

“The of the Matter”

A Monthly Source of Information for the Church

In Christ Alone

“There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.”

Ephesians 4:4-6

“In Christ Alone”, a contemporary hymn written in 2002, has become a favorite of mine and I am moved to tears when I hear the Booth Brothers sing it. This masterpiece was created by a collaborative effort between Stuart Townend and Keith Getty. “The song came about in an unusual way,” Townend explains. “Keith and I met in the autumn of 2000 at a worship event, and we resolved to work together on some songs. A few weeks later Keith sent some melody ideas, and the first one on the CD was a magnificent, haunting melody that I loved, and immediately started writing down some lyrical ideas on what I felt should be a timeless theme commensurate with the melody. So the theme of the life, death, resurrection of Christ, and the implications of that for us just began to tumble out, and when we got together later on to fine tune it, we felt we had encapsulated what we wanted to say.” Here are the lyrics:

“In Christ alone my hope is found; He is my light, my strength, my song. This cornerstone, this solid ground, firm through the fiercest drought and storm. What heights of love, what depths of peace, when fears are stilled, when strivings cease! My comforter, my all in all—here in the love of Christ I stand.

In Christ alone, Who took on flesh, fullness of God in helpless babe! This gift of love and righteousness, scorned by the ones He came to save. Till on that cross as Jesus died, the wrath of God was satisfied. For ev’ry sin on Him was laid—here in the death of Christ I live.

There in the ground His body lay, light of the world by darkness slain. Then bursting forth in glorious day, up from the grave He rose again! And as He stands in victory, sin’s curse has lost its grip on me; for I am His and He is mine—bought with the precious blood of Christ.

No guilt in life, no fear in death—this is the pow’r of Christ in me. From life’s first cry to final breath, Jesus commands my destiny. No pow’r of hell, no scheme of man, can ever pluck me from His hand till He returns or calls me home—here in the pow’r of Christ I’ll stand.”

Our lives have received an immeasurable value at the cost Christ paid on Calvary’s cross. Because of this incomprehensible love, we are privileged to become heirs with Christ and sons and daughters of the Most High. “When Christ bowed on the banks of the Jordan, after His baptism, the heavens opened and the Spirit descended in the form of a dove, and encircled Him with its glory; and the voice of God was heard, saying, “This is my beloved Son, in whom I am well pleased.” Matthew 3:17. The prayer of Christ, in man’s behalf, opened the gates of heaven, and the Father accepted His petition for the fallen race. Jesus prayed as our substitute and surety, and now the human family may find access to the

In Christ Alone, cont.

Father through the merits of His Son. Jesus is “the way, the truth, and the life.” John 14:6. The gates of heaven have been left ajar, and the radiance from the throne of God shines into the hearts of those who love Him.” Review and Herald, Feb. 28, 1888

“The glory that rested upon Christ is a pledge of the love of God for us. It tells us of the power of prayer—how the human voice may reach the ear of God, and our petitions find acceptance in the courts of heaven. By sin, earth was cut off from heaven, and alienated from its communion; but Jesus has connected it again with the sphere of glory. His love has encircled man, and reached the highest heaven. The light which fell from the open portals upon the head of our Savior will fall upon us. The voice which spoke to Jesus says to every believing soul, This is My beloved child, in whom I am well pleased.” Desire of Ages, p. 113.

“Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is.” 1 John 3:2.

“When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness.” Christ’s Object Lessons, p. 312

Christ Jesus, our Lord and Savior, grant to each of us Your strength and grace so that we may be clothed with the garment of Your righteousness. Amen. By Donna Faye Anderson



Special Services for the 4th. Quarter

October 21: Pioneer Sabbath
 (Pioneer costumes will be appropriate.)
 November 11: Thanksgiving Celebration
 December 10: Cantata

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

“Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father’s will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.” Mt. 10:29-31

Spotted Towhee

Photo by David E Anderson

Redwood Area Camp Meeting 2023

For those who attended the Redwood Area Camp Meeting this year, the memories of gathering with people who love the Lord and worshipping in His beautiful creation are still pulsating through their veins. There were 1,050 campers, but everyone there wants that number to keep increasing. So, anticipate posters, bulletin inserts and video promos to be shared with all the northern California churches. Look forward to hearing about “work bee” dates during the off season, giving anyone who is interested and able, the opportunity to participate in maintaining the camp grounds.

Here are some of the highlights that make camp meeting so special:

1. Catching up with old friends and making many new ones. You may even discover “shirt-tail” relatives you didn’t know you had.
2. Riding on the shuttles all around the camp. Campers have painted Bible promises on them.
3. Announcing with song, Marilyn Venden gathers the campers at Pepperwood Pavillion for another heart-stirring message.
4. Sitting beneath the gentle movement of the parachute covering the Pepperwood Pavillion and singing praise songs with Marilyn and her back-up band while another camper with colorful silk banners is waving them in worshipful motions.
5. Decorating the giant redwood stump are containers of gorgeous fuchsias and other flowers that a camper has brought from home to share.
6. Being inspired from the various ministries represented on “Ministry Mall.” Engaging conversations take place on both sides of the walkway.
7. Enjoying the invigorating briskness of the early morning and the cool streams of the Eel River.
8. Treating yourself to lunch at the Burger Bar, staffed by Chris Miller and the Fortuna Pathfinders. They also run the Camp Store. Proceeds will be used for the expense of their club going to the International Pathfinder Camporee in 2024.
9. Picking black berries from the many vines all over the camp, and maybe even including them in your breakfast pancakes.
10. Bringing a mini ABC, Sal Alvarado is always there for the convenience and pleasure of the campers.
11. Including a giant water slide and climbing wall for the youth, Eddie Heinrich brought the Summer on the Run program.
12. Providing an opportunity for campers to donate blood, the Blood Bank was well attended.
13. Exploring the activities at camp, hiking among the redwoods, and keeping track of the bird species you see.
14. Being able to bring your adorable pooch to camp meeting is a delight at “Dog Patch”. By Donna Faye Anderson



“On the Trail of the Pioneers” #2

Windsor

Farmers in Windsor hauled their produce by horse and buggy to Petaluma, the port city at the mouth of Petaluma Creek, a tidal slough. Many of these farmers attended the tent meetings in Petaluma. They invited Elders Loughborough and Bourdeau to hold their next meetings in Windsor. “We want you to hold your next course of lectures in Windsor. Some of us are favored in being able to attend these meetings because of business which brings us here, but there are many who cannot come the twenty-six miles. They, too, wish to hear.”

Elder Loughborough went alone to break new ground, while Elder Bourdeau remained to work in Petaluma. The Methodist Church was offered to him free of charge, and he began meetings on November 4, 1868. By the tenth of January, fifty Bible lectures had been given, \$50.00 worth of books had been sold, and a dozen persons had begun keeping the Sabbath. Although the farmers were busy putting in their winter crops, frequently there were as many as two hundred persons in attendance.

Among those who came every night was J. F. Wood. He had recently moved from Walla Walla, Washington, for the specific reason to distance himself from his father-in-law, a Seventh-day Baptist, who was urging him to keep the Sabbath. As Wood and his family attended the meetings, they learned that keeping the true Sabbath was really important. The father-in-law was overjoyed when he received letters from Wood telling of his new-found faith and begged him to come to Walla Walla, but Wood did not see how he could leave Windsor before harvest time. He prayed that if God wanted him to go, He would open the way.

Soon, a man offered to buy his crop. With the money Wood received, he purchased a wagon with a spring seat and fitted a canvas over the top. The family and their household goods were loaded into this emigrant wagon, and after a few weeks, they arrived safely in Walla Walla. Wood began holding public meetings teaching the important truths he had learned in Windsor.

At Windsor, the second fire, as seen in Mr. Wolfe’s dream in Petaluma, had been lighted and was burning brightly. Flames from the first fire in Petaluma were leaping over county and state borders, and soon the sparks would cross the ocean to China. One of the new converts at Windsor employed an elderly man, named Abram LaRue. LaRue had spent most of his life on the sea. He attended the meetings and was baptized by Elder Loughborough. LaRue went as a self-supporting missionary to Honolulu, and later to China. He paid his way by selling books to captains and sailors. Finally he had enough money to hire a translator and printer that produced quantities of two tracts to share with the people in China. He was a missionary in China until his death in Hong Kong in 1903.

Elder Loughborough received a letter from Elder James White, in response to a long-standing invitation for him and his wife to come to California. Elder White wrote that they were planning to reach the West Coast by the first of October, 1872, and they would be happy to meet with the new believers in a general camp meeting. Elder Loughborough hurried from place to place, announcing the arrival of the Whites and the location for the camp meeting. Dr. J. G. Kriechbaum offered his farm on the corner of Jensen and Vinecrest Roads in Windsor for the camp meeting site.

Elder Loughborough described the campground: “In the hasty preparation for the meeting, our tents were a variety indeed. Some few were regular camping tents, some were rough board shanties, some were sheets fastened onto wooden frames, some of the brethren and sisters brought their rag carpets and put them over frames of wood. In the case of one brother who did not hear of the meeting until the night before, made a tent by piling in fence rails between stakes driven close together, covering it with rails, and a shawl served as a door to the tent. The weather was fair and dry, so no one suffered, and all rejoiced to be gathered in camp.” The tent from Petaluma was brought to serve as the main auditorium.

October 2 the camp meeting was opened with a sermon by Elder White. During the six days of camp meeting, the Whites spoke thirteen times. They liked California and loved the people so much that Elder White wrote: “Nothing but stern duty will ever call us from this country.” (Review & Herald, October 22, 1872)

by Donna Faye Anderson

Reference sources: ncc.sda.com/California Conference History; Adventist Pioneer Library; Adventist Encyclopedia; Wikipedia:Seventh-day Adventist Church Pioneers; *Liahter of Gospel Fires/ J. N. Louahborough* by Ella M. Robinson

Family News



"FOR WITH YOU IS
THE FOUNTAIN OF
LIFE; IN YOUR LIGHT
WE SEE LIGHT." PS 36:9

"Praying in the Son-Light"
Photo, above, taken in
Trinidad, California, by David
Anderson

"Sunset in Sedona, Arizona"
Photograph, right, taken by
Gary Ballard. Dr. Gary
enjoyed the privilege of
exploring Sedona with his
family in August.

SON-LIGHT

~Stephen Fox~

Son-Light brighter than the sunlight,
Piercing through our darkness,
A justice fiercer than a lion,
Tempered by a mercy
That's gentler than a dove.
A faith more stable than our feelings,
A promise made before the world began
By a God who does not lie.

A love more ardent than a lover.
A treasure richer than a Midas
Who hugged the daughter that he loved.*
A strength stronger than adversity,
A safety surer than a fortress.
A song more joyous than a wine.
A trumpet louder than the thunder,
A future better than our dreams.
All flowing with the Son-Light
That's brighter than the sun.

Open wide your curtains
And let the Son-Light in.

*In Greek legend, everything that
Midas, King of Lyddia,
touched turned to gold.
The legend also points to the
destructiveness that the
pursuit of riches can cause.



Family News, cont.**My Testimony:
Food and God's Blessing as the Best Medicine**
by Mike Wilson

Many of you know the family I grew up in. We were good Seventh-day Adventists. We ate a vegetarian diet with eggs and dairy and lots of fruit and vegetables. We believed meat was not good for us, so we left it alone. However, I loved things that I knew were not the best for me, such as ice cream, sugar, all kinds of cheeses and unhealthy snacks. I let my stomach and taste buds decide what to eat instead of asking God what He would want. My condition was described in Philippians 3:19, ". . .whose god *is their* belly." The Bible has a word for my condition—gluttony. (Mt.11:19)

Then I got a wake-up call.

On April 6, 2021, I was driving north on the I-5 toward Ukiah in the biggest truck U-Haul rents. My wife, Sylvia, followed in her car, but we got separated on the Newhall Pass. I had all I could do to navigate in the two right lanes with the big trucks. Suddenly, I felt a tingling in my face, arm and leg. My side became very weak and I recognized this as the onset of a stroke. I took the next exit and parked next to a gas station mini mart. I stumbled into the mini mart and lay on the floor calling for the attendant to call 911 for me, because I was having a stroke. I had to say it several times, but finally she called. I called Sylvia and told her where I was. By the time Sylvia got there, I was being loaded into an ambulance.

In God's all-seeing providence, He allowed this to happen a mile from a large hospital, instead of some lonely stretch of I-5 far from help. I praise God for this!

At the hospital, they gave me medicine and every possible test. The weakness and tingling kept fading in and out for an hour and a half. Then it went away. They called it a mini stroke or a TIA.

The tests showed that my left carotid artery was 99% occluded or blocked with plaque. The right one also had some blockage, but much less. The Cardiologist said I needed to have surgery on the left carotid to clean out the blockage, but it could wait until I got home to take care of it there. I left the hospital the next morning. My son, Jim, flew down and drove the truck home.

After praying that God would show us the next steps, we were impressed to call Dr. Kellie Corbett. She called a cardiologist at the St Helena Hospital for us. He said he had an opening the next day, if we could get to the ER by 9 p.m. I had surgery the next day.

A day later, as I was eating breakfast, my heart stopped and I was resuscitated. So, they installed a pacemaker. An other result of the surgery was that I lost the upper notes of my voice. I am no longer a tenor. I never wanted to have another carotid surgery.

Fast forward a year. After an ultrasound of my right carotid artery, the radiologist said that the artery had progressed to greater than 70% occluded. The Cardiologist told me that, at that point, the right side also needed surgery as soon as possible. He made it clear that there was nothing that could reverse the process except surgery.

“My Testimony”, cont.

We again asked God what we should do. I believe God put the idea in my mind of a doctor who has had the greatest success in reversing cardio-vascular disease. His name is Caldwell Esselstyn from the Cleveland Clinic. He has had an amazing 99% success rate in reversing or at least stopping progression of heart disease and other vascular blockages. The same diet that clears blood vessels in the heart works on every blood vessel in your body, from your toes to your brain. That included my carotid artery. Incidentally, the same diet can have the effect of protecting from or reversing other lifestyle diseases, such as diabetes, stroke, obesity, dementia, some cancers, and other metabolic syndrome diseases.

We ordered his book, Prevent and Reverse Heart Disease, from Amazon and immediately began following his guidelines. The diet was combined with much prayer, asking God to bless our efforts. Without God’s blessing, nothing works right.

The diet is totally plant based. It includes only whole foods, such as legumes, whole grains, vegetables, root vegetables and fruits. Not included are foods that have been broken down, manufactured or concentrated, such as sugar, white flour and oil. There is no meat or dairy in the diet.

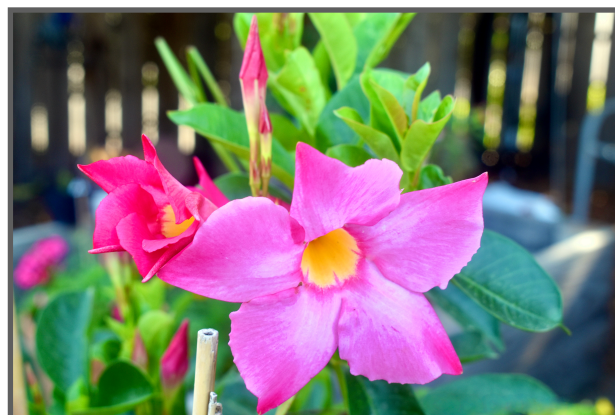
This diet is about the same that was given to Adam and Eve in the first three chapters of Genesis as the the best, most healthful diet for human beings. The only modification to this diet is to prohibit nuts, coconut, avocado and sesame tahini. These are taken out because of their high fat content, in order to enhance the effect of the diet and reverse the disease process as soon as possible.

To see if the diet had been beneficial, I had an angiogram done after 6 months of following careful dieting. The Radiologist’s impression was there is no evidence for disease progression and the appearance is actually slightly improved.

This July, I had new scans, after a year on the diet. The Cardiologist saw, at this point, that both ultrasound and CT looked fine—50% stenosis and no need for intervention. Before this, he had been adamant that diet didn’t work. However, here was solid evidence that the diet was working—from greater than 70% to 50% occlusion and out of danger in 12 months! Praise the Lord!

God wants us to have health—not just to live longer, but to live better. Better health is also connected with a better spiritual connection with God. I Cor. 3:16,17 says, “Do you not know that you are the temple of God and *that* the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which *temple* you are.” May God help each of us to have a healthy body temple for the Spirit of God to dwell in.

“Consider the lilies, how they grow; they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.” Luke



A Lesson From God's Creation

By Beth Garibaldi

When the church and Pathfinder Club had their retreat at Albion in May, the Pathfinders worked in the Bogs and Fens honor. Sheldon Schultz showed us a fen he had created by the cafeteria that he filled with carnivorous plants he had transplanted from a bog in the nearby Pygmy Forest. Later we drove to the forest to see the plants in a natural bog. He told us the reason for the huge variety of carnivorous plants in this area. It is because a guy who was growing and selling these plants had quit his business and let all of his plants go wild. There were so many in some places that we literally couldn't walk without stepping on them.

Carnivorous plants and bogs are a natural match. Bogs are nutrient poor because their only source of water is rain and snow, which contain very little minerals. They are also acidic from the decaying plant material. Carnivorous plants can get extra nutrients by trapping and dissolving insects.

Venus flytraps have hairs that sense movement. If a second hair is triggered, the plant uses elastic energy to rapidly close the trap so the insect can't escape.

Sundews have sticky glands at the tips of hairs on the edges of its leaves. Insects are attracted to the nectar in the glands and get stuck by the adhesive they produce. Then the hairs curl in and wrap up the insects. The majority of insects trapped by sundews are mosquitoes.

Pitcher plants have a tube shape with a hood over the opening. Insects are attracted to them by their color and the nectar in the tube. The edge of the tube is slippery, and the sides have downward pointing hairs, so it is difficult for an insect to climb out. Flying insects think the clear spots in the hood are escape routes and wear themselves out trying to fly out.

This reminds me of the things the evil one has arranged to trap us. They look good. They smell good. But, the end is always the same: death and destruction.

A



B



C



Carnivorous Plants:
 A. Venus Flytraps
 B. Sundews
 C. Pitcher Plants
 Photographer unknown

“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths.”

Proverbs 3:5, 6

UJA News

Publication Workshop at PUC

From September 10-12, Nathan Moravetz and I had the opportunity to take the yearbook team, our 9th. and 10th. graders, to Pacific Union College for their annual Publication Workshop. It is a great experience where students learn from professional graphic designers, writers, photographers and professors how to do layouts, take photos and write good stories.

Each school that attended was given a PUC staff or faculty member to interview. Our group had the privilege of interviewing Milbert Mariano, who is the Academic Dean of the School of Arts, Humanities, and Professions. This was quite a surprise for me because when I was at PUC, he was my Graphic Design advisor, and also the professor of many of my classes! After interviewing Professor Mariano, our team worked really hard and put together a fantastic two-page spread on his time at PUC.

Overall, we had a wonderful experience and a lot of fun! Our students learned some exciting new skills to use in producing UJA's yearbook. We are all eager to see what they come up with!
By Allison Kurtz

Veggie Food Store

Cheryl announces that there are more regular-size cans of Big Franks coming the second week of October. There are plenty of the large cans. Also, a new shipment of the frozen Dinner Roasts is coming for your holiday meals.

SALE ITEMS

Both the Prime and Swiss Steak, regularly \$7.50; now \$5.00

Ham, smoked turkey, corned beef, and chicken deli slices, regularly \$5.25; now \$4.00

Sausage links, sausage patties, chicken patties, chicken nuggets, Steakletts, regularly \$5.25; now \$4.00

4 lb. rolls of corned beef and turkey, regularly \$32.00; now \$30.00

Chicketts and Prosage, regularly \$8.75; now \$7.50

Companion mock duck, regularly \$2.50; now \$1.50

Jerky, regularly \$5.00; now \$4.25

We have some things that have or are soon to expire that need to sell ASAP.

Please give some feedback of the new Gardein products: meatballs, teriyaki chicken, orange chicken, and seven-grain chicken tenders. Yay or nay?



UJA students at Publication Workshop. Front left: Milbert Mariano, Professor who the UJA class interviewed. Back left, then clock wise: Samantha Ahumada,, Ethan Harper, Klayton Zinn, Allison Kurtz, Logan Kurtz, Caleb Williams, Kyler King, Back right: Nathan Morovetz, 7th & 8th grade teacher

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.

The Glenn Miller Memorial Golf Tournament

Blessed with perfect weather, plenty of friendly, efficient volunteers and the Ukiah Valley Golf Course full of happy golfers from our community and beyond (Arizona, Idaho and the Napa Valley), was the scene for the 10th. annual Glenn Miller Memorial Golf Tournament on September 15. This year's charity event was very successful in not only providing a most enjoyable day for all participants, but most importantly, in raising funds to give "life-changing" opportunities for many very worthy students who are receiving a superb Christian education at Ukiah Junior Academy, a mission in Mendocino County.

Thank you so very much for your prayers and kind generosity that made the outstanding results possible. Even though this year's tournament is recent history, donations will continue to be accepted with gratitude. Please contact myself at 707-391-1749 or UJA's Business Manager, Heidi Veness, at 707-462-6350. By Steve Miller

Ukiah Junior Academy Annual
Fall Festival



Come one! Come ALL!

Our annual Fall Festival is back on! Please come out and support our school with some good food and fun! Tickets will be available to purchase in order to buy **food & drinks**, **crafts**, and **play games & activities**. We will also be having our Helen Winkle Memorial **pie auction** and **silent auction!** Help is still needed! If you would like to make a yummy pie, donate an item for silent auction, or work at one of our class booths, it would be greatly appreciated! Please call Jeni Bushby at (707) 367-3377. Don't forget to invite your friends!



**Sunday, November 5
12pm-4pm**



Above: Lining up to begin the day. Photo by Allison Kurtz. Right: Ready for lunch after the tournament which was prepared by Savings Bank of Mendocino County. Photo by Rick Nelson.

To God be the Glory!