Dear Center For,

No Weekly Webcast

There will be no Vespers this Friday night as the college is on R&R (Rest & Relaxation) for the weekend at Monterey Bay Academy.

Blessed Weimar Board Meetings

The board meetings last weekend went very well, and we could feel God's presence guiding the discussions and decisions. We're very thankful for all the board members who came, and for a weekend of inspiring sermons and beautiful music. Praise the Lord for the
wonderful things He's doing here in Weimar!

New NEWSTART Website!

Here is our brand new site redesign for the NEWSTART program website. Please share with your friends and family!

Creamy Avocado Pasta

1. Bring several cups of water to a boil in a medium sized pot. Add in pasta, reduce heat to medium, and cook until al dente.
2. While the pasta is cooking, make the sauce by putting the garlic, lemon juice, and olive oil in a food processor. Process until smooth.

3. Add the pitted avocado, basil, and salt to the food processor and process until smooth and creamy.

4. When the pasta is done cooking, drain and rinse in a strainer and place the pasta into a large bowl. Pour on the sauce and toss until fully combined.

5. Garnish with lemon zest.

Serve immediately.

**Ready in about:** 15 minutes

**Makes:** 2 servings

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**Quote of the Week**

"The industrious bee gives to men of intelligence an example that they would do well to imitate. These insects observe perfect order, and no idler is allowed in the hive. They execute their appointed work with an intelligence and activity that are beyond our comprehension.... The wise man calls our attention to the small things of the earth: “Go to the ant, thou sluggard; consider her ways, and be wise; which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest.” “The ants are a people not strong, yet they prepare their meat in the summer.” We may learn from these little teachers a lesson of faithfulness. Should we improve with the same diligence the faculties which an all-wise Creator has bestowed upon us, how greatly would our capacities for usefulness be increased. God’s eye is upon the smallest of His creatures; does He not, then, regard man formed in His image, and require of him corresponding returns for all the advantages He has given him?"

- Child Guidance 59.2
Health Summit & Alumni Week

"Let food be thy medicine and medicine thy food."
—Hippocrates

Guest Presenter: Dr. Zeno Charles-Marcel, MD

Featuring

- Informative lectures given by some of the leading minds in lifestyle medicine
- Live Gourmet Cooking Workshops
- Lifestyle Counseling
- Exercise and Fitness
- Physician Consultations*
- Delicious Plant-based Meals
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Creamy Avocado Pasta

Creamy, thick, and rich with lots of garlic flavor and a hint of lemon.

Ingredients

- 1 medium sized ripe avocado, pitted
- 1/2 lemon (plus lemon zest for garnish)
- 1-2 cloves garlic to taste
- 1/4 c. fresh basil (optional)
- 2 Tbsp. extra virgin olive oil
- 2 servings spelt or whole wheat pasta (gluten free options include: brown rice pastas, quinoa pastas, corn pastas, and more)
- kosher salt, to taste

Instructions

1. Bring several cups of water to a boil in a medium sized pot. Add in pasta, reduce heat to medium, and cook until al dente.
2. While the pasta is cooking, make the sauce by putting the garlic, lemon juice, and olive oil in a food processor. Process until smooth.
3. Add the pitted avocado, basil, and salt to the food processor and process until smooth and creamy.
4. When the pasta is done cooking, drain and rinse in a strainer and place the pasta into a large bowl. Pour on the sauce and toss until fully combined.
5. Garnish with lemon zest.

Serve immediately.

Ready in about: 15 minutes

Makes: 2 servings

Tags: Entrées  Diabetic Friendly  Gluten Free  Nut Free  Soy Free  Wheat Free  American  Michelle Irwin