

“The of the Matter”

A Monthly Source of Information for the Church

Come, Follow Me

“Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.” Matthew 16:24

It was just an ordinary day. Peter and his brother Andrew were casting their net into the Sea of Galilee. Jesus, walking by, stopped when he saw them. He said to the fishermen, “Follow Me, and I will make you fishers of men.” Immediately, they left their net with the boat and followed Him. Jesus did not ask them for references; He did not hand them a list of prerequisites to comply with; He was not interested in how much education they had. He simply spoke His invitation, “Come, follow Me.” He would love them forever. He would be their best friend and teach them everything they needed to know to be citizens of His kingdom. He would mold their characters like His. He was looking for meaningful relationships—channels of His love. He wants the same for you!

When Jesus enters your life, an ordinary day becomes extraordinary. He brings unexpected transformation of character and lifestyle. He brings a peace and joy, unlike anything the world can offer you. He awakens you to His awesome love that sent Him to the cross on your behalf. He covers you with His unbounded grace and surrounds you with His holy presence.

Here are some practical Biblical things to help you walk in the footsteps of Jesus:

Guard your thoughts. The best way to guard your heart and mind is to hide the Word of God there. “Thy word have I hid in my heart that I might not sin against Thee.” **Psalms 119:11.** If God’s word is written on your heart, you can expect it to flow from within you. “Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in Me, these do, and the God of peace will be with you.”

Philippians 4:8, 9.

Practice Self-Denial. “And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.” **Galatians 5:24, 25.**

“Therefore, let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother’s way.” **Romans 14:13.** “We then who are strong ought to bear with the scruples of the weak, and not to please ourselves. Let each of us please his neighbor for his good, leading to edification.” **Romans 15:1, 2.**

Put on Your New Self. “If indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.” **Ephesians 4:21-24.** “Therefore, if anyone is in Christ, he is a new creature; old things have passed away; behold, all things have become new.” **2 Corinthians 5:17.**

God provides you with a brand new beginning each day. Just as His mercies are new every morning, so your walk with Him has a fresh, new start. He wants you to see your past sins as He does—no more, no longer determining your future.

Join me in praying this prayer: Father, I receive Your transforming power in my life today. I acknowledge that I am a new creature in Christ Jesus. I am beginning anew with You today. Help me to throw off everything that hinders me so that I may run the race all the way to Your kingdom. Amen.

By Donna Faye Anderson

Church News

Elder Kablanow's Ordination

The Ukiah Seventh-day Adventist Church was thrilled and passionate about celebrating Elder Eric Kablanow's calling to service and ministry. His ordination was held on Sabbath afternoon, September 21, 2024. It was exciting to see the youth participating and the whole congregation on their knees, encircling Pastor Eric K. and Beth, during the ordination prayer by Elder Eric Williams. Here are some pictures of affirmation and story.

Photos by: David E Anderson



Photos: Page 2: top left, Eric and Beth Kablanow; Five youth participated—Logan Kurtz, Caleb Williams, Nathan Kuntz; Lily Pastor along with her Dad, Luis, and Tori Corbett; Bottom left: Elder Wayne Kablanow, Eric's Dad, looking right into his son's eyes as he gives the homily; Eric and Beth focused on Dad's eyes—indeed an emotional moment!

Church News Continued

Elder Kablanow's Ordination, cont.



Page 3 Top left, Elder Kablanow and Beth surrounded by the church family as Elder Eric Williams offers a prayer of commitment; Upper Right, Carla Williams shares with Beth some of the responsibilities that Pastor's wives do. Center, the whole church fellowship surrounds the Kablanows; Bottom, left, The ordained pastors affirm Elder Eric holding his plaque of ordination. Right, Music leaders inspire us to sing praises to God.



Ordination services continued:

Pastor Doug Barahona was ordained on Sabbath, September 14, 2024, at the Chico Seventh-day Adventist Church. Some of us were privileged to attend and share in the affirmation and joy of that occasion for Doug and Natalie. They, also, were supported by the youth of the church and a large contingent of the church congregation.

Photo 1 Doug and Natalie, surrounded by all the pastors attending, as Elder Doug received his plaque of ordination.
Photos by David E Anderson



Photo below, Pastor Doug listens to the youth and children as they honor him with their speeches of gratitude for what the Barahonas have done for them, including a little 5 or 6 year-old girl sharing her part here.



October is Pastor Appreciation Month
On behalf of our church family, we want to honor our pastors. Your dedication to the Lord's work touches our hearts. For your guidance, wisdom, and unwavering faith, we are continually grateful.

Acts 20:28: "Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood."

1 Timothy 5:17: "Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine."

Romans 10:15: "As it is written: How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!"

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, cont,

The "Adventurers" Club

The morning of September 22, we had a group of 18 excited Adventurers meet together for the first time to have fun while learning about Jesus. After learning how to "Fall-In" by their age group, we practiced saying the Adventurer Pledge and Law and sang the Adventurer song.

Then the Adventurers were split into 2 groups based on their age. The older kids worked on their team building skills as they tried to build a tower out of spaghetti noodles that would support a marshmallow. They successfully built one that was taller than the tower their parent's team built! Next, they earned their lizard patch by learning a verse in the Bible that mentions lizards (any guesses where it's found??) and getting to hold a Leachie Gecko (thanks, Miss Allison!) while learning about lizard habitats, what they eat, and more.

The younger kids learned all about sheep and earned their "Lovable Lambs" patch. They listened to the story of Jabel the Shepherd and how he took care of his sheep. They did an adorable sheep craft and then introduced their sheep to Jabel the Shepherd. As a little flock, they helped their sheep obey Jabel's commands, such as lay down, come, and press together. They even learned about how wool can be used to make clothing and made



their own "sweaters" by glueing scraps of yarn and material to a sweater template. They got to sing sheep-themed songs and play a sheep game after their snack time. Through all these activities, they learned how Jesus is the Good Shepherd and that He loves little lambs so much and how He loves us even more. And just like Jabel kept his sheep safe, Jesus

keeps us safe too.

All the kids and parents had such a fun time at this first Adventurer club meeting and are so excited to continue the fun and learning. Keep our little club in prayer as we minister to each child and their family, showing them how much Jesus loves them through each activity and interaction throughout the year.

By Jodi Clay



Church News, cont.

"You are all sons and daughters of God through faith in Christ Jesus. . ."
Galatians 3:26

Outdoor Church Mill Creek Park Sabbath, October 5

10:00 a.m. Sabbath School Lesson
11:00 a.m. Worship Service
1:00 p.m. Potluck Lunch

For those unable to attend, worship at the Redwood Valley SDA Company held at the Calpella Community Church, 6251 Third Street, Calpella.

Bible Health & Evangelism Training November 3-17, 2024

**Monday-Thursday: 6:00 p.m. to 9:00 p.m.
and Sunday: 10:00 a.m. to 6:00 p.m.**

This series will be presented by Evangelists Dwayne & Alexandra Lemon.

Please register by October 27, 2024. Registration includes 40 hours of training, audio files of the classes and PDFs of all slides.

Cost: \$399. per person or \$749. per couple. Limited scholarships are available. Call the church office at 707-462-5455.

FAITH & HEALING

OCTOBER 25-26

FRIDAY VESPERS - 6:30PM
PR. RON KELLY

SABBATH SCHOOL - 9:30AM
DR. JOHN TORQUATO

WORSHIP SERVICE - 11:00AM
PR. RON KELLY

SABBATH AFTERNOON - 2:30PM
PR. RON KELLY

Ron Kelly, M.Div

Pr. Ron Kelly is the senior pastor of the Village Seventh-day Adventist Church in Berrien Springs, Michigan. He is married to Collene, an elementary school teacher; and together, they have four children. Ron enjoys wilderness canoe trips, mission travel, and working with his family and friends.

John Torquato, M.D.

Dr. John Torquato, MD is a board-certified Family Practice Physician dedicated to integrating faith with healthcare. Driven by the mission to advance the Gospel through healthcare, seeing medicine as a means to prepare people for Jesus' second coming.



When you see a butterfly, think of all the intricate creations of Jesus, the creator of the universe, as well as every creature in it.
Photo by David E Anderson

Highlights from the International Pathfinder Camporee

Randy and Jan Woesner, who traveled from Spokane, WA. to camp with the Timberwolves, enjoyed re-connecting with old friends and making new ones.

They bonded with fellow campers while weathering the storm with ten others in their RV. Singing praises to God with 60,000 other Pathfinders was an unforgettable thrill.

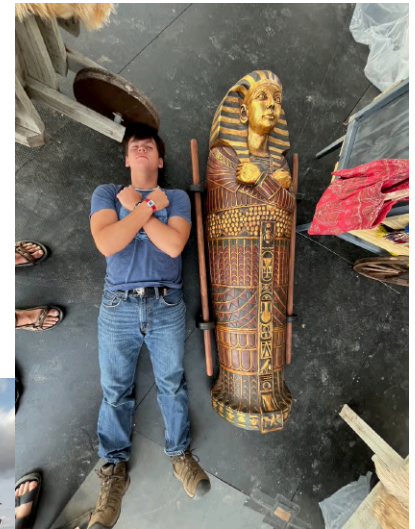


Photos top: 60,000 Pathfinders head toward the amphitheater for services. 2nd row L to R: Liam and his mother Andrea Winter; Carla Williams and her daughter Rachel; Becky Kuntz and her son Samuel; Kellie Corbett, and her daughter, Tori:

Bottom left: Jan with a tall official guard. Center: Ethan Harper with the littlest "Pathfinder", Daniel Ahumada. Bottom right: sunset after the storm!



Sheldon, Nadine, and Zednic Schultz, along with Caleb Williams, were able to go back stage. Caleb and Zednic talked with the “little Moses”, who had been a previous member at Ukiah Church, (see paragraph below), as well as other actors. We had friends from Indiana who were in charge of all the stage, make-up and hair, including the beards and eyebrows. We also got to see many of the props and pose beside them. Standing on the stage and looking out over the mass of Pathfinders was awe-inspiring!



Zednic, above in red cloak, says he enjoyed the experience of “pin” trading and listening to the comedic antics of Ollie the Ostrich. He is seen with Caleb Williams and another friend, “little Moses” from the play, also known as Nathaniel de Leon, son of Gerson and Periza de Leon. Caleb above, right, lies down by the Sarcophagus to measure how tall it was.

Scot and Danae Brunner were 2 of 35 instructors teaching the Blacksmithing Honor at the International Pathfinder Camporee. With more than 800 participants getting to try their hand at shaping hot metal; it was the largest ever hands-on blacksmithing event for young people in the United States. After registering, the Pathfinders were taught by Danae to identify the various pieces of equipment and went through a safety talk. They then moved back to the brand new propane forges where they were able to make a Fredrick’s Cross and an S-hook with an instructor. Although Scot came to instruct, he soon found himself being trained-in to lead the event and took over as site director each day. On Sunday, we drove back home with 3 forges and all of the equipment to begin teaching Pathfinders here on the West Coast - starting with the Ukiah Timberwolves.

Scot first learned to blacksmith at the 2014 Oshkosh Camporee as a participant in the first group ever taught at a Pathfinder event. It was teaching blacksmithing that brought Scot to Camp Au Sable where he met Danae. The next year Scot’s brother joined us at camp and met his future wife, Lily (Davis) Brunner, who wrote the Blacksmithing honor at just 16 years old.



UJA News

DATELINE: September 20, 2024 — Ukiah Valley Golf Course

By Steve Miller

Blessed with perfect weather, plenty of friendly, efficient volunteers and a golf course full of happy golfers from our community and beyond—Idaho, Arizona, Napa Valley, the Coast, and Auburn— was the scene for **the 11th. annual Dr. Glenn Miller Memorial Golf Tournament.**

Just prior to the start of the tournament, I welcomed and thanked the players, sponsors, and volunteers before giving a tribute to my father, Dr. Glenn Miller, reminding the group that he served this community for many decades with compassion as a physician and a leader.

Ukiah Junior Academy Principal, Rick Nelson, added to the thank yous and gave a prayer. It is not likely that a group of four golfers are quiet, but during Rick's prayer, 132 golfers, the volunteers, and the golf course employees bowed their heads, removed their caps, and were in an amazing, reverent, respectful silence. Incredible!

This year's charity event was very successful in the following ways:

1.) It provided a most enjoyable day for all those involved. 2.) It expanded the knowledge of what Ukiah Junior Academy is and Who it represents. 3.) It raised sufficient funds—a record amount—to help be a “life changer” for many students that are receiving a superb Christian education at UJA—a mission in Mendocino County.

Thank you very much for the prayers and generosity that made the outstanding results possible. Although this year's tournament is recent history, continued donations to UJA's student scholarship fund via the Glenn Miller Memorial Golf Tournament will be received with gratitude. Please contact myself or UJA's Business Manager, Heidi Veness at 707-462-6350.

Fall Festival is coming up on Sunday, October 27, from Noon to 4:00 p.m.

There will be lots of fun activities, scrumptious food options, delightful homemade items, challenging games, plus wonderful fellowship.

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.

Fall Festival is always a “highlight” of the year; certainly a great event for the whole family! And even more than that—you can invite your friends and family to come join the fun! Every year this is a big fundraiser for UJA and the staff never ceases to be amazed by the tremendous support and generosity!

This is a required school day, so attendance will be taken by each teacher. The teachers have asked for many parent volunteers whose enthusiastic participation helps to make this day a yearly success!

By Donna Faye Anderson

What is Making Us Sick?

We are in an unprecedented epidemic of various chronic diseases in America; diseases that were rare or not nearly as common 125 years ago. Among these are heart disease, obesity, type-2 diabetes, many cancers, and Alzheimers. What could be the cause of this epidemic? To find the cause, we can look at what we do most: we eat. Has our diet changed in that time period? It decidedly has!

One hundred twenty-five years ago, our diet was much closer to all-natural foods. Around that time, processed, manufactured, and concentrated foods began to be produced. Sugar, white flour, and seed oils began to be processed. Naturally, the producers wanted to sell their products. Thus began a marketing campaign to sell foods that no longer contained the fiber and other nutrients of the original products as they grew from the ground. In America today, about 70% of all food sold is processed. Paralleling this rise of processed foods can be seen the rise of chronic diseases. It turns out that as we have been increasing these foods in our diets, our bodies have been getting less and less of the nutrients from foods that God created for us.

Coupled with that, 70 years ago, the tobacco companies began to see that the use of their product was decreasing, as the bad effects of tobacco was becoming more well known. To combat this, they began to diversify by buying large food companies that were selling processed foods. They moved their hundreds of scientists, who had been finding ways of making tobacco more addicting, to the study of food addiction. They found many ways of making people addicted to their particular food products, in order to sell more of that type of food. One of the ways was through the use of fructose. God put fructose in fruit to help us eat more wonderful, health-producing fruit. Scientists studied putting fructose in many of their processed foods to make people want to eat more of their impoverished food. They also put seed oils, with lots of inflammation-causing omega 6 oil, in most processed food to help with the feeling of satisfaction after eating, and to further increase addiction to processed food. They put in chemicals we can't pronounce for much the same reason. So, as we eat these foods, that are low in fiber and high in calories, in time we become chronically ill. Then we look to expensive medicine to cure our ills. Medicine, however, seldom cures; it just masks the effects of our illnesses and brings many side effects. What then is the cure?

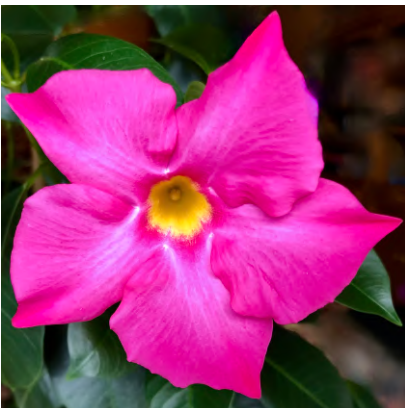
The cure first looks at the cause—our diet. Science is finding out that the most powerful medicine is the whole-foods diet that God gave us: fruits, grains, legumes, vegetables, nuts. It is amazing how quickly our bodies react favorably to this diet. Scientific studies have shown that with a complete reversion to a whole-foods diet, in as little as two weeks, a tremendous change takes place. Health improves dramatically. Blood sugar begins to normalize and cholesterol lowers significantly. God created the foods that grow from the ground with the perfect combination of fats, proteins, carbohydrates, vitamins, and minerals needed to return to optimum health. One thing to remember is: because of our modern insistence on cleanliness and such things as chlorinated water, we all need extra Vitamin B12.

A whole-foods, plant-based diet, however, is not just the most powerful medicine for chronic diseases. As a bonus, newer scientific studies are showing that people on this diet come down with half as many flu's, colds, and COVID infections as the general public. Then when they do contract these viral diseases, they last half as long.

Why not give it a try? You only have disease and discomfort to lose! Begin before disease becomes evident. God always adds His blessing when we choose to follow His plan.

With better health, our spiritual connection to God becomes closer and stronger. That will be the most important effect of diet, combined with the other parts of God's plan for health, as we prepare to meet Jesus in the clouds of heaven.

By Mike Wilson



“Guinea Impatiens”—one of a thousand different species that grow in God’s gardens all over the world. Try to put your mind around that!
Photo by David E Anderson

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.