



# Hampden Heights Sentinel

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*Be not quick in your spirit to become angry, for anger lodges in the heart of fools. ~Ecclesiastes 7:9 ESV~*

## Why Do You Need a Safety Officer in Your Church?

by Elliott

Meredith. Reprinted by permission of Adventist Risk Management.

### Church, Safety Officer

Safety officers play a critical role in the well-being of the local church. If this role could be compared to any occupation in biblical times, it would be the job of a shepherd. Shepherds have a personal interest in the well-being of that which they look after. While shepherds provide many other services, one of their primary roles is as protector of their flock. Does your church have a safety officer to help guard the congregation you have been entrusted with? As we explore the responsibilities of a safety officer, let's also assess the importance of this individual to your church.

### Roles and Responsibilities of a Safety Officer

One of the fundamental responsibilities of a safety officer is to be involved! It takes a collective effort to maintain a consistently safe environment for your congregation. Safety committees should include church pastors, elders, church board members, designated church members, and the safety officer. This committee should coordinate self-inspections, emergency plans, activity checklists, and proper accident reporting. By having a safety officer on your team, you are including an individual who has safety

as their number one priority. Often, your leadership may be occupied with their own essential job duties. The safety officers are there to keep safety at the forefront by being involved in safety meetings.

Safety officers are the eyes and ears of the church when it comes to safety. Some disasters are inevitable, but most can be planned for ahead of time. Because of specific geological areas, some churches are susceptible to certain disasters more than others. Holding drills for emergencies such as a tornado or earthquake can prepare your church members and staff and keep losses to a minimum. Other exercises such as fire and active shooter drills help ensure everyone knows what to do and where to go during those specific events. Safety meetings bring awareness to drill preparation and other possible hazards that can be avoided by reviewing self-inspections.

Common losses any church may incur are from slips, trips, and falls. The church may prevent some of these occurrences by surveying church property regularly. Over time, wear and tear happens to all church property and contributes to

unsafe conditions for church members and employees. Potholes, broken steps, and cracked sidewalks can be identified by conducting a visual survey of the church premises. Inspecting the church building itself pinpoints issues such as torn or wrinkled carpet, broken handrails, and wet floors. The safety officer has the distinct duty to not only find these repairable detriments but also to follow through by making sure these issues are corrected quickly.

### How the Safety Officers Can Help the Church

Benjamin Franklin once said, "By failing to prepare, you are preparing to fail." Performing annual emergency safety drills with your congregation prepares your church for specific scenarios it may face. These drills train your church in how to appropriately respond to threats, communicate effectively during emergencies, and builds confidence to respond efficiently when disasters happen. Safety officers not only help conduct these drills, but they can also bring awareness to your church organization by establishing a connection with local emergency response teams.

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## Why Do You Need a Safety Officer (continued from page 1)

Another important responsibility of your safety officer is the proper planning for church activities and proper accident reporting. Permission slips, transportation, and medical kits are a few of the provisions that should be used when planning any activity. Adventist Risk Management, Inc. (ARM) has created resources to walk the safety officer through proper vehicle preparation and record-keeping forms in the event of an accident during an activity. Some losses can be prevented with basic safety practices. Self-inspection

allows you to be proactive instead of reactive. Most common slips, trips, and falls can be avoided by simply moving loose wires or straightening out a wrinkled rug. By walking through and around your church premises, your safety officer can catch potential hazards before they become significant losses. Use ARM's Church Self-Inspection Form to begin.

### Making the Church as Safe as Possible

The Safety Officer assists the church in keeping it as protected as possible. A few questions every safety officer

should consider include:

- Does your church conduct safety drills?
- When was the last time your church conducted a safety drill?
- What drills has your church conducted in the last three years?
- Does your church conduct self-inspections?
- When was the last time a self-inspection was conducted?
- Does your church have checklists for activity planning, travel planning, and accident reporting?

Safety officers are vital in serving and protecting the church. ARM is here to be a resource to ensure that the safety officer of your church is equipped with everything needed to be a successful shepherd. The Seventh-day Adventist Church is our flock whom the Lord has entrusted us to protect.

## Question of the Month by Ashley Richards

**If you could find out one mystery from the Bible when you get to heaven, what would that mystery be?**

"What happens to our unborn children." – Shaddai Vega

"After God took away the vine from Jonah, and he kept saying, 'Why don't you destroy them?!' what happened after that? I always wanted to know!" – Tennyson Woollery

"What happened to Lazarus after Jesus resurrected him? So he died again? How did he live his life after that?" – Allen Witters

"I am anxious to meet Jesus and see if He looks like all the pictures of Him." – Christina Freese

"I am eager to see the mystery of Jesus' creation firsthand. How did He know what to make first? How did He create it? What does it

look like when He speaks into creation all things?" – Arleen Johns

"I want to know what was the food Elijah ate, that he walked for forty days after the showdown on Mount Carmel, that he could endure that long!" – Teresa de Peña

"I want to know just how knowledgeable are the beast powers of Revelation 13 that are actually working on the behalf of Satan." – Lee Stahl

"Will Jesus look like a rainbow? He is God to us all, so will He have the skin like all of us?" – Cavelle Daniel

"What was Lazarus's first thought when he heard, 'Lazarus, come forth!'" – Dwight Edris

"I look forward to learning more and more about God. It is the one mystery we will never truly understand. It will never be satiated—we will always keep learning more about Him!" – Eric Blackerby

## Recipe of the Month by Arleen Johns

This recipe came from one of our visitors from New York a couple of years ago. It is very healthy – 1 cup of lentils has 47 grams of protein. It is also high in Vitamin B6 and iron. Peppers are loaded with Vitamin C.

### Picnic Lentil Salad

- 2 C lentils cooked in 3 C water, just till tender—not mushy (about 30 minutes)
- 2 each of red, yellow and green peppers, cut into bite size pieces
- 1 grated carrot
- 1 large Red onion-chopped
- 1 bunch Scallions or green onions-optional

1 large bottle of Zesty Italian dressing- Stir into salad just enough to cover, but not runny

Cook lentils, drain, add chopped veggies and Italian dressing

Cover and refrigerate for at least 3 hours before serving.

## Grace's Outpost by Ashley Richards

"But I have *this* against you, that you have left your first love. Therefore remember from where you have fallen, and repent and do the deeds you did at first." – Revelation 2:4-5a, NASB

Once upon a time, many, many years ago, there lived a quiet man from Asia named Telemachus. He lived a quiet life, happily serving his God and King, whom he loved with all his heart. He had no desire for fast-paced and vice-filled city life. Although, maybe, in his own way, he was afraid of Rome and all it held. He was happy to garden and worship God and live far removed from Rome, hundreds of miles away.

It was a couple centuries after the time of Peter and Paul and the original apostles, Rome still reigned with an iron fist, and the city was in raucous celebration of the defeat of the Goths. The year was 370 A.D.

Around the same time, Telemachus left Asia. In one telling, he is prompted by his fear and lack of action when his Christian brothers are attacked in his home in Asia. After talking to a friend, he is determined to learn how to stand up for the truth and those in need of aid AND not succumb to violence, which he felt was distasteful and abhorrent to his God. His friend encouraged him that God was not only found in the quiet moments, but also through doing the right thing.

And so Telemachus journeys to Rome, intent on seeing Jesus *through* standing up against violence.

He arrives in Rome at the height of the celebrations. Something drew him to the Colosseum. Perhaps it was the screams. Perhaps it was a bit of morbid curiosity. Perhaps a driven need to stop it.

In any event, Telemachus finds himself in the Colosseum that bloody day. Perhaps they were solely Goths being butchered, or perhaps there were Christians. Men, women. Children. Not only were they fed to the lions or slaughtered by gladiators, but men were sawed in half, women were defiled in despicable ways, and even little children were doused in oil and set on fire like lampposts to allow the carnage to continue, as their sweet songs of praise ascended to Jesus, all under the eye of the supposedly Christian emperor, Honorius.

It was vile.

And Telemachus was horrified, sickened to his core. Maybe he was tempted to turn away, or maybe he just couldn't stomach it one moment longer. Before anyone knew what he was doing, he had jumped the barrier and was in the arena himself. The fiendish, gleeful, and victorious screams of the crowd were silenced instantly, like a mighty wind instantly snuffing out a candle.

"In the name of the Lord Jesus Christ," Telemachus screamed, "King of Kings, and Lord of Lords, I command these wicked games to cease! Do not requite God's mercy by shedding innocent blood!" Some sources say that he begged them to stop

worshiping idols and offering sacrifices to the gods. And the tides quickly turned from fascination to hatred.

Objects from the crowd were hurled at him. Gladiators rushed to Telemachus, and once they had the upper hand, they shouted to the crowd, "Hoc habet!" (He has it!) and the crowd returned, "Recipe ferrum!" (Receive the steel!).

And Telemachus died on that blood-stained sand in the middle of the Colosseum that day, but not in vein, because Honorius was so impacted by the stand Telemachus took that he outlawed the games.

It's a powerful story. One that I don't think a lot of people know, but it never ceases to move me. I've been thinking about Telemachus a lot in the past couple of weeks, Telemachus, and Jesus, and selfishness.

I'm not sure they all completely relate to each other, but it makes me long for a faith and a walk with Jesus like Telemachus. His faith and integrity and passion puts my own to shame.

And I think of Dietrich Bonhoeffer, and Martin Luther, and Corrie and Betsie ten Boom, and John Wycliffe, and yes, even Telemachus, and I want to be the type of person who turns the world upside down because of my great love for Jesus. I want to do something great for His honor and glory, and the advancement of His name. I want to be His warrior princess. It will be the hardest of lives, but I want to join the ranks of martyrs and Jesus lovers, saints and apostles and world changers.

I haven't been doing very well at that lately. Selfishness has taken root in my heart, and I've lost my first Love. I'm asking Jesus to fix that for me. He has a purpose for me, He loves me, He wants me in heaven. I want those things, too.

I am Jesus' work in progress.

... but, have you lost your first Love, too? If you're *really* honest about it? We are in the very end of time, and there is only now to come to Jesus. Our church has faced division and brokenness, apathy and decay. Can't you see it? Not all of us have fallen away, but we have all fallen. It is so easy to settle into this life and forget that we are meant for another, better Kingdom. Now is our time to be like those bridesmaids and trim our oil and receive faith and the Holy Spirit for the rest of our journey. May Jesus foster love and selflessness in our hearts, give us compassion for the lost, and kindness and joy.

May we be baptized by the Spirit into an army of world changers zealous for our King! We are His very own special people. Let us defy our Laodicean times, return to our First Love, fight zealously for the lost, worship King Jesus with reckless abandon, and be a church of Peters and Martin Luthers, Corrie ten Booms and Telemachuses, Dietrich Bonhoeffers and Mother Teresas, Stephens and Gladys Aylwards, Pauls and Ellen Whites. We have settled into this world, but it is not our home.

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## Going Deeper by Barbara Snyder

### Who Am I?

Forgive me, if this seems too harsh, but it seems to me that much of religion has become a preoccupation with forms rather than with substance. Too much of religion seems to be committed to making or keeping people comfortable with what some of a few others call the "false self." The false self is about, but not limited to: roles, feelings, aspirations, ideas, behaviors, and expectations of our own and others' making, although it is also heavily influenced in our family, our schools, our churches, and our habits.

To a Seventh-day Adventist, who thinks we have less forms than most, it's time to learn a few things.

1. "To be rebuilt from the bottom up, (or inside out) we must start with the very ground of our being."\* The spiritual path should be about helping us learn where our true ground, our deepest truth, and our eternal life really are.

I believe that God gives us our True Self, our unique blueprint—already at our very conception. "Our unique little bit of heaven is installed by the Manufacturer at its beginning! We are given a span of years to discover it, to choose it, and to live our own unique destiny to the full." The discovery of our true "you" is frankly what we are here for. It is how we will be able to meet others where they are, able to draw others to the truth, even able to recognize each other in Heaven. It is the part of ourselves that we are asked to discover, that is, once we have fallen on the Rock and have been broken.

2. Your True Self is who you are in God and who God is in you. We do not "make" or "create" it. We only discover ourselves when we give time, and silence, and prayer, and dedication to our relationship with Jesus. God is not out to make carbon copies of us all. In modern day language, he has no copy buttons. He had no disciples with the same personalities either.

3. Normally, we have to unlearn a lot of false messages—given by family, friends, religion, and culture—in order to get back to that foundational life which is "hidden with Christ in God" (Colossians 3:3). Yes, to be changed is often more about unlearning than learning. Ellen White uses the words, "turning away from."

4. I'm sure some Christians can become very confused when they think about why Jesus began his preaching with the word "change" (Mark 1:15, Matthew 3:2). What are we supposed to change from? And to what? We are good Christians, good parents, good children, good mates. He must have meant those words for "bad" people. "But those roles and identities were still all 'forms,' not necessarily the substance of who I am. I hope you get the point. The false self is all the more delusional the more it appears to be 'good'."

If you remember I've written about this role or form issue before. I then called them "hats". I have a lot of "hats" in my closet. I have the parent hat, the wife hat, friend hat, cooperative hat, team player hat, leader hat, follower hat, friendly hat, etc. etc. All are used for good reasons but not all the time

are they representative of who I am. Sometimes they are more used when I am not who I am. When used for not so righteous reasons they are me being self-sufficient. You know, like the builders of the Tower of Babel. Doing things without God, thinking I can save myself.

5. Forms, hats, roles keep our true self hidden. One has to live without them in the forefront. There are hidden forms, hats, and roles also. These are the tricky ones, the ones most used by evil to trick us into thinking we are doing and being careful, right and righteous. We are invited by God through our daily life to notice their action in our lives. Here are a few we have to give up for a happier, truer life...

- Needing to be right
- Placing blame
- Fearing failure
- Living in the past
- Taking responsibility for the feelings of others
- Holding a scarcity mentality

Instead, do this:

- Be willing to be wrong.
- Be responsible for my actions and responses.
- Embrace imperfections in order to grow.
- Accept "what is" and look forward to a joy-filled future.
- Allow others to experience their feelings in order for them to grow.

6. Letting go of the stuff in our lives is a good thing. The falseness hiding and smothering that true self is a heavy burden. It is scary to let something go that we have depended on for so long. That's why the very young and the very old are more open to being themselves.

The very young because they naturally are themselves...the very old because they have had for physical reasons and life's events yielded to the true self over time. Sometimes they are too tired to keep holding onto the old roles and hats, and falsities anymore. Francis Dorff has written that the following are freedoms that will transform us into the face of love:

Letting go: having nothing to prove.  
Letting be: having nothing to hide.  
Letting grow: having nothing to fear.

Can you imagine what it would look like to live like this?

7. As part of this fallen world, we may never find on this earth that the above information will be our Utopia. We will go through our own Gethsemanes. We will suffer as the 144,000 will suffer. No matter what our feelings, our relationship to the Godhead will be unshattered even if we think it is. Dietrich Bonhoeffer wrote a heartrending poem about this same issue. He had been imprisoned for many months and endured allied bombings and being one of many prisoners who had been tortured by their captors as well as the torture within their hearts. Dietrich Bonhoeffer writes (space prevents me from including the entire poem):

"Who Am I? They often tell me I stepped from my cell's confinement: Calmly, cheerfully, firmly, Like a Squire from his country house.

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**Going Deeper** (continued from page 4)

Who am I? They also tell me  
I bore the days of misfortune  
equably, smilingly, proudly,  
Like one accustomed to win.

Am I really then what other  
men tell of?  
Or am I only what I myself  
know of myself?  
Restless and longing and  
sick—like a bird in a cage.

Struggling for breath as  
though hands were  
compressing  
Am I one person today but  
tomorrow another?  
Am I both at once, a hypocrite  
before others?

Who am I? They mock me  
these lonely questions of  
mine.  
Whoever I am, Thou  
knowest, O God, I am thine."

Sometimes when I end an  
article I write "Amen." This  
subject does not seem to  
have an ending so I will leave  
it as it is. I talk about this  
subject because the Holy  
Spirit in my life has led me  
through forests of not  
knowing.

I'm on my own journey. We  
will meet each other from  
time to time. Hopefully we  
can talk about our journeys  
together. Now that calls for an  
Amen.

\*Sentences in quotations  
were taken from the writings  
of Richard Rohr.

**Calendar of Events** submitted by Wendy Hughes

|         |           |                          |          |                     |                  |                  |
|---------|-----------|--------------------------|----------|---------------------|------------------|------------------|
| 8/10/19 | Sabbath   | Communion                |          |                     | Lee Stahl        | Sanctuary        |
| 8/11/19 | Sunday    | Corn Roast               |          | Social Committee    | Arleen Johns     | Fellowship Hall  |
| 8/11/19 | Sunday    | Refreshing Mt. Zip Lines | 12:00 PM | Adventist Youth     | Wendy and Daren  | Stevens          |
| 8/14/19 | Wednesday | Prayer Meeting w/Meal    | 5:30 PM  | Personal Ministries | Wayne and Arleen | Wayne and Arleen |
| 8/15/19 | Thursday  | Prayer Meeting           | 6:30 PM  | Personal Ministries | Nancy            | Fellowship Hall  |
| 8/17/19 | Sabbath   | Potluck                  |          |                     |                  | Fellowship Hall  |
| 8/19/19 | Monday    | Board Meeting            | 7:00 PM  |                     |                  | Board Room       |
| 8/21/19 | Wednesday | Prayer Meeting w/Meal    | 5:30 PM  | Personal Ministries | Wayne and Arleen | Wayne and Arleen |
| 8/22/19 | Thursday  | Prayer Meeting           | 6:30 PM  | Personal Ministries | Nancy            | Fellowship Hall  |
| 8/24/19 | Sabbath   | Bike Riding              | 3:00 PM  | Young Youth         | Stacy and Jason  | Fellowship Hall  |
| 8/24/19 | Sabbath   | Conference Youth Rally   | 8:00 AM  | Adventist Youth     | Wendy and Daren  | SE Philly        |
| 8/28/19 | Wednesday | Prayer Meeting w/Meal    | 5:30 PM  | Personal Ministries | Wayne and Arleen | Wayne and Arleen |
| 8/29/19 | Thursday  | Prayer Meeting           | 6:30 PM  | Personal Ministries | Nancy            | Fellowship Hall  |

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See us at:  
[www.HampdenHeightsChurch.org](http://www.HampdenHeightsChurch.org)

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

Do you know what a *virtue* means? It's a bit of an old-fashioned word these days—people don't talk about it as much as they used to, which is sad! One dictionary says it means, "behavior showing high moral standards," which basically means when you do what's right! It's important that we do what's right, because it makes Jesus happy. Ruth was considered a *virtuous* woman, because she left the only life she knew to be devoted to her husband's mama, Naomi. She was full of goodness, loyalty, and grace. In the puzzle below, you'll find thirty virtues that the Bible talks about, but the letters are all mixed up. Do you know what they all mean? This puzzle is a little harder, so maybe your mama, daddy, grandma, or grandpa can help you with some of the hard words.

- 1. ARICHTY \_\_\_\_\_
- 2. PASSINOMOC \_\_\_\_\_
- 3. CENTONTMNTE \_\_\_\_\_
- 4. RAEOCUG \_\_\_\_\_
- 5. TIOEVOND \_\_\_\_\_
- 6. UTSSNLIHFFEA \_\_\_\_\_
- 7. EEEGSSTNLN \_\_\_\_\_
- 8. OONEGSDS \_\_\_\_\_
- 9. ACREG \_\_\_\_\_
- 10. ATTIEGRUD \_\_\_\_\_
- 11. STYNEOH \_\_\_\_\_
- 12. PHOE \_\_\_\_\_
- 13. GRITYEINT \_\_\_\_\_
- 14. JYO \_\_\_\_\_
- 15. ICEJTSU \_\_\_\_\_
- 16. KNINEDSS \_\_\_\_\_
- 17. VEOL \_\_\_\_\_
- 18. ALLOTYY \_\_\_\_\_
- 19. CEMRY \_\_\_\_\_
- 20. TIONBILY \_\_\_\_\_
- 21. NIETECAP \_\_\_\_\_
- 22. PEECA \_\_\_\_\_
- 23. RYUPIT \_\_\_\_\_
- 24. YIINPERSOSBLT \_\_\_\_\_
- 25. SFEL-OONCRTL \_\_\_\_\_
- 26. AEFHKLNNSSTU \_\_\_\_\_
- 27. WORTHITSURTSNES \_\_\_\_\_
- 28. TINYU \_\_\_\_\_
- 29. SUURTVIO \_\_\_\_\_
- 30. DOMISW \_\_\_\_\_

**Grace's Outpost** (continued from page 3)

"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who

for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart."  
— Hebrews 12:1-3, NASB