

“The of the Matter”

A Monthly Source of Information for the Church

Rest For Your Soul

Our world is permeated with stress, anxiety, troubles and hardships. It seems to be spinning out of control and we can easily become ensnared in fear, grief and confusion. But—there is rest for your soul and a peace of mind, at a level far above anything this earth can provide.

Jesus knows it isn't easy to live on the same planet with Satan. He knows the burdens you bear and He knows how to carry them for you. His words to us are, “In Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33. So, the world with its troubles is not the victor, Jesus is! And He freely offers His victory and His peace of mind to us.

In 1 Peter 5:7, we read, “Casting all your care upon Him, for He careth for you.” We can be secure in the knowledge that He loves and cares for us as we consciously transfer the burdens from our shoulders to the Lord's.

Christ extends His invitation to each of us, “Come to Me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28. This blessed gift becomes real for us when we humbly lift our heart and voice to Him in prayer. He longs for His children to come to Him each day, worshipping and thanking Him for His goodness and seeking encouragement from the promises in His Word. Remember, we need Him every hour, He has already gained the victory for us, He has promised to never leave us or forsake us, and no troubles can ever come to us that will overwhelm Him.

In gratitude, thank Him for the help that you've asked Him for. The result will be an inward peace, a rest for your soul that “transcends all understanding.”

Philippians 4:6, 7

May your responsive statement of absolute faith and trust in Him be, “My soul waits silently for God alone, for my expectation is from Him. He only is my rock and my salvation; He is my defense, I shall not be moved.” Psalm 62:5 & 6

By Donna Faye Anderson

Church News

Meet Our New Youth Pastor and Wife.

Eric and Beth Kablanow

Some introductory statements from Pastor Eric Kablanow:

We are both very excited to start a new chapter in our lives as we make plans to join your community in Ukiah!

My wife, Beth, and I were married on July 28, 2019 in Walla Walla, WA. and have been living in Berrien Springs, MI since then.

I was born into a pastor's family. My dad pastored his entire career and just recently retired. Growing up in Washington and Idaho, I learned to love nature and recreation in the great outdoors.

I was homeschooled from the 3rd through the 8th grades, graduating from high school from Upper Columbia Academy. Between the ages of 14 and 18, I had opportunities to go on three mission trips, each of them to a different continent, and had my first personal experience in ministry outside of what I knew at home.

For college, I went to Southern Adventist University and spent my first semester in their SALT program and received a Bible Worker's certificate. I then pursued a degree in Religious Studies and Outdoor Leadership. While at Southern, I found a love for rock climbing, which has continued to be my main hobby ever since. I graduated in 2016 with a desire to work in youth ministry, but without any plans on how to make that happen. But—God had a plan!

In January 2017, I flew to Hawaii for five months to work with the summer camp and Youth Director. That led me to Leoni Meadows for the summer of 2017 and this is where I met my lovely Beth. My work at Leoni Meadows led me to getting hired by the NCC as a youth pastor at the Lodi English Oaks church.



I spent one year there before going to Andrews University Seminary in the fall of 2018.

Beth grew up in Walla Walla, WA. She attended Fountain View Academy for all four years of high school and then went to Walla Walla University. She graduated with her bachelor's degree in Elementary Education and spent a year teaching 2nd grade in Wenatchee, WA. She also loves the outdoors and has found a love for rock climbing. We enjoy spending our free time in nature.

Church News, cont.**In-House Worship**

We are now in the orange tier, the system that regulates the COVID restrictions. This means that the number of attendees for Sabbath worship is no longer limited. All Sabbath School age groups may meet indoors.

However, we need to continue to wear masks and observe social distancing. The best area for visiting with friends is still outdoors.

Vision Statement

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

Mission Statement

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

Becoming Disciples

Over the past several weeks, we have appreciated the pastor's emphasis on our church's new mission statement, based on the gospel commission in Matthew 28. On April 24, a 10-week series on Discipling was launched during the Sabbath worship service. We will be learning what discipling means, what are the qualifications to be a disciple and what are the privileges of being a disciple.

Takeaways From The Indestructible Series

Roy Ice, from Lifestyle Magazine, shared the five "aware" keys that are necessary for one to thrive and grow in the midst of a world that is falling apart. They are:

Attitude:

1. Problems do not happen to you; they happen for you.
2. Forgiveness is your pathway to freedom.
3. Circumstances don't have to dictate the trajectory of your life.

Wellness: Blue Zones are geographical areas where people live longer. Seventh-day Adventists typically live longer because they share eight common practices.

1. Move naturally - be active
2. Purpose - have a purpose-filled mindset
3. Down shift - pray often to keep focused
4. 80% rule - eat until 80% full
5. Plant slant - plant-based diet
6. Right tribe - connect with groups who share the same life purpose
7. Loved ones first - acknowledge parents and family needs before your own
8. Belong - to a positive, supportive social structure

Activity:

1. Look at goals within your reach.
2. Decrease food intake by 1/4 and eat one cookie instead of two.
3. Sit on the floor.

Relationships:

1. Find humor in the challenges.
2. Be full of compliments, not complaints.
3. Never stop loving unconditionally, but always refuse to argue.

Existence:

1. Your name and your occupation have nothing to do with who you are. It is your vocation that is your reason for being.
2. Your passions are your tools for leading you to the people you need to serve.
3. Don't ask God to give you a blessing, but ask Him to help you be a blessing.
4. Regularly connecting with God and a faith-based group can add up to 14 years of quality life.

Praise God for our wonderful mothers!



Kara and Eden

I knew motherhood would change my life, but I don't think I understood quite how big of a spiritual impact it would have. I love that this time of sleepless nights, crusty noses, dirty diapers, snuggles and kisses has slowed me down and helped me see things through the perspective of a child. I see the world through Eden's eyes in newfound wonder as she stares at blades of grass, laughs at our dogs, or bangs away with discordance on the piano keys. I find it so sweet that she trusts me so implicitly and falls asleep in my arms resting assured that I will keep her safe. I share in her joy when she hears Zack's car pull into the driveway and she crawls as fast as she can towards the door to see Daddy. I am inspired by her determination to pull every book off the shelf and love seeing the look of satisfaction and accomplishment on her face when she is successful. As I watch her learn and grow, I often wonder if this is how God sees us. Does he delight in our accomplishments? Love watching us stop to admire His Creation? Rejoice when we trust Him completely? As I reflect on this past year of motherhood and think about how much love I have for Eden, I am in awe that my love pales in comparison to God's love for me. Praise the Lord for His love and example he sets for me to follow in my journey of being a mama!

By Kara Gore

Being a mother is by far the BEST gift I've ever been given. Some days can be harder than others, but it's so amazing and rewarding to watch my little one grow. The last couple of months I've loved getting to know this precious girl. It's like having an instant best friend, a mini sidekick that I can do everything with and I can teach her life lessons along the way. Not only do I get the privilege of nurturing Avery, she has also taught me about forgiveness and how easy it comes. She will look up at me, smile and forgets all about "mama" being frustrated. Isn't that amazing? I now have a better understanding what God's forgiveness and love feels like and how much He really cares for us. No matter what we do or say God is right there to grab our hand and pick us up when we fall. It was really hard for me to comprehend God's amazing love until I become a parent. Life has found more meaning and purpose with her in it. "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him." 1 John 3:1

By Keilani Tremper

Keilani and Avery



Mothers Day, Cont.

The Joy of Motherhood.

Do you ever ask a person at mile 20 of a marathon if they are having fun? No. I am currently running the marathon of motherhood, so here is my tired, chaffed, dehydrated take on the Joy of Motherhood.

My motherhood journey began like everyone else's - stretch marks, being unable to see my feet, excruciating pain, and adult diapers for a few days. It was at this point that I lost my identity as Brenda, and I turned into a Mom. The past 9.5 years have been filled with crying, sleepless nights, crying, dirty diapers, crying, colic, crying, mountains of laundry, crying, potty training, crying, skinned knees, crying, stitches, crying, endless dishes, crying, bike wrecks, crying, refusing to eat dinner, crying, struggles with friends at school, crying, fighting with brothers, crying, stepping on LEGOs and crying. However I will say that not all the crying was the children alone. So where is the joy you ask?

The joy is sprinkled throughout the chaos of life. However it is easy to overlook and focus on the negative. The joy is found in the newborn snuggles, the successful burps, the poopy blow outs that turn into legends, a first step, finally going potty on the toilet, independently riding a bike, writing



Brenda and her sons- Ethan (9) Owen (7) Levi (4) Bode (1)

one's name, going out for ice cream together, being the person your child confides in, going for a run with kiddos, and countless hugs and sloppy kisses.

I have often wondered at the biblical comparison of God to our Heavenly Father. I feel like God is our Heavenly Mother—the one we cry to when things go wrong, the one we want to rock us to sleep when we don't feel well, the one we languish to over friendships that fall apart, boyfriends that break our hearts and husbands who need some extra guidance. And just like we should do, God looks down on us like a Mother to a child and celebrates our tiny successes and chooses to forgive and forget our failures. I can not tell you how many times I have fallen asleep at night mid

prayer to God, and for a while I felt guilty about being too tired to finish my thoughts. A while back I heard this analogy; does a mother ever begrudge her child when he/she falls asleep on her chest? Never.

It is the sweetest thing to have a child sleep on you, and when we fall asleep mid prayer to God, I imagine She looks down on our tired, worn-out bodies and loves us even more.

So tonight as I am soaking in the silence of bedtime, I will pause and remember to look for the joy in my daily chaos and ask God to hold me like a mother and rock me to sleep. By Brenda Araujo

Mother's Day Tribute to Aldene Miller.

Happy Mother's Day Mom! You are now 98 years old, and I want to say thank you for all the amazing ways you have shown and continue to show your love to our family. Thank you for teaching me to be grateful, to have faith, and for being a shining example of being a Christian.

Your extraordinary example of how to help others through your community contributions and volunteer work was and still is appreciated by so many. A true gift!

I appreciate your passion for gardening which you passed on to me. One of life's beautiful pleasures. I love how you still want to talk about your flowers! Thanks for always helping me to remember what is important in life... and today it is YOU! You are incredibly special!

Your daughter, Marilyn (Muffie) Etchell

Family News

Mission Trip to Holbrook Indian School

By Randy Woesner

Randal Schafer has been coordinating a project at Holbrook Indian School in Arizona to build two triplex units for faculty and staff housing which are greatly needed. Each triplex has a two-bedroom/two-bath unit on each end and a one-bedroom/one-bath unit in the middle.



The exterior of triplex # 1 is almost completed and interior work is progressing



Triplex #2. Friday morning April 9. Concrete slab foundation

The purpose of this mission trip was to frame triplex #2. Twenty-one volunteers worked on the project from April 12 to 16, four of which were from Ukiah: Randal Schafer, Heidi and Ryan Veness and myself, Randy Woesner. Zack Gore's father, Richard, and two of Richard's brothers were there. Brenda Araujo's parents were there. A group of eleven from Grass Valley completed the work crew, and the project was led by a great, organized contractor, Doug Mower.



First walls up



Morning worship—Zack's Dad Richard leading out



First roof truss going up



All roof trusses on



Friday afternoon April 16. Were not able to fully finish but came close for 1 week

Total cost for both buildings is approximately \$600,000. \$500,000 has been raised to date. Anyone interested in contributing to the project can do so though the church.



Her College Story By Miriah Macias

Being a nursing student in the state of Arizona is something I never thought I would be doing. I have always said that I would never go into a career within the medical field, and I would never live in the state of Arizona because the temperatures there get too hot for me. But here I am, a nursing student at Northern Arizona University, in Flagstaff, nearing the completion of my freshman year of college. Moving 900 miles away from home was definitely a decision that God arranged the details for me every step of the way.

God sorted out everything from scholarships to housing and has blessed me so much! With COVID being the new "normal", the opportunity to live on campus has been a really great experience! I've made some really great friends, and I attend a Christian college group off campus. Other new pastime enjoyments are hiking and being outdoors. So far my classes haven't been too challenging, and I am preparing to apply for NAU's nursing program within the upcoming school year.

I am very eager to see what God has in store for me within the next three years! After nursing school, it is my goal to go to graduate school to become a pediatric nurse practitioner. I am so grateful to be a part of such a loving and supportive church family!

All your prayers are greatly appreciated.

Teacher Appreciation Week, May 3-7 We are SO blessed by the phenomenal team of teachers we have at UJA! Allison, our dynamic office manager, submitted these tributes to them. They are truly an amazing group of people who have a passion for their school and the students they teach. Not only are they great teachers, but they are so easy to get along with.

Wendi- Super thoughtful, her card ministry has touched many lives. She is a great teacher that cares a lot about her students as she teaches them important life lessons. She even has a garden that they take care of, and also teaches them about birds and the joys of birdwatching. I always enjoy coming up with excuses just to visit her and the kindergarteners.

Debbie- I really admire Debbie. She is an amazing teacher and a very caring individual. Because her classroom is right behind the office, I often get to hear some of the excitement the kids experience throughout the day. Such as their rocket blast countdown at the end of the day. She does some neat things with her students. They just finished successfully hatching chicken eggs in their classroom!

Benji- He is quite the fun teacher, always playing with the kids during recess. They love him and he is still able to reign in their wild side and keep them learning new things. More than once I have spotted him on the playground sitting patiently as he gets his hair braided or pig-tailed!

Jill- She has the largest classroom on campus, 3rd and 4th combined! She has a lot of patience and love for her students and it shows. Even though she is always busy, she still makes time for you and I always enjoy our chats. There has been more than once that I've come into my office to find a card left for me from her students, or recently, a drawn picture.



Clockwise Starting back left: Peter Garcilazo, Jill Richards, Beth Garibaldi, Benji Oliver, Wendi Olivera, Debbie Nelson, Rick Nelson, Allison Kurtz. Photo Allison Kurtz

Peter- His students think he is the coolest. During a survey, one of the questions asked was which teacher they thought was most likely a superhero. Almost all of them, if not all, wrote him down as their answer. He does a lot of great things with them, and it is not uncommon to see him out on the playground with 5th and 6th graders during recess.

Rick- Best boss you could ask for :) He really has a passion for his students and has also implemented a chess club that students can join in on after school! He is very active with his students and can even be found playing kickball with them at lunch time. He just took them backpacking for a week in the Ishi Wilderness!

Beth- Beth shares my love for nature, so she is a bit of a kindred spirit. She loves to share that passion with her students, and on

the rare occasion, I get to observe their science experiments. She's another one who you will find out on the playground with the 7-10th graders during lunch time. She also went on the backpacking trip with her students!

Margie- Margie has been a musical rock at UJA! She was teaching music back when I was in kindergarten here! So to say that music and teaching is her passion would be an understatement. Right now, since singing isn't an option, she has been teaching all of our students the violin!

I couldn't ask for a better bunch of coworkers, they are certainly the best in my opinion....Happy Teacher Appreciation week, guys!!

UJA NEWS, Cont.**Open Enrollment For The 2021-22 School Year**

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/Re-enrollment". 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.

Dates to remember:

May 22, 2021. Education Day

Location -Seventh-day Adventist Church
1390 Laurel Avenue
Ukiah, CA 95482

Principal Rick Nelson will be speaking.
UJA students will be playing their instruments during the worship service

May 31, 2021. Memorial Day

No School

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.

Cheryl reports: I would like to thank Grandma Claire for volunteering to work at the store. She joins Dave Anderson, another volunteer, to assist you when I can't be there.

Before I place the next order with our distributor, Howell Mountain Foods, I would like your feedback on what items we should continue to carry and what not to. I desire to make the store as profitable as possible, and ordering items that no one purchases doesn't make sense. You may call me at 972-4927 or tell me when you are in the store.

If anyone has a carpet sweeper they would be willing to donate to the store, it would be much appreciated!

A Bit of Trivia - The number of bird species identified at UJA this year. -

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A Lesson from Nature

Cicadas

By Dan Kuntz

If you have lived in the Midwest or parts of the Southern United States, you have likely heard the drone of the adult cicada. As you are reading this, large areas of Ohio and Indiana are experiencing the emergence of Brood X (10). (There are 23 distinct different broods of cicadas in the United States.) Billions of Brood X adult cicadas emerge every 17 years. They will spend the next 4-6 weeks of their adult lives making a literal buzz to attract mates. After mating, the female will lay eggs in the branches and die. Out of the eggs will emerge the cicada nymph, a juvenile cicada. The nymph, about the size of a grain of rice, will fall to the ground and burrow down the roots of the tree where they will suck on sap from the roots.

The cicadas are not harmful to people. They are not venomous and do not sting, they will not eat our crops or harm flower gardens, and they are not the biblical locust. Their most aggravating feature is that they make a buzz that is 80-100 decibels loud, about the same amount of noise from a motorcycle or lawnmower. They could gather in as dense a group as 1.5 million per acre in some areas. Imagine the noise! After this spring's emergence of billions of cicadas, the next appearance of Brood X won't be until spring of 2038 when the soil warms to about 64 degrees and the circle of life begins again.

God has instilled in his creation a cycle and rhythm: the yearly cycle of the Earth and its four distinct seasons, the monthly cycle of the moon influencing the tides, the weekly cycle ending with the rest and renewal of the Sabbath, and the quirky 17 year cycle of cicadas in Brood X who emerge for just 4-6 weeks to reproduce before their life ends. Look around nature for the other cycles of life that occur. God has given us the world of nature to enjoy. Let us enjoy this blessing daily, even if it is a cicada.



Left: Adult Cicada
Photographer and source unknown.

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

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