

“The of the Matter”

A Monthly Source of Information for the Church

Showcasing God's Love

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Philippians 1:9-11

Paul considered the church in Philippi as not only people in his parish, but friends in his heart. So, this prayer is an expression of his profound love for them. Furthermore, with the sickening dilemma this world is in, this must be a prayer for us too—as we attempt to work our way through all the mess to create a radiant counter culture that reflects the Kingdom Jesus is calling us to. The prayer contains three distinct parts.

The Aim: Abounding Love (v. 9)

The Philippians were united in purpose, sharing a gospel culture of deep love, created and centered on Jesus. That love shone through them, and transformed hearts. Jesus said, **“By this all people will know that you are My disciples, if you have love for one another.” John 13:35.**

Christian love grows and abounds when we look to Jesus. **“But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.” Romans 5:8.** There is nothing we can do to make Him love us more or love us less. Deep in His heart is a love so big, we could never exhaust it. Even as we spend eternity with Him, every day, we will find new wonders of His love we had not discovered before.

How do we get this kind of love? By praying for it, in all humility and gratitude. Only God can give it, and He will give it whenever we ask Him. We can know we are abounding more in love when we ask ourselves, in every situation, “What would Jesus want me to do?”

The Hope: Pure and Blameless (v. 10)

God alone is pure and blameless! Yet, get this. He desires to impart His righteousness to us so that we may be full-bodied, Spirit-filled reflectors of His character. As we grow in Christ, we learn to recognize what is pure and blameless because we see it in Him. *“Turn your eyes upon Jesus, look full in His wonderful face, and the things of earth will grow strangely dim, in the light of His glory and grace.”*

So, how can we radiate this purity? We cannot produce it on our own. We cannot fake it. We can get it only by keeping company with Jesus and by accepting His grace over and over again. **“Morning by morning, O Lord, you hear my voice; morning by morning I lay my requests before you and wait in expectation.” Psalm 5:3.** We have His promise in Philippians 1:6, **“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.”**

The Goal: God's Glory (v. 11)

How is God glorified and praised in this world? **“I am the vine, you are the branches. If a man remains in Me and I in him, he will bear much fruit.” John 15:5.** Just think about this—you are an open book testifying to the world that your life is grafted into God's. Open wide your arms of love and follow the Lamb wherever He goes. **“Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen! Ephesians 3:20, 21.**

May this prayer ignite a revival in us. We can never outgrow it; we can only grow into it more and more each day! Hallelujah!

by Donna Faye Anderson

Church News

Special Visitors at Pathfinders

The Ukiah Pathfinders had a very special visit from Dale Morrison and Gil Sissons. They brought three fully restored and beautiful Ford Model T's. One of them is 100 years old and all are fully functional and running pieces of history.

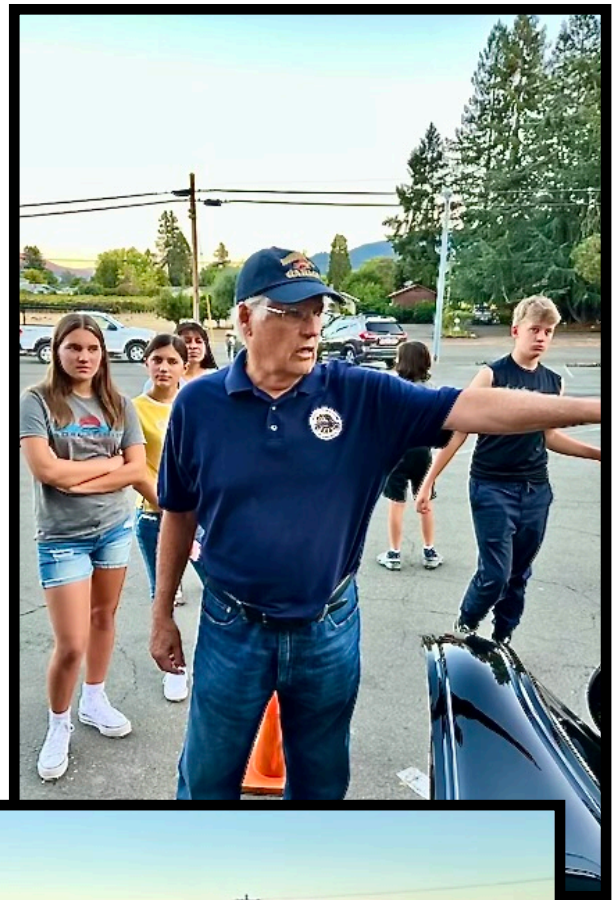
The Pathfinders had the opportunity to hands-on admire these vintage cars and even take a ride around the parking lot.

The Pathfinder dads couldn't help but be amazed by the charming simplicity of these relics, realizing how primitive, yet wonderfully straightforward they are, compared to our modern automobiles.

The Pathfinders learned the basics of how a combustion engine functions. They will be doing the Small Engine honor, which involves taking apart and putting back together some small combustion engines and learning the details of basic automobile mechanics.

We want to extend a heartfelt thanks to Dale and Gil for giving so generously to the younger generation and making history come alive.

Photos and article by Luis Pastor



Church News, cont.

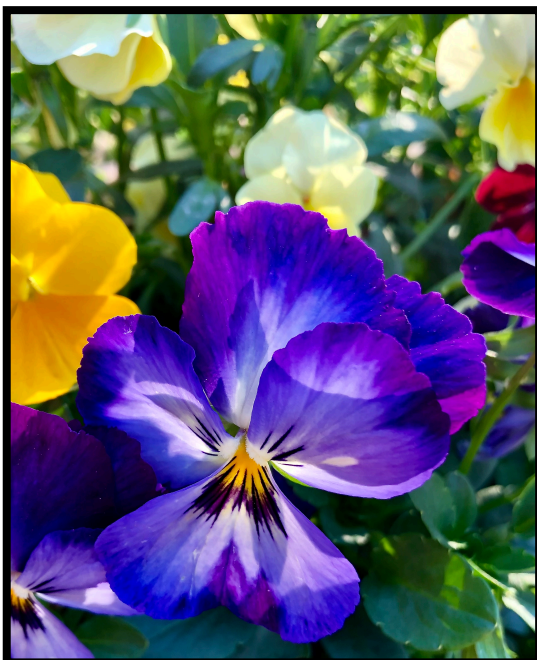
The Church Talent Show

Are you thinking about what you could share at the annual church Talent Show on Saturday night, February 24, at 6:30 p.m. in the school Gym? The theme is Outer Space. Please phone your ideas to Geoff Rice at 707-972-9291.

The Pathfinders will be selling corn dogs and other food and drinks to fundraise for their trip to Gillette, WY for the International Camporee this summer. So far, there are 31 planning to attend.

Upcoming Special Sabbaths

- March 15: Education Sabbath
- March 30: Resurrection Celebration Sabbath
- April 27: Outdoor Church
- May 17-19: Albion Weekend (combined church and Pathfinder retreat)



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

ADRA CHANGE JARS FOR CHILDREN —

WE RECENTLY SENT TO ADRA \$1,048.34 FOR FEEDING STARVING CHILDREN. SOME MATCHING FUNDS WERE PROVIDED GIVING OUR DONATION A VALUE OF \$1,807.56. THANK YOU FOR COLLECTING YOUR "COINS FOR HUNGRY KIDS", IT MAKES A DIFFERENCE IN THEIR LIVES!

THE NEXT COLLECTION OF COIN JARS WILL BE IN JULY, IN SUPPORT OF THE FARM STEW PROJECT.

THANK YOU FOR YOUR KIND GENEROSITY!

ETHAN HOWE AND STEVE MILLER



The "Unbelievable" Series

The arrival of the new year brought so many opportunities for Bible study and heartwarming sermons. A series that Dave and I committed to were the "Unbelievable" messages presented by Ty Gibson, David Asscherick, and Jeffrey Rosario at the Loma Linda University Church, January 5-13. The gospel is such incredibly good news, it is almost **UNBELIEVABLE !**

If you are interested in listening to these animated, captivating speakers, you can access them, either on the church's website or YouTube. You will be glad you did!

Church News, cont,

The Galilee Protocol

On March 8-10, we are pleased to welcome Keilani's Aunt Kathie and her husband Josef from Hendersonville, North Carolina. Kathie is a nurse at a local hospital and Josef is retired. They are both very active and involved in their local church, the Mills River SDA church in Hendersonville.

They have agreed to come and present an introduction to a program titled "The Galilee Protocol" which is a program that promotes Christ's strategy for medical missions. Our tentative schedule is to have a meeting Friday evening, Sabbath afternoon, and Sunday morning over the weekend, in the Chapel at our Ukiah SDA location.

There are several more modules that involve the core curriculum. We plan to have them come back for a 10-14 day intensive, where the emphasis would be learning the principles of giving a Bible study, the context behind medical missions, God's eight doctors, Anatomy and Physiology, hygienic healthcare, Hydrotherapy, healthy cooking, and home gardening.

by Andrew Tremper

Community Services

The Community Services Center has been serving those in need of clothing, bedding, and small household items in its current location on Cherry Street since 1987. The church bought the lot, and Harry Witzel built the building, with Ed Busch doing the electrical and George Randolph doing the plumbing. The building has served us well, not only for Dorcas, but for potlucks, cooking classes, etc.

But it is showing its age and repairs are required. The first step is in motion to replace the gutters that are pushing moisture into the soffit. Once that is done, the soffit can be repaired. The next need is to replace the siding on the south gable, which has deteriorated to the point that moisture is entering there as well. Then we will need to paint the building. The roof is the original and needs to be replaced.

The bottom line is that Community Services now needs your help beyond generous donations of clothes. Repairs cost money and time. If you would like to help, please mark an offering envelope: donations for Community Services repairs, or let Randal Schafer know you would be willing to volunteer your skills to help with these projects.

by Beth Garibaldi,
Community Services Director



This 2x4 ft coffee table with three drawers is needing to find a home. If you are interested, please call Dorothy at the church office 707-462-5455. The price is right—it's free!

UJA News

Kindergarten Jamboree

The Kindergarten teacher, Wendi Olivera exclaims, **“We are getting excited at UJA as Kindergarten Jamboree is coming soon on March 13!** We are inviting parents and their children who will be ready for kindergarten next school year, to join us for a morning of fun in our kindergarten program. Each year we welcome our visitors to get a little taste of what we do in kindergarten at Ukiah Junior Academy.

We read, play, create, and get acquainted with others who are interested in joining our school family. Each child will receive a personalized goodie bag and all visitors will get a delicious hot lunch. It is truly a great experience for all.

We hope that you will share about this event to your friends who are looking for quality Christian education for their little one. Anyone interested in attending should call our school office to RSVP, (707) 462-6350.



Top Photo Mountain Quail.
Middle Sharp-shinned Hawk (called a “Sharpie”)
Bottom American Bittern
Photos by David Anderson



Veggie Food Store Frozen Items

- All deli slices
- Steakletts
- Chik Patties
- Sausage Patties
- Each of the above: \$4.00
- Chicketts - \$7.50

Chicken Roll - \$27.50

- Canned Goods**
- Prime Steaks -\$5.00
- Companion Mock duck - \$1.50
- Butler Jerky - \$4.00

Cheryl reports some sale prices.

UJA News, cont.

Community Service Projects by UJA Students

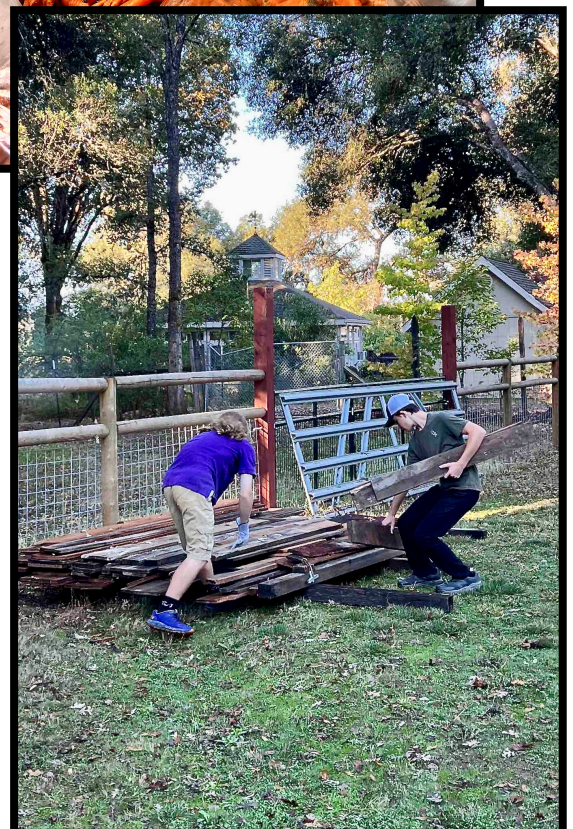
This school year has been full of wonderful things happening at the school. One of the best things that UJA has been doing is community service. Every Thursday morning Dan Kuntz and myself (Pastor K.) split the 9th and 10th graders and take them to do community service for an hour. Each week half of the group goes to the Ukiah Food Bank and helps them with whatever they need. They do a variety of jobs, but the main thing is helping to hand out food to those who come through.

The other half of the community service group has been doing a wide range of jobs. The place where they have gone the most is the church's Community Services Center on Cherry Street. They have helped to clean up the parking lot, trim bushes, and sort clothes. They have also had the opportunity to help a church member do some yard work, and most recently went to a community member's house to do some landscaping. They have stacked wood, picked up leaves, cleaned up landscaping, and put down pathway stones and landscaping rock.

During November, the entire class went to the Ukiah Food Bank to help them build thanksgiving boxes, which our church also helped to distribute.

It has been wonderful to see them all work to help those in need, both in our church and community. If you know of anyone that could use help for an hour on a Thursday, feel free to contact Dan Kuntz or Eric Kablanow.

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.



Family News

February is a month to enjoy valentines and being sweethearts; it can also be a month for fostering relationships with family and friends, and loving others. We are delighted to share Jessica and Brett Dickinson's story of how they became sweethearts, as told by Jessica.

Brett and I first crossed paths in Sunriver, Oregon back in 2012. Each summer, I would spend a week with my best friend's family, and coincidentally, Brett's family did the same. There was a missed opportunity when my friend and I considered inviting Brett to float down the Deschutes River with us on Sabbath, but our shyness got the better of us. Little did we know, Brett would have welcomed the invitation, and he still teases me about it.

Fast forward to the fall of 2017. Brett had returned from a school year abroad, and we found ourselves starting the junior and senior years at Pacific Union College (PUC). Fate seemed to be at play as we both ended up working in the Finance Office at PUC. It was during this time that Brett's boss, having heard from my boss that I was single, passed along the information to Brett. Serendipitously, we also shared two classes that quarter and participated in evening intramural volleyball games. Brett, with his friendly conversations in class and escorting me back to the dorm after volleyball, left me thinking it was just his kindness.

Our story took a romantic turn after Thanksgiving break. Our first date was at Bouchon Bakery in Yountville, and during Christmas break, we explored Sacramento, hiking and visiting various coffee shops. The decision to make our relationship official came on January 8, 2018.

Over the next couple of years, our love blossomed, leading to a magical engagement on December 22, 2018, just before we were going to see the Nutcracker Ballet at the War Memorial Opera House in San Francisco. The proposal took place in an empty hallway with a view of the courtyard. I had thought Brett might propose earlier in the day when we were having a picnic at a very picturesque spot with the Golden Gate in the background, but when he didn't, I figured it wasn't going to happen that day. So, it was a delightful surprise when it happened!

A little over a year later, on January 5, 2020, we exchanged vows at Gracepoint SDA church in Rocklin, California. Our honeymoon in Italy followed, marked by a memorable moment on the plane right before takeoff when we received the call that our apartment in Ukiah was ready for us. The day we move, and we've been enjoying the past four years, we feel family and to have made Ukiah

that our apartment in Ukiah was returned, Brett's parents helped us life in Ukiah ever since. Reflecting fortunate to be part of this church our home.



A Lesson from God's Creation

By Beth Garibaldi

Fascinating Odonates

Many of you are thinking, "What?" That was my first reaction. During COVID, Pathfinders were meeting virtually, and this honor was presented at one meeting. I got hooked!

Better known as dragonflies and damselflies because of their long, skinny abdomens and amazing flying capabilities, these insects are voracious consumers of other insects, especially mosquitoes. They come in a wide variety of sizes and colors. Damselflies are typically smaller, ranging from less than half an inch in length to less than two inches. Dragonflies are considerably larger. Their wingspans are two to four inches, but some Central American species are 6.5-7.5 inches. An easy way to tell the difference is to watch them at rest. Damselflies fold their wings back when perched, but dragonfly wings are spread out horizontally. Both groups can maneuver with extreme agility because flight muscles are attached directly to the wings.

Odonates begin life in the water. Females lay eggs in the stems of water plants. When the nymphs hatch, they remain in the water, eating anything they can catch, including small fish. When they molt into adults, they typically continue to live near water but can range far away. Scientists view odonates as important bioindicators of the health of bodies of water. Plenty of dragonflies and a wide variety of species shows there is a healthy amount of food sources.

The Pathfinder honor requires observation and photographs of 15 species. That seemed daunting at first until I read that there are 65 species in the Bay Area alone. The next challenge was actually catching these zoomy insects sitting still. Patience was required.



Photos by Beth Garibaldi

WellWise**Detonating Beans**

by Dawna Sawatzky

Legumes, including beans, grow in differing sizes, shapes and colors, comprising 16,000 types! What we call beans are the seeds of legume plants. No matter their color, shape or size, they are a fantastic daily addition to any diet. They are high in protein, fiber-rich complex carbohydrates, vitamins and minerals. They have thousands of antioxidant phytochemicals wrapped up in their hundreds of varied exteriors. They are amazingly versatile as boiled, baked or sprouted. They are delicious in soups, stews, salads, dips, as a sandwich filling, over toast, added to casseroles and even in desserts, like brownies.

They are literally one of God's gifts for maintaining good health. Their insoluble fiber prevents constipation, fuels the growth of "good" gut bacteria and provides nutrition for the intestinal walls. Their high-fiber content helps reduce the risk of several cancers, especially breast and prostate. They also help to regulate diabetes and blood sugar, which improves blood fats, lowers blood pressure and helps to control weight. All of this is a boost to heart health. As a huge bonus, beans are inexpensive!

On the negative side, beans need to be well cooked to be comfortably digestible. The answer is soaking in water for several hours and cooking until very soft to overcome the offending substance raffinose. For people not used to eating these high-fiber treats, adding beans to the diet too quickly can cause gas and bloating. Eat small amounts to begin with, but eat them every day. Eventually the bacteria in your gut will adjust. It may also help to increase your daily water intake. When all else fails to prevent gastric upset, try a digestive enzyme like Beano or Gas-X. There is a rare possibility of an allergic reaction, so mention their use to your doctor.

Lentils, dahl and small beans need less soaking than bigger beans. Average-sized beans, like pinto, may need soaking one night, or even up to a couple of days, with water changes every 12 hours. Beans that are years old would greatly benefit from this as well. Beans can also be sprouted—when the little sprout tips barely show, they are ready to cook.

Beans can be cooked in an open pot or in an Instant Pot. A regular pressure cooker does not work well for all beans because some, like soy, foam up and can plug the steamer outlet. Boil 10-20 minutes, pour off the water, and add the final cooking water. Be sure the beans are covered with at least two inches of water. Some people recommend waiting to add salt and seasonings until beans are almost cooked, but many people add the seasonings with the final cooking water.

On another note, I want to tell you something astonishing you can do with the liquid from a can of garbanzos, called aquafaba. Two tablespoons can be used to replace one egg. This liquid can also be used as whipped cream, by adding a little vanilla and powdered sugar with 1/4 teaspoon of cream of tartar. Whip with a hand mixer until it turns white and peaks like whipped cream—may take up to 15 minutes. Yummy!

Easy, Creative Bean Burgers

(Submitted by Dawna Sawatzky)

In a bowl, combine:

1 14oz. can of well-drained beans or 1 2/3 cup of cooked beans.

2 slices of crumbled whole-grain bread (heels work).

1 t. each garlic powder, onion powder, and seasoned salt.

If beans are not well seasoned, add a tablespoon of mixed herbs.

In a skillet, saute 1/2 cup chopped onion, 2 chopped garlic cloves in 1 T. oil until the onion is translucent.

Optional: Add 1/2 cup veggies—(chopped peppers, carrots, celery.

Optional: Add 1/2 cup chopped or lightly processed nuts or seeds and

1 T. fresh herbs - parsley, cilantro, sage (any flavor you like)

Mix by hand or with a large spoon 1/2 cup all-purpose flour into the mixture until well-blended and stiff.

Pour a little oil on your palms and form into flat, thick patties. Makes 4-6.

Fry in a hot skillet with 1-2 tablespoons of oil. If you are avoiding oil, use an air fryer instead.

Serve on burger buns with all the trimmings.

On the Trail of the Pioneers, #5 Healdsburg

J. N. Loughborough and D. T. Bourdeau pitched their tent on a lot at 218 Center Street in Healdsburg. At this location, they held meetings from June 10 until September 12, 1869. By August 12, quite a number expressed a desire to become members of the Seventh-day Adventist Church. E. W. Rudolph purchased a house with a double lot four doors south at 214A and the members moved into their new quarters with Elder Loughborough as their pastor. The church was formally organized on Sunday, December 5, 1869 with a charter membership of 23. This was the first Seventh-day Adventist church organized in California.

On June 23, 1871, Cornelius Bise donated a large lot at 331-335 North Street to the growing congregation. A building was erected which included a porch on all sides, giving the structure the appearance of a bee hive—the members lovingly referred to it as their “Bee Hive” church. Elder Loughborough continued as pastor at this new site.

At the beautiful old stone railroad depot, still standing at the west end of 4th. Street in Santa Rosa, James and Ellen White met J. N. Loughborough on Friday, September 27, 1872, on their first trip to California. After resting at the Loughborough home at the corner of Mendocino Avenue and John Berry Lane, they made plans to move to California so they could strengthen church growth in the West.

In late 1877, the Whites purchased a small farm at 1950 West Dry Creek Road, about four miles from Healdsburg. The Whites enjoyed this location, looking out to the orchards and vineyards of the area and to the mountains beyond.

The goal to have a school for training young people to be workers for God materialized on April 5, 1882. Willie White, the youngest son of Ellen White and chairman of the school board, purchased a two-story, ten-room building on about two acres, facing west of Fitch Street between North and Matheson Streets, for \$3,750. from Mrs. Mercy Gray.

With Sidney Brownsberger, president, and his wife, school opened on April 11 of the same year, with twenty-six students. William C. Grainger and his wife doubled the faculty of the new Healdsburg Academy. By the end of the first year, the faculty numbered six and the students 152. From the urging of the town’s people, the name was changed to Healdsburg College.

By 1883, five additional acres of land had been secured to build a dormitory and facilities for school industries. It was just three blocks north, between Fitch and College Streets, facing south on Grant Street. The dormitory, named North Hall, was ready for occupancy in July, 1883. It was a three-story building and had the kitchen and laundry in the basement; the dining room, parlor and president’s quarters on the main floor. The girls’ dorm rooms occupied the second floor and the boys’ were on the third floor. Board and room was \$3.25 a week.—two meals were served: breakfast at 7:00 a.m. and dinner at 2:00 p.m. The daily program began at 5:00 a.m. and closed at 9:30 p.m.

In 1886, W. C. Grainger became the college president. Under his administration, it reached its zenith. By 1909, due to insufficient room, the college was moved to Angwin and its name became Pacific Union College.

Continued next month