. It is impossible to un-install, delete, or purge the program from the system once it is installed. You cannot go back to Girlfriend 1.0 because Wife 1.0 is not designed to do this. Some have tried to install Girlfriend 2.0 or Wife 2.0 but end up with more problems than the original system. Look in your manual under Warnings-Alimony/Child Support.

I recommend that you keep Wife 1.0 and just deal with the situation. Having Wife 1.0 installed myself, I might also suggest you read the entire system regarding General Protection Faults (GPFs). You must assume all responsibility for faults and problems that might occur.

The best course of action will be to push apologize button, then reset button as soon as lock-up occurs. System will run smooth as long as you take the blame for all GPFs.

Wife 1.0 is a great program, but is very high maintenance.

Tech Support

**Notable Quotes** selected by Bob Kondracki

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.  
~Benjamin Franklin~

Resolution One: I will live for God. Resolution Two: If no one else does, I still will.  
~Jonathan Edwards~

I think in terms of the day's resolutions, not the years'  
~Henry Moore~

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.  
~Norman Cousins~

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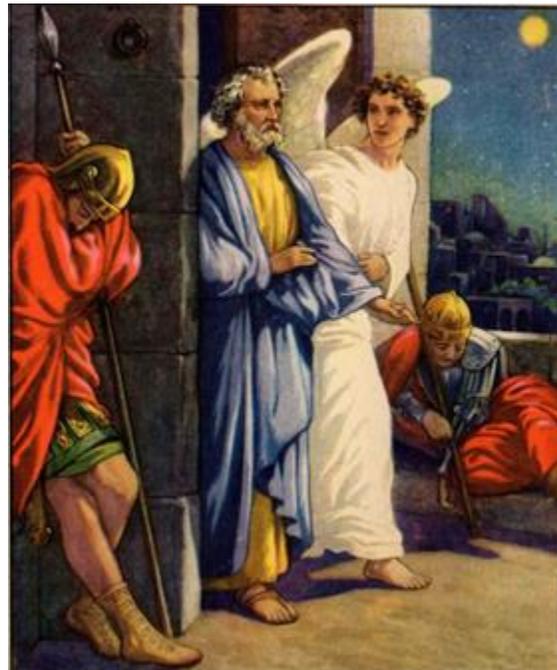
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**The Children's Page** by Ashley Richards

Do you know the story of when the angel rescued Peter from jail? It's an amazing story! Peter was imprisoned for preaching about Jesus, and King Herod was eager to sentence Peter to death for telling people about how amazing Jesus is! Peter's friends were praying constantly for God to provide a miracle, when, the night before Peter was to appear before King Herod, an amazing thing happened! An angel appeared to Peter in his jail cell, and woke him up. "Quick, get up!" the angel said. He told Peter to get dressed (which was an amazing thing, since Peter was handcuffed to a soldier on each side of him inside the prison cell, and outside the cell were even more guards, appointed to make sure there was no way that Peter could escape!). When the angel awoke Peter, the chains fell off Peter's wrists and the soldiers didn't even know! But if you want to hear the rest of the story, you'll have to go to Acts chapter 12, and read the story for yourself! Maybe your mama, daddy, or grandparent will read it with you this afternoon!



In this puzzle, there is a list of words related to the story of Peter and his angel who rescued him, but all the words got mixed up. Can you figure out what they are? Once you untangle the words and write them in the blanks next to them, write the letters in the shaded boxes at the bottom of this page, in the order in which they appear, to discover a hidden message about Jesus.

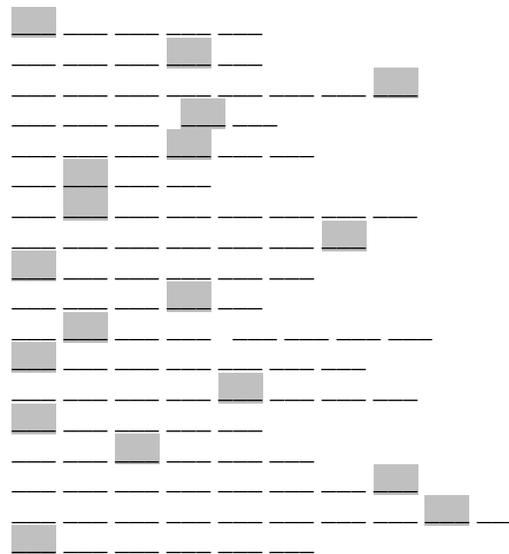
**RJA News** (cont. from page 1)

**Question:** What has 88 feet, 36 wheels and can carry a tune?

**Answer:** Ms. Cindy's RJA Chorus on the way to Grandview Manor in Fleetwood for a sing-a-long on Friday Dec. 14th. Many of the students at RJA helped to prepare for the trip. The 5th and 6th grade girls helped to lead out, the 1st and 2nd grade classroom made cards and the Pre-K, Kindergarten, 3rd and 4th grade students made ornaments to hand out to our new friends at the Manor. The residents enjoyed singing Christmas carols with us, and the children said "It was an AWESOME DAY!"

JESUS ANSWERS PRAYER.

1. AEMSJ
2. ETRPE
3. RTIEENSS
4. TGE PU
5. SONIRP
6. AMYR
7. GIKNNCKO
8. SSDANLA
9. STSRWI
10. GELAN
11. ONIR EATG
12. ANTSVER
13. PINGEELS
14. DARHO
15. INASHC
16. LYENUSDD
17. SOIHDAESNT
18. SCUEER



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