

"The Heart of the Matter"

A Monthly Source of Information for the Church Family

The Best News Ever!

Everybody likes to hear good news! Listen to this. This is the **BEST NEWS** you will ever hear! **Jesus loves you with an outrageous, unfailing love that is constant and unchanging, no matter what you think or how you act!**

Keep your focus on Him
and what He did for you
at Calvary.

Your name was
imprinted forever
in the palms of His
hands that day!

Philippians 2:6-8 tells it well:

"Who, being in the very nature of God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross."

NIV



The fact that He deliberately chose not to use His divinity and risked everything for our salvation is beyond amazing! He feared that sin was so offensive to God that their separation would be eternal. Even so, He was willing to lay down His life, for all eternity, if necessary, to save us! He was willing to do this, not because He was expected to, or because He felt obligated to, but simply because He loved us that much! Such love is humanly incomprehensible for us to fathom!

Christ allowed Himself to be publicly humiliated. He willingly allowed Himself to be nailed to a cruel cross. He was mocked and spat upon. He was condemned and died as a criminal, with your sins and mine weighing heavily on His shoulders! Hallelujah! What a Savior He is!

By: Donna Faye Anderson

Jesus LOVES you! You are precious in His sight!

THE CHURCH IN ACTION

LifeGroups Spring Quarter Starts Up March 14!

Walking – Sabbath after lunch – Mike Wilson

Basketball – Wednesday @ 6:30PM @ UJA Gym – Luis Pastor

Soccer – Tuesday @ 6:30PM @ UJA Gym – Judson Howe

Mother's Walking Group – Krystle Maddox

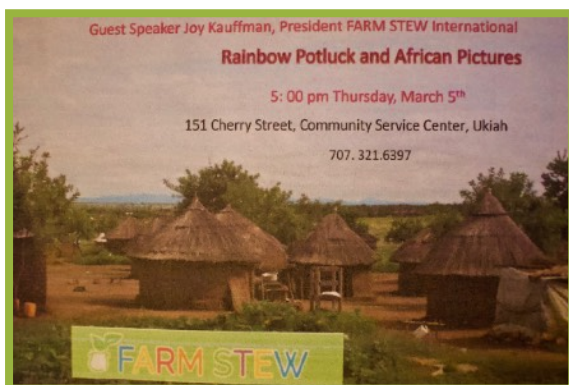
Love Notes – Debbie Merritt

Bird Watching – Wendi Olivera—

Youth Ministries/UJA

Bible Studies – Bible Studies at UJA have started and we have half of our 3rd-10th graders studying God's word on a weekly basis in a class-like setting.

Youth Baptism Sabbath – April 18



Jaime Jorge Concert

A world-class violinist, Jaime Jorge, will be performing at the SDA church March 14 at 6:00pm.

Kindergarten Jamboree

Come Join Us!

March 3, 2020

All potential Kindergarten students for next school year are invited to Ukiah Junior Academy's Kindergarten Jamboree on Tuesday, March 3rd. Bring your child to experience our excellent Christian Kindergarten program. The event begins at 10 am & will conclude with a complimentary lunch for both child & parents with our principal, Eric Stubbert.



Please RSVP
our office:
(707)462-6350



Registration for the 2020-2021 school year starts March 3! Enrollment for all students will be done online this year. Instructions will be sent home with each student and emailed to parents on March 3.

Important Scholarship Information for 2020-2021:

Applications for the Temple Fund scholarship will be available online March 3, 2020. This scholarship is available to all students enrolled at Ukiah Junior Academy, both members of the Ukiah Seventh-day Adventist Church and community members. Funding for the Temple Fund Scholarship comes from the Glenn Miller Memorial Golf Tournament and the Ukiah Seventh-day Adventist Church. The first deadline for applying for the scholarship is April 15. Later deadlines are May 15 and June 15. Priority will be given to the scholarship requests submitted by the earlier deadlines.

Spring Into Good Health

by Bob and Debbie Merritt

Spring is at hand, and with it comes warm and sunny days, and a desire to be outside. It is the perfect time to take that desire and use it to benefit your health. It's as easy as 1, 2, 3...

1 - Just a few minutes (15) of gardening and walking each day, while taking deep breaths, can work wonders on your body and overall health. Try to get at least 15 minutes of sunshine when you can.

2 - Drink 6-8 glasses of water. You can add slices of lemon, lime, or orange to add flavor. Set a timer for every hour to remind yourself to drink. Some drink 1/2 c every half hour to keep themselves hydrated.

3 - Incorporate spring fruits and veggies into your diet, like strawberries, asparagus, lettuce, and peas. Eating a rainbow salad every day helps ensure you are getting the nutrients you need daily. Add beans and seeds to up the nutrition value.

We often have a white bowl full of lemons on our kitchen counter, and try to incorporate them into our menu throughout the day.

Start your day in an anti-inflammatory way:

Lemon-Turmeric Tea

To a cup of boiling water, add 1/4 t turmeric powder, 1/2 t ginger powder, 1 shake of black pepper (this aids the absorption of turmeric in your body), 1 t. honey, and the juice of 1/2 lemon.

Roasted Asparagus with Lemon-Garlic Glaze

Here is a simple spring side dish. Wash and trim asparagus, and place on oiled baking tray.

Squeeze 1 lemon and mince 2 cloves of garlic. Mix well.

Baste asparagus and roast in 425 oven until asparagus is lightly golden (7-10 minutes or so). (Watch closely).

Creamy Lemon-Garlic Dressing

To go along with your daily salad, here's a fresh yummy dressing that can also be used as a dip or "sour cream-like topping". Delicious on haystacks, or in soup.

1 c Veganaise, blended tofu or blended cashews (1/2 c to 1c water)

5 cloves garlic, minced

1 large or 2 medium lemons, juiced

1/4 c plant milk

Mix together and enjoy! This is a favorite of many of our family and friends!

Spring Lemon Rice Soup*

1 c. each - diced carrots, celery and onions

1 t olive oil

Saute until onions are translucent.

Add 4 cloves garlic, minced. Stir until lightly golden.

Add 4 cups vegetable broth, 4 c water, and 1/2 t. dried oregano,

Bring to a boil and add 1 bay leaf, 1/2 c rice, and 1 zucchini, diced. Simmer on low for 20 minutes. Remove bay leaf and add

1/8 c freshly squeezed lemon juice.

Enjoy this fresh soothing spring soup.

*Credit to feelgoodfoodie.net

A report on the tour to Israel in January, 2020

“Amazing, spectacular, learned so much.” These are a few of the words people employed to describe Israel. In January I had the honor of leading a group of 18 people to the Holy Lands. We experienced the very places where Jesus walked. The Sea of Galilee, Bethlehem, Jerusalem, Capernaum, and Caesarea Philippi just to name a few. We floated in the Dead Sea, stepped on ancient floors belonging to Herod the Great, and drank water from a stream where David drank. Sailing on the Sea of Galilee experiencing the water, winds, and hills that Jesus and the disciples experienced every day took us back in time. The texts of scripture suddenly became alive to us. Not only did we experience places, but we experienced the people of Israel. Jews, Muslims, Christians, and tourists from around the world.

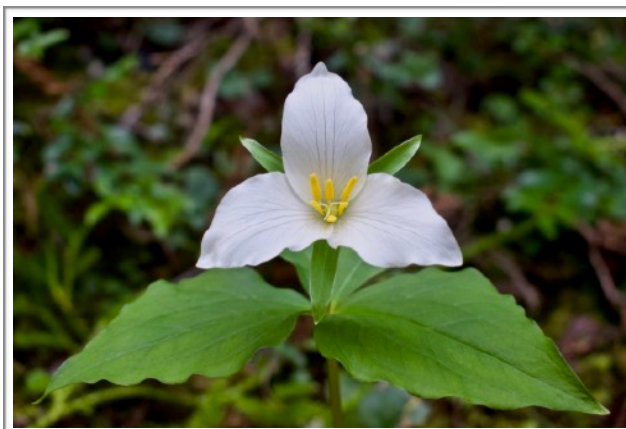
New archaeology continues to reveal Biblical sites. Only 23 years ago, in 1997 the place of Jesus’ baptism which early Christians described was discovered by a Jordanian archaeologist. While we were passing by the ruins of Megiddo an archaeologist discovered a human bone fragment. We could see the Biblical connection between the place and what Revelation described as the battle of Armageddon.

Visiting these important Bible places strengthened the faith and enriched the understanding of all who took the journey.

By Pastor Eric Williams

The Miracle of Wildflowers

I never cease to marvel at the wonder of the wildflowers that burst forth to gladden my heart each spring and remind me that God is an extravagant God who loves to splash His colorful displays of beauty in the fields and meadows, on the desert plains, and along the mountain trails. These are truly God’s love gifts for His children! We can take no credit for cultivating, weeding, watering, or fertilizing them. It is all God’s doing because He loves us! Almighty God! How Great Thou Art!



March

2020

February

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

April

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Kindergarten Jamboree Enrollment opens for 2020/2021 school yr.	Community Services 9:00-11:30am "Harmonia" 5:30-6:30pm AHUV Meditation Chapel	Veggie Food Store 2:30-4:30pm	Sunset: 6:10pm	SonRise: Chaplain Sam Church Pastor Eric Potluck: Jets, ET, Youth SS. Sunset: 6:11pm	SonRise: Chaplain Sam Church Pastor Eric Potluck: Jets, ET, Youth SS. Sunset: 6:11pm
8	9	10	11	12	13	14
Daylight Saving time begins at 2:00am. Set your clocks ahead 1 hour.	"The Beloved" Study Group 6:30-7:30pm AHUV Meditation Chapel	Community Services 9:00-11:30am "Harmonia" 5:30-6:30pm AHUV Meditation Chapel	Veggie Food Store 2:30-4:30pm	"Community of Hope" 5:15-6:30pm AHUV Glenn Miller Conf Room Sunset: 7:17pm	SonRise: Ryan Veness Church: Pastor Eric No planned potluck. Sunset: 7:18pm	SonRise: Ryan Veness Church: Pastor Eric No planned potluck. Sunset: 7:18pm
15	16	17	18	19	20	21
	"The Beloved" Study Group 6:30-7:30pm AHUV Meditation Chapel	Community Services 9:00-11:30am "Harmonia" 5:30-6:30pm AHUV Meditation Chapel	Veggie Food Store 2:30-4:30pm End of 3rd quarter at UJA	UJA Spring Break begins-School resumes Tues Mar. 31 Sunset: 7:24pm	SonRise: Dr. Dale. Church: Pastor Eric Potluck: Deacons. Sunset: 7:25pm	SonRise: Dr. Dale. Church: Pastor Eric Potluck: Deacons. Sunset: 7:25pm
22	23	24	25	26	27	28
	"The Beloved" Study Group 6:30-7:30pm AHUV Meditation Chapel	Community Services 9:00-11:30am "Harmonia" 5:30-6:30pm AHUV Meditation Chapel	Veggie Food Store 2:30-4:30pm	Sunset: 7:31pm.	SonRise: Mike Wilson Church: Pastor Doug No planned potluck. Sunset: 7:32pm	SonRise: Mike Wilson Church: Pastor Doug No planned potluck. Sunset: 7:32pm
29	30	31	1	2	3	4
	"The Beloved" Study Group 6:30-7:30pm AHUV Meditation Chapel					Edited by: David & Donna Faye davendonnaa@icloud .com