Happy Sabbath,

- The new and revised Weimar Board is on campus this weekend for the first time. Please, keep the meetings in your prayers.

**Weekend Webcasts**

Yes, indeed. It will be a weekend of webcasting.

- TONIGHT vespers will be at 6:30pm with Dr. John Chung.
- Sabbath School at 9:45am with Dr. Phil Mills.
- Divine Service at 11:30am with Don Mackintosh.
- Closing Sabbath vespers at 4:30pm with Dr. Neil Nedley

Stay tuned! [www.weimartv.com](http://www.weimartv.com)

**Weimar Academy Mission Trips**

The academy kids leave for their mission trips this coming week. They are splitting into three groups and targeting South Korea, England, and Arizona. Keep them in your prayers as they go and share.

**Weimar College PAC Time**

PAC (Practical Application Component) time is coming up for the college. It will begin February 26 and go through March 16. The students are really enjoying the PAC time part of Weimar educational program. There’s nothing like getting out of the books and into hands-on learning. They’ve found it be both a fun and beneficial aspect of their school year.

**Zimbabwe Mission Trip**
February 26, a group of students lead by Dr. George Jackson will trek their way around the globe to Zimbabwe, Africa. They will be preaching the gospel three-fold: through health, evangelistic meetings, and orphan ministries. For most of the young people, this will be their first trip to Africa. With the motto Love is Life-Life is Service* (Education p. 81), they are pouring themselves into this journey with the intent of making it more than a “fun” mission trip, but a life-changing and challenging experience.

If you would like to contribute to the cause, you can contact Dr. Jackson at: 
gjackson@weimar.edu

NEWSTART
Just a reminder to keep NEWSTART in your prayers. Pray for the people who come through the program and pray for the leaders.

The HealthGauge™
Have you taken your health score recently? You can do it online at newstartclub.com.

Better Than “Eggo”...Really?
Really don’t know actually. Never tried them before, but you can...only four ingredients. Why not?
Waffles, Better than "Eggo"
How Sweet the Sound!

“In the full light of day, and in hearing of the music of other voices, the caged bird will not sing the song that his master seeks to teach him. He learns a snatch of this, a trill of that, but never a separate and entire melody. But the master covers the cage, and places it where the bird will listen to the one song he is to sing. In the dark, he tries and tries again to sing that song until it is learned, and he breaks forth in perfect melody. Then the bird is brought forth, and ever after he can sing that song in the light. Thus God deals with His children. He has a song to teach us, and when we have learned it amid the shadows of affliction we can sing it ever afterward.” - Ministry of Healing p. 472
Have you discovered the joy of learning the Master’s song? Perhaps it’s time you start singing...

We love hearing from you! We hope you enjoy reading about what God is doing at Weimar. If you have a comment, story, or question, please write to communication@weimar.org

God bless,
Weimar Communication Department
How is Your Health?

Making positive lifestyle choices could cut your risk for diabetes by about 80%.\(^1\)

Taking the right health risk assessment (HRA) is the first step to living well naturally. The NEWSTART® Lifestyle Club HRA – HealthGauge™ Health Score Calculator—is based on a recent study\(^2\) where the health practices of 200,000 people were recorded. When the participants were surveyed ten years later, the research revealed a clear relationship between five key health practices and one’s risk for developing type 2 diabetes. Individuals who managed to make improvements in all five risk areas were able to reduce their risk by about 80%, according to the study.

More than ever before, scientific research\(^3\) is uncovering the fact that heart disease, cancer, and diabetes are largely the result of the way we live. By addressing common lifestyle factors such as obesity and alcohol consumption, a person’s odds of developing these diseases may decrease for each positive lifestyle change they make.

This health score calculator will evaluate your risk of developing a lifestyle related disease by comparing your personal health practices with modern scientific information. You will be presented with specific recommendations to begin following right away.

Key features of the HealthGauge™ Health Score Calculator:

- Easy-to-complete 7-point questionnaire
- Comprehensive report with personalized recommendations
- Links from the report to extensive health improvement content
- Access to the NEWSTART® Lifestyle Program information request portal for multiple locations throughout the United States.

Take the first step to better health. Calculate your health score today!

References

1 Improving Lifestyle Reduces Diabetes Risk
2 Lifestyle Factors and Risk for New-Onset Diabetes—A Population-Based Cohort Study
3 Resolving the Coronary Artery Disease Epidemic through Plant-Based Nutrition
Waffle, Better than “Eggo”

1. Blend in blender let stand for 5 min. to let batter thicken some, can warm up waffle irons in the mean time.
2. Then pour batter onto hot sprayed waffle iron.
3. Let cook for 10 min and top with any fruit topping.

NOTE: Freezes well

Ingredients
- 2 c. water
- 1 1/2 c. oats
- 3/4 c. cornmeal
- 1/2 tsp. salt

Tags: Recipes  Breakfast