Dear Center For,

Weekly Vespers Webcast

The speaker for Friday night vespers will be Don Mackintosh and his sermon title will be "The Return of the Latter Rain". You won't want to miss it! Join us in person in the chapel or online at weimartv.com at 6:45 pm.

HEALTH Coaching Connections

Two of our HEALTH students, Elias and Zane, are actively involved in the health coaching aspect of their outreach experience. Here is just one amazing story of how their outreach is...
making a difference in the life of a community member.

We have been meeting with Roger (not his real name), a retired man in his mid-60’s who is very social and loves to have company over. He isn’t open to spiritual conversations, but he has seen how we’ve been helping him selflessly with his health, and this poses an incongruence between his former views of Christians and his current experience. He has been attending CHIP (Complete Health Improvement Program) and we have also been going to his house once a week, cooking a meal together, playing pickle-ball at a local park, going over simple exercises he can do at home, or hiking together. When we first met him, Roger had high blood pressure. Last week, his blood pressure was 114/77 and he had been off his blood pressure meds for two days because the change in diet and exercise were making such a difference. Shortly thereafter, Roger sent me a text message saying, "Thanks for the support. Knowing I have you and Zane's support means a lot!" Truly the Lord is working in the lives of the people we're working with.

Coconut Corn Chowder

1. Place potatoes, onions, and seasonings (except dill weed) in the water and simmer for 15 minutes or until tender.
2. Remove 2 cups of the cooked potatoes with a slotted spoon (you will get some of the onions too, but that’s all right), and place in blender. Stir the frozen corn and dill weed into the kettle of soup. Turn off heat while blending the sauce.
3. Add coconut milk to the blender with the cooked potatoes. Blend for about 30 seconds—just until smooth, but not starchy.

Add blended mixture to the soup. May add more water or salt as needed to taste. Heat to
serving temperature.

Ready in about: 30 minutes
Makes: 8 cups

View Ingredients

Quote of the Week

“In connection with the proclamation of the message in large cities, there are many kinds of work to be done by laborers with varied gifts. Some are to labor in one way, some in another.... As laborers together with God, they should seek to be in harmony with one another. There should be frequent councils, and earnest, whole-hearted co-operation. Yet all are to look to Jesus for wisdom, not depending upon men alone for direction.

As workers, let us seek the Lord together. Of our own selves we can do nothing; but through Christ we can do all things. God intends that we shall be a help and blessing to one another, and that we shall be strong in the Lord and in the power of His might.... God lives and reigns; and He will give us all the help we need. It is our privilege at all times to draw strength and encouragement from His blessed promise, “My grace is sufficient for you.”

- Evangelism 98.2
Health Summit & Alumni Week

June 23-28, 2013

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

Guest Presenter: Dr. Zeno Charles-Marcel, MD

Featuring

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**Coconut Corn Chowder**

*Chunky, creamy, and oozing winter warmth.*

**Ingredients**
- 5 c. potatoes, diced
- 1 c. onion, diced
- 1 tsp Chicken-Like Seasoning
- 1 tsp onion powder
- 1 tsp salt
- 3 c. water
- 4 c. corn, frozen
- 1/2 tsp dill weed
- 1 can coconut milk

**Instructions**
1. Place potatoes, onions, and seasonings (except dill weed) in the water and simmer for 15 minutes or until tender.
2. Remove 2 cups of the cooked potatoes with a slotted spoon (you will get some of the onions too, but that’s all right), and place in blender. Stir the frozen corn and dill weed into the kettle of soup. Turn off heat while blending the sauce.
3. Add coconut milk to the blender with the cooked potatoes. Blend for about 30 seconds—just until smooth, but not starchy.

Add blended mixture to the soup. May add more water or salt as needed to taste. Heat to serving temperature.

**Variation:** If you don’t want to use coconut milk but like the idea of thickening your soup with blended potato, there are other options. Replace the coconut milk (1 can is a scant 2 cups) with soy milk, or blend 3/4 cup cashew nuts with 2 cups water, or use 1/2 can (1 cup) coconut milk for lower fat soup.

**Ready in about:** 30 minutes