Dear Center For,

Weekend Webcast

The speaker for Friday night vespers will be Skip Dodson and his sermon title will be "Overcoming Obstacles". You won't want to miss it! Join us in person in the chapel or online at weimartv.com at 6:45 pm.
Weimar Institute Health Science Students Accepted to Loma Linda School of Medicine

Weimar, CA, April 22, 2013:

“Things have been buzzing at Weimar Institute,” says Dr. George Jackson, Chair of the Health Sciences Department. The first two Pre-Med students who have completed their 4-year Bachelor’s degree requirements have been accepted to the Loma Linda School of Medicine. Weimar College is currently preparing to celebrate the graduation of its first baccalaureate class since its closure and subsequent restart almost four years ago. The ‘new’ Weimar College opened with a fresh focus on pre-professional degrees, providing all the prerequisites needed for Medical School. According to Jackson, this endeavor was somewhat experimental, as we would only see the fruits of the new program when the first cohort of students approached the end of their four years.

It was the vision of Dr. Neil Nedley, President of Weimar Institute, to create a Pre-Med program that would incorporate practical lifestyle medicine, the necessary rigorous sciences, and evangelism into one program. To make this dream a reality, a team of professional scientists and medical and health professionals was assembled. As students learned the hard sciences, they were given opportunities to put theory into practice in community outreach, overseas mission trips, the on-campus NEWSTART® Lifestyle Center, and in the Depression Recovery program led by Dr. Neil Nedley. Many of our students have received valuable hands-on experience which normally is only available later in medical school clinical times, explains Jackson. Rather than just learning about AIDS in biology and genetics classes, students experienced firsthand the stark reality of living and dying with AIDS as they took time during a mission trip to shadow doctors in a regional hospital in Zimbabwe.

We look forward to a bright future in the practical and theoretical training of our pre-professional students here at Weimar College. One of our former students is currently undertaking a Physical Therapy degree at Andrews University, while two of our 1st-year
medical and dental students have also been accepted to Loma Linda.

Weimar Institute is a center of higher learning located in the foothills of the Sierra Nevadas in northern California. Weimar Institute grants 4-year bachelor degrees in Natural Sciences (Pre-med), Theology, Pastoral Studies, and Christian Education, with a focus on health, evangelism, manual labor, and a commitment to excellent academics. Weimar Institute is also the home of Weimar Academy, NEWSTART® Global, and the world famous NEWSTART® Lifestyle Program.

HEALTH Program changing lives!

Over the last 3 months, HEALTH students and Meadow Vista church members have shared the gift of health with the community and seen God work in amazing ways. On Monday evening we held our CHIP (Complete Health Improvement Program) graduation at Meadow Vista. Families and friends came to celebrate healthy living and support everyone who made positive lifestyle changes. We saw some exciting results! One participant saw their triglycerides drop 99 points, another saw their total cholesterol drop 80 points, and still another saw their LDL (unhealthy) cholesterol drop 72 points. One person's blood glucose dropped 16 points from the diabetic into the normal range! The class walked a combined total of 11,623 miles!

As the semester comes to an end, we are thrilled to graduate 16 students from our 4-month health evangelism program. We are accepting applications for the Fall semester. Please call 530.422.7911 or visit us online at newstartglobal.com/health for more information.
Student-Led Church Training

This Sabbath several College students will be hosting a health ministry training at a local Korean church. After seeing the success Weimar College students had during the San Francisco PAC last month, the church members became excited and asked Deborah, a Weimar College massage student who attends their church, to bring other students to train them to be a center of influence in their community. “This Sabbath we will be giving training in chair massage, hydrotherapy, NEWSTART singers, and other door to door ministry. We will be training all morning and sharing testimonies, then going into the community in the afternoon,” says Madeline, a pre-med student who is passionate about sharing practical tools for evangelism. Weimar College students are excited about increasing church interaction and training.

Academy in San Francisco

This weekend the academy choir and orchestra will be traveling to San Francisco, CA to participate in the worship services at the San Francisco Central SDA Church. They will be sharing testimonies and music from 9:15-9:45 am and then again as part of the 11:00 divine service. The academy will also be going out to the city square in the afternoon to sing and pass out GLOW tracts. If you are in the area, please come and join them.

Weimar Alumni Weekend Videos

The sermons and talks from alumni weekend are available to watch online now! Just click on the thumbnails below:
Black Bean & Guacamole Burritos

I love burritos. Not the big-as-your-head type but the simple, delicious, and wholesome type. It's a meal in a wrap--what's not to love?

1. Spread guacamole in the center of the tortilla. Place rice, beans, lettuce, onions, and tomatoes on top of the guacamole. Roll into a burrito and tuck in the ends.
2. Optional: Heat burrito on a grill or panini press.
3. Serve with remaining guacamole, or with salsa.

Quote of the Week

"Jesus is about to leave the mercy seat of the heavenly sanctuary, to put on garments of vengeance, and pour out His wrath in judgments upon those who have not responded to the light God has given them. 'Because sentence against an evil work is not executed
speedily, therefore the heart of the sons of men is fully set in them to do evil.' Ecclesiastes 8:11. Instead of being softened by the patience and long forbearance that the Lord has exercised toward them, those who fear not God and love not the truth, strengthen their hearts in their evil course. But there are limits even to the forbearance of God, and many are exceeding these boundaries. They have overrun the limits of grace, and therefore God must interfere and vindicate His honor."

- Christian Experience and Teaching 185.3
We love hearing from you! We hope you enjoy reading about what God is doing at Weimar. If you have a comment, story, or question, please email us at content@weimar.org.

Have a blessed Sabbath and a happy new week.

Weimar Media Team
Jesse Norris

You are receiving this email because you opted in at our website, www.weimar.org.

Unsubscribe from this list | Forward to a Friend | Update Your Profile | Newsletter Archive

Our mailing address is:
Weimar Center of Health and Education
PO Box 486
Weimar, CA 95736

Add us to your address book

Copyright © 2013 Weimar Center of Health and Education All rights reserved.
Black Bean & Guacamole Burritos

http://newstartclub.com/recipe/1392

I love burritos. Not the big-as-your-head type but the simple, delicious, and wholesome type. It's a meal in a wrap—what's not to love?

**Ingredients**

- 2 large whole grain tortillas
- 1/2 c. brown rice, cooked
- 1/2 can black beans
- Bag chopped lettuce, onion, and tomatoes
- 1 recipe guacamole

**Instructions**

1. Spread guacamole in the center of the tortilla. Place rice, beans, lettuce, onions, and tomatoes on top of the guacamole. Roll into a burrito and tuck in the ends.
2. Optional: Heat burrito on a grill or panini press.
3. Serve with remaining guacamole, or with salsa.

**Tags:** Entrées  Diabetic Friendly  Gluten Free  Nut Free  Oil Free  Soy Free  Mexican

Michelle Irwin, HHP

Michelle is an author, a passionate raw food chef and instructor, a licensed holistic health practitioner, a certified lymphologist, and a mother of two. Michelle is the cooking school instructor for the NEWSTART Lifestyle Program at the Weimar Institute. Michelle earned her Raw Food Chef and Instructor certification from the world famous Living Light Culinary Arts Institute, and a Bachelor of Science degree from the prestigious United States Military Academy at West Point, where she served in the military for 5 years.

View Recipes by Michelle Irwin

Related Recipes

Guacamole
Guacamole

http://newstartclub.com/recipe/223

Ingredients

- 2 large, ripe avocados (2 cups, mashed)
- 2 tsp. finely chopped onions
- 1 1/8 tsp. garlic powder, or to taste
- 1/2 tsp. salt
- 1 tbsp. fresh lemon juice
- 2 tbsp. finely chopped tomatoes

Instructions

1. Blend or mash avocados until smooth.
2. Stir in remaining ingredients.
3. Keep refrigerated in an airtight container. Use within 24 hours.

Yields: 2 cups or 8 servings.

NOTE: When storing in refrigerator, cover surface of guacamole with a thin layer of lemon juice to prevent browning. Pour off or stir in when ready to serve.

Tags: Spreads & Dips  Diabetic Friendly  Gluten Free  Nut Free  Oil Free  Soy Free  Wheat Free  Mexican  Sally Christensen

Related Recipes

Mexican Haystacks  Chili Haystack  Black Bean & Guacamole Burritos