



Hampden Heights Sentinel

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- Even though He allows trials, God still loves us, and has a purpose
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Peter and the other apostles replied: "We must obey God rather than human beings! ~Acts 5:29~ NIV

RJA News Corner

by Lee Stahl, Principal

RJA Begins New School Year

Reading Junior Academy started it's new school year on Tuesday, August 22 with 79 students -- 17 of them new this year.

Miss Cindy Eisenhardt is the school's kindergarten instructor, starting her 9th year at RJA.

Teaching 1st and 2nd grades is Mrs. Darlene Peterson. She is beginning her 17th year at RJA.

Ms. Carol Rey teaches 3rd and 4th grades and has the current longevity record starting her 41st year at RJA.

Ms. Rey's younger sister, Ms. Nancy Pinter, may be the rookie this year at RJA, but has many years' experience teaching in Pennsylvania and Florida. She will be teaching 5th and 6th grades.

The school's teachers for grades 7-10 include Mrs. Toni Wlasniewski in her 31st year at RJA and Mr. and Mrs. Stahl beginning their 13th year at the school.

As you can see, Reading Junior Academy has a very talented and experienced staff that also includes support from the school's long time secretary, Mrs. Lorraine Edris, and plant manager, Mr. Vernon Schubert.

Additional staff members include: cook--Dominick Long, janitor--Russell Yehl, and after school supervisor--Jacqueline Lichtenwalter-Ortiz.

Swimming at Ken Grill Pool

On Friday, August 25, RJA students had their traditional swim outing at the Ken Grill Pool. This has always been a fun afternoon and a great way to end our school's first week of classes.

On Sunday, August 27, the school will sponsor its annual Picnic at Shoemakersville Park. This is a fun day to socially interact with students, families, and church members in the Reading area. A softball game is one of the highlights of the day.

Monday, August 28, will be RJA's Meet the Teacher night—a time for parents to find out details and expectations from their child's teacher(s).

A new year has begun and you can see there is already a lot happening. Please keep our school in your daily prayers!

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

The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights SDA Church

The Purpose of Trials

I have recently been reflecting over the events of the past few weeks and months of my life. Although they have not been the most difficult I have experienced, they surely have tested my spirit and resolve to continue to always seek Jesus. I turned to the Word of God, seeking for a sense of that peace that surpasses all understanding spoken of in the book of Philippians chapter 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

I was also drawn to read in the book of James chapter 1:1-13, which I would urge all to take time to read for yourself. This chapter is clearly explaining the importance of trials in our personal walk with Christ. When difficult times come into our lives and we find ourselves unable to comprehend or to understand, the enemy is quick to throw doubts/questions into our minds. We find ourselves questioning God's goodness, God's wisdom, because He is letting these things happen. We may even become bitter and angry with God for allowing these difficulties to come our way, and wonder if He really understands. But God's Word confidently reminds us that He does understand. Things don't just happen haphazardly to

Christians with no meaning or purpose. The book of James reminds us that God wants us to trust Him fully during the trials of our lives, especially during the most difficult of times. He is hoping that in this way He can grab all of our attention and we will turn to Him. Remember, God is in control, and as Paul reminds us, no one or no thing can separate us from God's love, (Romans 8:38-39) even through the most difficult of circumstances.

“And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow--not even the powers of hell can separate us from God's love.”

Again, I urge all who read this article to read the whole chapter of Romans 8, for God is in full control of everything that happens. And as you read James 3, things should become more than apparently clear where James reminds us that 1; God wants us to trust Him in the trials of life. 2; We trust Him in the trials. God can use a difficult trial to mold us and to mature us. 3; We would be more like Jesus Christ our Savior.

God's main purpose in our lives is that we would reflect Him in this world, so that others may know Him better, see Him, and experience His love on a daily basis through us. If we read His Word daily, His character will be reflected in us.

We won't always understand His purpose, or why He allows certain things to happen. Throughout the Bible many of the prophets of old dealt with this very dilemma. Isaiah the prophet said in trying to comprehend God's ways: Isa. 55:8-9:

“For my thoughts are not your thoughts. Neither are your ways my ways, saith Jehovah. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”

God would have us trust Him in the difficult trials, for even though we cannot understand, He loves us and He is in control. He will use the trials to help us grow spiritually and to help us mature and become more like Jesus Christ. We are to **Trust Him! Keep our eyes on Him!** And God will use even the trials for His glory. For He says in Jeremiah 29:11:

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

We should not lend ourselves to be in a spirit of discord. Neither should we allow the enemy to create in us a spirit of animosity towards one another. Instead we should seek to do God's will at all times. God will have us love one another as we love ourselves. When we cause others to experience trials and tribulations just because we feel that is God's will we're doing the enemies bidding and not God's will.

In the book of James, he goes on to tell us that not only does God have a purpose in trials, but also that God gives wisdom in trials. (verses 5-11) James recognizes that we may not always be able to see the purpose in trials or see the good that can come from trials. When we find ourselves unable to see the good and the purpose in trials we are to keep on asking God for wisdom, in faith. And our God who loves to give, will respond, so that we can see the good and the purpose in trials.

“You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father.”

John 14:13

My prayer today for all who read this article is that God will grant you understanding in the trials which you find yourself in on a daily basis, and that through these trials you may grow in the faith of Christ and reflect His image daily. My love to you all.

Grace's Outpost by Ashley Richards

I'm so ready to go back.

Honestly, it doesn't even have to be Brazil. It could be Peru, Guatemala, Guyana, Panama, São Tomé and Príncipe, Poland, Japan, Indonesia, or Luxembourg, for all I care. I'd forgotten what it was like, to go to another country, invest every fiber of your being in helping to build up a community and share Jesus with them, seeing the work of the Holy Spirit transform lives, and then... return to the monotony of everyday life.

I'd been looking forward to coming home, for a couple of reasons, by the last couple of days of the trip. It was time. We had almost been gone for three weeks, which, for a short-term mission trip, it was a healthy chunk of time. I missed my family and my other friends. I'd struggled with my OCD on parts of the trip, and was just ready for familiarity again. But ten minutes after walking through my front door, I was already antsy. I was ready to go. Find the next adventure, the next mission, for Jesus and me to take on together. And even a month afterward, that fiery coal in my heart is still making me uncomfortable. Working an American job and mindless entertainment or monotony isn't enough anymore. I'm ready to go today, never mind next year.

I started this article with the intent of sharing some of my experiences from the trip, since I hadn't said anything, really, during the church service. But I don't even know where to start. I saw six people baptized. Six people! It more than doubled their congregation's membership. (Can you imagine the high Sabbath where we baptize enough people to more than double our membership?!) I saw grown natives coming to Vacation Bible School like it was formatted for them, doing crafts right alongside four-year-olds and soaking up Bible stories like they'd been starved their whole lives. I've connected with some of the natives on Facebook that I've said maybe five words to—in person!—who now cannot wait to see us again, who are eager for us to return to their village. I've hugged the frail form of the chief's wife whose dreams God made come true through us, seen her tears, her hope, her joy.

On the other hand, I've learned to bathe in a river, and snorkeled for the first time, and let fear limit me from many other adventures. I think, whenever you're chasing after the adventure Jesus has for you, whether it be bathing, teaching kids, or discovering new worlds, even the simplest of tasks are more interesting. The world comes alive. Even breathing isn't just breathing anymore.

So when people ask me, "How was Brazil, Ashley?" I don't have the words to unpack to them what it means to be a vessel for Jesus in an entirely different world. I even struggle, here, to share my heart. So I grin big, and dig out that panorama photo of a waterfall in the Amazon basin that I'm so proud of (ask me when you see me. I'll show you.), and I exclaim, "It was amazing!" Because it was.

But *amazing* hardly covers it. *Amazing* is just the tip of the iceberg. If you really want to know, if you really want to know what it's like to be at the mercy of God's protection, what it's like to see mountains moved before your very eyes by the power of prayer, what it's like to see the hope of salvation reflected in a child's eyes, what it's like to make dreams come true and rescue people from the grasp of the enemy, you have to go. You have to go for yourself, and see for yourself, and *experience* for yourself, because I can't put into words what that's like. I can't give you that experience with my words alone. I can't speak words so eloquently that it sets your heart on fire and makes you a part of something greater. If you want to experience the greatest feeling in the world, you have to answer God's call to go, and see for yourself. (And the good news is, you can! This isn't the end for us; we're already lined up to do another trip next year!)

The Medicine Chest by John Manubay, M.D.

Diabetes Mellitus 2

Diabetes mellitus is a metabolic disorder in which there are high blood sugar levels over a prolonged period. Type 2 diabetes is the most common form, making up to 90% of all diabetes cases. This most often occurs in ages 40 or older, and with overweight people. Many people have few or no symptoms. Most commonly, diabetes is found with screening blood tests by the physician. Symptoms can develop such as excessive thirst, frequent urination, blurred vision, weakness, fatigue, recurrent infections, and tingling of the hands and feet.

Long term complications of diabetes include heart disease, kidney failure, blindness, nerve damage, sexual function problems, and amputation of toes and limbs. Most of the complications are

related to damage to blood vessels and nerves.

Screening tests such as urine tests from DOT, work, or wellness physicals can alert the physician to order a further workup for diabetes.

The diagnosis is done by a fasting blood sugar 126 or greater, a random sugar of 200 or greater with symptoms, a hemoglobin A1C 6.5 or greater, or an abnormal glucose tolerance test. A positive result should be repeated on a different day for confirmation.

Hemoglobin A1C measures the sugar control average over the past 3 months.

The cornerstone of diabetes management is education about the disease and treatment, good nutrition, exercise, and achieving normal body weight.

The doctor will monitor glucose log books, hemoglobin A1c, cholesterol, blood pressure, and urine. In addition, the eyes and feet will have to be checked regularly. Keeping the cholesterol down is essential as diabetics are 4 times more likely to have a heart attack. Also keeping the blood pressure down is necessary to prevent end organ damage. Urine is checked for protein (microalbumin) which can indicate impending kidney damage. This could be prevented by an ACE inhibitor such as lisinopril. The ophthalmologist helps in detecting and treating any eye (retinal) damage which can lead to blindness. The feet are carefully examined to rule out vascular disease, which can lead to amputations.

Regarding medications, Metformin is recommended as a first line treatment, and evidence shows decreased mortality. Second line treatments include DPP4 inhibitors (Januvia, Onglyza, Tradjenta, and Nesina), SGLT2 inhibitors (Invokana, Farxiga, and Jardiance), and injectable GLP-1 agonists (Trulicity, Bydureon, Tanzeum, Victoza, and Byetta)

Insulin may be needed to control diabetes if sugars are very high, goals not reached with oral medications or injectables, or when there is liver and renal disease.

Blind Christians by Wayne Johns

I invite you to come with me as we purposely listen to parts of the conversation of two as they return home following a tragic weekend. It was through tearful eyes and quivering lips they reviewed what just happened.

“It was not supposed to be this way! He had superior qualifications and we had such high hopes that things would change!”

Their speech is not always easy to understand, between the sniffles, and their voices cracking with high pitched cries. You can tell they lost a close friend or family member. As they dragged

their feet walking the 8 miles home, it seemed they had lost all hope when they were joined by a third, strange person. By His questions, this person obviously had not seen or heard the events of the weekend.

“They took Him away and He did not resist. We know He could have gotten away, we saw Him do it in the past. He just walked in between the crowd that was intent on throwing Him over a cliff. But He just let them take Him! We anticipated Him to become our King, to take us to higher levels of living and greatness. He was able to bring people back to life and

could feed a multitude of people from just meager amounts of food.”

Much of His life was reviewed, but most of their conversation centered on the past three days.

The listening stranger asks more questions as they recount the events, expressing what they expected to happen, but then the stranger takes over the conversation. Opening before them the Scriptures, He answers their questions. “Have you not read the books of Moses, and about the sacrificial system for forgiveness of sin and how he revealed God?”

The Stranger went through all the prophets and what they prophesied. How the Messiah was to suffer.

As the stranger talked, their perception began to change. They slowly began to understand the Scriptures as they never did before. This new understanding was further enhanced as this Stranger spoke. It was as if Jesus was speaking! His mannerisms, His speech, the very way He interacted reminded them of their Master. What they were taught by the leaders is not what this Stranger was telling them.

(continued on page 5)

Recipe of the Month by Elizabeth Hill

Strawberries are still in season and everyone loves ice cream cake so here's a recipe that includes both. I'm sure it will end up being someone's favorite!

Strawberry Shortcake Ice Cream Cake

Ingredients

- 2 sticks unsalted room temperature butter plus more for the pans
- 2 1/2 cups cake flour, plus more for the pans
- 2 teasp. baking powder
- 1/2 teasp. salt
- 1 cup packed light brown sugar
- 1/2 cup plus 2 tablespoons granulated sugar
- 4 eggs
- 1 tablespoon plus 2 teasp. pure vanilla extract
- 3/4 cup whole milk
- 1 pint strawberry ice cream
- 1 pint vanilla chocolate chip ice cream

- 4 cups strawberries (about 2 pints) hulled and quartered
- 1 Tablespoon fresh lemon juice
- 2 cups cold heavy cream
- 1/2 cup confectioner's sugar

Preparation

Preheat oven to 325 degrees. Butter 2 "9-inch cake pans," line bottom with parchment, and butter the parchment. Lightly dust with flour.

Whisk the cake flour, baking powder and salt in a medium bowl. Beat the butter in a large bowl with a mixer on medium high speed until creamy, about 1 min. Add brown sugar and 1/2 cup granulated sugar and beat until light and fluffy, about 5 min. Scrape down bowl and beat in the eggs one at a time. Beat in 1 tablespoon vanilla. reduce the speed to low and beat in the flour mixture in 3 batches alternating with milk. Increase the speed to

medium high and beat until the batter is just combined, about 20 seconds. (Do not overbeat.)

Divide the batter between the prepared pans. Bake until the cake is just golden and springs back when gently pressed, 30 to 35 minutes. Transfer to rack and let cool 20 min. in pans, then turn out onto the rack, remove parchment and let cool completely.

Meanwhile, remove ice cream from freezer and let soften slightly. Combine both flavors in large bowl and stir together with a rubber spatula. Line one cooled cake pan with plastic wrap and fill with ice cream in an even layer. Cover with plastic wrap and freeze until firm but not rock solid, about 45 min.

Uncover ice cream and invert onto one of the cake layers. Top with second cake layer, gently pressing into ice cream. Smooth sides with an offset spatula. Freeze until firm, at least 1 hour.

Now pulse 2 cup strawberries in food processor until liquefied. Strain through a fine mesh sieve, pressing with a spatula. Set the puree aside.

Combine remaining 2 cups strawberries, remaining 2 tablespoons granulated sugar, and the lemon juice in a small bowl; toss until strawberries are coated.

Combine heavy cream, confectioner's sugar, and remaining 2 teasp. vanilla in a large bowl. Beat with mixer on medium high until stiff peaks form, about 3 minutes. Beat in strawberry puree.

Remove cake from freezer and frost with strawberry whipped cream. Return to freezer until whipped cream hardens, at least 45 min or overnight. Top with the macerated strawberries.

Let the cake soften 10 to 15 minutes before slicing.

Blind Christians (continued from page 4)

They had been with Jesus, but not really involved. It could be easily said today they sat in the pew. There was never a doubt they loved Jesus with all their hearts, but they never really took their love for Him to the next level. Their perceptions masked the true nature of Jesus and why He came.

As they came to their home the stranger went to continue on His way. They invited Him in but He still continued. They

insisted He stay and eat and He agreed. They quickly put together a meal of bread and the Stranger, sitting at the head of the table, put forth His hands. They both noticed this was just like their Master. He took the bread, just like their Master and then, both saw at the same time, the nail prints. The nail prints...it is their Master! Jumping out of their seats they went to worship Him but He was no longer there. Did not our hearts burn within us as He

talked with us during our walk home? He's alive! Is Jesus alive in your life?

We may feel like Jesus will pass us by, but invite Him in. Jesus will never force His way into our lives. How much we will miss if we don't take time to make time with Jesus. Are there times our preconceived thoughts have funneled our energy and actions into a certain mold? Perhaps we are just like the two walking home, deeply in love with our Master, yet still

missing the point. Am I a blind Christian? Are you a blind Christian? Our love for our Master is not the issue. The foundation of who I am and what Jesus is to be in my life may have been influenced by others to the point I have missed the point. Am I willing to let go? Am I willing to permit Jesus to run my life in all areas? Are you spending time with Jesus? Is Christ in me? He wants to be! I invite you to let go and allow Christ in, so He can break bread with you too! He will make all the difference in your life!

