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Hampden Heights Sentinel

Highlights:

- Even what we say affects our health – Page 2
- I've asked God, "Why am I going through this?" Page 3
- Do I not destroy my enemies when I make them my friends? Page 3
- Do not skip meals to lose weight! Page 4
- Honesty opens us to the spirit of consolation and compassion with God – Page 5
- Are you willing to go to jail to honor God? Page 6

Index:

Health Ministries	2
New Features	2
Grace's Outpost	3
Notable Quotes	3
The Medicine Chest	4
Praying Scripture	5
Children's Page	6
Church & Newsletter Information	6

FOR THE WISDOM OF THIS WORLD IS FOOLISHNESS IN GOD'S SIGHT. AS IT IS WRITTEN: "HE CATCHES THE WISE IN THEIR CRAFTINESS"
~1 CORINTHIANS 3:19~

RJA News Corner

by Lee Stahl, Principal

RJA Students Help Feed Volunteers

On September 13, Reading Junior Academy, with the help of school cook, Dominick Long, provided a hot lunch to the volunteers of Restoring Hope Foundation. The foundation helped renovate the home of a Shillington father with eight children over an eight-day time period. The Pennsylvania Conference office received an email from the Restoring Hope Foundation as they sought out volunteers to provide lunches for their volunteer workers. Conference officials contacted RJA to recommend a joint effort in fulfilling this service. Six students assisted in serving the meal. The director of the project had warned the workers that morning not to complain if there was not any meat since she was familiar with Seventh-day Adventist's focus on a vegetarian lifestyle. However, the baked ziti didn't seem to disappoint as many compliments were voiced to our students. We were excited to join the effort of our community and have our students involved in service activity.



RJA Students Participate at BMA Sportsfest

For two days over 150 students across Pennsylvania came to Blue Mountain Academy to participate in their annual Sportsfest. The weather was overcast, but the rain, for the most part, held off until the early morning hours, having very little effect on the outdoor sports events. RJA had 31 students in grades 5-10 participate as each student chose two of the five sporting events offered.

Field Trip to Daniel Boone Homestead

While the older students were at Sportsfest on September 18, RJA students in grades 1-4 and their families went on a field trip to Daniel Boone Homestead. At the homestead students got to learn about early American lifestyle and also pet some sheep.

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

Health Ministries

by Wayne Johns

During 2016 we have provided a description of the acronym NEWSTART.

Typically when we think of health we think physical health. But the last letter of NEWSTART refers to a relationship with God. Without a trust in God, our physical health only provides temporary well-being. Proverbs 4:22 states, *"For they [are] life unto those that find them, and health to all their flesh."* In this text we note true health is for those who find God, for the wicked know not when they stumble.

Solomon goes on in Proverbs, telling us even our mouth promotes or degenerates our health. Proverbs 12:18 states, *"There is that speaks like the piercings of a sword: but the tongue of the wise [is] health."* Watching what we say does make a difference to our health and others.

David also knew the importance of what we say. *"Let the words of my mouth and medication of my heart be acceptable in Your sight Oh My God"* (Psalm 19:14).

This is not the Oh my God (OMG) we commonly hear throughout the day or perhaps from our own mouths, but the awesome-God, the God-deserving-of-reverence, the God-who-created-all-things God. The God-I-need-to-be-in-charge-of-my-heart that the words, even the very thoughts I have acknowledge Him as who He is.

Even our faith provides health as is noted in Proverbs 13:17: *"A wicked messenger falls into mischief: but a faithful ambassador [is] health."*

Sometimes we place our wisdom where God's wisdom does not go. I am reminded that our wisdom is foolishness in God's eyes and our pride can prevent us from seeing

our foolish ways. Our wisdom and our logic have flaws that may cause us to ignore God's way. May we remain faithful to God.

Solomon refers to the right word spoken at the right time in Proverbs 16:24: *"Pleasant words [are as] an honeycomb, sweet to the soul, and health to the bones."* The wrong words or harbored thoughts can eat away at our very core. I pray my words are received as kindness and not accusing, as some have taken them. For without God in my heart, without God as my navigator, I'm just drifting and not of good health.

John provides support for our relationship with God in 1 John 1:2: *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospers."* I pray this relationship is the driving influence of all we say, of all we do, keeping our spiritual

health as a top priority so our physical health may point others to Who is the source of health, the source of life.

May we, as Moses, be able to say: *"The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace. And they shall put my name upon the children of Israel; and I will bless them"* (Numbers 6:24-27).

God be with us all as our spiritual health is blessed by our daily walk with Him.

New Sentinel Features

by Bob Kondracki

Out with the old, in with the new, as the cliché goes. This month's newsletter features some new columns to replace some of the ones we dropped.

I am happy to welcome one of my best friends, Dr. John Manubay, MD, to our newsletter. John and I have known each other since the 7th grade. We became best friends through common interests in chess and sports, and have remained close since then. John has been the physician to multiple HS sports teams in Berks County, and he currently has his own practice in the Sinking Spring area.

John will be doing a medical column for our newsletter titled "The Medicine Chest" If there is any subject in particular you would like him to address, you can send your requests to him via the Sentinel email address.

Another feature that I have added is the "Notable Quotes" column. One of my favorite things is collecting great quotes throughout history, and this is something I thought would be fun to share with our readers. I had the idea for awhile, but thanks to a suggestion by Dwight Edris on such a feature (without prompting from me) it just confirmed my decision to

add it to our newsletter. If you have an interesting quote, send it to me. I may include it in the next column.

Ashley Richards, my co-editor, also has some interesting ideas, and the next few months we will continue to experiment with the content and style of the newsletter. So if there is anything that you really enjoy, anything that you would like to see added, or even anything that we've eliminated that you would like to see brought back, please don't hesitate to let us know.

You can also send us your ideas and thoughts via the Sentinel's email address:

hampdenchurch@yahoo.com.

We are still looking for people to step up and get involved in the newsletter. If you were one of those who suggested an idea for the newsletter, where are you? Don't wait for someone else to do something you want to see. We would like to have somebody take over the Book Review feature, or perhaps do a review on some other Christian interests. Your input, ideas, and opinion on the newest features are very important to us. The only way we know whether we're reaching our readers is by receiving feedback from them. Speak up! Let us know.

Grace's Outpost by Ashley Richards

"You have turned for me my mourning into dancing; You have loosed my sackcloth and girded me with gladness, that my soul may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever." – Psalm 30:11-12

Jesus is turning my mourning into dancing.

Okay, so maybe that's a bit over-the-top, but if you ask my mother, I have a flair for the dramatic. Rarely was I physically mourning, but I certainly wasn't happy.

In the past several years, I've asked myself—and God—over and over, *Why am I going through this?* Not in an I-hate-God sort of way, but more of an I-don't-understand-this-God-I'm-unhappy-and-this-is-not-the-life-I-thought-you-called-me-to sort of way. I was willing to give Him room to work, because I knew I'd doubted Him in the past and was trying to trust Him. I knew when Romans 8:28 said that all things work together for those who love God, it doesn't mean they work together in a nanosecond. But still, I was unhappy, and didn't understand why I was

stuck at Panera when I wanted to be off in the mission field, or a happily-married mama, or a well-loved Christian novelist. I hadn't wanted to make salads for years on end and be more worried about keeping customers happy and following the safety and sanitation rules of a restaurant than eliciting smiles from orphans and relieved hugs from single moms. I wanted to be out in the world, praying with and encouraging pastors, helping orphans not feel alone in this world, seeing the look on people's faces when they realized how desperately Jesus loves them.

Living from paycheck to paycheck is frustrating. Not only worrying about the emergencies that could pop up, but always feeling drained, hopeless, like there's no way out or up. I'm thankful for Panera, though, as they have paid me much better than Taco Bell ever did, and I receive better benefits, as well. God used Panera to ease that burden.

But I've reached the stage where my whole perspective doesn't feel so overwhelming. I've gotten to the point where

over half my student debt is paid off, and, as I see payments being credited to my account, I can actually see the debt getting smaller and smaller with each month. Soon I may be getting to the point where I can pay more toward my loans than I have been able to before, and I might even be able to pay off one of the loans in the next year (which would also mean a third of my loans have been paid off so far!). It sounds like God might be blessing me with a promotion to catering, which would include a raise, and I'm just sitting here with so much gratitude in my heart that I don't know what to do with it all. I was hoping to have all my loans paid off in four years' time, but now I'm wondering if it could be done in just three.

It leaves me wondering what in the world I'll do with that year. Will I take off a couple months to work on one of the novels I'd like to write (but have been too stressed with work at Panera to be able to focus on writing it well)? Will I actually get to go see Europe for the first time? Will I take off for the mission field that much sooner? Will I take off on a road trip up to Nova Scotia, or across the country to the Pacific Coast?

Will I take time to go research in Germany for one of my novels? It's mind-boggling and freeing to have so many options, so I thank God I still have a couple years to decide.

I don't share all this to boast. I know some have it worse than I do. I just feel like I'm being freed from a nine-year force-freeze on my life (first with my depression, and then with not being able to find a position in my field) and I can't help but be grateful for the journey that God has taken me on that leads to the freedom that is coming my way. The journey wasn't always pleasant, but, as my coworker has told me, God has used my time at Panera to reach others for Him. He's been teaching me patience and faith, and to seek His face. Emerging from this journey is so much sweeter, reflecting on the hand of God in my life, as opposed to feeling completely on my own, embittered by the lack of joy and hope I wouldn't have had without His hand on my life. Maybe, God willing, after these three years are up, I'll be ready for whatever new adventure He has planned for me, unless He brings me something else before then. I can't wait to see where He takes me.

Notable Quotes selected by Bob Kondracki

Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation.
~George Washington~

You must be the change you wish to see in the world.
~Mahatma Gandhi~

Do I not destroy my enemies when I make them my friends? ~Abraham Lincoln~

The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants. ~Thomas Jefferson~

Never interrupt your enemy while he is making a mistake.
~Napoleon Bonaparte~

I am the way and the truth and the life. No one comes to the Father except through Me. ~Jesus Christ~

Only a fool learns from his own mistakes, a wise man from the mistakes of others.
~Otto von Bismarck~

A smooth sea never made a skilled mariner. ~English proverb~

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

A bit of fragrance clings to the hand that gives flowers.
~Chinese proverb~

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.
~Naguib Mahfouz~

The Medicine Chest by John Manubay, MD

Obesity, Weight Loss, and Maintaining a Healthy Weight

Obesity is a major health issue in the U.S. Two out of three Americans are considered to be overweight or obese. Contributing factors to obesity include fast food, many popular American foods (hamburgers, french fries, donuts, etc.), larger portion sizes, sweet soda and fruit drinks, and sedentary lifestyle (sitting, watching TV, playing video games, computer use, with little or no physical exercise). Also a person is more likely to develop obesity if their parents are obese. The risks of being overweight include hypertension, heart disease, diabetes, arthritis, respiratory problems like sleep apnea, and certain cancers.

The first step in determining a healthy weight involves figuring out your BMI or Body Mass Index. This is a value derived from the weight and height of an individual. A BMI of 19-24 is desirable. You are considered overweight if you have a BMI of 25-29 and obese with a BMI of 30 or more.

Your doctor can help find causes that may contribute to excessive body weight. Abnormalities in a lipid profile may be seen in metabolic syndrome which is associated with obesity through abnormal fat metabolism. Elevated

blood sugar, HgbA1c, and fasting insulin levels are seen in diabetes type 2 and is associated with abnormal metabolism and obesity. Abnormal thyroid tests can be associated with obesity. In some cases, your doctor may check hormone levels which may be contributing to weight gain.

It is also important to check your food intake carefully. We often underestimate how many calories we are eating. It's usually reasonable to cut down 500 - 1000 calories a day from what you're currently eating. In general, if you can cut 500 calories from your diet each day, you would lose about a pound a week.

However diets with fewer than 1200 calories may not meet your daily nutritional needs. A low carbohydrate diet (minimizing the bread, rice, pasta, and sweets) lowers insulin levels with resulting weight loss. However carbs give your body fuel and energy for your exercise. Taking in some carbohydrate containing foods such as fruit, yogurt or trail mix may benefit your workouts. Also reducing your overall fat intake can significantly cut down calories resulting in losing body fat.

Minimize or avoid fried foods, fat-laden desserts, butter, margarine, mayonnaise, and certain salad dressings. Fruits, vegetables, whole grains, lean meat, chicken, and fish are preferable. Drink more water and avoid regular soft drinks.

To lose weight, you may need to modify your lifestyle, making changes in your physical activity level. Make sure your doctor clears you for an exercise plan. This includes checking your blood pressure, cardiovascular/respiratory condition, and your joints. Exercise lowers blood pressure, lowers cholesterol, and lowers your risk of developing some cancers such as colon and breast cancer. For the health benefits of exercise, it is recommended to perform aerobic exercise (running, biking, swimming, treadmill, elliptical, stair stepper, etc.) at least three times a week for a minimum of 20 minutes. More than 20 minutes is better for weight loss. A basic formula in calculating your target heart rate is to subtract your age from 220 and then calculate 60 to 80 percent of that number.

Weight-loss drugs approved for long-term use include Orlistat (Xenical), Lorcaserin (Belviq), Naltrexone-bupropion (Contrave)- and Liraglutide (Saxenda). There are potential benefits and risks of taking any of the medicines.

Some obese patients may be candidates for weight-loss or bariatric surgery.

Set reasonable weight loss goals. Do not start a weight loss program when you are depressed as this will often lead in failure.

Do not skip meals as this may set you up for a slower metabolism and may cause your blood sugar to bottom out. Drink more water and eat slowly and enjoy the food. You will eat less and feel fuller. Use a small plate to encourage smaller portions. Ride out the food cravings and they will pass in minutes. Find physical activities that you enjoy and do it regularly, like tennis, basketball, walking, running or biking. Vary your exercises to keep things interesting.

Stick to your exercise schedule. Take your gym clothes and sneakers to work. Live a healthy lifestyle. Park your car far and walk to your destination. You will burn calories and your car won't be scratched. Use steps instead of elevator.

Weighing yourself once a week is often enough. Aim for 1 to 2 lbs of weight loss each week.

I wish you luck in meeting your health and weight loss goals.

Praying and Remembering, Using Scripture by Barbara Snyder

It is my hope that this article will open doors out of our spiritual comfort zones. The message here is a suggestion... one that has worked for me and for many of my friends. The first door is really working the book of Psalms. The second door is an invitation to writing prayerful thoughts.

Please resist the temptation to think of the following words as a "how to pray." Be patient as I try to bring a concept to clarity.

First door... Psalms is one of the most quoted books of the Bible demonstrating the rawness of the human spirit. It shows man as a being full of conflicting emotions, swollen with his humanity, and hungry for God. It is written by men who were not afraid of showing their nakedness to the Creator and is a model encouraging honesty with ourselves and with God. Honesty opens us to the spirit of consolation and compassion which is God Himself. You see, God does not need a perfect vessel; He is the perfect vessel living within us. If you want to accept the Psalms as an invitation to be real, start by spending time with one Psalm daily. Find the emotions generated in your own heart, and thereby see God.

It is true that the Psalms are a reflection of a patriarchal society based on fear and guilt projecting evil and sin onto its enemies. It is this kind of language that keeps some of us from contemplating the psalms and seeing their meaning in

everyday life. Overcoming that barrier will open the psalms as a dialogue with God impacting and liberating us from those same fears, anger, and guilt. We will also be connected to the love and sweetness of God in our life, my life, your life, in our world, today.

I have felt this rawness in my life. I have had an alcoholic father, a broken mother, a failed marriage, a life limited in some ways by disease, more bad than good memories of life as a child, extreme vulnerability, and economic hardship as a young person. But I have also had the joys of three children, a faithful husband, and a fruitful career. Most importantly however, when I first met Jesus I was captured by love personified. I was captured and I was saved. There is no easy road, but there is a journey with a Friend who can take it all, absorb it all, change some of it, and most importantly will never leave you.

Second door... I want to encourage others to keep a journal. A journal entry doesn't have to look like a prayer. It could look more like a diary entry or just a list of names or feelings, or just about anything. Imagination also works. See yourself with God, talking, or walking, or crying. A simple notebook will do but some time must be spent in quiet after you read scripture. The following sample entry is a prayer of consolation, a prayer that demonstrates a trust in God close by.

It might have been written after I spent some time with Ezekiel 16, also a naked truth Bible chapter. If you read Ezekiel 16 you will see where some of these feelings came from. It is one of my favorite chapters and who would think that good chapters would be in Ezekiel? Not me, but I was wrong. Because of Ezekiel 16 I feel like a redeemed princess. This entry was written in January 2014.

Dear God, thank you for the last few days. Help me to pray, walk, or dance through this time as it seems a very, very long time.

Thank you for _____. Bring _____ what she needs in a very real way. Open up the windows of the darkness of her world and shine through. Help her with JOY as only You can. Give me the words to speak that are Spirit through me and life to her as needed. Whatever is my ministry, my work, my opportunities, move me toward them because I am blind, powerless for good, lazy, and unwise. With you I am YOU. Help me to KNOW. Help me to live within your grace over me to cover me, under me to uphold me, in front of me to guide me, behind me to support and direct me, around me to enclose me. I thank you again for Molly (Molly is my dog attacked by the next door neighbor's Pit Bull almost 5 weeks after we moved into our new home. I was devastated and held my dog for hours at a time several times each day as she recovered from extensive

surgery and infections. I was powerless except to love her.) Please protect her from injury. Oh, how angry I am. I don't want to be nice and understanding to these neighbors. I am unworthy because of my sins but I am coming to You anyway. I am lonely because of my family but I now ask for ideas, I am fruitless because of a lot of things but I now ask for sun, food, water, soil and care. I ask You to restore the years the locust has eaten, for balm for my sores, cleansing water for my bleeding and my rebellion, clothes for my nakedness, jewels for my poverty, love for my negativity, kind words for my insolence, impatience, and anger. A nap for my tiredness, a giving up for my holding on, wisdom for my folly, sweetness for my bitterness.

Yesterday and today I thought of ____, ____, ____, ____. How different we are, such a varied group. Help me to be quiet inside me today. Energy outside but only if it be your will.

Amen

(and Amen to you church family.)

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The Children's Page by Ashley Richards

Do you know the story of Joseph? It's one of my favorites! He was the son of Jacob, the second youngest in his family. He had eleven brothers (Reuben, Simeon, Levi, Judah, Gad, Dan, Asher, Issachar, Naphtali, Zebulun, and Benjamin!), and he was his father's favorite son. One day his father even gave him a colorful coat of many colors to show how much he loved Joseph! His older brothers didn't like it, though, and first threw Joseph into a pit and then sold him as a slave! He was shipped off to the country of Egypt, where he worked for a man named Potiphar, who worked for their leader, who was called the pharaoh. While he was there, he worked very hard to honor God with his life, but Potiphar still sent him to jail when his wife tried to sleep with him and then accused him of attacking her! (He refused because he wanted to honor God with his life!) In prison, he again showed himself to be a good worker and was put in charge of running the prison—while he was a prisoner! Isn't that amazing? Eventually the pharaoh heard that Joseph could interpret dreams, and called him to his palace to interpret a scary dream he'd had. When there, Joseph impressed the pharaoh so much with his interpretation and what it meant for the country of Egypt that he promoted Joseph to the man who would be second in charge of the nation of Egypt! Seven years later, a famine struck Egypt and the surrounding lands, and God used Joseph to save not only the lives of the people of Egypt, but also the surrounding countries, by building up a huge storage of food to last them through the famine. God was able to do all that great work through Joseph because Joseph wanted to live his life for God. In the puzzle below, you'll find some words that relate to the story of Joseph—you can find the words going down or across.

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

- | | | |
|----------|----------|----------|
| Asher | Famine | Naphtali |
| Benjamin | Gad | Pharaoh |
| Coat | Issachar | Potiphar |
| Colorful | Jacob | Reuben |
| Dan | Jail | Reunion |
| Dreams | Joseph | Simeon |
| Egypt | Judah | Slavery |
| Family | Levi | Zebulun |