

# "The Heart of the Matter"

A Monthly Source of Information for the Church Family

## Your BFF!!!

**"Jonathan said to David, "Go in peace, for we have sworn friendship with each other in the name of the Lord, saying, 'The Lord is witness between you and me, and between your descendants and my descendants forever.'" 1 Samuel 20:42**

Isn't it such a joyful blessing to have a true friend; someone you can share happy times with and sometimes, not so happy? Someone who knows you at your best and also, at your worst? But, no matter what, your friend always remains loyal and supportive. Everyone needs a friend like that. And you know what? Everyone can have a friend like that!

The truest of all friends is none other than Jesus Christ! His friendship with you was demonstrated by the greatest act of love that has ever been or ever will be performed—the sacrifice of His life for your sins and mine on the cross! His love began for you the moment He created you; He understands you like no one else can. You owe your life and breath to Him. He promises He will never leave you or forsake you. He calms you when you are feeling sad or uncertain, giving you enduring peace and joy. He offers you total forgiveness. He unfailingly loves you and helps you to have a Christ-like attitude toward others. He covers you with His mercy and grace. He sees you, not the way you are, but the way you can become. He is the only One who can change you from a hopeless sinner to a redeemed child of God. He rejoices with you over your victories. He loves to share your dreams and aspirations. Even now, He is preparing your eternal home!

Ponder this beautiful quotation from the book, *Steps to Christ*, by Ellen G. White, p. 100.

**"No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watch care, not another soul for whom He gave His beloved Son!"**

It just doesn't get any better! And you can have this wonderful extraordinary friendship with Jesus, your "best friend forever"!! Enjoy a special friendship talk with Him every day! By Donna Faye Anderson



## “How Did You Meet Your Sweetheart?”

Since February has a designated “sweetheart day” right in the middle of the month, we thought it would be fun to collect some sweetheart stories from our church family.

### The Merklins – A Valentine’s Story

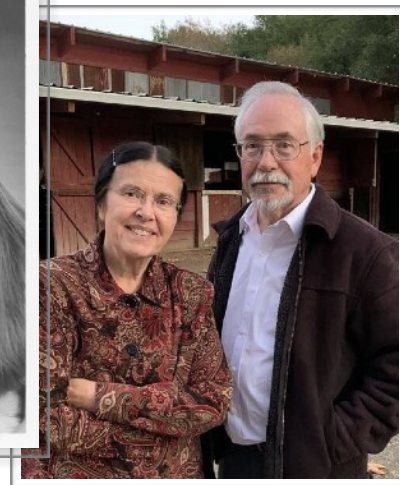
Marshall Merklin and Glenda Petersen grew up on opposite sides of Oregon; but they met as students at Walla Walla University. Both of them enjoyed various forms of music, and when a close mutual friend was killed in an airplane crash, a family member of the victim asked the two to provide music for an evangelistic meeting, a function their friend had been set to assume. Their first duet was a song made famous by Del Delker, Gentle Shepherd, with Marshall playing guitar. This was the catalyst that got them together as a couple, and it stuck!

Marshall studied Theology with the goal of teaching Academy Bible, and Glenda studied Home Economics, a course of study not offered any longer. After graduating, Marshall spent a year as a district pastoral assistant, waiting for Glenda to finish. During that time, they became engaged and were married one week after Glenda’s graduation the next spring in Glenda’s home church in Corvallis.

Transitioning to his teaching career, Marshall soon assumed his first principal position and continued that for the rest of his 40 years of work for the Adventist church. Moving around with Marshall’s education career, Glenda worked in several different positions including secretary, an academy food service, as well as running a medical transcription service. The couple lived in various locales in Wisconsin, Washington state, Colorado, and Southern California. Their last position was back in the Midwest, in Chicago, close to where the couple began life together in southern Wisconsin.

In retirement, the Merklins settled in Ukiah in order to be closer to kids and grand kids who live near Santa Rosa. This spring, the Merklins will celebrate 46 years together!

Marshall & Glenda Merklin. Right



### Enduring Love—Fred and Nancy Blower

We first met at Monterey Bay Academy in our Junior year.

Fred’s home was in Lakeport and Nancy lived in Shafter.

Fred spent his Senior year at PUC Prep.

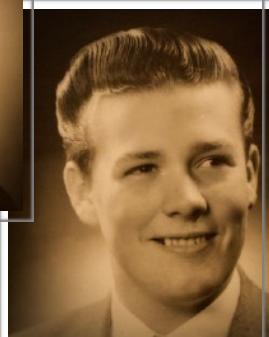
Sometime later that year, our paths crossed again.

Fred took his Freshman year of college at PUC and then went to the UCLA Dental Lab Program, while Nancy became a licensed cosmetologist.

July 7, 1957, we were married in the Shafter Church. We have lived in Los Angeles, Bakersfield, and Ukiah.

We had four sons and from them, we now have seven grandchildren and five great grandchildren. Here we are 63 years later!

Nancy and Fred Blower Below





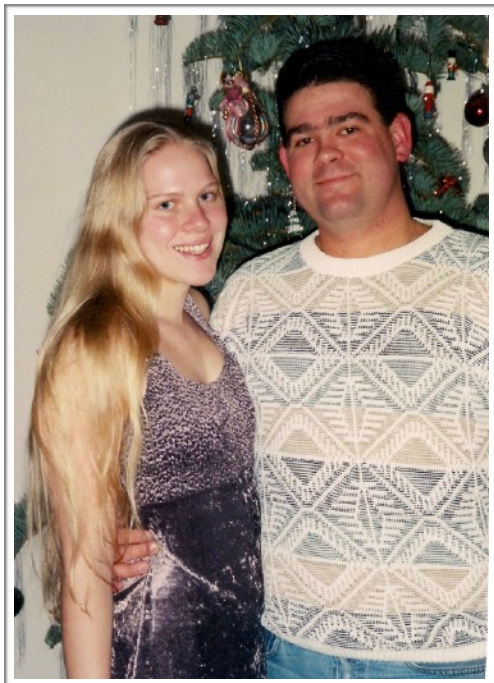
## Sweethearts. Cont.

## The Love Story—Robert and Wendi Olivera

No, it wasn't love at first sight. It wasn't even "like" at first sight. Robert and I (Wendi) met working together at the Subway in Lakeport. I was 19 years old and the manager of that store. The owner of the store who was Robert's step-dad, invited Robert to work at Subway to become a regional manager and oversee the Subways he owned. It was my job to train him. I must admit, it stung a little to be asked to train someone to become my boss. Robert who was 29 years old, was not too keen on the idea of having to listen to some young girl either. So, we were not off to the best start, even as friends.

After about a month of working together, we discovered that both of us were not so bad after all. (Apparently, he was quite the cook who could give a great neck massage and I was supposedly, "really sweet".) One day, Robert called me and asked me out on a date. I turned him down thinking it would be a bad idea. When I told my mom about it, knowing a little about him by that time, she told me, "He's a real man! You should have said, 'Yes!'" Now some of you might laugh at that comment, but my mom knew me well and knew that I was eager to get married and have a family. So, after thinking about it, I asked Robert if I could change my mind. We began dating and two years later in 2000 were married!

We have been through a lot together since then. We started a family right away, having two beautiful children, Ashlin and Gabriel. Ashlin is now a freshman, and majoring in biology at PUC and Gabriel is a junior at Rio Lindo Adventist Academy. And in God's time, Robert and I both found Jesus and so have our children! This June will mark our 20<sup>th</sup> wedding anniversary. Each day together is sweeter than the last and we hope to celebrate many, many more anniversaries and just enjoy life, growing together with God in the center!



## The “Healthy You Gang” by Ruth Debooy

If you are thinking of incorporating or replacing your diet with a whole food, plant-based diet, I want to share these things with you. It is not complete or comprehensive; it is only a “jumping off” place to start. When Dave and I first began this diet in 2006, it was very overwhelming. Here are some ideas for your consideration. **Make it fun!**

### BREAKFAST:

#### GREEN SMOOTHIE

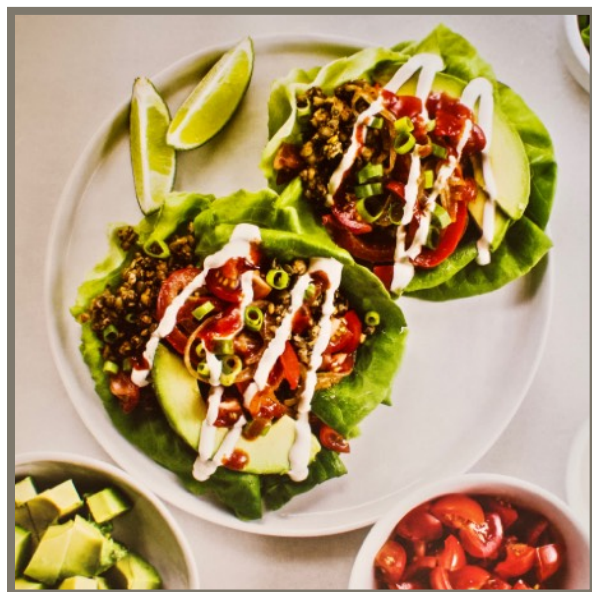
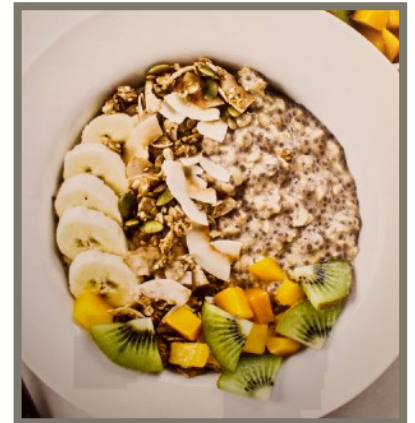
1 C water and a few almonds and whiz  
Add a handful of kale, spinach, and chard  
Also a banana, apple, orange, and whiz  
Add frozen fruit, such as mango, pineapple, berries and whiz (The best place for fruit is Costco)

#### OATMEAL

Whole oat groats or thick oats from Coop  
I cook it in a crockpot, 4 to 1,  
with the timer set for 5 hours

#### TOPPINGS

3 T ground flax seed  
1 T chia seeds  
1 T hemp seeds  
organic apple sauce  
West Soy Organic soy milk, unsweetened/plain  
fresh fruit and raisins, etc.



### LUNCH:

**SALAD:** should include beans, red and yellow sweet peppers, and onions. Other things I add are tomatoes, celery, carrots, corn, peas, beets, jicama and tofu cubes, home-sprouted broccoli, and avocado. We always put raw sesame seeds, sunflower seeds, and raisins on top. Use a variety of greens, like romaine, spinach, kale, and arugula.

### RAW VEGAN CAESAR DRESSING

(My favorite)

Blend together:

- 1/2 heaping C raw almonds
- 1/4 C fresh-squeezed orange juice plus #T water (makes thinner)
- 2 T fresh lemon juice
- 2 dates
- 3 T nutritional yeast flakes
- 2 large garlic cloves
- 1/2 t dried parsley
- 1/2 t fine sea salt

The “Healthy You Gang” Cont.

DINNER:

I try to include beans again, but not always.  
Other suggestions: brown rice bowls,  
stir fry, sweet potatoes, breaded eggplant,  
baked potato topped with sautéed mushrooms,  
veggies, and onions, seasoned with white miso,  
coconut aminos, cashew cheese, or cashew gravy  
A small again and soup (You can plant base  
almost any soup with cashew cream, vegan  
sour cream, or low-sodium vegetable broth  
In the summer, I serve lots of fruit salad  
and avocado toast.



When Dave’s schedule allows,  
we have only two meals a day.

WEBSITES:

Google plant-based blogs  
[nutritionfacts.org](http://nutritionfacts.org)  
Fat-free Vegan  
Happy Herbivore  
(She does meal plans)  
Oh, She Glows  
John McDougal



BOOKS:

“How Not To Die”, by Michael Gregor  
“Eat To Live”, by Joel Fuhrman  
“Super Immunity”, by Joel Fuhrman  
“The China Study”, by T. Colin Campbell

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**OUR MISSION**

**To Know Jesus  
To Share Jesus  
To Follow Jesus  
Changing Lives Today  
And For Eternity**



# The Church in ACTION

## UKIAH JUNIOR ACADEMY

### Announcements and Upcoming Events:

#### Learning Fair:

The new date for the Learning Fair is Thursday, **February 20**. All students are currently working on learning projects to share for this big event. During the school day, each classroom will have the opportunity to visit the other classrooms and see the students' projects. In the evening, there will be an Open House for the parents and community to come visit the classrooms and see all the amazing projects. Everyone is invited to come and enjoy a great learning experience! There will be veggie burgers for sale from 5:00-6:00pm. The classrooms will be open for visits from 6:00-7:30pm.

#### Planning for the 2020-21 School Year:

Open enrollment for the 2020-21 school year starts **March 3!**

#### Important Scholarship Information for the 2020-21 School Year:

Two types of scholarships are available for Ukiah Junior Academy students:

- 1.) Baybarz Education & Pacific Union Education Endowment Scholarships are for members of the Seventh-day Adventist Church, and,
- 2.) The Temple Fund Scholarships are for any students at Ukiah Junior Academy. These scholarships are funded through the Glenn Miller Memorial Golf Tournament and subsidy from the Ukiah Seventh-day Adventist Church.

The process for applying for these scholarships is different.

- 1.) Baybarz Education & Pacific Union Education Endowment Scholarships:  
Applications are available at the school office. **A parent meeting for assistance with the application is scheduled for February 5, at 7:00pm. The deadline for turning in the completed applications is February 14.**
- 2.) The Temple Fund Scholarships:  
**Applications will be available March 3 and the first priority deadline is April 15.**

#### Kindergarten Jamboree:

**March 3** is just around the corner and we are busy planning for Kindergarten Jamboree! If you are interested in signing up your child to attend the Jamboree, please contact Megan, in the school office, 462-6350. Prospective Kindergarteners must meet the age requirements of being five years old by September 2, 2019. Exciting things happen every day in our dynamic and vibrant Kindergarten room under the talented direction of Mrs. Wendi Olivera!

**“Train up a child in the way he should go, and when he is old he will  
not depart from it.”**

Proverbs 22:6

## The Church in Action, Cont.

## “Why Christian Education?”

“In the Spirit of Prophecy, we are told that a Christian education is the birthright of every Seventh-day Adventist child. This we believe and so far as possible, we establish schools to carry out this plan.

First, the individual child or young person needs a Christian education for his own proper development. Education, without a moral pattern, is dangerous. Education, which is Christ-centered, gives the very best moral fiber to the life and spiritual direction to its activities. Adventists believe that the first purpose of education is to restore in man the image of his Maker, to bring the child face to face with his Lord in an environment favorable to spiritual growth.



Secondly, education is the means by which a social group renews itself and maintains its ideal. The church is a social group to which Christian education is indispensable. It has been demonstrated over and over again that the most intelligently faithful Adventists are those who have gone through our schools. The longer they have been in this environment, the more likely they are to be true Christians and competent workers. Christians are not born such; they are made. The church is not miraculously preserved with its ideals and objectives intact; it preserves itself by concentrating on the Christian education of its youth.

The youth are the most important people in the church, potentially, and education, next to evangelism, or as a type of evangelism, is the most important work of the church. As such, it should have the hearty and sustained support of every worker and every church member. The strength of the church of tomorrow is being forged in the church schools of today. Send your children to the church schools and colleges to save their souls, to speed the message, and to hasten the coming of the Lord.”

West African Advent Messenger Jan. 1951 by Dr. K. J. Reynolds

Silverado  
Master  
Chorale

*In Sacred Concert*

February 1, 2020 at 4:00 p.m.  
Upper Lake Adventist Church  
622 2nd St. Upper Lake, CA 95485

The Silverado Master Chorale is a mixed voice choir performing mostly traditional sacred choral literature. Chorale members love to sing, and they love God. Music is one of the best ways to worship and to praise God, and the Chorale exists to do just that.

Members of the Chorale are volunteers from all walks of life and from all around the area north of San Francisco Bay, east to Vacaville and north to Ukiah.

Originating as the Norman Skeels Chorale about 45 years ago, and also known as the Harlan Miller Chorale for about 10 years, the Chorale is now under the direction of Marshall Merklin.

The AMEN Clinic that was scheduled for April 2020 has been postponed until a later date—possibly this same time frame in the spring of 2021. This was due because our request for funding arrived too late to be included in the current apportioning of \$\$\$ to get our program up and running.

Thank you to everyone who had already committed to participating in this event. Please pray that God will direct our plans for a future AMEN Clinic. Thank you, Gary and Ester Ballard, for your leadership this year. We hope that you both will heal quickly from your current sources of pain.

# February

## 2020

Ukiah Seventh-day Adventist Church

February, 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
					Sunset: 5:31 pm	Sonrise: Dale Morrison Church: Pastor Eric All church potluck/ farewell Steve Fox. Sunset: 5:34 pm
2	3	"The Beloved" Study. Group 6:30- 7:30 pm 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: 5:41 pm	Sonrise: Tim Eberhardt. Church: Pastor Eric. No planned potluck Sunset: 5:42 pm
9	10	"The Beloved" Study. Group 6:30- 7:30 pm 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 - 6:30 pm Glenn Miller Conf Room at AHUV Sunset 5:49 pm	Sonrise: Chaplain Sam Church: Pastor Eric. Potluck: Music Min. Sunset: 5:50 pm
16	17	NO SCHOOL Presidents Day	"The Beloved" Study. Group 6:30- 7:30 pm Meditation Chapel at AHUV	Veggie Food Store. 2:30 - 4:30pm Learning Fair UJA VeggieBurgers5-6pm Classroom 6:00pm	Sunset: 5:57 pm	Sonrise: Mike Wilson Church: Pastor Eric. No planned potluck Sunset: 5:58 pm
23	24	"The Beloved" Study. Group 6:30- 7:30 pm 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: 6:04 pm	Sonrise: Barb Morrison Church: Pastor Doug. No planned potluck Sunset: 6:05 pm

Edited by:  
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