

# “The of the Matter”

## A Monthly Source of Information for the Church

### Are You Living in God's Goodness?

**“Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits; Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.”**

**Psalm 103:1-5**

**“For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly. O Lord of hosts, blessed is the man who trusts in You!”**

**Psalm 84:11, 12**

God is so good, all the time, because His love for us is unfailing and unchanging. This is a great time to count your many blessings—name them, one by one. Do you have food to eat, a bed to sleep in, clothes to wear? Millions of people in our world do not have that luxury. Are you grateful for life and health? Do you welcome each new day and the beauties of nature that surround you? Do you enjoy watching God's creatures? Do you have a family who loves and cares for you? Do you have a job that not only brings you joy in service but also a livelihood? If you can answer all of these questions in the affirmative, then you are richly blessed.

Do you know that Jesus loves you? Do you know that because He paid for your sins with His blood on the cross of Calvary, you have the assurance of eternal life? Have you read His promises and taken them to heart? Do you know that the Bible, God's Word, tells us He will never leave us or forsake us? Do you know that He has a plan for your life, He rejoices over you, and that He is with you every day? Do you know that you have “an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven?” (1 Peter 1:4) A mansion is being prepared there for you, while the Lord, through His grace, is preparing you to take possession of it. Do you know that you are a child of the King of the universe? “My Father is rich in houses and lands, He holdeth the wealth of the world in His hands! Of rubies and diamonds, of silver and gold, His coffers are full—He has riches untold.”

If you can still answer “yes” to these questions, then you have priceless blessings! Even though, in the eyes of the world, you may be regarded as poor, you have not placed your affections and wealth on earthly things—things that are perishable. Instead your treasures have been securely placed in heaven above—which are eternal.

Most of you will be celebrating Thanksgiving this month—a day especially reserved for reflecting on the goodness and blessings from God. I would like to challenge you to think of things all through the month, acknowledging every day a blessing from God from His unending supply of goodness. Who knows, perhaps when you get to the end of the month, you will have established a daily practice of giving praise and honor to God that will remain a meaningful part of your life. Then, what comes next? With your lives brimming with His goodness, unreservedly pass on these blessings to those you come in contact with!

**“You will show me the path of life; in Your presence is fullness of joy; at your right hand are pleasures forevermore.”**

**Psalm 16:11**

By Donna Faye Anderson

## Church News

### **Panorama of Prophecy**

Pastor Doug Batchelor has been presenting this series, **Panorama of Prophecy**, which began on October 15 and will continue through November 13. You may view these programs on YouTube or 3ABN at 7:00-8:30 pm.

Quite a number of our church family have been enjoying the evening presentations and answers to Bible questions. Pastor John Lomacang and Kelly Mowrer are ministering through voice and piano. It is wonderful. The animated expressions of joy on Kelly's face directs the viewers' thoughts to God and His glory.

**Be still and know  
that I am God!**

### **Visitation Team**

The Visitation Team would like to encourage you to join them in reaching out to people with a visit. Ask a couple of friends or two or three couples to go with you. Your visits could be during the week, Sabbath afternoon or whatever time fits in your schedule. You may wish to start with people you have missed at church, co-workers or neighbors who might appreciate a visit.

A few ideas for sharing with those you visit could be a floral bouquet, a card with Bible verses and/or inspirational quotes or baked goods. If you need a couple of names to get started with, please contact one of the ladies comprising the Visitation Team, Ruth DeBooy, Debbie Merritt, or Judy Maddox.

### **Special Musical Programs**

Margie Rice reports that the Thanksgiving praise celebration service with choirs and orchestra is planned for November 6.

The 30th anniversary Cantata, "The Glory of Christmas", will be on December 12 with two performances at 3:00 and at 6:00 pm. Come and be part of this exciting ministry that we share with our community.

Many volunteers are needed to help make the Cantata successful. If you are interested in participating in the program or helping in the various support and background positions, please contact Margie Rice at 972-9552.



**Sunrise over Ukiah Valley.** If you look in the shadow of the mountain you can see the light reflected in Lake Mendocino, and in the center to the right of the lake, lights from the city. Photo taken by David Anderson

### **Prayer Time**

The pastors and elders are inviting you to join those who meet each Sabbath morning at 9:00 am in the Chapel to pray for the indwelling power of the Holy Spirit. Come to be a blessing and to receive a blessing.

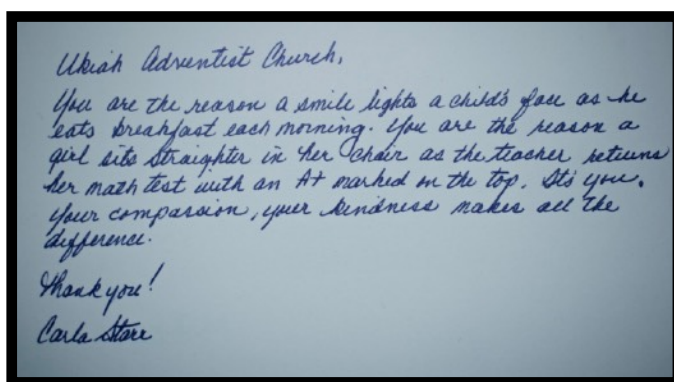
## Church News, cont.

### December Change Jars

As our yearly custom has been, ADRA will receive the donations that come from our December change jars. You can be a channel of hope through this avenue of ministry. This is a mission in which all ages can participate.

Be prayerfully intentional with your generosity as you help to provide relief and opportunities to those who have not had the advantages that you have been blessed with.

ADRA is very appreciative of the donations that come from the Ukiah church. Here's a personally written thank-you note from one of their representatives, Carla Starr.



## Pathfinders



Our young people are being equipped for life and service to God at Pathfinders on Thursday evenings from 6:00-8:00 pm twice a month.

Luis Pastor, Pathfinder Director, reports that the weekly meetings have provided opportunities to fulfill the requirements for an honor in natural disaster preparedness and pizza making.

A few of them had the privilege to attend the NCC Pathfinder Camporee at the Redwood Campmeeting site on September 30-October 3.

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](mailto:davendonaa@icloud.com).

## **Church News, Cont.**

### **OUR MISSION STATEMENT**

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

### **OUR VISION STATEMENT**

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

## **HOW TO DISCIPLE OTHERS**

### **Sharing Your Testimony**

By Justin Kim

Personal Testimony = Important

[1 Peter 3:15 - "always be ready to give a defense to every who asks you a reason for the hope that is in you."]

Testimony of Lifestyle - Daniel 1

Bible Principle:

Daniel said he didn't want to defile himself with the king's food. God blessed Daniel's faithfulness to the health laws, and he was found to be 10x wiser and more knowledgeable.

Testimony of God's law in his lifestyle

Vegan - trendy, popular, healthy. Admit to being only "healthy."

Opportunity to share about a God that loves us and care for our health. Scripture points to a plant-based diet so we can have good health and clear minds.

Any lifestyle that is "different" from social norms can be used as an opportunity to share a testimony of Jesus.

EXAMPLE: Music - patient is a lead guitarist of a heavy metal band. Talk about music in the Bible and the powerful tool it is, e.g. David playing his harp would dispel the distressing spirit from King Saul [1 Samuel 16:23]

Testimony of God's Involvement - Genesis 41

Bible Principle:

Joseph, a Hebrew prisoner in Egypt, told Pharaoh, a heathen god-king, that God will give an answer to his dreams. Joseph pointed to where credit belongs - God.

Testimony on God's role in everyday life.

EXAMPLE: Prayer with my patients. Every new patient I evaluate I ask if I can pray with them. In my prayer, I ask God for healing. I want patients to know there is a God who cares for them and has the power to heal.

People from all walks of life... atheists, satanists, and people having multiple partners. I hesitate, but pray for courage to always ask. And in the 10 months I have worked here, I have had only 1 person say a flat out "no."

This leads to more opportunities to be open to spiritual or religious topics.



**Sharing Your Testimony.** Cont.

Testimony of what I learned of Jesus - John 4

Bible Principle:

The Samaritan woman having a conversation with Jesus at the well. Because of her conversation she testified to the people in her city of her conversation with Jesus and many Samaritans believed in Jesus because of this woman's testimony.

EXAMPLE: Easy conversation starter is to ask what my patients do on the weekends. They typically reciprocate. Share that I go to church.

Patient asked one day what the Bible says about the end times. Opportunity to share about what I have learned of Jesus through the prophecies He has given us.

**OVERALL PRINCIPLE:**

Intentionality -

To incorporate Jesus in our conversations with our friends and family at work, school, home, and community.

Holy Spirit-guided opportunities to testify in our lifestyle, of God's involvement in our lives, and what I learned from Jesus.

**UJA News**

**AmazonSmile** is a way customers can support their favorite charitable organization every time they shop with Amazon, at no extra cost.

Customers who shop at **smile.amazon.com** will find the same Amazon they know and love, with the added bonus that **AmazonSmile** will donate a portion of the eligible purchase price to the charity of their choice.



Red leaves of fall on School Street, Ukiah.  
Photo by David Anderson

**How to sign up for AmazonSmile on the web browser:**

1. Visit **smile.amazon.com**
2. Sign in with the same account you use for **amazon.com**
3. Select your charity
4. Start shopping! Remember to checkout at **smile.amazon.com** to generate donations for your chosen charity.

Tip: Add a bookmark to make it easier to shop at **smile.amazon.com**

## UJA News, cont.

### Fall Festival

October 24 turned out to be a very wet day, but this certainly didn't dampen the fun and community fellowship that happened at the Fall Festival. The day provided "a return to normalcy", as this has always been a yearly highlight before the COVID pandemic changed everything.

There were many new families who needed an orientation at the "ticket table" on how the tickets worked at the various classroom booths. There were lots of former students who had a great time re-connecting with friends. And there was wonderful support from the church family.

The Helen Winkle Memorial Pie Auction featured delectable pies from some of our finest bakers and everyone was thoroughly entertained by the auctioneer, Pete Bushby, who could have fooled anyone that he does this for a living.



Fall Festival Booths—  
with students, teachers  
and families.  
Photos by Allison Kurtz  
and Jeni Bushby.



**UJA News,** cont.What Does The Music Program Look Like?

Margie Rice is at UJA Monday through Thursday embellishing the scholastic program

*with music!*

Last year she provided a violin for every student and began teaching them how to play. She is continuing the violin instruction and she has added choral instruction for both the elementary grades and the upper-grade students.

The school choirs and the more advanced violin students will be participating in both the Thanksgiving and Cantata programs at church.

Piano Instruction

"My name is Jonathan Van Pelt. I am a piano instructor and proud former student of Ukiah Junior Academy. I am excited to announce that on-campus piano lessons will be available to all students K-10 this fall.

My very first exposure to music was right here at UJA, under the tutelage of Paco Jimenez and Margie Rice. I'm honored to have the opportunity to continue sharing my love for music where it all started!

If interested in signing up for piano lessons, there will be a sign-up sheet available in the office, or you can contact me directly at (707) 380-5800."

November 4: Parent/Teacher Conferences  
NO SCHOOL

November 11: Veteran's Day  
NO SCHOOL

November 22-26: Thanksgiving Vacation.  
NO SCHOOL

**Veggie Food Store**

Here's a picture of Cheryl's handmade craft display in the store. They are for sale and the proceeds will go to the school. Soon she will be adding Christmas items. Be sure to check them out.

Cheryl also wants to remind you that she has a supply of the delicious frozen dinner roasts for the holidays.

If you would like to see some new products in the store, please let her know of your interests and she will see about accommodating your desires.



**Oh God,  
how Great  
Thou art!**



## Family News

We are delighted with the blessings of so many families that have recently moved to our community. This month we are featuring two more; they will be introducing themselves.

### Brett and Jessica Dickinson

Brett and I moved to Ukiah after we got married in January of 2020. The pandemic soon began and didn't allow us much time to get acquainted, but we have really enjoyed our time here so far, and a welcoming church family has made all the difference.

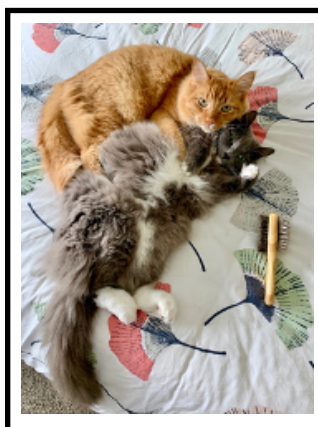
Brett and I both studied at Pacific Union College (PUC) in Angwin, not too far from here. We met when we were younger through a friend, but we really developed a friendship during my final year at PUC.

We had a couple business classes together, and we both worked in the college's finance department. Brett's boss called me in one day to get the scoop on whether I was single (I was), and she promptly passed that information on to Brett.

Whenever we get the chance, we like to travel and do what the locals do wherever we go. We also like to read and spend time outdoors exploring God's beautiful nature. Mostly though, we like to spend time at home snuggled up on the couch with coffee in hand with our two cats, Sunny and Nimbus. I bet you can guess who is who.

My favorite promise from scripture is found in Joshua 1:9, which says, "This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."

Brett's favorite promise from scripture is found in 2nd Corinthians 12:9, and it says, "Each time he said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me."



Below Oregon coastline.  
Photo by  
David Anderson





**Jeremy , Jodi and Asher Clay**

Here's a little bit about ourselves to help you get to know us better. We both attended Walla Walla University and loved our time there, each taking a year to go out as student missionaries.

After graduating, we got married and moved to Loma Linda where we lived for 8 years as Jeremy finished medical school and residency. I (Jodi) supported us by working in the Registrar's office at Loma Linda University. Although my background is in Elementary Education, I found a niche where God could use my gift of teaching.

God then pointed us to Ukiah where Jeremy began working for Adventist Health Ukiah Valley in August as a Family Medicine Physician, also specializing in Preventative & Lifestyle Medicine. I hold down the fort at home and take care of our 5 month old son, Asher. He is such a joy and we love watching the smiles he brings to anyone who interacts with him.

There were many things that drew us to the Ukiah area, one is that I grew up in the area and my family still lives in Lake County (Middletown, to be specific). The Ukiah church is also familiar as many relatives have lived here over the years – yes, my maiden name is Witzel. 😊

Jeremy and I both enjoy outdoor activities such as camping, hiking, and anything else that allows us to get outside and enjoy God's nature. We also love playing board games and card games with friends and family whenever possible. I enjoy doing the occasional craft & art project in my free time. Jeremy enjoys playing violin for church and being involved in the Ukiah Symphony.

We're looking forward to what God has for us here in Ukiah. We are very blessed to be here and a part of such a wonderful church family. Thank you all for your warm welcome & kindness!

**Cream of Tomato Soup**

Soup is such a perfect menu item for fall. Ruth DeBooy loves to make this soup for her family. The unabridged recipe came from Angela Liddon's collection in her **Oh, She Glows Cookbook.**

**Ingredients:**

- 1 T. extra-virgin olive oil
- 1 small-medium yellow onion, diced
- 2 large cloves garlic, minced
- 1/2 C. raw cashews that have been soaked for 3-4 hours, drained and rinsed
- 2 C. vegetable broth
- 1 28 oz. can whole peeled tomatoes, with their juice
- 1/4 C. oil-packed sun-dried tomatoes, drained
- 3-4 T. tomato paste
- 1/2 to 1 t. dried oregano
- 3/4 to 1 t. sea salt
- 1/2 t. freshly ground black pepper
- 1/4 to 1/2 t. dried thyme

**Directions:**

1. In a soup pot, heat the oil over medium heat. Add the onion and garlic and saute for 5-6 minutes, or until the onion is translucent.
2. In a blender, combine the soaked cashews and the broth and blend on high speed until creamy and smooth. Add the onion-garlic mixture, tomatoes and their juices, sun-dried tomatoes, and tomato paste and blend until smooth.
3. Pour the tomato mixture into the soup pot and add the oregano, salt, pepper, and thyme, all to taste.
4. Gently simmer over medium heat, uncovered, for 20-30 minutes, until the flavors have developed.
5. To serve, garnish with minced fresh basil leaves.

## A Lesson from Nature by Dan Kuntz

### **Kudzu: The Weed that Ate the South**

Have you ever introduced something thinking it was a good idea but eventually has unforeseen negative results? If you have ever driven through the southern states of America, you have likely seen this in action. At the Japanese Pavilion at the Centennial Exposition in 1876 in Philadelphia, Kudzu, a plant, was introduced to the United States.

Kudzu was touted as a way to stop the erosion of soil. In the 1930s and 1940s workers were paid \$8 an acre to sow these seeds. Seeds were sown into over a million acres. Other benefits to this plant are increasing the nitrogen content in the soil and grazing animals can feed on kudzu as well.

The vines can be used in basketry. The roots contain starch that can be used as food and kudzu has been used in folk medicine.

The downside is that the kudzu vine can grow several inches a day. When left alone, kudzu can spread up to 150,000 acres per year. If you were to drive the back roads of the south, you would see this vine out of control. It climbs up trees and power lines. It also covers parked equipment like bulldozers. When it covers the local plants, they die out because no light can reach them.

What once was something that was introduced for its perceived redeeming qualities is now classified as an invasive species. Time and money are being spent to eradicate it. The reality is that kudzu is unlikely to be eradicated from the United States, but hopefully can be controlled so that it does not harm native plants and animals.

We need to be aware of what we introduce into our lives. We don't know the cost it will take on our natural environment. Let us learn from the mistakes of planting kudzu, the weed that ate the south.



The Kudzu vine and flower. This plant is just like Satan's temptations—they will overtake you, if not resisted.

Photographer unknown

