Dear Center For,

Weekly Webcast

Concluding our week of prayer, our speaker for vespers this Friday night will be Don Mackintosh. The title of the message will be *Reversing the worst evil - God’s Hydro*. Join us at 7 pm in the chapel or online for live streaming at [weimartv.com](http://weimartv.com).

On Sabbath for Divine Service at 11:00 am, Dave Fiedler will be speaking on "The Final Witness".

Week of Prayer

This week has been Week of Prayer for the College and we have gained many a blessing and encouragement from listening to Dave Fiedler presenting on the history of our health message and the medical missionary work.

Worthy Student Fund

The new year has begun and everywhere people are in great anticipation of goals to be met and victories to be achieved. When the new semester began, some of our students
registered with a prayer of faith that funding would come in and allow them to finish the entire semester. In recognition of this great need, one generous donor has contributed $10,000 and has pledged to match up to $20,000 given to the Worthy Student fund during the month of January! We need your help! Please call in your worthy student fund donation today to double your gift value. Be the answer to one of our students' prayers today! To donate, call 530-422-7995, or go to weimar.org/donate, or earmark your gift Worthy Student Fund-Matching Funds and mail it to: Development Dept, Weimar Center; PO Box 486; Weimar, CA 95736. Someone will be eternally blessed and grateful!
Health Expo 2013

Your Passport to a Longer & Stronger Life

Live Cooking Demonstrations
Discover New Recipes for Great Healthy Meals

Powerful Mini Health Seminars
Learn How to Live a Longer & Stronger Life

Health Screenings & Assessments
Detect Serious Health Problems Before they Happen

FREE EVENT!
TODAY ONLY!

Sunday January 20, 2013
11:00 AM to 6:00 PM
Roseville Galleria Mall
Center Court
(See Full Schedule on Opposite Side)

Your FREE Health Assessment Includes:

- Relaxing Chair Massage
- Body Fat Assessment
- Blood Pressure Screening
- Blood Glucose Assessment
- Mental Acuity Testing
- Personalized Health Score Calculation
- Plus a free personal consultation with a member of our medical team

GET A FREE HEALTH SCREENING BE REGISTERED FOR A CHANCE TO WIN A GIFT!
Schedule of Events

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td><strong>FREE Health Screenings Begin</strong></td>
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<tr>
<td></td>
<td>Roseville Galleria Center Court</td>
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<tr>
<td>12:00 PM</td>
<td><strong>Live Cooking Demo</strong></td>
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<td></td>
<td>Great Granola &amp; Yummy Yogurt--Featuring Chef Margaret Gallant</td>
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<tr>
<td>12:15 PM</td>
<td><strong>Mini Health Seminar</strong></td>
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<td>Lose Weight Forever--Featuring Dr. Roger Gallant, MD</td>
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<tr>
<td>1:00 PM</td>
<td><strong>Live Cooking Demo</strong></td>
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<tr>
<td></td>
<td>Irresistible Nacho Cheese &amp; Carmel Corn--Featuring Chef Margaret Gallant</td>
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<tr>
<td>2:00 PM</td>
<td><strong>Mini Health Seminar</strong></td>
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<tr>
<td></td>
<td>Get Moving!--Featuring Don Mackintosh, RN</td>
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<tr>
<td>5:15 PM</td>
<td><strong>Live Cooking Demo</strong></td>
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<td></td>
<td>How to Become a NEWSTART Super Chef Part 1--Featuring Chef Michelle Irwin</td>
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<tr>
<td>5:30 PM</td>
<td><strong>Mini Health Seminar</strong></td>
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<tr>
<td></td>
<td>Changing Bad Habits--Featuring Dr. David DeRose, MD</td>
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<tr>
<td>6:15: PM</td>
<td><strong>Live Cooking Demo</strong></td>
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<tr>
<td></td>
<td>How to Become a NEWSTART Super Chef Part 2--Featuring Chef Michelle Irwin</td>
</tr>
<tr>
<td>6:30 PM</td>
<td><strong>Last Health Screenings Begin</strong></td>
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<td>Roseville Galleria Center Court</td>
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What is NEWSTART?
NEWSTART is a lifestyle paradigm based on the eight natural remedies: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust.

A Solid Foundation
The NEWSTART lifestyle is rooted in time-tested health concepts and backed by evidence-based science and is an extension of the larger mission of Weimar Institute. Our goal is to impact lives globally by providing the tools and information needed to intelligently make healthy lifestyle choices. For the past 35 years, the NEWSTART lifestyle has helped people all over the world experience true wellness and live long and healthy lives.

The NEWSTART Lifestyle Produces Astounding Results
- Reduced death rates from many types of cancers
- Reduced rates of coronary heart disease
- Reduced rates of obesity
- Reduced rates of diabetes
- Increased mental acuity

Fresh Farm Produce

We have some awesome **Weimar Farm** fresh, Veganic produce in the **Weimart store**.
We currently have Sweet Potatoes, White Yams, Red Apples, and Beets. Come by and check it out! The bakery on campus also makes some delicious breads, including, Sweet Rolls, Pizza Crusts, and more that can be found at the store.
So, your resolution for 2013 is to get your health back on track...

How’s it going so far?

Your health is skating on the edge. On December 31st, you probably made another resolution to change your lifestyle and avoid a serious condition or disease. With studies showing a failure rate of 88% for New Year’s resolutions, the odds were stacked against you from the start. So the question is, what are you doing to ensure that your resolution to be healthy is among the 12% which will succeed this year? We may have the answer: you need a NEWSTART.

The NEWSTART Program is based on the Adventist lifestyle, proven by science to produce significant reduction in weight and health risks while prolonging life for ten years longer than the average American. Find out how just a couple of weeks in the beautiful Sierra Nevada foothills can help you reverse disease and teach you the most sustainable approach to a healthy lifestyle.

Special Offer!
For a limited time we are offering our Companion Packages FREE (a $2,850 value). Purchase a Premium or Standard NEWSTART experience for yourself and bring along a non-medical companion at no additional charge!

Talk to a NEWSTART Expert and change your life today.
Call 800-525-9192 or go to www.newstart.com

Offer valid for NEWSTART Classic sessions (Standard & Premium packages only) beginning in January-May of 2013 only while supplies last, advance purchase required. Not valid for existing reservations. Limit one companion per booking. Not valid with any other discounts, promotions, or existing reservations. Companion package does not include medical services, therapies, counseling which are available for an additional charge. Please mention promotion code CT13.

Strawberry Ice Cream
1. Let strawberries thaw if using frozen strawberries.
2. If using whole cashews, process them in a blender with the juice concentrate and enough of the coconut milk for it to blend until very smooth.
3. Combine remaining ingredients and blend until smooth.
4. If desired you may leave some of the strawberries in small chunks (you will probably need to blend in two batches).
5. Pour into ice cream maker and freeze as directed.

Quote of the Week

The Gospel of Health

"The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great efforts to proclaim the gospel message.

As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can."

- A Call to Medical Evangelism and Health Education 8.3
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 Team
Jesse Norris
Strawberry Ice Cream

Ingredients

- 6 c. frozen or fresh strawberries
- 1 1/2 oz. can raspberry-apple juice concentrate
- 1 can coconut milk
- 3/4 c. cashew-macadamia nut butter, or 1 1/2 c. cashews
- 1 pinch salt (opt.)
- 1/2 c. (or less) Agave or honey, to taste
- 1 tbsp. vanilla
- 1/2 tsp. strawberry flavoring (opt.)
- 3 tbsp. lecithin (opt.)

Instructions

1. Let strawberries thaw if using frozen strawberries.
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Tags: Desserts  Oil Free  Sally Christensen