

## BUILDING YOUR SPIRITUAL PORTFOLIO CERTAINTY IN UNCERTAIN TIMES



**Linda Herrera**

Linda's greatest joy are her two granddaughters, Giorgia and Margo.

*See story on Page 2*



### About us

The Woodland Seventh-Day Adventist Church is a constituent church of the Northern California Conference of Seventh-Day Adventists, serving Woodland, Davis, and the surrounding areas since 1872.

Our church is an open and welcoming place for all. The congregation consist of varied ethnic backgrounds, ages, professions, and ministry interests. YOU are welcome here!



### Follow us on social media

**Instagram:** <https://www.instagram.com/woodland.sda/>

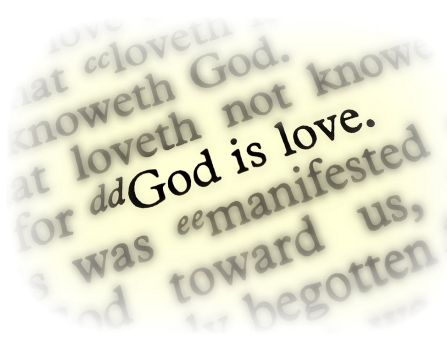
**Facebook:** <https://www.facebook.com/WoodlandSDA>



### God's unfailing love for us.

But as it is written:

"Eye has not seen, nor ear heard,



Nor have entered into the heart of man, the things which God has prepared for those who love Him."

-1 Corinthians 2:9 NKJV

Lift your eyes from the ways, thoughts, and patterns of this world, and be transformed (Romans 12:2). Encourage each other to seek intimacy with God everyday.



Life is full of sorrow and joy, and we often find ourselves living in the tension of both. God's grace is sufficient to give us exactly what we need when we don't know what tomorrow will bring; we are live in a very broken world.

With the events and sorrows happening in the middle east, remember that God has prepared us for these times and promised that He is on the throne exercising His sovereignty over the affairs of the world and our lives.

Jesus told us that there would be trouble in the world (Matthew 24: 6-8), but He has overcome it. Let us pray fervently for the innocent lives being impacted today and in the midst of evil, God's presence, peace, and redeeming purposes would be greater. The Lord is our strength! (Nehemiah 8:10)

### How is your spiritual portfolio performing?

by Jeff Miller

This is a question that has been floating around in my head, for the last couple months. When I stop to think about the aspects of my own performance, and try to answer that question, my investments have been a comparison between the stock market crash that led to the Great Depression, and the roller coaster rides of the stock market today.

Yes, I have accepted Jesus Christ as my Lord and Savior. Yes, I have been baptized twice and each day I try my best to keep the Lord's Commandments. My Faith in Jesus Christ has never been stronger than it is today. But is that enough? We know that God, has made it fairly simple to receive His love, mercy, and grace; however, is there more that we need to be doing as an individual, as a family, and as a church family?

We know there is great uncertainty within the financial realm of everyday life. There are numerous retirement savings plans, pensions, 401k's, IRA's, Roth IRA's, and precious metals. Watching it or reading about it on a daily basis is enough to give anyone an ulcer with a migraine on top. The questions can be overwhelming; buy, sell or invest? I had some friends ask me what they should invest in, and I had to laugh because I don't really understand the stock market, money markets, or trading scene, I'm just a simple country boy who was raised in South Central Indiana. The answer I gave kind of surprised me; I know it came directly from the Lord when I said, "Invest in Jesus Christ."

One way to make investments into our spiritual portfolio is by giving thanks for what we already have. Tithing is one way to show our gratitude, but do

we say thank you to God for making our success possible in our words, hearts, and deeds? The same unconditional love He shows us, or do we take sole ownership of our successes, like wealth, status, promotion, and so on? We have to remember that each day is a gift from the Lord, and each one of us is given a chance to invest wisely. I am not minimizing that we need money to live on or keep a roof over our head, but are we genuinely saying THANK YOU to the One who makes that possible?



'IF' is a 2-letter word with a plethora of meanings that leads to a high level of stress and uncertainty. The word 'IF' is a term that I have grown to despise throughout my career and life. By not using that word, it has significantly reduced my stress and anxiety, and it keeps my blood pressure down. I have found by putting on the full armor of God, it helps me to remain calm in these uncertain times. The full armor of God defends me from the 'IF' syndrome and allows me to think clearly. It reassures my strength is through Jesus Christ and His love is for all of us.

As you have read, I am by no means an investment advisor, but my recommendation to you is to put on your full armor of God daily and trust Him to lead you and allow His love to comfort you in troubling times. Give thanks to our Lord who made all of your successes possible, because without Him there is nothing.





### Sunday FunDay

By Nevia Nan

On July 30, 2023, our church had its first ever recorded Sunday FunDay, an idea that was a joint effort between Jeff and Stacy Miller. They were inspired after attending our church retreat at Leoni Meadows last May; Jeff and Stacy wanted to have a fun event that would bring our church family together in an outdoor setting. From the initial thought, the entire process took about two months to plan, including getting approval from the church board, details preparing what the day would look like, advertising, shopping, and pulling the volunteers together.

The theme was a carnival atmosphere, with bright, bold primary colors, and fun decorations to make it a welcoming event for all. The process of planning a large-scale event like this was not without its difficulties, such as the logistical challenges of coordinating around church events and activities, and the Sabbath. Sunday FunDay was made possible by the contributions of more than 25 volunteers including some of our Youth, and a group of amazing women from our church who helped prepare the food. They showed up early and worked hard to make the luncheon special for everyone. The men of our church also stepped up in a big way and did all of the heavy lifting that was needed to give our event a carnival look and feel. Lunch consisted of spaghetti with two 2 different sauces; a gluten free choice, garden salad and yummy garlic bread that was the first to go. Jeff made his famous punch, and both containers were empty by the end of the day! Stacy said, "Jeff and I were so grateful to everyone who showed up to help. The smiles and fellowship warmed our hearts. There was no way that we could have pulled this off by ourselves, it took a village."

The day began at 7:00am for Jeff and Stacy, while others began to arrive around 8:00 to help with the lunch and carnival setup. An important part of the event was to have a special uplifting message and worship time at the beginning; guests began to arrive at 10:30am. At 11:00am an inspirational message was given by Elder Dale Val, and amazing worship was performed by GraceNotes. This was followed by a delicious luncheon at noon, and the carnival officially opening at 1:00pm. There was a full snack bar with yummy snacks to include, freshly popped popcorn, peanuts in the shell, snow cones and cotton candy. Everyone seemed to have a lot of fun with the outdoor activities and games until the carnival officially closed at 3:30pm.

According to Stacy and Jeff, "It was everything we hoped for." They both considered the event a success based on the number of people that attended, the positive feedback received, the smiles on the children's faces, and attendees being worn out at the end of the day! Those in attendance expressed that Sunday FunDay really brought our church family together in a fun way. The Millers would like to make this an annual event, preferably in a month that is less hot and humid, and with more folks on board to help in the planning process.

Contact Jeff or Stacy if you are interested in helping to plan our next Sunday FunDay 2024.



Sunday FunDay photos taken by Jason Emmons

But one of the elders said to me, "Do not weep. Behold, the Lion of the tribe of Judah, the Root of David, has prevailed to open the scroll and to loose its seven seals."

-Revelation 5:5 NKJV



### Linda Herrera

By Nevia Nan  
Continued from Page 1

Linda Ruth Walker Herrera has been attending the Woodland Seventh-Day Adventist church since 1972. She has held the positions of church clerk, treasurer, elder, and Sabbath school teacher. Linda's story begins at her place of birth in Ashland, Oregon. Her family moved from Oregon when she was four years old to Seattle, Washington until the end of WWII, then to French Camp, California. Ms. Herrera's grandfather and her family had property in the country where she helped with farming. She enjoyed spending time with her closest cousin, playing on the family farm and enjoying the starry night skies that were more easily visible in the country than in the city.

As a child, Linda was a tomboy and enjoyed building treehouses with her cousin to give them an advantage while climbing trees. They also liked trying new tricks on their trapeze that they saw while visiting the circus. Linda found ways to entertain herself because she did not have a television, she enjoyed nature and riding boys bikes even though they were too big for her. She also enjoyed exploring the outdoors, climbing trees, and creating memories on her grandfather's farm.

Originally, Linda wanted to be a doctor or nurse but decided against it due to the intensity and long hours. Her passion for helping others led her to a career as a physical therapist that she has enjoyed for the past 62 years. Linda has been working as a PT for the medical facility in Vacaville for 8 years, providing physical therapy to inmates. Linda chose this profession because it required less heavy lifting and the ability to choose where she wanted to work. As a PT Linda has made a good living, and in general, it is something that she really enjoys doing; working with patients to figure out what's wrong, and then helping them to get better. Linda described her job in three words, rewarding, challenging, and enjoyable. According to Ms. Herrera, her job has taught her "to not jump to conclusions, and to keep an open mind." A few of Linda's talents are creating music through her beautiful piano, listening to music, sewing, and playing the sax.

Linda was raised in an Adventist family; her grandparents and great-grandmother were Adventists. Linda believes her faith has always given her something to fall back on and having a relationship with God has helped her throughout her life. She enjoys finding something new to learn from the Bible, and believes the church today is more accepting, less critical, has more community, and is more accepting of differences. If there is one thing that Linda would like to change in the world, it is to see more people showing kindness to one another.



Ted and Linda Herrera

"Linda is one of the most hardworking and exciting of people that I have ever worked with. She has been a blessing to me." ~ Daniel Garza

"Linda is an example to us all in a multitude of ways. Her dedication and hard work is fantastic. Especially as she in her stage of life when most people are retired and content to let younger people worry about it, and let their talents and wisdom go unused." ~ Dale Val

Linda married her high school sweetheart, Ted Herrera. Through diverging paths, they eventually found each other again and had three children, Teddi, Tina, and Todd. Linda's greatest joy are her two granddaughters, Giorgia and Margo. Linda's husband Ted worked for the United States Navy with satellites and airplane spy cameras, developing some of the first spy cameras. Ted later began a career with PG&E that was less demanding and had less travel so he could be home with his family. Ted loved to watch and play football, gardening, and traveling. Linda traveled internationally to see the beauty of Europe where she was especially captivated by Italy and enjoyed the beautiful architecture of Russia. Linda has traveled to over 23 countries and many states.

"Linda is not just a treasure of our church, but a treasure in our community. Her hard work, attention to detail, and willingness to try new things shows her commitment to serving Christ and sharing the gospel. I have been amazed at her selfless character and humility. While she may not say it, many have been impacted by her service in our supervised visitation, leading of the beginners Sabbath school, and her beautiful music. God has greatly blessed our church and community with Linda Herrera." ~ Brian Radut



### BIBLE STUDY

Join us for our weekly Bible Study  
We are currently studying the book of Exodus  
Tuesday's from 6:00-7:00 PM  
Woodland SDA Church Fellowship Hall

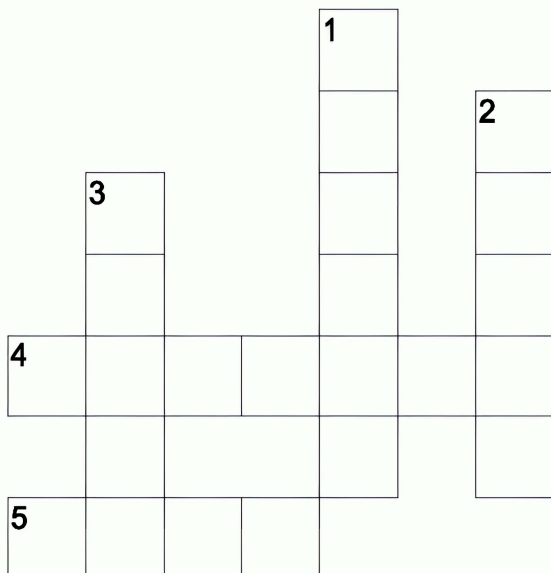
For church membership or baptism information, please contact us at 530-662-6745







## GENESIS 8:22



**DOWN**

- 1 and summer and \_\_\_\_\_,
- 2 While the \_\_\_\_\_remaineth,
- 3 and day and night shall not \_\_\_\_\_.

**ACROSS**

- 4 seedtime and \_\_\_\_\_,
- 5 and cold and \_\_\_\_\_,

## A Weekend in the Woods

### Men's Annual Campout

by Joseph White

The Men had recently just gone to a Men's Campout, and we had lots of fun while camping; we had some devotional times every morning, went on hikes and towards the end of the trail experienced cool, refreshing water, and did a lot of other fun activities too. However, due to the health conditions of some of our fellow campers, they couldn't walk the trail with us, so they ended up staying at the camp, but they had some fun too.

What we usually did when we woke up was first and foremost get ready for the day, then we would listen to devotionals about how we can overcome life's challenges, pray for our breakfast, then eat and do whatever was on the agenda for the specific day. Sometimes we would read the bible in our free time and socialize. One day while hiking we saw some really big trees and interestingly enough, one of them was big enough to where Joseph was able to climb inside of the tree and have his head sticking out of it. Furthermore, as far as the water sections go, they were towards the end of the trail and some of us stuck around to enjoy the nice, cool, refreshing water and trust the men when they say that it was cold and enjoyable cause it REALLY was.



The Campout took place at "Calaveras State Park" campsite and was in active bear territory, so they had Bearboxes to be able to store all of our food. Not only that but we also had some bear encounters as well as encountering all of our other friendly, camping neighbors. When we encountered the bear, the men started making lots of loud noises by clanging pots and pans against each other, kicking the bearbox and making all sorts of other noises that you could hear throughout the night. The night before we had to leave the campsite, we were instructed to pack all of our remaining things. On the morning of the last day, we packed all of our stuff into the cars and then we had breakfast while listening to the devotional one more time before leaving, and prayed for everyone's safety for the drive so that they might make it home safely.



## With Grace and Sound

Interview by Andrea Kizito

Article written by Nevian Nan



At the Woodland Seventh Day Adventist Church, there is a group of talented individuals that formed the acapella group, GraceNotes. These friends and acquaintances originally joined as a small group in 2021 after the idea was proposed for them to sing together. Some had previously sung in other choirs and wanted to continue singing in that type of setting. The group began with practices and rehearsals, and later performed for the first time in our church. In 2022, they came up with the official name of GraceNotes, and in 2023, they began performing at other venues. The founding members of GraceNotes are Bianca and Brian Radut, Herra and Hervin Mendoza, Jason Wilmot, and Ehren McLarty, followed shortly after by Vitaly Polovin and Jennifer Ocegüera. The newest members of GraceNotes are Elizabeth Gonzalez, Jesus Miranda, Emma Ebling, Emily Kolb, Joey Radut, and Audrey Haijon. This past summer was GraceNotes' first official season.

An interesting fact about GraceNotes, most of the group members have a foreign heritage or are born outside the United States. Countries represented include Brazil, Mexico, Romania, Germany, Philippines, and Malaysia. Bianca Radut finds music powerful, she stated, "God designed our voices differently and in a unique way." Radut hopes that people can be uplifted by GraceNotes music and decide and turn to Jesus.

If you are interested in having GraceNotes perform at an event, please contact Bianca Radut at [biancalradut@gmail.com](mailto:biancalradut@gmail.com).



When the acapella group was deciding what they should be called, the name GraceNotes was mentioned. Although it was not official at the time, the name stuck and is becoming a familiar name in the Adventist circles. Bianca Radut is the group lead; she takes suggestions from the other members making it a collaborative effort. GraceNotes has performed at several locations to date, including the Woodland SDA Church, the Ignited Conference, Sunday FunDay, a memorial service, Leoni Meadows, and other church locations. GraceNotes is currently preparing for the Holiday season with two upcoming Christmas performances at the SDA Church in Woodland.





# Connecting for Health, Connecting for Life

Sharing hope and wholeness through the healing power of Christ

by Bianca Radut

## Healthy Inventory - how healthy are you?

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease” (WHO). It encompasses the things that we’ve talked about during our Health Month: social, spiritual, mental wellbeing, nutrition, and movement. When we expand health to wellness, there are even more categories that we can evaluate, such as finances and career.

Jesus says that His “purpose is to give them a rich and satisfying life” (John 10:10, NLT). God wants to gift us a life of abundance! This is why the Holy Spirit encourages us to make lifestyle choices that support an abundant life - whether that is to choose to eat more fresh fruits and vegetables, to move more, to nurture our relationships, or pour into our spiritual lives. And the most wonderful part of this gift is that the Holy Spirit is available to help us with any lifestyle changes we’re convicted to make. And “if God is for us, who can ever be against us?” (Romans 8:31, NLT).

So, on a scale from 1-10, where is your health and wellness? Where has God given you extra blessings? And where has He nudged you to make some changes?

Lasting changes don’t happen overnight, so take what God has nudged you to change, and follow these steps:

1. Take the big picture: If what you envision is a big picture change, then make that a vision for down the line. Keep that as your motivator.
2. Break it down: Taking that vision, walk it back several steps. What kinds of things will lead to that vision being true? Breaking it down to smaller steps will be more achievable.
3. Make a plan: Once you’ve broken it down to smaller steps, and identified where you currently are in that process, you can choose where to start and which small step you’ll work towards next.
4. Make a very specific and achievable plan: Now, break that goal into even smaller, achievable steps. What will you do this week to work towards that vision? Small steps go a long way.
5. Check in: Set up several checkpoints with yourself – maybe a couple days after starting, a week after, two weeks later, etc. These checkpoints are important for adjusting the plan to keep going.

It may be helpful to see an example of these steps, so here we go.

1. My big picture vision is to feel more energized than I do now, so I can have energy to play with my grandkids.
2. Walking backwards from that step, I see that there are multiple contributing factors. Maybe I could use more fresh foods in my diet and that might help my energy; or maybe I could exercise more so I can feel stronger to play with them; or maybe I need to get some more sleep at night to be able to rest well.
3. Well, I think my sleep is ok, and I do eat fairly well, so I think my exercise needs some work. I currently do 1 workout per week when I go on nature walks\* on Sabbaths. I would like to increase it to 3 times per week.
4. In order to increase it to 3 times per week, I need to first increase it to 2 times. So I will plan on going for another short walk on Wednesday evenings after dinner. I will call a friend during that time, so I can pair something fun to the new habit!

See how the actionable goal is much smaller than the big picture vision? That’s how we set ourselves up for lasting change! If you need ideas on what to do towards your big picture vision, you can refer to the Health Month recap for some tips on how to improve on any of the topics covered: mental health, nutrition, physical activity (movement), relational health, spiritual health, and even parts of our CREATION Life acronym.

Making changes is not easy. In fact, it’s quite stressful for our bodies and our minds to change things that have become habitual over the years. So, in the process of making changes to your health, remember the grace that Christ shows you everyday, and give yourself that grace when things feel difficult. It’s not you, it really is challenging! But to reiterate: “if God is for us, who can ever be against us?” (Romans 8:31, NLT).

\*Nature Walks is a Connect Group in our church! Stay on the lookout for more groups starting in the Winter.

## Health Month Recap: Health Everlasting

What a blessing it is to know that God wants us to live life abundantly! During September, we had an emphasis on health topics every sabbath. We covered mental health, physical activity (movement), nutrition, relational health, and spiritual health. We also learned about the 8 principles of health with the acronym CREATION.

If you missed part of it but want to learn, or if you were here but forgot to take notes – well, you’re in luck! We have a nice summary for you here:

### • Mental Health – presented by Bianca Radut, CHWC

Stress can be a huge deterrent in making lifestyle changes, and it’s something we all face day to day. We learned three strategies to calm our nervous system when we notice stress lingering longer than it’s needed. The first one was tracking: noticing what you are feeling, and being able to recognize it. The second was resourcing: this is the ‘happy place’ you can go to when you need peace. Don’t forget to describe it in detail for yourself – what do you see, hear, smell, feel, maybe even taste? The last one is grounding: this puts you back in touch with the world around you when stress makes us go into our heads. Use the 5 senses you used in resourcing here as well. Start with the first one (‘tracking’) and build up your ability to use these strategies to relieve stress.

### • Movement – presented by Lisa Carlton, DPT

We all know that physical activity is good for us, and we were reminded here that exercise benefits the body and the mind! We also learned that different types of exercises that can maintain our bodies in good shape: flexibility, resistance, and cardio. All these types of exercises are important for longevity of function in our bodies. If you’re missing any of these types of exercises in your weekly routine, refer back to the article with steps on making a goal.

### • Fruits & Veggies Domino – presented by Stephanie Miguel, RDN

You’ve heard of the domino effect before – one thing leads to another, which leads to another... What if you could tap into that effect for healthy lifestyle changes? We learned here that when we build up our habits in very small increments, the almost imperceptible changes snowball into larger changes down the line. If we want to start eating more fruits and vegetables, why not start with a small goal of “adding one piece of fruit to my breakfast”?

### • Relational Health – presented by David Vye, DPT

Have you heard of the Bluezones before? These are areas around the world in which people live to or beyond 100 years old. One of the most important factors in these areas is the sense of community. Relationships are important for our wellbeing, whether they’re interpersonal relationships (our direct friends and family) or community-wide relationships (such as our church community). How can you nurture your relationships?

### • Spiritual Health – presented by Pastor Daniel Garza

One of the most important things that we can remember as we go about our lives is that God loves us each individually with an immense unimaginable love. You are worthy and loved in the eyes of God! You are priceless. “When he discovered a pearl of great value, he sold everything he owned and bought it!” (Matthew 13:46 NLT).

## CREATION Life was an acronym that Buddy, the dog taught us all about!



### C - Choice

We can make good choices because God gave us all the ability to choose.

### R - Rest

Rest is important for puppies and for humans. Sleep quality is important!

### E - Environment

Your surroundings influence how you feel emotionally and physically. Take care of your surroundings.

### A - Activity

Physical activity is important for puppies to develop, and it’s also true for humans of any age!

### T - Trust in God

Trusting that God can provide for all our needs helps us to live a better life.

### I - Interpersonal Relationships

Our family, our friends, and our community are all important parts of our lives.

### O - Outlook

Finding the positive in situations helps us to keep a smile on our faces, even when life is not going so well.

### N - Nutrition

Eating nutritious foods helps us to stay healthy and happy.

## Made to Move 5K

On September 24th, our church went out to walk or run a 5K together. This Made to Move 5K benefitted the Holbrook Indian School, which is an Adventist boarding school in an Indian reservation in Arizona. With grades 1st-12th, Holbrook has supported numerous Native American children with a place to live and learn. About 80% of funding for this school comes from individuals who donate to make an impact on Native American communities. You can learn more about Holbrook at [www.holbrookindianschool.org](http://www.holbrookindianschool.org).

The 5K walkers and runners from our church all came out to support the cause. We had a total of 24 people come out, with our first place winners being Ehren McLarty and Brian Radut!

Our next 5K together will be in early October 2024. Start training... and join the fun next year!



## HEALTH COACHING

Health coaching is available for our church members who want to make lifestyle changes! Coaching is an effective tool to build your lifestyle changes over time, while building confidence that you can make these changes. Health coaching with an emphasis on the spiritual power we have from the Holy Spirit can be a transformational experience.

### What is health coaching?

Coaching helps people to achieve their goals by getting to the “root why” of someone’s desires for change. Using this big motivator, coaches help clients dig into their big picture vision and recognize where they are today, then come up with achievable strategies to fill in the gap.

### Who is health coaching for?

Anyone who is making lifestyle changes can use a coach to make the process more attainable. But coaching can be especially helpful for people who have tried lifestyle changes in the past and haven’t been able to make it stick. People with chronic conditions (like diabetes, hypertension, and others) are prime candidates for coaching.

### Think coaching would be a good fit for you or a friend?

Feel free to contact Bianca Radut with any questions or interest. Free consultations and financial assistance available for those in need. (209-450-2270, or [BIANCALRADUT@gmail.com](mailto:BIANCALRADUT@gmail.com)).

## What and When

- \*ADULT AND CHILDREN SABBATH SCHOOL, SATURDAY'S AT 9:30AM
- \*CHURCH SERVICE, SATURDAY'S AT 10:45AM
- \*CHURCH POTLUCK, 2ND SATURDAY
- \*CHURCH SOCIAL, 4TH SATURDAY

### CONNECT GROUPS:

- \*ALL ABOUT JESUS, THUR. @ 7:00PM
- \*NATURE WALKS, SAT. @ 3:00PM

## Future Events

- \*GRACENOTES CONCERT PROGRAM, DEC. 9 (DURING REGULAR CHURCH SERVICE)
- \*ANNUAL CHRISTMAS PARTY, DEC. 9, 5-8PM (DOORS OPEN @ 4:30PM)
- \*CHRISTMAS VESPERS: HOW GREAT OUR JOY!, DEC. 15, 6:30PM
- \*LEONI MEADOWS RETREAT, MAY 3-5, 2024
- \*BIBLE PROPHECY SEMINAR, MAY 31-JUNE 29, 2024

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