Dear Center For,

Weekly Webcast

Our speaker for vespers this Friday night will be Don Mackintosh and the title of the message will be "Setting Your Mind On Things Above". We are meeting in the chapel now if you plan to visit. Please join us in person or at weimartv.com for live streaming.

NEWSTART Acronym

We'd like to thank Hans Juneby, Ruth Ann Stringer, Denise Rougeux-Putt, and Daniel Pedley for sending us information about the NEWSTART acronym. Thank you friends, we really appreciate your help!

<table>
<thead>
<tr>
<th>N</th>
<th>NUTRITION</th>
<th>&quot;Our bodies are built up from the food we eat...&quot; - Ellen G. White</th>
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<tbody>
<tr>
<td>E</td>
<td>EXERCISE</td>
<td>&quot;Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work.&quot; - Ellen G. White</td>
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<tr>
<td>W</td>
<td>WATER</td>
<td>&quot;...bathe frequently, and drink freely of pure, soft water.&quot; - Ellen G. White</td>
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<tr>
<td>S</td>
<td>SUNLIGHT</td>
<td>&quot;Nothing short of nature’s invigorating air and sunshine will fully meet the demands of the system.&quot; - Ellen G. White</td>
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<td>T</td>
<td>TEMPERANCE</td>
<td>&quot;The subject of temperance...and a pledge to abstain from all intoxicating liquor and from tobacco should be presented.&quot; - Ellen G. White</td>
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<tr>
<td>A</td>
<td>AIR</td>
<td>&quot;Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind...&quot; - Ellen G. White</td>
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<tr>
<td>R</td>
<td>REST</td>
<td>&quot;..rest, freedom from care...are essential to restoration of health.&quot; - Ellen G. White</td>
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<td>T</td>
<td>TRUST</td>
<td>&quot;But when we really believe that God loves us and means to do us good we shall cease to worry about the future. We shall trust God as a child trusts a loving parent. Then our...&quot;</td>
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Academy Revival Weekend

This weekend the academy will be going to the Arcata–McKinleyville SDA Church to put on a revival weekend. The students will be singing, sharing testimonies, training the youth in the church for evangelism. There is a concert Friday night at 7:00pm. All Sabbath events will be led out by students and staff starting at 9:30am. The students will be doing some training on outreach after lunch at 2:00pm and then putting it into action in the community, followed by testimonies at 4:30pm at the church. Please come join us if you are in the area. The address is:

McKinleyville–Arcata SDA Church
1200 Central Ave
McKinleyville, CA 95519-4302
Phone: (707) 839-3832

GLOW in the Dark

Several students went out this last week on Halloween to pass out GLOW, called Trick or Truth. There were several meaningful experiences including many expressing their concern with Halloween yet did not know how to act on it since society has embraced it. Many expressed interest and wanted to know more about the SDA church because of their experience. Please pray with us that the Lord will grow those seeds that were planted.

Sweet Crepes

1. Blend all together, then let rest 15 minutes.
2. Use ¼ cup per crepe and cook on non-stick pan on medium/low heat.
3. Delicious filled up with any kind of fruit sauce.

Quote of the Week

"Never Utter a Word of Doubt. All have trials, grieves hard to bear, temptations hard to resist. Do not tell your troubles to your fellow mortals but carry everything to God in prayer. Make it a rule never to utter one word of doubt or discouragement. You can do much to brighten the life of others and strengthen their efforts, by words of hope and holy cheer."

- Steps to Christ, 119, 120 (1892)

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.

Weimar Media Department
Sweet Crepes

1. Blend all together, then let rest 15 minutes.
2. Use ¼ cup per crepe and cook on non-stick pan on medium/low heat.
3. Delicious filled up with any kind of fruit sauce.

Ingredients
- 8 oz firm tofu
- 3 c. water
- ¼ c. raw cashews
- 2 c. brown rice flour
- ¾ tsp. salt
- 3 tbsp. Sucanat or honey
- ¼ tsp. Xanthan gum

Tags: Breakfast, Gluten Free, Oil Free, Wheat Free, French