

April 3rd  
2021

Volume 7  
Issue 4



# Hampden Heights Sentinel

## HIGHLIGHTS:

- Teaching students to identify with others. Page 1
- How will WE respond when confronted with our sins? Page 2
- Are you an Insider, an Outsider, or an Inside-Outer? Page 3
- Forget about what's in your wallet, what's in your food?? Page 4
- For the cruciferous lovers among us. Page 5
- How well do you know the Torah? Page 6

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*For as the body without the spirit is dead, so faith without works is dead also. ~James 2:26 NKJV~*

## RJA News Corner by guest writer Kathryn Federowski

### Importance of Empathy

Teachers are sometimes left with the responsibilities of non-academic lessons such as, appropriate behavior, character development, manners, as well as, social and emotional learning, (SEL) even without the curriculum or resources. Combating the wide variety of anti-SEL, that students are exposed to daily, teachers are known to have behavior and academic problems in their classrooms.

As a teacher, I believe students sometimes have difficulty empathizing with outside circumstances and perspectives, that appear to affect their academic and social performances. What changes in practice can teachers do to help students develop and understand empathy? How can schools create and support more empathetic and prosocial environments? "Empathy has been suggested to facilitate effective collaborative problem solving in children." (Garton & Gringart, 2005).

My research analyzed the definition, prior research, results, importance, and effects, of the SEL topic of empathy, within the classroom, curriculum, and policies.

In order to empathize with outside perspectives and situations, people must put their own perspectives aside and attempt to view the situation as if they were the other person, and how they might feel.

I introduced and incorporated SEL activities. For example, reading passages, videos, and discussions, using specifically chosen guided questions on inference, empathy and outside perspectives. This empathy implementation project has shown that some students did show signs of increased understanding, and benefited from the SEL empathy focus unit.

God's love is empathy. He sent his only son, Jesus, to truly experience, feel, and empathize with earthly children. Remembering to use empathy, to put aside our own opinions and consider outside perspectives and situations, in any situation, helps us create a more understanding and loving world. I enjoyed learning alongside my students during this master's project.

## Alabaster Box by Dave Taylor

### The Stolen Lamb – Part II (2 Samuel 12:1-14)

Chapter 12 of 2 Samuel begins with the Lord sending Nathan the prophet to King David. This follows immediately on the heels of the last verse of Chapter 11 which informs us that “the thing that David had done displeased the Lord.” Although it is clear that the sending of Nathan was a direct response to David’s bad behavior, God chooses not to confront David immediately. In His perfect wisdom, God allows months to pass so that the illicit son of David and Bathsheba is born before Nathan is sent. Our knowledge of Nathan the prophet comes from three stories in the Old Testament. Our first contact with Nathan is when David declares to him his intention to build a temple for God (2 Samuel 7 and 1 Chronicles 17). In this introductory episode, we find that Nathan is a true prophet who hears and obeys the voice of God, even though he may sometimes act impulsively without seeking God’s guidance. Nathan initially encourages David to build the temple, but then has to retract that encouragement when God vetoes the idea. Perhaps Nathan’s confrontation with King David over his desire to build the sanctuary was good practice for the more harsh confrontation required by David’s sin with Bathsheba. The Bathsheba affair is Nathan’s second appearance in scripture. Nathan appears one final time in the Bible with a role in the installation of Solomon as king (1 Kings 1). Intriguingly, two Bible verses allude to the book of Nathan the Prophet, a book with no extant copies (1 Chronicles

29:29, 2 Chronicles 9:29). As Nathan begins the audience with David in 2 Samuel 12, he comes armed with divine wisdom. Nathan tells an allegory, or parable about a stolen lamb, but the tale is delivered as if it were current news. The metaphor of the lamb is especially appropriate to present to King David, the former shepherd. The presentation does not consist of a long, wandering plot, but is effectively related to the King, using the economy of only four verses. There were a rich man and a poor man living in the same city. The rich man had many flocks and herds, but the poor man had only one little lamb which he had purchased and raised. The poor man’s lamb ate and drank and cuddled with him and his children, almost like a daughter. When a traveler came to visit the rich man, instead of taking one of his own sheep, the rich man took the poor man’s lamb to serve his guest (2 Sam 12:1-4). Perhaps Nathan had intended to add a few more details at the end of this story, or perhaps he had intended to pose a question and ask David what should be done with the rich man. But David had heard enough. No additional prompting on the part of Nathan was necessary. David was very angry. He felt outrage. He was triggered by righteous indignation. Indeed, it is difficult not to admire David’s empathy with the anonymous poor man, or David’s passionate desire for justice, qualities that help explain God’s declaration of David as a man after His own heart (Acts 13:22). King David passes judgment and declares, “As the Lord lives, the man that has done this thing shall surely die: And he

shall restore the lamb fourfold, because he did this thing, and because he had no pity” (2 Sam 12:5-6). While the application of the death penalty seems to be excessive in the stolen lamb case, undoubtedly arising from David’s wrath, it is a just punishment in the Uriah murder case, for which the perpetrator is about to be indicted. However, the concept of a fourfold restitution was deeply ingrained in the Hebrew mind. The law of Moses stated, “If a man shall steal an ox, or a sheep, and kill it, or sell it; he shall restore five oxen for an ox, and four sheep for a sheep” (Exodus 22:1). Even in the time of Jesus, a penitent Zacchaeus said, “Behold, Lord, the half of my goods I give to the poor; and if I have taken anything from any man by false accusation, I restore him fourfold” (Luke 19:8).

Nathan responds to David’s declaration of judgment with a stunning declaration from God. David is blindsided as he hears the words, “Thou art the man” (2 Sam 12:7). It is you, David. You are the lamb-stealing rich man who showed no pity. Through His prophet Nathan, God reminds David of all the blessings bestowed upon him. I anointed you king of Israel and Judah. I delivered you from Saul. I gave you Saul’s house and his wives. And if that had not been enough, I would have given you more (vs 7-8). Then Nathan unveils the indictment against David, revealing the sins he worked so hard to keep hidden. Why have you despised the commandment of the Lord and done evil in His sight? You have killed Uriah with the sword of the

children of Ammon and have taken his wife to be your wife (vs 9). Finally, Nathan lays out the consequences of David’s actions. Now therefore, the sword shall never depart from your house. God will raise up evil against you out of your own house. Your wives will be taken and given unto your neighbor. Although you did things secretly, God will do these things in public before all Israel and before the sun (vs 10-12).

When confronted by our faults, there are multiple ways that we might respond. We may harden our hearts and refuse to admit our wrongdoing. We may become hopeless and discouraged, feeling as if we have exceeded the limits of God’s forgiveness. Neither of these approaches will provide any benefit to us. But to David’s credit, confession is his first response to Nathan’s message from the Lord. David immediately says, “I have sinned against the Lord” (vs 13). Nathan is quick to assure David that “the Lord has put away your sin and you will not die,” in spite of David’s death pronouncement in response to the stolen lamb allegory. However, the child begotten from this sin will die (v14).

Nathan’s prophecy against the house of David played out just as God had revealed. Two of David’s own sons were a threat to his life as they engaged in rebellions to usurp David’s power. Four of David’s sons died, fulfilling the fourfold retribution for the life of Uriah the Hittite. David and Bathsheba’s first son died in infancy.

(continued on page 6)

## Going Deeper by Barbara Snyder

### Insiders or Outsiders?

The gospels tell us that Jesus walked the journey of faith just as you and I. That's the compelling message of the various dramas when Jesus needed faith—during His temptation in the desert, during His debates with His adversaries, in the days and hours of His healing ministry, in the garden of Gethsemane, and on the cross. He spent long hours before and during each day to hold onto that faith and hope to fulfill His ministry. He was often interrupted in His need for privacy with His Father, but the Spirit was with Him always.

"But the crowds got to know where He had gone, and they went after Him. He made them welcome and He talked to them about the kingdom of God and He cured those who were in need of healing" (Luke 9:11). Can't you just see the apostles standing at Jesus' side, watching Him, noticing how He does things: how He talks to people, how He waits, how He listens, how He's patient, how He depends upon God, how He takes time for prayer, how He doesn't respond cynically or bitterly, but trustfully and yet truthfully? Can you imagine a more powerful way to learn? Well, that's the way we learn. A little at a time hanging onto a relationship with Jesus via daily routines of reading, praying, meditating about His life. Always, the Holy Spirit, which we have now but which will come with even more power and might, can grow and move swiftly and powerfully within us and around us.

When we pray for the Holy Spirit, we are already walking with the Lord, but we

acknowledge that there is so much more. There is so much more to how close we are, how close He is, how powerfully He moves through us and lives within us. We also learn, like the apostles, how fast we can decline in that abiding in Christ. If we skip our time with Him, we fall and fail. If we have preconceived ideas about how things should be, incalitrant ideas, we set ourselves up for disappointment and disillusionment, but God is only molding us, and showing us ways to grow. Hence, when we see our weaknesses, we are offered repentance, and swallow some pride. We learn that pride puts us in places where we are further tempted to think ourselves better than others. We are the "insiders"; they are the "outsiders." Only when we see our true condition can we recognize the true humility of Christ. Spiritually, in order to take on His righteousness, we must come to know that His humility has to be ours; that we are not above others, and others are not subservient to us. We must learn that we are not the "in" crowd, and others, the "out" crowd.

In the wilderness and in Gethsemane, Christ was tempted to BE self-sufficient, to BE infallible, to BE rich and powerful. In our world, WE are tempted to BE spiritually self-sufficient, to BE spiritually "right"/infallible, to BE rich and powerful, amassing spiritual sounding language and goals. And we seek out people of like habits, and language; we think we are comfortable, safe from, and not damaged by the spiritual outsiders. Questions arise though. How many of us hang with the "insiders" so as not

to be tainted with the "outsiders?" Did Jesus do that? How many of us keep in touch with the backslidden, the very ill, the untouchables? How did Jesus do that? Jesus went into their place of work and play, into their homes and schools. Do we avoid outsiders unless it is in our territory? As an example, did you know that the Twelve Step Program of Alcoholics Anonymous is more profoundly Christian based than our own lifestyles and acceptance of others/"outsiders"? I cannot prove that, of course, nor do I want to ever slip into a dependency on non-Christian habits: drugs, alcohol, deviant behaviors... But I wonder about myself when I would rather run than serve, when I hesitate to go downtown with a church group, to volunteer at Mary's Shelter, at a Hospice, at Hope Rescue, and more.

The following few sentences are the result of my Christian reading and listening for decades: We have 4 groups of spiritual people in the world: the Hot, the Cold, the Lukewarm, the Unknowing. When the Holy Spirit is poured out the Unknowing will quickly disappear into the remaining groups; then the Lukewarm will move into the Hot or Cold group. So, in the end, right before Jesus returns, there will be only Hot or Cold. Our sacred duty is to know and serve God, to know these Lukewarm and Cold groups, and to serve, witness, love and care for these souls, these everyday people who are your neighbors, relatives, and enemies! Yes, our enemies! The next paragraph will be from Morris Vendon's sermons. I was so impressed by these statements, this mini parable, that I've copied and kept them. Here they are.

Enjoy them, and reflect upon your life and service.

"There are Insiders and there are Outsiders. There are Insiders inside, and there are Insiders outside. There are some Outsiders inside, and of course, there are Outsiders outside. But people cannot tell the difference between Insiders and Outsiders because they are looking only on the outside. While most people would consider themselves Insiders, one of the best indicators of true Insiders would be their relationship with Outsiders. Outsiders are Outsiders because they think it is "in" to be "out".--But real Insiders want Outsiders in. If Insiders don't want Outsiders in, they are Outsiders. And Insiders will go out to get Outsiders in."

Wow, that's almost a tongue twister and a brain teaser. But so true. According to the life of Jesus-what happened to Him and what and how He worked with others, what He showed to others, what He lived and expected of His followers in being open to all people: the good, the bad, the rich, the poor, the successful, the failures, the independent, the dependent, the white washed, the dirty, those kind, and those horrid, the extremes of opposites: obedient and disobedient, intelligent and deficient. All are His field of work. And all are ours.

Each of us has a talent, a weakness, a lesson to learn, and a mission. It takes the movement of the Holy Spirit teaching us what He wants us to do, who He leads us to, and from, when it's time to stay, and to go. May God go with you in discerning your field of work and harvest.

Amen.

## The Path to Better Health by Leo Pena

### Preservative in Foods May Harm Immune System

Have you recently looked at the list of ingredients in some of the most popular foods? It looks like you might need a chemistry degree to understand all its contents. The food industry, with its desire to maximize profits, needs to lengthen the expiration time that products can be on shelves. Many people suspect that some of these chemicals can be harmful to our health. In some cases, companies have been forced to remove some of the chemicals due to scientific research. This month I will share some research found in a recent study that looked at a food preservative and its effect on the immune system.

A food preservative used to prolong the shelf life of Pop-Tarts, Rice Krispies Treats, Cheez-Its, and almost 1,250 other popular processed foods may harm the immune system, according to a new peer-reviewed study by Environmental Working Group; "For the Study", published this week in the International Journal of Environmental Research and Public Health. EWG researchers used data from the Environmental Protection Agency's Toxicity Forecaster, or "ToxCast", to assess the health hazards of the most common chemicals added to food, as well as the "forever chemicals" known as PFAS, which can migrate to food from packaging.

Analysis of ToxCast data showed that the preservative tert-butylhydroquinone, or TBHQ, has been found to harm the immune system in both animal tests and in non-animal tests known as high-

throughput in vitro toxicology testing. This finding is of particular concern during the coronavirus pandemic.

"The pandemic has focused public and scientific attention on environmental factors that can impact the immune system," said Olga Naidenko, Ph.D., EWG vice president for science investigations and lead author of the new study. "Before the pandemic, chemicals that may harm the immune system's defense against infection or cancer did not receive sufficient attention from public health agencies. To protect public health, this must change."

### TBHQ

TBHQ is a preservative that is prevalent in processed foods. It has been used in foods for many decades and serves no function besides increasing a product's shelf life. Using new non-animal test results from ToxCast, EWG found that TBHQ affected immune cell proteins at doses similar to those that cause harm in traditional studies. Earlier studies have found that TBHQ might impact how well flu vaccines work and may be linked to a rise in food allergies.

### PFAS

Using ToxCast, EWG analyzed all publicly available studies that show how PFAS migrate to food from packaging materials or processing equipment. This is the first known compilation of available research on PFAS migration from packaging to food. In 2017, nationwide tests showed that many fast-food chains used food wrappers, bags and boxes coated with highly fluorinated chemicals. Human epidemiological

studies show that PFAS suppresses immune function and decreases vaccine efficacy. Recently published research has also found a link between high levels of PFAS in the blood and the severity of Covid-19.

Chemicals linked to health harms can be legally added to packaged foods because the FDA frequently allows food manufacturers to determine which chemicals are safe. Additives like TBHQ were approved by the FDA decades ago, and the agency does not consider new science to reassess the safety of food chemicals.

Processed foods can be made without these potentially harmful ingredients, so shoppers should read labels carefully. TBHQ is often, though not always, listed on the ingredient label. It will be listed if it has been added to the product during manufacturing. But it can also be used in food packaging, particularly plastic packaging, in which case it may migrate to food.

EWG recommends that immunotoxicity testing be prioritized for chemicals in food and food contact materials in order to protect public health from their potential harm to the immune system.

EWG also calls on the FDA to close the regulatory loophole that allows potentially unsafe food additives to remain on the market. The FDA should also promptly review additives like TBHQ to reflect new science.

Reference: "Investigating Molecular Mechanisms of Immunotoxicity and the Utility of ToxCast for Immunotoxicity Screening of Chemicals Added to Food" by Olga V. Naidenko, David Q. Andrews, Alexis M. Temkin, Tasha Stoiber, Uloma Igara Uche, Sydney Evans and Sean Perrone-Gray, 24 March 2021, International Journal of Environmental Research and Public Health.

Summary of Church Board Minutes from 3-15-21

submitted by Wayne Johns

**READING HAMPDEN HEIGHTS SDA CHURCH**  
**3.15.21 BOARD MEETING MINUTES 7 pm [ZOOM]**  
**Quorum 9 – Membership 259**

**MEMBERS PRESENT:**  
 Pastor Shawn Shives, Paulo Acosta, Juliana Acosta, Eric Blackerby, Jason Mclean, Dwight Edris, Lorraine Edris, Leo Pena, Bob Kondracki, Cheryl Cherrington, Nancy Stump, Arleen Johns and Wayne Johns.

Quorum declared by Clerk @ 7:01

**MEMBERS ABSENT:** Lee Stahl, David Beard, Donna Knarr, Wendy Hughes.

**Opening Prayer:** Wayne Johns

**Devotion:** Pastor Shawn – Harry R. Truman (lived on Mount St Helens) Matt 24: 42. Watch and be ready!

**Clerks Report:** Minutes for 2.15.21 reviewed.

**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To accept minutes as presented.  
**Motion** was approved.

**Treasurers Report:**  
 Treasurer’s report provided an overview.

**Motion** with 1<sup>st</sup> and 2<sup>nd</sup> To accept Treasurer’s Overview.  
**Motion** was approved.

**Department Reports**

**Plant Management –**  
 Heating season is nearly completed, cooling next. Repair was completed in fellowship hall air handler but now loosing Freon. Replacement will occur sooner than later at \$20,000 per unit. R-22 no longer made and likely not available, R410A is new Freon. All three heating units are expected to be fully functional sometime this summer. There is a new camera to be installed with AV system using Facebook and YouTube formats. We have wireless signal available over entire property for media use. Membership will to continue with original wireless signal.

**Deacon –** Work bee to be scheduled for: mulch, dirt to back fill around foundation, clean up around pavilion, fix hole in block. We could use more deacons. There are Sabbaths we need more deacons. Goal is to be in the sanctuary to listen to sermon.

**Deaconess –** Need more deaconess although shortage maybe secondary to COVID. Starting fellowship meals again with COVID precautions. People do use cloves when they return for

seconds. Deaconess are also: helping with baptisms, contacting shut-ins/sick members via cards/notes and receiving appreciation responses. Suggestion made that others can help deaconess.

Three departments reporting next month:  
**Interest Coordinator –**  
**Personal Ministries – Prayer Ministry**

**Adventurers –** Were planning a camp out Friday but decided to move it to April 9/10 at pavilion. A zoom meeting will also be completed at the same time. A regular meeting will be this Sabbath at 2:00. Pathfinders may join.

**Pathfinder** leaders will consider a campout and a “year-end” party.

We are encouraging members to complete Bible Studies – learning ways to improve successfulness. Faith for Family cards are being distributed for Bible Studies. Anyone can hand out door hangers. Also using book marks and praying for 5 names. Approach can be “I’m taking a class and need someone to help me completing a Bible Study” as an opener for a Bible study.

Entire conference is planning a series for the fall, COVID permitting. RJA is another source for studies for students and their family. This can include Christian/family improvement seminar building relationship with family and God. Divorce rate up since COVID, so want to do something for families. Plan to continue to hand out Faith for Family door hangers during month of April leading up to family improvement seminar. Bible study training will continue a few more weeks.

Planning Communion for May 1 using kits. Family foot washing Sabbath morning at 9:00 in a specified room.

RJA in-person Spring consistency Meeting 3.22.21 – all church members are invited.

**BENEDICTION:** Cheryl Cherrington

**ADJOURNMENT:** 8:23 pm

**Recipe of the Month**

by Arleen Johns

This is a quick and easy summer or anytime salad. Make double as it goes quick.

**Broccoli/Cauliflower Salad**

1 head broccoli, cut into small pieces

1 small head cauliflower, cut into small pieces

1 small red onion chopped

1 C cheese-optional (I use veggie cheddar)

¼ c baco flavored chips-vegetarian (optional)

**Dressing**

1 C mayonnaise (veganaise)  
 ¼ C sugar  
 2 TBS cider vinegar

Mix in dressing just before serving salad- to maintain crispness of veggies.

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**Answers**

**Answers**

All from the book of Exodus

Yes or No questions from the book of Genesis.

- 1- The answer for that is Moses.
- 2- Exodus 9:22-23 (C)
- 3- Exodus 12:15 (C)
- 4- Exodus 16:35 (A)
- 5- Exodus 32:28 (C)
- 6- Exodus 28:1(C)
- 7- Exodus 17:29(B)

- 1- Genesis 35:19 (Y)
- 2- Genesis 37:1(N)
- 3- Genesis 40:20(Y)
- 4- Genesis 44:19(N)

Deuteronomy 34:1-12

- 3=A
- 5=B
- 2=C
- 1=D
- 6=E
- 4=F

True and False from Numbers

- 1-Numbers 20:28 (T)
- 2-Numbers 12:10(T)
- 3- Numbers 19:19(F)
- 4-Numbers 17:8(F)
- 5-Numbers 12:15(T)
- 6- Numbers 12:1(T)
- 7-Numbers 1:3 (F)

**The Children's Page**

by Tina Kondracki

**The Tora (First 5 Books of the Old Testament)**

1-Which Biblical person is the main person of the Passover story ?

- a- King David
- b- Moses
- c- Isaac
- d- Joseph

2- What was the seventh plague Moses brought upon Egypt?

- a- Frogs
- b- Locust
- c- Hail
- d- Lice

3- How many days shall they eat unleavened bread?

- a- Five
- b- Two
- c- Seven
- d- One

4- What did the children of Israel eat for forty years?

- a- Manna
- b- Fish
- c- Quail
- d- Locusts

5- How many people died the day Moses came down from Mt. Sinai?

- a-600
- b-1200
- c-3000
- d-2000

6- Who did God make the high priest in Exodus?

- a- Moses
- b- Joseph
- c- Aaron
- d- Eleazar

7- Who was Moses talking to who about tempting the lord?

- a- Aaron
- b- The people of Israel
- c- Noah
- d- Joshua

**True and False Questions from the Book of Numbers**

- 1. Moses stripped Aaron of his cloths?
- 2. Miriam was a leper white as snow.
- 3. The unclean will sprinkle upon the clean?
- 4. Aaron's rod represents the tribe of Benjamin?
- 5. Miriam was exiled for seven days.
- 6. Moses married an Ethiopian woman.
- 7. From the age of 16 and up you can go forward to fight in wars

**Yes or No Questions from Genesis**

- 1- When Racheal died was she buried in Bethlehem? \_\_\_\_\_
- 2- Did Jacob dwell in the land where his mother was a stranger? \_\_\_\_\_
- 3- Pharaoh's birthday is on the third day. \_\_\_\_\_
- 4- My lord asked his servants saying "have ye a brother or a father? " \_\_\_\_\_

**Read Deuteronomy 34:1-12 and Match These...**

- 1-30 days
- 2-Buried
- 3-City of
- 4-Lord commanded
- 5-I swear unto Abraham
- 6-No man knoweth

**...With These:**

- a-Palm trees
- b-Isaac, Jacob
- c-Moab
- d-Wept
- e-Grave
- f-Moses

**Alabaster Box**

(continued from page 2)

Amnon, the first son of David and Ahinoam of Jezreel, was killed by his brother Absalom (2 Sam 13:28-29). Absalom, the third son of David, whose mother was Maacah, was killed by David's nephew Joab (2 Sam 18:9-18). Adonijah, the fourth son of David,

whose mother was Haggith, was killed by Solomon (1 Kings 1:32-35, 1:50-53, 2:13-25). 2 Samuel 16:22 records that "they pitched a tent for Absalom on the roof, and he slept with his father's concubines in the sight of all

Israel" (NIV), fulfilling the prophecy that David's wives would be given to his neighbor before all Israel.

If we could attempt to summarize two of the key themes found in this episode of

David's life, we might reference two short scriptures found in Numbers and Revelation. "Be sure your sin will find you out" (Numbers 32:23). "As many as I love, I rebuke and chasten: be zealous therefore, and repent" (Rev 3:19).