

"The of the Matter"

A Monthly Source of Information for the Church Family

Firm Up Your Focus!

“Therefore we do not lose heart. Though outwardly, we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:16-18 NIV.

Temporary versus eternal — what a vast difference there is between the two. The way we balance the interactions of these distinct realities can determine the level of peace and contentment in a Christian’s life. When we exert most of our focus on the temporary, we struggle to find fulfilling experiences. The day in and day out, temporary, physical aspects can easily consume our energy and effort.

Fortunately, we can choose to find peace and contentment by turning our thoughts to the eternal glory of heaven, which is promised to the faithful followers of Jesus Christ. There will come a day when we will realize the stressful, worried hours we spent on this temporary earth were a waste of time. As C. S. Lewis observed, “All that is not eternal is eternally useless.”

Praise God, we can be renewed daily with peaceful, awesome and joyful thoughts. It is by the ministry of the Holy Spirit and the exercise of our faith that enables us to clearly grasp these eternal truths. “Now faith is being sure of what we hope for and certain of what we do not see.” Hebrews 11:1 NIV

There is so much that happens all around us, all the time, that we never see with our physical eyes, but through faith, we can believe that they are as real as anything we can see. And these eternal things are not hindered, in any way, by time or space, pandemics or protests, fires or elections. Our steadfast faith in these eternal things will surely carry us through to eternity!

For now, this temporary life requires us to give some measure of attention to physical details. However, may we commit to never allow them to overshadow the beautiful, the magnificent, the glorious eternity that our great God is planning for us!

Open our eyes, Lord, that we might see!

By Donna Faye Anderson

UJA NEWS

Donna Faye reports: Our tremendous team of teachers: **Wendi Olivera, Debbie Nelson, Benji Oliver, Jill Richards, Peter Garcilazo, Rick Nelson, Beth Garibaldi,** and **Margie Rice**, certainly deserves all the support and admiration, love and prayers that we, as their church family, can offer. We are truly blessed with the most dedicated, compassionate, enthusiastic and talented group of Christian educators that can be found anywhere. They diligently prepare not only in-person learning experiences, but online classes as well. They are united to do whatever it takes to keep the students safe and happy, while gently and clearly aiding them in their understanding and comprehension of their assignments. Their greatest desire beyond preparing their students for a fulfilling life on this earth, is to prepare them to take their place in the heavenly kingdom. Please commit to lifting up this beloved team in your daily prayers. Please also remember each student and family represented. Praises go to God for our great school! Two other awesome team members who add to the happy campus atmosphere are **Allison Kurtz**, Office Manager, and **Ashlin Olivera** in After School Care.

The Glenn Miller Memorial Golf Tournament Update

Steve Miller reported “that the last day of the tournaments was September 28. There were 40 teams registered to play, but three were not able to participate because of the Glass Fire. The support from the community has been tremendous.”

We are enclosing a list of those who sponsored a hole to provide a visual of the diversity of involvement in this endeavor. So far, this event has brought in more than \$95,000.00 with another \$10-15,000.00 expected over the next few days. In next month’s newsletter, we will be happy to report the final outcome. A great BIG thank you to everyone who participated in this dynamic fundraiser.



Annual Glenn Miller/UJA

Golf Benefit

THANK YOU TO OUR 2020 HOLE SPONSORS!

Aaction Rents 707.472.0500	Farmers Insurance- Jared Hull 707.462.6506	Massey Small Engine Repair 707.468.9368	Savings Bank of Mendocino County 707.462.6813
Adventist Health Howard Memorial 707.459.6801	Fowler Auto Center 707.468.0101	Mendo Mill/ Ace Hardware 707.472.3330	Schat's Bakery 707.462.1670
Adventist Health St. Helena 707.963.3611	Furniture Design Center 707.463.3500	Miller Family	Seizer Realty Loans & Investments 707.462.6514
Adventist Health Ukiah Valley 707.462.3111	Grocery Outlet 707.463.2129	Motel 6 707.462.8873	Starkey Custom Apparel/Promotions 707.462.9990
Andrew Corbett DDS 707.462.6086	Humboldt Hotties Garment Printing 707.498.1128	Myers Medical Pharmacy 707.468.8991	Tony Edwards & Family
Beckstoffer Vineyards Mendocino County 707.462.6624	Jason & Heather Wells	Northern California Conference Education 925.685.4300	Ukiah Paper Supply INC. 707.462.2203
Busch Electric 707.462.8749	Jivan LED 707.271.0079	Pacific Union College 707.963.6313	Umpqua Bank 707.462.0522
Carter Rich LLC 707.462.6694	JJ Custom Sharpening 707.468.9368	Paul Shimmin Consulting	Western Adventist Foundation 1.866.356.5595
Cerro-Pacific Lumber 707.485.8072	John and Marcia Lizaro 707.462.5400	Randy Woensner M.D.	Wingstop 707.462.9464
GLG Health Management 707.272.2738	Johnson's Quality Tree Service 707.462.7009	Redwood Community Services 707.472.2923	
Club Mac	JPMorgan Chase Bank, N.A. Michael Petri, Financial Advisor 707.463.3259	Redwood Cove Health Care Center 707.462.1436	
Eversole Mortuary 707.462.4809	Kiwanis of Ukiah	Rio Lindo Academy 707.431.5100	
Factory Pipe LLC 707.463.1322	Laura Winkle M.D	Robert & Suzie Hardie	
Farmer Brothers Auto Body 707.462.8390	Les Schwab Tire Center 707.472.0300	S and C Properties	

UJA Kindergarten Garden Update!

Our school year has begun and our students have been having a fun time getting into our garden! Even though Covid-19 restrictions limited our ability to plant much last spring, we still managed to get some delicious veggies and fruits planted. Our students are excited to be able to pick all the



cherry tomatoes their hearts desire. They also get to pick wonderful fresh garden tomatoes, cucumbers, pumpkins and even watermelons! Our fruit trees are also producing more fruit than ever and we look forward to harvesting those limes, lemons, mandarins, grapefruits, and

kumquats in the near future. Our garden also has some herbs that the kids enjoy bringing home or even munching on during recess time, like the mint. They sure love that fresh breath feeling from the mint! Ha ha! And even though our garden is typically maintained by the kindergarten and first grade classes, any class is able to come and pick at the mint or cherry tomatoes. We are hoping to get a winter garden underway soon too. We have not had one yet and we are eager to see what grows well for us over the winter months. If you have any good tips, please be sure to let me know!
Wendi Olivera



Church News

Calling All Pathfinders

Luis Pastor reports that in-person Pathfinder meetings are being planned. Anyone interested in joining the club may email him at luispastorjr@hotmail.com for registration details and information. The Pathfinders will be volunteering to help with the Plowshares Ministry during October.

Gathering For Church

A message from Pastor Williams:

I have been greatly missing you as the weeks and months have rolled by. But God is good. He has provided for our needs during this time.

There are so many people (myself included) who want to return to gathering together on Sabbath mornings. For the month of October, if the air quality is good enough, we will be meeting at the shady spot on the northwest corner of the parking lot.

I have heard no cautions or restrictions from the county for seniors gathering outside and no limit on how many people can attend. All who attend must wear a mask and must social distance. Family groups should cluster together and distance from other clusters. Please bring your own chairs. We will have some chairs available for those who can't or forgot to bring them.

The Children's and Youth Sabbath Schools can now meet indoors with a limit of fourteen kids and two adults.

What about the adult Sabbath School classes? The feeling from the church board is that each adult class needs to make a decision on what they would like to do. It is possible for the adult classes to meet outdoors. We could also have a general Sabbath School class, too.

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Plowshares

Each Sabbath our church family provides a sack lunch for those in need. We prep and serve these lunches from Plowshares, located on State Street across from the airport. Each Sabbath varies depending on the weather or time of month as to how many we serve.

Typically, we plan to serve up to about 35-50 lunches. Over the summer we had been serving those who were restricted to a motel. This was about an additional 40 lunches. Only recently there is no longer a need for this service to the motel, but we continue serving the lunches at Plowshares. Those we have been serving have been very grateful and most really like to express their heartfelt thanks for these lunches.

A sack lunch typically consists of two sandwiches premade and wrapped, a snack such as a granola bar, chips or crackers, fruit, a dessert, bottled water, and sometimes a juice. Some of the food is supplied at Plowshares, but a lot is left up to the team leaders to provide. It is such a blessing that our community has Plowshares and so many volunteers who want to reach out and help provide meals.

As you may also know, we have teams that rotate in serving on Sabbath afternoons. Each team has up to about 5 or 6 families. However, some do not have as many and are currently in need of more help. The task is fun and goes fairly smoothly and it does our hearts good to help feed those in need. So please, if you are interested in coming out for about 2 1/2 hours on an occasional Sabbath, we would love to have your help! You can contact Wendi Olivera at (707)391-8427 for more information.

Family News

We are excited to welcome two new families to our community and church



Justin and Shari Kim moved to Ukiah in August with their three children Elena (3 yrs), Tessa (1 yr), Stella (7 wks). After spending three years in Guam, they returned to the state of Washington for a brief time before arriving in Ukiah. Both Justin and Shari are DPT's having earned their Doctor of Physical Therapy degrees at Andrews University. Justin is a welcome addition to the Adventist Health Ukiah Physical Therapy Department, while Shari remains home enjoying motherhood!

Please extend a warm Ukiah welcome to these new families when you have opportunity to meet them in person.

Will and Yazmar Perez have recently moved to Redwood Valley from the Loma Linda area. We know that Shamir and Claudia Sevilla are especially excited to have them here as Yazmar is Shamir's sister. Yazmar earned her DPT (Doctor of Physical Therapy) from Loma Linda. She is working as a Physical Therapist at Adventist Health Howard. Will is a graduate of the Loma Linda School of Medicine and is working as an ER Physician at Adventist Health Howard Memorial and Adventist Health Mendocino Coast hospitals.



Submitted by Gary and July Maddox

The “Healthy You” Column

Happy fall everyone. It is time to think soup. Is it possible to make a great tasting soup without oil? I think it is. Why isn't oil part of a whole food plant based diet? Aren't coconut and olive oils healthy? Olive oil, coconut oil, and any other oils are not health promoting foods. Oil is not a whole food because it's highly refined and nothing but fat. What is the saying? Passed your lips and on to your hips. All the nutrients—including protein, carbohydrate, vitamins, minerals, fiber, and water—have been removed. It also has more calories per gram than any other food, which almost guarantees you will consume more calories than you need and potentially gain weight.

This is my go-to soup that I love and even my grandkids love. It is from “Oh She Glows” I just leave out the oil and saute in water. I modified the recipe just a bit.

Serves six or more Ciao. Ruth DeBooy

African Peanut Soup

Water to sauté (or use a little of the broth)
 1 medium sweet onion diced
 3 cloves garlic minced
 1 red bell pepper diced
 1 jalapeno, seeded if desired and diced (optional)
 2 medium sweet potatoes, peeled and chopped into 1/2 inch pieces
 28 ounce can fire roasted diced tomatoes with juice
 fine sea salt
 4 cups vegetable broth, low sodium
 1/3 cup natural peanut butter
 1 1/2 teaspoons chile powder
 1/4 teaspoon cayenne pepper
 1 can 15 ounce chick peas, drained and rinsed
 2 handfuls of baby spinach or destemmed torn kale leaves
 fresh cilantro or parsley
 roasted peanuts



Method:

1. In large sauce pan saute the onion and garlic for about 5 min.
2. Add bell pepper, jalapeño, sweet potato, and tomatoes with their juices. Raise the heat to medium high and simmer 5 min. more. Season with salt
3. In medium bowl, whisk together peanut butter and 1 cup broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups of broth, chile powder, and the cayenne.
4. Cover the pan with a lid and reduce the heat to medium-low.
 Simmer for 10 to 20 minutes, or until the sweet potato is fork tender.
5. Stir in chick peas and spinach and cook until leaves are wilted.
6. Garnish with herbs and roasted peanuts.

Do It Before Winter

“A number of things will not be done well unless they are done before winter. Timothy went to Paul in time and he had no regrets. ‘The harvest is past, the summer is ended and we are not saved.’ Jeremiah 8:20 Do it before winter. The right use of the will is important.

Consider these seven things:

1. Know and accept Christ and His grace and plan to be in His kingdom.
2. Be a person of integrity.
3. Decide to be positive—think the best.
4. Decide to come up to your potential in Christ.
5. Be free in Christ with your health, your thoughts, and your service.
6. Decide to give away much of yourself. Give love to dear ones and others.
7. Decide to be succeeding at something all the time. You needn't succeed all the time in everything. You cannot fulfill all your plans, but you can plan to succeed before winter comes on.” A note from Pastor Duane Johnson

Elder Duane Johnson and his family were missionaries to Pakistan and India about the same time that the Andersons were in Myanmar (Burma) and Sri Lanka (Ceylon). He is also Sameena Stillinge's late grandfather. We found this bit of inspiration in some of the archives that we have in our house. So we thought that we would share it with you.

Dave & Donna Faye Anderson

Instead of a book review this month, we are encouraged to watch a video series.

I have been binge watching Season 1 of Lineage Journey on YouTube. It is a history of the Christian church starting with Constantine to the Founding of America. The cinematography is amazing--to see all the beautiful cities and places in Europe where so much church history took place makes it come alive. Each episode is 5 minutes long, which, let's be honest, in today's busy world, is just about the perfect length to grab your interest and let you learn something new.

Season 2 is about the birth of Adventism--looking forward to watching that and learning there as well! As someone who loves history and travel and architecture, as well as learning the beginnings of our faith journey--I am loving it! -search Lineage Journey on YouTube or visit the website at www.lineagejourney.com

Submitted by Kristin Merritt

Good News!

Last Friday evening, those who attended the Zoom vespers were blessed with a devotional by Pastor Doug Barahona. We thought it would be the last vespers, but we are happy to announce that this will continue. It is a special way to welcome the Sabbath and we want to encourage more of our church family to join. If you are interested in getting the Zoom logon and password, please text Donna Faye at 707-234-9234.



Celestial Calendar for October

We are including this segment in the newsletter in an action of optimism that our smoky atmosphere will clear, making it possible to view the night sky.

OCTOBER 1: There will be a full moon, known as the Harvest Moon. This occurs closest to the September Equinox each year.

Also on OCTOBER 1, the planet Mercury reaches its greatest eastern elongation from the Sun. This is the best time to view Mercury, since it will be at its highest point above the horizon. Look for the planet in the western sky just after sunset.

OCTOBER 6-10: The Draconids is a meteor shower radiating from the constellation Draco, but can be seen anywhere in the night sky at a rate of about 10 meteors an hour. The best viewing will be from a dark location in the early evening.

OCTOBER 13: The red planet, Mars, will be at its closest approach to the Earth, and its face will be fully illuminated by the Sun. It will be brighter than any other time of the year and will be visible all night long.

OCTOBER 16: Take advantage of the New Moon week to capture the Galactic Center of the Milky Way shining in the sky.

OCTOBER 21, 22: The Orionids, a meteor shower that radiates from Orion, runs annually from October 2 to November 7, but peaks this year on the night of October 21. The best viewing will be from a dark location after midnight. This shower produces up to 20 meteors an hour.

OCTOBER 31: Since this is the second full moon in the month, it is referred to as the Blue Moon. Also, the blue-green planet, Uranus, will be at its closest approach to the Earth, and its face will be fully illuminated by the Sun. It will be brighter than any other time of the year and will be visible all night long.