Happy Sabbath from Zimbabwe!

The Weekly is coming to you today from Redcliff, Zimbabwe. Twelve students and Dr. Jackson from the college are based here doing mission work for PAC time.

Because of the many missions trips going on, we highly suggest you take a moment and check out the pacmissions.org website.

At this moment Weimar students are based all over the world: South Korea, England, Arizona, and of course, Zimbabwe. God is blessing in amazing ways as they seek to share the gospel to those around the globe.
One of the things we’re witnessing here is the power of music. It truly is a universal language. Even though English is the official language of Zimbabwe, there is something about singing that binds the cultures in unique ways.

As we practice music, it isn’t unusual to have several locals join us. Within moments, smiles break out as African and American voices blend in perfect harmonies to praise the God we love. Goosebumps rise in ecstasy as our hearts are knit closer through song. There’s nothing quite like it. It has the same effect everywhere though, so lift your voice today and be thankful for the gift of music.

If you would like to donate to this or other Weimar College mission projects, please visit [https://weimar.org/donate/designate-your-gift/college](https://weimar.org/donate/designate-your-gift/college)

**Weimar Webcasts**

There is vespers tonight starting at 7pm with Don Macintosh, titled "Recovering From Discouragement". Be sure to tune in to [weimartv.com](http://weimartv.com)!

**Lose Weight Naturally**

It has become an epidemic of no small proportions in America! No, I am not talking about a mosquito borne illness such as Malaria. That was stamped out years ago. I'm
not talking about cholera either, an infection of non-potable water usually found in third world countries. I am talking about obesity, caused by the actual leading cause of death in the United States—poor nutrition and inactivity. What is at the far end of the fork is killing Americans—over 500,000 of us annually. It is setting us up for diabetes, heart disease, hypertension, stroke and even cancer. Two thirds of Americans are overweight, and one third are obese. The epidemic of obesity can be reversed and more easily than you think. In this quarter's NEWSTART Lifestyle Club eNewsletter, you'll find some great resources that will help you lose weight and achieve lasting results. Here's to a new you in 2012!

NEWSTART Lifestyle Club eNewsletter - Winter 2012

Be Apart of Something Special

Join Us As We Grow!
Nestled in the beautiful foothills of California's Sierra Nevada mountains, the ministry at the Weimar Center of Health & Education is growing and right now you have a chance to be a part of something really special!
If you are a mission-minded, Adventist professional who appreciates and embraces the work and purpose of our institution, a great opportunity may await you as a part of our team. Positions include:

- Telemarketing Representative
- Registered Nurse
- Massage/Hydro Therapist
- College Faculty
- Plant Services/Maintenance
- Administrative Assistant
- Work Education Supervisor
- Food Services Coordinator
- And many more . . .

For more information please call (530) 422-7915 or visit www.weimar.org/jobs

Weekly Recipe
This weekend enjoy the flavor of this popular Latin American dish, Spanish Rice with Green Peas.
On that note, have a happy Sabbath and blessings from Zimbabwe.

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
Spam
Not spam
Forget previous vote
Stir together all ingredients except peas in a pan or heavy skillet with a tight-fitting cover. Bring to a boil, then reduce heat and simmer until water is evaporated, about 50 minutes.

Season to taste for salt and stir in the peas. Makes 8 servings.

Ingredients
- 2 c. medium or long brown rice
- 1/2 c. Sofrito (see recipe)
- 3 1/2 c. water
- Salt to taste
- 1/3 c. tomato sauce
- 2/3 c. frozen green peas, thawed

Tags: Recipes, Entrées

Related Entries

Sofrito
Sofrito can be used as a condiment or as an ingredient in Latin American dishes.

Blend all ingredients in a food processor until finely chopped. May be made ahead and stored in an airtight container in the refrigerator for 1 week.

Ingredients
- 1/3 each red and green bell pepper, coarsely chopped
- 1/4 onion, peeled and coarsely chopped
- 3 garlic cloves, minced
- 1/2 tomato, coarsely chopped
- 8 sprigs of cilantro, leaves only
- 1 pinch each, salt, dried oregano and turmeric

Related Entries

Spanish Rice with Green Peas