Dear Center For,

Weekly Webcast Vespers

This Friday night vespers will feature testimonies from our Graduates and musical selections from the students. You do not want to miss it! Join us in person in the tent or view the webcast online at weimartv.com at 7:00 pm.

College Graduation

This weekend is College Graduation for Weimar Institute. Services will be held in the tent where there is ample seating. We have 12 graduates this year and there will no doubt, be a large number of family and friends of the graduates coming this weekend for the worship services and commencement ceremony.

Sabbath programs will be live streamed at WeimarTV.com.
10:00 am - Sabbath school will be a 'Study of the Word' by the College Graduates.
11:45 am - Church will be Don Mackintosh sharing 'Therefore'.
7:00 pm - College Graduation - Commencement by Dr. Neil Nedley

Antipasto Picnic Salad

1. Cut all vegetables into bite-size cubes and place in a large bowl. Gently mix everything together.
2. Toss diced avocado in lemon juice and pour over top of salad.

Variation: arrange in separate portions on a platter.

View Ingredients

Quote of the Week

"Students should go forth from our schools with educated efficiency, so that when thrown upon their own resources they will have knowledge which they can use and which is needful to success in life. Diligent study is essential, so also is diligent hard work. Play is not essential. Devotion of the physical powers to amusement is not most favorable to a well-balanced mind. If the time employed in physical exercise which step by step leads on to excess were used in working in Christ's lines, the blessing of God would rest upon the worker. The discipline for practical life that is gained by physical labor combined with mental taxation is sweetened by the reflection that it is qualifying mind and body better to perform the work that God designs men to do. The more perfectly the youth understand how to perform the duties of practical life, the greater will be their enjoyment day by day in being of use to others. The mind educated to enjoy useful labor becomes enlarged; through
training and discipline it is fitted for usefulness, for it has acquired the knowledge essential
to make its possessor a blessing to others."

- Counsels to Parents, Teachers, and Students 308.3
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
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
Not spam
Forget previous vote
Antipasto Picnic Salad

Ingredients

- 6 oz. can pitted black olives, drained
- 6 oz. jar green olives, drained
- 1 red pepper
- 1 yellow pepper
- 14 oz. can water-packed artichoke hearts, drained
- 1 can hearts of palm, drained
- 1 small red onion, sliced and cut in quarters
- 1/4 c. sliced fresh basil
- 1 c. cooked green beans
- 1/2 lb. extra firm tofu, cubed
- 1 avocado
- 1/4 c. lemon juice

Instructions

1. Cut all vegetables into bite-size cubes and place in a large bowl. Gently mix everything together.
2. Toss diced avocado in lemon juice and pour over top of salad.

Variation: arrange in separate portions on a platter.

Tags: Salads  Gluten Free  Nut Free  Oil Free  Wheat Free  Italian  Sally Christensen

Sally Christensen, BS

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.