

"The of the Matter"

A Monthly Source of Information for the Church Family

Are We There Yet?

Our son, Micah, was a poor traveler at four years old. Though he liked the idea of going somewhere, when the reality of the journey hit him square in the face, he voiced his frustration quite effectively.

A few years ago we made a family trip to the Monterey Bay area. We had been talking up the trip for quite a while. Micah was excited about going, so much so that he began to be impatient about the whole packing process. In typical kid fashion we found him in his car seat a good 30 minutes before we could leave. Knowing what would be coming later we tried to get him out of the car, but with both of us working on the packing it didn't take him long to get back in his car seat.

Finally, our little road trip began. We were on the road for maybe 15 minutes when we heard the familiar refrain, "Are we there yet?" Our answers never seemed to satisfy him. I wondered if he believed us because he kept asking the same questions in about a half dozen forms. "When are we going to get there?" "How far away are we?" "How long is it going to take to get there?"

We kept trying, with little or no success, to answer his questions. He had a limited understanding of time and distance. We even tried to put our answers in terms he could understand. "We'll get there in about as much time as it takes to watch four Veggie Tales." or "It'll take us about as long as it took us to drive to Grandma Judi's house." He just couldn't wrap his mind around why the trip was taking so long.

Inevitably his patience began to wear thin and the whine would creep into his voice. "This is going to take forever!" This was usually quickly followed with, "We're never going to get there!"

All these questions and pronouncements came in bundles, one was never enough. He pleaded for understanding. He begged for release from his car seat bondage. He was sure that his plight was tragic beyond measure. The tears began to flow in frustration at our seeming indifference to his suffering and the whole car suffered with him.

Typically, after he had calmed down a bit and about a half hour before our arrival, he decided that enough was enough. He'd had it! "I want to go back home!"

We tried not to laugh.

When we finally got there all was forgotten. This was both good and bad. He was happy at the moment, but we wondered how many times we all would have to go through this again before our boy learned to be a little more patient with the journey.

I don't believe it's too much of a stretch to say that we are all a bit like that. We have trouble keeping our life's journey in perspective. We have trouble keeping our children's life journey in perspective as well. We lose patience. We become frustrated and question why it's taking so much time to reach a particular milestone or destination. We keep asking the same questions. "When are we going to get there?" "How long is it going to take?" We even whine at God, "This is going to take forever!" We may even be tempted to give up and say mid-journey, "I want to go back!"

COVID-19 has made me feel this way more than once.

When we give God the keys and put Him in the driver's seat we need to expect that it's going to be a long journey, sometimes even an unpleasant one, but the company makes all the difference. It may seem like it's going to take forever, like we'll never get there, but God knows the destination. He'll get us there. Don't be tempted to go back. We'll never get there that way.

"Thomas said to him, 'Lord, we don't know where you are going, so how can we know the way?' Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'" John 14:5-6

God Bless, Rick Nelson

UJA NEWS

Steve Miller reports on the 7th Annual Glenn Miller /UJA Golf Tournament

Dear friends,

Current regulations do not permit holding THE 7TH ANNUAL GLENN MILLER MEMORIAL GOLF TOURNAMENT as a one day event. A CANCELLATION ACCOMPLISHES NOTHING! Please find attached "PLAN B". I hope this format will allow you a fun day of golf while at the same time providing support for an excellent cause.

Please let me know if I can assist in anyway.

With gratitude!

Steve Miller, 707-391-1749

Annual Glenn Miller/UJA Golf Benefit

Each year we look forward to the annual Glenn Miller Memorial Golf Tournament, which benefits worthy students attending Ukiah Junior Academy. This year we are doing things a little differently, keeping your safety in mind while still being able to “Tee it Up” for a great day on the course.

How to stay safe on the course:

• All participants must follow social distancing protocols set by Mendocino County and the Ukiah Valley Golf Course. Our students benefit from an exceptional student to teacher ratio, and their performance on standardized tests exceeds the 75th percentile. We are proud of their success and so appreciative of your support for this event, in which 100% of the money raised supports worthy student scholarships at Ukiah Junior Academy.

How to participate:

- Please make checks payable to, “Glenn Miller Golf Tournament” and turn in your check and player registration to Steve Miller, or mail it to: Ukiah Junior Academy 180 Stipp Lane Ukiah, CA 95482
- Book the tee time for your foursome by calling the Ukiah Valley Golf Course, 467-2832. • Play anytime between September 18th - September 28th. When finished, give your scorecard to the Ukiah Valley Golf Club personnel. Annual Glenn Miller/UJA Golf Benefit
- This is not a single day event. Teams of four will play a scramble format round (see back) at a time of your choosing between September 18 and September 28.
-
- **Entry fees are \$100 per player. Mulligans are \$10 each, with a limit of two per player.**
- **The \$100 entry fee includes green fees, golf carts, and lunch. Benefiting a great cause:**

Annual Glenn Miller/UJA Golf Benefit

Scramble Rules and Format:

1. Have fun!
2. **MEN** play from the **WHITE TEES** (Men over age 70 may play from **RED TEES**.) All **WOMEN** play from the **RED TEES**.
3. Each team will consist of four players. If a team is reduced to three players on a team, the players will **ROTATE** holes, filling in for the missing player (rotating player will play the entire hole a second time).
4. Each player may purchase **TWO MULLIGANS** that may be used any place on the course.
5. All players tee off on each hole. **A MINIMUM** of two tee shots **MUST** be used from **EACH PLAYER**.
6. The nominated team captain selects the best drive and marks the position (within six inches) with a tee peg.
7. The other players retrieve their ball and then play from within six inches of the peg (not nearer the hole). If the chosen ball is in the rough/hazard, the following **SHOTS** must be played from the rough/hazard.
8. The above-mentioned method of play is continued until the green is reached.
9. On the green, the same method applies. Each player must mark the ball after putting. Play continues from each chosen position until the ball is holed. **NOTE:** If a player misses a putt but inadvertently taps the ball into the hole, **THAT SCORE COUNTS**.
10. Only the **TEAM SCORE** is recorded on the score card.
11. **IN THE EVENT OF A TIE, COUNT BACK FROM HOLE 18.**

Thank you for your generous support. We hope you can join us next year- September 17, 2021!

TOT						70	DATE:
IN						36	ATTES T :
18						4	
17						5	
16						4	
15						3	
14						4	
13						4	
12						4	
11						4	
10						4	
OUT						34	
9						3	
8						4	
7						4	
6						4	
5						3	
4						5	
3						3	
2						4	
1						4	
PLAYERS HOLE:	TEAM SCORE:					PAR	

Family News

Retirement for the Woesners

For forty years, Dr. Woesner has served the community with excellent eye care and surgical procedures. But alas, he retired at the end of last month. We wish to congratulate him, and certainly thank yous are appropriate for his friendly and faithful service! On another note, Jan also retired from Family Practice, so more congratulations and thanks are in order!

When asked about retirement plans, the Woesners shared that they plan to travel extensively all over the country in their motor home. Enjoy the new scenery, Randy and Jan. Maybe we'll get to hear about some of your travels in a future newsletter.

~~~~~

### The Maddox, Jr. Family is Moving

Randy, Krystle, and Ellie have been called to work for the Hawaii Conference at Camp Waianae as the Camp Managers. Camp Waianae is largely focused on youth ministries through its summer camps, but it also offers a peaceful place for other groups to connect with each other and God. Their plans are to leave Ukiah on October 19.

A message from Randy and Krystle: We have been richly blessed in big and small ways through the family, friendships, and connections we have made here in Ukiah. I, Randy, have especially valued growing up here and the wonderful experiences and people who have helped me become the man I am today.

We are excited for this new adventure that God has us on! Please keep us and the ministry of the camp in your prayers. Feel free to come volunteer or to visit us. We also look forward to coming back for visits with our family and friends in Ukiah.

God bless each of you. With love, from Randy, Krystle, and Ellie

~~~~~

In an effort to generate some fun and to share some trivial facts, we polled many of our church family members for an interesting tidbit about themselves that their church family probably would not know. We wished for more responses, but here's what we got so far.

Ruth DeBooy: I love my tractor, especially when I get to sit behind the big wheel, sharing the task of mowing our 15 acres.

Dave DeBooy: As a fun pastime, I love to peddle my unicycle around on our mini-ranch, and sometimes Ryan, the guy next door, shares in the excitement.

Dave Anderson: I really like to cook, and have even dreamed of having our own restaurant using my own special recipes on the menu.

If you have an interesting fact to share, we'd love to pass it on. Please send them to davendonaa@icloud.com to be read next month. Don't be shy; just join the fun!

The Healthy You Column:

Submitted by Robert Merritt

Last month we talked about how postural faults in the upper body could affect neck, shoulder, and upper-extremity function and could lead to long-standing issues. We showed how a few daily stretches could help provide relief from chronic stress that would manifest itself in dysfunctional postures.

This month, we have some examples of what happens in the lower body, when tightness in some muscles will lead to changes in the feet and ankles, knees, hips and spine.

The first problem is tight calf muscles. When muscles in the calf become tight, motion that normally would occur in the ankle, is forced into occurring in the mid foot and forefoot, or being transmitted up into loading the anterior knee.

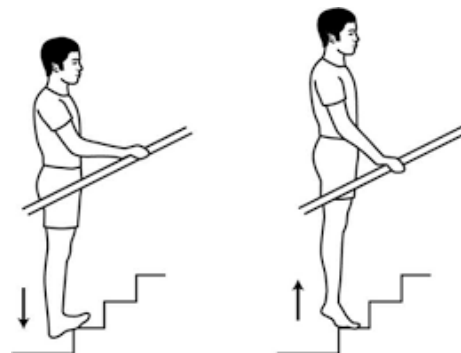
A simple thing such as a tight calf can lead to flat feet, great toe bunion, Morton's or interdigital neuromas, plantar fasciitis, hyper-extended knees, anterior knee arthritis, and hip flexor tightness. With the wearing of high heels or cowboy boots, it is easy to have adaptive shortening of the calf muscles.

Below are some simple ways to stretch your calves.



1. Keep the heel of your back foot on the floor, and lean forward against the wall to stretch the calf. Hold 60 seconds.

2. Calf raises on stairs. Let heels stretch below level of stair, for 45-60 seconds. If one has pain in arch of foot (plantar fasciitis) move the foot closer in, so that the stair hits more toward the heel, decreasing the leverage on the foot. The goal is to feel the stretch on the calf muscles, not the bottom of the foot.



Tight hip flexors, caused by prolonged sitting, can increase the back stresses by forcing an increase in lordosis (sway) or rotation stresses into the spine, leading to joint strain and arthritis. An easy way to assure that your hip flexor remains flexible is demonstrated below:

1. Keep one knee on the ground, and the other foot in front, flat on the ground, as in the picture. Lean forward from your hip, not your head, to pull the kneeling leg behind you, thus stretching the hip flexor.

Hamstring tightness can also lead to issues in the back and hip, by forcing motion into the hip, sacroiliac joints, and low back. Motions that normally would easily be handled by the hip, in the presence of hamstring tightness would be transferred into the pelvis and spine, leading to changes there. It would lead to a loss of spinal lordosis (sway), thereby reducing the spine’s ability to absorb shock in the disc and lead to disc and joint problems.



Below is an easy way to stretch your hamstrings on the corner of a wall, or in a doorway. The leg on the wall is stretching the hamstring, and if your other leg remains straight on the floor, it will stretch that hip flexor. By lacing your fingers behind your neck, and letting your elbows fall to the ground, you can stretch your chest and shoulders, your hamstring, and your hip flexor all at the same time. Very efficient use of time. Switch legs and repeat for the other side.

Church Announcements

Outdoor Church

As an endeavor to provide fellowship for the church family, an outdoor church is being planned for September 19 on the lawn between the upper buildings at UJA. Masks must be worn, as well as social distancing compliance.

The church service will also be live-streamed that Sabbath for those who opt to remain at home.

Church-Nominated Appointments

Because of COVID-19, we were unable to appoint a Nominating Committee to select new church officers for this year.

The Church Board voted that all nominated appointments should continue through June 2021. If you are unable to fulfill this request, please contact Pastor Williams.

Friday Evening Vespers

Krystle Maddox invites us to join every Friday night at 7:30pm for fellowship and worship on Zoom. We sing together, have a short devotional and prayer time and then some fellowship time at the end. It is a great time to connect and see our church family after a busy week. If you would like to join, text Krystle at (707) 972-8470 for the details to join the meeting.

This group will be meeting till the end of September, unless there is someone who would like to host the weekly vespers. Please let Krystle know of your interest.

A Book Review

We are adding a new feature to the monthly church newsletter, a book review.

Barbara Morrison graciously obliged to launch this section, as she was excited to share the captivating story of Eric Liddell’s journey from Olympic champion to modern martyr.

To be sure, there are others who have recently enjoyed a great book. Please send us a review along with a picture of the book to davendonaa@icloud.com. Thanks so much for your participation. Donna Faye



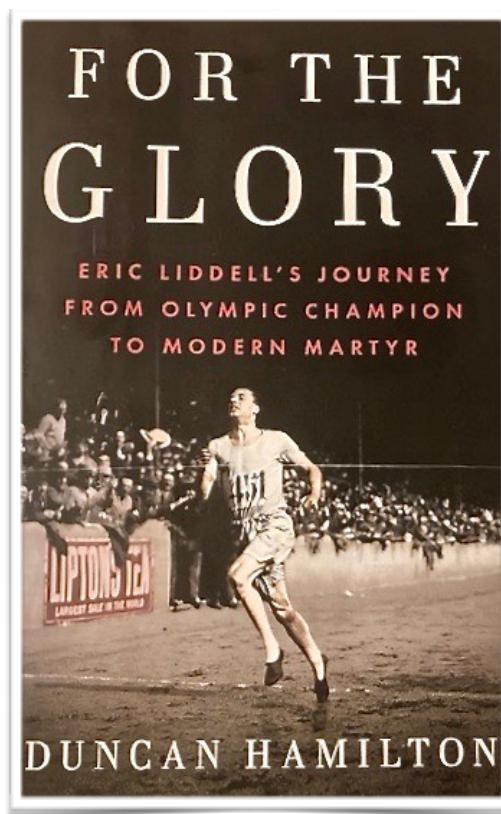
Many of you may remember the movie, “Chariots of Fire”. Famously, Liddell would not run on Sunday because of his strict observance of the Christian Sabbath, so he did not compete in his signature event, the 100 meters of the 1924 Olympics. He was the greatest sprinter in the world at the time. His choice was ridiculed by the British Olympic Committee, his fellow athletes, and most of the world press. Yet, Liddell triumphed in a new event, winning the 400 meters in Paris.

Liddell ran and lived for the glory of God. After winning gold, he dedicated himself to missionary work. He traveled to China to work in a local school. He married and had children there. By the time Liddell could see war on the horizon, he put his pregnant wife and their children on a ship to Canada, while he remained; his conscience compelling him to stay among the Chinese. He and thousands of other westerners were eventually interned at a Japanese work camp.

Once imprisoned, Liddell did what he was born to do: practice his faith and his sport. He became a moral center of an unbearable world, counseling many of the other prisoners, giving up his own meager portion of meals for many days, and organizing games for the children there. He was the hardest worker in the camp. And he even raced again. But, for his ailing, malnourished body, it was all too much. Liddell died of a brain tumor just before the end of the war. His passing was mourned around the world and his story still inspires today. (Barb gleaned this information from the book’s fly leaf.)

“I found this book a compelling narrative of athletic heroism and an inspiring story of faith in the darkest of circumstances. I would encourage you to read this book and be inspired as well.

Enjoy the read.”
Barbara Morrison



OUR MISSION

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

The Heart of the Matter is edited and produced by David and Donna Faye Anderson.

You may contact us at 707-234-9234 or online davendonaa@icloud.com.

Here is a nice thank you letter from Farm Stew to those of you who have been contributing over the last several years. If you are interested in supporting this ministry go to their website or mail to the address listed below.



“Thank you for choosing FARM STEW as your church project! Your gifts have literally been saving lives in Uganda, South Sudan, Zimbabwe and now Cuba.

Just in the past few months, food rations in the South Sudan refugee camps were cut by 1/3. Because of COVID-19, new CDC and government regulations in several countries have caused tremendous transportation and food availability challenges for people in Africa and Cuba. In some areas, people have not been able to leave their homes!

Funds from your project have allowed FARM STEW to continue training participants to plant gardens that are now feeding their families. In Zimbabwe, your gifts enabled Kahn Ellmers, our FARM STEW volunteer at NEWSTART orphanage, to plant a garden that is producing food for 100 orphans. Your gifts have and are continuing to make a tremendous impact!!

As a result of your giving, FARM STEW purchased five motorcycles (a form of transportation that has been allowed) to keep our trainers out in the villages and training participants to help put food on more tables!

Donors like you have also helped bring clean water to many FARM STEW communities. With the global pandemic, clean water is even more vital to help fight disease. To date, FARM STEW has repaired/drilled a total of 10 wells this year.

As the year progresses, FARM STEW will continue to use funds raised by your church project to help reach our 5 Freedom Priorities goals for 2020. To find out more about FARM STEW’s 5 Freedom Priorities, see attachment or go to: www.farmstew.org/the-recipe/5-freedom-priorities.

As you can see, FARM STEW is not lying idle through this pandemic. With your support, we can continue to equip families and address the root causes of hunger, disease and poverty. To continue supporting FARM STEW through your church project, you can donate through our website or mail a check to your church or FARM STEW directly.

Thank you again for helping us to share the recipe of abundant life!”

Farm Stew, P. O. Box 291, Princeton, IL 61356

Due to COVID-19 and the regulations that we have been living under for the last five months, the financial situation at church has suffered a great deal. Here is an update of where we stood at the end of July 2020.

Amount needed to meet budget January 1, 2020 to July 31, 2020	\$306,709.69
---	--------------

Amount received during this same period	<u>256,927.75</u>
---	-------------------

We are short of our budget	- \$49,781.94
----------------------------	---------------

There are several ways to give during this time, when we don’t have the offering collected in front of us at church.

1. Mail your check to the church at 1390 Laurel Ave., Ukiah CA 95482.
2. Have your bank draw up a check for your offering and have them mail it to the church. Be sure to mark in the memo line how you want your \$\$\$ to be distributed.
3. Online giving. Go to the church web site ukiah.sda.com. Click “on-line giving” and then follow the prompting from there. This is deposited into the church account twice a month with 100% of your offering coming to the church.

Thank you for supporting your church. May God bless each of us beyond measure as we faithfully continue to give. David Anderson, Treasurer