Dear Center For,

Weekend Webcast

Please join us and the Spring 2013 Class of HEALTH for our graduation service this Friday, May 3, at 6:30 pm in the Weimar Chapel or online. Don Mackintosh will be giving the commencement address.

P.S. For those that have been asking about past Weimar Vespers we recently uploaded many of the newer ones.
Echo Hall Progress Report

The progress on Echo Hall is advancing rapidly and it is starting to look more like a finished building now! It looks like it may be ready for use as a temporary chapel in a month or so, and will eventually be used for the future nursing program here at Weimar College.

Click here to see a larger image!

College: Korean church project
Last week we told you about a group of college students who were planning to present Christ’s method of teaching, preaching, and healing to a local Korean church. Here is their follow up report.

This past Sabbath five Weimar College Students presented testimonies, a sermon, and a chair massage training to members of the local Korean church, inspiring the church members to join them in a small park in the center of Sacramento. Within minutes of being in the park, the students and church members were surrounded with people, excited and grateful for the healing touch of massage and the kind words of the team. Each church member began giving massages, using the techniques they had just learned. As they worked, their faces changed and they began beaming with joy as they saw how something so simple was impacting the community. Guests began opening up, sharing their burdens and being pointed to Jesus. The church members were amazed by the effects of Christ’s methods and are eager to keep working. What impressed Weimar students was how God blessed the team with unity; they are on fire to keep sharing.

**Meadow Vista Seminars and HEALTH Class**

Last Sabbath concluded two weekends of a 'Live Long, Live Strong' series at the Meadow Vista church. Dr. Neil Nedley shared scientific and Biblical studies explaining why a Sabbath rest is beneficial for our health. Several community guests accepted his challenge to observe the Sabbath for 7 consecutive weeks. To close the evening, everyone stood in a circle around the room, held hands, and sang Amazing Grace. Our students and church members alike had tears in their eyes as they saw the people they had been faithfully serving through these past four months smiling and singing praises to God.

We are in awe at how God has gently guided His children to Him through the willing hands of our students and are looking forward to seeing how He continues to use them in the future. Please join us and the Spring 2013 Class of HEALTH for our graduation service this Friday, May 3, at 6:30 pm in the Weimar Chapel or [online](#).

*Click on the link below to listen to powerful testimonies from CHIP program participants whose lives were changed as a result of the work of our HEALTH students and the Meadow Vista Church.*
Academy News

This weekend the Academy will be presenting special music during the divine service at the Christian Berdahl presentation for the Winning Souls for Christ weekend at Pine Hills Academy. They will also be attending the weekend's events as well, which includes Christian's testimony and seminars on music. On Sunday, the academy will begin their annual spring campout at Shasta Lake and will return late afternoon on Wednesday.
Strawberry Ice Cream

1. Let strawberries thaw if using frozen strawberries.
2. If using whole cashews, process them in a blender with the juice concentrate and enough of the coconut milk for it to blend until very smooth.
3. Combine remaining ingredients and blend until smooth.
4. If desired you may leave some of the strawberries in small chunks (you will probably need to blend in two batches).
5. Pour into ice cream maker and freeze as directed.

Quote of the Week

"So it is with the great majority of the best and noblest men of all ages. Read the history of Abraham, Jacob, and Joseph; of Moses, David, and Elisha. Study the lives of men of later times who have most worthily filled positions of trust and responsibility.

How many of these were reared in country homes. They knew little of luxury. They did not spend their youth in amusement. Many were forced to struggle with poverty and hardship. They early learned to work, and their active life in the open air gave vigor and elasticity to all their faculties. Forced to depend upon their own resources, they learned to combat difficulties and to surmount obstacles, and they gained courage and perseverance. They learned the lessons of self-reliance and self-control. Sheltered in a great degree from evil associations, they were satisfied with natural pleasures and wholesome companionships. They were simple in their tastes and temperate in their habits. They were governed by principle, and they grew up pure and strong and true. When called to their lifework, they brought to it physical and mental power, buoyancy of spirit, ability to plan and execute, and
steadfastness in resisting evil that made them a positive power for good in the world."

- AH 134.2}
Q: “What is the biggest health leap I can expect if I attend NEWSTART ProActive?”

A: The leap from here...

NEWSTART ProActive, the all new activity-rich 11-day NEWSTART powered health improvement program you've been waiting for! This revolutionary experience is designed for the health-conscious person who wants to lose weight, reach and sustain personal fitness goals, transform his or her diet, avoid or reverse disease or simply live a long healthy life. Just like our world renowned 18-day Classic program, ProActive is physician-monitored, based on scientific research, and established on principles proven to help achieve optimum health.

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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

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**Strawberry Ice Cream**

http://newstartclub.com/recipe/102

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**Ingredients**

- 6 c. frozen or fresh strawberries
- 1 1/2 oz. can raspberry-apple juice concentrate
- 1 can coconut milk
- 3/4 c. cashew-macadamia nut butter, or 1 1/2 c. cashews
- 1 pinch salt (opt.)
- 1/2 c. (or less) Agave or honey, to taste
- 1 tbsp. vanilla
- 1/2 tsp. strawberry flavoring (opt.)
- 3 tbsp. lecithin (opt.)

**Instructions**

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**Tags:** Desserts  Oil Free  Sally Christensen