Start the Year with Prayer

As the 2012 wraps up and 2013 is just around the corner, church leaders are inviting members from around the world to participate in 10 days of prayer from Jan. 9–19, 2013. The theme for this year's prayer time is taken from 2 Peter 1:1–11 on the development of Christian character. During the 10 days, the Hope Channel will air a special live "Let's Pray" program. Congregations of all sizes, small groups and individuals are invited to visit the website TenDaysOfPrayer.org for more information, prayer theme sheets, promotional resources and to signup.

Young People Gather in Seattle for Study

Thousands of young people will be gathering this weekend in Seattle for GYC 2012: ACTS: The Revolution Continues. Dec. 28 2012 – Jan 1, 2013 marks the 11th annual conference organized by the largest youth-led movement within Adventism. This year's conference, with speakers...
Mark Finley, Ty Gibson, John Bradshaw and many others, will be focused on the nature of revolution in the book of Acts and how that can be applied today. While online registration is closed, onsite registration is available starting at 9 a.m. on Friday, Dec. 28. You can find more information about the event, including schedule and location information, at GYCweb.org.

Flash-Mob of Joy
On the Friday before Christmas, and mere days after the fatal shootings at the Clackamas Town Center in Portland, Ore., Portland Adventist Academy (PAA) students visited the mall to spread faith, not fear. This student-organized “flash mob” brought 70 students, staff, parents and alumni together to deliver an encouraging note and long-stemmed rose to each store. "It was moving to walk through the mall and see rose after rose propped up in the kiosks with a card from PAA attached to each one," said Stephen Lundquist, PAA Bible teacher. "What a great way to enter into the Sabbath."

NAD Prayer Calendar
As the New Year begins, the North American Division (NAD) has released a weekly prayer calendar, inviting members to pray for the 9 unions 59 conferences that make up the division. In the downloadable calendar coordinated by Ruthie Jacobsen,
NAD prayer coordinator, members will find each conference has been assigned to certain days, along with a list of specific prayer needs for that conference. You can download the calendar PDF from the NAD website.

**White Estate Resources**

While Ellen White may not have known the modern technology that we have at our fingertips today, her writings are available on an increasing number of devices and platforms. Stefan Serena, Ellen G. White Estate technical coordinator, is working with his team to make White's writings freely available to pastors and laity alike through their websites, desktop tools and smartphone apps (Android and iOS). They have even released a site with photos of people and places from Ellen White's time. You can read more about the work of the White Estate at AdventistWorld.org.

**Health for a New Year**

With a new year just around the corner, now is a great time to start a regular exercise program. In a 10-year study, researchers followed 654,827 people and tracked their exercise habits. Researchers found that
the life-expectancy of participants increased as exercise time increased. People who walked 75 minutes each week lived 1.8 years longer, those who walked 30 minutes per day lived 3.4 years longer, and those who walked 1 hour per day lived 4.2 years longer. You can read more about the study at Wellsource.com. To start a regular exercise program, make sure to set a specific, manageable goal and use a variety of daily reminders. WebMD.com has some more great tips for starting your new program.

Northwest Radio Makes Friends

Adventist radio stations across the Northwest continue to provide a bridge to the mission of our church. One family recently was listening to KROH 91.1 FM based in Port Townsend, Wash. They heard about Adventist education and contacted the one-room school in Stanwood, Wash. David Johnson, school board chair, and Bob Marcus, head teacher, visited with the family who decided to enroll two students.
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Spam
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A 2013 PRAYER INITIATIVE FOR THE NORTH AMERICAN DIVISION

Revival & transformation
Education for discipleship
Alignment in God’s church
Community outreach & evangelism
Healthy leadership & management

Spiritual battles are only won with supernatural weapons. You and I both know that. To approach Fortress New York in 2013 with only our own cleverness, for instance, would be sheer folly. The same is true anywhere the kingdom is to advance. That is why it is essential that as the family of God we navigate 2013 on our knees.

The heart of God has never yearned more than now for the salvation of our neighbors and our broken communities, and in His grand design He has chosen to spread His story through His people. This is why we have listed the local conferences and union conferences on the inside of this folder. We urge you to be part of God’s praying church, God’s interceding church. Be part of the new thing He wishes to do in His church, and as we pray, the heart of God will call the people to His side.

By His grace, 2013 will not be “just another year.”

Dan Jackson, President, North American Division
www.ReachNorthAmerica.org

DAILY PRAYER GUIDE:

Use this prayer guide to pray for the areas of the NAD listed inside this folder. Thank you! – Ruthie Jacobsen, NAD Prayer Coordinator

Sunday ➞ Pray for church members to have bold compassion for the lost in their communities, and to act with irresistible love.

Monday ➞ Pray that God will be evident in our schools and work through each teacher, staff member and student to accomplish His life-changing will.

Tuesday ➞ Pray for our conference, union, and division leaders that they will receive wisdom, courage, and vision for their tasks.

Wednesday ➞ Pray for the medical workers and other staff in our hospitals and clinics, that they will lovingly extend Christ’s healing touch.

Thursday ➞ Pray for faculty, staff, and students in our colleges and universities, that they will be part of God’s eternal plan.

Friday ➞ Pray for our pastors to be filled with the Holy Spirit and to come to the pulpit with messages fresh from God’s presence.

Sabbath ➞ Pray for our church members to experience a hunger for God, and to draw near to Him through consistent prayer and time in His Word.

To download and duplicate this calendar, visit www.NADPrayerMinistries.org, or www.NADAdventist.org. You’ll also discover videos and stories of answered prayer from around the North American Division.

Cover Artwork: “Ever Interceding” by Nathan Greene. Copyright © Hart Research. Used by permission. To view this and other artwork by the artist, visit www.nathangreene.com.
<table>
<thead>
<tr>
<th>Week</th>
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<th>Conference</th>
<th>President</th>
<th>Churches</th>
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<td>Donald G. King</td>
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* Two conferences share the same week.

(Conference data taken from the SDA Yearbook, January 2011.)
Accessibility for all

The life of Ellen White was remarkable in many ways. God allowed her to see and experience the history of the universe firsthand—providing sweeping yet detailed views of heaven and earth, the battle between good and evil—ranging from the fall of Lucifer all the way down the millennia until the time when peace will be restored. She was chosen to communicate God's divine counsel to a fledgling movement destined to reach the entire world with His love. What may be even more intriguing, however, is that people remembered her as someone who indeed lived what she preached.

Unfortunately, time would last longer than she hoped. One Sabbath in February 1915, at the age of 87, Ellen White fell, breaking her hip as she walked into her study. She would not recover. On March 3 she received what would prove to be her last vision. It emphasized once more the importance of going “deeper and deeper into the study of the things of God” (Advent Review and Sabbath Herald, Apr. 15, 1915, p. 3). As she brought her last testimony to a close, she wrote:

“I have no assurance that my life will last long, but I feel that I am accepted of the Lord. . . . I have felt that it was imperative that the truth should be seen in my life, and that my testimony should go to the people. I want that you should do all you can to have my writings placed in the hands of the people in foreign lands. . . . I am impressed that it is my special duty to say these things” (ibid.).

A Pivotal Time

As we draw closer to the culmination of all earthly things, our need of divine wisdom is greater than ever. At this pivotal time in earth's history, growth of and access to global interconnectivity have soared dramatically, particularly with the development of the Internet and World Wide Web, smartphones and a huge array of applications, better known as “apps.” By the end of 2011 one third of the world’s population had access to the World Wide Web, with an 11-year growth of 1,000 to 3,000 percent in many parts of the world, such as Africa, the Middle East, and Latin America, and a 528 percent increase globally (www.internetworldstats.com/stats.htm).

Despite their potential dangers, these recent developments in the technological world enable us to follow Ellen White’s instructions much more effectively than ever before; and the Ellen G. White Estate is making great efforts to seize these opportunities. At the newly created Web site, http://egwwritings.org, anyone anywhere with an Internet connection can read, hear, and download the writings of Ellen White, currently available online in more than 60 languages, at no cost to the user. This Web site is the beginning of an ambitious project to ultimately provide online all of the Ellen White books in 2,500 different translations.

Wide Range of Free Resources

The Web site itself offers a wide diversity of tools and materials, such as advanced search functions, integration with social networks, a host of research documents and additional resources, as well as a topical and scripture index (to find quotations based on topics or Bible references), to name only a few. The site also offers the ability to jump from a paragraph in one language to the same paragraph in another, and to read and scroll both simultaneously, which may be particularly helpful for many who speak languages other than English.

Books can be downloaded in a variety of formats to be read offline. More than 120 audio books, currently available online in nine languages, are available free of charge. Besides their usual uses, the audio books can be used to further the gospel in areas with low literacy rates. To further enhance accessibility, a scaled-down, text-only version of the Web site (http://text.egwwritings.org) enables users with slow Internet connections to easily read and study Ellen White’s writings online.

Users of smartphones running iOS or Android will appreciate the free apps to be found on the Apple Store or Google Play, respectively. While the apps provide the best experience and even feature a
built-in study center to highlight passages and take notes, a mobile version of the Web site (http://m.egwwritings.org) is available as well, taking into account the screen and bandwidth restrictions of phones.

**Digital Resource Center**

Whether we are in need of divine counsel or simply have questions pertaining to Ellen White's life and legacy, Adventist history or the Bible, the White Estate Digital Resource Center (http://drc.whiteestate.org) provides responses to questions on a wide range of issues that have come to the Ellen G. White Estate dating from the 1920s up to the present, such as "What does Ellen White say about marriage? true Sabbath observance? last-day events? heaven?" This is an invaluable resource for answers to many questions asked today.

**Photos Available**

Recently the White Estate made available more than 2,100 downloadable high-quality photos of Adventist pioneers and important institutions. The photos can be accessed at http://photo.egwwritings.org. Not only will these add to the interest in Adventist history in general, but they can also be used freely for noncommercial purposes such as in nonprofit publications.*

**Helping Hands**

The Ellen G. White Estate is striving to place the important writings that they have been entrusted with into "the hands of the people in foreign lands" and to make them more accessible to everyone. However, everyone is invited personally to support these efforts in a variety of ways, the most important one being prayer. Other options include simply spreading the word or donating at http://partner.egwwritings.org, which will help with the digitization of books to be made available online.

Many great achievements in history were possible only because of the collective efforts of many individuals. Fulfilling God's vision for His church is no exception. Ellen White wrote, "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history" (Life Sketches, p. 196).

* If usage (judged on the honor system) is for-profit publication/Web site/video production, etc., a US$60 donation is requested by the E. G. White Estate.

Stefan Serena, a native of Switzerland, serves as technical coordinator at the Ellen G. White Estate in Silver Spring, Maryland, U.S.A.
Regular Exercise Improves Longevity

Everyone knows that exercise is good. But can regular exercise really help you live longer? That's what researchers wanted to find out in a study of 654,827 people age 40 and older.

For 10 years, researchers followed this group of people and tracked their exercise habits. During the decade-long study, 82,465 of the participants died. After the study, researchers found that a person's life expectancy increased as his or her exercise time increased.

Exercising even a little can help you live longer. Here is what researchers learned when they compared exercisers and non-exercisers:

- People who walked briskly for 75 minutes weekly (about 25 minutes three times per week) lived 1.8 years longer than non-exercisers.
- People who walked briskly for 30 minutes on most days, or more than 150 minutes weekly, lived 3.4 years longer.
- And those who walked one hour a day (300-plus minutes per week) lived 4.2 years longer.

These are remarkable improvements in life expectancy. This means that you can expect to gain about two hours in life expectancy for every 30 minutes you exercise daily. That's a great return on your investment.

Researchers also looked at the benefit of exercise for longevity in people who were overweight and obese and found similar benefits. In every group of overweight people, those who exercised lived longer than those who didn't. When they compared both weight and exercise together, they found a difference in life expectancy of 7.2 years between those who are overweight and don't exercise to those who have a normal weight and are active.

Other research also shows that regular exercise will help you live longer. Regular exercise will also help you be sick less often, be happier, cope better with life's stresses, have more energy, and enjoy better health all your life.

This large study shows us that any exercise is good. Even 75 minutes per week can add nearly two years to your life. The longer you exercise (up to an hour or so a day) the longer you can expect to live, even if you are overweight. So dust off your walking shoes and step outside for a little exercise. You'll be glad you did.

Source:
PLOS Medicine 11:e1001335, Nov. 2012