

“The of the Matter”

A Monthly Source of Information for the Church

Each New Day

“My voice shalt Thou hear in the morning, O Lord; in the morning will I direct my prayer unto Thee, and will look up.” **Psalm 5:3**

“The very first out breathing of the soul in the morning should be for the presence of Jesus. “Without Me,” He says, “ye can do nothing.” It is Jesus that we need; His light, His life, His spirit, must be ours continually. We need Him every hour. And we should pray in the morning that as the sun illuminates the landscape, and fills the world with light, so the Sun of Righteousness may shine into the chambers of mind and heart, and make us all light in the Lord. We cannot do without His presence one moment. The enemy knows when we undertake to do without our Lord, and He is there, ready to fill our minds with his evil suggestions that we may fall from our steadfastness; but it is the desire of the Lord that from moment to moment we should abide in Him, and thus be complete in Him.

“God designs that every one of us shall be perfect in Him, so that we may represent to the world the perfection of His character. He wants us to be free from sin, that we may not disappoint Heaven, that we may not grieve our divine Redeemer. He does not desire us to profess Christianity, and yet not avail ourselves of that grace which is able to make us perfect, that we may be found wanting in nothing.

“Prayer and faith will do what no power on earth can accomplish. We are seldom, in all respects, placed in the same position twice. We continually have new scenes and new trials to pass through, where past experience cannot be a sufficient guide. We must have the continual light that comes from God.

“If we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, He can and will attend to our cry, and will let light shine into our hearts. Through sincere prayer we are brought into connection with the mind of the Infinite. We may have no remarkable evidence at the time that the face of our Redeemer is bending over us in compassion and love, but this is even so. We may not feel His visible touch, but His hand is upon us in love and pitying tenderness.

“While engaged in our daily work, we should lift the soul to heaven in prayer. These silent petitions rise like incense before the throne of grace, and the enemy is baffled. The Christian whose heart is thus stayed upon God cannot be overcome. No evil arts can destroy his peace. All the promises of God’s word, all the powers of divine grace, all the resources of Jehovah, are pledged to secure his deliverance.” Our Father Cares, by Ellen G. White

“Those who will put on the whole armor of God and devote some time every day to meditation and prayer and to the study of the Scriptures will be connected with heaven and will have a saving, transforming influence upon those around them. Great thoughts, noble aspirations, clear perceptions of truth and duty to God, will be theirs. They will be yearning for purity, for light, for love, for all the graces of heavenly birth. Their earnest prayers will enter into that within the veil. This class will have a sanctified boldness to come into the presence of the Infinite One. They will feel that heaven’s light and glories are for them, and they will become refined, elevated, ennobled by this intimate acquaintance with God.” Testimonies, 5, 112,113

Vacation Bible School

By Pastor K.

August 8-12 was our first VBS program since before COVID. It was amazing to have it happen this summer, despite the short planning timeframe. We did the Jasper Canyon: Treasured by God program that focused on God’s love for each kid. It was a great success with around 16-20 kids attending each day. We had five stations: crafts, prayer room, snacks, games, and story time. The kids really enjoyed each station, but crafts seemed to be a favorite. We also had a mission project to help ADRA supply drinking water for the children in Africa.

This program could not have happened without a wonderful group of volunteers who planned, organized, and led out in the different stations each day. A BIG thank you to everyone who helped. We look forward to next year’s VBS, now that we have the momentum going again. If you would like to help support next year’s program, you may give an offering to this ministry through the church.



Church News:

Fellowship Potluck Luncheon Schedule

September 3 - AV - Tamanahas & Team

September 10 - Jodi Clay & Friends

September 17 - Outdoor Church - Social Committee

September 24 - All Church - Beckie Sitz

Church members and their families and friends are welcome and encouraged to attend. Please bring large serving portions of food to share. Thank you!

FARM STEW - COINS and more! Collected \$1,206.93 to help those in other countries!

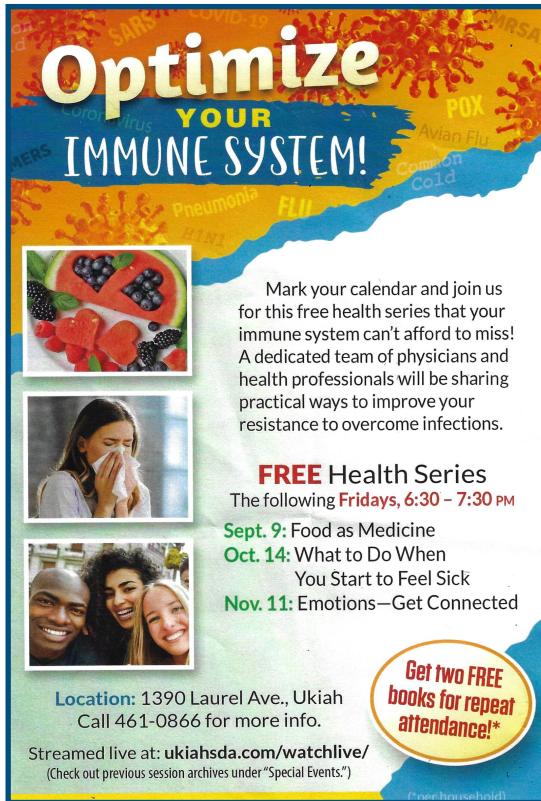


Top photo: Barbara Morrison helping a children’s group at VBS
Bottom photo: Pastor Eric Kablanow leading a song.
Photographer unknown.

OUR MISSION STATEMENT
Filled With The Holy Spirit, Discipling, Baptizing, Teaching, With Love, Preparing All For Jesus’ Return

OUR VISION STATEMENT
To Know Jesus
To Share Jesus
To Follow Jesus
Changing Lives Today
And For Eternity

Church News



Optimize YOUR IMMUNE SYSTEM!

Mark your calendar and join us for this free health series that your immune system can't afford to miss! A dedicated team of physicians and health professionals will be sharing practical ways to improve your resistance to overcome infections.

FREE Health Series
The following **Fridays, 6:30 - 7:30 PM**

- Sept. 9:** Food as Medicine
- Oct. 14:** What to Do When You Start to Feel Sick
- Nov. 11:** Emotions—Get Connected

Location: 1390 Laurel Ave., Ukiah
Call 461-0866 for more info.

Streamed live at: ukiahsda.com/watchlive/
(Check out previous session archives under "Special Events.")

Get two FREE books for repeat attendance!*

Life Groups

There's a buzz that's beginning to circulate that it's the season for Life Groups—“Living Life Together.” Actually, Dave and I have been in a Bible study group since the middle of June that meets one evening a week from 6:30 - 8:00 p.m. We have mostly members, but some from the community also. The fellowship is very meaningful.

The structure goes like this: there's a “half-hour glass” on the table in the living room. For the first half-hour, the time is spent sharing how God has led in your life or someone else's. Then the glass is turned over and the next half hour, the group prays to their forever Friend, criss-crossing back and forth across the room. Then, the last half-hour, we continue in the book of John, again criss-crossing with each person reading only one verse, followed by responding to the section we read together. The format is simple, but it is bringing huge blessings.

Youth Ministries



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Rock Climbing



Church News, Cont.



Photos: Above: The surfers, left to right Seth Boyl, Logan Kurtz, Nathan Kuntz, and Caleb Williams, waiting for the right sized wave to climb aboard. Right top. All the surfers receiving instructions from Pastor Kablanow. Left Bottom. Hitting the waves. Photographer unknown.

Reflections of summer Youth Fun! **By Pastor K.**

This summer we had a lot of fun. With two pool parties, two surf trips, and rock climbing it was a summer full of adventures. The rock climbing and surfing were the highlights for me, and I think the kids as well. Seeing them experience something new and how to succeed at it was amazing. All the youth that went surfing at least stood up and most of them were riding waves all the way into the beach. Even the few that were nervous at first or didn't like the cold water had a blast once they got used to it. One of the best parts of the surfing was seeing them all together out in the water having fun. They were all amazing at staying together and encouraging each other as they were learning and celebrating their successes. For rock climbing it was the same thing. They all had so much fun and encouraged each other constantly throughout the day. Most of them hadn't been rock climbing before and yet they all made it to the top of every route they got on. With perseverance and encouragement, they pushed through the parts that were hard and found a way to the top. Although the summer is over and school has started once again, the adventures won't be stopping. I am planning both rock climbing and surfing trips for this coming school year. We will also be starting up vespers again and will be watching season 2 of The Chosen. Overall, it was a great summer, and I am looking forward to this school year. More info to come for future events and vespers. Contact Pastor K. with any questions.

Church News, cont.

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If anyone has a topic of interest they would like to lead out with, please contact Ryan Veness, 707-227-4862.

Request From Bonnie Carter

"Hi. Greetings to my Ukiah church family! This is Bonnie Carter, Jeff Rickard's mom. I was a former member of the Ukiah church, now living in Lennox, South Dakota.

I am looking for anyone who may have a Pal-Relax-Bar, a special exercise bar that was an invention of John Penner, who with his wife, Opal, were members at Ukiah many years ago.

I know that finding one may be an extremely long shot, but mine disappeared from a storage unit that I had in Ukiah, so I am hoping that maybe someone knows what I'm talking about and can help me find one. Thanks so much. I can be reached by phone or text at 605-351-9696."

The Dicksons Have Moved

Greg and Sandy, pictured below, moved mid August to a much smaller home on a natural wooded property that takes care of itself. As Sandy said, "It is time to scale down."

Their new address is 2872 Mosquito Road, Placerville, CA 95667. They have a son that lives close by and another one who comes through on his way to ski or hike. Their two daughters live in Portland, which makes a fun destination to visit.

They'll be returning to our area whenever an opportunity comes, to visit their Ukiah church family and to see Sandy's brother, Dr. Bill Bowen. Sandy added, "I have to enjoy the coast as much as possible. That's my 'happy place.'"



UJA News

The New School Year

Wednesday, August 17, saw the return of children to the UJA campus, as the new school year began with joy and some new students. We have started the year with 92 students and a brand-new batch of Kindergartners, 13 in all! We also have four new students in grades 1-9 who are beginning their first year at UJA.

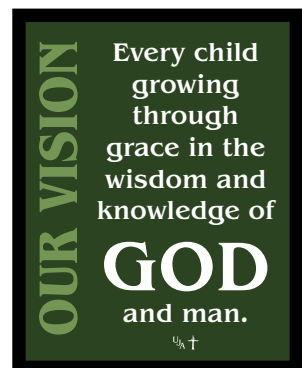
Harry, Dale and Phil have been working hard on the grounds getting everything ready for the new school year. A new piece of playground equipment, called a “GaGa Ball Pit”, was added. It has been a big hit with the students.

You may notice, as potlucks have begun to come back to the UJA campus, that we have some new signs and banners put up for all to see and be reminded of our Core Values, our Vision, and our Mission.

Please know that your prayers mean everything to us. They sustain us in so many ways. The support of the church and the Glenn Miller Memorial Golf Tournament allows so many students from our community to have the opportunity to be part of a Christian school—one that meets their spiritual, as well as academic, social and physical needs. Your support is making a significant difference in the lives of our students and their families. UJA is truly a mission to our community.

By Principal Rick

Right: UJA Vision and Mission Banners
Below: UJA Core Values



UJA News, cont.

Veggie Food Store

Cheryl reports, “There are deli slices for school lunches, also corn dogs and jerky. Get some Nutolene, Fri Chic, or wieners to make a sandwich spread. Big Franks come in a 6-link can now.

There are some products that have been discontinued, like Nutolene, Bill’s Best Seasonings, and Chef Bonneau Gravy Mixes. Get them while supplies last.

Have you tried Soy Curls? They are a dehydrated product that you can flavor in many different ways and use in a variety of dishes. Look on Facebook for Soy Curl Creations for ideas and recipes.

It’s not too early to think about your holiday dinners. Let me know whether you would like turkey rolls or the dinner roast, so I will know how much to order.

Thank you so much for supporting UJA through your store purchases.”



Students and staff having fun in the “GaGa Ball Pit”.

The Glenn Miller Memorial Golf Tournament!

The date for the ninth annual Glenn Miller Memorial Golf Tournament is Friday, September 16, 2022. This takes place at the Ukiah Valley Golf Course with registration beginning at 7:00 a.m. and a shotgun start at 8:00 a.m. There will be teams at all 18 holes and they will play until 1:00 p.m. followed by an awards ceremony and a lunch put on by the Savings Bank of Mendocino County. This is in memory of Dr. Glenn Miller, who helped many students attend Ukiah Junior Academy from his personal funds. One hundred percent of the money that comes from this fundraiser goes to help families who want their children to attend Ukiah Junior Academy, but can’t afford the tuition. Please prayerfully consider how you would like to support this major event.

Steve Miller, the son of the late Dr. Glenn Miller, works on this tournament year round. He visits businesses and people throughout the community, many of whom knew his Dad. Also, because of his ambassadorial commitment, he acquaints new people every year with UJA and this fundraiser who would not otherwise know about the school. If you have questions or comments, please do not hesitate to call him at 707-391-1749.

A Lesson From Nature

by Dan Kuntz



Have you ever had a peaceful morning, perhaps enjoying your favorite hot beverage, reading, or having a worshipful moment when you hear it...bam bam bam bam bam in rapid succession somewhere on the exterior of your house? You have been visited by one of God's most fascinating birds, the woodpecker. Around Ukiah, we have several species of woodpeckers, but perhaps the most fascinating one is the Acorn Woodpecker, *Melanerpes formicivorus*. The Acorn Woodpecker lives in the pine-oak woodlands of western Oregon, California, and the Southwest through Mexico and Central America. Our redwoods and live oaks make our area a prime habitat for the Acorn Woodpecker.

These woodpeckers enjoy insects like their cousins, the Downey, Hairy, and Pileated Woodpeckers but what makes them unique is what gives them their name...acorns. The Acorn Woodpecker drills holes in trees and telephone poles to store acorns. The birds will take individual acorns straight from the oak tree, make a hole just for that acorn and insert the nut. The nuts are wedged in so tightly that it is difficult for other animals to remove them. Each year the woodpecker reuses the holes and will add some new ones. These are known as granaries and can store as many as 50,000 nuts.

The Acorn Woodpecker hollows out several cavities in trees. One hole is for nesting, and the others are for night roosting. Each clutch is 3-6 eggs, and they will lay eggs once or twice a year. The eggs are white, and the baby birds are blind and featherless upon hatching.

Another fascinating characteristic of Acorn Woodpeckers is their complex social system. They live in family groups of a dozen or more individual birds. They cooperate in raising young, gathering, storing, and guarding food. They can also have a group nest with many birds caring for the eggs and young. However, some destructive behavior toward the eggs of other females in the group nests continues until the last female has laid her eggs. These collective groups defend their territory, which can be as big as 15 acres surrounding their granary.

These fascinating birds live in the woods around us. It's incredible to see them store their food and know that they care for the family unit and defend their territory.

It makes me reflect on our church family. We care for one another, look out for each other and help with our collective burdens. The beautiful behaviors that God instilled in the Acorn Woodpecker are ones that we can emulate in our church community, at work, at school, or anyone in our sphere of influence. Be the one that shares those acorns of God's wisdom you have stored away in your granary with those who need it.

**LOVE EACH OTHER
AS GOD LOVES YOU!**

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.

Blue Zones Submitted by Ryan Veness

Summer School Camp in Anderson Valley

“The circus leaves a sweet memory.” –Fernando Botero

“Summer School Camp” in Anderson Valley was alive with fun and enthusiastic learning for ninety elementary-school students because Charlotte Triplett planned and had a three-ring circus running. There was the Flynn Family Circus with their big tent in the lower field with training and coaching students on circus acts. There were wellness activities and work in the school garden. Keystone Counseling provided social and emotional group art projects, sports, dancing and outdoor games. And, of course, there were math and reading lessons in the classrooms.

The Anderson Valley Wellness Coalition/AV Be Well presented activities focusing on healthy “circus” snacks. Kira Brennan shared a recipe for how to make a healthy snack and the kids planned one, and then made a healthy smoothie! Ryan Veness brought the Blue Zones Project’s smoothie bike over from Ukiah, and had the first through sixth graders pedal the bike to make frothy, delicious smoothies with bananas, berries, spinach, nut milk, and ice.

Kira shared, “Summer School Camp at AVES was wonderful fun! It was an immediate sensation, from the huge circus tent on the lower field, with kids learning the trapeze and silks to the various hands-on activities throughout the day. It was my pleasure to work with Ryan from the Blue Zones Project and share the exciting prospect of making a healthy snack on a bicycle with students of all ages. Ryan brought an enthusiasm to our discussion of healthy snacks and the goals of the Blue Zones Project. Students were engaged and excited to get on the smoothie bike and they loved the green-blue smoothies! Thanks Ryan and the Blue Zones Project!”

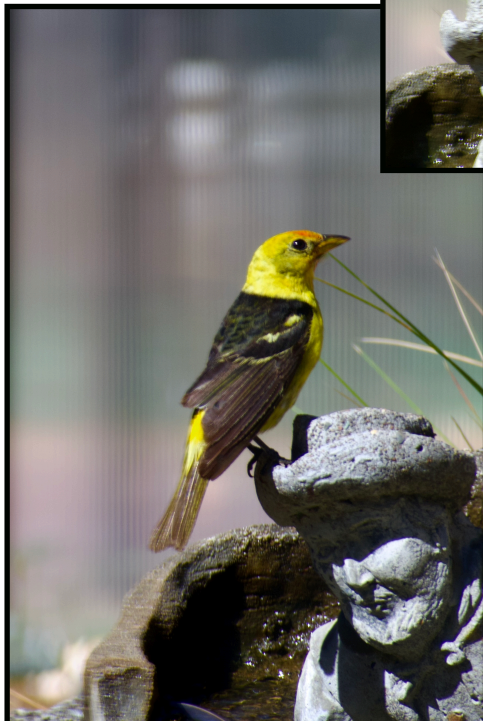
The sweet memories of this Summer School Camp will stay with the children as they start the new school year in a couple of weeks!
By Donna Pierson-Pugh

Below: Ryan with smoothie bike.
Right: Kids at the “circus”.





The Western Tanagers nested in our yard, and brought their young to the fountain, where they enjoyed playing in the water. They have migrated on to the south, and we haven't seen them again this season. Photos by David Anderson



Hey, you! You can't leave yet!!