

“The of the Matter”

A Monthly Source of Information for the Church

J-E-S-U-S Spells Freedom

“So if the Son sets you free, you will be free indeed.” John 8:36 NIV

When we accept Jesus Christ as our personal Savior, this statement of victory is for us—we have been set free! What has He set us free from?

The Bondage of Sin—Before accepting Jesus into our lives, we were in bondage to sin. We were controlled by its instincts. We were powerless to overcome our sinful nature. Paul speaks about this in Romans 7:15, 17 & 18 NIV: **“I do not understand what I do. For what I want to do, I do not do, but what I hate, I do. As it is, it is no longer I myself who do it, but it is sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.”**

However, when we invite Christ into our heart and let Him take control of our life, something beautiful happens! He gives us a new nature and fills us with His Holy Spirit. Paul described this experience in 2 Corinthians 3:17, 18 NIV: **“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”**

The Penalty of Sin—Had it not been for Christ’s willingness to leave the glory of heaven and pay the penalty for our sins, by dying on the cross, we were on the path of eternal death. But Hallelujah, Praise God! When we accept that incredible act of selfless love from Christ, He places upon us the gift of eternal life. Romans 6:23 NIV: **“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”**

The Guilt and Shame of Sin—We have all done things that we are ashamed of, which can take away our capacity to walk in the footsteps of Jesus. Satan continually uses this as a weapon to remind us that we have strayed too far from God for Him to ever forgive us. When we sincerely ask God for forgiveness of our sins, He willingly forgives and completely removes them from His memory. He also liberates us from the shame of those sins and sets us totally free.

All of this freedom increases our capacity, through Jesus, to love as He loves, to be filled with joy, to experience peace, and to enjoy an abundant life. Jesus also wants to help us to be one with our Heavenly Father just as He and the Father are one. This freedom allows us to confidently enter God’s presence because we know He wants us there and the bondages of sin and shame have all been removed.

Another reason Christ has freed us is because He has something beautiful for each of us to do. God desires that we will be emissaries of grace because we have been saved by His amazing grace. Christ has freed us so that our actions do not flow from a motivation to win God’s approval. His approval of us doesn’t come because of what we do, but because of what Christ has already done for us. Our agenda is totally motivated by our love for Him.

Let’s get exuberant about our freedom and live the life Christ has planned for us to live as His ambassadors of light and hope!

By Donna Faye Anderson

Church News

Church Attendance

The “new normal” for in-person church attendance is feeling comfortable and less restrictive. Masks are required only for those who have not been fully vaccinated and there are no regulations for a maximum number of worshippers in the sanctuary.

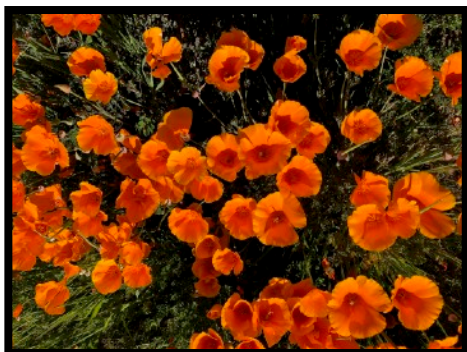
Praise God for His protection during the pandemic and may we never stop praising Him for His faithfulness in keeping us in the palms of His hands.



Photos unless otherwise noted are by David E. Anderson

Community Service

Community Services will be reopening on Wednesday, July 7, from 9 to 11:30 a.m. We will continue to serve the community every Wednesday after that. If you can help please contact Ruth DeBooy.



Farm Stew

This is the second year our church has donated the coins from the change jars turned in during July to the Farm Stew ministry. You may also designate a donation to Farm Stew in your tithe envelope.

Additionally, you may mail your donation to FARMSTEW, PO Box 291, Princeton, IL 61356. You may also go to their website www.farmstew.org to learn more about their ministry and how to make an online donation.

A full report on the exciting Farm Stew ministry will be given in church during the month of July.

Church News, Cont.

This is the first of 10 aspects of “Becoming Disciples” that were given at church each Sabbath. How to be a Disciple Aspect #1 “Sitting at Jesus feet.” by Kara Gore

Matthew 28:16-20 is a passage that we are all well familiar with as Christians and Seventh-day Adventists: “Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” We call this The Great Commission. What a high calling! Jesus asks us to continue His work that he started during His ministry.

How do we fulfill that calling today? To begin with, let’s go back to the very beginning of Jesus’ ministry - before Jesus spoke His last words on this earth, sending His disciples out across the world to be ministers for Him. Back to when He first approached Peter and Andrew at their fishing boats and simply said, “Follow me” (Matt. 4:19). Jesus did not give the great commission to His disciples when He first asked them to follow Him. Why? Because before His chosen twelve could disciple others, they needed to sit at the feet of Jesus and learn to be disciples themselves. The same is true for us today. Before we disciple others, we need to become disciples too. None of us are outside of God’s calling to discipleship. To each and every one of us He says “Follow Me”.

There are so many ways to become a disciple of Jesus, and I hope that you will think of many more than I have written here. But let’s start with three “keys” for being a disciple: Intentionality, Relationship, and Consistency.

Intentionality is more than just an action. Actions can be rote, mechanical or habitual. Intentionality requires seeking out time in your day for time with Jesus. Turning your thoughts towards heaven, instead of on things of this world. The Bible specifically tells us how to be intentional. Matthew 6:33 says “seek ye first the kingdom of God”, and we are also to “fix [our] eyes on Jesus” (Heb.3:1). When we live with intentionality, no moment is wasted. Our goals and eyes are fixed on Jesus.

Relationship is developed naturally with continued, intentional time with Jesus. It is a formed connection through prayer, Bible study and service, which leads to growing trust and love in and of our Creator. As a disciple of Jesus, I want to be like Him. My relationship is built from my desire to be like Him. The more I become like Jesus, the more time I want to spend with Him and thus my relationship with Him grows stronger and stronger.

Consistency is the third key for being a disciple. Consistency requires recommitting to our relationship with God every single day, sometimes every hour or moment if need be. Consistency is brought by our desire to be with Him, no matter what. A favorite quote of mine is “Jesus over everything”. That means that Jesus comes before anything else in my life. Any problems, any to-do list, any social media, books, me-time all are secondary to Jesus. When I am consistently intentional about building my relationship with God, that is when I find that my trust in Him deepens and I truly understand Him better. I am able to find rest for my soul, while also feeling empowered to live His calling for my life.

To recap, we need to become disciples ourselves before we disciple others. Being a disciple of Jesus requires intentionality and purposeful seeking after God and His will. When we seek Him, we build our relationship with Him, growing closer and more likeminded, understanding Him more— consistently putting Jesus first and choosing Him above everything else.

As our focus shifts to Jesus and we become active disciples, we are then able to follow the Great Commission and disciple others.

In closing, I have two questions that I’d love for you to truly think about and answer.

1. What does sitting at Jesus’ feet look like for you?
2. How can I continue to grow and build my foundation as a disciple of Jesus?

My prayer for our church is that when people look at us, they see Someone they want. Someone who calls to them and saves them. Someone who is ready to make them their disciple as well. Ultimately, I pray that they see Jesus in you and in me as we seek to be disciples, as we disciple others.

Church News, Cont

It's Life Groups Time.

Can you believe that it has been nearly two years since we had our last round of Life Groups? COVID made it extremely challenging for us to get together on a regular basis, but now that our county is open and ready for socializing again, means it is time to roll out those fun group activities that you have been putting off for the last two years.

I had a wonderful walking meeting with Pastor Eric to discuss what Life Groups are and what the goals are behind these groups. In light of our discipleship training we realized that Life Groups can be one of our pillars for outreach opportunities.

A definition for Life Groups can be: To establish Christ-centered group activities that meet on a consistent and regular basis. Life Groups are encouraging and supportive for the purpose of improving the physical, mental and spiritual well-being of our church family. Being disciples of Christ the ultimate goal is to find creative ways to include others to join our journey of life and ultimately have their own relationship with the Creator.

Examples of Life Groups include but are definitely not limited to:

- * Music groups:
 - = Creating a band
 - = Teaching/learning a new instrument
- * Bible Studies/literature studies
- * Prayer groups
- * Cooking/potluck/out-to-eat groups
- * Homeless ministries
- * Visitation ministries
- * Letter writing, poem writing, song writing to share with others
- * Exercise groups:
 - = Walking
 - = Cycling
 - = Racket sports
 - = Ball sports
 - = Gym classes
- * Friday vespers
- * Photography/birding group

This is where we need your expertise, passion for leadership and support to make these Life Groups a reality. I would like to meet with at least 25 individuals within our church during the month of July to brainstorm, design and implement these groups. It would be wonderful to find activities that we are already doing on a regular basis and find creative solutions to include others in these activities. Life Groups will not be successful without your leadership, support and most importantly, participation. So please start thinking of projects and ways that you can be involved. If possible I would like to see our first formal groups starting by the beginning of August. If you have any questions, ideas or suggestions, please don't hesitate to give me a call and we can see how we can support your ideas and make them a reality.

There are three primary aspects to Life Groups: 1.) growing our relationship with our Savior Jesus Christ; 2.) improving our relationships with our church family; and 3.) following the Great Commission, to extend a welcoming hand to those in our community who are in search of love, friendship, and a relationship with Christ.

Church News, Cont.

It's Life Groups Time, cont.

So here is our challenge. Since one of the primary goals in Life Groups is to be disciples, each family that is involved should invite, within the first couple months of starting your Group, one person outside of our attending church family (classmates, co-workers, friends, strangers) to join in your activity.

We are called to share the good news of Christ's love and soon return to those around us. What better way than to have them join us in fun social activities that help better our relationship with our church family, our community and Christ.

We can't wait to hear your ideas and to see how the Lord will bless through these Life Groups. Blessings, Ryan and Heidi Veness. (707) 227-4862.



Photo by Heidi Veness

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Family News



Margie Salcedo Rice (left) with her little grandson.
Photo by Geoff Rice

Geoff Rice submitted a news item he is excited about!

"My dear wife has been on a seven-year journey and achieved a notable milestone recently—the passing of her California state bar exam to become a real attorney!

Some of us were present at her swearing-in ceremony a month ago. She worked incredibly hard to learn her subjects so she could pass this difficult exam and is VERY glad to have it in the rear-view mirror now so she no longer needs to study for it!!

When you see her, you have my permission to give her a high five!!"

Family News, cont.

Walla Walla University



Blake Cheneweth (left) graduated from Walla Walla University with a Bachelor of Arts degree in History with a minor in English. He plans to explore Masters' programs in Museum Studies. Since graduation Blake has begun work for Fort Walla Walla Museum as their full-time Registrar. Photographer unknown

Wiemar University



Lisa Schafer (above) graduated from Weimar University in May with an Associate Degree in Nursing. She has her RN license and hopes to start working soon. Photographer unknown.

Pacific Union College



Sebastian Anderson (left) says,

"I am graduating summa cum laude with a Bachelor of Fine Arts in Graphic Design.

After graduation, I am planning to continue working over the summer at a local sign & graphics shop here in Fort Bragg called Braggadoon. I have been working at the shop part-time since I interned there over the summer before my senior year. In the fall, I am hoping to go abroad to Spain and get a minor in Spanish! Photographer unknown.

UJA News

Summer Office Hours

The office hours for the summer are:
Monday thru Thursday: 8:00 a.m. to 3:00 p.m.
Friday: 8:00 a.m. to Noon.

UJA Help Wanted

UJA has three positions open for employment (and one volunteer):
Teacher Aid in Grades 1-2, full time.
This position will work with Mrs. Nelson assisting in the instruction and supervision of students in the classroom and during recess.

After-school Care, part-time. This position will supervise students in our after-school care program from 3:30 p.m. to 5:30 p.m. Monday through Thursday, and 12:30 p.m. to 5:30 p.m. on Fridays.

Green Thumb, part-time. This position will maintain our hanging flower pots and our flower and shrub beds, flexible hours.

School Librarian, part-time volunteer. In the hopes that we will be able to use our library this year. (COVID prevented it last year.) We are searching for someone who has a passion for libraries and reading.

If interested, please call the UJA office at 707-462-4026 to set up an appointment with Mr. Nelson.

Glenn Miller Memorial Golf Tournament

Please reserve the date of Friday, September 17, 2021, for the eighth annual Glenn Miller Memorial Golf Tournament! This tournament is a fundraiser to support student scholarships for Ukiah Junior Academy in memory of Dr. Glenn Miller, who was known for his advocacy for Seventh-day Adventist Christian education. Please prayerfully consider how you would like to participate in this major event: whether it be to register as a player or to make a God-directed donation.

Steve Miller, the son of the late Dr. Glenn Miller, is the human energy behind this enormous effort and is a dedicated ambassador for UJA, not only in Ukiah, but in all the surrounding communities! He works tirelessly on this tournament year-round and welcomes your questions, comments, or donations anytime. Please do not hesitate to call him at 707-391-1749.

**IT IS TIME TO PUT THIS
EVENT AT THE TOP OF
YOUR PRIORITY LIST!**



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 at davendonnaa@icloud.com.

UJA News, Cont.



Photographer unknown

Introducing Mrs. Kablanow

Beth Kablanow has been hired to be our 4th Grade teacher for the coming 2021-2022 school year. She and her husband, Eric, moved to Ukiah the first part of June. Pastor K. has just recently taken the role of Youth Pastor at the Ukiah Seventh-day Adventist Church. He will also be involved in UJA Chapels and other activities on campus next school year.

Mrs. Kablanow 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 enjoys spending time with her family and friends. She has gained an even deeper love of the outdoors through her husband to whom she has been married for two years. She loves to hike and rock climb in nature with him and friends.

She enjoys reading, good food, and traveling to see new places. She has a passion for working with kids and loves teaching!

Veggie Food Store

Cheryl is planning to have the store open during the summer on Thursday afternoons, from

2:30-4:30.

You need to know there are a few cases of corn dogs and plenty of plant-based deli slices that will be easy for the kids to fix their own lunches during the summer.

There are extra price lists at the store if you would like to have one.

Also, Allison has printed some business cards for Cheryl with her contact information in case anyone might need something other than on Thursdays. Be sure to pick one up the next time you're at the store.



UJA News cont.

At Ukiah Junior Academy, our goals are summarized in two short statements that put them succinctly before the reader: UJA Core Values and UJA Code of Conduct. We pray that each person who reads them will take them to heart.

UJA Core Values

Devotion

We believe in a God of love and are devoted to His ways.

We are committed to our mission of introducing young people to Jesus in the hope that they too will devote themselves to God.

We understand the value of each child in our care and will treat them with love and understanding.

We strive to model a life devoted to Jesus and His ways.

Growth

We believe all children can learn.

We are committed to doing everything we can to foster learning.

We understand that each child is unique and will, at times, need a unique approach to learning.

We strive to foster growth spiritually, socially and physically, as well as academically.

Grace

We believe that God's grace has the power to transform lives and that treating others better than expected is God's calling for us all.

We are committed to developing gracious young people.

We understand that as flawed humans, we each need grace from those around us.

UJA Code of Conduct

1. We will treat each other with love, respect, dignity, and grace.
2. We will follow the directions of our teachers.
3. We will respect the property of our classmates, teachers, and the school.
4. We will be honest with each other.

Celestial Events in the July Night Sky

July 5 — The Earth at Aphelion — You won't be seeing the first astronomical event in the July night sky, because it's happening to the earth. On July 5, the earth will be at aphelion, our furthest point from the sun during our annual orbit. On this day, we'll be 1.02 AU from the sun - that's about 222,000 more miles from the sun than average. Don't worry though, we won't see or feel the difference.

July 7 — Comet 15P/Finlay — Comet 15P/Finlay will be at its brightest on July 7. Unfortunately, the comet may or may not be visible in the pre-dawn sky at that time. It all depends on your location on the globe. As July wears on, the comet moves into the constellation Taurus and becomes visible for longer each day, so mark your calendar if you want to try and spot it later in the month.

July 8 — Mercury Reaches its Highest Point — Mercury has several times throughout the year where it appears high enough above the horizon before or after the sun to be seen; the next opportunity is around July 8th, when Mercury will reach its highest point in the morning sky. Mercury will only reach a peak of 17 degrees above the horizon with the sun close behind. You won't need a telescope to spot Mercury, but do protect your eyes; the sun can do damage within a few seconds if you look directly at it, even during sunrise.

July 11/12 — Conjunction of the Moon, Venus and Mars — The Moon will make a close approach with both Venus first and then Mars an hour later. It will be easy to spot these three celestial bodies as both Mars and Venus are bright in the sky and the moon will be a sliver of a crescent and only 8% illuminated.

July 13 — Conjunction of Venus and Mars — After making their close visual approaches with the Moon the night before, Venus and Mars get cozy in the wee hours of July 13. Around 3:00 a.m. Eastern time in the U.S., bright Venus and dusty Mars will appear almost as close as the Great Conjunction between Jupiter and Saturn last December. This is a great night to pull out your telescope and soak in a nice view of these neighbors.

July 18 — Asteroid 6 Hebe and Pluto at Opposition — On this night, two objects that require a telescope will be in opposition, that is at their brightest and alignment with the sun. The first, Pluto, will be in the southeastern sky, not far from both Jupiter and Saturn. Asteroid 6 Hebe, a large main-belt asteroid that astronomers believe is a very dense object containing 0.5% of the mass of the asteroid belt, will be at its highest around midnight local time no matter your viewing location.

July 24 — Conjunction of the Moon and Saturn — After appearing close to both Mars and Venus earlier in the month, the Moon will make a close approach with Saturn. The Moon will be full and bright, but look for the pair in the southwestern sky before sunrise.

July 25 — Conjunction of the Moon and Jupiter — The pair of gas giants are still in the same part of the night sky and the bright Moon will pass its closest to Jupiter.

“The heavens declare the glory of God, and the firmament shows His handiwork.” Psalm 19:1 NKJV