

May 7th
2016

Volume 3
Issue 5



Hampden Heights Sentinel

Highlights:

- So many Christians pray contrary to the Word of God – Page 6.
- I am lost and in need of saving. It is ridiculous to think everything is fine. But with God, there is freedom to be who I want to be... – Page 4.
- I was baptized almost 42 years ago when I was ten. They said I was too young, and I had a fit! A Christian fit, of course – Page 4.

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Anyone who isn't with me opposes me, and anyone who isn't working with me is actually working against me. Matthew 12:30 NLT

Health Ministries by Arleen Johns

SUNSHINE, the "S" in NEWSTART

When we think "sunshine," we often think of beautiful white sand beaches in Cancun or a cruise in the Caribbean, or we may think of the word *cancer*. Why these extremes? In reality most people can get plenty of sunshine in their own backyards! Ten or 15 minutes in noontime summer sun leads to the production of 10,000 IU (International Units) of Vitamin D, which has proven to decrease the risk for many cancers.

The myth is busted! Sunshine protects against a very deadly form of skin cancer called melanoma. A study published in the March 2011 *European Journal of Cancer* discovered that those people who spent four to five hours in the sun each day over weekends were less likely to develop melanoma than those who did not.

This is exciting for those who love the sun. (A word of caution here: those who burn easily were at higher risk regardless of the amount of time spent in the sun. So avoid sunburn.) Another piece of good news for sun lovers is that women with high sun exposure had half the risk of developing

advanced breast cancer. Also, reduced risk of other cancers by sunshine includes prostate, colon, lung, ovary, bladder, uterus, esophagus, stomach, pancreas, kidney, multiple myeloma, and non-Hodgkin's lymphoma.

Sunlight Increases Immunity

Immunity is increased by exposure to sunlight, and your body's resistance to infection is strengthened. White blood cells are increased. Antibodies are increased, too. These effects can last up to three weeks. Even 10 minutes of sunshine twice a week can greatly reduce the incidence of colds.

Sunlight Strengthens Bones

Bones are strengthened by sunlight. It allows the body to make Vitamin D, which helps calcium absorption from the intestines and calcium deposit in building healthy bones. Sunlight prevents rickets and helps prevent and reverse osteoporosis. There is also a connection with lowered incidence of dental cavities.

Sunlight Promotes Sense of Well-being

Sense of well-being is promoted by sunlight and the mood is elevated. Daily exposure to natural sunlight will boost melatonin output, which also improves sleep. For most people, sunlight is an important therapy, especially if combined with exercise, in preventing and treating acute and chronic depression. Sunlight helps produce serotonin to lift the mood.

Other benefits of sunshine include alleviating pain from swollen arthritic joints and even relieving some symptoms of pre-menstrual syndrome (PMS). It also helps ward off heart disease, hypertension, and autoimmune diseases like Crohn's, Rheumatoid Arthritis, Juvenile Diabetes, MS, as well as obesity.

Open up the shades and let the sun shine in—get out and get some exercise in the sunshine! You'll sleep better and feel better mentally and physically. Enjoy the sun moderately and it will increase your vitality and good health!

RJA News Corner by Lee Stahl, Principal

RJA Students participate in Robotics Challenge

Nine schools gathered at Blue Mountain Academy in March to participate in the 2016 Robotics Challenge. The theme of the challenge was trash: how can our junk be used again or disposed of more efficiently. RJA participated with the name RJA Reabots (re-bots). All teams were challenged to work together through problem-solving to gain the highest scores possible through presentations and, of course, the robot game. Each team had a robot with which they completed different tasks to gain points, all on a game board. Our robotics team members had been working for months beforehand to prepare for the challenge. Members said they had fun, were challenged, enjoyed working together, and look forward to doing even better next year. Submitted by Matthew White



Spirit Week at RJA

What is spirit week? Spirit week is a fun way for students and staff to express their school spirit by participating in a specific theme chosen for that school day. This year we had Pajama Monday, a day where you could get out of bed and already be dressed for school. On Super Hero Tuesday, students dressed-up like their favorite super hero or TV character. If you like bringing pets to school, then Wednesday was your day. No, we couldn't have everyone bring their pet to school, but they could bring their favorite stuffed animal. On Twin Thursday, you found one or more other people to dress alike that day. Friday was Career Day. On this day we had lots of doctors, nurses, and "athletes" besides many other students dressed in their favorite career garb. As always, this is a fun week that almost everyone enjoys participating in.



Grace's Outpost by Ashley Richards

“Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world.” (Philippians 2:14-15, ESV)

In hindsight, I'm horrified that I let it get this far.

Although, in all honesty, I can't say that I'm *too* surprised. We've clashed like oil and water since we've met. We never get along. I can't honestly say that I've ever respected her opinion (though I've tried!), and I am not sure things will ever change. We'll call her Carrie.

I met Carrie approximately three years ago. Over a month ago, she had asked (well, demanded, in all honesty) me to do something, without really understanding the full scenario (and why it wasn't exactly feasible). At that point in time, I wasn't really in the position where I could fight back, challenge her, gently point out any issues with her proposition, etc. I clamped my mouth shut, angry, feeling powerless to both accomplish that which she expected of me *or* to get her to see my perspective.

I complained to a friend (we'll call her Alice). Alice gets along with Carrie about as well as I do, and I'm sure I said something along the lines of, “That's it. I've had it. I'm done. I'm going to kill her. This time, I'm really going to kill her.”

I guess Carrie heard. She pulled me aside. I think she said something along the lines of that talk like that wasn't productive to anything, and

though some saw her as a Nazi, she wasn't unfeeling, and that she didn't go around talking to others about me behind my back (she does. She has. I've heard her with my own ears, but that's another story!), and could we just put aside our differences, just for now, to accomplish what needed to be done. For the sake of the project.

I am an emotional person. I get offended easily, though I wish I didn't. I don't handle confrontation well, and I don't get on with Carrie very well to begin with. I was angry, and crying, and just wanted to get away from her. At this point, I was angrier at myself than her. I agreed, just to get away from her, although, by the time I'd cooled down, I just wanted to go back and apologize for the hateful things I had done.

It fills me with self-contempt when I think about the fact that Carrie had to point this out to me—not because I *hate* Carrie that much (In fact, I do not hate her at all. I may not be able to respect some of the decisions she's made—and even continues to make—but she's a child of God, a precious one of His, and I have no right to hate her.), but more because I should have been better than that. I claim the name of Christ. I have always wanted to stand apart from the crowd, show Christ's love when others weren't, and yet, I succumbed to the dirty, vindictive traits of those around me. It happens to us all, I'm sure, at some point, but it shouldn't. I've always sort of claimed Philippians 2:14-15 as a life verse, of sorts. It's not the only one I try to live by, but one I've always wanted to aspire to

follow (admittedly, I fail quite badly at it. Just ask my mom how melodramatic I become, and thus complain about *everything*. She's hardly the only one it happens to!). In all my complaining, I've never wanted it to hurt anybody.

But it does.

This little scenario with Carrie brings to mind my favorite Biblical author. James. He's written a short little book in the middle of the New Testament, which has encouraged and challenged me on multiple occasions, in more ways than I can count. I was reading from James 3 (I think it might have even been the night after it had happened), and it says, “Now if we put the bits into the horses' mouths so that they will obey us, we direct their entire body as well. Look at the ships also, though they are so great and are driven by strong winds, are still directed by a very small rudder wherever the inclination of the pilot desires. So also the tongue is a small part of the body, and *yet* it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the *very* world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of *our* life, and is set on fire by hell. For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has been tamed by the human race. But no one can tame the tongue; *it is* a restless evil *and* full of deadly poison...” (James 3:3-8, NASB—forgive me, I just can't manage to edit down James!).

James's point is clear—and I claim it for myself before directing it at anyone else. One can never be too sure who will hear the evil and mean-spirited words that might slip out of one's mouth—so let us—let *me*—as a Christian, bring those words into submission first, before they ever have the opportunity to inflict pain on another.

Just because I am a Christian—an *Adventist*—doesn't mean that I'm immune to interpersonal relationship struggles. I make snap judgments. I get angry at those around me. I even say evil things where I ought not to do so. I'm sure that is all a part of the devil's plan. For me. Maybe even for you. But there is one thing we can do, as Christians, to shine Jesus' light. It's not easy—when has being a Christian ever been?—but if Jesus commands us to love our enemies, then He certainly wants us to be kind to those who annoy us.

Join with me. Stop the complaining. Stop the insulting. Stop the talking behind others' backs. It doesn't aide our cause—in fact, it diminishes it. Help me illuminate Jesus' love, and be kind where we could be petty. It may be the best “salt and light” a person may see.

Atheist vs Christian View on Life

Submitted by Wayne Johns

An Atheist's View on Life

I will live my life according to these beliefs
 God does not exist
 It is just foolish to think
 There is a God with a cosmic plan
 That an all powerful God brings redemption and healing to the pain and suffering in the world is a comforting thought, however
 It is only wishful thinking
 People can do as they please without eternal consequences
 The idea that
 I am deserving of Hell
 Because of sin
 Is a lie meant to make me a slave to those in power
 "The more you have, the happier you will be"
 Our existence has no grand meaning or purpose
 In a world with no God
 There is freedom to be who I want to be
 But with God
 Everything is fine
 It is ridiculous to think
 I am lost and in need of saving

A Christian's View on Life

Read this again, from bottom to top

Meet a Member

by Ashley Richards

This month's *Meet a Member* focuses on a very special lady that I've had the pleasure of getting to know better and better over the past year or so! Rita Tavarez has been a part of our congregation for three years (in fact, she celebrates her three-year Hampden Heights membership anniversary this month!).

Rita says she was the first member of her family to visit an Adventist church. She was invited by a neighbor, and she started attending. Not too long after that, her mother came along, and was baptized. Her father followed soon after, and then Rita and her sister were baptized. Not too long after that, Rita's brother also joined the Adventist church. "May 24 will be my 42nd anniversary," she says (what an appropriate

month for Rita to be our highlighted member!). "I was baptized almost 42 years ago when I was ten. They said I was too young, and I had a fit! A Christian fit, of course."

Rita is a deaconess at Hampden (previously she had been our head deaconess), and she is planning on joining our mission trip team July 2017 to help build a church, hold an evangelistic series and Vacation Bible School, and maybe even a dental clinic. (She's already been feeding me excellent fundraiser ideas!)

"What I love the most about being a member of the SDA Church," Rita says, "is belonging to a big family all over the world. When we

were sent to Germany by the Army [Rita's husband served in the Army], I was sad and lonely until we found the nearest SDA church. When I came to Hampden both me and my daughter [sic] felt welcome and loved."

Rita was born and grew up in Santo Domingo, the capital of the Dominican Republic, and is bilingual (Spanish and English). She studied education at the Seventh-day Adventist university in the Dominican Republic, and has worked in advertising, management, and collections all over the country. She loves to knit and crochet, and anything to do with crafts. She also loves to play the guitar.

Five Things You Might not Know about Rita:

1. She loves anything with coconut in it.
2. She loves to decorate for events.
3. She was in Manhattan on the day of 9/11, but because she woke up late, she had to take the express bus instead of the regular train. Instead of being directly under the towers when the first plane hit, she was two blocks away!
4. She has lived in New York, North Carolina, California, Georgia, Indiana, Florida, and Pennsylvania
5. Her favorite color is pink.

Recipe of the Month by Elizabeth Hill

Here is a recipe that is (or was) served in one of New York's finest restaurants. I got it from a cookbook my husband bought me by Vincent Price, who was a gourmet cook and collected recipes from the best restaurants in the world. It is a favorite of my stepson, John.

Boccone Dolce (Sweet Mouthful)

Meringue Layer 1:

6 oz. semisweet or bittersweet chocolate pieces

3 tablespoons water

3 cups heavy whipping cream

3 tablespoons powdered (confectioner's) sugar

1/2 teaspoon pure vanilla extract

2 pints fresh strawberries sliced

Chocolate Curls (optional, for garnish)

Meringue Layer 2:

4 egg whites (room temperature).

1/4 teaspoon salt

1 teaspoon pure vanilla extract

1 cup superfine (also called Baker's) sugar

1/4 teaspoon cream of tartar

Preparation:

Make Meringue Layers. Recipe follows. Combine chocolate pieces and water; melt over hot water in a double boiler. When perfectly smooth, remove from heat and cool (but don't let harden).

In a large bowl, whip the cream until stiff; gradually add additional powdered sugar and then vanilla.

Preheat oven to 225 degrees F. Line baking sheets with parchment paper or waxed paper. (I have found waxed paper sticks to the meringues.) Trace three 8 inch circles on paper.

Using a mixer, beat egg whites, salt, cream of tartar, and vanilla until soft peaks form. Gradually beat in sugar and continue beating until meringue is stiff and glossy. With rubber spatula, spread meringue evenly and equally over top of each parchment paper circle.

Bake approximately 2 hours or until meringue becomes bisque colored. Oven temperature will prevent them from browning too quickly.

Turn off oven, open oven door, and let the meringues "rest" in oven another 15 minutes. Remove from oven and carefully peel off parchment or waxed paper.

Put cake on racks to dry until thoroughly cool. Once cooled cakes may be wrapped and frozen (if desired). Remove from freezer at least an hour before assembly.

To assemble cake:

Place one meringue layer on a serving plate, rounded side down. Spread a very thin layer of chocolate over the top. Go easy or it will be impossible to cut.

Top chocolate with a layer of whipped cream (about 3/4-inch thick). Top the whipped cream with a layer of sliced strawberries.

Place a second layer of meringue on top of this, and repeat with chocolate, sliced strawberries, and whipped cream.

Top with final meringue, rounded side up, and frost sides and top smoothly with remaining whipped cream.

Refrigerate at least 4 hours or overnight.

Decorate with chocolate curls and whole strawberries. Makes 8 servings.

I have found the easiest way to cut this cake is with an electric knife. It has a tendency to slide apart with a regular knife.

The Book Review by Stacy McLean

The Tongue—A Creative Force, by Charles Capps

Charles Capps is a former farmer and land developer who travels throughout the United States, teaching and preaching the truths of God's Word. He shares from practical, first-hand experience how Christians can apply the Word to the circumstances of life and live victoriously. Besides authoring several books, including the best-selling *The Tongue, A Creative Force*, Capps also has a nationwide radio ministry called "Concepts of Faith." Charles and his wife Peggy make their home in England, Arkansas. Both their daughters are involved in ministry.

Capps says, "God's Word that is conceived in your heart, then formed by the tongue, and spoken out of your own mouth, becomes a spiritual force releasing the ability of God within you."

This book started with Philippians 4:13, (coincidentally this is my favorite text in the Bible!). "I can do all things through Christ which strengthens me" (KJV). We need to remember to pray to God what we desire, and believe. So many Christians pray contrary to the Word of God. "We have prayed defeat and received it. We have prayed the problem and it became greater. Even prayer produces its own kind."

In Mark 11:24, it says, "What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them" (KJV). Jesus has shown us a great

truth about spiritual law. God's word is spiritual law. It functions just as sure as any natural law.

Charles Capp shares a great analogy about how spiritual law (God's Word) and natural law (electricity) work with obeying the laws or not. Capps says we have learned how to work with natural law. In dealing with the natural law that governs electricity, we have learned that if we work with that law by obeying and enforcing it, that electrical force will work for us. If we continually violate that law that controls electricity, we will get in a "heap of trouble." As long as we enforce the law that controls electrical forces, it will produce energy to give us light, heat our home, cook our meals, and wash our clothes, and, yet, it will produce no harm to us. It is very useful and safe, when we understand, and apply, the law by which it is controlled. However, this same force can burn, kill, and destroy, if the law that governs electricity is not enforced. If you control the words coming out of your mouth, and bring them into obedience to spiritual law, which is the Word of God, you will succeed much in the same way. Words that are by spiritual law work with you and not against you.

The spirit world is controlled by the Word of God. The natural world is controlled by man's speaking God's words.

The spoken Word of God is creative power. These are some words that Capps

found to be very profound. We need to be mindful of even the words of our prayers. Our words need to reflect what we are asking God. I want to make sure that you get the full idea here, so I am quoting it right from the book as Capps says it. "We often prayed, Lord, I have prayed and it's not working out. The devil has defeated me." But the Word said, "What things so ever you desire when you pray, believe and you will receive" (KJV).

Defeat is not what you desire, so don't pray it or say it. You can see how the wrong choice of words can cause even your prayers to work against you. You have prayed, "Lord, I've got this problem and it's getting worse." He says to compare this prayer with the Word of God. First, you have prayed the problem and not the answer. The Word says to pray the things you desire. You desire the answer. Second, you have released faith in the ability of the enemy. To make it worse, you established the words of the devil that prayer doesn't work, and that things are getting worse. You are *walking by sight* and not *by faith*. You have denied the Word of God. You have done it because of the lack of knowledge.

In Hosea 4:6, God said, "My people are destroyed (cut off) for lack of knowledge..." (KJV). Lack of knowledge has caused men to be destroyed and lives to suffer needless loss.

Capps now gives an example about how people can violate the spiritual law or the natural law of electricity. He told of a story about how he came across a car accident and watched it from a distance. The car lost control and hit a power line pole. The attendants helping with the accident assumed that because the pole was in half, that the power must be cut off. Unfortunately, they were wrong. It was a live wire and scorched the person that got too close to it. He died instantly, and the other person was severely burned and injured. He violated the natural law that governs electricity; lack of knowledge did not stop the electrical force. It continued to work; it was the same force that cooked his meals, and heated his house. It was created to work for him to make things easier. However, when he violated the law that controlled that force, it destroyed him. Spiritual law is for your good. It is to produce things you need and desire; however, speaking and praying contrary to the Word of God will be just as disastrous as violating the law of electricity.

John 15:7-8 (Clear Word) says, "If you stay attached to me and continue to feed on my words and obey them, then you may ask the Father to give you what you need to produce fruit and He will give it to you. The more fruit you produce, the more you will bring glory to my Father, and others will know that you are my disciples."

This is (continued page 7)

The Book Review (continued from page 6)

another profound phrase that Capps put in the book and I would like to share it. When you pray, believe. Faith will make prayer work. Prayer won't work without faith. We still have to remember that God's will might not always be our will. Also, our timing may not be God's timing. We must be patient.

Easier said than done.

We can find hope in this text to help us. Hebrews 11:3 (Clear Word) says, "Faith in God not only reaches into the future, but also into the past. By faith we understand that God created the whole universe out of nothing. So the things we see were made out of things that didn't exist."

You and I need to know how it works. I chose The Clear Word because the words really show the true meaning of spiritual gifts. Romans 12:3-8 (Clear Word) says, "By the grace God has given me, I urge you not to think that you are better than anyone else. Think and judge soberly, using the amount of faith God has given you. The church is something like your own body. It has numerous parts and each part has to carry out its particular function. So in Christ all of us make up one body. And in that way we all belong to each other and need to work together just as the different parts of our bodies do. In the church we have different responsibilities depending on our natural talents and spiritual gifts God gave us. If you've been given the gift of prophecy, then confidently

carry out your responsibility, exercising faith and depending on God to help you. If you've received the gift of pastoral concern, then do that. Or, if you have the gift of teaching, then concentrate on that. If God has given you the gift to counsel and encourage others, do it. If you've been blessed monetarily, then feed the poor and help support God's cause, but do it without display. If you have the gift of leadership, do so diligently and with care. If you've been given the capacity to show kindness and compassion, do it joyfully."

The Word tells us how to develop our faith. Romans 10:17 (Clear Word) says, "So faith comes from listening to what God says, including His word about the Lord Jesus Christ."

Now Jesus tells us how to apply the God kind of faith. Mark 11:23-24 (Clear Word) says, "You can tell a mountain to throw itself into the sea, and it would be done for you. God can remove any obstacle that stands in the way of your ministry. As you pray, ask God to give you the faith to believe that He will help you, and He will do so."

We need to always give thanks to God for all the blessings that He provides for us. We also need to praise Him for answering our prayers. We always need to remember to give thanks in our prayers, praise Him, and ask that the prayers be done by His will.

This is a great story told, so I

am going to share it with you. Plant the seed. If a man has a rice plantation and says, "Praise God, I believe in rice," and his father and grandfather believed in rice too, that doesn't mean that the rice will be produced. If the seeds are on his truck waiting to be planted, but they just sit there and praise God because they believe in rice and never take action on what they know—to plant the seeds—then they will not harvest rice.

A lot of Christians are doing just that. They say, "I believe the Lord is able." However, they do not allow the Lord to work through them and take action on what He is guiding them to do. Sometimes Christians think by praying longer about a situation it will soon work out. It won't; we need to get this straightened out. Faith will make prayer work. Faith will work without prayer. Prayer won't work without faith. We have learned from the Word of God that you can have what you say. II Peter 1:2 (Clear Word) says, "Grace and peace be yours a thousand fold, as your knowledge of God grows deeper through Jesus Christ."

I really felt this book was so interesting. You get a different perspective by reading a book like this. This book is not only for reading; it is for studying God's Word. As I went through this book, I found myself searching more and more scripture and finding so many answers to questions I had. I feel the

Lord has led me to different scriptures I have not researched before. This is a powerful book and really makes you think about where you are in your prayer life and how strong your faith is. II Corinthians 4:13 (Clear Word) says, "I believed; therefore, I have spoken." That's what we do. We speak because we believe. I look to the Clear Word for deeper study and I find so much more detail. II Peter 1:3-4 (Clear Word) says, "God's divine power has given us everything we need to live a Christian life, according to His goodness and glory. Because He is good, He has given us many precious promises through which we may participate in His divine power to live above the evil, lustful desires of this world."

We all know that God is amazing. If you want to develop a deeper relationship with God, read and study the given texts here in this book. This is a great reference book, also. Find out how God has worked in Capps's life and turned him completely around to Him. Have faith, and God bless!

**Hampden Heights
Seventh Day Adventist
Church**

2706 Old Pricetown Rd.
Temple, PA
19560

PHONE:
(610) 921-0890

CHURCH EMAIL:
HampdenHeightsSDA
@comcast.net

SENTINEL EMAIL:
HampdenChurch
@yahoo.com

SENTINEL EDITORS:
Bob Kondracki
Ashley Richards

Pastor Pete Maldonado
413-222-6114

PMaldonado@paconference.org

We're on the Web!

See us at:

www.HampdenHeightsChurch
.org

Children's Page by Ashley Richards

Do you remember the story of Lazarus? He was a close friend of Jesus. One day, he got very sick, and, a couple days later, he died. His two sisters, Mary and Martha, sent a message to Jesus to ask Him to come heal Lazarus, but Jesus didn't get there until Lazarus was already dead. Jesus raised Lazarus to life, after being dead for four days! If you want to read this exciting story, you can find it in John 11. Why don't you ask your parents to read it with you this afternoon?

In this puzzle, you can find 26 words related to the story of Lazarus's resurrection. The words will only be found going down or across. No words are backwards or diagonal.

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

Bethany
Caiaphas
days
death
disciples
four
glory of God
grave clothes
Jesus

Jews
Lazarus
loud voice
Martha
Mary
miracle
mourners
Pharisees
power

resurrection
sickness
sleep
stench
stone
Thomas
tomb
weeping

Did You Know?

Did you know that the shortest verse in the Bible ("Jesus wept") is found in the story of Lazarus's resurrection? That just goes to show you that Jesus really loves His friends (which you are!)

