

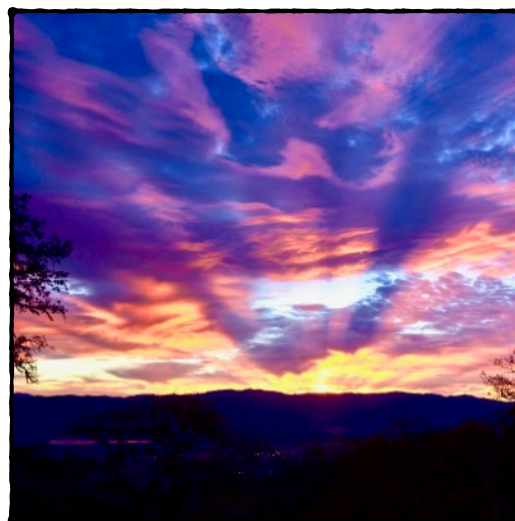
"The of the Matter"

A Monthly

Source of Information for the Church

Come Before Him With Joy

"Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
come before Him with joyful songs.
Know that the Lord is God.
It is He who made us, and we are His;
we are His people, the sheep of His pasture.
Enter His gates with thanksgiving and His courts
with praise; give thanks to Him and praise His
name.
For the Lord is good and His love endures forever;
His faithfulness continues through all generations."



Sunrise over Ukiah

The psalmist is so exuberant, it is easy to join him in his infectious joy. God's design for us, His people, is to share His joy with those around us. The very things that the psalmist bases his praise and thanks upon are things each of us are acquainted with.

Know that the Lord is God. We know and believe that the Lord whom we worship is the one and only Almighty God. With His infinite power, He reveals Himself to us in countless ways. He claims us for His own and we are priceless in His eyes.

It is He who made us. He is our Creator who made us in His image! Because He created us, He knows every cell and bone in our bodies and even knows the number of hairs on our heads. Along with a body and a soul, He established a plan to have us know and serve Him. Our lives are purposefully designed by Him who lovingly draws us into His abiding presence.

We are His people, the sheep of His pasture. There may be times when our lives mystify us, but we are never a mystery to Christ. There is nothing we could tell Him about ourselves that He doesn't already know and because of this, He knows exactly how to provide for us at the precise time of our need. Never forget Jesus chose to suffer and die for us. The only reason He hung on that cruel cross was the incomprehensible love He had for you and me. By His self-sacrificing act of love, Jesus freely gave us the gift of eternal life. Our response is simply to accept His gift with a heart overflowing with praise and thanksgiving.

For the Lord is good and His love endures forever. The reason for our implicit trust in Him is that our Lord is so good to us! His love for us is constant and unchangeable, regardless of our attitude toward Him. Having made us His own, at the cost of His life, He will never leave us; He will never forsake us. As if that wasn't enough, our Lord says in John 10:29, "No one is able to snatch them out of my Father's hand." It's just like the hand of Christ is beneath us, and the hand of the Father is above us, tenderly securing us between their clasped hands.

His faithfulness continues through all generations. As we experience His faithfulness, there is no stopping our contagious joy! We rejoice because our Lord is totally faithful in everything He says. His promises are true and steadfast. As our faithful Creator, He continually creates and sustains all life on planet Earth. He is faithful to forgive our sins when we confess them to Him. He is faithful to shield us from evil and to keep us blameless until He comes. He is faithfully preparing our eternal Home.

Glory Hallelujah to our awesome God! He is worthy of all the praise we could ever bring to Him! Let's hasten to share this good news of joy to those we talk to each day.

By Donna Faye Anderson

UJA News

UJA Made Headlines in the Ukiah Daily Journal

On September 24, Lili Adkins, a journalist for the paper, submitted an article highlighting the reopening of Ukiah Junior Academy despite the unusual circumstances of the pandemic.

Principal Rick Nelson provided insight to that choice. According to him, the staff at Ukiah Junior Academy is concerned that extensive periods of isolation from school is harmful to the students' psychological well-being. "The main reason for reopening is for the emotional health of the kids," Nelson said. "It's best for their education. I think the mental and the educational risk is greater than the COVID-19 risk. Yet the risk of the virus was far from ignored by the school," Nelson recounted.

The state of California has a set of guidelines for reopening schools. The school had to submit a waiver detailing their safety plans. This waiver had to be cleared by the county health department, then had to be sent to the state health department. Only students in Kindergarten through sixth grade are able to attend in-person classes; the remaining seventh-through tenth grades are distance learning, but Nelson is optimistic that the older students will be able to return to campus within the coming months.

Prayer Kids

Principal Rick reports: The staff is organizing the students into groups of Prayer Kids. A new list of students will appear in each weekly Grapevine. As a part of our morning worship each day, we, as a staff, will pray for the designated students.

We also invite our parents to join us in praying for these students. Let's utilize the power of corporate prayer for our young people and watch the Lord work in wonderful ways!

UJA Music Department:

Strings Extravaganza!

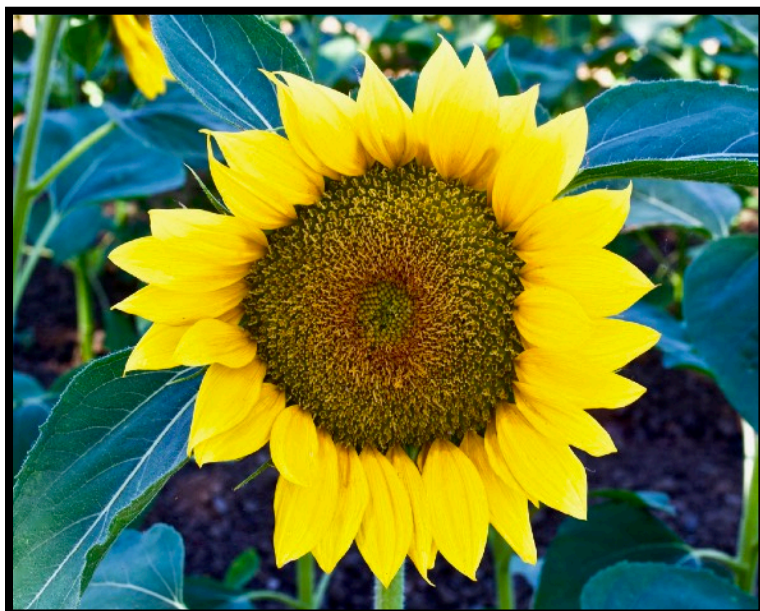
I am excited to be back teaching music at UJA. Due to COVID-19, I have had to modify the music program to only include instrumental music. This year, we are teaching everyone how to play a string instrument! New violins and cellos were donated along with rhythm instruments to help students develop the basics of music. We are having fun learning the fundamentals by waving rhythm scarves, tapping our wooden sticks, pulsating egg shakers, and rhythm bells. This week, we are handing out instruments to all the students and teaching them the parts of the violin or cello, how to hold a bow, and applying the fun rhythms to their bowing technique. Soon we will be learning our first piece, "Twinkle Little Star". Stay tuned for more music news!

Mrs. Margie Salcedo Rice

The Glenn Miller Memorial Golf Tournament Update

Dr. Glenn Miller would be so pleased if he knew the success of his yearly memorial golf tournament to raise scholarship funds for families who otherwise would not be able to afford Seventh-day Adventist education. Funds raised this year totaled more than \$100,000.00 which will be used to help 40 students from 24 families.

Truly, God is leading and blessing this effort. His son, Steve Miller, willingly volunteers his time and resources year-round to make hundreds of contacts and direct the entire endeavor. An avid golfer himself, he involves himself with many other tournaments. When asked how some of the other tournaments compare to the Glenn Miller Memorial Golf Tournament, he responded, "If any of them raise as much as \$6,000.00, they think it was a success."



UJA staff are excited to have 12 new students attending school this year.

A big thank you

goes to Harry Witzel, Dale Morrison and Phil Tamanaha for all the work they are doing at the academy. A fence runs along the west side and includes the Principal's house. The rest of the campus will also be fenced as funds come in. The work team is in the process of laying new water lines to include the ball field so the students can enjoy a beautiful place for athletic sports again.

The 1st quarter of the 2020/21 school year is completed and required parent/teacher conferences will begin on November 4, 2020. Allison Kurtz, Office Manager, is making sure each family has their appointment.



Church News

Outdoor Church

Attendance of between 60-85 has been wonderful on Sabbath mornings as our church family has gathered to worship together in the northwest corner of the parking lot.

Thank you to Marshall Merklin and his team who took care of the AV aspects of both the outdoor and live-streaming requirements.

However, the church was held in the sanctuary on October 31. We hope this becomes our regular meeting place. Masking and social distancing will be required.

Pathfinders

Beth Garibaldi, our regional Pathfinder Coordinator reported that the Northern California Conference Pathfinders held its annual Camporee on October 16-17, but virtually this year. Pathfinders were encouraged to camp out in their backyards or living rooms.

The general sessions Friday evening and Sabbath featured interactive Bible games and inspiring messages by Craig Heinrich, via Zoom, of course.

Sabbath afternoon classes offered various honors and help with Investiture Achievement awards for each age group.

The seven Ukiah Pathfinders were well represented.

Zoom Vespers

The popular Friday evening vespers is going to continue at 7:30 pm. It's a wonderful way to connect with each other and bring in the Sabbath with music, a devotional, grateful expressions of God's leading, requests for prayer and a fun time for fellowship.

Allison Kurtz has consented to lead out in this special event. You may call her or the Andersons for the specific Zoom logon and password. There is no limit to how many people may attend, so we hope to see many more join us.

Kara Gore would like to see the

LifeGroups start up again this winter, if the pandemic improves to make this possible. Watch for an announcement about these opportunities. For those who love birds, there are a number of them around to be enjoyed. A Mountain Quail is one of them.



Family News

Ukiah Family,

We were blessed with a smooth trip and transition from Ukiah to Berrien Springs! We arrived at Andrews at the end of July and were welcomed by the love, and helping hands, of the Yi and both De Leon families. It has been a blessing to have a little piece of Ukiah here! We have some friends in the area, both from our time at Union College and a couple Northern California pastors, and they've taken the time to help us get to know our new home. Berrien Springs is a beautiful place during the fall, but the cold weather is settling in and it sure has us missing that Cali weather.

We feel incredibly blessed in that God has provided everything we need for a smooth transition. Natalie's business is growing, and she's had the opportunities to serve various organizations with her talents and skills. Of course, COVID has made meeting new people and networking hard, but God is opening doors for us to get to meet new friends and Natalie has been able to make various contacts through her marketing networks online.

I am currently taking a full load of classes and enjoying every single one of them, except for Hebrew. My favorite part is exploring the practicality and application in what I am learning in each class so that I may share it with the world. I also got involved with the Seminary Hispanic Club and was voted as Coordinator of Spiritual Activities (Pastor) of the club! We have also taken up new hobbies like kayaking, fishing, and tennis (all which I never thought I would do, especially as a city kid) but God is good in reminding us that growth and new experiences never have to stop happening in our lives! Because of His sacrifice and love for us we never have to live stagnant lives but can always glorify Him in all that we do and learn! I pray that you are constantly reminded of His love for us and that it is HIS righteousness that counts in the judgement not ours.

Even though we're settling into life in Berrien, we miss and think of you all often! Thank you for sending us off with your love and thoughts even during a time when we couldn't all be together. Michigan is nice, but we can't wait for our return to Northern California when we'll be closer to you all!

We wish you a Happy Thanksgiving and a Merry Christmas!

Love you all, Doug and Natalie Barahona

Doug and Natalie at Fernwood Botanical Gardens in Niles, Michigan



Vegan Roasted Garlic Cauliflower Soup

Presented by Debbie Merritt

This vegan roasted garlic cauliflower soup is creamy, silky smooth, and oh-so-soothing. It requires just 15 minutes or so of active kitchen prep, and comes together rather effortlessly to serve six. Cauliflower and garlic are dry roasted until golden-brown, simmered in broth until tender, and blended until super smooth.

Ingredients

2 large heads cauliflower, cored and cut into small florets
 1 to 2 heads of garlic cloves, separated, smashed, and peeled (depending on how garlicky you prefer your soup)
 2 tablespoons extra-virgin olive oil, plus more for finishing
 1 medium white onion, diced
 Small handful fresh thyme sprigs (tied with kitchen twine if the twigs are fine)
 4 cups low-sodium vegetable broth or filtered water
 2 cups unsweetened plain almond milk*
 2 tablespoons nutritional yeast flakes
 1 tablespoon apple cider vinegar
 2 1/2 teaspoons sea salt or to taste
 Freshly ground black pepper, to taste



God's Bounties

Preheat the oven to 425°F. Line a large baking tray with parchment paper. Spread the cauliflower florets and garlic cloves out over the lined baking tray.

Dry roast the cauliflower and garlic for 30 to 40 minutes, or until the cauliflower is flecked with a rich golden-brown hue.

Meanwhile, about 10 minutes before the cauliflower is ready, heat the olive oil in a large stockpot or dutch oven over medium-low heat. Add the onion and thyme sprigs and sauté for 5 to 7 minutes, or until the onion is soft and translucent, stirring occasionally.

Once the cauliflower has finished roasting, add it to the stock pot along with the vegetable broth. Increase the heat to medium-high and bring the mixture to a boil. Then, reduce the heat, cover, and simmer for 15 minutes.

Turn off the heat, and carefully remove the thyme sprigs. Use an immersion blender to purée the soup. It will take about 5 minutes or more to get the soup completely smooth, so just keep blending until the texture reaches the desired consistency.

Stir in the almond milk, nutritional yeast, apple cider vinegar, sea salt, and black pepper. Use the immersion blender to briefly blend again. Then, taste and adjust seasoning, adding more sea salt and black pepper if desired. Ladle the soup into bowls and serve warm with a drizzle of olive oil, if desired.

Recipe Notes:

*Ensure that your almond milk is plain, unsweetened, and free from "natural flavors". Some brands of almond milk (e.g., Califia) add "natural flavors" to their plain/unsweetened almond milk that, to me, impart an undesirable sweetness in savory dishes that's difficult to overcome even with added salt and seasonings.

Interesting Facts

From Karen Kurtz:

"I have some next-door neighbors,
Four boys with mom and dad.
I love to see them daily;
Their visits make me glad!
I have another neighbor;
One that you know, too.
She has so many critters;
Her house is like a zoo!"

(Karen's neighbors affectionately call her Mom and Grandma.)



From Kara Gore:

"My most memorable time at college was spent working at a classical music radio station. I applied for the job, not expecting to hear back, but somehow I was called in for an interview. Part of the interview process was reading a two-page script of composers and the names of the pieces they had written, some in French, German or Latin, among pronouncing other words I had never seen before. I don't know how I was hired because my pronunciation was terrible, but somehow I got the job.

"I was able to be the on-air radio voice for Classical 90.5 WSMC during my three years at Southern. It was a great learning experience for me and it gave me a huge appreciation for classical music. To this day though, when I do any kind of public speaking behind a microphone, Zack has to remind me to not use my "radio voice", so I sound like me instead of a classical radio personality."

If you enjoy this feature of the newsletter, we would love to keep it going. Just send an interesting or fun fact about yourself to davendonaa@icloud.com so we can post them in upcoming issues.

LifeGroup Follow-up

When Deb Attaway was in high school, her mom made arrangements for her to take guitar lessons. She discovered that she really liked the instrument, but then as life takes on many directions, her guitar eventually wound up in storage until Zack Gore started a LifeGroup to teach guitar lessons.

This was a popular LifeGroup that is still reaping meaningful results. What fun it was for Deb to revive a former source of enjoyment. Judson Howe put together a binder of about a hundred songs with guitar chords for each member of this group. Since then, Deb plays her guitar for her morning devotional time and learns a new song every week.

Dave and I were visiting with Deb several weeks ago. We shared with her a statement that someone had made to her mom following a stressful incident, "The next time something like this happens, Mom, we need to immediately stop and pray."

As Deb contemplated this God-impressed statement, she was inspired to write another stanza to the song, "Anywhere With Jesus." Dave and I were privileged to sing it with her on FaceTime and here it is:

"Any time with Jesus, under sun or moon. Deepest dead of night, or by the brightest noon.
When my soul's in danger, He will fight the foe. Any time with Jesus, I am good to go.
Any time, any time! Any night or day, Any time with Jesus, I can stop and pray!"

Book Review by Dr. Beverly and Rita Giebel

Harald Giebel was a member of our church here in Ukiah for the last 30 years of his life. He initially came to Ukiah in 1981 right after leaving his second term of service as a surgeon in Pakistan. Undaunted, Book 1 covers his father Otto's life which is followed by Harald's escapades up to the age of 26. There are two other books in the series.

The story begins in 1891 when a blind old man visited Harald's grandmother when Otto was a young boy living on the family farm. This blind old man brought truths from the Bible that the family had not known before. Years later Otto would again meet people who had the same understanding of the Bible as the blind old man and their Seventh-day Adventist message would change his life.

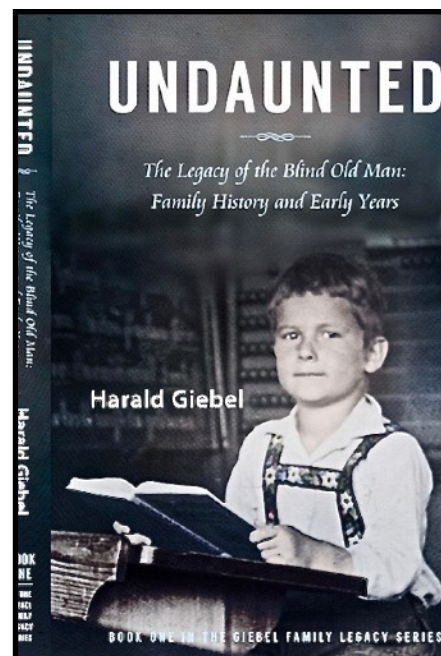
Otto's desperate need to make a living in Berlin helped him become an entrepreneur as a porter at the train station where he learned how to quickly assess people and their means. Eventually Otto became a minister, church leader, and evangelist—leading many to Christ. His son Harald grew up in Germany between two world wars. Harald was not quite a teen when World War II broke out and he lived through those years with a lot of uncertainty. School time was frequently disrupted with aerial bombing attacks and hasty trips to the nearest air-raid shelter. Often the students would spend class time helping those who had been injured in body and home by shrapnel, fire, and explosions. Both of his brothers were prisoners of war with their own set of experiences.

The adventures of Harald's summer hitchhiking and harvesting peas and berries in England helped him heal and deal with the aftermath of the war. As a German in post-Hitler Europe he was not always considered favorably as he interacted with international students who had different experiences and ideologies. Harald's keen mind and fascination with science and the workings of the human body helped him as he prepared for and ultimately went through medical school.

In spite of many challenges during and after the war, Harald's spirit remained undaunted as he helped others and found creative ways to get things done in often adverse circumstances. His bicycle and church friends led him on many adventures.

In this book, Harald also includes the experience of "the enemy," a member of an American fighter pilot crew who was involved in 35 bombing missions over Germany, and how the spirit of forgiveness can ameliorate the horrors of the war.

Dr. Beverly and Rita Giebel have a few loaner copies of the book for those who are interested in reading it. If someone would like to have their own copy, we request they make a donation. The book is not available to be purchased on the open market. For additional information, please contact them.



Additional Reviews

The Andersons read the book and were impressed with Dr. Harald Giebel's insatiable quest for learning and all the unique opportunities that he embraced to expand his knowledge and broaden his experiences. He was a diplomat, knowing when to speak and when to keep silent. No matter where he was, he remained faithful to the Seventh-day Adventist message and always sought out a place where they met. He interacted easily with youth and ministered to them in meaningful ways. Dr. Giebel's life consistently reflected God's love and grace. A very compelling and worthwhile read, full of adventure and amazing stories.

The Blowers thought it was a well-written book of how Dr. Harald Giebel grew up and with God's help was able to support himself and pursue his education in a very hard time. The history during the war was also very interesting to them.

Healthy You!

Hi everyone. The bad news is the number one risk factor for death in the world is high blood pressure. Also known as hypertension, high blood pressure lays waste to 9 million people world wide every year. It kills so many people because it contributes to deaths from a variety of causes, including aneurysms, heart attacks, heart failure, kidney failure, and stroke. The American Heart Association defines anything above 140/90 as hypertension.

The good news is that hypertension may be considered a lifestyle disease. Translation, you can do something about it. The two most prominent dietary risks are not eating enough fruit and eating too much salt.

We should not have more than 1500 milligrams of salt (3/4 teaspoon) per day. The best anti-hypertensive diet is a whole food plant based diet. Here is a list of especially protective foods. Whole grains, raw vegetables, beans, lentils, chickpeas, watermelon and flax seeds. Ground flax seeds alone induce one of the most potent blood pressure lowering effects ever achieved by a dietary intervention.

Other vegetables which are high in natural nitrates are arugula, cilantro, butter leaf lettuce, swiss chard, basil, and beets. Nitrates help dilate your arteries and deliver oxygenated blood to your body.

Have your blood pressure checked. If it is too high try eating and living healthfully for at least a few weeks and you may be amazed by the results. Ciao, Dave DeBooy

Celestial Calendar for November

NOVEMBER 10: The planet Mercury reaches its greatest western elongation from the Sun. This is the best time to view Mercury since it will be at its highest point above the horizon in the morning sky. Look for the planet low in the eastern sky just before sunrise.

NOVEMBER 11, 12: The Northern Taurids is a meteor shower producing about 5-10 meteors per hour. This shower is, however, famous for producing a higher than normal percentage of bright fireballs. The shower runs annually from October 20 to December 10. It peaks this year on the night of the 11th and morning of the 12th. The thin crescent moon will not be much of a problem this year leaving dark skies for what could be a really good show. The best viewing will be just after midnight from a dark location. Meteors will radiate from the constellation Taurus, but can appear anywhere in the sky.

NOVEMBER 15: The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

NOVEMBER 16, 17: The Leonids is a meteor shower producing up to 15 meteors per hour at its peak. This shower is unique in that it has a cyclonic peak about every 33 years where hundreds of meteors per hour can be seen, the last one occurring in 2001. The shower runs annually from November 6-30 and will peak this year on the night of the 16th and the morning of the 17th. The crescent moon will set early in the evening leaving dark skies for what should be an excellent show. The best viewing will be from a dark location after midnight. The meteors will radiate from the constellation Leo, but can appear anywhere in the sky.

NOVEMBER 30: The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This full moon was known by early Native American tribes as the Beaver Moon because this was the time of year to set the beaver traps before the swamps and rivers froze. It has also been known as the Frosty Moon and the Dark Moon.

Also on this night, a penumbral lunar eclipse will occur when the Moon passes through the Earth's partial shadow or penumbra. During this type of eclipse, the Moon will darken slightly but not completely. The eclipse will be visible throughout most of North America, the Pacific Ocean, and northeastern Asia, including Japan.