

“The of the Matter”

A Monthly Source of Information for the Church

The Marathon

by Yohana Tuguta

It was a cold December morning when suddenly I woke up and looked to the left side of the bed, exclaiming, “Babe, I think I’m going to miss the bus. It’s already 5:00, and the bus leaves at 5:15. I need to get ready, and our drive to the bus station will take 9 minutes!”

My wife turned to me and said, “Get ready, I have a plan. I’ll drive you to the starting point through the back route.”

I gazed at her for a few seconds with admiration. I have always been impressed by how adept she is at navigating us through traffic, especially when we’re traveling through new cities. I quickly got ready, and we were off.

Five minutes into our ride, we realized we had taken the wrong turn—partly due to my mistake, as we missed a left turn that wasn’t easily visible. We carefully pushed on until we reached an area roughly 1.5 miles from the starting point. At this juncture, we were met by police who had blocked the area. This path was supposed to lead us through a side way, parallel to the starting point. However, we didn’t realize that the entire perimeter had been blocked off. My wife asked me to drive closer to them.

As we got the car a few feet from them, I informed them that I was a participant in the California International Marathon and my wife was going to drop me off as close to the starting point as possible. One of the police officers, a lady with a compassionate look, said, “No one can drive past this point. Your only option now is to walk or run to the starting point.”

Just the day before, on bib pickup day, I was wrestling with whether or not I wanted to take on this challenge. I had signed up for the marathon nine months prior and had started training diligently. A problem arose when I decided to target a 10-minute mile pace and, without professional guidance, began doing short sprints of 0.3 miles at a 6-minute mile pace. I did these for a few days until I ended up pulling my hamstring.

At this point, my training came to a halt. Two and a half months later, I felt strong enough to start training again, but by then, I had lost valuable time to condition my body, and there was still a faint remnant of pain in my right hamstring. I started mixing runs and walks, focusing on going the distance. I also incorporated more hills, thinking this would better prepare my body for the 26.2 mile challenge.

As time went on, I realized I would probably be unable to complete the

recommended miles before the official run. One week before the marathon, I had only done 13.22 miles. On this day, I had to choose whether to pick up my bib, which would officially put me in the race, or forego it and wait another year. My wife, who is a nurse, was not entirely happy with me attempting something I wasn't fully prepared for.

This was the beginning of a heavy internal dialogue as other participants walked past me to pick up their bibs. It felt lonely and dark in my mind. I couldn't understand why I had put myself in this predicament. The truth is, I was at a crossroads, both figuratively and literally. I was deciding whether to give up on a dream I had focused on for a long time or to go through with it and embrace the potential failure that seemed more probable, as I continued entertaining my doubts.

I was reminded of 2 Corinthians 10:5, which emphasizes taking control of one's thoughts and aligning them with the teachings of Christ. At the same time, I wrestled with the idea that God helps those who help themselves. The issue was whether I had done enough to ensure success.

I have always wondered how much we must do before God can come through. I questioned whether God would listen to a man asking for help to complete a marathon who hadn't done the necessary work. I wrestled with this thought, but something came to my mind: "I will never leave you nor forsake you." Hebrews 13:5, 6.

I found comfort in this and decided to give this opportunity a chance. I feared regretting not attempting more than the failure of not finishing.

Back to the police officer: I looked at her and conceded, "This is now on me," I thought, My wife can only come so far; she can only do her best to support me, but the journey ahead will be mine alone with God."

In front of me, beyond where the police were standing, there were no lights, just darkness. To the right was a wide, uninhabited area as far as I could see, and to the left, further up the hill, I was informed there was a prison. About two months prior, a mountain lion had been sighted in the area. These thoughts were all in my mind as I started up the hill. About 0.5 miles in, I heard footsteps behind me. It was a female participant trying to get to the starting line. She was pleased to see me and asked if I was up for jogging to the starting point. However, I knew walking would be my best bet. A few minutes later, another male participant showed up, and the two decided to run to the starting point. I walked the remaining mile, alone and in the dark. "I sought the Lord, and He heard me and delivered me from all my fears." Psalm 34:4.

This experience made me reflect on life. It made me think about how precious our family, friends, neighbors, and even strangers make life worthwhile. They are like cheerleaders in the life we live, but sometimes, we must walk alone with our Creator, as our sole support, beyond where others can accompany us. He is a compassionate and loving Creator who has promised us that He will never leave us nor forsake us. He is with us in good times and bad times, and more importantly, when we give ourselves a chance to hope. When we do this, we get the opportunity to get closer to Him in a personal way. He becomes a Friend we talk to, meditate on, and through it all, He shows us what is possible.

Upcoming Calendar Dates

October 4: Communion Sabbath
 October 11: Outdoor Church at Mill Creek Park
 November 8: Thanksgiving program with adult and youth choirs and orchestra
 December 14: Two performances of the Cantata at 3:00 p.m. and 6:00 p.m.

OUR VISION STATEMENT

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



Opportunities to Pray for the Holy Spirit

Sundays, 7-7:30 a.m. at UA's Library via the parking lot door by the gym stairwell.

Wednesday, 7-8:00 p.m. in the Young Adult Room.

Sabbaths, 9-9:30 a.m. in the Chapel.

"Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified." Romans 8:27-30

"In the matchless gift of His Son, God has encircled the whole world with an atmosphere of grace as real as the air which circulates around the globe. All who choose to breathe this life-giving atmosphere will live and grow up in the stature of men and women in Christ Jesus.

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Son of Righteousness, that heaven's light may shine upon us, that our character may be developed into the likeness of Christ.

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, 'Take

OUR MISSION STATEMENT

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

me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.' This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God; and thus your life will be molded more and more after the life of Christ."

Steps to Christ: Growing Up Into Christ, pp. 68-70.

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.

Photo above right: Fall harvest apples from the "Anderson Ranch" by Dave A.

Youth Activities

By Pastor Eric K.

What a full and exciting summer it's been! Even though many of our youth were off on adventures with family, camps, and vacations, we still managed to squeeze in some unforgettable memories together.

Surfing at Stinson Beach

A small but mighty group hit the waves at Stinson Beach for a day of fun in the sun! The weather couldn't have been better, and the ocean gave us just the right waves for surfing and splashing around. We came home tired, sandy, and maybe a little sun-kissed—but filled with joy after such a refreshing day in God's creation.

Lake Mendocino Boat Day & Vespers

Right before school began, we gathered at Lake Mendocino for our annual boat day and vespers. A huge thank-you to Dr. Rice and the Veness' for bringing their boats! From tubing to wakeboarding to simply enjoying the water, it was a blast. With many new students joining the youth group this year, it was the perfect way to bond, laugh, and make new friends. We ended the afternoon with snacks, fellowship, and a short devotional reminding us of God's goodness.

Pathfinders Is Back!

Our Pathfinder year is off to a strong start! With Becky Kuntz and Pastor K. co-directing, and Dan Kuntz keeping us sharp as drill master, we're diving into fun honors and new adventures. We've kicked off with the Glaciers honor and are gearing up for the **Northern California Conference Pathfinder Camporee at Leoni Meadows** this October! Please keep our club in your prayers for safety and growth. And—if you're passionate about something (gardening, photography, cooking, science... you name it!), we'd love to talk with you about teaching an honor.

Celebrating Baptisms

The biggest joy of all? On the last weekend of September, we celebrated three beautiful baptisms! Zoe and Willow Galusha were baptized at church and Maverick Feagin was baptized at the church corn roast social on Sunday at the Rice's home. What an incredible blessing to witness these young hearts committing their lives to Jesus! Let's continue to lift them up in prayer as they grow in their walk with Him. (See page 9 for pictures).

Photo:
Swimming
the waves
at Stinson
Beach



We're excited to announce that the **Adventurer Club of Ukiah**, under the leadership of Leslie Kline-Udarbe is starting up again for the 2025-2026 school year! Its members range in age from 4-10, Our first meeting will be on October 4, at 3:30 p.m, at the church, and from then on, meetings will generally be the first Saturday of the month at the same time.

We have about 12 wonderful Adventurers with us. We are looking forward to an amazing year together—growing in our community, learning new things, and most importantly, sharing our love for the Lord.

If you have a talent for crafts or a fun activity you'd like to share with the kids, we'd love your help! Please reach out to us at the Adventurer Club email:

adventurers.ukiah@gmail.com

Will and Yazmar Perez Welcome a Second Son

On August 4, God allowed us to complete our family with the arrival of Mateo Eliam. Our love for Sebastian and Mateo is like nothing we have ever experienced nor words can describe. Sebastian can't wait to be able to play with his new buddy, but for now, hugs, kisses, and occasional pokes will have to do.

We are grateful for our church family and all their love and support in our journey to raise and prepare our two boys for the kingdom of heaven.



SUPPORT 6 UKIAH STUDENTS HEADED TO GREECE!

On Sabbath, October 4, a special offering will be taken up to support six students at Rio Lindo Adventist Academy who will be headed to Greece for Spring Break 2026.

Their Spring Break will be spent reroofing nine cabins, building retaining walls, painting the front gate and walls, and doing stucco work at the Seventh-day Adventist summer camp in Kalamos, Greece, 40 miles outside of Athens.

The camp is a witnessing haven for the Seventh-day Adventist Church in an Orthodox country. People who would rarely attend church will go to summer camp and feel welcome and loved. Rio Lindo students and staff are helping to maintain the camp so that it can continue to serve as a ministry hub for the SDA Church in Kalamos and beyond.

Checks can be made out to Rio Lindo Adventist Academy,
Memo: Greece Mission Trip.



The 12th Annual Glenn Miller Memorial Golf Tournament September 19, 2025 at the Ukiah Valley Golf Course

After a two-hour downpour early on the morning of the tournament, we were blessed that the rains stopped before the tournament began. The rain, fresh air, and the clean golf course created excellent playing conditions for the 144 happy golfers who participated from our community and beyond!

This year's charity event was very successful, in not only providing an enjoyable day for all those involved, but most importantly, it raised sufficient funds to help make a "life-changer" for 64 students from 44 families who are receiving a superb Christian education from Ukiah Junior Academy, a mission in Mendocino County. Thank you for your prayers and generosity that made these outstanding results possible.

Since this year's tournament is recent history, donations to the UJA Student Scholarship Fund via the Glenn Miller Memorial Golf Tournament are still being received with gratitude. Please contact Steve Miller or the school Business Manager, Heidi Veness: (707) 462-6350 or visit the website: GlennMemorialGolf.org. Thank you!

By Steve Miller



A Serendipitous Moment happened in our yard last Sabbath afternoon, the 27th. of September. Donna Faye looked up from the book she was reading and saw a movement out the window. She said, "Dave, there's a mountain lion in the back yard! I jumped up from the piano and moved from window to window as this regal cat moved quietly along in our yard. He finally sat down and looked me straight in the eye—I was on the other side of a window! I was able to catch a picture of him before he moved out of sight. Yes, we were excited and it was a very special moment!



Radio Ministry

By Mike Wilson

God works in mysterious ways. The day before we learned that the Family Radio station, KPRA, was for sale, we received construction permits for two low power (LP) FM stations from the Federal Communications Commission. These options only come up every 10 years. Our plan was to make one station for English listeners and the other for Spanish. Even though we went ahead and bought the larger station, it was decided that we would go ahead with the two LP stations with the idea of supporting the Spanish congregation and having a different format for the second English station. While the stronger station has only talking, the LP English station would have good music, as well as preaching and answering Bible questions. The LP stations will serve the Ukiah valley on a mostly line of sight basis.

Since it has been decided to put the LP transmitters in the church, we have been working to get them going. Brynn Stirling helped to string the heavy coaxial cables in the attic of the church. One big job was to put the antennas on the church; one on the front and the other on the back. In order to do that, it was necessary to find a 60-foot articulated lift. We were very fortunate to have Dan and Dorothy Mazzanti on our team. Dan has contacts he has worked with for years as head of Mendocino County maintenance. He got a donation of the perfect lift. We worked together to install the antennas and connect the coax cables. The most difficult was working the lift over the foyer and to the top of the front roof. Praise the Lord it worked!

The English station, KEWG (Every Word of God) 103.9, is up and running. I can hear it even in my car at my house on Boonville Road. We would appreciate hearing from you to determine how far the station reaches. We are playing the programming from Radio 74, which includes good music. There are some 70 stations playing this programming in North America, including a 50,000 watt station in Denver.

We are still working on a glitch in the Spanish station, KPDC (Palabra De Cristo) 104.7. Please pray that it will soon be ready.

There have been several people who have come to church or have contacted us because of our radio messages. There has been one profession of faith. It takes time for the truth to sink in and be obeyed.

KPRA 89.5, 1600 watt, especially needs your financial support. With new antennas and transmitter, the monthly cost of operation has dropped from \$3500 to \$2000. On the other hand, the LP transmitters may increase our church electrical bill slightly. You can designate, 'Radio,' on your offering envelope to support this ministry of this church. Please make it a matter of prayer that the honest in heart will listen to our stations and choose to follow Jesus in these last days of probation for our world.

Photo: putting antenna for radio station on roof. Mike Wilson and Dorothy Mazzanti as the assistant. Photographer: Dan Mazzanti



Fall Festival

On Sunday, October 26, from Noon to 4:00 p.m., be sure to circle this date on your calendars. Fall Festival is always a "highlight" of the year; certainly a great event for the whole family and friends!

Each classroom is preparing a "themed" basket of irresistible items that will be in the Silent Auction. The proceeds will be used for technology needs.

Jeni Bushby, Home & School Leader, says the Helen Winkle Memorial Pie Auction will be a special feature. If you are willing to donate a homemade pie, please sign up with Jeni. She is looking for many great bakers.

This is a required school day, so attendance will be taken. The teachers are needing many parent volunteers whose enthusiastic participation help to make this day a yearly success! If you would like to volunteer, please let your interest be known at the school office.

Ukiah Junior Academy Annual Fall Festival







Come one! Come ALL!

We are very excited to announce plans are underway for our annual UJA Fall Festival FUNdraising event! This is a wonderful event for not only our students, but also for our friends, families, and community members to come and enjoy the fun! Tickets will be available to purchase in order to buy food & drinks, crafts, and play games & activities. We will also be having a pie auction and silent auction!



Sunday, October, 26th
12pm-4pm

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13 NIV



Our young people who were baptized in the last month. To God be the glory!



Above: Zoe Galusha, Great Uncle Dale Galusha and Willow Galusha
Below: Maverick Feagin and Pastor Eric Kablanow



Above: Kyler King and Pastor Eric Williams
Below: Ginger Cortez, Pastor Eric Kablanow and Maverick Feagin



Photographer: Dorothy Mazzanti, lower left



Photographer: Danae Brunner, top two and lower right

Wonders of Creation

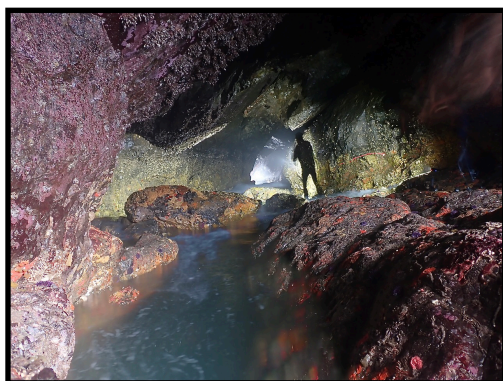
By Sheldon Schultz

As a person who loves being in nature and finding unusual animals, I have found iNaturalist to be a beneficial website and app on my phone. As a Marine Biologist, I am on a network of individuals who regularly report the recovery of the sea star population from the epidemic of Sea star wasting disease, which decimated the sea star population about ten years ago. Regularly, I visit a tide pool area and document all the sea stars I see, taking pictures and recording GPS locations so that we can track population changes over time. I also look for sea stars that are sick and dying from the disease that decimated their populations.

Another way I use iNaturalist is to plan excursions into nature to locate specific animals that I wish to find and add to my life list. Currently, I am planning a trip to the Monterey Bay area to find and photograph Nudibranch Species I have not encountered before. In preparation for my trip, I enter the name of each species and use their map feature to locate hotspots where I am more likely to find a particular animal. I then save those locations on my personal map section on Google Maps, allowing me at a glance, to know where I am more likely to find any animal I am looking for.

Many bird lovers are now using iNaturalist in the same way. I also find the webpage a great way to identify animals I am not familiar with, as it has software that suggests what the animal in my picture is, allowing me to identify animals I do not know. After animals in my photographs are identified, I then have a permanent digital record of all the animals I have seen.

If you are interested in seeing some of the animals I have seen, look up my iNaturalist title "marinebioteacher" and you can see many of the animals I have seen. I still have many to find and upload, so it is constantly changing. If you have children who spend a lot of time on their phones, they can take pictures with their phones and upload them directly to Instagram, allowing them to become a little more familiar with the natural world around them. Join me on iNaturalist and explore God's wonderful second book.



1. Sheldon searching for animals in a cave near Mendocino.



2. A new Nudibranch Sheldon found on Duxbury Reef.



3. A stalked Jelly Sheldon found near the Albion Bridge.