Dear Center For,

HEALTH Summit & Alumni Week

The HEALTH Summit has been going well this week with a group of almost 60 attendees showing up and greatly appreciating all the meetings and valuable information. Here's a few details about the week so far!

- Theme: "Let food be thy medicine and medicine be thy food"
- Total residential guest - 57 (so many that the meals were moved to the larger cafeteria in order to accommodate the larger audience)
- Total Day Pass guest - 8
- 2 Cooking seminars
- 14 Delicious plant based meals
- Hundreds of miles walked
Dear friends,

This is my last issue working with the Weimar Weekly and Weimar Media for this year. It has been a joy and a learning experience to work with these newsletters for you. I hope you have enjoyed the enlightening info about what's happening at Weimar and it has been a great privilege bringing the news to you! I have appreciated your comments and encouragement back. I will be heading on to do some colporteur work this summer and possibly going overseas to do Media Missionary work in the fall or near future. I pray that God will continue to guide and bless each of you! Stay faithful!

Sincerely,
Jesse Norris

P.S. I would love to hear from you! Unfortunately, I may not have enough time to answer you back as I am really busy through the summer, but I will try. You can also find me on Facebook by searching with my email below if you wish.

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HEALTH update from San Francisco

Daniel Baquero, a Winter 2013 graduate, shares about his recent mission trip to San Benito, Guatemala where he was able to use his HEALTH training. “We started with a health expo, over 80 people came through all the 8 stations and we got about 30 Bible study interests. We gave health lectures, health consultations, and massages. Over a hundred people came to the cooking class we held, none of whom had ever cooked brown rice before. It was a blessing to mingle with the people, hear their health, emotional and spiritual issues and concerns, pray with them individually and seek God’s guidance together, ask questions to understand their issues and lifestyle habits and recommend and encourage them to make the changes and do the natural remedies.

There were many common cases of hypertension, gastritis and other GI issues, UTI and kidney issues. Many of the health problems were related to a common practice of frying foods (about 60% of the diet) and not much water consumption. They average 5 glasses per person, but this being such a humid place we realized that to be on the healthy side at least 12-16 glasses were needed daily. It was such a blessing to be able to help, to share the things we’ve learned and also have such an openness and response from the people.”

Do you want to learn how to share Biblical health principles with your community and local church? Do you want to know how to effectively connect the health message with the gospel? Come to HEALTH! Space is limited for the Fall 2013 class, so apply online today!
Santa Fe Burritos

These burritos are a tasty and filling entree. The whole wheat tortillas are kept soft and moist by the cheese sauce when they are heated. The flavors compliment each other wonderfully.

1. Lightly coat baking dish (about 9" x 13") with cooking spray or oil.
2. Cover the bottom with half the tomato sauce and one can of mashed Mexican stewed tomatoes.
3. Thinly spread entire surface of each tortilla with mashed beans and roll up.
4. Nestle each rolled tortilla into the tomato sauce in the casserole dish, one layer deep.
5. Spread Simple Cheese Sauce over the burritos—then spread the other can of tomato sauce and Mexican stewed tomatoes over the top, using a spoon or rubber spatula to let some of the Cheese Sauce show through the tomatoes.
6. Garnish with fresh cilantro leaves and sliced black olives if desired.
7. Bake at 350°F for 30 minutes and serve.

Tip: I like to cut them in half if they are a large flour tortilla—easier to serve!

Ready in about: 45 minutes

Makes: 6-8 servings

Quote of the Week

"My brethren and sisters who are under appointment as missionaries, I greatly desire that your hearts shall be filled with Christlike pity, love, compassion. As I bid you farewell and return to my home, do not think that I shall soon forget you."
We will offer our petitions to God in your behalf, pleading with him to open the way before you. He will hear our prayers; he has promised to hear us. And he is just as ready to answer your prayers for strength and wisdom to do your work. He has said that he is more willing to give the Holy Spirit to them that ask him than parents are to give good gifts to their children. Wherever you go, pray to him in the morning, at noon, and at night. Pray in faith, without wavering."

- RH November 11, 1902, par. 9

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
These burritos are a tasty and filling entree. The whole wheat tortillas are kept soft and moist by the cheese sauce when they are heated. The flavors compliment each other wonderfully.

**Ingredients**

- 8-10 large whole wheat flour tortillas (for gluten free, use corn tortillas)
- 8-oz. can tomato sauce
- 2, 14-oz. cans Mexican stewed tomatoes, blend briefly or mash
- 2 c. pinto or black beans, cooked and mashed (or canned vegetarian no-oil, refried beans)
- 2 c. Simple Cheese Sauce

**Instructions**

1. Lightly coat baking dish (about 9” x 13”) with cooking spray or oil.
2. Cover the bottom with half the tomato sauce and one can of mashed Mexican stewed tomatoes.
3. Thinly spread entire surface of each tortilla with mashed beans and roll up.
4. Nestle each rolled tortilla into the tomato sauce in the casserole dish, one layer deep.
   
   **Tip:** I like to cut them in half if they are a large flour tortilla—easier to serve!
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