

"The Heart of the Matter"

A Monthly Source of Information for the Church Family

Be It Unto Me, Lord!

"The angel said to her, 'Do not be afraid, Mary, for you have found favor with God. You will be with child and give birth to a son, and you are to give Him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give Him the throne of His father David, and He will reign over the house of Jacob forever, and His kingdom will never end.'

'How will this be,' Mary asked the angel, 'since I am a virgin?'

The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.'

'I am the Lord's servant,' Mary answered. 'May it be to me as you have said.' Then the angel left her."

Luke 1:30-35 & 38



Mary was just a young girl when the angel Gabriel came to her. She was a very ordinary Jewish girl, looking forward to marriage, as she had recently become engaged to a carpenter, named Joseph. Suddenly her life would be forever changed! Imagine standing in the presence of a magnificent angel! She could never have anticipated hearing the most incredible news, that she would have a child, and her son would be the Son of God! How did she have the strength and grace to respond to God with unquestioning belief and humble submission?

In the eyes of her people, Mary had all the qualities which made her unsuitable to be used of God as she was young, poor, female, and virtually unknown. However, God did not look at her outward appearance. He saw something priceless within her. He knew that she would willingly serve Him in one of the most important callings ever given to a human being.

She was the only human to be with Jesus throughout His entire earthly life. She gave birth to Him as her baby boy and was at the foot of the cross at Calvary to watch Him die as her Savior. Even though Mary's life held great honor, her calling also demanded great suffering. There would be much pain in the privilege of being the mother of Jesus.

Let's consider Joseph, the earthly father of Jesus. He obeyed God in the face of severe humiliation. Joseph was a man of strong conviction who lived out his beliefs in his actions. He was described in the Bible as a righteous man. Joseph is a wonderful example of integrity and godly character. Imagine God choosing Joseph to raise His own Son! Joseph held God's trust.

Walking in obedience to God may result in humiliation and disgrace before men. When we obey God, He has promised to faithfully lead and guide us. Praise God, His mercy and love always triumphs! Can we willingly accept God's plan for our lives? Can we rejoice in God's plan, just as Mary did, even though we understand we may experience much pain?

Father God, even though we have nothing to offer You, may we unreservedly give You our hearts. Help us to willingly allow You to fill them with purity, obedience, and love. Help us to unquestionably trust Your guidance in our lives. May we, as your humble servants, always be about Your business. We desire to be reflectors of Your love and grace. We worship and adore You, Father, and want to be Yours forever!



Worship Night

On Friday, November 1, our church hosted a worship and prayer night. It was such a blessing to see our chapel overflowing with family and friends!



Friendsgiving

LifeGroups and Social Committee organized Friendsgiving on November 15! We were blessed with food and friends, we even had to put extra tables and chairs out! We thank you for all your love, support and delicious food! Coming together truly fills and rejuvenates the soul! We pray you had a blessed Thanksgiving, as well.

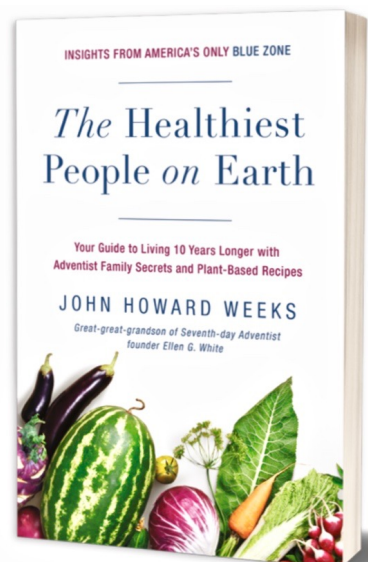


I would be grateful if you could include the attached notice in your next SDA church newsletter, and post it on your SDA church bulletin board, website and social media.

Thank you! And blessings...

John Howard Weeks

Great-great-grandson of Ellen G. White
and author of "The Healthiest People on Earth"
(BenBella Books),
available on [Amazon.com](https://www.amazon.com).



Order now from [Amazon.com](https://www.amazon.com)

Our Church in Action

The Ukiah County PumpkinFest

On October 19 and 20, our church hosted a booth at the PumpkinFest. The main attraction was offering free blood pressure checks. More than a few people were found with very high blood pressures and they were able to get advice on healthy ways to lower their blood pressure without the use of medications.

Sign-up sheets for a cooking class, a depression and anxiety recovery seminar, Bible studies, and the Adventist Health Live Well Program were made available. Health magazines, "Glow" tracts, Spirit of Prophecy books, and many other types of gospel literature were also made available to the people who visited the booth.

God blessed this endeavor! The information shared was well received and many seeds for the Kingdom were planted! Among the booth participants were Ryan and Heidi Veness, Darlene Niderost, Jennifer Rickard, and Zack and Kara Gore. A big thank you to these volunteers for their dedication. By Dave & Ruth DeBooy



The TRICK or TRUTH BOOTH AT PUMPKINFEST

AMEN Clinic, April 7-10, 2020 at the Ukiah Fair Grounds!

To sign-up: Go to ukiahsda.com 1. Click AMEN Clinic, 2. Click on Register 3. Follow the prompts. We need many volunteers to assist with all aspects of working with the public.

The Annual Christmas Cantata

"The Glory of Christmas - Sing Joy, Sing Gloria!", the Christmas Cantata will be performed at our church on December 15, at 3:00pm and 6:00pm. This is an annual highlight of the Christmas season and many of our community friends look forward to attending each year. Invite your friends to come to this glorious celebration of Christ's birth.

Tickets are available at the church office. If you can help with food, greeting guests, or decorating, please contact Margie Rice at 972-9552.



The Christmas Cantata

Depression

is the leading cause of disability worldwide. Do not allow yourself to struggle from this curable disease. Join Dr. Nedley, a leading physician in mental health treatment and research, as he walks you through the Depression and Anxiety Recovery Program. With this comprehensive program you will find the keys to a new life in just eight weeks. When you sign up for this program you will receive access to not only the 8-part DVD series, but also the workbook and additional reading materials which reinforce lessons from the DVD presentations and workbook exercises. Take advantage of this opportunity now and learn how you can overcome depression and anxiety, find motivation to help you achieve your goals, and achieve optimal mental health.

Free information meeting, Jan. 13 and Jan. 20, 2020 at 6:30pm in the Ukiah SDA Church Chapel.

Here's an easy holiday recipe from the "Healthy You!" gang:

Crustless Cashew Cream Pumpkin Pie

- 16 oz. pumpkin puree, organic (or your own)
- 1 1/2 C cooked pumpkin or squash)
- 2 C cashew cream
- 1 t cinnamon
- 1/4 t nutmeg

Instructions:

1. In a large mixing bowl, pour in the pumpkin puree.
2. Add the cashew cream, cinnamon, and nutmeg.
3. Mix well.
4. Place in the oven at 325 degrees for 50-60 minutes or until golden brown.
5. It is fully cooked when a knife comes out clean.
6. Let cool for 15 minutes and serve. You can also buy delicious ready-made crusts at the Co-op in the freezer section. Enjoy!

The Cashew Cream

- 2 cups raw cashews
- 6 cups boiling water
- 1/2 cup filtered water

Instructions:

1. Boil 6 cups of filtered water
2. Place the cashews in a bowl
3. Cover with boiling water until covered
4. Place a dishcloth over the bowl and let sit for 30 minutes
5. Once the cashews have soaked up the water use a colander to drain the water
6. Rinse with cold water
7. Place the cashews in the blender and add the filtered water
8. Blend until a cream-like consistency
9. Add additional water if needed
10. Place in a sealable container and refrigerate (3-4 days) or freeze (up to 6 months)

#1



#2



#1. The Youth serve at Plowshares once a quarter through our Homeless Ministries Program.

#2. UJA had a blessed Fall Week of Prayer with Pastor Caleb Henry. He continued with our year's theme of ALIVE, and helped us experience Jesus ALIVE in our lives through prayer.

#3. Christmas Breakfast

#3



Christmas Breakfast
9:00—10:00 a.m.

&
Family Worship Service
10:00 a.m.—12:00 p.m.

Sabbath, December 21, 2019

**Please bring fresh and dried fruit,
nuts, and breads to share**

Hot and cold drinks will be provided.

**No regular Sabbath School classes
will be held.**

**Adult Sabbath School lesson will be held
from
9:00 to 9:30 a.m. in the Mother's Room**

Let's Get Acquainted! This month, we are interviewing Deb Attaway, who has been a member of our church family since 2009. Deb plays a beautiful part to keep our church looking warm and inviting each Sabbath as she serves on the Floral Committee. She is also a faithful member of the School Board. Over the years, she has provided



much strength and stability to the school by subbing in the classrooms and the office. Deb has so much love bubbling over in her, to be certain, it has spilled over on to you!

Deb, where were you born and raised? **I was born in Salem, Oregon and raised in Northern California.**

How many siblings do you have? **I am the first born of three girls.**

What teacher inspired you the most, and how? **The three tops are:**

1. Miss Phillips, who invited me to her home, which was a big deal for a second grader.
2. Mr. Aranita made me love research in subjects like biology.
3. Mr. Peterson at Solano Community College believed in me.

Describe your conversion experience. **It started with a walnut tofu taco at a vegan potluck when Sharon Cho asked me if I'd like to do a Bible study. Nine months later, my spiritual gestation, I was baptized.**

How did you choose your profession? **I found myself working with children from babysitting at 10 years old; also helping kids in after-school programs in high school. So, I aimed for my teaching credential in college.**

What is "home" to you? **Home is where my husband and/or children are.**

If you could master one skill you don't have right now, what would it be?

I would like to know more about the human body and how it works. I would also like to be able to give an impromptu Bible study.

Tell us about something that is still on your "bucket list". **I am looking forward to seeing my daughter, Emily, graduate this spring with her BSN/RN!**

Where is the most interesting place you have traveled? **I lived on Kodiak Island when I worked as a Reporter/News Director of a public radio station. The Coast Guard let me fly a C-130 to Cape Lisburne, Alaska, near the Arctic Slope!**

What is your favorite Bible verse, and why? **When I am at the end of my rope, I claim God's promise in Psalm 23:4: "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me."**

December

2019

November							January						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6	7
8 	9	10	11	12	13	14
		"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV.	Community Services 9:00 - Noon. "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV.	Veggie Food Store 2:30 - 4:30pm	Sunset: 4:50pm	Sonrise: Pastor Eric Church: Pastor Doug Sunset: 4:50pm
		"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV.	Community Services 9:00 - Noon. "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV.	Veggie Food Store 2:30 - 4:30pm	"Community of Hope" 5:15 - 6:30pm Glenn Miller Conf. Room at AHUV. Sunset: 4:50pm	Sonrise: Eric Stubbart Church: Pastor Eric Potluck: Mother's Room SS Class Sunset: 4:50pm
15	16	17	18	19	20	21
Christmas Cantata 3:00pm 6:00pm		"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV.	Community Services 9:00 - Noon. "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV.	Veggie Food Store 2:30 - 4:30pm	UJA Christmas Vacation through January 3, 2020. Sunset: 4:52pm	No Sonrise or SS Cl. Christmas Breakfast & Family Worship 9:00am - 12 noon. Sunset: 4:53pm
22	23	24	25	26	27	28
		Merry Christmas. May you be Blessed!		Sunset: 4:56pm		Sonrise: Tim Eberhardt Church: Pastor Eric Sunset: 4:57pm
29	30	31	1	2	3	4
		Happy New Year 2020				Edited by: David & Donna Faye ddevendonnaa@icloud.com