

# "AT THE TABLE"

SFC OCTOBER NEWSLETTER

## Making Space for God and Others

### October Theme: Meditation

Allow God's Word to soak into your life and heart by reading it slowly and seeing what stands out to you. Then ask God why that word or phrase might be especially important for you right now. A good place to start is reading Psalm 23.



Psalm 94:19  
When anxiety was  
great within me,  
your consolation  
brought me joy.

### upcoming events:

**Designing Your Life Retreat:** Explore Your Life's Palette on Saturday Oct. 20 from 9am-1pm @ the Martin Institute Retreat House. RSVP on Handshake (space limited).

Questions? Email Mariah: [mvelasquez@westmont.edu](mailto:mvelasquez@westmont.edu)

**Focus Week:** October 29- November 2: Presence with Self, God and Others (more details coming soon!)

SPIRITUAL FORMATION COORDINATORS

## LOWER CAMPUS



RACHAEL PHILLIPS

Dorm: GLC  
Major: Kinesiology  
Hometown: Palm Desert, CA  
Netflix Pick: Madame Secretary  
Ask Me About: Tap Dancing



EMILY HOANG

Dorm: Van Kampen  
Major: Economics & Business  
Hometown: Dallas, TX /Maui, HI  
Netflix Pick: Limitless  
Ask Me About: My Spotify Playlists!



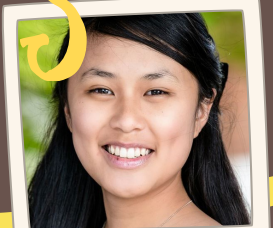
CALEB HAREB

Dorm: Armington  
Major: Biology  
Hometown: San Diego, CA  
Netflix Pick: Grey's Anatomy-  
on season 7... so good!  
Ask Me About: Who I want to  
be when I grow up, I always  
think that is a fun question!



DIANA KRUMP

Dorm: Armington  
Major: Psychology & Music  
Hometown: Denver, CO  
Netflix Pick: Gossip Girl, New Girl, Gilmore  
Girls... I think there's a pattern here.  
Ask Me About: My Mayterm trip to Jerusalem!



ZION SHIH

Dorm: Armington  
Major: Engineering Physics Pre-Med  
Hometown: San Francisco, CA  
Netflix Pick: The Ultimate Gift  
Ask Me About: Life