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# Hampden Heights Sentinel

## HIGHLIGHTS:

- RJA is back, and taking precautions. Page 1
- A history lesson on Anti-Christ. Page 2
- In the midst of trying times, what are we doing here? Page 3
- How much does exposure and diet affect contracting Parkinson's disease? Page 4
- Church business Page 5
- The worst lies are the lies we tell ourselves. Page 5
- Who was the first left-handed person mentioned in the Bible? Page 6

## INDEX:

RJA News Corner	1
Alabastor Box	2
Going Deeper	3
Path to Better Health	4
Board Minutes	5
Recipe of the Month	5
Notable Quotes	5
Children's Page	6
Church & Newsletter Information	6

*Therefore, among God's churches we boast about your perseverance and faith in all the persecutions and trials you are enduring.  
~ 1 Thessalonians 1:4 NIV ~*

## RJA News Corner

by Lee Stahl, Principal

### A New and Different School Year

Reading Junior Academy began their new school year with 63 students on August 19. As many schools open this year, the challenge is determining whether instruction will be the normal face-to-face, remote learning, or some hybrid of the two. We have chosen to begin our year face-to-face with an option for remote learning for those families whom circumstances may need it.



Many new protocols have been implemented to help keep our staff and students safe. Face masks or shields are required to be worn at all times, with exceptions occurring during lunch, or outside in an activity where students are maintaining social distancing guidelines. All students eat lunch at their desks. Sneeze guards have been added to all the desks. Student and staff temperatures are taken daily when they come into the school. Students are taught proper ways to wash their hands, and hand sanitizer is used frequently throughout the school day. Students in grades 7-10 sanitize their desk areas every time they switch classrooms. Water fountains are shut off so each student has their own refillable water bottle. There is also limits on the number of people allowed in the bathrooms at any given time.

We have also changed the way we do chapels this year in order to avoid having all the students together in the gymnasium. We will be taking turns rotating the speaker between classrooms while the other classrooms watch it live on zoom. All these precautions can seem much, but we want to keep our school open with face-to-face instruction because research shows that is how students learn best! Please keep our school in your prayers. God is the greatest safety feature in all of this!



### Congratulations to Briana Acosta

On August 22, Briana was baptized at the Reading Hampden Heights SDA Church.

### RJA Spiritual Focus

This year our school will emphasize the first and second greatest commandments. Matthew 22:36-39, "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." In simple terms, **Love God! Love People!**

## Alabaster Box by Dave Taylor

### AntiChrist!

This despised title repulses the heart of every Christian reader, and conjures up images of the little horn power, the beast, and 666, the number of a man. Or perhaps this is such a well-worn topic in Adventist circles that I have already lost your attention. If so, let me encourage you to read further because this column may not focus on the topic in the way that you are expecting. The term "antichrist" only appears 5 times within 4 verses in all of scripture, and those four verses all appear in the epistles of John (1 John 2:18, 1 John 2:22, 1 John 4:3 and 2 John 1:7). John's writings establish that antichrist is not the tag for a single specific individual only, since John refers to antichrists in the plural, declaring that "even now" there are "many" antichrists (1 John 2:18). This verse further reveals that the early believers had been warned that antichrists would come in the last days. Perhaps this is a reference to Jesus' warnings about "false Christs" appearing in the last days (Matthew 24:24 and Mark 13:22). John continues and establishes a clear, but rather narrow, definition. John contends that antichrist describes anyone who does not believe that Jesus was the Christ (Greek) or Messiah (Hebrew) or Anointed One (English) or that He came in the flesh.

Often, we conflate John's term "antichrist" with the little horn power of Daniel chapters 7 and 8. While the association of these two symbols may not be entirely incorrect, it is dependent upon a wider understanding and definition of the term that

is not restricted to the narrow description utilized by John. Strong's Concordance defines "antichrist" as "one who opposes Christ", but states common usage includes not only "the opponent of the Messiah", but also "one who puts himself in the place of." It is this latter usage of the term as a substitute for Christ which establishes a connection between the little horn power and antichrist. This association of antichrist with the papal power is not a discovery or invention of the Adventist denomination. It was established by protestant reformers such as John Wycliffe (Great Controversy, pp86-87) and Martin Luther (GC pp141-142) and ironically, even by rival popes Urban VI and Clement VII, who each used the term against their challenger during the Great Western Schism of the Roman Catholic Church dating from 1378 to 1417.

Returning to John's definition, we see that John describes a clear example of this spirit of antichrist in the gospel of John 12:9-11. John relates that many of the Jews knew that Jesus was in Bethany at this time, as a guest of Mary, Martha and Lazarus, and the people came not only to see Jesus, but also to see the resurrected Lazarus. Because of Lazarus, many of the Jews believed that Jesus was the Messiah, "but the chief priests consulted that they might put Lazarus also to death." Notice that little word "also." It allows us to infer that Jesus was their primary target for death, but their hatred and jealousy toward Jesus was so great, that they felt compelled to take away the life of Lazarus

also. What was Lazarus' crime? Simply put, he was breathing. He was making carbon dioxide and water vapor. He was alive, and the testimony of his presence walking the earth was irrefutable evidence endorsing the power and authority of Jesus, and plainly revealing the error of the religious naysayers. The chief priests were the spiritual intelligentsia. They were supposed to reveal the light of truth to the nation and the world, yet when encountering the true Light of the World, they rejected Him, choosing to close their eyes all the more tightly and sit in abject, self-imposed darkness. Can there be a clearer example of the spirit of antichrist? Christ commands, "Lazarus, come forth" (John 11:43), piercing the ear of the dead and demonstrating that He is the way, the truth and the life, but the priests say, "let us kill Lazarus", attempting to undo the direct works of God Almighty.

Is it possible for us, who believe that Jesus was the promised Messiah, to display a similar spirit of antichrist? Can we claim to believe in Jesus and yet act in direct opposition to the work of Christ? Jesus says, "forgive seventy times seven" (Matthew 18:22), but we say, "you don't know how badly I was hurt" or "I'll forgive, but I will never forget." Remember God separates us from our sins as far as the east is from the west (Psalm 103:12), casting all our sins into the depths of the sea (Micah 7:19) and blotting out our transgressions while declaring, I "will not remember thy sins" (Isaiah 43:25). Jesus says, "Go and teach all nations" (Matthew 28:19),

but we say, "I'm too shy" or "I don't feel qualified." Remember God doesn't call the qualified, but he qualifies the called. Jesus says, "you shall be my witnesses" (Acts 1:8), but we prefer to act as judges. Remember that God has nothing but broken tools to use for his work on this earth. Judge not, that ye be not judged (Matthew 7:1).

Beloved, it is not my purpose to throw stones. Let each heart privately examine itself with honesty and humility, allowing the sweet influence of the Holy Spirit to transform our characters into the likeness of our Lord and Savior, Christ Jesus.

Amen.

## Going Deeper by Barbara Snyder

### A Sound of Sheer Silence

He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?"  
**I King 19: 11-13 NRSV**

Read the above scripture and substitute your name for Elijah's name. "Yes, what am I doing here?"

In the chaos that surrounds us, what are we doing? To be specific I am speaking of the virus and the tragedies of our cities.

Do we understand it? Are we trying to understand? Are we involved; are we trying to cheer on, trying to defend? Or are we trying to disengage, to rationalize, to emotionally hide? There is no answer that fits all people at all times. It is individual. The real question is what is God's will for YOU TODAY? And can following God's will be to do nothing, at least for now, at least for today?

These are perplexing questions for perplexing problems. Picture the rampage of Covid 19: job

loss, economic collapse, death; picture the response to civil unrest: protests, riots, destruction, death. Plus, our lives go on with the close and personal issues of finances and illnesses, care of our families, friends, church members, etc. They cannot be forgotten. All of these mentioned issues should carry great emphasis in our prayers. The principles in the scripture, our faith and love for Christ, and for all mankind will be sufficient for today's answer for me, and for you, but no answer is the same for us both/all. Nor will today's answer always be the same for next week or next month. The questions are all over the media: daily publications in newspapers, or internet, or news stations and not only major news stations. I do not have to list the specifics of any of our city's troubles. (When one listens and watches a wide variety of news coverage, it feels like we are in two different countries!)

If the answer to our day to day life's predicaments begin and end with Jesus, we will remain in truth. The promise is "You shall know the truth and the truth shall make you free." Truth is often hard to discover, and even more so to discern. Once found, like the parable of the pearl of great price found in a field, we must strive to retain it. The pearl is truth. Truth is Christ. Christ is our life. We will not find the answer to Covid 19, or to civil unrest and destruction by doing what another says. It is and must be by personal relationship that will carry us through.

The silence of God's touch is our answer. There is a blessing in the chaos, and it

is not often exactly what we desire it to be, and certainly not at the exact time we want it to be. But there is ALWAYS A GIFT, a spiritual, gentle touch. Hope this helps.

### Blessing in the Chaos

Jan Richardson

To all that is chaotic in you,  
let there come silence.

Let there be a calming of the  
clamoring,  
a stilling of the voices  
that have made their  
home in you,

that go with you  
even to the holy places  
but will not let you rest,  
will not let you hear your life  
with wholeness  
or feel the grace  
that fashioned you.

Let what distracts you cease.  
Let what divides you cease.  
Let there come an end  
to what diminishes and  
demeans,  
and let depart all that keeps  
you in its cage.

Let there be an opening into  
the quiet  
that lies beneath the chaos,  
where you find peace  
you did not think possible  
and see what  
shimmers within the storm.

So, just in case the above poem seems a bit impractical in its approach, and to clarify what chaos calamities and challenges I am referring to, I'd like to include some quotes from **Desmund Tutu**. Archbishop Tutu worked closely with Nelson Mandela in bringing down apartheid in South Africa. The focus was peaceful, the atrocities were great, and the end results were miraculous. May God help us as He helped

the South Africans. May He find willing workers of the type that He used in South Africa. America is not South Africa, nor is South Africa perfect now, but for that day and time, God manifested His Spirit there. This is part of that hidden blessing that Jan Richardson refers to in her poem. Mull over these quotes, poems, and scriptures, and pray always.

"If you want peace, you don't talk to your friends. You talk to your enemies."

"Africans believe in something that is difficult to render in English. We call it ubuntu, botho. It means the essence of being human. You know when it is there and when it is absent. It speaks about humaneness, gentleness, hospitality, putting yourself out on behalf of others, being vulnerable. It embraces compassion and toughness. It recognizes that my humanity is bound up in yours, for we can only be human together."

"God says to all of us "Fly eagle, fly" You are not chickens. You are eagles. God wants us to shake ourselves, spread our pinions, and then lift off and soar and rise, and rise toward the confident and the good and the beautiful. Rise towards the compassionate and the gentle and the caring. Rise to become what God intends us to be; eagles, not chickens."

"God places us in His world, fellow workers-agents of transfiguration. We work with God so that injustice is transfigured into justice, so there will be more compassion and caring,

(continued on page 6)

## The Path to Better Health by Leo Pena

### Ring the Bean Bell for Parkinson's

I can't always control my body the way I want to, and I can't control when I feel good or when I don't. I *can* control how clear my mind is. And I *can* control how willing I am to step up if somebody needs me" (Michael J. Fox). This month I wanted to start with this quote, for I believe it relates to what life with Parkinson's can be like. We will look at what the disease is, it's causes, and if God's medicine cabinet has an answer for such disease.

Parkinson's disease (PD) is an extremely diverse disorder. While no two people experience Parkinson's the same way, there are some commonalities. PD affects about one million people in the United States, and ten million worldwide. The main finding in brains of people with PD is loss of dopaminergic neurons in the area of the brain known as the *substantia nigra*. Scientists believe a combination of genetic and environmental factors are the cause of Parkinson's disease. (Parkinsons.org)

Genetics cause about 10 to 15 percent of all Parkinson's. Over the years, scientists have studied DNA from people with Parkinson's, comparing their genes. They discovered dozens of gene mutations linked to Parkinson's. Environmental risk factors associated with PD include head injury, area of residence, exposure to pesticides, and more. Parkinson's is caused by a combination of genes, and environmental and lifestyle influences. The interaction of

all three components determines if someone will develop Parkinson's.

### Who Has Parkinson's?

Nearly one million will be living with Parkinson's disease (PD) in the U.S. in 2020, Approximately 60,000 Americans are diagnosed with PD each year. More than 10 million people worldwide are living with PD. Men are 1.5 times more likely to have Parkinson's disease than women.

### 10 Early Signs of Parkinson's Disease.

1. Tremor
2. Handwriting gets smaller
3. Loss of smell
4. Trouble sleeping
5. Trouble moving or walking
6. Constipation
7. Soft or low voice
8. Masked face
9. Dizziness or fainting
10. Stooping or hunching over

There are many medications available to treat the Parkinson's symptoms, although none yet that reverse the effects of the disease. It is common for people with PD to take a variety of these medications all at different doses and at different times of the day to manage symptoms. Since most symptoms of Parkinson's disease (PD) are caused by a lack of dopamine in the brain, many PD drugs are aimed at either temporarily replenishing dopamine or mimicking the action of dopamine. These types of drugs are called dopaminergic medications. They generally help reduce muscle rigidity, improve

speed and coordination of movement, and lessen tremor.

One factor that affects Parkinson's is lifestyle, especially nutrition. Many studies show a relation between dairy intake and incidence of the disease.

Several observational studies were conducted to examine the association of dairy foods with PD risk, and the magnitude of association varies among studies. Dairy foods were hypothesized to increase PD risk by contributing to exposure to pesticides and other neurotoxins, and reducing serum uric acid concentrations that is inversely associated with PD risk, and could delay the PD progression. The risk of PD increased by 17 % for every 200 g/day increment in milk intake. The absolute risk difference associated with every 200 g/day increment in milk intake. There was a clear difference in association between PD risk and milk and PD risk and other dairy products. However, pesticide residues like organochlorine pesticides, herbicides, and organophosphorus were detected in both milk, butter, cheese, and yogurt. Jiang, W., Ju, C., Jiang, H. *et al.* Dairy foods intake and risk of Parkinson's disease: a dose-response meta-analysis of prospective cohort studies. *Eur J Epidemiol* **29**, 613–619 (2014)

"The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but it is not necessary to bring upon

ourselves perplexity by premature and extreme restrictions. Wait until the circumstances demand it, and the Lord prepares the way for it" (Counsels on Health, p. 136).

After much research, it seems to be that the most common relief for PD comes in the form of a dopamine pill which is known to have side effects.

So, I look into God's medicine cabinet, nature, to see if we have plant food that can provide similar effects as dopamine. I found the answer in Fava beans, or as they are also known as bell beans.

To my surprise, many studies have shown similar or better results using fava beans than drugs. In a study, they found Fava beans (*Vicia fava*) have a high phenolic content, and fava bean consumption can increase the levels of L-dopa in the blood, with a marked improvement in the motor performance of the patients, without any side effects. Higher antioxidant activity in germinating fava bean sprout. Mehran S.M., M.B.G. (2013) *Simultaneous Determination of Levodopa and Carbidopa from Fava Bean, Green Peas and Green Beans by High Performance Liquid Gas Chromatography*, 7(6), 1004-1007.

## Summary of Church Board Minutes From August 17<sup>th</sup>, 2020

submitted by Wayne Johns

Prayer team & Social Committee hosting joint event 9.12.20 @ 5:30. Food, fellowship, prayer, skits, Bible stories, campfire.

**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To hold event in pavilion. **Motion** was approved.

Mini Camp-meeting 8.22.20 starting live stream at 10 am until approximately 2pm. Will have services including Sabbath School, DVD's, Faith in Action videos, followed by church service with Dr. Derek Morris, (two-part series). Baptism(s). Followed with salad and sandwiches for lunch. F5 challenge hike at Hawk Mountain. Will assess children activities for Sabbath, a hike, etc.

**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To approve Hawk Mountain hike sponsored by F5 Challenge. **Motion** was approved.

Evangelism update – mailing for Bible studies. Plan monthly outreach for community starting 9.19.20. **Motion** with 1<sup>st</sup> and 2<sup>nd</sup> For outreach to community on third Sabbath. **Motion** was approved.

Creation Health – consider event (in-house) like CHIP, Complete a survey to include Diabetes Undone.

**FYI:** Pavilion facelift possibilities– discussion included use of silk sock for erosion control and car tires loosening driveway stones.

1. Pave 120 x 12' \$5,500.00, drain water hole into existing pipe at pavilion if possible \$500.00, If not possible 200' drain under driveway into woods \$1400.00. Re-grade parking area around pavilion.

2. Put swell back into driveway and stone entire area \$3300.00. Should hold unless very heavy rain then would eventually return to current status. Will plan to have a business meeting to discuss with members considerations for approach to pavilion.

**Student aide** – Two requests from past years \$315.00 + \$100.00. Two new requests \$90.00 + \$60.00. Total \$565.00.

**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> to approve \$565.00 for student aide.

**Motion** was approved.

**FYI:** Face Book is on Hampden's site twice, will see if both are needed. Pastor will contact David Beard for his input. Will see if David would like to have Janelle Shives help with website/facebook.

## Recipe of the Month

by Arleen Johns

This Salad is a very refreshing dish for a hot summer.

### Chickpea and Tomato Salad with Basil

1 can chickpeas, drained and rinsed  
About 1 pint of grape

tomatoes, halved  
25 large basil leaves, chopped  
3 cloves of garlic, minced  
1 tbs lemon juice  
1 tbs apple cider vinegar (or 2T lemon)  
2 tsp olive oil  
1/2 tbs honey  
Pinch of salt

Toss all ingredients together

Chill for at least 20 minutes, so the flavors have time to merge.

## Notable Quotes

selected by Bob Kondracki

The worst lies are the lies we tell ourselves.  
~Richard Bach~

Knowledge comes, but wisdom lingers. It may not be difficult to store up in the mind a vast quantity of facts within a comparatively short time, but the ability to form judgments requires the severe discipline of hard work and the tempering heat of experience and maturity.  
~Calvin Coolidge~

Chess helps you to concentrate, improve your logic. It teaches you to play by the rules and take responsibility for your actions, how to problem solve in an uncertain environment.  
~Garry Kasparov~

The inferior archer, when he misses the mark, first looks for blame in his bow. The superior archer first looks for blame in himself.  
~Traditional saying of Kyudo~ (Japanese archery)

Great spirits have always encountered violent opposition from mediocre minds.  
~Albert Einstein~

Wisdom is always an overmatch for strength.  
~Phil Jackson~

A society of sheep must in time beget a government of wolves.  
~Bertrand de Jouvenel~

You can always count on Americans to do the right thing - after they've tried everything else.  
~Winston Churchill~

No doubt there are other important things in life besides conflict, but there are not many other things so inevitably interesting. The very saints themselves interest us most when we think of them as engaged in a conflict with the Devil.  
~Robert Lynd~

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**The Children's Page** by Tina Kondracki

**True or False**

- \_\_\_\_\_ Herod was eaten by worms before he died (Acts 12:23)
- \_\_\_\_\_ Lydia was baptized by Paul and Silas (Acts 16:14-15)
- \_\_\_\_\_ After Jezebel's death, wild horses ate her body. (2 Kings 9:35-37)
- \_\_\_\_\_ Abijah, the King of Juda, had 14 wives (2 Chronicles 13:21)

**Unscramble and Pick the Correct Answer**

1-Whom does the bible call gluttonous and a winebibber.

- A- IpuA
- B- Eht ptbattis
- C- Usejs (Matthew 11:19)

2-According to Jesus people prefer what type of wine?

- A-ewin ido
- B-sther nwei
- C-neeppsrd iwen (1 Luke 5:36-39)

3- who was the first Christian martyr?

- A- Smja
- B- Hpsetne
- C- Rpeat (Acts 7:54-60)

**Find the Answer**

- 1- Who was the first left-handed person mentioned in the Bible? (Judges 3:15)
- 2- How many years older was Aaron than his brother Moses? (Exodus 7:7)
- 3- What was the first color mentioned in the bible? (Genesis 1:30)
- 4- What was the first question God asked in the entire bible? (Genesis 3:9)

**Did You Know?**

- 1-When the angel of the lord delivered a pestilence upon the land of Israel, He could be seen in the sky holding a sword in his hand. (2 Samuel 24:15-17) (1 chronicles 21:14-17)
- 2- King Solomon built God's temple in 7 years but took him 13 years to build his own place. (1 kings 6:38- 7:1)

**Going Deeper** (continued from page 3)

that there will be more laughter and joy, that there will be more togetherness in God's world."

"I hope you will be among those young people who said, "We worked to change the world. We worked to make the world a more gentle, more compassionate,

a more caring world.

"To take a life when a life has been lost is revenge, not justice."

"Forgiveness is taking seriously the awfulness of what has happened when you are treated unfairly. Forgiveness is not pretending

that things are other than the way they are."

"We must not allow ourselves to become like the system we oppose. We cannot afford to use methods of which we will be ashamed when we look back, when we say, '...we shouldn't have done that.' We must remember, my friends,

that we have been given a wonderful cause. The cause of freedom! And you and I must be those who will walk with heads held high. We will say, 'We used methods that can stand the harsh scrutiny of history.'"

God bless, and Amen.