Dear Center For Adventist Research,

Weekly Webcast

Our speaker for vespers this Friday night will be Don Mackintosh and the sermon is "Godly Addiction". Please join us in person or at weimartv.com for live streaming.

HEALTH Evangelism Program

The HEALTH Evangelism program is going well. All of the participants are staying busy and have had many opportunities already in mingling with people and sharing with them, including many programs and expos in nearby communities.

NEWSTART Breakfast Seminars off to a Successful Start

On Friday September 27 a special NEWSTART Breakfast Seminar was held at the
Sunrise Mall in Citrus Heights, CA. This breakfast was a free event custom designed to appeal to the Sunrise Mall "Friends-in-Fitness Mall Walkers" Club. Just in case you didn't know, many indoor malls across the United States open their doors early each morning to allow local residents to walk their facility in air conditioned comfort free of charge.

The morning began with a rousing welcome from Don Mackintosh followed by an exciting live cooking demonstration by Dr. Randy Bivens that had everyone riveted. Next up was breakfast. Each guest feasted on fresh strawberries, grapes, bananas, melon and raspberries along with granola and milk. The breakfast experience was crowned with a freshly baked sweet roll. As you can imagine, there was a smile on every face. As each participant enjoyed their meal, Dr. Bivens shared an enjoyable and fact-fillled health presentation that kept everyone in their seats until the last word was spoken. Finally, Dean Dennis wrapped up the event by sharing information about our NEWSTART resources and programs. Each participant was also given a free Health Gauge™ health evaluation.

This exciting breakfast was a collaborative effort between our Marketing and Media departments, as well as the staff and students of our own HEALTH program. We also say a special thanks to Life & Health Network and Dr. Bivens for their participation. Our HEALTH students were graciously allowed to use the kitchen in the home of Dr. and Mrs. Bivens to prepare the bountiful breakfast that was enjoyed by all in attendance.

The first NEWSTART Breakfast Seminar has proven to be quite a resounding success and the mall administrators have already asked when our team will be back to do a full-blown, day-long health expo. If you or your church would like to learn how to host a NEWSTART Breakfast Seminar in your area please contact our Marketing Department at 530-422-7988.

Renovation in the Media Studio

The media studio has needed some things fixed up and replaced for quite a while. We are in the process of installing new sound foam as well as expanding to a new classroom for the media students so the Interns can continue their work in the studio at the same time.

College PAC Time

This week is PAC (Practical Application Component) week. This week, we have various students engaging in the following PAC's:

• About 10 students are canvassing in Sacramento. Each day they drive into the city, and knock on doors sharing the Gospel message to our local community.
• A handful of students are working with Matt South at the auto shop, repairing vehicles.
• Several students are helping in the media dept. with renovations as well as working down at Life and Health Network.
• Many individual students are doing their own evangelism projects, some working with their local churches at home, canvassing, teaching, etc.
• A bulk of our students are working during PAC to help pay off their bill. But they also provide much needed work for the various departments on campus, for example, cafe, plant services, grounds, library, etc.

Weimar Farm Produce

Weimar Farms stays busy harvesting produce all through the fall.

"Produce you buy at the store is focused on production and good looks, but here at Weimar Farms our produce has better color and flavor as well as being more nutrient dense. Kinsey Agricultural Services tests our soil and tells us what we need to amend the soil with to get better produce. When the minerals in the soil are balanced the ratios almost parallel that of Human blood. Our produce is also not just Organic but Veganic which means no animal products are used." says Darren Greenfield, the farm manager.

Currently the farm has Sweet Potatoes and Apples for sale. We do have Tomatoes as well but it is the end of the season for them. Sweet Potatoes will be available into the winter. At other times we will have Basil, Swiss Chard, and Prune Plums. You can get them from the farm in bulk or by the pound at the Weimar store. Our produce is also available at Ikedas in Auburn, Briar Patch in Grass Valley and Newcastle Produce.

Comprehensive Community Health Education Effort Underway to Sacramento

One of the primary goals of the NEWSTART Global Initiative is to work directly with local churches and their members to conduct health outreach events and lectures in their neighborhoods and communities, as well as in the workplace. You may have seen or heard our NEWSTART advertisements if you live in the Sacramento region. This campaign is merely paving the way for a more hands-on and local approach to health outreach on the ground in communities. We will soon be launching NEWSTART Health Expos, NEWSTART Cooking Demonstrations, Reversing Disease Lecture Series, Various Community Surveys, Community based NEWSTART Lifestyle Change Programs and In-Home health coaching services to local residents. If you live in the Sacramento area and would like us to consider the community surrounding your SDA church for our next public effort, please contact Dean Dennis at 530-422-7988 to learn more details.

Echo Hall Windows

There is still much that needs to be done to Echo Hall before its ready for use. We just started installing the brand new windows. If you know anyone who is a window installer, please ask the person to come and help us install our new windows. All help is much appreciated! If you wish to be of assistance please contact us. See more about the
Although this Maranatha project has already passed, this article still gives much helpful info.

**Past Newsletter Archive**

We now have an archive so you can view our previous newsletters. This will no doubt come in handy if you happen to miss one. [Here is the link](http://us1.campaign-archive1.com/?u=f62eb1c3def2a47eba065c05e&id=e8131aac51&e=1ba723b24a). From now on there will be a link in the bottom info bar of these newsletters as well.

**Better Veggie Burger**

1. Place 1 ½ c. water, seasoning, and quartered onion in blender and blend briefly, just long enough to chop the onion.
2. Pour into a sauce pan and add bulgur wheat.
3. Bring to a boil, cover and let stand for 10 minutes.

**Meanwhile**

1. Blend sunflower seeds and water.
2. Place in a mixing bowl with the remaining ingredients.
3. Mix all together. Make into patties with a scant ½ cup in each. HINT: An easy and quick method is to place by the scoopful onto a griddle with an ice cream scoop.
4. Flatten into round, ½ inch thick patties.
5. Fry for about 7 minutes on both sides, or bake in oven for about 20 minutes at 350 degrees.
6. Turn and bake 10 more minutes to brown both sides. HINT: Don’t let the patties brown too fast. You want them to cook in the middle.
7. Cool on a rack before storing in plastic bags or container.

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 email us at content@weimar.org.

Have a blessed Sabbath and a happy new week.
Better Veggie Burger

1. Place 1 ½ c. water, seasoning, and quartered onion in blender and blend briefly, just long enough to chop the onion.

2. Pour into a sauce pan and add bulgur wheat.

3. Bring to a boil, cover and let stand for 10 minutes.

Meanwhile

1. Blend sunflower seeds and water.

2. Place in a mixing bowl with the remaining ingredients.

3. Mix all together. Make into patties with a scant ½ cup in each. HINT: An easy and quick method is to place by the scoopful onto a griddle with an ice cream scoop.

4. Flatten into round, ½ inch thick patties.

5. Fry for about 7 minutes on both sides, or bake in oven for about 20 minutes at 350 degrees.

6. Turn and bake 10 more minutes to brown both sides. HINT: Don’t let the patties brown too fast. You want them to cook in the middle.

7. Cool on a rack before storing in plastic bags or container.

Tags: Entrées Nut Free American

Ingredients

- 1 ½ c. water
- 2 ½ Tbsp. Bragg's Liquid Aminos®
- ½ Tbsp. Kitchen Bouquet®
- 1 Tbsp. vegetable gravy seasoning
- 1 tsp. sage
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 large onion, peeled and quartered
- 1 ½ c. Bulgur wheat
- 1 c. sunflower seeds blended in 2 cups water
- 1 c. quick oatmeal
- ½ c. whole wheat or unbleached white flour
- 1/3 c. gluten flour