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# Hampden Heights Sentinel

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*For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil. ~Ecclesiastes 12:14 KJV~*

## RJA News Corner

by Lee Stahl, Principal



### RJA Conducts Spiritual Focus Week

The week of March 6-10, Tamyra Horst, the Communication Director for the Pennsylvania Conference, introduced our students to five Bible characters that served God. Each person represented an aspect of God's character and how He relates to us. David reminded us that God is bigger than any problems we may face. Dorcas symbolized how God uses everyone even if we don't think we have anything special to offer. The idea that God has a plan for us even when we have a hard time seeing it was represented by the life of Joseph. Peter reminded us that God gives us second chances, and the story of Hannah lets us know that God answers our prayers. It was a very uplifting week!



### RJA Students Praise God at Fleetwood Church

Students from pre-K to 2<sup>nd</sup> grade came to the Fleetwood SDA Church on March 11 to sing praises to God during the worship service. Organized by Miss Cindy Eisenhardt they shared several songs during the worship service. It was nice to see the small church filled up with families from Reading Junior Academy.

### RJA Students Participate in Global Youth Day

Several RJA students were on the streets of downtown Reading on Saturday, March 18, to BE THE SERMON for that day to the community of Reading. Students passed out free water, gave out toys, clothing, and blankets, provided free hugs, and directed people to the prayer tent or the soup tent. The event in Reading has been organized by the Rehoboth Spanish SDA Church for the past several years. More and more churches are participating and getting involved. Global Youth Day is a world-wide initiative sponsored by the General Conference (GC) of Seventh-day Adventist. According to GC, *The vision of GYD is to recapture the reality of Adventist youth as a global movement mobilized for service, contributing to the proclamation of the everlasting gospel and ushering in the second coming of Jesus Christ.* (continued on page 6)

## Grace's Outpost by Ashley Richards

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'" – Matthew 25:34-35, NIV

We'll call her Elena.

She's a fairly new hire at my Panera, and she's really been struggling. I'm not overexaggerating when I say that I think just about everyone dislikes her.

She can't run food out to the tables quickly enough—we're always having to pull others to help her, just so there's not a back-up in getting food out once it's prepared. She's

probably been trained double (maybe even triple. She was training while I had a few days off.) the amount of days it should to get her to be able to tray up pastries in the bakery as they're ordered, and now that she's supposed to learn the register, I've heard lots of mistakes as she's ringing them up (although, in her defense, I'm not sure why people have had her trying to ring in real, live orders at this point, anyhow). She works really slowly, she isn't picking up concepts well, and I have seen the tension building up between Elena and the entire rest of the café. Those who work full-time (or nearly full-time), and work hard because they take pride in what they do are all about to wring her neck.

Elena's become my personal mission.

Somehow, she just hasn't "gotten" the way Panera works—that you always have to be helping where you can,

because we're so busy, and that you can't just take your time. You have to be 110% into taking care of the café and the customers, because, otherwise, the store will crash and burn. That's just how it is.

I don't think Elena is *trying* to be difficult, slow, or whatever. She's a nice person. She's friendly. She's trying to fit in. She just needs some extra loving, and a *lot* of guidance. So, in an attempt to ward off the *entire* store that's gunning for her to be fired, I've stepped in, and I'm trying to bridge the gap. I gave her a pep talk about how Panera—or *this* Panera, anyhow—needs its employees to be proactive at thinking up ways to be helpful, stepping in where necessary, and to work quickly.

She's seemed receptive. I've tried to point out specific things. Carry more than one tray to a table when you can. If you're backing (traying up

pastries for customers), don't wait to be asked—listen for what the customer will need, even if it's just a cup. Take an online order to the Rapid Pick-up shelves when you're waiting for the salad person to get you a side of Caesar dressing. And so on. I've gotten her to go from consistently *only* taking one tray to a table at a time to taking two trays, pretty much 100% of the time, now, and she's even managed three trays at once, a few times. I can see her improving. She's trying.

Maybe she is a bad employee. Maybe she'll never "get" what it takes to do the job. But I'm not letting her get fired without giving her a shot to do better. After, all, I'm pretty sure Jesus would've taken Elena under his wing, if He was working at Panera instead of me. I figure, at the very least, I can do the same.

## Manuscript Errors

submitted by Fred Morgan

Bible scholarship of the past 150 years has placed much attention on a very small number of manuscripts. While there are over 5000 known New Testament manuscripts, attention has been placed on less than ten. Of these, Codex Sinaiticus and Codex Vaticanus have been exalted as the "oldest and best" manuscripts. The oldest claim has been disproved elsewhere. This short article will focus on the nature of these two favored manuscripts. Sinaiticus has been recently made available to all on the internet by the Codex Sinaiticus Project,

with the mainstream media and general Christians fawning over this "world's oldest Bible." This manuscript, in conjunction with Codex Vaticanus, form the basis for most modern Bible translations. However, these two manuscripts differ substantially from the text of the bulk of the manuscripts. Thus, the public needs to know the truth about these manuscripts.

Contrary to what has been taught in most seminaries, these two manuscripts are worthless, and hopelessly corrupt.

Dean John Burgon, a highly-respected Bible scholar of the mid to late 1800's, wrote of these manuscripts, "The impurity of the texts exhibited by Codices B and Aleph [Vaticanus and Sinaiticus] is not a matter of opinion but a matter of fact." These documents are both of dubious origin. It has been speculated by some scholars that one or both were produced by Eusebius of Caesarea on orders of Emperor Constantine. If this is true, then these manuscripts are linked to Eusebius's teacher Origen of Alexandria, both known for

interpreting scripture allegorically as opposed to literally. Scholars have designated these manuscripts as Alexandrian, linking them with Alexandria, Egypt, the region responsible for early heresies such as Gnosticism (denial of Christ's humanity) and Arianism (denial of Christ's divinity). Both are dated in the mid to late fourth century. **{Preserved Ministries/preservedword.com/The Unreliability of the Alexandrian Manuscripts /February 24, 2015}**

If interested in further information, you can contact me at 610-678-2020 or [firstjohn511@gmail.com](mailto:firstjohn511@gmail.com)

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

### Alcoholism

In our society, alcohol is readily available, widely consumed, and commonly abused. Approximately 75% of the population drinks alcohol. About 14% of Americans will have alcohol related problems in their lifetime. The most widely consumed alcoholic beverage is beer. Acute alcohol intoxication may result in poor judgement, ataxia or abnormal gait, slurred speech, decreased memory and concentration, and blood pressure elevation. Increasing alcohol levels may result in respiratory depression, decreased blood pressure and temperature, coma, and death.

Alcoholism is defined as a repetitive use of alcohol with the loss of ability to control drinking, resulting in serious dysfunction or disability. It consists of abuse (repeated use despite recurrent adverse consequences) and dependence. There is continued use despite adverse consequences. Most alcoholics deny that they have a problem.

The prevalence of alcoholism in Americans is estimated to be 8 %, and there is a strong genetic predisposition. Men are two to three times more likely to be problem drinkers than women. However, women may hide their more frequent drinking.

There are common stereotypes of alcoholics often found in TV and popular culture. In reality, alcoholism has no bias to race, sex, or socioeconomic class. Individuals with a genetic

disposition are more likely to begin drinking earlier in age. Also a younger age of onset drinking is associated with an increased risk of alcoholism. Social, cultural, and behavioral influences are contributing environmental factors.

Dependence has a pattern which may involve tolerance, increasing amounts of consumption, multiple attempts to cut down or quit, attempting to hide the habit, lost occupational productivity, and continued use of alcohol despite having continued social, physical, or psychological problems. Individuals may drink alone or in secret, forget commitments and conversations, lose interest in activities and hobbies they previously enjoyed, become irritable when alcohol isn't available, keep alcohol hidden, and have relationship, employment, financial, or legal problems.

Drivers are determined to be impaired with a level of 0.05%, and under the influence at levels of 0.1%. Someone who doesn't exhibit signs of intoxication at these levels probably is alcohol dependent, with alcohol tolerance.

The economic costs of alcoholism, including medical costs, secondary treatment costs, and loss of labor hours, exceed \$200 billion annually. Alcoholism is considered to be both a physical and mental problem. One may continue to drink partly to prevent or improve withdrawal symptoms. When alcohol consumption is stopped too abruptly, the nervous system may suffer, resulting in

anxiety, shakes, hallucinations, and life threatening seizures.

Alcohol is responsible for over half of fatal car accidents and over half of all suicide attempts. In most murders and violent crimes, alcohol is implicated. Many babies born of alcoholic women show abnormal development, with babies being underweight, and with heart and brain abnormalities. Alcohol abuse can cause acid reflux disease, pancreatitis, hypertension, an enlarged heart, and cardiomyopathy. It can also cause cirrhosis of the liver resulting in life threatening bleeding from esophageal varices, and encephalopathy (brain damage).

Several tools are used by the medical profession to screen for alcohol related problems. The CAGE questionnaire is a popular tool, asking the following questions:

1. Have you ever felt you needed to cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt guilty about drinking?
4. Have you ever taken a morning eye opener?

Certain lab results may provide hints to a doctor of alcohol abuse, including certain liver function tests and a complete blood count.

Detoxification is an abrupt cessation of drinking using the substitution of medication, such as benzodiazepines to help with the withdrawal symptoms. It is very important to follow this up with appropriate treatment programs to help reduce the risk of relapse.

Treatments vary with multiple perspectives of alcoholism. Most treatments focus on social support to help one resist a return to alcohol use. The abstinence-based zero tolerance approach is typically supported.

Alcoholics Anonymous, also known as "AA", is an organization that provides education dealing with underlying psychological issues and provides relapse prevention skills in maintaining sobriety.

If you have an alcohol problem, please seek help immediately, not only for yourself, but also for the other people in your life that are impacted by you.

## The Pastor's Place by Pete Maldonado, Pastor

### Being on the Right Path

The Lord makes a promise to us that He will be the light of our path. John 8:12 says, "Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."

Now the question is simply this: Are we in fact really on the right path, and do we know when we stray off of his path?

Last month it was a local Seventh-day Adventist Church that asked themselves that question. Due to no fault of their own, they became homeless. The building that they were renting was condemned by the City of Reading. This was due to unknown problems with the structure in the building which they were worshiping at for the last several years. Prior to having the building condemned, they had been planning for a youth Week of Prayer, and a Global Youth Day (GYD) event.

The problem of the condemned building meant that they would now be unable to host this Week of Prayer. There would also be problems hosting the GYD. They would have no building for the volunteers to come in out of the cold and stay warm. They contacted several other churches in an attempt to find a temporary facility for these events, but to no avail.

We must always remember that God has special plans for us. Jeremiah 29:11 says, "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

Trusting that God knows what's best is sometimes difficult for many of us, who trust in ourselves more than we could ever trust in the Lord. Psalms 118:8 states clearly that "it is better to trust in the Lord than to put confidence in man." Trusting someone and something you do not see can be very difficult. Especially when we have so much confidence in ourselves. We must recognize that trusting the Lord is where our faith is developed on a daily basis. Proverbs 3:5 says, "Trust in the LORD with all your heart and lean not on your own understanding."

On March 13th, 2017, there was little hope of having a venue for the Week of Prayer. Our speaker was ready, Pastor Juan Cubero. But our team was motivated and felt the Lord would do something. Elder Rabiél Torres and I prayed for a venue. The Hope Rescue Mission was contacted. Two days later they returned a phone call telling us that we were approved for their site starting on Sunday the 19th through Thursday the 23rd.

Not only did God provide a venue, but every speaker that was scheduled for that week canceled in order to allow us to minister to all the homeless men at the shelter.

This was truly the hand of God intervening. They allowed us to present a message of identity in Christ to 70 homeless men the entire week.

It was clearly a special week of evangelism. A homeless church ministers to a homeless shelter for men. Several men came forward and gave their lives to God. We will continue to praise God for keeping his promises.

Deuteronomy 31:6 proclaims, "Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

The Lord will have us go into all the world to make disciples of all nations. Sometimes that means going into the homeless shelters even when you're homeless as well, to share the great message of the gospel. And remember, God has promised that he will never leave us as we do the work He has commissioned us to do.

Matthew 28:19-20 says, "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

**Recipe of the Month** by Elizabeth Hill

**Lemon Sponge Pie**

This was my husband's favorite dessert. He loved Pineapple Upside Down Cake, but didn't mind sharing it with others and never made a fuss when guests would take it home with them. But Lemon Sponge Pie was a different story. He was too polite to make a fuss when they would take some home, but he would let me know later that he didn't approve!

**Ingredients:**

- 1 9-inch unbaked pie crust
- 3 tbsp butter
- 1 1/4 cups white sugar
- 4 egg yolks
- 3 tbsp all-purpose flour

- 1 pinch salt
- 1 1/4 cups milk
- 2 tbsp grated lemon zest
- 1/3 cup lemon juice
- 4 egg whites

**Directions:**

Preheat oven to 375 degrees F.

In a large bowl cream together the butter and sugar until light and fluffy.

Beat egg yolks, flour, salt, milk, grated zest, and lemon juice into the creamed mixture.

In a clean bowl with clean beaters, beat the egg whites until stiff but not dry. Fold the egg whites into the filling. Pour into the unbaked pie shell.

Bake for 15 minutes. Reduce the temperature to 300 degrees F and bake for an additional 45 minutes or until the top is golden and a toothpick inserted in the center comes out clean.

Baking the empty crust for 5 min at 425 degrees seems to keep the crust from becoming soggy. Then fill, and bake according to directions.

**Notable Quotes** selected by Bob Kondracki

All the commandments: You shall not commit adultery, you shall not kill, you shall not steal, you shall not covet, and so on, are summed up in this single command: You must love your neighbor as yourself.  
~Jesus Christ~

Belief in a cruel God makes a cruel man.  
~Thomas Paine~

It's not the size of the dog in the fight, it's the size of the fight in the dog.  
~Mark Twain~

Time is a great teacher, but unfortunately it kills all it's pupils.  
~Hector Berlioz~

The more externally chaotic the world becomes, the more we need sound internal logic, especially when it comes to our emotions.  
~Chip Conley~

My great concern is not whether you have failed, but whether you are content with your failure.  
~Abraham Lincoln~

Accept the challenges so that you can feel the exhilaration of victory.  
~George S. Patton~

I'd rather attempt to do something great and fail than to attempt to do nothing and succeed.  
~Robert H. Schuller~

Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.  
~John Wooden~

That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing.  
~Martin Luther King, Jr.~

From the errors of others, a wise man corrects his own.  
~Publilius Syrus~

Genius is one percent inspiration and ninety-nine percent perspiration.  
~Thomas A. Edison~

History teaches us that history teaches us nothing.  
~Georg Wilhelm Friedrich Hegel~

I must study politics and war that my sons may have liberty to study mathematics and philosophy.  
~John Adams~

Let us with caution indulge the supposition that morality can be maintained without religion. Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle.  
~George Washington~

There are two ways of spreading light: to be the candle or the mirror that reflects it.  
~Edith Wharton~

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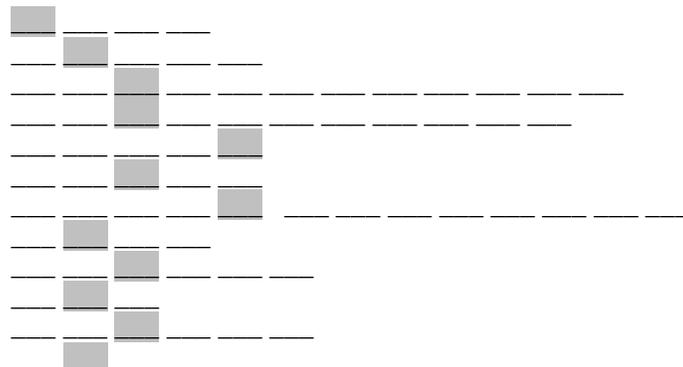
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**The Children's Page** by Ashley Richards

Did you know that this is the month that we celebrate Easter on? We celebrate Easter to remember when Jesus died on the cross for us to save us so we can live with Him forever! In the puzzle below, you'll find that each word (or phrase) in the numbered list below can be unscrambled to form a word/phrase that relates to the story of Jesus' death. Once you've solved those words, copy the letters in the gray shaded boxes (in order!) in the blanks underneath—they will create a message about the very best part of Easter!

1. OJNH
2. EERTP
3. SIRERRUCONTE
4. CUIIINRCFXO
5. ROSCS
6. EFHIT
7. SJUDA AIIOCSTR
8. YRMA
9. TALIFE
10. NSI
11. IOSVAR
12. SSEJU



\_\_\_\_\_!

**DID YOU KNOW?**

Did you know that sometimes it could take a while for someone to die once they had been crucified? Crucifixion was painstakingly created into one of the most painful ways to die ever. Sometimes Roman soldiers would break the legs of the person being crucified to cause them to die faster. Jesus died of a broken heart, though, so the soldiers didn't have to break His legs. This is important, because, instead, they put a sword into His side to prove He was dead. This fulfilled the prophecy that says, "He protects all His bones, not one of them will be broken" (Psalm 34:20). This helps us prove Jesus is real, because every prophecy about Him came true!



**RJA News Corner** (continued from page 1)

*There is a lot more to religious faith than simply going to church and listening to sermons. The true practice of religion involves the revelation of God's love in living out Jesus's gospel commission as He bade us to before He ascended to heaven: through all manners of selfless acts that point a desperately needy world to the ultimate hope of the better world He has made possible for us. Grounded in the concluding words of Jesus in the parable of the Good Samaritan, "Go and do likewise" (Luke 10:25-37), the theme of the Global Youth Day is "Be the sermon."*