

September 1st
2018

Volume 5
Issue 9



Hampden Heights Sentinel

HIGHLIGHTS:

- Spiritually emphasized education Page 1
- Reaching youth for Christ through camping. Page 2
- Our time is short, beware of squandering it. Page 4
- Egg-less pancakes. Page 4
- No stranger to Adventism Page 5
- Preach Jesus. Use words if you must. Page 5
- Where would Jesus go? Page 6

INDEX:

RJA News Corner	1
The Pastor's Place	2
Grace's Outpost	4
Recipe of the Month	4
Meet a Member	5
Notable Quotes	5
Children's Page	6
Church & Newsletter Information	6

Where, then, is boasting? It is excluded. Because of what law? The law that requires works? No, because of the law that requires faith. For we maintain that a person is justified by faith apart from the works of the law. ~Romans 3:27-28 NIV~

RJA News Corner

by Lee Stahl, Principal



Miss Federowski working with some of her students



A New School Year Begins

On August 22 a new school year began at Reading Junior Academy. We are beginning with 60 students, but are praying for more students to register in the next couple weeks. Miss Kathryn Federowski joins our staff this year teaching grades 5-6. She comes to us as a graduate of Southwestern Adventist University and having taught the last two years in Albuquerque, NM. She likes do-it-yourself projects, baking, and outdoor activities. Some members may know her grandparents, Jake and Alfreda Knight, who years back worked at the conference office and ABC Bookstore respectively. We are excited to have her on our staff this year.

Spiritual Focus

On Friday, August 24, Mr. Stahl introduced the school's spiritual theme for the coming year. We are focusing on our students and staff to totally commit their lives to Jesus, allowing Him to change our character, and encouraging others to do likewise. Or simply put, we are **ALL IN FOR HIM!**

Swimming

First Friday of school can only mean swimming for students at RJA. Again, this year our students went to the Ken Grill Swimming Pool for the afternoon. After having so much rain in August, we were glad for the beautiful sunny day!

School Roof Replaced

Last winter the school roof was leaking water into some of the classrooms. After calling the roofing contractor for repairs we discovered that the rubber on the roof was getting old in that section and needed to be replaced soon. So the school board decided to seek out a CURF loan to fund the \$25,000+ cost to replace that roof during this summer. We have already received a \$10,000 donation towards the roof cost. We are hoping that more donations would come forth to reduce the amount of money that must be loaned. Donations can be sent directly to the school for tax write-off.

Senior Mentors Wanted!

RJA needs retired-aged individuals to be a senior mentor to a student at RJA for the Partnering for Eternity (PFE) Program operated by Southern Adventist University. The PFE program provides students with a \$25 tuition credit for a one hour visit each week with their mentor. To find out more details about this program and what is involved, contact Lee Stahl (484-336-0198) or Pastor Pete (413-222-6114).



The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights SDA Church

Summer Fun

When you were a kid, summer activities were a great escape. Your only goal each day was to figure out the bigger thrill. More often than not I always had something to do during the summer. If I have to pick something that I really truly liked, it was getting wet or going to play ball at the abandoned elementary school building. To play baseball with my friends was my favorite thing to do. We never had enough kids to make up two teams. My job was to recruit every kid who could carry a bat or throw a ball. This was in order to have two teams of at least 9 kids.



The best times were when we played against the rival team from across town, "The Puerto Rican Devils." Back then I didn't really know about God or Jesus as I do now. But I did know one thing, that we just had to beat the "Puerto Rican Devils" every time we played them. My team was called the "Foreign Legion." That was because it consisted of a rat pack of kids who just wanted to play and have fun, and they were from all cultures; Black, White, Puerto Rican, Mexicans, and Dominicans. If we were lucky we would get a few Jamaicans on the team as well. That was only if they would stop selling drugs in order to play for a little while. They would range in ages from about 7 or 8 to about 14 or 15. I think I got the team name from a movie I saw called "The Foreign Legionnaires"

I only had one rule on my team if you wanted to play. You cannot do drugs. Everything else was fair game. Everybody in the neighborhood knew my rule. Everybody followed my rule except the Puerto Rican Devils. I really didn't like that team. Funny thing, considering I am Puerto Rican myself. I guess what I really didn't like was the word devil after Puerto Rican. It didn't make me feel good about being Puerto Rican. Those guys were bad news. We would beat them most of the time.

As I look back I think it was as if God was there with us wanting us to win. He knew I had a motley crew and needed a lot of help. I also think He didn't want those Puerto Rican Devils to beat us 😊

As I reflect back on those days I can clearly see how God protected us against some of those bullies from the other teams. I would always tell my two younger brothers to be ready in case a fight broke out. I would be the one to throw the first punch, usually if someone got in my face or tried to push one of my teammates around. I would tell my brothers to be sure to have a bat in their hand, and if anybody would come on my back they were to get them at the knees fast and hard. Most of the time it was a lot of pushing and yelling at each other with curse words. Once in a while a fight would break out and someone would yell the cops are coming, and everybody would run. My plan was that we would run to the racquetball courts and meet up there and then head home for some summer ice cream at the bodega on the corner of the block. We would laugh all the way home about how those Puerto Rican Devils would run across town like a bunch of little chickens about to get their feathers plucked.

The best thing I remember about summer was getting together with all my friends from the neighborhood and just having fun. I miss those days. But I have to tell you, this summer was just as exciting for me as those good ole' days.

(continued on page 3)

The Pastor's Place (continued from page 2)

It was my first summer as Summer Camp Director at Laurel Lake Camp this year. We surpassed the number of kids that have attended the camp in the past, with a total of about 330 attending this year. Usually when there is a new director, number of attendees actually goes down. But I thank the Lord for everyone who helped make it a successful summer camp this year. Rangers Judy and Keith Ingram, our conference president, church leaders, pastors, and all the parents that were willing to send their children made it a fun and memorable summer. To see a smile on the faces of all the kids truly made it a worthwhile effort. My family also worked their tails off to contribute to making sure everybody had an enjoyable time. We had plenty of volunteers that are too many to mention, but you can be sure your efforts were greatly appreciated.



I have also replaced my old baseball rule from back in the day with a new, updated and better one; you have to want to learn more about Jesus if you want to come to camp and have fun next year!

I've always enjoyed working with young people in the past, but this is one of the best jobs in the world to see kids have fun and be able to talk about the love of Jesus Christ.

John 12:32 tells us, "And I, if I be lifted up from the earth, will draw all men unto me."

At Laurel Lake this summer that was exactly what we did. We lifted up Jesus by giving the kids a reason to believe. That was our theme throughout the whole summer; "Believe." In John 11:25-26 Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

Many of the kids came forward during the appeal and gave their lives to God, committing to believe in Jesus Christ. I never had this as a little boy, not even as a teenager. We never asked the kids from the block to believe in Jesus Christ. We just played ball, cursed, ate candy, and if it was a really good day we get into a fistfight or two.

As much as I miss those days, I rather tell people about Jesus then get in a fistfight. We had 20 young kids get baptized this summer. It was by far one of the best summers at Laurel Lake summer camp. We had a good group of staff that made all of this possible. It could not have happened without them. We need people that are willing to share the gospel message of Jesus Christ. And even though we went through some trials and had some little difficulties here and there, all in all we had a wonderful summer. Again, I thank God, my wife and kids, and everyone who had a part in making this a fun and unforgettable summer.

LORD BLESS YOU ALL.



Grace's Outpost by Ashley Richards

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil." – Ephesians 5:15-16, ESV

I came across this verse a couple of weeks ago in my personal time with Jesus, and it's been bouncing around my brain like a ping-pong ball ever since, with an uncomfortable intensity that I'm not sure *what* to compare it to. It's been one of those, *I am the Holy Spirit and this is important* moments.

I think, in general, Paul is talking about being vigilant about your faith. The days are evil. Cling to your faith in God. Follow Him. Put Him first. Don't waste time being selfish. Help others.

The little time remaining is too precious to squander.

If it was true nearly 2,000 years ago, how much more true is it for us today?

I can't help but notice that, at least in my experience, it's taken on a totally different connotation, though. Maybe not the context in which he'd intended, but still applicable for me, anyhow. Jesus is coming soon! How can I not live in light of that fact?

True, it may not be tomorrow, but even twenty years' time from now is still eminent, and how dare I squander the precious time I have? This verse makes me want to sell my possessions and RUN to the mission field, pray with strangers, rescue the perishing, heal the brokenhearted, and tell them there's a Savior who *lives* and *loves*! People are tired and lonely and discouraged and despondent, and Jesus is the answer to all their problems! How could I let them suffer in their misery when they can have Jesus, and have Him *forever*?!

Forget about student loans, forget about a stable job, forget about *retirement*. Jesus is COMING! The world needs to know, and the days are evil. How can I wait a moment longer? I want to go to Ireland, to Germany, to Russia, to Brazil, to Thailand, to Africa, to Chile, to Rome, to wildfire-torn British Columbia. I want to scoop them up in my arms and promise them that Jesus loves them. I want to watch their faith bloom and see it change the world.

And when Jesus comes, I want Him to say, "Well done, good and faithful servant," not, "Oh, Ashley, *why* did you squander the time?"

I can't even begin to fathom the scope of humanity in need of Jesus. It's larger than my brain can comprehend. Can you? But I have student debt that I know has to be repaid, that shackles me to where I stand. Soon, I will go. In the meanwhile, Jesus is transforming me and building me for the plans He has for me.

But what about you? What does Jesus say to you in this passage? Whatever it is, the days are evil. Don't squander your time. Jesus will soon be here, and let Him say to each one of us, "Well done, good and faithful servant! Enter into the joy of your Master."

Recipe of the Month by Arleen Johns

Healthy Blueberry "Buttermilk" Pancakes- Jill 3ABN

This is a very easy recipe to try. It eliminates the need for eggs and as a bonus you are not consuming the oxidized cholesterol as you do when using a boxed mix.

I usually use 1/2 C whole wheat flour and 2 C unbleached white flour. Chopped apples and chopped walnuts can be added in place of the blueberries. This batter works well in the waffle iron. Spray lightly with cooking spray for quick release.

Mix dry ingredients together:
 2 1/2 C flour (any combination of unbleached white and whole wheat)
 2 Tbs sugar
 3 tsp. baking powder
 1 tsp salt

Combine wet ingredients and emulsify
 2 1/2 C soymilk with 1TBS lemon juice let set 2-3 minutes to "sour"
 1/4 C oil

Pour 1/4 cupful onto hot griddle. Add a few blueberries to each pancake. Cook until golden.

Meet a Member by Ashley Richards

Our Meet-a-Member this month—Donna Knarr—may be fairly new to membership at Hampden (she and her husband became members two years ago), but she’s no stranger to the Adventist community in the Berks County area! She’s been a member at Fleetwood for years, and has been active in the Adventist community for many years.

Donna was raised by her grandmother, who did not grow up in the Adventist church (but was a committed Christian!). They attended church faithfully, and even kept the Sabbath from sundown to sundown (although, then, it was Saturday night to Sunday night, instead of the Sabbath Adventists keep!), until one Easter service, when the preacher spoke about how Jesus rested in the grave on Sabbath before being resurrected on Sunday morning. That day, they walked home, hand-in-hand, and her grandmother said, “We’re not going back there again.”

She was 10 years old, and they started attending the Fleetwood SDA Church after that. She was baptized at age 12, and it was around that time that she would listen to the pastor’s wife play the piano, and it became her own inspiration. She practiced every day and from a young age would play every Sabbath for the service, all the way up to present-day! “I’ve always, always gone to church,” she explained.

Her favorite thing about Jesus, she said, is that “no matter how you fall each day, He still loves you.”

Her favorite Bible text is John 14:1-3. “It gives me great hope because Jesus is coming again,” she explained. She loves the story of Joseph (the one with the coat of many colors) and Job a lot, as well, although she loves too many Bible stories to pick a true favorite!

Some of Donna’s hobbies include playing the piano, taking walks, and spending time with her great-grandchildren.

Five Things about Donna You May Not Know:

1. She played *Flight of the Bumblebee* at the age of 9.
2. She would practice the piano for one and a half to two hours every day—and loved it!
3. She served as the organist at a Methodist church since she was sixteen years old!
4. She taught music, hand bells, and choir at two Adventist junior academies for a total of about 20 years (both Reading Junior Academy and Lehigh Valley SDA Elementary School).
5. She and her family would do sunshine band at least twice a month, on Sabbath afternoons. Her kids would play their instruments, and she would accompany on the piano. Ironically, they opened their own personal care home years after doing that ministry!

Notable Quotes selected by Bob Kondracki

Preach Jesus. Use words if you must.
~Unknown~

Against logic there is no armor like ignorance.
~Laurence J. Peter~

A fool and his money are soon elected.
~Will Rogers~

You have power over your mind - not outside events. Realize this, and you will find strength.
~Marcus Aurelius~

There is danger from all men. The only maxim of a free government ought to be to trust no man living with power to endanger the public liberty.
~John Adams~

Logic works, metaphysics contemplates.
~Joseph Joubert~

If you aren't fired with enthusiasm, you will be fired with enthusiasm.
~Vince Lombardi~

Reputation is what men and women think of us; character is what God and angels know of us.
~Thomas Paine~

Courtesy and good manners never go out of style
~Unknown~

A great deal of intelligence can be invested in ignorance when the need for illusion is deep.
~Saul Bellow~

My dream is of a place and a time where America will once again be seen as the last best hope of earth.
~Abraham Lincoln~

Be sure you put your feet in the right place, then stand firm.
~Abraham Lincoln~

**Hampden Heights
Seventh Day Adventist
Church**

2706 Old Pricetown Rd.
Temple, PA
19560

PHONE:
(610) 921-0890

CHURCH EMAIL:
HampdenHeightsSDA
@comcast.net

SENTINEL EMAIL:
HHSentinel
@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

The Children's Page by Ashley Richards

Can you imagine what it was like when Jesus walked on the earth? What places did He visit? Where did He go? And what could those places have looked like back then? After all, the world changes a lot in 2,000 years! In this puzzle, you'll find the names of 18 places where Jesus went. Do you know what happened at each of these places? Some of them were where miracles took place, and some of them where were Jesus prayed to His Heavenly Father, and some of them were where Jesus grew up. You can find the words going across and down, but never backwards or diagonally.

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

WORD BANK:

- | | | |
|-------------------|------------|------------------|
| Bethany | Decapolis | Jerusalem |
| Bethlehem | Egypt | Mount of Olives |
| Bethsaida | Emmaus | Nazareth |
| Caesarea Philippi | Galilee | Road to Damascus |
| Cana | Gennesaret | Sychar |
| Capernaum | Jericho | Tyre and Sidon |

DID YOU KNOW?

Did you know that not all the places that Jesus visited during His ministry were in the country of Israel? Tyre and Sidon is located in modern-day Lebanon, and the Decapolis (where Jesus visited multiple times!) is partially in Israel and partially in the country of Jordan! Isn't it amazing that Jesus loves ALL people, and wants to help everyone?

