

“The of the Matter”

A Monthly Source of Information for the Church

Our God Is Able

“He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young. Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40: 11, 28-31

Imagine you are in charge of directing three million people who have camped in a 750 square-mile area to meet at a certain location, line up according to divisions and begin marching to a destination. You would be given an ample five-hour timeframe to accomplish this, but there would be no technical or electronic devices to help you facilitate organization or communication. Would you be able to fulfill this assignment? “Of course not,” returns your answer.

Such were the circumstances that faced Moses leading the Israelites in their exodus from Egypt for 40 years. What was he going to do with them? They had to be fed and feeding 3 million people required a lot of food.

According to a quartermaster of the American army during the Civil War, men carried an eight-day supply of food that weighed 24 pounds. Using this information for calculating, Moses would have needed 4,500 tons of food every day. To visualize this requirement, the food would have filled two freight trains each pulling 32 cars for just one day!

They were traveling through the desert and would need firewood to use in cooking their food and for keeping warm. To haul enough wood would take 56 freight cars carrying 8,000 tons for just one day!

Oh yes, the Israelites would certainly need water every day. If they had only enough water to drink and wash a few dishes, it would take 11 million gallons each day and a freight train with tank cars 1,800 miles long, just to bring their daily water! But wait! The Israelites would have required far more than that—they had millions of thirsty animals traveling with them, so figure three times that much water at the very least.

And then, don't forget about crossing the Red Sea. If their pathway accommodated a double file, the line would have been 800 miles long and would have required 35 days and nights to cross. There had to be a pathway three miles wide so that they could walk 5,000 abreast to cross in one night. (Received this information in an email from my cousin John Wells)

Do you think Moses thought through all of these situations before he left Egypt? I think not. Moses believed in God and God took care of all these logistical challenges for him. Now, do you think God has any problems taking care of ALL your needs, now or in the future?

The well-known little chorus, written by Milton Brunson, comes to mind:

He's able, He's able, I know He's able,
I know My Lord is able to carry me through.

Edited by Donna Faye Anderson

OUR VISION STATEMENT

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

OUR MISSION STATEMENT

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

Discipleship Talks

The objective of the focus on discipleship has been to train, equip and empower our members to become disciples of Jesus and then sharing with their friends, family and community. To review, we have printed three talks on how to be a disciple. This month, we are going to look at how to welcome people into community.

“Worshipping Together - What to Expect”

by Zack Gore

How many of us were born into the church or raised Seventh-Day Adventist from a young age? I was. What a blessing, right?... however, this could be a barrier that causes us to not understand what someone we have invited to church or a visitor is feeling when worshipping with us. It is important to take a moment to put ourselves in their shoes, to consider how the experience might be viewed from their perspective.

I recently asked someone who is new to the faith how they felt their first few times worshipping at church. In addition, I asked what would have been helpful for them to know beforehand or during the service that would have positively impacted the experience. They replied,

“Something I was missing when I started going was acceptance. I went, I sat through the service, I left. There was a sense of something missing. What I was missing was someone to take me under their wing and bring me into fellowship with a group. The first thing people notice is if the members are clickish, stand-offish or friendly to new people. The biggest impact to getting new people to keep coming is feeling the love of God from its members. What we do has more impact on others than anything they hear from the pulpit.” What great feedback and so true!

When discipling and worshipping together with those who are new, it can be beneficial to set some expectations before attending a service so they know what church will be like. We can highlight church as an opportunity to collectively worship and spend time with God. Provide ample time to answer questions they might have and give helpful information that we can sometimes overlook or take for granted.

Helpful information to share includes:

- The name and location of the church
- The church website
- Time of services
- Names of our pastoral team
- Tips for parking as well as where to enter the building
- Even the location of restrooms

“Worshipping Together: What to Expect”. Cont.

Regarding the service itself, explain the general flow of the program. Tell of how we enjoy incorporating music, the blessing of the children’s story, our opportunity to give offerings, and of course the sermon. Ultimately, act as their guide through the worship service. Don’t forget to define unfamiliar terms, such as “haystacks”.

Building relationships is key. Be sure to introduce guests to your friends and other church members before and after the worship service. Lastly, food does wonders to deepen relationships. Invite people to a meal at your home or a church potluck.

Discipling is a collaborative church effort: Part of an article from Ministry Magazine issued April, 1979 states:

Evangelism must be seen in terms of making disciples and not just getting decisions. It is the perennial work of the entire church and not a special work of special people on special occasions. In every phase of evangelism the church is clearly seen as the focal point. Certainly the church has a primary role in caring for new converts.

What is this saying? Discipling is an ongoing act of evangelism for each of us and toward others, completed with the involvement of the whole church.

Ellen G. White wrote on this subject:

Those who have newly come to the faith should be patiently and tenderly dealt with, and it is the duty of the older members of the church to devise ways and means to provide help and sympathy and instruction for those who have conscientiously withdrawn from other churches. . . . The church has a special responsibility laid upon her to attend to these souls who have followed the first rays of light they have received....” Evangelism, p. 351.

Matthew 13: 18-19 says, “Listen then to what the parable of the sower means: When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path.

Church family, the challenge for us today, this week, and each day beyond is to do our part, discipling and providing understanding, so that all will be prepared for Jesus’ return.

<https://www.ministrymagazine.org/archive/1979/04/caring-for-new-converts>

The ocean & fall colors declare the Glory of God. Photos: David Anderson



Outdoor Church

by Marshall Merklin

Our church held its annual Outdoor Church on September 25. For the first time, it was held at the Mill Creek Park, east of Talmage. Worshiping together in the great outdoors was a wonderful experience. Many people commented that this setting was nicer than previous years' experiences at Lake Mendocino.

Dan Kuntz started the morning out with a Sabbath School lesson study, followed by singing led by Margie Rice, Benji Oliver, Beth Kablanow, and Pastor Williams. Gary and Carolyn Brooks brought their portable PA system and keyboard which made hearing those speaking effortless and provided fine music and accompaniment. The choir which sang an amazing arrangement of Down By the Riverside conducted by Margie Rice. Several of the children, directed by Pastor Williams, acted out some skits based on Proverbs but cleverly modernized them as settings for today. We even played a Bible Bowl game led by Beth Kablanow and Margie Rice with the audience divided into two teams. Anyone who is heard claiming to have been on Team A should be questioned again more closely!

Pastor Kablanow preached about the spiritual value of slowing down and resting in God. What a peaceful setting to contemplate such a message! After the worship service ended, those in attendance ate picnic lunches as family groups. Potluck was avoided for extra safety.

In the afternoon, many enjoyed a hike up a switch-back trail to see even greater views of the mountains and the Ukiah valley to the west. The sad part of the day was leaving and realizing it would be another year before we would do this again!



Above: Outdoor Church attendance at Mill Creek Park, with Pastor Eric Kablanow having the morning service. Photo by Marshall Merklin

Community Service Center

The Community Service Center is open on Wednesday from 9:00-11:30 a.m. The Center, located on Cherry Street, is well stocked with clothing, jackets and shoes. In fact, they are not accepting any more donations at this time.

If you or anyone you know has been adversely affected by the recent fires, please stop by on Wednesday mornings. The volunteers at the Center will be happy to help you.

OCTOBER is the Official Pastor Appreciation Month!

We are ready for family news!

Happy Birthday to Goldie Shaffer!

Our sweet sister, Goldie, turned 103 years old on September 30. Debbie Merritt visited her the week before her birthday and asked her the following questions:

“Goldie, What is your secret for longevity?”

“Only God knows the answer to that.”

“What is your favorite Bible verse?”

“Psalm 91”

Here are the first two verses of that precious Psalm.

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust."

“Goldie, what are you looking forward to in heaven?”

“Having a wonderful body, and eating all the food we want (from the tree of life).”

We pray the Lord will continue to be with Goldie and her family and send showers of blessing on them. If you would like to send a card:

700 E Gobbi St. #125
Ukiah, CA 95482



Pictured above is Goldie on her 102nd birthday. Photographer unknown.

Meadowlark at Sacramento Wildlife
Photo by David Anderson



Family News Cont.

Some of the family have moved away this summer and we will certainly miss their sweet smiles and friendship. We will always cherish the time we had each of them in our church family. We wish them all the best and pray that God's presence will surround them with His love and grace in their new locations.

Crissie Engelman, part of the family since 2013, has moved to Lincoln City, OR. She is excited about living only three miles from a sandy beach. She plans to continue her nursing career at the local hospital.

Dr. Laura Winkle, member since 1995, and her brother, Greg, who joined us in 2012, have moved to Redding, CA. to be close to relatives. Laura, graduating from the Loma Linda University School of Medicine in 1986, has served on the staff of Adventist Health Ukiah Valley in the Radiology Department for more than 25 years. Thankfully, she plans to continue reading plates part time from her new locale. Greg has given great assistance to his friend, Steve Miller, with all the details that comprise putting on the yearly Glenn Miller Memorial Golf Tournament.

Carol Eldridge has moved to Redlands where she is close to family. She and her husband, Jim, became part of our church family in 2009. Carol worked as an OB nurse at Adventist Health Ukiah Valley for a number of years. Jim succumbed to a long bout with cancer in May 2020.

Allen and Patsy Witzel, who have been part of the family since 1972, have begun new adventures in Kentucky where they will live close to Angie and her family. We are excited that they are able to be so close to their grandchildren! There's nothing better than being able to spend time with family!

By Donna Faye Anderson and Allison Kurtz

Pesto! Pesto!

This topping was shared by Jordan Pastor and is delicious with pizza crust, pita bread, wraps, tortillas, pasta and flatbreads.

2 c basil, stems removed (packed)
 3 T pine nuts or walnuts
 3 cloves garlic (peeled)
 2 T lemon juice
 3-4 T nutritional yeast
 1/4 t sea salt (more to taste)
 2-3 T extra virgin olive oil
 3 T water (plus more as needed for desired consistency)

In a food processor blend in this order:

1-dry ingredients with lemon juice
 2-slowly add and mix oil while blending
 3-Add water slowly while blending to desired consistency

Topping Choices: Arugula, balsamic glaze drizzle, thin onion rings, mushrooms



Amaryllis Belladonna.

Photo by David Anderson

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.

UJA News

Home & School Leader

We are so pleased to announce that Jeni Bushby has accepted the leadership of the Home & School activities. Her daughters have both gone through UJA. This year she has other family members at the school.

Jeni accepted this assignment, not because she needed another responsibility, but simply because her heart is with UJA and she wants "to continue to support the teachers and the school."

With her friendly, positive and vibrant personality, UJA will be tremendously blessed with the influence of her leadership. She will appreciate help from the rest of us, so be a willing volunteer to lift her load when you can.



Jeni Bushby, our new Home and School Leader at UJA with her daughter, Alexis. Photographer unknown.

Ball Field Update

It is very exciting to report that the ball field has had a state-of-the-art irrigation system installed with 20 sprinkler heads. Grass seeds will be sown on the field as soon as the rains come.

Veggie Food Store

Hours: Thursday, 2:30-4:30 pm Masking is required and only one customer at a time please.

Cheryl wants to let you know she still has fundraiser items of candy bars and frozen cookie dough for half price. She also has six food-service-size cans of Linkettes that are half price. She has been busy making fall craft items (nothing with a Halloween theme) that she plans to sell at the store and the profit will go to the school.

Dave Anderson has had on display in the store a couple of framed bird portraits, a Great Blue Heron and a Night Heron. He hopes to sell these for \$150.00 each and the profit will go to the school.

Glenn Miller Memorial Golf Tournament. September 17 was an absolutely beautiful day, just the perfect weather for the 8th annual Glenn Miller Memorial Golf Tournament! The Ukiah Valley Golf Course was in great condition and it was full with 132 players, representing a wide diversity in the community. A wonderful barbecue luncheon, put on by the Savings Bank of Mendocino County, was enjoyed by all at the Todd Grove Park.

Steve Miller, the dynamic director of the tournament, reported that the event assuredly netted over \$100,000.00, even though money is still coming in. All of these funds will be used to aid UJA families with tuition assistance. Praise the Lord for His bountiful blessings!

Steve wishes to give a very hearty thank you to all those who devoted their day to play in the tournament, all volunteers who graciously gave their time and energy to help with the myriad of duties necessary to make the day flow well, all those who willingly donated money for this worthy cause, and certainly, all those who prayed for God's blessings on this event. All praise, honor and glory goes to our great God!

Ukiah Junior Academy 2021

Fall Festival

10/24/21

Tentative Hours:

12:00 p.m.-4:00 p.m.

Helen Winkle Memorial Pie Auction

180 Stipp Lane Ukiah, CA
Fun and games for the whole
family!

For more information, contact the school
office at
(707) 462-6350



A Lesson From Nature

By Shari Kim

Many people see things growing on rocks and assume it's moss, but it actually might be lichen. Their appearance are similar, but they are very different. Lichen are not plants as they do not have stems, roots or leaves. They are organisms that are made of both fungus and algae with the algae portion being what allows it to photosynthesize. The most common surface lichen live on are rocks, trees and soil, although they can be found on anything that doesn't move long enough for them to attach and grow. They absorb nutrients, water and even harmful toxins in the air through their cortex. They are poikilohydric, which means they are dependent on their environment for their water content. When they are wet, they are actively photosynthesizing and growing, but when they are dry, they become brittle and lie dormant. They can be used for shelter, building materials for animals, dyes, clothing, decorations, and even toothpaste and deodorant.

I became interested in lichen when my kids started singing a song called "Doing My Best." It's an eleven verse song about how various things in nature teach us to do our best for God despite not being as strong or big as something else. The words go like this: "I am just a simple lichen, but I teach a helpful lesson, though I cannot talk. Raging storms may fell an oak tree, but they cannot ever hurt me, clinging to the rock." This verse has stuck with me more than any other verse because I find the words so simple but so profound. Can anything ever hurt us when we are clinging to God, our Rock?

David refers to God as his Rock several times throughout Psalms. There are many times when David is in trouble and it seems that all he has is the assurance that "the Lord is my Rock and my Fortress and my Deliverer; My God, my Strength, in whom I will trust" (Psalm 18:2). God is the only sure Rock for us to hold on to in this uncertain world.

There may be storms brewing around us, but we just have to be like the lichen and cling to the Rock. We may not be as strong as an oak tree in our own strength but with the strength of God, we can be stronger if we cling to Him. And that's really the bottom line - we have to cling as though our lives depend on it because our eternal life does depend on it. Are you clinging to the Rock like the lichen?

Source: <https://www.fs.fed.us/wildflowers/beauty/lichens/about.shtml>