

"The Heart of the Matter"

A Monthly Source of Information for the Church Family

The Gift of Joy

At a time when our world is throwing us darts of uncertainty, confusion, and daily concerns, what a comfort it is for us to be able to draw from the permanent, unwavering, boundless supply of joy that comes from our great God!

"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." Philippians 4:4-7

What a beautiful promise! This is the joy and peace we are all desiring! However, this peace is not something that can be achieved; it can only be received. This peace can only come from God.

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:27

This peace is not affected by our surroundings or possessions, but is always available and eternal. It finds a hallowed place deep within our hearts and minds when we accept the unfathomable gift of salvation that Jesus willingly gave us at Calvary when He took our place and died on that cruel cross, making it possible for you and me to live eternally with Him! This brings to us an abiding, sustaining peace that we cannot bottle up inside ourselves. We desire to speak about it with everyone around us, and especially with those who are still desperately searching for it.

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. These things I have spoken to you, that My joy may remain in you, and that your joy may be full." John 15:4, 7, and 11

I want to encourage you to stay firmly grafted to the Vine during these troubled times. Spend time each day reading and memorizing His promises. Praise God with a happy heart, with uplifted hands, with a voice of singing, and with shouts of joy, for He alone is the God of all your joy! Praise God for what He has done, is doing, and will do in your life! He alone is worthy of all your praise forever and ever! Amen!

By Donna Faye Anderson



"When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven."

Desire of Ages page 173

Praise God for our Awesome Teachers

During the first full week in May every year, our nation celebrates **Teacher Appreciation Week**. Please lift up our UJA team in your thoughts and prayers in special ways from May 4 through May 8.

Because of the Coronavirus, many exciting hands-on trips and programs had to be cancelled for the last quarter of this school year: the history trip to Washington, D.C., the Outdoor Education Week, the Biology trip to Monterey, the 4th grade gold country trip, the Spring Musical, to name a few.

As the teachers realized that their only option was online teaching, they were faced with creating a whole new model for teaching and interacting with their students without the eye to eye contact. I don't think any of us can grasp the amount of extra work this has brought to our teachers!

Without so much as a sigh or complaint, they embraced this challenge with the same level of commitment to make each day a special one for their students. They have dedicated their hearts, energies, and talents to God to instruct and nurture the students at Ukiah Junior Academy because they hold each one of them close to their hearts. Their greatest desire is to prepare their students for a fulfilling and productive life on this earth, but, much more importantly, to help them be ready to take their place in God's eternal kingdom!

Ukiah Junior Academy is blessed with the most compassionate, most talented, most committed, most enthusiastic, and most beloved teachers any school could have! Praise God for our tremendous team, **Principal Eric Stubbert, Wendi Olivera, Tessa Corrales, Benji Oliver, Jill Richards, Peter Garcilazo, Kyler Martin, Beth Garibaldi, and Margie Salcedo Rice!**

However, our UJA team will look different next year, starting with the man at the helm. For six years, the school has been tremendously blessed by the leadership of Eric Stubbert. Its mission and purpose has consistently been at the center of his thinking. This was always clearly defined in his worships and meetings with his staff and board members. We have appreciated so much his strength of character and his commitment to hold firmly Christ's hand as he has ministered to each of us. He has made an unforgettable, eternal difference in many lives! Undoubtedly, Walker Memorial Academy in Avon Park, Florida will reap the same benefits from his leadership there.

Coming to take his place is Rick Nelson, a man well known in our Conference, having led our school in Chico for 18 years. Along with being Principal, Mr. Nelson will be teaching several of the 7th and 8th grade classes, since we are saying good-bye to Kyler Martin, our energetic homeroom 7th/8th grade teacher who has accepted a position at Hawaiian Mission Academy. Mr. Nelson's wife, Deborah, plans to teach our 1st graders, since Tessa Corrales has decided to move on. We have appreciated her love of the students and her excellent teaching this year.

Words cannot express our gratitude to our church family for all the resources you give to UJA! Your commitment to Christian education and your sacrificial giving of both your physical energy and financial support is making a huge difference in the lives of others! Continue to keep UJA in your planning and daily prayers. It is God's school! We just long to be the instruments in His hands!

By Donna Faye Anderson

Principal Eric Stubbert reports: Teachers and students are adjusting to our new way of doing school, through google classrooms and google meet. We are connecting through live video feed for classes. While it has not been finalized, it is most likely that we will not be back on campus again this school year. We will update the church family when we know more.

Praise God for our wonderful mothers!

“She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her.” Proverbs 31:25-28

This Is A Mother: By Doris Brock

“This is a mother - warmth and tenderness and soft bright dresses that smell of sunshine. Songs and storybooks and smiling eyes that say, ‘I love you.’ Gentle hands that can comfort a kitten, or shape a sugar cookie, or fashion a formal, or lift a little one close to her heart to a lovely world of trust and security. A mother personifies shared understanding, confident faith, unalterable love. This is a mother - this is you!”

A Mother’s Precious Love: By Barbara Burrow

“God must have known there would be times we’d need a gentle touch, a tender, understanding heart to love us very much. He must have know we’d need someone to listen to our cares, to comfort and remember us in loving thought and prayers. So in His boundless wisdom He sent us from above, the dearest blessing in the world - a mother’s precious love!”

Undoubtedly, moms deserve to be celebrated because they’re always putting others ahead of themselves. Mother’s Day is the perfect opportunity to stop and reflect on what her love means to you.

Of course, Mother’s Day isn’t just a day for celebrating your own Mother. It is a day for honoring all the women in your life who support and nurture you, from your sister to your grandmother. It’s also a chance to wish a happy Mother’s Day to your mother-in-law, whose loving care helped shape the person you chose to marry.

Lord, Bless her whose name we whisper before You, and keep her in perfect peace. May each mother who reads this “Heart of the Matter” know that she is cherished. Amen. By Donna Faye Anderson



Being a mother has been a wonderful gift! Each day I am given a glimpse into the love that God has for us, His children, and it is breathtaking! Not to say that it hasn’t come with its challenges, but even in those times, just one cuddle or coo, a smile or a laugh, uplifts me. It reminds me of the joys and blessings that getting to raise our daughter brings to me.

In many ways, I feel like I have been baptized by fire with all the things that I have had to learn and adapt to. One of the biggest things I have learned is how important it is to have a great parenting team, including a supportive spouse, family and friends, with God at the helm. I am very thankful to God that I have this kind of team. I love being a Mum and I look forward to each new day that I get to spend with Elizabeth, my little lovebug.

By Krystle Maddox

The Church in Action

Plowshares ministry update:

For over a year now, the Ukiah Adventist Homeless Ministry has been serving at Plowshares. This is no small feat, as our relatively small congregation has been able to support weekly Sabbath lunches—usually the only weekend meal served to our homeless neighbors. Teams serve sandwiches with sides to about 30 individuals every week, although sometimes numbers may soar up to even 40 individuals.

The current health crisis of COVID-19 hasn't deterred our teams from serving at Plowshares, although we have restructured service to protect our church members as well as clients. Instead of serving in the dining room, we now serve sack lunches outside, and encourage clients to grab a lunch and practice social distancing by taking their meal to-go. Additionally, we have limited the amount of team members serving outside, so that only about two people are passing out lunches while the rest of the team starts kitchen cleanup.

I am humbled and blessed to see our church step up and serve at Plowshares, especially during this time. Plowshares receives donations from grocery stores, and our stores are seeing a shortage of supply due to over-shopping and a break in the supply chain, so teams now have to purchase most of the items needed for lunches.

Our teams have gone above and beyond, partnering with local businesses to get supplies needed, providing food donations and even offering monetary donations to support the ministry during this time.

The pandemic has also impacted service in that weekly numbers are on the rise, so that we are making more lunches now than ever. Due to a county initiative to give temporary housing to the homeless population most vulnerable to COVID-19, in addition to providing an average of 35 weekly sack lunches at Plowshares, we are also providing 25 – 40 sack lunches to be delivered at designated hotels. Our teams begin preparing lunches at 2 PM every Sabbath, and by 3:30 PM they've made about 70 – 80 sack lunches (each with two sandwiches)! I am so grateful to the over 30 church members who are committed to working with Plowshares to keep our vulnerable community members fed.

In addition to providing meals on Sabbaths, during the winter months we've had teams arrange to pass out scarves, gloves and hats. Some teams have included inspirational literature in lunches. When we were able to serve in the dining rooms, we had teams who designated a couple people to sit with clients and offer conversation. These small yet impactful acts are what have really brought this ministry to life.

I would especially like to thank Beckie Sitz, the Olivera family, the Veness family, Pr. Doug and the youth team, the Spencer family, and the Wells family for leading teams in serving at Plowshares. This ministry would not be possible without their leadership, or without the support of their amazing teams.

And thank you, church family, for supporting this ministry! Of all the churches in Ukiah, ours is not the biggest but we are the only ones who have been able to successfully sustain weekly service at Plowshares. These are the ministries that bring our church to life, as we take the gospel from the church building out into the community.

If you are interested in serving with one of our teams, contact me (Natalie Barahona) at 707-391-0784.



The Church in Action, Cont.

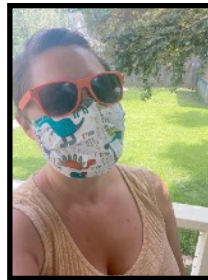
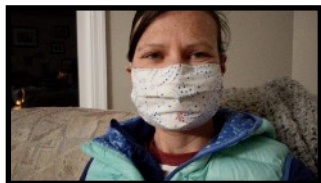
Hello Church Family! From Heidi Veness

I want to share with you what the Mask Making Team is doing. Currently there is a group of us who are making washable cloth face masks. These are free of charge and are to help give you some protection against the Coronavirus. They are not a guaranteed full protection against the virus, but they are a barrier to help reduce the risk of receiving it. We hope these masks will help keep you a bit safer for the short period of time you need to be in town.

Our team has been enjoying the process of remembering how to sew, or learning how to sew, while being creative with the supplies that we have on hand. I want to give a huge THANK YOU to our church members who have so generously offered supplies to us too. This has allowed us to continue making many more masks, not only for our church family, but also for our community. If you or someone you know, needs a mask, or if you have supplies to donate, please call or text 707-339-0668.

Please note that social distancing and proper hand washing should be your first and front-line defense for fighting this virus. We are praying that God will continue to provide and keep you safe during this time.

With our love from the Mask Making Team.



Your Healthy Eating Corner

Happy Spring everyone. Setting aside all the Coronavirus doom and gloom, I wanted to tell you that there is a way to get your green nutrients now and all year long. You don't have to wait until your garden starts producing. That way is sprouting. Before you say it is too much work let me tell you that it is very very easy.

You start by ordering a special lid that fits on any ordinary canning jar. Amazon carries them and you can find them by doing a search for sprouting lids. Amazon's choice is a 6 pack for Wide Mouth Mason Jars - Food Grade Sprouting jar lids. \$11.99 for 6 so you can share with family and friends.

The health benefits for sprouting are numerous. Generally speaking the sprouting process increases nutrient levels, making sprouts richer in protein, folate, magnesium, phosphorus, manganese, and vitamin C and K than un-sprouted plants. They help control blood sugar levels, may improve digestion and may improve heart health.

I got my sprouting seeds at Friedman's but with the gardening boom going on they might be out of them. So order on line. Tasty Broccoli Mix from Lake Valley Organics, and then of course Amazon! You can do lentils that you have, Kohlrabi, and different combinations.

Step 1. Put 2 Tablespoons of seeds in you jar and put the lid on.

Step 2. Rinse the seeds with water, swirling the water around, drain, and repeat.

Step 3. Fill the jar 1/2 full of water and put in a cupboard to sit overnight.

Step 4. In the morning rinse the seeds again and drain. Rotate the jar so the seeds stick to the sides. Prop the jar at a slant in a bowl so it continues to drain. I just leave it on the counter and cover it with a tea towel.

Step 5. Rinse and drain twice/day and watch them sprout! After about 5 days they will fill the jar. At this point you can set them in the window sill to green up. Then you can put them in the fridge and eat them within 5 days.

So at that point start another jar so you can have a continuous supply. Go to You Tube and type in sprouting broccoli seeds for more details. Happy Sprouting! Micro greens are even more fun and just as easy, but that's for another day! Ciao, Ruth DeBooy

Reply to the COVID-19 orders:

Hunker down...
Go no place...
Marching orders...
For the whole human race!

What's the big problem?
Biggest we've ever seen?
For once not climate change...
But COVID-19!

You end up breathless...
No, taste, no smell...
Feverish and tired...
Afraid you'll never get well!

So the cure we're told...
Is shelter in place...
Scrub and disinfect....
Never touch your face...

So here I sit...
Getting fat and lazy...
Clean as a whistle...
But going stir crazy!

I hate my own company
Apologies to my friends
Who've had to endure it...
And will again, when this all ends...

I'd look at the bright side...
If One could be found...
The closest I've come...
I'm still above ground!

So until we meet again...
Love and hugs to you...
If per chance you're missing me...
You can bet I'm missing you!!

By Bob Merritt



“We’re taking this mask business seriously!”
exclaim Dale & Barbara Morrison.

Speaking schedule - Livestream May 2020

- May 2 = Pastor Eric Williams
- May 9 = Pastor Eric Williams
- May 16 = Pastor Doug Barahona
- May 23 = Pastor Mike Wilson
- May 30 = Pastor Eric Williams

Other Weekly Groups

Prayer Group, hosted by Pastor Eric
Wednesday, at 1:30pm

Painting Class with Allison Kurtz
Thursday, at 3:00pm

Welcome the Sabbath, hosted by Pastor Doug
Friday, at 7:30pm

LifeGroups

The Life Groups have been “on pause” for the past few weeks, but hopefully the walking groups and bird watching will be able to resume soon. The bird watching group has continued to share articles and report on the birds seen in each others yards, including pictures sometimes. In this way, the group has remained connected.

Kindergarten Gardens!

For the past 8 years, our kindergarten class at UJA has been maintaining a small vegetable garden that Beth Garibaldi began when she was working as the kindergarten teacher. Here is a very special place for our kindergarten students to learn about plants and gain a better understanding of where most of our food comes from. As Christians, we know very well that working in the soil and spending time outdoors, learning more about nature, gives us a wonderful view of God's love and care for us, as well as His mighty creative ability.

Our gardens have been a lot of fun and a great blessing to UJA. When I took over as the kindergarten teacher back in 2016, I was thrilled to have a sweet little garden area for my students. Teaching my students about gardening is one of my passions and I have endeavored to continue what had been started before me.

In the past 4 years some of you may have noticed the changes that have been slowly taking place in that garden area. Keeping the fenced-in area Beth began, I have added multiple raised beds, a strawberry tower, 6 dwarf fruit trees, and a prayer garden surrounded by a picket fence. Oh, and a worm compost (the kids love this!). Beth, with her 9th and 10th grade Life Skills class, also built some raised beds. The transformation has been laborious, but a lovely one.

Each year (this year excluded due to our COVID-19 situation), the kindergarten students plant seeds in their classroom, care for them, and watch their sprouts grow. Then they transport lots of herb, vegetable, fruit, and flower plants into our gardens. They also help tend the gardens along with many of the other students at UJA, by pulling weeds, raking, shoveling, and hoeing. When school lets out, the students are encouraged to come and check on the gardens' progress during summer break. And when August rolls around, school starts up with a beautiful garden full of fruits and veggies to harvest.

While it is true that the gardens are mainly looked after by my kindergarten class and me, I make sure that in the fall, our first graders get to continue to be a big part of the gardens. They are given opportunities to help harvest and take home some of the bounty that they had begun as kindergartners. Our gardens are also a blessing to others in the school. During recesses, any of the students are allowed to pick from particular plants or garden beds as much as they like, such as, the large variety of mint and other herbs and cherry tomatoes. I have had some students who are particularly interested in a veggie or fruit, so there are opportunities for them to earn it by pulling weeds or raking.

Maintaining and building these gardens takes a bit more than just a green thumb, it takes a lot of work and money. The cost of maintaining and building these gardens has come from our kindergarten class funds. Extra fundraising is necessary to keep it up and continue to build on what we have, making a beautiful place for our whole school, our church family, and even visitors that come on campus. If you feel a burden to help donate plants, soil, woodchips, or a monetary donation, please feel free to contact me at (707)391-8427. Your contributions will be greatly appreciated!

By Wendi Olivera

Registration for UJA 2020-2021 school year is in full swing! Enrollment is done online at ukiahjracademy.org Applications for the temple fund scholarship are available online. These scholarships are available to all students. The upcoming deadlines for submitting scholarship applications are May 15, and June 15.



The Kindergarten
Gardeners
At UJA
With their Produce

Attention Youth

The NCC Online Youth Group continues to meet on Tuesday evenings at 7:00pm, hosted by Youth Director Eddie Heinrich and assisted by several youth pastors. “We want to provide a resource to support our youth during this difficult time,” said Heinrich. “It is also a fun way for them to interact and be social.”

Please call Pastor Doug if you would like to join so he can give you the Zoom invitation for this event.

The NCC Youth Department is also hosting a conference-wide virtual Pathfinder Club that meets every Thursday at 6:45pm. Please call Luis Pastor for information about joining this group.