



WELCOME TO OUR KITCHEN!
Today: Mozzarella

OUR GUESTS
Miracle of a smile

NEXT PROJECTS
COOKING SCHOOL
& Camp meeting

CENTER FOR HEALTH

BANYA, BULGARIA



Dear friends,

It has been long time since our last newsletter. During this time we had a lot of great experiences. God is leading so wonderfully in all the challenges of our mission. At the moment we can offer to our guests different treatments: massage, Russian steam bath, Finnish sauna, jacuzzi, and others hydrotherapy treatments, paraffin. All the equipment was achieved little by little but during this time we continue to work on the official papers to be able to freely work for Bulgarian nation. In Bulgaria is a long chain of official documents and many committees to pass till the

Special gratitude to Valérie Dufour, for his help and cooperation in receiving the copy rights for NEW START program in Bulgarian Lifestyle Center for Health !

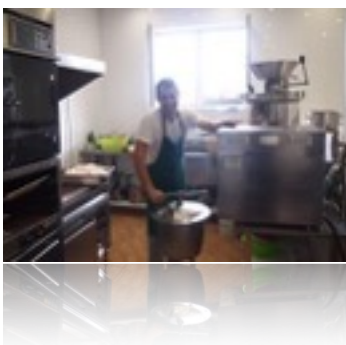
final decision. And in October the final decision was positive. Also on October, 30th the county office approved our request for additional amount of mineral water. This will supply our needs for treatments and for the heating system and in the same time this water will be used for our green house.

Another desire and our prayer was for a doctor that will know the NEW START program, live it in the daily life and be familiar with God’s natural remedies. God took care of our need and since September our pray was answered! We are thankful to the Lord and to Dr.Yordanov for accepting the challenge of our mission.

Many other miracles we could share with you but let us underline the main: all these have one main goal - to help our guests feel “home” and closer to God, to refresh their physical and spiritual strength.

New programs and projects

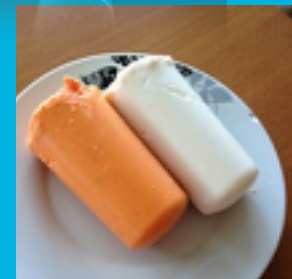
- **Cooking school** - November, 2-12 - Lifestyle Center together with LIGHT team Bulgaria organized a special program for all those interested in a healthier cooking skills. The program includes classes like: Food and morality, Nutrition, Diets for different diseases, Remedies from my kitchen, Food arrangements. Every day the participants have practical classes in our kitchen next to our experienced cooks. Every day is unique and full of new experiences.
- **Winter camp meeting** - December, 25 - January 3 - with the motto “More than a conqueror”. Every guest will enjoy spiritual and health topics and practical workshops in the afternoon. We guarantee your good mood and the most tasty food!!!
- **10 days New Start guest’s program** - if you want to enjoy 10 days of rest and professional treatments you are always welcome. For more details about the schedule of guests stay please visit our web page novstart.org



• **Green house** for bioproducts so we can provide good, healthy products from our own garden.

• **Selling healthy products all over Bulgaria:** tofu, bread, grains, soy milk machines and other

Welcome to our kitchen!!! Vegetarian Mozzarella



- 1/2 c cashew
- 1/2 c almonds
- 2 c water
- 1 Tbsp salt
- 5 Tbsp lemon juice
- 2 Tbsp agar agar +
- 1 cup of water

Blend first 5 ingredients for 10 min, add agar - agar with water and boil for another 2 minutes. Pour into cups . After cooling to solidify.

Cut and topped with tomatoes and basil.



Special gratitude for all those who helped us in achieving a minivan, an ironing table, equipment for Russian steam bath, furniture for all the rooms. May God bless you, dear friends!!!



Our needs: we pray and look for

- 10,000 euro for the green house
- convectors for heating with mineral water - 4,200 euro
- sport training equipment - 9000 euro
- refrigerated storage room - 3500 euro



Our contacts

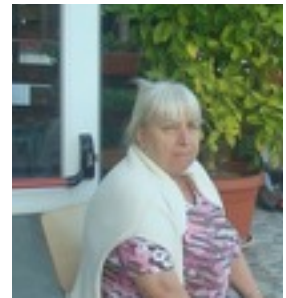
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Keys for closed doors

My name is Atanas. The last few years I serve God as a colporteur. in Hascovo, Bulgaria The story I will share with you is about a lady with whom God worked in an interesting way. One day knocking on different doors I knocked at her door also. I remember the way she rejected even to look at the books. She closed indifferently the door. What happened after? She found out about our new Lifestyle Center for Health, from her friend in Italy, where she is working during the last 20 years. So she decided to treat her knees and other health problems she has complains about.



During those 10 days she made friends with almost everyone there and specially with Radka, a colporteur that is part of the LIGHT medical missionary training there. So Radka called me and asked me if I could help her with some renovation work in her apartment, because the team that helped the lady before left the worked unfinished. So I offered my help (having some experience in my past with renovations) and she happily accepted. From the first day as I started to work in her apartment, she told me about the spiritual and health books that people from Lifestyle Center gave her and I was amazed because I remember that she did not want even to look at me and the books I offered when we met first time.

During those 10 days at the Lifestyle Center she found out so many truths about spirituality and health that we could talk like brother and sister in Christ - this was the first surprise for me! She told me she learned to cook vegetarian food, how properly to choose the food and the importance of water for our health and many other ideas to improve her health. During the 4 days of my work at her place, we could talk a lot about faith and health.

The second thing that surprised me was that every time I asked her about the treatments she received there she always would tell me about the way the lifestyle team met her first day, how they walked with her, the talks they had, how carefully they took care of all her needs, and she even remembered the name of everyone.

When God decides to work in someone's life the closed doors are not a problem for Him. Now she is back to her work place in Italy and there she has some Adventist friends. Let God work with the sown seed.

