Dear Center For,

Weekly Vespers Webcast

The speaker for vespers this Friday night will be Don Mackintosh and the title is: "No one understands like Jesus!". Join us in person in the chapel or online at weimartv.com at 6:45 pm.

PAC Mission trips progressing

Stories are already coming back from Arizona and Lebanon.
Students are canvassing the streets of Arizona and preparing the way for Health Expos and further work this summer working with the Arizona Conference to give a revival series that will include Biblical sermons, Personal Evangelism, & Bible Studies.

The group in Lebanon after having an eventful trip there got settled in and started working on getting the medical supplies for the Health Expos and toys and other miscellaneous things for the orphanage children organized & inventoried. There will be some excited children soon and there are some people that will be changing their diet and lifestyle after going through the health events and learning to be healthier.

To read the complete stories, please check out pacmissions.org/college

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.

Butternut Squash Enchiladas

1. Cut off stem and blossom end of squash. Slice squash in half lengthwise; scoop out seeds. Place in microwave dish cut side down. Microwave up to 10 minutes until tender. Scoop out pulp; mash or purée.
2. Meanwhile in saucepan, steam onion with a tablespoon of water until tender. Stir in corn. Heat briefly then add to mashed squash.
3. Warm tortillas about 1 minute in microwave with a damp paper towel on the bottom of the stack and another on the top.
4. Smear a little salsa on the bottom of a greased baking dish. Lay out tortillas on a work surface; scoop squash evenly onto tortillas. Roll and place seam-side down in baking dish.

5. Pour chile sauce over enchiladas. Bake at 350° for 30 minutes. Drizzle cheese sauce over top if you wish after removing from oven.

Makes 12 enchiladas

**Quote of the Week**

"Enoch observed the law of God, and served him with singleness of heart. He became so pure in character that the Lord communicated his will to him, and through holy vision revealed the great events connected with Christ's second appearing, and also the wickedness that would prevail just prior to the end. Enoch was a faithful preacher of righteousness, and sought to turn men from the transgression of the law to faithful obedience. He walked with God three hundred years, giving to the world a faithful example in a pure and spotless life, which was in marked contrast with that rebellious and self-willed generation who boasted of their open disregard of God's holy law. His testimony was not regarded because men loved sin better than holiness. Enoch was borne by angels to Heaven without seeing death."

Review & Herald April 29, 1875, par. 7
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 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

*Offer valid for NEWSTART ProActive and Classic sessions (Standard & Premium packages only) beginning in February-March 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 NEW13.*
Butternut Squash Enchiladas

Ingredients

- 1 butternut squash
- 1 large onion, chopped
- 1 c. frozen corn kernels
- 12 corn tortillas
- 3 c. mild Tomatillo Chile Salsa (see recipe)
- 1 c. Melted “Cheese” Sauce (opt)

Instructions

1. Cut off stem and blossom end of squash. Slice squash in half lengthwise; scoop out seeds. Place in microwave dish cut side down. Microwave up to 10 minutes until tender. Scoop out pulp; mash or purée.
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Makes 12 enchiladas

Tags: Entrées, Diabetic Friendly, Oil Free, Soy Free, Wheat Free, American, Mexican

Sally Christensen

Sally Christensen is a retired cooking instructor at the NEWSTART Lifestyle Program. She has been teaching others how to cook healthfully at NEWSTART, Reversing Diabetes seminars, and local community classes for almost 20 years. Sally was a major contributor and editor of the well regarded NEWSTART Lifestyle Cookbook. She has also done cooking shows for television, reaching audiences across the world.

View Recipes by Sally Christensen

Related Entries