Dear Center For,

**Alumni Weekend Webcast**

You won’t want to miss our Weekend Webcast! There will be lots of testimonies, memories, music, college and academy presentations, etc. Join us in person in the chapel or online at [weimartv.com](http://weimartv.com).

- Friday Vespers: 6:30 PM
- Sabbath Services: 10:00 AM
- Sabbath Afternoon: 4:30 PM
Weimar Alumni Homecoming

This weekend is Weimar Alumni Homecoming for the College, Academy, and Staff. Our alumni will be traveling from all over the country to attend this event. Keep them in your prayers as they travel and keep an eye out for live broadcasts from the weekend.

Pasta Primavera

1. Boil and drain pasta according to package directions.
2. Steam vegetables in a small amount of salted water and set aside.
3. Combine your sauce (cream or cheese) with the cooked pasta and steamed vegetables.
4. Serve immediately.

Variation: Place the pasta in a casserole dish and sprinkle with seasoned bread crumbs. Then bake it in the oven at 350°F until topping browns. Serve.

Ready in about: 20 to 30 minutes
Makes: 6-8 servings
Quote of the Week: The Race

"Paul presents the contrast between the chaplet of fading laurel received by the victor in the foot races, and the crown of immortal glory that will be given to him who runs with triumph the Christian race. "They do it," he declares, "to obtain a corruptible crown; but we an incorruptible." To win a perishable prize, the Grecian runners spared themselves no toil or discipline. We are striving for a prize infinitely more valuable, even the crown of everlasting life. How much more careful should be our striving, how much more willing our sacrifice and self-denial!

In the epistle to the Hebrews is pointed out the single-hearted purpose that should characterize the Christian’s race for eternal life: “Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith.” Hebrews 12:1, 2.

Envy, malice, evil thinking, evilspeaking, covetousness—these are weights that the Christian must lay aside if he would run successfully the race for immortality. Every habit or practice that leads into sin and brings dishonor upon Christ must be put away, whatever the sacrifice. The blessing of heaven cannot attend any man in violating the eternal principles of right. One sin cherished is sufficient to work degradation of character and to mislead others."

- Acts of the Apostles 312.1
Health Summit

June 23-28, 2013

"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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*Medical services and therapies are available at an additional charge

Register online here! »
Pasta Primavera

Our take on a delicious Italian pasta. Primavera means 'spring' so traditionally, it would contain spring vegetables. However, use whatever veggies sound good to you. This recipe is sure to please.

Ingredients

- 2 cups or more lightly steamed vegetables such as broccoli, spinach, cauliflower, carrots, onions, red or green peppers, and fresh or canned mushrooms.

Note: The 2 cups measure is after cooking. This would be about 4 cups of raw vegetables.

- 1 recipe Cream Sauce or Simple Cheese Sauce
- 4 cups cooked whole-grain pasta (approximately 2 cups uncooked)

Tip: Use an interestingly shaped pasta such as curly vegetable pasta or shells, spirals, or bows.

Instructions

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4. Serve immediately.

Variation: Place the pasta in a casserole dish and sprinkle with seasoned bread crumbs. Then bake it in the oven at 350°F until topping browns.

Serve.

Ready in about: 20 to 30 minutes
Makes: 6-8 servings

Tags: Entrées  Italian  Michelle Irwin

Related Entries

- Basic Cream Sauce
- Raw Cheese Sauce