

Sabbath Prayers for the Holy Spirit

9:00 a.m. - Chapel

Bible Study Classes

9:45 a.m.

Hans Sawatzky & Team Chapel

Dale Morrison; Jerry Chaney; Dan Kuntz; Rick Nelson; Jeff Lauritzen (9:30 a.m.) Mother's Room

Geoff Rice Choir Room

Youth Youth Room

Children's Sabbath School Departments Downstairs

Church Budget

Budget needed for end of fiscal year 2023 \$474,787.00

Total amount received in 2023 \$504,261.57

We exceeded the budget by \$29,474.57

Praise God for His mercy and His blessings. Thank you, church family, for your faithfulness in giving support of our church and its needs.

One need that we have right now is the scholarship fund for Academy/College. We have \$169.00 in our fund right now, and we are helping with expenses at Rio Lindo Academy for 3 students, and 1 student at PUC. Thank you in advance as you help our students with their school expenses.

David Anderson, Treasurer

Location for Potlucks

Today, January 20 UJA Gym, 180 Stipp Lane, Ukiah

January 27, 2024 "No potluck - Invite a visitor home for lunch"

February 3, 2024 UJA Gym, 180 Stipp Lane, Ukiah

February 10, 2024 with the Spanish Co., 200 Wabash Ave., Ukiah

Visitors, church members, family and friends are welcome! If you are able, please bring food to share. Thank you. The UJA kitchen will be closed unless otherwise stated.

Sunset-Sabbath, January 20, 5:19 p.m. Friday, January 26, 5:25 p.m.

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*

Welcome to the Ukiah Seventh-day Adventist Church. We welcome you into this body of Christ and we embrace you with love and joy as we journey through life with Jesus. Check the Week at a Glance on the back page for weekly programs.

Daily Sunrise Prayer

You're invited to gather with us as we lift our hearts in group prayer to our Heavenly Father.

- **Sundays**, 7-7:30am at Ukiah Jr. Academy, School Library via parking lot door by gym stairwell.
- **Weekdays**, 6-6:30am at Adventist Health Hospital main conference room. For latest details, text or call Jesse at 269-262-2192
- **Sabbaths**, 9-9:30am at Ukiah SDA Church Chapel

Community Services Center needs donations of men's clothing.

Church Business Meeting—Sunday, January 28, 2024 @ 7:00 p.m.

Special Potluck – Sabbath, February 3, 2024, Larry & Cherie Foster, from San Diego county are inviting our church family to celebrate their 50th wedding anniversary.

Talent Show—Saturday, February 24, 2024 @ 6:30 p.m. The theme is "Outer Space".

'**National Blood Donor Month**' is January! Red Cross recommends 'Vitalant' - they are coming to Ukiah on January 28th. Call for an appointment at: (877) 258-4825

Whole Food Plant Based (WFPB) Diet. For further information, please note in the "Heart of the Matter" December and January editions there are articles regarding how we started on our WFPB diet. Also, there is an amazing video "PlantWise" available on: [Adventhealth.com/Plantwise-documentary](https://www.adventhealth.com/plantwise-documentary). The Esselstyn women give help with the basics for cooking in a YouTube video: <https://youtu.be/KoqlgpOwtbo>. **We wish you health!**



Performance Boost 30 flyers are available at the mission desk. Please encourage others to sign-up.

Week at a Glance

January 20, 2024 to January 27, 2024

Sabbath, January 20	Potluck	Spanish Co. Church 200 Wabash Ave., Ukiah
Sabbath afternoon	4:00 p.m.—5:00 p.m..	Afternoon Study of God’s Word, in the Book of Acts Ukiah SDA Church Chapel
Tuesday, January 23	6:00 p.m.—7:30 p.m.	Midweek Boost with Jesus Ukiah SDA Church Chapel
Wednesday, January 24	9:00 a.m.—11:30 a.m.	Community Service Center
Thursday, January 25	2:30 p.m.—4:30 p.m.	Veggie Food Store at UJA
Friday, January 26	6:00 p.m.—7:00 p.m.	Friday Evening Vespers Ukiah SDA Church Chapel
Sabbath, January 27	9:00 a.m.	Prayer in the Chapel
	9:45 a.m.	Lesson Study
	11:00 a.m.	Worship Service
	Potluck	"No potluck - Invite a visitor home for lunch"
	4:00 p.m.	In God’s Word, studying the book of Acts

Looking Ahead

Talent Show, February 24, 2024

Planning for in the spring: Albion weekend, May 17-19, 2024

Planning for next fall: Golf Tournament, Friday, September 20, 2024

Ukiah Seventh-day Adventist Church

1390 Laurel Avenue
Ukiah, CA 95482

Church Office	707-462-5455
Church Web Site	www.ukiahsda.com
Church E-mail	ukiahsda@nccsda.com
Ukiah Junior Academy	707-462-6350
UJA Web Site	myuja.org
Community Services Center	151 Cherry Street, Ukiah

Ukiah Seventh-day Adventist Church Church at Worship

10:55 a.m. - 12:15 p.m.

Sabbath, January 20, 2024

Prelude	Carolyn Brooks
Announcements	Pastor Eric William
	Whole Food Plant Based Diet is working for us! — Sylvia Wilson
Call to Worship	Pastor Eric Williams
Worship in Song	The Gore Family
	What a Friend We Have in Jesus 499 My Jesus, I Love Thee 321 Power in the Blood 294
Prayer Song	Whisper a Prayer Whisper a prayer in the morning; Whisper a prayer at noon. Whisper a prayer in the evening; To keep your heart in tune.
Worship in Prayer	Benji Oliver
Worship in Giving	Jesse Buller
	Local Church Budget
Offertory	Sonare Handbells
Children’s Story	Wendi Olivera
Scripture	Elizabeth Oliver
	Psalm 89:14-16
Special Music	Rio Lindo Lindaires
Sermon	Pastor Eric Williams
	“Solid Ground”
Benediction	Pastor Eric Williams
Postlude	Sonare Handbells