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# Hampden Heights Sentinel

## Highlights:

- Worry and anxiety often stand between us and real rest and health. Instead of becoming upset while waiting in traffic, talk with God – *Page 2.*
- I follow a leader that is tougher, stronger, braver, more unselfish, loving and compassionate than you can ever hope to comprehend in your pride and arrogance – *Page 4.*
- Summertime is for taking it easy in the kitchen, and I have uncovered a few recipes that are quick and easy and also delicious! – *Page 5.*

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*IF ANYONE THEN, KNOWS THE GOOD THEY OUGHT TO DO AND DOESN'T DO IT, IT IS SIN FOR THEM. ~~ JAMES 4:17 NIV ~~*

## Mission Trip Central

by Ashley Richards

As you all may have heard, Hampden Heights is going on a mission trip! While we would love to take you all with us, there simply isn't enough room, but we would like to take as many as we can. So if you're interested in accompanying us next summer, either pick up an application form sitting on the desk in the foyer, or come speak to me about any details you have questions on (I can be reached at 610-207-7573), or both!

Previously we had advertised that we need decisions (and applications) turned in by August 1<sup>st</sup>, but since we are looking to do some additional recruiting to build a bigger (and stronger) team, we have extended that deadline by one month's time. **All applications (and \$50 down payments) for the trip are due by September 1, 2016.**

We will be going to Brazil next July (July 20-31, 2017), and while we are there, we'll be building a church, holding an evangelistic series, doing a Vacation Bible School, and providing we can get a dentist or doctor to go with us, we'll have a clinic, as well. People of any age are welcome to accompany us, although children 14 and under must be accompanied by a parent/legal adult, and teenagers 15-18 must have a signed parental consent form

before they'll be permitted to go.

This is a massive undertaking as a church, and even if you're not able to join us on the trip, we can still use your help preparing here. First, we covet your prayers. Pray for the guidance of the Holy Spirit and His power. Pray that the Holy Spirit will prepare the hearts of those to whom we will minister, and that He will prepare our hearts as well. Pray that God will provide all our needs to make this trip a success, and pray that God will send us the personnel we need to be able to reach all those God has in mind for us.

If you want to be involved in a more hands-on approach, we are working toward a couple fundraisers in the next few months, and if you are able to help us, we would greatly appreciate it.

Two of the fundraisers are an **International Food Festival** and **Silent Auction**. We need people to make food from any nationality (outside American) for the food festival. If you are interested in making food native to your nationality, please come and speak with me as soon as possible. We are looking to set up a number of booths from different nationalities with a couple different dishes each.

We also need donations for

the silent auction. If you have an item or a service you'd be willing to donate to the auction for the benefit of the mission trip, please contact me for further information. (These two fundraisers were initially planned for August 21, but, due to some unforeseen complications, we'll be having those fundraisers a little bit later on, this autumn. As soon as we have a date, I will let everyone know.)

Our second fundraiser is an **Art/Craft Fair**. If you cross-stitch, knit, crochet, paint, draw, make comic strips, sculpt, blow glass, or anything in between—we want you! Sometime this fall, we will be holding the fair and all donations will be sold for profit to benefit the mission trip. Please contact me if you have any questions or would like to get involved further.

Thank you, everyone!

# Health Ministries

by Arleen Johns

Rest is the next to last topic of the NEWSTART acronym. Rest/sleep is a very important health principle as are all of the others I have been reporting on.

How many hours of sleep do you need? According to the National Institutes of Health, the average adult sleeps less than seven hours per night. In today's fast-paced society, six or seven hours of sleep may sound pretty good. In reality, though, it's a recipe for chronic sleep deprivation.

## Average Sleep Needs by Age

Newborn to 2 months old: 12-18 hours.

3 months to 1 year old: 14-15 hours.

1 - 3 years: 12-14 hours.

3 - 5 years: 11-13 hours.

5 - 12 years: 10-11 hours.

12-18 years: 8.5-10 hours.

Adults (18+) 7.5-9 hours.

A two week study on those with less than 7 hours sleep had triple the risk of developing a cold when exposed to the rhinovirus virus then those with 8+ hours of sleep.

## You may be sleep deprived if you...

Need an alarm clock to wake up on time.

Rely on the snooze button.

Have a hard time getting out of bed in the morning.

Feel sluggish in the afternoon.

Get sleepy in meetings, lectures, or warm rooms.

Get drowsy after heavy meals, or when driving.

Need a nap to get through the day

Fall asleep while watching TV or relaxing in the evening.

Feel the need to sleep-in on the weekends.

Fall asleep within 5 minutes of going to bed.

## Signs of chronic lack of sleep

Fatigue, lethargy, and lack of motivation.

Moodiness and irritability.

Reduced creativity and problem-solving skills.

Inability to cope with stress.

Reduced immunity; frequent colds and infections.

Concentration and memory problems.

Weight gain.

Impaired motor skills and increased risk of accidents.

Difficulty making decisions.

Increased risk of diabetes, heart disease, and other health problems.

Ever notice how when you're short on sleep that you crave sugary foods that give you a quick energy boost? There's a good reason for that. Sleep deprivation has a direct link to overeating and weight gain. There are two hormones that regulate normal feelings of

hunger and fullness: Ghrelin stimulates appetite, while leptin send signals to the brain when you are full. When we don't get the sleep we need, your ghrelin levels go up, stimulating the appetite (so we want more food than normal), and your leptin levels go down (meaning you don't feel satisfied and want to keep eating). So, the more sleep you lose, the more food your body will crave.

The most damaging effects of sleep deprivation are from inadequate deep sleep. Deep sleep is a time when the body repairs itself and builds up energy for the day ahead. It plays a major role in maintaining your health, stimulating growth and development, repairing muscles and tissues, and boosting your immune system. In order to wake up energized and refreshed, getting quality deep sleep is essential.

A study was done where 44 college students put in an "all nighter" and then took a test in critical thinking. They performed worse on the test than an "eight-hour sleep control group" but were more confident that they had done better, and were more focused. Conclusion: College students are not aware of the extent to which sleep deprivation negatively affects their ability to complete cognitive tasks (Pilcher and Waters, 1997).

## What about sleeping medications to induce sleep if you cannot get to sleep?

During normal sleep, one has alternating periods of light and deep sleep.

Dreaming seems to be a natural outlet, and takes place during the light sleep or REM sleep. Sleep medications often suppress this stage of sleep, and on awaking you may not feel as refreshed in spite of apparently sound sleep. If continued over time, sleep medications will contribute to chronic fatigue and may lessen mental performance!

## Here are 7 practical ways to get the rest you need:

### 1. Pray

Worry and anxiety often stand between us and real rest and health. Instead of becoming upset while waiting in traffic, talk with God. When you've had a rough day at work, tell Him. Let Him know your worries and cares. Then turn them over to Him and trust that He will take care of you. The Bible tells us in Philippians 4:6, "Be not anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

### 2. Sleep

Develop a regular sleep pattern. If you are sleeping less than eight hours nightly, you are cheating yourself. Trying to catch up on sleep doesn't work. Here's how to get those restful zzz's: exercise daily; reduce caffeine intake, especially late in the day; reduce alcohol; avoid eating large, fatty meals late in the day that can keep you awake; adopt a relaxing bedtime routine, something that prepares you for sleep, such as a warm bubble bath or listening to soft music.

(continued on page 5)

## Grace's Outpost by Ashley Richards

I'd never, ever thought I'd be afraid of the time of the end.

In fact, truth be told, I actually looked forward to it, in a strange sort of way. I sort of saw it as my epic story—you know, my *Mobydick*. My *Lord of the Rings*. My *Prince Caspian*, the story where I'm the superheroine. The storyteller in me saw it as my adventure. Though slightly terrifying, I think I had also sort of romanticized it. I saw myself as the Harriet Tubman or the Corrie ten Boom of the Remnant Church, the one who would encourage Christians to keep going, despite the persecution, despite the hiding out, despite the fear and the hunger and who knows what else will follow. Working in secret, fighting for a greater good, maybe even bringing some justice for God's people. I saw myself hiding out in caves, encouraging those who had come to depend on me with words of Scripture and what I had come to know about God. I even thought there was a chance that I could make it through, that I would never die, that I'd be one of the special ones to only have a beginning, but no end.

But now... now my mom

watches a lot of sermons and watches what's going on in the world and she's sure Jesus is coming a lot sooner than any of us had expected. I'm coming to believe it, too. It took me a while.

I thought I had time. I thought I had time to find my happily-ever-after love-of-my-life. I thought I had time to have a couple kids of my own and adopt a few more. I thought I had time to become a published novelist and an international encourager and travel the world. Now I don't even know if I'll make it to my thirtieth birthday before I'm forced to leave my home to preserve my life. I'm starting to think that it won't just be *if* it happens in my lifetime, but *when* it happens in my lifetime.

That all seems totally unbelievable, and yet it seems like life was fine in college, no worse (or at least, not much worse!) than it had been my whole life. Even for the first few years out of college I thought Jesus' coming was decades away. But in the past year or two, it seems like the world is, in this heightened frenzy of evil and destruction and

selfishness, feverishly torpedoing toward the end of everything, and I don't see how the world can sustain our religious freedom and yet stay this bad, and I can no longer see this getting better. I should be encouraged by the fact that I could be seeing Jesus in a few short years. I should be encouraged by the fact that this world can kill my body but they can't kill my soul.

But the whole idea of it terrifies me. I feel like I'm in the same scenario as a German Jew in the early 1930s, only I know *exactly* what's coming. History repeats itself, and this is one Holocaust humanity won't bounce back from, won't denounce and keep moving in its sinful state. I could lose my life. My *family* could lose their lives. What'll happen to me if I'm not able to pay off all my loans before then? How easily could the government track me down and use that alone to imprison me, much less my refusal to worship on Sunday? Where could I *possibly* go to hide where the American government could not find me? With thermal imaging, phone taps, surveillance cameras, etc., how can I hide and not be found?

As I've been writing this article, Cordell's prayer keeps coming to mind. I'm sure you know it.

Every time an elder asks for prayer requests or praises from the pulpit he calls it out from where he sits. "Please help us in the time of the end!"

Cordell, I think I'm going to start praying that prayer, too.

I'm not sure my fear will ever go away. One of my sisters has been terrified of it for *years*. I don't know how it'll play out in the end, or what God will let me do until then. But I think Cordell has it right. My fear won't just go away, and I don't want to come up with some trite words to make me—or you—feel any better about how the end of the world will play out, just to wrap up this article in a nice box with a bow. But if there's any solution to be realized in this situation, Jesus will be the one to solve it. Jesus is with us. Even if He won't be the one to rescue us out of persecution, He *will* be the one to give us peace and fortitude to bring us *through* it, and that's something I know I'm going to need more than anything else.

## Sabbath School by Nancy Stump

Hampden Heights Church is fortunate to have Sabbath school classes for all ages. It is a pleasure to have students/adults that are willing to come and learn about their Savior. Remember, classes do start at 9:30am.

Some of the children are missing out on songs and the story by coming into the classes so late. Another concern of ours is the fact that more help is needed in a variety of classes. If you have worked with children and/or youth in the past or would like to assist in any way, please contact Delilah

Romyn.

If you would be interested in being a teacher for a class, please contact the Ministry Placement Committee.

To work with the children and the youth, you must have a background check and fingerprinting done in accordance with the state.

Check with Wendy Good about the paperwork that is needed.

Thank you.

## The Observation Post by Bob Kondracki

### Is Christianity a Religion For Wimps and Cowards?

"Organized religion is a sham and a crutch for weak-minded people who need strength in numbers." This is the opinion of someone who none of us are ever going to confuse with a wimp. As a matter of fact, renowned tough guy Jesse Ventura served in Vietnam as a Navy Seal, earned fame as a professional wrestler, was a motorcycle gang member, and was employed as a bodyguard for *The Rolling Stones* for a time. Probably someone whom you wouldn't want to meet in a dark alley late at night.

I have quite a few so called "tough guy" friends, probably many of us do. And with the prevailing attitude of "Might Makes Right" in most "tough guy" circles, there is a tendency to look down on most religions, Christianity in particular, as a pacifistic, peace-loving, non-confrontational, non-aggressive, afraid to fight faith, for the most part. Of course not everyone shares this opinion, but a significant percentage of people do in fact believe that if push comes to shove (pun intended), most Christians will inevitably transition into shrinking violets. One belief is that Christians are afraid to fight their own battles, so they naturally migrate to a religion that is tailor-made for them, and they can hide behind the title of "Christian" as an excuse for an apparently timid and fearful nature. After all, wasn't Jesus himself a pacifist? Didn't he say, "The meek will inherit the earth," among many other statements promoting passiveness?

When I was growing up, I used to watch my grandmother study her Bible for hours on end. And she was always preaching to me the conciliatory ideas that the Bible so strongly proclaims. "Love your enemies," "Turn the other cheek," "Thou shall not kill," etc., and I used to think, "If this is what being a Christian is all about...letting everybody push you around, take advantage of you, don't fight back, etc., well then, it's really not for me."

Now you may agree or disagree with my premise at this point. But anybody growing up in a rough public school system, say like the city of Reading's, will identify with what I'm saying. Admitting you were a Christian certainly invited confrontations at times, and made you an easy target for bullies. The environment indoctrinates you. Eventually I learned that it's better to be the predator than the prey.

The prevailing stereotype of Christians being unwilling to fight, to even allow themselves to be taken advantage of in order to avoid any kind of confrontation still endures today. Not everybody is so ignorant. Of course not. But it does persist nonetheless, in the minds of a moderate number of people. Christ's character and personality is widely known for humility, tenderness, compassion, love, kindness, and yes, meekness. If we are truly Christians, we are expected to adopt the attitude and nature of Christ, are we not? And in many people's minds, that makes us vulnerable and weak.

My outlook on Christianity changed dramatically about 19-20 years ago when I had a

conversation about baptism with a previous pastor of the Hampden Heights church named Barry Tryon. I explained my hesitancy about being baptized and formally becoming a Christian, and he said something that still resonates very strongly with me to this day. Barry informed me that being a Christian doesn't mean you have to become a doormat. That statement immediately changed my perspective in a profound way. It helped me to understand that, as a Christian, I don't deliberately seek trouble, but I also don't have to be submissive to everything and everybody that tries to take advantage of me. I don't have to be intimidated because I subscribe to Christian values, which are often contrary to how our society believes things should be handled.

Since that conversation with Barry many years ago, I have only grown stronger in my belief that Christians don't necessarily have to "turn the other cheek" and take all the abuse heaped upon them at times. Bible examples would bear that out. We are all familiar with God's ruthless commands to the Israelites when they were battling other pagan nations. We all understand that David was a warrior and a fighting man, but was also "a man after God's own heart" (Acts 13:22). But we must also realize that there must be discernment in considering how we will react to a certain situation as well. We must always keep in mind that as Christians, we represent Jesus in all circumstances, good or bad.

So does that make Christianity a spineless

religion because we follow a leader that emphasizes love, compassion and unselfishness over his own needs and desires. Does the fact that Christ chose to serve others, instead of forcing others to serve him make him weak? Was Christ a fearful, timid coward, afraid to fight, afraid of confrontation? Nescient people often make the mistake of confusing meekness for weakness.

So to those who are hesitant to recognize and worship Christ, because they think it's a sign of weakness, I have a question. First of all, what is worship exactly? Is it not humbly acknowledging someone or something superior to ourselves? Is it not showing reverence and respect and subordination? Is it not displaying our loyalty and affection for who or what we are worshipping? If your pride or arrogance gets in the way of worshipping Christ, what are you worshipping then? Perhaps it's a job or career. Maybe a house or other possession(s). Money? A sports team...a movie star? Maybe even yourself in your convoluted blind pride. Whatever it is, it is certainly inferior to Christ. And as much as the proud don't want to hear it or believe it, all will be humbled, and every knee will bow to Christ eventually, whether voluntarily or not (Phil 2:10-11).

And one last question I have for all those too strong and manly to acquiesce to humbling themselves to a weakling like Christ. Is there anybody, whether dead or alive, who could have, willingly no less, endured (continued page 6)

**Recipe of the Month** by Elizabeth Hill

Summertime is for taking it easy in the kitchen, and I have uncovered a few recipes that are quick and easy and also delicious! This is one of them.

**Blueberry Cheesecake Crumble Bars**

Ingredients:

- 1 pkg. sugar-cookie dough mix
- 1/2 cup coconut oil
- 1 (8 oz.) pkg. cream cheese

- 1 large egg
- 6 tbsp. sugar
- 1/2 teasp. vanilla
- 1 1/2 cups fresh blueberries
- 1/4 cup blueberries preserves or jam
- 1 lemon, zested and juiced

Heat oven to 350 F. Line 9-inch square baking pan with foil; coat with cooking spray. Prepare cookie dough as package directs, substituting coconut oil for butter. Press 2/3 of dough into bottom of pan.

Using an electric mixer, beat cream cheese, egg, sugar and vanilla until smooth. Spread over cookie dough.

In a bowl, combine blueberries, preserves or jam, 1 teasp. lemon juice, and 1/2 teasp. lemon zest; spread over cream cheese layer. Dollop top with remaining cookie dough. Bake 25 to 30 minutes or until done. Cool completely before cutting. I recommend refrigerating until cold and running a knife under hot water before each cut.

This is the original recipe. I added the 3 tbsp. flour to make the cut out cookies and it worked out well for me. I didn't try the recipe with the cookies mixed for drop cookies. If you try that, please let me know how that worked out for you.

**Health Ministries** (continued from page 2)

**3. Breathe Well**

Proper breathing can help you relax. Try this: start from the very bottom of your lungs and breathe in slowly through your nose. Count slowly to five while inhaling. Then exhale through tight lips twice as long as you inhaled. Allow the head to drop toward the chest as you exhale, relaxing the back of your neck. Repeat this exercise four or five times until you notice your breathing is slowing down.

**4. Imagine**

Take 20-second (or much longer!) mental vacations. Wander through Yosemite National Park, walk along a white-sand Hawaiian beach, or browse in antique shops in Pennsylvania.

**5. Take a vacation**

We all love vacations, but hardly ever take them. The average American worker feels that his or her workload just doesn't allow for the luxury of a vacation. It is no wonder that we are living unhealthy, unbalanced lives because a balanced, healthy life includes regular time off. No, not just an occasional day here and there—even though those are helpful—but the "I went fishing in the Keys for two weeks" kind of vacations. Studies show that our bodies need several days to unwind from the stress of everyday life. Then we need several days after that for true rest to occur. Start planning your next vacation, a real one without cell phones, computers, and other work. Get away. Play. Rest.

**6. Laugh**

The Bible book of Proverbs tells us that a cheerful heart is good medicine, but a crushed spirit dries up the bones. Another way of saying this is that laughter is the best medicine. When we laugh, especially those laughs that start in our toes and don't stop until they reach the top of our head, our blood pressure goes down, our muscles relax, and our brains release endorphins that make us feel better.

"Sabbath is a time to stop, to refrain from being seduced by our desires. To stop working, stop making money, stop spending money. See what you have. Look around. Listen to your life. — Wayne Mueller"

**7. Rest weekly**

Never forget the special rest that God created for us, the Sabbath rest when we leave behind our normal routine and spend one full day with Him and with family and friends. Spend the Sabbath reading the Bible and praying, enjoying nature, visiting a nursing home, going to church. Rest your body, mind, and soul.

Now, get some rest.

More information on [NEWSTARTclub.com](http://NEWSTARTclub.com), [HelpGuide.org](http://HelpGuide.org) & [Creationhealth.com](http://Creationhealth.com)

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

Did you know that Hampden Heights is going on a mission trip to Brazil next summer? Maybe even you're going with your family. In Brazil, they speak the Portuguese language, so this month's puzzle is in Portuguese! Below you will find twenty Portuguese words (or phrases) that talk about Jesus and His death on the cross, and His love (the words in English are in parentheses directly afterward, so at least you know what the words mean!). Since this puzzle is probably a little bit harder, the words will only be found going down or going across. None are backwards or diagonal. (To simplify things, the accents for the words listed below are not included in the puzzle.)

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

- alegria (joy)
- amor (love)
- céu (heaven)
- crucificação (crucifixion)
- cruz (cross)
- Deus (God)
- discípulos (disciples)
- esperança (hope)
- filho de Deus (child of God)
- Jesus (Jesus)

- João (John)
- ladrão (thief)
- Maria (Mary)
- morte (death)
- Pedro (Peter)
- ressurreição (resurrection)
- sacrifício (sacrifice)
- salvação (salvation)
- sepultura (grave)
- vida (life)

**The Observation Post**

(continued from page 4)

the agony and suffering, both physically and mentally, that Christ endured on our behalf? Christ could have ended his misery any time he wanted, but he deliberately chose to suffer unimaginable torment. So, Mr. tatted up, pierced all over, macho tough guy, the next time you want to call Christianity a religion for wimps, keep in mind if you had to go through what Christ went through you would've been soiling yourself and whimpering and crying like a little school girl long before you even reached the crucifixion. I follow a leader that is tougher, stronger, braver, more unselfish, loving and compassionate than you can ever hope to comprehend in your pride and arrogance. And Christians have to endure far more difficulties than non-Christians in this sin-infested world. Satan sees to that. Remember, Christ said "Whoever does not take up their cross and follow me is not worthy of me" (Matthew 10:38).

On the contrary, Christianity is only for people with courage enough to follow Jesus. No wimps need apply.

