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Hampden Heights Sentinel

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"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." Isaiah 55:8-9 NIV

RJA News Corner

By Lee Stahl, Principal

Enrollment

Student enrollment continues to increase. We currently have 84 students, and we are expecting 2 more by October 1. Please continue to keep our students, staff, and families in your prayers!

Sports Fest

RJA students in grades 5-10 continued their participation at Sports Fest hosted by Blue Mountain Academy on September 13-14. Sports Fest is designed to encourage healthful living by encouraging exercise and developing athletic skills. Each student participated in two sports. They chose between basketball, soccer, volleyball, flag football, and gymnastics. They spent these two days working on skills and learning valuable lessons on healthy living.

Field Trips

Students in grades 1-4 went to the Haycreek Festival on Sunday, September 13 as part of a family field trip. At the festival they were able to see a variety of activities

from blowing glass, making candles, rope, straw brooms, etc. It also provided them an opportunity to see what American living was like back in the 1800's. There were also lots of arts, crafts, antique cars and tractors, as well as yummy food.

On September 24, students from pre-K and kindergarten went on a scavenger hunt at the garden area by the Reading Museum. They were searching to see geese, ducks, snakes, butterflies, fish, bridges, a stream, variety of trees, and flowers. They were able to collect leaves, feathers, nuts, seeds, stones, tree bark rubbings, etc. in their paper bags. At the end of their hunt they enjoyed a picnic.

ITBS Testing

September 28 marks the beginning of ITBS testing at RJA. ITBS stands for Iowa Tests of Basic Skills. These norm-referenced standardized tests are given to each student in grades 3-10. Some ask why do we test? Assessment plays a vital

role in education. It provides an answer to the question, "What does a student know and what is that student able to do?" Measuring student achievement helps determine: the level of student mastery of skills, validity of the curriculum of courses of study, effectiveness of instructional practices, and effectiveness of schools and school systems. We know that all children have skills, knowledge and talents that tests cannot measure. A single test does not tell you everything about a child. These tests are just a "snapshot" of a student's achievement and another tool to assist educators on how to guide instruction.

**RJA: Educating Today
and for Eternity!**

A Book Review by Stacy McLean

Hi, my name is Stacy McLean. I am married to Jason McLean going on 22 years. We have 2 wonderful kids. Cordell is our 13 year old and Emily is our 11 year old. They are both in a home school curriculum.

I chose to write a book review because, I love to read and share information with others. The book I'm reviewing is titled "**Parenting Teens with Love and Logic**" by: Foster Cline, MD and Jim Fay (Preparing Adolescents for Responsible Adulthood)

The authors' theme throughout the book is Love and Logic.

The first half of the book deals with love, which is essential to parenting. Love means maintaining a healthy relationship with our teens, empowering them to make their own decisions, to live with their own mistakes, and to grow through the consequences. The second half of the book tackles logic in the relationship.

Logic allows our kids to figure out for themselves the cause-and-effect patterns of how their decisions and behaviors lead to certain consequences; it allows them to know that we love,

support, and feel empathy for them in their situations but will not bail them out; and it allows responsibility to develop in them as they work through their difficulties and solve their problems for themselves.

When you parent with Love and Logic, it's a win-win situation. You win because you'll learn to love in a healthy way and effectively guide your teens, without resorting to anger, threats, and power struggles that will hinder them along the path to adulthood. Your teens win because they'll learn responsibility and the logic of life by solving their own problems and acquiring the tools they'll need to cope with the real world. As a parent, you face no greater challenge and no greater opportunity than to guide your children through their teen years toward a productive, happy, and responsible adulthood.

This book has great strategies and ideas to help parents and teens develop a good relationship. The FIRST and MOST IMPORTANT thing is for teens to show respect. If they disrespect their parents, then they are no longer entitled to privileges. However, if they are

respectful to their parents, then the privileges are enjoyed freely.

Another interesting strategy the authors advocate is when the parents feel their anger stirring up- whisper to your teen. This will naturally calm them and give a chance for the relationship to stay strongly bonded.

This book also has various quick techniques to go to in a hurry. They call them "The Love and Logic Pearls". You can go right to this section, when you have a specific topic you're looking for. This will provide you with a great strategy on how to deal with the situation. Here are just some of the issues that are listed; Aggressive Behavior, Appearance;Clothing-Hairstyles and Other Surprises, Back Talk, Church-When Teens Don't Want to Go, Crisis Situations, Curfews, Dating, Disrespect, Divorce and Visitation, Drug or Substance Abuse, Eating Disorders, Entitlement, Friends and Peer Pressure, Grades, Jobs, Leadership: Prepare Your Teen to be a Leader, Money, Mood Swings, Music, The Internet, The Telephone, Video and Computer Games, Violence;

Bullies and Gangs, and When to Seek Professional Help.

Another very important thing to remember is to not give a consequence at the time a problem is happening. Let your teen know that you must take some time to think and pray about the unfortunate situation. Also, your teen will be thinking; "Oh, Boy, what are my parents going to give me as a consequence." "Maybe when we talk I could give them ideas I have." "Maybe I should pray too." Then when you come together to discuss what happened, you can come up with a reasonable consequence. Believe me, your teen will be happier that you took the time to think, pray and spend time to help them through challenges.

Of course, remember to always bring your concerns and worries to God in prayer. I often pray for God to show me the guidance I need from the books I read.

You can find this book at any of the book retailers online or at the public libraries.

Hope you enjoyed my review and found it helpful. Best wishes and God bless.

Recipe of the Month by Elizabeth Hill

Here is the recipe for the appetizer I made for Evangelism In The Rain. It came from Cooking With Bon Appetite Appetizers cookbook. It is a simple recipe but it takes time. The best thing about it is that you can make it way ahead of time and freeze it until you are ready to broil them. I never have any left.

Parmesan Rounds

- 2 loaves sliced white bread (I use Arnold's or Pepperidge Farms)
- 2 8-ounce pkgs. cream cheese room temperature
- 1/2 cup butter melted
- 1/4 cup plus 2 tbsp. mayonnaise
- 6 green onions chopped
- Freshly grated Parmesan Cheese

Preheat broiler. Using 1-inch

round cutter, cut 3 circles from each bread slice. Butter 1 side of each circle. (I use melted butter and a pastry brush for this step.) You will still need the 1/2 cup melted butter for the topping. Arrange in single layer on baking sheet. Broil until lightly toasted. Turn and broil the unbuttered side until lightly toasted. Transfer to rack and cool.

Combine cream cheese, 1/2 cup melted butter, mayonnaise, and green onion in large bowl. Spread about 1 teaspoon of mixture over buttered side of bread. Dip into Parmesan cheese. (can be prepared to this point and frozen) Preheat broiler. Arrange rounds on baking sheet. Broil until bubbly and golden, about 5 min. Serve immediately.

Grace's Outpost by Ashley Richards

It's been a long week.

No, I take that back. It's been a long going-on-two-weeks. I know I need something to say, and I wish it could be eloquent, but for now, I just want to *sleep*. I just want to sleep for two weeks straight, and then go on holiday for a month, and then sleep for another two weeks straight. It's like a battle drum gonging inside my head, *sleep, sleep, sleep, sleep, sleep*.

So forgive me if this month's column lacks finesse or profundity.

But all these Bible verses keep tumbling through my mess of thoughts in my cluttered brain, as I'm trying to form some semblance of

coherence (ironically, this might be the most eloquent I've ever been about nothing at all!):

"Come to me, all who are weary and heavy-laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

"The Lord appeared to me from afar, saying, 'I have loved you with an everlasting love; therefore, I have drawn you with lovingkindness.'" (Jeremiah 31: 3)

"Delight yourself in the Lord; and he will give you the desires of your heart."

(Psalm 37:4)

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened." (Matthew 7:7-8)

"I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you." (John 14:16-17)

"Indeed, He who watches over Israel will neither slumber nor sleep." (Psalm 121:4)

To anyone else, they may seem to be a jumbled-up amalgamation of thoughts on various Bible topics, but they've spoken to my heart, where I am right now. And sometimes, the best thing I could possibly do is soak up the wisdom and hope of the scriptures. I pray that one of these verses might resonate with you today, as well.

Mission Trip Outpost by Ashley Richards

We're going on a mission trip!

(I'd be surprised if anyone in the church is still unaware of the fact, but I just like saying it!)

At Mr. Kondracki's suggestion, I've decided to keep a monthly column for the mission trip as well, presenting (hopefully) timely information that might be useful to those interested in (and later on, actually going on) the mission trip.

First off, our church is going on a mission trip. The dates we are looking at are July 28 – August 8, 2016. We will be building a church, holding either a medical or dental clinic, doing a VBS program, and possibly even holding a short evangelistic series. We

will likely be going to either Brazil or Panama, but we won't know for sure until we can get our application in to Maranatha Missions (the organization that's helping to plan the trip). That won't happen until we know how many people are committed to going on the trip, and we have a construction superintendent that is committed to leading construction on the church we will build, which are two stipulations Maranatha has on its application form. Anyone from the church is able to go, although there are age stipulations for minors (teenagers aged 15-18 must have a notarized parental release form; children under the age of 15 **must be accompanied by a parent/legal guardian**). We

can't take more than about 40 people.

Secondly, there will be a meeting on **October 5th, 2015** (that's the first Monday of the month), at 6:00 PM, here at the church. If you *know* you want to go on the trip or you'd at least like to learn more, please be at the meeting. We'll discuss all the particulars and get you started on the process.

Lastly, if you think you want to attend that meeting, or even if you want to learn more but are unable to attend the meeting, **please** sign up on the sign-up sheet in the hallway, on the bulletin board.

That gives us a rough idea of the number of people interested in the trip, firstly, but it also gives me a way to contact you if I have any questions or need to pass along any information.

That's all the information I have for now, but as more develops I will be sure to keep you up to date! I look forward to seeing everyone at the meeting Monday night.

Meet a Member

by Bob Kondracki

For this month's "Meet a Member" column we are interviewing another long standing member of our church--Cheryl Cherington.

Whether it be friend or stranger, after talking to Cheryl even for just a few minutes, it becomes quite evident how much love she has for Jesus Christ, and the influence He has had on her life. Those who already know Cheryl know exactly what I'm talking about. There are many people who call themselves Christians today. But there are very few that live it as sincerely as Cheryl does.

Cheryl has been a friend of mine almost as long as I've been in the church. When I initially started attending Hampden Heights Cheryl, along with the Johns went out of their way to befriend me, and were very instrumental in making me feel welcome and comfortable.

Cheryl is currently employed by the Veteran's Administration--NECPAC in Lebanon. She works in the accounts management department as a Payer Analyst. She took that job 3 years ago after working at the Reading Hospital in a similar field. "This is a more specialized field than my previous job" she says. "After working at the Reading Hospital for 23 years, it was getting more and more difficult to deal

with the hostile environment, and this job was a very timely answer to prayer," Cheryl confides. "As always, the Lord was there when I needed Him most"

Cheryl felt a yearning to know Christ at a very young age. "At age 5 I would beg my mother to take me to church" she recalls. "That's when you start Sunday school in the Lutheran church. She would drop me and my siblings off and pick us up later" Even in school, Cheryl attributed her good grades to the results of her praying, so she discovered the power of prayer even at that early age.

At age 9, Cheryl remembers becoming interested in Billy Graham when she saw him on the TV. "I would watch him every night that week. I didn't even miss a night to go for ice cream," she laughs.

Most 13 year olds would need a crowbar to get them up on the weekend at 6:30 AM for anything. But Cheryl used to have her mother get her up so she could watch "It Is Written" on Sunday mornings. "I loved the way the Pastor would say Matthew 4:4" she says.

At 14 Cheryl learned about the Adventist church through a boyfriend and her future husband--Bruce Brown. "I also started realizing

something was not right from Catechism class" she reveals. When she confronted the pastor about it, he told her to pray for God's guidance on the matter. So Cheryl started attending the Adventist church with Bruce, and she also had a lot of eye-opening conversations with Bruce's mother, who Cheryl discovered was a very Godly woman. At 19 Cheryl and Bruce Brown were married. At 20 she officially became an Adventist.

Cheryl originally came to the Hampden Heights church through Pathfinders for her children, and has been a member for 28 years now. Although currently living in Myerstown, she still attends our church. "I do it for my grand-daughters, who I bring with me, and for my church family I feel so close to" she confides.

Other family members that are Adventists include Cheryl's brother Ron, who lives in Arizona, her daughter Jenel Cutter and grand-daughter Daffney Wolf, daughter Jennifer and son-in-law Joe Weigley, who are members of the Hamburg church. Also her son Jeremiah Brown and his daughter Kylee Brown attend Hampden Heights. She also had a grand-daughter; Delaney Brown who passed away in December of 2013 that attended regularly. "Delaney had a huge impact on my life while

she was with us", Cheryl reveals. She also had a great impact after she died as well, strengthening my faith and drawing me even closer to the Lord. She was one of the greatest inspirations in my life, and I look forward to seeing her again in heaven"

Cheryl is also very much involved in ministry in our church. She is currently the Leader of our Prayer Ministry and Prayer Groups. "I am also an ordained deaconess, all the way back from the time Pastor Santee was here" she confesses. "I'm not really active in that position right now because bad knees would make things very difficult."

Some of the activities Cheryl enjoys doing include crocheting, sewing, crafts, cooking and baking, and especially taking care of her grand-children. She also enjoys nature, and loved going camping with her children when they were small. "I would really like to travel if possible when I retire" she says.

Cheryl's favorite Bible story is from the book of Daniel, and is the one about the 3 Hebrews; Shadrach, Meshach, and Abednego. "I appreciate how their faith was tested by fire and they still held firm," Cheryl responds. "I think I can identify with the test of faith by fire, at least figuratively," she says. (continued page 5)

Evangelism Report by Nancy Stump

I am so truly blessed with a wonderful church family! We all have areas that can contribute to the greater cause. (“...so in Christ we who are many form one body, and each member belongs to all the others.” Romans 12:5.) And our church family responded to several needs for the Sept 12th, Evangelism Outreach.

First, there was a call that went out asking for help to stuff literature in bags. How wonderful it was to hear and see that the church members responded to a call to come help. The church doors opened for the afternoon and members came throughout the day and evening to help stuff literature into 4,000 bags. Thank you for taking the time out of your schedule to help with this!

Secondly, the request for food to help feed those who would help distribute the literature and for those who participated as prayer warriors. Karen Richards already expressed her gratitude through the email and I was so pleased to hear the amount of people who came to support this outreach in serving and making the food. We had enough food not only for potluck but also to feed everyone after the distribution of literature. The hot cocoa was a special treat after being in the rain. Our visitors were so overjoyed with the hospitality that our church provided. Thank You!

Next, the call from the pulpit for people to come help deliver the literature. I know that it initially seemed bleak with only a few people, and

the heave deluge of rain. Yet the Lord provided with a crew of people that arrived about 2:40 to help with the distribution. A lot of these people had traveled over two hours to help with this endeavor. They were welcomed by our church family and they thoroughly enjoyed the experience despite the heavy rain that occurred.

Our prayer warriors also fervently prayed and thankfully, no one was in an accident. We all got soaked and we can thank the Lord that it wasn't thundering, or lightning, or really cold outside. (Wasn't it fun splashing in the puddles? “Unless you change and become like little children, you will never enter the kingdom of heaven.” Matthew 18:2).

Lastly, the areas of Temple and Fleetwood were covered. A lot of people offered to go out the following day to finish their area. The majority of Blandon and Laureldale did get literature. There are a few developments that could receive a door hanger in the near future.

I want to thank my church family for rising to the occasion to help in the Evangelistic outreach. Now we need to pray for souls to be convicted in wanting to know more about Jesus. And we can welcome those who walk into our church with loving hearts. Please, take the time to befriend a new person and share the **love** of Christ through **His** example.

Evangelistic Meetings by Nancy Stump

In a time when the family unit is suffering distress, hardship and pain, the Word of God brings healing and peace. On Oct. 14th -17th and 21st-24th - Wed.-Thurs.- Fri @7:00pm-8:30pm; Saturday Mornings

11:00am the Hampden Heights church will hold evangelistic meetings entitled: Bringing Faith for Families. Presented by International Evangelist Pastor Juan Cubero. Pastor Cubero had lived a very troubled and risky life. And learning about his

transition from where he was to where God has taken him now is truly inspirational. And Pastor Juan has a passion for sharing this incredible story of his transformation, and the faith that he has acquired in Christ Jesus because of it.

Please plan to attend, and invite friends and family to hear his miraculous testimony about how Jesus has the power to transform anyone. You will be truly amazed.

Meet a Member (continued from page 4)

Cheryl cites Matthew 11:28 as one of her favorite Bible verses; "Come to me, all you who are weary and burdened, and I will give you rest."

Some things that you might not know about Cheryl that were revealed during our

interview include that she plays the clarinet (everybody encourage her to play in church), she is originally from Nebraska, and she wanted to be a dancer when she was young!

In interviewing Cheryl we got into a lot of detail about her life and how she has come to be so close to the Lord...far more than a brief article like this could do justice. But Cheryl has a great personal testimony to tell that would inspire and

benefit anyone who would take the time to talk to her. She is a great ambassador for our Lord Jesus Christ, and is not afraid to proclaim her faith. And she not only "Talks the Talk" she "Walks the Walk." She is truly a remarkable child of God.

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www.HampdenHeightsChurch.org

The Children's Page by Ashley Richards

Oh, no! Someone has taken a long list of Bible names that are only four letters long, and scrambled up the names! Can you figure out what each Bible character is?

- 1. AESU _____
- 2. AHLE _____
- 3. AONH _____
- 4. APUL _____
- 5. BELA _____
- 6. BJAO _____
- 7. BOED _____
- 8. CINA _____
- 9. ELJO _____
- 10. HEST _____
- 11. HONJ _____
- 12. KARM _____
- 13. KEUL _____
- 14. MADA _____
- 15. MASO _____
- 16. NAAN _____
- 17. RAZE _____
- 18. RYAM _____
- 19. TURH _____
- 20. ZOAB _____

Health Ministries by Arleen Johns

October's cooking class was a little bit...OK, a lot easier on me and my health ministry's team. Us, along with over 60 other people got to enjoy the cooking class of Chef Mark Anthony. Mark is always quite animated, and gave good information on the benefits of a plant-based diet for better health. His cheese sauce recipe was a huge hit.

**Mark Anthony's
Signature Cheese Sauce**

- 3 C diced Potatoes
- 2 C diced carrots
- 1/2 C nutritional yeast flakes
- 1/2 C water
- 1/4 C olive oil
- 2 TBs chicken style seasoning
- 1 TBS garlic granulated
- 1TBS onion powder
- 1 tsp sea salt
- Juice of 1/2 lemon

Boil the potatoes and carrots until very tender. Drain the water into the blender, followed by

potatoes and carrots. Add remaining ingredients, blending until mixture is smooth and creamy. You will have a velvety cheese sauce.

Base recipe for nachos, haystacks, au gratin potatoes, Mac and cheese, etc.

For additional variations, add salsa or herbs. Also works fantastic as a thickener for potato, and broccoli soups

Next month health ministry presents: "Anything Pumpkin" on October 11 at 2pm. Our speaker will be Dr Tyler McClimon, a Chiropractor from the Birdsboro area. He will be speaking on your greatest asset; your health, and how to base health on function and how it can eliminate back, neck, knee, and hip pain, and also relieve headaches.

Don't miss it!