Dear Center For,

No Vespers

There is no vespers this Friday night. Students will be meeting with their family groups.

Spring HEALTH Program

17 of our HEALTH students participated in a sacred graduation service Friday evening, May 3. Friends, family, and community guests joined to celebrate God's miracles working in and through the lives of our students. We are excited to see where God leads them next!
Apply today to join our Fall 2013 class! Visit newstartglobal.com/admissions or call 530.422.7911 and we will be happy to help you.

Here is our latest HEALTH program promo video. We hope you will enjoy watching it!

Academy in San Francisco

Sabbath, April 27 the academy choir and orchestra traveled to San Francisco to participate in the worship services at the San Francisco Central SDA Church. They shared testimonies and music as part of the divine service and then went to the city square in the afternoon to sing and participate in outreach. Here is a picture of the them singing in the square.
Student Outreach Turns to Inreach

In January a group of Weimar College students began recruiting students to join them for regular Sabbath outreach around Weimar Institute using door-to-door NEWSTART singers in old-time hymn singing. From the first day of outreach, the students have experienced divine appointments that have turned in receptive contacts. Every available weekend since then, Weimar students have participated in ministry, singing at doors with NEWSTART singers, giving out fresh bread, passing out health event invites, volunteering to feed the homeless, and hosting student-organized cooking classes. One of the active leaders, Adam, is excited about how God has led, “Students who would otherwise have been church-hopping are now excited about outreach and are regularly attending one church.” Adam sees the results of outreach as not only benefiting the community, but also benefiting the students who are becoming excited about outreach. He calls it, “inreach as a result of outreach.” College students see their burden for ministry as an earnest desire to stop at nothing to do everything that God has placed on their hearts and in their reach to further the gospel commission.

Convocation Speakers

The title of this years convocation is "The Choice".
If you or someone you know would like to achieve better health physically, emotionally, mentally or spiritually, than choose to come to this year's convocation.
Speakers include:

- **Louis Torres**, former guitarist of 'Bill Haley and the comets' will be leading the evening meetings with a strong evangelistic focus.
- **Brian McMahon**, an internationally known evangelist and Weimar graduate will anchor another practical series that will be evangelistic in flavor.
- **Dr. Chidi Ngwaba**, the UK's most high profile 'Lifestyle Doctor' will lead a special series of seminars that will boost the health of brain and body.
- **Christian Berdahl**, Vocalist and researcher will share about his love for music and how music can affect you.
- **Kids Program**: In this special program kids will experience a Brain Expo where they will learn how choices are actually made.

Ultimately it is our hope that each person who attends will make "The Choice" to fully surrender their life to Christ!

Come join us for a motivating convocation! It's a choice worth making!
Register online today at: Convocation or by calling (530) 422-7927.

**Convocation Health track added**

We have just added a health track powered by NEWSTART that will feature our NEWSTART physicians and Dr. Chidi Ngwaba.

Dr. Chidi Ngwaba will lead a special series of seminars that will boost the health of brain and body. You can find out more about him here: tedxkingscollegelondon.com/chidi-ngwaba

If you would like to be added to this track please go online and register now as space is limited. Medical testing and hydro/massage therapies can be added at an additional charge. Check out the details at the bottom of the Convocation Page.

**Slow-Roasted Garlic Mashed Potatoes**
Not all mashed potato recipes are created equal. The upper echelon of potato recipes are those that include garlic that's slow-roasted in olive oil until they're soft and fragrant. Even better than that is a creamy, slow-roasted garlic mashed potato recipe that's completely vegan. Yes, believe it.

1. To roast the garlic: Peel away the outer layers of the garlic bulb skin and cut off 1/4 - 1/2 inch of the top of the cloves, exposing the individual cloves of garlic. Rest the garlic on tinfoil, wrap it up, and stick it in the oven or broiler at 400F until garlic inside is soft—about 30 to 45 minutes.
2. While garlic roasts, clean and cut potatoes into large chunks (skins optional)
3. Put potatoes in boiling water and cook until soft enough to mash with a fork—about 10-15 minutes. Drain.
4. Take garlic out of its casing and add to the potatoes.
5. Add the broth, rosemary (optional) and olive oil and mash until the potatoes are to your preferred texture.
6. Sprinkle with paprika (optional) and serve warm.

Ready in about: 45 minutes
Serves: about 4

Quote of the Week

"God calls for workers, for ministers, for teachers, for canvassers, for medical missionaries, for men and women who will go into the field and live in harmony with the principles that Christ has laid down in his word. We are to love one another as Christ has loved us. If it becomes necessary, in order to act harmoniously with your brethren, that you make some sacrifice, you will receive a rich reward in making that sacrifice."

- Manuscript 150, 1905, 1-11.
WEIMAR INSTITUTE PRESENTS

The Choice
Choose You This Day
Weimar Convocation, June 4–8, 2013

Louis Torres | Christian Berdahl | Chidi Ngwaba | Brian McMahon

Ever wonder what would happen if you made a different choice? Does it really matter?

Challenge your thinking and learn how your choices affect you and those around you. Learn how the mind works and study the science behind the power of choice. Gain new perspective on the extreme choice Christ made for you.

Come join us for a motivating convocation!
It's a choice worth making!

NEWSTART Health track includes:
- Comprehensive Health Evaluation
- A special 6-Lecture series on the mind and choices
- Cooking Demonstrations
- Morning Exercise
- Optional Massage/Hydro Therapies

To register, call (800) 525-9192
or go online weimar.org/convocation
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.

To learn how you can change your life in just 11-days give us a call at 800-525-9192 or visit newstart.com

NEWSTART for Pastors!

This session only! Pair up to restore your pastor. Your pastor attends free when two or more members book. May 15 ProActive session only.

Advance purchase required, not valid for existing reservations. Limit one redemption per customer and not valid with any other discounts, promotions, or existing reservations. Discount cannot be applied towards taxes or medical fees.
Slow-Roasted Garlic Mashed Potatoes

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.

Not all mashed potato recipes are created equal. The upper echelon of potato recipes are those that include garlic that's slow-roasted in olive oil until they're soft and fragrant. Even better than that is a creamy, slow-roasted garlic mashed potato recipe that's completely vegan. Yes, believe it.

Ingredients

- 1 small head of garlic
- 6-8 large russet potatoes
- 3 tablespoons olive oil
- ¾ c. vegetable broth, heated
- salt to taste
- paprika, for garnish (optional)
- rosemary, chopped (optional)

Instructions

1. To roast the garlic: Peel away the outer layers of the garlic bulb skin and cut off ¼–½ inch of the top of the cloves, exposing the individual cloves of garlic like in this photo. Rest the garlic on tin foil, wrap it up, and stick it in the oven or broiler at 400F until garlic inside is soft—about 30 to 45 minutes.
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Tags: Entrées  Wheat Free  American  Michelle Irwin