

"The Heart of the Matter"

A Monthly Source of Information for the Church Family

Verses of Renewal and Hope for a New Year

"The steadfast love of the Lord never ceases; His mercies never come to an end; they are **NEW** every morning; great is Your faithfulness."

Lamentations 3:22, 23

"Therefore, if anyone is in Christ, he is a **NEW** creation. The old has passed away; behold, the **NEW** has come."

2 Corinthians 5:17

"Those who wait for the Lord will gain **NEW** strength. They will mount up with wings like eagles; they will run and not get tired; they will walk and not become weary."

Isaiah 40:31

Let Your gifts flow freely through us, so that You would be honored by our lives and others would be drawn to You. We pray for Your protection over our families and friends. We ask for Your hand to cover us and keep us away from the evil intent of the enemy; that You will be a barrier surrounding us, so we will stay safe in Your arms. We pray for discernment and insight beyond our years to understand Your will, to hear Your voice, and to know Your ways.

A Prayer for a New Year

Our Dear Heavenly Father, Thank You that You are in the business of making all things new.

Thank You for all that You have allowed into our lives this past year, the good along with the hard things, which have reminded us how much we need to ask for Your grace to cover us every day.



Forgive us for the times we have worked so hard to be self-sufficient, forgetting our need of You and living independent of Your Spirit. Forgive us for letting fear and worry control our minds and pride and selfishness control our lives. Help us to be known as great givers. Help us to be generous and kind. Help us to look to the needs of others and not be consumed by only our own.

We pray for Your Spirit to lead us every step of this New Year. We ask that You will guide our decisions and transform our hearts to deeply desire You above everything else. We ask that You will open doors needing to be opened and close the ones needing to be shut tight.

We ask for Your wisdom, and for Your strength and power to be constantly present with us. We pray You would make us strong and courageous for the road ahead. Give us abilities beyond what we feel able.

Shine Your light in us, through us, and over us. May we make a difference in this world for Your glory and purpose. May we reflect Your peace and hope to those who so desperately need Your presence and healing.

To You be glory and honor in this New Year, and forever! In Jesus' name. Amen!

By Donna Faye Anderson

The Church in Action

“The Glory of Christmas – Sing Joy, Sing Gloria” Our church was filled twice on December 15, for performances of our 28th. Christmas cantata, directed by Margie Salcedo Rice. It was a glorious and worshipful celebration of the story of Jesus being born in a humble manger to set His people free. For those who participated, either as a performer or as a listener, our hearts are still glowing with wonder and awe at this extraordinary gift of love. It declared, in a most beautiful way, the true spirit of Christmas!



Plowshares Ministry

by Natalie Barahona

This month we are celebrating one year of ministry at Plowshares! I am so excited about what our church has been able to accomplish through this ministry. Every Sabbath, we serve sandwiches to an average of 20 people, with numbers up to 35 some weeks. This ministry would not be possible without our team leaders: Robert Olivera, Lindsey Spencer, Kristin Merritt, Krystle Maddox, Beckie Sitz, and the youth. To every person who serves on a team, thank you for taking action for our community, being the hands and feet of Jesus, and supporting our Plowshares ministry. Our continued prayer is that God will sustain this ministry through our efforts.

WE FED HIS CHILDREN ~ TWO HUNDRED AND FIFTY THANKSGIVING FOOD BAGS were delivered to 50 families in our little community last Sabbath. Each family received a complete Thanksgiving meal and extra food for the pantry. BIG THANKS goes to the members of the Ukiah Seventh-day Adventist Church, the Ukiah Junior Academy students, teachers and staff and the Pathfinder Youth Group, Luis and staff. Volunteers Heidi, Marianne, Sharon, Katie, Donna, Wilbert, Allina, Nancy, Fred, Elle, Diane and Marshall – you ROCK!!!! It was truly our pleasure to do this act of kindness ~ Beckie Sitz

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.

From the “Healthy You!” Gang:

Tips to enhance your exercise efforts

No matter what choice of exercise you choose to stay fit, pre-exercise nutrition and post-exercise replenishment can enhance or limit the results of your efforts. With the popularity of pre-exercise energy drinks that are rich in stimulants, but devoid of nutrition, why not consider a more effective, as well as healthier, option?

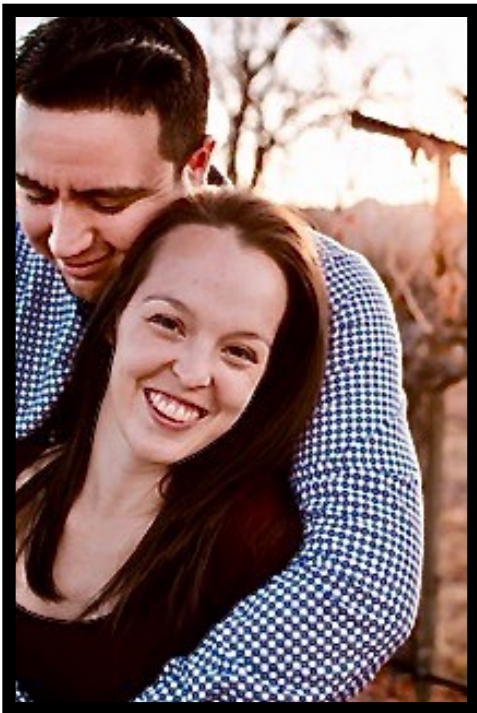
Nitrates, concentrated in green, leafy vegetables and beets, not only delivers oxygenated blood to your muscles by helping to dilate your arteries, but also enables your body to extract more energy from that oxygen, something never before thought possible! For example, one little shot of beet juice has been found to allow free divers to hold their breath for a half minute longer than usual.

After sipping beet juice, cyclists were able to perform at the same level of intensity while consuming 19% less oxygen than the placebo group. Then, when they ramped up their bike resistance for an intense bout of what they called “severe cycling”, the time to exhaustion was extended from 9:43 minutes to 11:15 minutes. The beet juice-drinking group exhibited greater endurance while using less oxygen. In short, the beet juice made the bikers’ energy production significantly more efficient. No drug, steroid, supplement, or any other man-made intervention had ever before been shown to do what beet juice could do.



Similar results happen with whole beets too! In another study, men and women eating one and a half cups of baked beets seventy-five minutes before running a 5K race, improved their running performance while maintaining the same heart rate and even reported less exertion. Faster time with less effort? “Then some block-rocking beets”!

To maximize athletic performance, the ideal dose and timing appears to be 1/2 cup of beet juice or three 3” beets, or a cup of cooked spinach, two to three hours before a competition. Why hasn’t anyone mentioned these mighty and perfectly legit performance-enhancing vegetables? Beets me! From Bob Merritt and Dave DeBooy



Let's Get Acquainted! This month we are getting acquainted with a delightful young couple, **Andrew and Keilani Tremper**, who have been married only a year and four months, so they're still newlyweds! They have been members of our church family since April of this year. We are so excited that God directed them here to set up their home and ministry in Ukiah!

Where were you born and raised?

Keilani: I was born and raised in Fort Worth, Texas. Andrew: I was born in Visalia, CA and raised in central California until age 7; from then until adulthood, I have lived in northern California.

How many siblings do you have? and tell a little about them.

Keilani: I'm the oldest of three brothers. My oldest brother is an elementary school teacher in Arkansas and recently got married over the Christmas break. My middle brother has a double major in Math and Computer Science and is currently working in Plano, Texas. My youngest brother is studying Math; however, he is taking a year off and serving as a student missionary in Palau.

Andrew: I have a twin sister who recently graduated at Loma Linda University as a Physical Therapy Assistant.

What teacher inspired you the most? Keilani and Andrew were both

homeschooled through grade school and high school by their parents who inspire them every day.

Describe your conversion experience. We were both raised in the Seventh-day Adventist Church and our relationship with God continues to grow on a daily basis.

How did you choose your profession? Keilani: I have been a gymnast since I was four year's old and loved being in the gym living an active lifestyle. When I was high school age, I had an accident in gymnastics and went through Physical Therapy. After experiencing Physical Therapy from first hand, I was inspired and switched my career choice from nursing to Physical Therapy, which I thoroughly enjoy.

Andrew: I also had an accident when I was in my late teens and had to go through Physical Therapy treatment. I flipped my dirt bike, going pretty fast, and dislocated my left shoulder. My mother is a physical therapist as well, and encouraged me to go into the medical field.

What is "home" to you? Home is being together. We lived in Paradise for two months before the "Camp Fire" and lost everything in that fire. After that horrendous experience, we realized that all we needed to be home was to have a roof over our heads and to have each other!

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

Keilani: I would like to master flying, like an eagle, and travel the world.

Andrew: I would like to learn how to weld and how to become a better metal fabricator.

Tell us something that is still on your "bucket list". Keilani: Andrew and I would both like to check off vacationing in Australia and New Zealand.

Where is the most interesting place you have traveled? Keilani: I love traveling and experiencing new adventures around the world. I've been to all 50 states and 12 countries. I have to say the most interesting experience was traveling up the Amazon River on a boat and going from village to village putting on health clinics and doing VBS in the evenings, teaching the kids about Jesus. Andrew: I would say that visiting Thailand after the 2004 tsunami was quite an interesting experience, as the country was rebuilding itself, and everyone was optimistic even after a tragedy of this magnitude.

What is your favorite Bible verse, and why? Keilani: My favorite verse is Philippians 4:13: "I can do all things through Christ who strengthens me." It gives me hope when tough times hit! Andrew: I really enjoy reading Galatians 2:20 as it reminds me that I can get through anything as Christ is living in me and He gave Himself for me!

Pastor Doug reports from UJA:

The basketball teams will be having two games in the month of January. January 24 will be at home versus our sister team from Napa: 2:00pm for the Girls; 3:00pm for the Boys. January 31, UJA will be playing at Rio, 2:00pm for the Girls; 3:00pm for the Boys.

The students are given the opportunity to serve the community at Plowshares twice each quarter. The two upcoming dates for them to serve are February 1 and March 14.

We are planning to start up again with Bible Studies for grades 3-10 to begin the New Year.

On January 31, during our Chapel period, we will be hosting an alumnus of UJA, Ben Coletti. He will be talking to us about how UJA prepared him to succeed in high school.

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Life Groups: "Life Is Better Together"

Our Life Groups were a joy to attend this Fall. We continue to pray for all the relationships cultivated throughout this quarter. The Soccer and Basketball Life Groups have been very popular within our Ukiah community as new faces are showing up every time they meet!

A BIG thank you to all our Life Group leaders for creating opportunities where people can come together in the power of the Holy Spirit and connect through the joy of similar interests.



Anticipate amazing things to happen in 2020!
And be sure to give God all the glory!

January

2020

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Happy New Year 2020!			
5	6	7	8	9	10	11
School resumes at UJA	"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV	Community Services 9:00am - 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: 5:08pm	SonRise: Natalie B. Church: Pastor Eric. No planned potluck. Sunset: 5:09pm	SonRise: Chaplain Sam Church: Pastor Eric Potluck: Fin/Steward Committee. Sunset: 5:02pm
12	13	14	15	16	17	18
	"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV	Community Services 9:00am - Noon "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV	Veggie Food Store 2:30 - 4:30pm	Sunset: 5:15pm	SonRise: Dale Morrison Church: Pastor. Doug Potluck: Pathfinders Sunset: 5:16pm	
19	20	21	22	23	24	25
Martin Luther King Jr. Day. No School at UJA	"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV	Community Services 9:00am - Noon "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV	Veggie Food Store 2:30 - 4:30pm	Sunset: 5:23pm	SonRise: Barb Morrison Church: Pastor Eric No planned potluck Sunset: 5:24pm	
26	27	28	29	30	31	
	"The Beloved" Study Group 6:30 - 7:30pm Meditation Chapel at AHUV	Community Services 9:00am - Noon "Harmonia" 5:30 - 6:30pm Meditation Chapel at AHUV	Veggie Food Store 2:30 - 4:30pm	Sunset: 5:31pm		

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