

"The of the Matter"

A Monthly

Source of Information for the Church

Because He Lives

"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe. That power is like the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at the right hand in the heavenly realms." Ephesians 1:18-20 NIV

What God has done and continues to do for us is the ultimate LOVE! His plan to send Jesus to this fallen world as the Savior to maintain an everlasting relationship with His creation is LOVE! Our salvation bought by the death of Jesus is an amazing act of LOVE! The resurrection of Jesus that proclaimed victory over sin and separation from God is LOVE! The promise of the outpouring of His Spirit to empower us to testify of His unfathomable grace and mercy is LOVE!

Romans 8:32 tells us that "He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?"

This gives us so much hope as we journey towards the Kingdom. Because He lives, because He loves us, because He secured our salvation on the cross, because He has promised to never leave us or forsake us, because He's preparing a home in Heaven for you and me, and because He's coming soon to take us there, we can trust and know that our risen Jesus walks beside us each step of our way! Praise His holy name!

Just before Jesus was crucified, He prayed for the love of the Father to be in us as it is in Him. Most importantly, He prayed for us to know that the Father loves us!

"The glory that You have given Me I have given to them, that they may be one even as We are one, I in them and You in Me, that they may become perfectly one, so that the world may know that You sent Me and loved them even as You loved Me." John 17:22 & 23 NIV

May we fulfill this prayer of Jesus to His Father by our thoughts, words and acts of kindness every day!

By Donna Faye Anderson

Church News

We're Getting A Youth Pastor!

Letter of Introduction by Pastor Williams

Have you heard the news? Pastor Eric Kablanow and his wife, Beth, will be joining us at the beginning of June! They will be coming from Andrews University in Berrien Springs, Michigan straight here to Ukiah.

Here are a few details about him. Pastor Kablanow hales from Spokane, Washington. He is passionate about helping kids discover the reality of how God sees them. He felt God was calling him to ministry as a student at Southern Adventist University. Pastor Kablanow loves rock-climbing, hiking, and surfing. He enjoys drawing, photography, and art.

We look forward to seeing God use Pastor Eric and Beth Kablanow in our church, at UJA, and in our community.



Pathfinders: *Left to Right:* Jordan Pastor, Gabriel Barraza, Caleb Williams, and Nathan Kuntz. Photos of Pathfinders by Luis Pastor



Pathfinders Mountain Biking at Big River,

Pathfinders

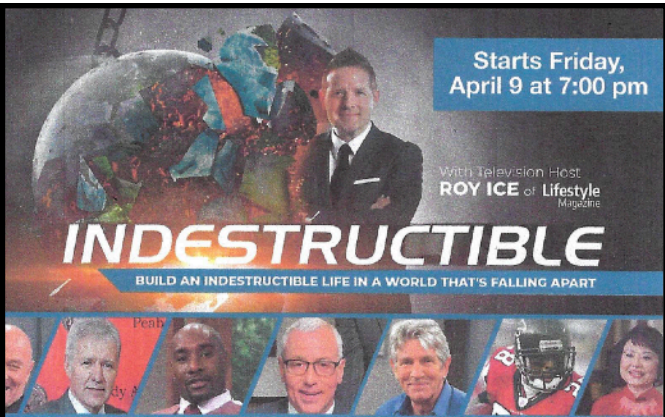
Louis Pastor reports that he is enjoying an active club, although COVID has drastically changed or even eliminated certain activities, such as the annual spring Bike-a-Thon.

Recently, club members completed a Mountain Bike honor at Big River. They have also completed a Legos honor by participating in the NCC virtual activities.

The club is anticipating attending the International Pathfinder Camporee in Gillette, Wyoming, August 5-11, 2024. Fund-raising for this major event will need to be non-traditional and very creative.

By Luis Pastor, Director

Church News, Cont,



Starts Friday, April 9 at 7:00 pm

With Television Host
ROY ICE of Lifestyle Magazine

INDESTRUCTIBLE

BUILD AN INDESTRUCTIBLE LIFE IN A WORLD THAT'S FALLING APART

DISCOVER A LIFE OF HAPPINESS AND PURPOSE

Join Television Host, Roy Ice (from Lifestyle Magazine) as he shares the latest research on success, and interviews celebrities, athletes, and experts who have found ways to live happier, healthier, and with a sense of purpose. Listen to personal stories of inspiration and discover the 5 keys that are required to thrive and grow through the toughest adversity, and into a life that is **indestructible**.

This online series and all available resources are completely FREE!

- Attend online • No camera or microphone required

Learn practical tools you can start implementing in your life today!

Registration is required to receive your invitation.

SIGN UP TODAY AT:

indestructibleyou.org/ukiah

Friday Night Zoom Vespers

Vespers at 7:30 pm on Friday

evenings continues to be a favorite time for our church family to connect with each other. Please join us in welcoming the Sabbath with music, a devotional, a time for thanksgiving and prayer requests and sweet fellowship. If you need the Zoom logon and password, you may call

Allison Kurtz. 707-489-0910

or Dave Anderson 707-234-9233



Photo above: Poppy banks along Clear Lake between Lucerne and Glenhaven.
Photo by David Anderson

Vision/Mission Statements

Vision Statement

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

Mission Statement, based on the Great Commission in Matthew 24, is:

Filled With The Holy Spirit,
Discipling,
Baptizing,
Teaching, With Love.
Preparing All For Jesus' Return.

Family News:

Tim and Cheryl Eberhardt Move Away

In July, 2002, the Eberhardts arrived in Ukiah and immediately, they embraced the ministries here at the church, school, and hospital. Their two young children, Peter and Chrissy, attended Ukiah Junior Academy and Tim and Cheryl accepted leadership roles.

Right away, Pastor Eric realized he shared a connection with the Eberhardt name. Tim's father's older brother had served as a missionary in Ecuador. The school where Pastor Eric spent a year as a student missionary and where Carla, his wife, graduated from was named after Tim's uncle.

For the past three years, the pull of family has tugged on the hearts of Tim and Cheryl and finally plans came together for a big move back home to Cleveland, TN. The moving van has already picked up all their household goods and delivered them to a storage facility near their new location. Tim and Cheryl found a new home online, still being constructed, and they have chosen all the fixtures and colors also online. They "camped" at their house until escrow closed on March 31, at which time they headed to San Diego to spend some time with their son, another stop in Arizona to visit with Tim's brother and then to southern Texas to stay with their daughter and her family until their home in Tennessee will be ready to occupy in June. There are two adorable grandsons eagerly anticipating Grandpa and Grandma's arrival, six-year old Azariah, and two-year old Micaiah.

Many times, Tim blessed the church family with his special gift of reciting Scripture by heart. His farewell love gift to the church family was the recitation of the book of Revelation, which was archived on the church website. The Eberhardts are loved and appreciated. They will be sorely missed, but we know that God's blessings will always go with them.



Springs flowers along Clear Lake on Highway 20

Photos by David Anderson

Family News, Cont.**Veggie Food Store News**

Directed by Cheryl Witzel, the Veggie Food Store is open for customers on Thursdays.

Here's a schedule to help distribute the customer flow:: For families with students at UJA 2:00 - 2:45 pm. For all others 2:45 - 4:00 pm.

Everyone must be masked and social distancing respected. Only one customer at a time will be permitted.

Veggie News, Cont.

Cheryl reports: Our distributor, Howell Mountain Foods, no longer carries Cedar Lake products. We do have a few left in the store.

We have a few items that haven't moved very fast. I don't know if it is because the store has been closed or if the items just aren't of interest.

These include Bragg's Liquid Aminos, Roma, Mayacama gravy mixes, and the George Washington Broth and Seasoning. Are these products you would still like to see in our store?

After going through the list of items our distributor carries, I was wondering if there were some new items you would like to see in our store? They carry Better Than Milk soy milk, Beyond Meat, Quorn, Gardein, and Gardenburger. Are any of these of interest to you? If there is enough interest in some of these products, I will look into carrying them. I will have a sheet for your requests or you can call me, 707-972-4927.

I am wondering if there may be someone who could volunteer at the store when I cannot be there. Please let me know if you are that "willing someone".

Picture Right
Cheryl Witzel,
Director
Veggie Foods

Photo by
David
Anderson



UJA NEWS

Open Enrollment For The 2021-22 School Year

Here's a letter from Principal Rick Nelson that covers the details:

I am pleased to announce that we are open for registration and enrollment for the coming 2021-22 school year. It is our hope and prayer that this school year will begin getting back to a normal routine on campus.

To begin the process, go to our new and improved website:

www.ukiahjracademy.org.

Once there, click the dropdown menu at the top center/right labeled "Parents", then click the link "FACTS Family Portal Login".

Login to your account using uk-ca for the district code. You will use the same username and password you used to enroll this year. (If you have not created an account, click the link for creating a new account).

Once in the portal click "Apply/Enroll", then "Enrollment/Reenrollment". You should find a link for the 2021-22 school year for each current student. Click on the link "Start Enrollment Packet".

You will notice the registration fees have changed. We have consolidated the registration, supply, book rental, and lab supply fees altogether. The registration fees for grades K-4 is \$425.00 and for grades 5-10, it is \$550.00.

We are offering a 10% discount on registration, if paid before June 11, the last day of school. You will find these discounts reflected in the enrollment packet.

We are honored that you have chosen UJA and feel privileged to have been your school family this year!

Music at UJA

Margie Rice reports, "The music students at UJA are making great progress learning to play the violin and cello. They are learning various pieces, including sacred and secular.

The students will be performing for the 11:00 am worship service on May 22 for Education Sabbath. The Ukiah Seventh-day Adventist church is located at 1390 Laurel Avenue."

Dates to remember:

April 13-14: Optional parent/teacher conferences. School will dismiss at noon on those days.

April 25: "Let's Move Day"

Ukiah Junior Academy Kindergarten Jamboree

K-10 Quality Christian Education

Ukiah Junior Academy is a private, accredited K-10 School that offers quality, Christ-Centered Education for students grades K-10. UJA also offers quality extra curricular programs such as music, P.E., and other classes. If you would like to be a part of the UJA experience, please call 707-462-6350 for more information.

Take a Look!

Unfortunately, because of our current pandemic, we need to do things a little differently this year. Instead of an in-person jamboree, we have created a short video to give you a glimpse into Kindergarten life here at Ukiah Junior Academy! We invite you to [scan the QR code](https://ukiahjracademy.org), or head to our website, <https://ukiahjracademy.org>, and view our video. Give us a call for an appointment to meet with Mrs. Olivera and our Principal, Rick Nelson. We hope to meet you and your child soon!



Ukiah Junior Academy: 180 Stipp Lane Ukiah, CA 95482 (707) 462-6350
Rick Nelson, Principal rick.nelson@myuja.org
Allison Kurtz, Office Manager office@myuja.org
website: <https://ukiahjracademy.org>

Healthy You

By Bob Merritt

Approximately 7-8 years ago, our physical therapy department, in response to a number of us having attended the TAKE 10 health program at St. Helena, decided to approach our health care programs with an eye to all aspects of health. We designed a health questionnaire for patients to list their health issues and concerns. It was evident after a few years that one of the most frequently checked areas of concern, was depression and anxiety. Since the Covid pandemic, it has probably been cited more frequently than any other medical issues listed.

Our early church founders recognized that the Scriptures contained divine wisdom in all aspects of our lives, maximizing not only our spiritual and mental health, but all aspects of health including relationships, physical health, and our responses to stressors.

While the SDA church has long been an advocate of Biblical Health Laws, Weimar's NEWSTART program is probably one of the most easily remembered acronyms, encompassing those natural components of health that we all have control over. (Nutrition, Exercise, Water, Sunlight, Temperance, Fresh Air, Rest (daily and weekly), and Trust in Divine Guidance). Because of the importance of maximizing mental health, in a world full of stressors, two other components were added: An attitude of Gratitude, and Forgiveness. These two attributes are actually subsets of Trusting in Divine Guidance. Gratitude to God who provides ALL perfect gifts, allowing us to share with others. Gratitude to God who forgave us, and continues to forgive, so that we can forgive others.

3 John 2, "Beloved, I wish above ALL things, that thou mayest prosper and be in Health, even as thy soul prospers." We have to have a good concept of what health really is. Health is best defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. A state of being that demonstrates a "joy of life".

Now when we look to the Bible for counsel on how to possess a joy that is visible, contagious, and serves to reflect positively on the God we serve there is bountiful evidence that God intends for us to help witness by reflecting an inner joy.

Joy in times of trial and tribulation?
 Joy of People groups, Nations, Societies?
 Joy in Times of feasting and celebration?
 Joy in our Prospects of life for the Righteous?
 Joy in Faith that we serve a God,
 though not seen, provides for our salvation?
 Joy in personal relationships and witnessing?
 Joy in the salvation of others? At any sacrifice?
 Joy in sharing with others, who have less?
 Joy in providing good counsel?

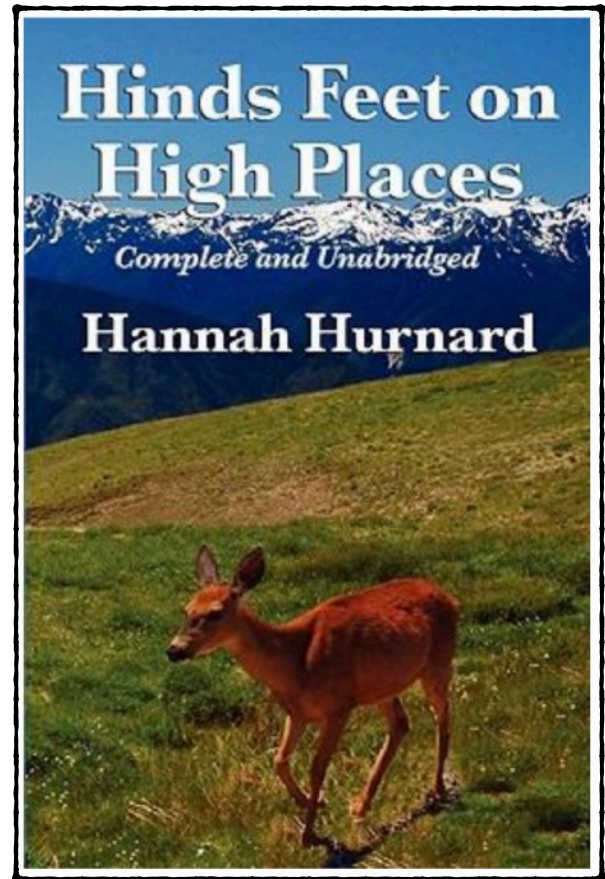
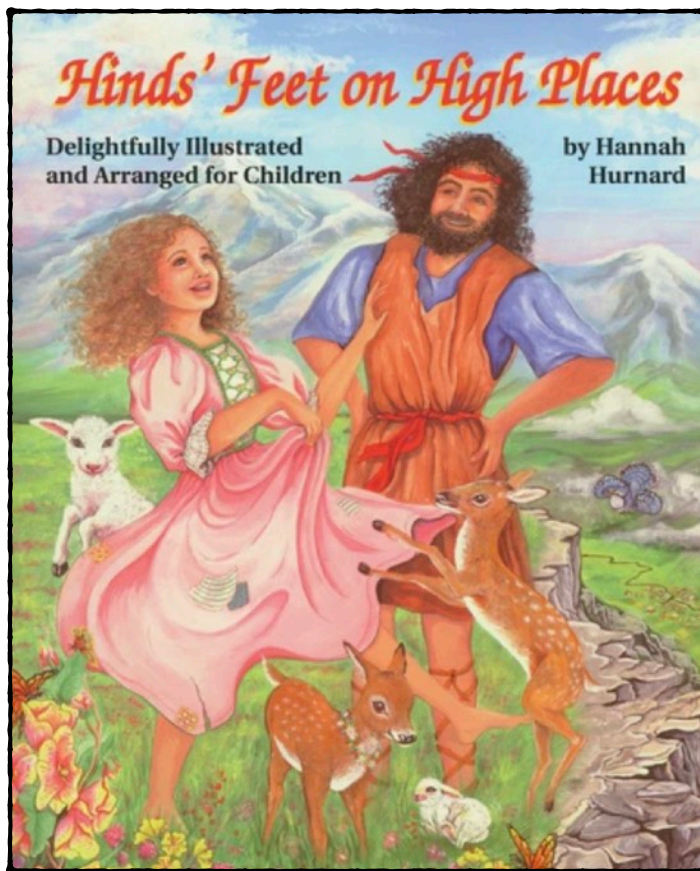
James 1:2, 3, John 16:22, Psalms 30:5
 Psalms 47:1, Isaiah 9:3
 Ecclesiastes 9:7
 Proverbs 10:28, Romans 14:17
 1 Peter 1:8, 9, Romans 15:13,
 Isaiah 12:6
 2 John 1:12, Philemon 1:7
 Luke 15:17, Isaiah 35:10
 Nehemiah 8:10
 Proverbs 15:23

There is no question that life can be stressful, and that we are all affected by stressors brought against us. There is every expectation that stressors will elicit a negative response mentally and psychologically, just as a physical stressor will impact our physical systems by causing an inflammatory response to initiate a healing response. The problems arise when a response, expected to be temporary, becomes prolonged and unshakable.

Let each of us be reminded daily, that God is in control of our lives, and that no matter what happens, He will see us through. This life and world is transitional, and growth is never painless. We don't know how the next chapter of our life will look, but we all know how the story ends. Let's each strive to do all we can to help each other, and all those we meet; to best reflect the joy of salvation that is offered to all who accept Jesus as Lord of their lives.

Book Review

By Kara Gore



I first became acquainted with the book *Hinds' Feet on High Places* as a child, when my mother read me the simplified children's version and I have loved this allegorical book ever since. The book is based off of Psalm 18:33 which says, "He makes me as surefooted as a deer (or hind), enabling me to stand on mountain heights."

The story follows the journey and trials of the fearful main character, Much-Afraid who lives in the village of Much-Trembling in the Valley of Humiliation. She works in the service of the Chief Shepherd and looks forward to seeing Him daily as He passes through the valley. Although she wants to fully serve the Chief Shepherd, she is very aware of the limitations that are holding her back, namely her relatives, the Fearings, and her crooked feet.

When she finally decides that she cannot be held back by fears or disabilities, she begins her journey of following the Chief Shepherd to the High Places where He promises to make her feet like hinds' feet and to take away her fears. Her trek is not without pain, questioning, or frequent falls, but Much-Afraid learns through her trials that the Chief Shepherd is refining her soul and heart and changing her into who He has planned for her to be.

The allegory of Much-Afraid shows the amazing possibilities for spiritual growth and love for all of us in our walks with Jesus if we seek His guidance and ask Him to lead us to the High Places.

Lesson from Nature

By Shari Kim

Palm trees usually grow in areas where it is warm and moist and some live for more than 100 years. There are more than 2,800 different varieties of palm trees that vary in height, trunk thickness and the fruit they produce. The Bible mentions people waving the branches of a palm tree to celebrate Jesus' triumphal entry into Jerusalem.

The palm tree is very useful. They provide shade, food, and fuel. Its leaves are used to make mats, baskets and chair bottoms, while the seeds are used for buttons and carving. The stems can be used for furniture, and the fibers can be used for rope and brooms.

The growth of palm trees is unique compared to other trees. Most tree trunks grow by a vascular cell layer called the cambium that is located right under the bark of the tree. As the diameter grows, the cells form into new rings around the tree trunk every year. A tree is killed when this cambium layer that makes the tree grow is exposed (a method called girdling which is when you place a band around the entire width of the tree) and cuts off the nourishment of the tree. Palm trees, on the other hand, do not have cells that form rings. They have a diffused vascular system throughout the trunk so their nourishment is hidden on the interior and cutting the outside will not disrupt the connection with the roots.

The palm tree can teach us so many lessons but I want to focus on what it teaches us about not allowing outside circumstances to sever our relationship with God. We should be different just like the palm tree and seek to hide Christ deep within our hearts so that nothing can sever our relationship with Him.

Romans 8:35, 37-39 says, "who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? No, in all these things we are more than conquerors through Him who loved us. For I am sure that neither death nor life, nor angels nor rules, nor things present nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." This verse tells us that there is nothing now nor is there anything in the future that will be able to separate us from our precious friend Jesus. Let us always remember this when we are faced with hardship and circumstances we cannot control. Let us hide Christ within and cling to Him despite what is happening around us. Isn't this something worth celebrating about?

Thoughts taken from: Family Bible Lessons, by SonLight Education Ministry, Year 1, Quarter 1, Lesson 10, Pages 50-51; 92-93; 223-239.



Lessons from the Palm Tree
Photo by Shari Kim

The Heart of the Matter is edited and produced by David and Donna Faye Anderson. You may contact them at 707-234-9234 or online davendonaa@icloud.com.