Dear Center For,

Vespers Webcast

HEALTH vesper's speaker this Friday night will be Henry Escamilla. The title of the sermon is To Do, To Say, To Be. Join us in person in the chapel at 6:45 for song service.

Mission trips

The campus feels pretty deserted. It is very quiet here as most of the college and academy students are gone on their mission trips. From what we have heard, the different groups
are all safely to their destinations and getting settled in and ready for their work. Prayers are much appreciated as things don't always go perfectly smooth but that's what makes it such an adventure and growing experience.

**Weimar Alumni Homecoming Invitation**

Weimar Center of Health & Education would like to extend a warm invitation to all Academy, College, and Staff Alumni, to come and be a part of this special weekend of fellowship April 12-14, 2013.

We are busy working with Alumni on planning a most memorable occasion. We appreciate your help in spreading the word.

Please click on [this link](#) to learn more, update your information, and register.

**Lemon Cheese Cake**

**Crust:**

1. Process the almonds, coconut, and sea salt in a food processor until a flour-like consistency is achieved.
2. Add the honey and juice and process until it sticks together...

(cook the button below for the full recipe.)

**Cooking time:** 15 minutes

Makes 1 cheesecake
Quote of the Week

"Why do we not hunger and thirst for the gift of the Spirit? Why do we not talk of it, pray for it, and preach concerning it? The Lord is more willing to give the Holy Spirit to those who serve Him than parents are to give good gifts to their children. For the daily baptism of the Spirit every worker should offer his petition to God. Companies of Christian workers should gather to ask for special help, for heavenly wisdom, that they may know how to plan and execute wisely. Especially should they pray that God will baptize His chosen ambassadors in mission fields with a rich measure of His Spirit. The presence of the Spirit with God’s workers will give the proclamation of truth a power that not all the honor or glory of the world could give."

- Acts of the Apostles 50.2
WEIMAR INSTITUTE PRESENTS

The Choice

Choose You This Day
Weimar Convocation, June 4–9, 2013

Louis Torres | Christian Berdahl | Chidi Ngwaba | Brian McMahon

Ever wonder what would happen if you made a different choice? Does it really matter?

Challenge your thinking and learn how your choices affect you and those around you. Learn how the mind works and study the science behind the power of choice. Gain new perspective on the extreme choice Christ made for you. Come join us for a motivating convocation!

It’s a choice worth making!

To register, call (800) 525-9192
or go online weimar.org/convocation
“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 unmar- ried 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 pack- age, 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

Offer valid for NEWSTART ProActive and Classic sessions (Standard & Premium packages only) beginning in February-April 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 WFT13.
This amazing cheesecake is so good, you'll think it's the real thing. Made without dairy, this cheesecake is easy to make and is made without baking or cooking!

Ingredients

Crust:

- 1 cup sliced almonds
- 1 cup coconut, unsweetened shredded
- 1 tablespoon lemon juice, fresh
- 1 tablespoon honey
- 1 pinch salt

Filling:

- 3 c. cashews, raw
- 1½ c. almond milk, unsweetened
- 1 c. lemon juice, fresh
- 1 c. coconut oil, melted
- ½ c. agave nectar
- 1 tsp. vanilla extract (alcohol-free)
- ¼ tsp. salt
- 3 tsp. lecithin (optional)
- 1 tsp. lemon zest (optional)

Instructions

Crust:

1. Process the almonds, coconut, and sea salt in a food processor until a flour-like consistency is achieved.
2. Add the honey and juice and process until it sticks together.
3. Press this mixture into a 9-inch spring form pan.

Filling:

1. Blend all ingredients except the lecithin and coconut oil in a high-speed blender, until a creamy texture is achieved.
2. Make sure there is no gritty texture.
3. Add the lecithin and melted coconut oil, and blend on high until well mixed.