Dear Center For,

Weekly Vespers Webcast

Our speaker for vespers this Friday night will be Alan Reinach. The title of the message will be *Liberty and Love: the inseparable core of the character of God*. Join us at 6:45 pm in the chapel or online for live streaming at weimarty.com.

Sabbath Programs

Also, there will be Sabbath School, Church, and Afternoon Meeting on Sabbath continuing the same theme! Feel free to join us in the chapel on Sabbath as we will not be live streaming these programs online.

These are the program titles for Sabbath by Alan Reinach:

- **Sabbath School - 9:45**: *Separation of church and state in the Bible*
- **Church Service - 11:15**: *Sabbath: is it worth risking your job for*
- **Afternoon Meeting - 2:30**: *The Problem of Silence*

Convocation 2013
Keep an eye out for news of our upcoming Convocation this June 4-9. More info coming soon.

Health Expo at Roseville Galleria Mall

The Expo went very well, with people from all over the surrounding areas coming through. As the guests visited each of the 5 different stations, they were able to check their blood pressure, glucose, mental acuity, and their overall health score. At the end they received a free massage. Throughout the day, Weimar culinary instructors and physicians presented cooking demonstrations and short health talks. People from all over the mall and even those who worked there took note of what was going on. Some say this was one of the bigger outreach events that Weimar has done in its history! If you are interested in doing something like this in your home church, we have some amazing resources and all the materials you need to put your own health expo together. If you are a member of the NEWSTART Lifestyle Club you can sign your church up as a Lifestyle Club Sponsor to find these resources.

Ting-a-lings
A great gift idea for Valentines Day.

1. Melt the first 3 ingredients in a sauce pan.
2. Stir with a wire whip as the peanut butter starts to soften.
3. Add the carob chips and keep stirring until they are melted with the peanut butter.
4. Remove from heat.
5. Stir in the cashew pieces, chow mein noodles, and raisins.
6. Place plastic wrap on a cookie sheet and drop the mixture by spoonfuls in desired shapes.
7. Refrigerate until set up, about 20 minutes.

Quote of the Week

"True education is missionary training. Every son and daughter of God is called to be a missionary; we are called to the service of God and our fellow men; and to fit us for this service should be the object of our education.

He who strives to obtain knowledge in order that he may labor for the ignorant and perishing, is acting his part in fulfilling God's great purpose for mankind. In unselfish service for the blessing of others he is meeting the high ideal of Christian education.

The Lord calls for strong, devoted, self-sacrificing young men and women, who will press to the front, and who, after a short time spent in school, will go forth prepared to give the message to the world."

- Christian Service 64.4
"I had no idea that healthy lifestyle change could save my marriage"
—Comments from a Actual NEWSTART Program Participant

Research has shown that stable marriages protect against early death and illness. It’s a proven fact that married couples live longer and enjoy better health than unmarried individuals.

At NEWSTART we have discovered that the converse is also true: adopting healthy a lifestyle can save a marriage. Countless numbers of our alumni have shared that had it not been for the healthy lifestyle they learned while attending our program, they would no longer be married.

The NEWSTART Program is based on the Adventist lifestyle, proven by science to produce significant reduction in weight and health risks while prolonging life ten years beyond the average American life expectancy. Find out how just a couple of weeks together in the beautiful Sierra Nevada foothills can help you and your spouse regain health and happiness while teaching you the most sustainable approach to a healthy lifestyle.

For a limited time we are offering our non-medical companion packages free of charge with the purchase of a standard or premium full participant package, allowing you to reap the benefit that the NEWSTART lifestyle can have on your marriage—it could even save it.

**The NEWSTART Lifestyle Can Help:**
- Overcome Depression
- Shed Unwanted Pounds
- Increase Energy & Vitality
- Reverse Diabetes
- Reverse Heart Disease
- Renew Immune System
- Reduce Neuropathy
- Lower Cholesterol
- Relieve Arthritis

**Book now and bring your spouse to our 11- or 18-day program for FREE!**
Call 800-525-9192 or go to www.newstart.com
Spam
Not spam
Forget previous vote
Ting-a-lings

Cheryl Farley has spent the last 17 years of her life teaching, sharing, and motivating people to change the bad eating and poor health habits that lead to their illness and dependence upon prescription medications to manage their Type 2 Diabetes. From large seminars to businesses, schools and a television cooking show, her passion and commitment to helping people help themselves has now brought her energy and enthusiasm to help you!

View Recipes by Cheryl Farley

Ingredients

- ½ c. peanut butter
- 1 tsp. vanilla
- ¾ c. water
- 3 c. carob chips
- 2 c. cashew pieces toasted in oven (optional)
- 2 c. chow mein noodles
- ½ c. raisins

Instructions

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Tags: Desserts  American  Cheryl Farley