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Hampden Heights Sentinel

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But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." ~1 Peter 15-16 NIV~

RJA News Corner

by Lee Stahl, Principal



at Robotics Challenge

St... with students from eight other schools, were at
Bl... participate in the First Lego League Challenge. This
year's theme was called Animal Allies, where teams looked to identify different ways people interact with animals, and some problems that occur. The Reading Reabots team was composed of Jahbari Allsop-Marsham, Cory Calapino, and Amara O'Bryant with coaches Matthew White and Tom Stone. Our team's project involved the treatment of chicken being raised for meat, and suggesting more humane ways of raising and killing them. During the robotics portion the Reabots were able to complete three missions during the allotted time.

Field Trip/Party to the Crayola Factory by Darlene Peterson

Wow! What a grand birthday party 2nd grade student Maggie Kargbo had! Maggie's mom started planning months in advance for this special event. She said that she wanted her daughter to have an educational party. It was decided that the party would be held at the Crayola Factory in Easton, PA... so we had field trip birthday party! The students could name and wrap their own Crayola crayon, star in their own coloring page, learn about water locks using Crayola boats, create a tiny wax toy, design a colorful spin art, and so much more... A character named Sharp made an appearance, with hugs for all. Maggie's mother made a delicious colorful bubble gum cake. Her father helped hand out little gift bags for each child. The students had fun shopping for Maggie's birthday in the gift shop to give her gifts that would remind her of her special Crayola birthday!

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The Pastor's Place

by Pete Maldonado, Pastor

United We Stand, Divided We Fall

Heaven was united and in harmony, until Lucifer created a spirit of discontent and division. Lucifer felt that he deserved to have a place in the counsel of God. He had a spirit of entitlement, feeling that he deserved and needed to be in the presence of God and above Jesus. In disregard for God's love, an inner desire grew within him to the point in which he wanted to be above the Most High.

"How you are fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, you who weakened the nations! For you have said in your heart; 'I will ascend into heaven, I will exalt my throne above the stars of God; I will also sit on the mount of the congregation On the farthest sides of the north; I will ascend above the heights of the clouds, I will be like the Most High'" (Isaiah 14:12-14).

The spirit of dissatisfaction thus kindled was doing its baleful work. While there was no open outbreak, division of feeling imperceptibly grew up among the angels. There were some who looked with favor upon Lucifer's insinuations against the government of God. Although they had heretofore been in perfect harmony with the order which God had established, they were now discontented and unhappy because they could not penetrate His unsearchable counsels; they were dissatisfied with His purpose in exalting Christ. These stood ready to second Lucifer's demand for equal authority with the Son of God.

But angels who were loyal and true maintained the wisdom and justice of the divine decree and endeavored to reconcile this disaffected being to the will of God (Ellen White, *Patriarchs & Prophets*, p. 38).

In many of my travels, I have witnessed the spirit of division within the body of Christ. On many occasions, I have seen firsthand how Satan is attempting to destroy and tear down the unity among believers. When we look closely in scripture we can see clearly a call for unity, particularly made by Jesus in John 17 when He prayed to the Father to keep the believers united to Himself just as He was united to the Father.

"I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me" (John 17:20-21).

Just recently I was having a conversation with several of our own church members, and I pointed out that we have an underlying issue within our church body in which division has become a major issue. To my surprise, I was informed that this has been an ongoing problem here in our local church for over 20 years. As I reflected on the comment made, I realize that this is a systemic issue within our very own local church. This problem of division comes directly from the enemy. I do not wish to sound pessimistic about our local church, but I want us to realize that this problem, as

much as it is a local church issue, it is also a problem that is occurring in our denominations as a whole. In the year 2015, our very own General Conference dealt with an agenda item that, in my opinion, became an issue of division and distraction within our very own denomination. The item was woman ordination. I do not feel that this agenda item at our General Conference was edifying to the body of Christ, or uniting us on the one common goal. This particular issue continues to linger across the world church in a very divisive and destructive manner, which does not bring the body of Christ into a loving spirit of unity.

These types of issues that arise within our denomination only demonstrate that the enemy is at work in creating a spirit of division among us. We should be sure to know this is not from God. We should take a look at what the Spirit of Prophecy has to tell us in the writings of Ellen G. White regarding division among the brethren.

It is the desire and plan of Satan to bring in among us those who will go to great extremes—people of narrow minds, who are critical and sharp, and very tenacious in holding their own conceptions of what the truth means. They will be exacting, and will seek to enforce rigorous duties, and go to great lengths in matters of minor importance, while they neglect the weightier matters of the law—judgment and mercy and the love of God. Through the work of a few of this class of persons, the whole body of Sabbath-keepers will be designated as bigoted, Pharisaical, and fanatical.

The work of the truth, because of these workers, will be thought to be unworthy of notice (Ellen White, *Evangelism*, p. 212).

The work of God is being detained by members who wish to carry out their personal agendas, bringing down the body of Christ in search of support and alliances from unsuspecting members who wish to do God's work. This only creates division among the followers of Christ. It was the problem which the disciples dealt with while Jesus was here with them. They were searching to position themselves in a place of power and control among each other when Christ would come into His throne.

"Then the mother of Zebedee's sons came to Him with her sons, kneeling down and asking something from Him. And He said to her, 'What do you wish?' She said to Him, 'Grant that these two sons of mine may sit, one on Your right hand and the other on the left, in Your kingdom'" (Matthew 20:20-21).

This quote by Ellen White addresses our situation very appropriately.

God has a special work for the men of experience to do. They are to guard the cause of God. They are to see that the work of God is not committed to men who feel it their privilege to move out on their own independent judgment, to preach whatever they please, and to be responsible to no one for their instructions or work. Let this spirit of self-sufficiency once rule in our midst, and there will be no harmony of action,

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The Pastor's Place (continued from page 2)

no unity of spirit, no safety for the work, and no healthful growth in the cause. There will be false teachers, evil workers who will, by insinuating error, draw away souls from the truth. Christ prayed that His followers might be one as He and the Father were one. Those who desire to see this prayer answered, should seek to discourage the slightest tendency to division, and try to keep the spirit of unity and love among brethren (The Review and Herald, May 29, 1888. Ellen White, Evangelism, p. 212).

A church that is united is blessed by God beyond their understanding. These churches demonstrate a tremendous amount of potential in accomplishing what God desires them to be and to do. Unfortunately, when members spent all their time fighting amongst themselves, it takes away all of their energy and desire to do God's work. It no longer is God's work, but it's their own work that they are trying to accomplish. The Bible talks more about unity of the church than it does about either heaven or hell. It's that important. We need to realize that the church is made up of

people who are not perfect, and often time turn on each other more than they turn to God for help and counsel. The unity of the church is vital to accomplish the work of God, which is the work of reconciliation. As members of the body of Christ, we should recognize that often our words will hurt others, and they may not recover from what we say when we create division with how we do and say things. We must acknowledge that Satan will do anything to create division, even amongst well-meaning church members. Believers should understand that they are not exempt from Satan's attacks, and he will try to use them to accomplish his evil work on the body of Christ.

James 4:1, 11-12
"Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?"
Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is one Lawgiver, who is able to save and to destroy. Who are you

to judge another?" (James 4:1, 11-12).
"Our lips must be guided by the law of kindness, as well as truth and justice. This, which Solomon makes a necessary part of the character of his virtuous woman, that she openeth her mouth with wisdom, and in her tongue is the law of kindness (Prov. 31:26), must be a part of the character of every true Christian. Speak not evil one of another, because you are brethren. The compilation, as used by the apostle here, carries an argument along with it. Since Christians are brethren, they should not defile nor defame one another. It is required of us that we be tender of the good name of our brethren; where we cannot speak well, we had better say nothing than speak evil; we must not take pleasure in making known the faults of others, divulging things that are secret, merely to expose them, nor in making more of their known faults than they really deserve, and, least of all, in making false stories, and spreading things concerning them of which they are altogether innocent."
 (Matthew Henry Bible Commentary on James 4)

We should realize that we are all part of the body of Christ and do everything we can to maintain the unity of Christ within His body. Our prayer should be just as Jesus prayed that we would remain united to Him as He was united to the Father in John 17. This unity is not contingent on what we do, but on what Christ has done for us. Knowing this, we should always seek to do His will and not our own.

It is my prayer that we should be filled with the love and grace which Christ renders us through the Holy Spirit.

Please, let us all remember what scripture says in the book of Mark:

"And if a house is divided against itself, that house cannot stand" (Mark 3:25).

I Love My Mom Because... submitted by Ashley Richards

In light of the fast approaching Mother's Day, here are some warm thoughts from some of the appreciative children of our church to their mothers.

"She's supportive of whatever I want to do in life."
 – Heather Taylor

"She's really nice to me."
 – Tique Kondracki

"She's a hard worker. She's talented and special."
 – Jessica Merzy

"My mom is special because she makes amazing food and makes me look fancy and works hard for us."
 – Kylee Brown

"She is talented and caring."
 – Grace Eckert

"My mom is the greatest mom because she takes care of me and she loves me."
 – Aliyah Serrano

"My mom is an amazing person. She's been there for me through everything, and she loves me unconditionally. I am really grateful she is in my life as my mom, because I could never ask for a better mom in the world."
 – Colleen Kondracki

Grace's Outpost by Ashley Richards

"If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!" – Matthew 7:11, NASB

I've never been the best gift-giver.

Ask my siblings or father. Unless I have a very specific list to go off of, I'm pretty much rubbish at giving gifts. What I think you may like probably couldn't be farther from the truth.

But a unique opportunity has been presented to me this year. Even though Sabrina and Maria Clara, my two sponsored girls in Brazil, are too far away to visit when we go on our mission trip this July, I will still be able to mail them each a special package, and I can send them (within reason) whatever I want, this year.

And this is (minorly) freaking me out. What do I give to the girls who I want to give the world? I want to stuff those packages with the most beautiful baby dolls you'll ever see, and the most beautiful ribbons and hair-ties, the most beautiful sundresses (scratch that, a whole wardrobe!), a volleyball and bicycles, all the school supplies they'll ever need, paints and sketch pads and markers and jump ropes and maybe a recorder to discover the joys of playing an instrument, coloring books and stuffed animals and all the best children's books, and... the *world*.

But obviously, I can't send them all of that—I can't even send them *half* of that! It might take an entire airplane to ship that all, not to mention my gifting, er, budget. And maybe the bigger point is, I *shouldn't* send them all of that.

Would it make them a target for thieves in their community? Would it estrange them from their families who could never afford all of that, and their siblings who might not have sponsors who invest countless prayers and hopes and encouragement in them, not to mention Christmas and birthday gifts and the price of sponsorship? Would they know what to do with it all? Would it make them entitled? Would it make them proud and selfish? I hardly know what life is like for them on a daily basis, but my desire for generosity maaaaaaay need to be toned down just a degree or two.

As I've been thinking of what I can, and should, and will, send to my girls, over these past couple weeks, this verse keeps coming back to me again and again.

"If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!" And it reminds me—Jesus knows far better how to give gifts to Sabrina and Maria Clara, and He will help me know what to give. (Even more than that, Jesus gives them gifts on a daily basis to sustain them, protect them, and provide for their health and existence!)

But, in another way, I think Jesus knows where I'm coming from. Jesus knows that feeling of wanting to give His beloved children the entire universe (and even more!), but holding back on some things for the better of His children. He gives us extra gifts when He can, but He always has our best interest at heart.

And if I am to learn to be a better gift-giver, I could hardly ask for a better Teacher!

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

Depression and Anxiety

Depression is a mental disorder that manifests low mood across most situations for at least 2 weeks. Often this is accompanied by low energy, loss of interest in normally enjoyable activities, sleep disorders, eating problems, and low self-esteem. Major depression can have negative effects on work, school life, and general health. The lifetime prevalence in the U.S. is 5.4 - 8.9%. It is more common in females, and can occur at any age from children to elderly. Depression is the second largest cause of disability, after back pain.

The risk factors include family history, major life changes, chronic health problems and substance abuse. Death of a spouse and divorce are the biggest lifetime stressors one can experience. Adults with major depression die of suicide between 2- 7%. The diagnosis of depression is based on reported experiences and a mental examination. Depression is screened yearly on a routine wellness exam for medicare patients. Examination questions low mood in all aspects of life, inability to experience pleasure in activities they formerly enjoyed, feelings of worthlessness, inappropriate

guilt or regret, helplessness and hopelessness, poor concentration and memory, withdrawal from activities or social situations, reduced sex drive, and thoughts of death or suicide. Sleeping patterns, including insomnia and oversleeping, can occur. Appetite often decreases, resulting in weight loss. However, occasionally there is increased appetite and weight gain. Depression frequently co-occurs with physical disorders such as stroke, cardiovascular disease, COPD and pain. Major depression also may co-occur with generalized anxiety and other psychiatric problems.

Up to two thirds of patients suffering a heart attack experience some depression. Thirty percent of these patients suffer major depression. A heart attack combined with major depression carries a 3.5 times greater risk of death.

The treatments for depression include exercise, psychotherapy, antidepressant medication, and electroconvulsive therapy. Counseling and psychotherapy can be given to individuals, groups, or families. SSRIs such as Zoloft, Prozac, or Paxil are the medications of first choice.

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Meet a Member by Ashley Richards

For all intents and purposes, Ali Stump grew up in the church—this church, in fact, if you haven't had the pleasure of getting to know her yet. When her mother, Nancy Stump, first joined the church, she brought both her children—both Ali and her younger brother, AJ—to Hampden, and they both grew up attending Sabbath School, helping out with the church, and taking part in the Hampden Hawks Pathfinder Club. She was baptized in 2009. She's currently serving as a missionary teacher in South Korea, but she's still a big part of our congregation.

Ali explains, "I've grown in my faith through working at Cool Camp (an Adventist summer camp program in Pennsylvania) and being

active in my church in Korea. I've started being happier as I teach others about God."

Before Ali went to Korea, she helped out with HOPE Kids, an inner-city program for kids our church held at the community center at 13th and Pike once a month (which included games, Bible lessons, art projects, singing, prayer, and snacks). "Now in Korea," she explains, "I sing in the choir, translate and give sermons, and do afternoon Bible studies."

One of her favorite Bible stories is the story of Ruth. "She shows that no matter where you are from (culture- or history-wise), God has a purpose for you, and that everyone is important no matter their home area." Her favorite aspect of Jesus

is that "He is always there with you, and doesn't judge you for what you have done in the past. He helps you grow into the person you are supposed to be and not the person others want you to be."

Before the close of my interview, I always ask each church member a question I often don't publish, because I know it can tend to step on some toes, but I would love to see Ali's answer come true as much as she might, so I am including it here. "I think the church should have a choir again," she explains. "It gets people involved and sometimes more people who are too shy to sing a solo can feel welcomed to sing in a group."

Ali teaches English at the Seventh-day Adventist Language Institute in Bucheon, South Korea. She also enjoys playing sports, listening to music, and watching movies.

Five things about Ali you may not know:

1. She's been working in Korea for 4 years now.
2. Her younger brother is getting married next year.
3. She understands more Korean than she can speak.
4. She doesn't really like traveling a lot.
5. She almost knows the books of the Bible in Korean.

The Medicine Chest (continued from page 4)

The lowest effective dose should be used. The medication should be changed if there is no improvement in 6 weeks. Antidepressants should be used for a minimal of 6 months to reduce the risk of relapse. Non-responders or patients experiencing side effects can be switched to another antidepressant.

Generalized Anxiety Disorder is characterized by chronic excessive anxiety concerning life circumstances accompanied by worry, tension, and autonomic hyperactivity which significantly interferes with one's ability to lead a normal life. The lifetime prevalence of GAD is 5.1%. Anxiety is slightly more common in young to mid-aged females, ethnic minorities, ones not

married, and in the lower socioeconomic class. This is different than when one experiences anxiousness now and then as a normal emotion, when faced with a test, or a problem at work, or making an important decision. The diagnosis begins by specially designed interview and assessment tools evaluating one's mental and medical history. There are no lab tests to diagnose anxiety disorders. As with depression, the physician must rule out other physical and mental conditions as the cause of the symptoms.

Treatment includes behavioral interventions and medications. Psychotherapy or counseling addresses the emotional response and helps by talking through strategies for understanding

and dealing with their condition.

Cognitive-behavioral therapy shows individuals how to recognize and change thought patterns and behaviors leading to the disabling feelings. The drug of choice is also SSRIs (Selective Serotonin Reuptake Inhibitor). Beta blockers have been used successfully with performance anxiety, including taking exams and public speaking. Dietary and lifestyle changes, along with relaxation techniques, are also effective.

Other types of anxiety disorders include panic attacks, performance anxiety, and social anxiety.

Treatment includes behavioral interventions and medications. Psychotherapy or counseling addresses the emotional response, and helps by talking through strategies for understanding and dealing with the condition. Cognitive-behavioral therapy shows individuals how to recognize and change thought patterns and behaviors that lead to the disabling feelings. The drug of choice is also SSRIs. Beta blockers have been used successfully with performance anxiety, including taking exams and public speaking. Dietary and lifestyle changes and relaxation is also effective.

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The Children's Page by Ashley Richards

Do you know the story of baby Samuel? It's one of my favorites, and it can be found in I Samuel 1. If you have time this afternoon, maybe ask your mom or dad to read it with you! It is about a mama named Hannah who prayed to the Lord for a son, and He gave him to her! And not only that—after baby Samuel was born, God blessed Hannah and her husband with five other children! God loves to give blessings to His children. Words in the puzzle can only be found going down or across, but not backward or diagonally.

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

baby
barren
children
dedicated to the Lord
Eli
Elkanah
Hannah
joy
Lord
Peninnah
petition

pray
priest
prophet
sacrifice
sadness
Samuel
Shiloh
temple
vow
weeping
worship

RJA News Corner (continued from page 1)

RJA Sabbath at Kenhorst Blvd.

On Sabbath, April 22, students and staff at Reading Junior Academy led out during the worship service at the Reading Kenhorst Boulevard Seventh-day Adventist Church. Students in grades 5-6 played *Jesus Loves Me* on the hand chimes. Several songs were performed by students in pre-K through second grade. Additionally, the pre-K and kindergarten recited the *10 Commandments* by memory. Grades 3-4 presented a choral reading on heaven. The sermon titled *The Human Trap* was given by Mrs. Wendy Stahl. She related the story of Gideon threshing grain in a winepress to some of her personal experiences. The highlight of the service was the baptism of Jackeline Henriquez, a 6th grade student at RJA.

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