

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL.2 NO.4 JULY/AUGUST, 1978

College Opening Set For September 25

Weimar Institute is abuzz with preparation for the opening of Weimar College September 25. This will be the third of four projected phases of the Institute to make a beginning. Already hundreds of men and women have enjoyed the blessings of a Weimar Retreat. May marked the commencement of the Health Conditioning Program, and with the opening of the College in September all but the Retirement Center will be under way.

Established on the integration of practical life with quality academic pursuits, the development of Weimar College promises to be an exciting alternative in higher Christian education. Each quarter students will undertake an active work education program along with their regular academic studies. This has sometimes been referred to as the WSW (Work-Study Witness) program, with the inclusion of community outreach.

Programs specifically designed by a Director of Work Education will allow students an opportunity to work in areas such as agricultural science, construction, electrical technology, food preparation management, health education, motor mechanics, plumbing, secretarial management, etc. By participating in this total learning program students will thereby contribute to the development of the Institution. All students will receive two credit hours for work education per quarter.

As mentioned above, students will be actively engaged in an outreach/community service ministry. Therefore, many of the courses that are often largely theoretical in nature will be related to actual community help and Christian outreach. It is hoped that no four-year student of Weimar College will leave without the joy of leading someone to Christ.

In general, new students will have the opportunity of witnessing in the smaller towns within close range of Weimar, but the main outreach will be to Sacramento where experienced and mature students will have the privilege through the avenues

of direct ministry, education and health, to open new doors whereby the gospel of Jesus might be proclaimed. The outreach ministry will similarly provide two hours of academic credit per quarter.

The direct study program will supply the remaining 12 hours of credit each quarter. In looking for quality in academic programs it has been decided to unify the number of hours each course will generate. All courses will provide four quarter hours. This means that three academic subjects will be undertaken each quarter, making a total of 12 quarter hours.

Frequently, student in colleges and universities take 5 and 6 different subjects per quarter. Consequently they have great difficulty in organizing their programs and obtaining in-depth understanding of their disciplines. Limited to three courses each quarter, each student will have opportunity for thorough preparation. Every effort will be made to eliminate busy work. All that is undertaken in and out of the classroom must be productive to the personal growth and development of each student consistent with the service goals of Weimar College.

In an effort to reduce the cost of education, all freshmen students, regardless of their intended major, will participate in an identical first year program balanced with Bible, the study of education, English, science and humanity courses. Likewise, during the second year, students will with few exceptions undertake a common curriculum. Major specializations will come within the third and fourth years of each program. This will allow a student to leave open a final decision as to where God is leading him until the end of the lower biennium. All courses in the curriculum will be Bible-centered and service-orientated.

Weimar College plans to offer majors in Metropolitan Ministries, in Health Science, in Elementary and Secondary Education, as well as strong programs for pre-professional students.



HCC Medical Staff and Conditioning Guests for May 8 session gather for group portrait.

The First Time Around

Report on the "pioneer patients" of Weimar's initial Conditioning Program

It always takes a little courage to be "first" in untried circumstances. And most certainly there was no shortage of courage among the very first group of patients in the Weimar Health Conditioning Program May 8. Pioneers, in the finest sense of the word, these seven HCC guests and spouses brought with them a unique blend of openness and determination. With problems ranging from overweight and hypertension to recovery from coronary by-pass surgery, they embraced the program wholeheartedly and with good results.

"It's probably the greatest experience I've ever had in my life, with the exception of very personal ones with my family.

"This program has changed my entire way of life in the future, physically and spiritually."

It's changed my entire way of life in the future, physically and spiritually," remarked Ed Maloney. Referred to Weimar by physicians at the St. Helena Hospital in California,

Maloney began the program two weeks and two days after a four vein by-pass surgery. By the time he was two weeks into the HCC program he was walking up to eight miles a day.

A change in life-style — that's what it's all about. And the process can not only be tremendously beneficial, it can be fun, as this group of spunky patients proved.

Coming from Carson City NV Glen Weston summed it up like this, "You get out of the program what you put into it." He, like the others, put his whole heart into it, losing 31 pounds and gaining a considerable drop in blood pressure. By the end of his stay, Glen thought nothing of walking 21 miles in a single day, taking particular delight in the abundant wild life found on the Weimar property. So complete was his involvement with the total concepts of the Institute that Weston applied and has been accepted for a regular staff position. Returning in the first week of July, he will take up his post in Security and landscaping.

Probably the most dramatic incidence during the May session involved conditioning guest William Barclay. Not able to walk around the block

when he first arrived, and in near constant pain from frequent angina attacks, Barclay received his meals in his room. For two weeks, improvement remained elusive. Medication seemed indeed to be the only relief afforded him, as he had been told repeatedly by physicians after a serious coronary by-pass surgery. Scheduled for yet a second operation, Barclay, at the gentle insistence of his wife, opted for a one month stay at Weimar's Health Conditioning Center.

After 14 days it began to happen. The angina pains ceased. Barclay was able to terminate medication. His joy increased daily. And he walked — nearly eight miles in one day by the time the session came to a close. Later, asked to highlight one aspect of his stay, he remarked, "the thing that impressed me the most was the constancy of the program, and the emphasis on the spiritual."

His wife, accompanying him throughout the session, and especially appreciative of the physicians lectures, added, "I feel like we are going home to a new life. Every morning I get up I thank the Lord we've been here!"

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The First Time Around

Continued from Page 1

Spouse attendance is encouraged in the HCC program. Vital to the guest after they leave the Center, spouse training and encouragement can make the difference between lasting success and eventual setbacks. Lectures dealing with practical application of medical knowledge are part of the package, along with classes in nutrition, food preparation and breadmaking, as well as sunlight therapy, exercise routines graded to individual conditions and other details needed to insure the guest optimum gains in health in his own sphere.

One spouse, Bill Dawson, soon became a patient himself along with his wife Ethel. During the initial testing, it was found that he was suffering from atherosclerosis. His wife, facing a possible by-pass surgery, had learned about Weimar from friends in Stockton CA and had decided to give the program a try, hoping to avoid the surgery. Together they entered the May session.



Clifford and Hazel Putz visit with Bill and Ethel Dawson.

Young in spirit, 75 year-old Dawson and his wife brought an obvious verve for life with them. Gallantly taking Ethel by the elbows, Bill literally pushed her up the hill to the cafeteria during their first days at Weimar, for she could barely make it by herself. As the days slipped into weeks, improvement came. Deciding to stay for the June session, Ethel Dawson has since im-

proved even more. Her husband says, "We both feel very much benefited. I don't know of anything in the past that comes any where near the benefits that we've derived in such a short period of time. And such fundamental changes!"

Though it is far too premature to make any official prognosis, good results were obtained in most cases regarding drops in blood cholesterol and triglycerides, and in weight loss.

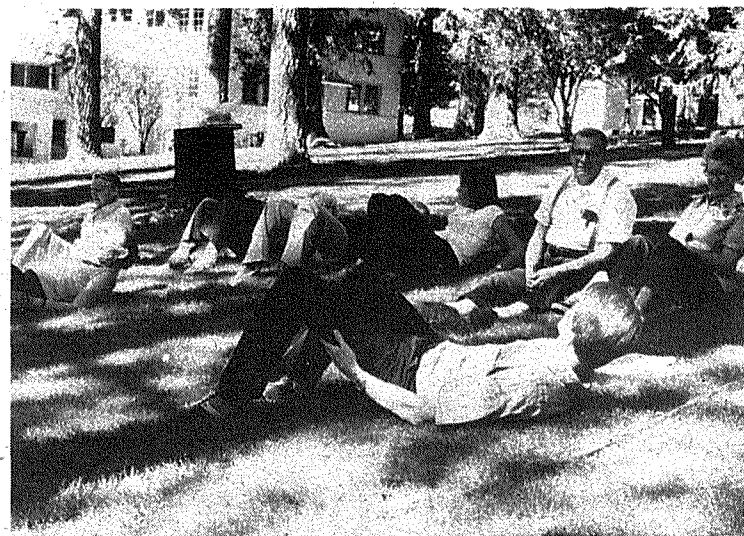
Certainly one tangible gain all the first patients incurred was the friendships formed during the May session. A beautiful camaraderie existed between them all. Always ready to cheer in potential lags of spirit, Mary Ross was no exception. Coming from Walla Walla WA, Mary heard of the HCC program from friends. Afflicted with rheumatoid arthritis, she determined to become a patient of Dr. Kime's.

Traveling from Pendleton OR to Auburn CA every few weeks for an appointment, Mary began to incorporate into her life the essentials of the yet-to-begin Health Conditioning Program. With marked improvement Mary chose to place herself in the total environment of the program at Weimar for the May session to make sure she had been following the methods accurately. Her lively spirit of humor spoke for itself of the favorable results.

Perhaps Clifford Putz and his wife Hazel found one of the greatest advantages of Weimar's program, over similar programs, in the ministry of the medical staff spiritually. Drs. Kime and Chen consider it an essential part of therapy to point their patients to the Source of all healing. Prayer forms an integral part of each day. And, naturally, the bonds between nurses, therapists, and conditioning guests are close, providing the atmosphere of trust and frankness so necessary. It is the foundation for the new life encouraged for all of the patients who come to Weimar Institute.

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Byron Reynolds, physical therapist, leads out in exercise time for Guests in the June HCC session.

A MIRACLE

*T'was in the balmy month of May
I met a couple named Barclay.
Said I, You must have come to Weimar for a rest.
"Nay, lad," said he, "t'was for my chest."*

*"The heart surgeons with me have had their day;
But now 'We're sorry,' is all they can say.
When I asked them, How about the pains in my chest-
Do you have a suggestion?
They answered, For that, Barclay,
You'll need an injection."*

*Said I, At Weimar our emphasis is to use
The natural remedies, to trust the Lord,
Rather than rely on medication
And the surgical sword.*

*Shortly no longer to his room injections
And his food tray did we have to send
For now down around the Manzanita trail
Barclay can wend!*

*I praise the Lord
For this miracle He has wrought,
A deeper trust in God's natural remedies
To each of us it has taught.*

George D. Chen, MD
Attending Physician
Weimar Institute HCC

verses to his fellow conditioning guests, entitled "Good Morning In Weimar." Soon the poem became known to all the Weimar staff.

The staff Elementary school children, under the direction of Terry Winn, had been lending a helping hand to the HCC patients each week by going to the temporary Conditioning residence and changing the guests' sheets, sweeping their rooms, and leaving bouquets of flowers and happy notes of encouragement. A musical program had been planned by the children for the guests on a Wednesday night, at which time it was decided to answer Barclay's poem. It came in the form of "Good Evening In Weimar."

Simultaneously, Dr. George Chen, attending physician, caught the spirit of the day and wrote, "A Miracle," which he recited during the HCC "graduation" night ceremony June 1. There guests and medical staff gathered for a final farewell supper. Certificates of completion were presented by Drs. Kime and Chen, and by Weimar Institute President Robert Fillman,

along with gifts of inspirational books. Musical entertainment was provided by staff members Sherry Lee, Eriann Crawford, and Deena Haynes. Their song was written by nurse Eriann especially



Sherry, Eriann, and Deena sing for Farewell supper.

for the occasion. A real sense of unity prevailed, and the evening ended with the feeling of friendships deepened.

The whole staff of Weimar was sorry to see the HCC pioneer patients leave, but it marked the beginning of a ministry that had long been envisioned. With each new session will come the unique opportunity of caring, and of sharing the promise of abundant life offered to all, now and eternally, through our Master and Savior, Jesus Christ. W



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Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called. (2 Tim. 1:9, Eph. 2:8-10)

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Robert L. Fillman President
Dick Winn Chaplain
Richard Fredericks . Communications
& Development

HEALTH CONDITIONING CENTER

Zane Kime, MD Medical Director
George Chen, MD . Medical Personnel
Director

WEIMAR COLLEGE

Colin Standish, PhD Dean of the
College
Willard Werth Director of Work
Education

RETREAT MINISTRY

Dick Winn Director

Weimar Institute is a non-profit organization. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts.

OFFICE HOURS

Monday through Thursday: 8:00 AM.- 5:00 PM
Friday 8:00 AM.- 4:00 PM.
Sabbath: Closed.
Sunday: Not usually open, but try us — we might both be surprised!
Telephones: business line: 916-637-4111. Emergency calls after business hours: 916-637-4186. (This is a private line; use only for urgent calls.)
Visiting: A casual walk-through of the campus — most any time you want.

A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

Please note: We do not conduct Sabbath Services at Weimar. And on retreat weekends, we reserve the meetings and the dining lodge for registered retreat guests only. We know you will understand our request that you schedule your weekend visits for non-retreat weekends.

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Pat Payne Editor
Sandy Arct Assistant Editor
Elfred Lee Art Director

"I feel like we are going home to a new life . . .
I thank the Lord we've been here!"



Dr. George Chen presents an inspirational book to Mr. and Mrs. William Barclay during the Farewell supper.

GOOD MORNING IN WEIMAR

Good morning dear friends out here in Weimar,
I'm glad I'm here and I hope you are.
I'd give you some jelly to enjoy with your meal,
But these people here would think I'm a heel.
Just enjoy your nutrition this morning,
Take everything they give you as a timely warning,
and if you go back home and don't change your ways
You'll be back here before many days.
And if you're not back before many days,
The undertaker will get you and put you in the grave.
Good morning my friends out here in Weimar,
I'd give you some jelly in a nice big jar.
But I'm afraid that won't do, for we're here for our health,
And our health today is far better than wealth.
So let's eat what we have, let's enjoy what we get,
And praise the good Lord we're not dead yet!

William L. Barclay
Pioneer patient, May 1978
Weimar Institute



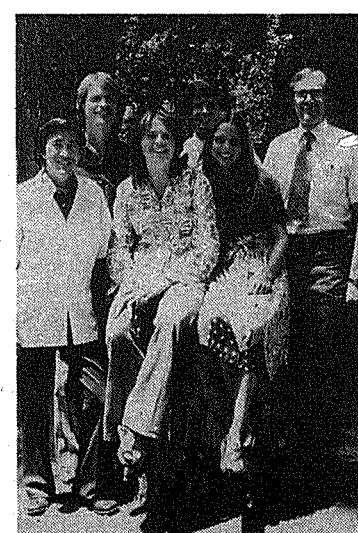
Dr. Zane Kime congratulates Bill and Ethel Dawson on their completion of the May session.

GOOD EVENING IN WEIMAR*

(*the children's answer to Good Morning In Weimar)

Good evening dear patients out here in Weimar,
We're so glad you're here, oh yes that we are!
You don't need some jelly to eat with your meal,
You're already sweet - we mean it for real.
We like writing you cards and sweeping your floor;
We'd be all the happier if we could do more.
We think it's great fun to come change your sheets
And leave in your rooms bouquets full of "sweets".
As far as that goes we hope you come back,
Not as patients, but friends - we'll help you unpack!
Good evening dear patients out here in Weimar,
You've thrown away jelly, but look at those stars:
God's Promise is written out there in the sky -
A Saviour, and heaven, where no one shall die!
That's where we're all going, He's shown us the way.
Just come along with us - HOME's not far away!

Pat Payne
for the Weimar SDA Elementary School.
May 1978



HCC Medical Staff, from left to right: Dr. Chen, Byron Reynolds, Eriann Crawford, Dick Winn, Sallie vanDeusen, and Robert Fillman.



Glen Weston finds useful labor a pleasant way to fill exercise needs.



Glen Weston receives Certificate of Completion from Weimar Institute President Robert Fillman.



Nurse Eriann Crawford takes June HCC session guest Don Dixon's blood pressure.

Philosophy Of Weimar

Enough is said about sacrifice to fill volumes. Children have been made to grow wide eyed, and not a little intimidated over their dinner plates as well meaning grown-ups recount the hardships and deprivation met by missionaries in foreign lands. And it is all related in the name of sacrifice.

Sacrifice has become synonymous with "giving up," "going without," and even "suffering nobly" for the cause of God.

We at Weimar believe in sacrifice. But we also believe in the abundant life. For sacrifice is nothing more than an exchange of man's priorities for God's benefits. It is His intention to fill our outstretched cups so full, in every way that we can handle it, that the only option open will be for us to share the overflow with others.

We need to see sacrifice from God's point of view, for "we see through a glass darkly..." (1 Cor. 13:12). But, God sees through a rainbow! (Gen. 9:16, Jer. 32:40)

As Paul once wrote,
"We are asking God that you may see things, as it were, from His point of view by being given spiritual insight and understanding. We also pray that your outward lives, which men see, may bring credit to your Master's name, and that you may bring joy to His heart by bearing genuine Christian fruit, and that your knowledge

of God may yet grow deeper."
Colossians 1:9,10 (Phillips)

One of Weimar's staff children recently asked, puzzlement flickering across her face, "Are you sure we're poor?" It was an unrehearsed testimony that God's benefits MORE than adequately extend to all our needs. It even includes those things we would think sacrifice meant doing without. God's point of view of necessity embraces not only bread and water, but bird and flower, color and music, and, in His wisdom, attractive and comfortable dwellings. But, having made "the exchange," there will be no dependence upon material things. The true sen-

timents of the heart will be, "The Lord giveth and the Lord taketh away. Blessed be the name of the Lord!" It no longer matters whether He leads you to live in a cave or in a castle. For you will have learned that God provides the grace for you to do either one.

It is the highest privilege, the most reasonable posture, to enter into covenant relationship with the King of the Universe. Sacrifice brings the soul into the most intimate of relationships with Him, for it is a loud proclamation of total dependence upon a good and gracious Sovereign. The net result is that His glory can be spread abroad with unmatched effectiveness.

CORRECTION

One of the learning experiences available to our readers is trying their hand at cooking "the Weimar Way." Recipes appear in each issue to help and encourage those who truly wish to make the transition from complicated and often unhealthful menus to a more simple way of eating. Some seem a little at a loss as to how to cook the oilless diet. Inadvertently, we demonstrated a very practical principle in the May-June issue of the Bulletin. We made an error in our copy by including the instructions "Place in greased pans..." in our recipe for whole wheat bread. By simply omitting this phrase, the recipe stands corrected.

Often when a recipe calls for oil it can be omitted with only marginal (if any) perceptible difference. Some recipes are actually improved in texture and lightness. The once unnoticed taste of oil becomes an undesirable attribute of food in the same way sugar is to a person who has at last learned to appreciate the natural sweetness of God's simple fare.

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Continued from Page 1

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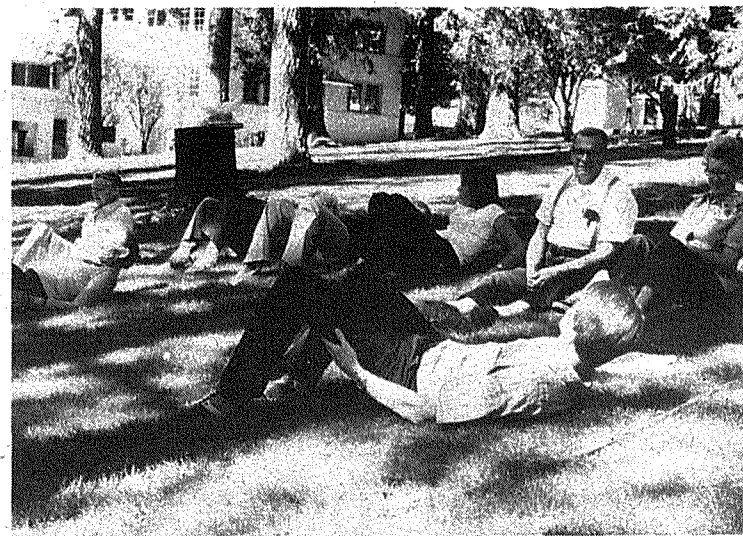
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Fats And Cholesterol

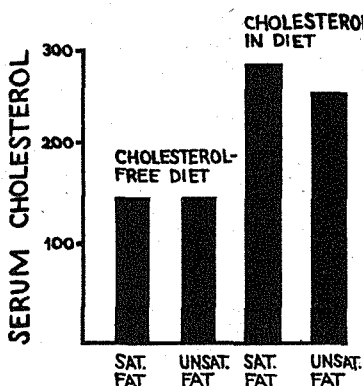
What are the *real* issues?

by Zane Kime, MD

Cholesterol and fats relate to one another and together affect physical changes within the body. For instance, cholesterol eaten without fat is not absorbed. 1,2 Cholesterol without fat cannot be found in natural foods. The cholesterol in the egg is accompanied by both saturated and unsaturated fats. The same is true in milk and its products, and, of course, in meat.

The relationship between cholesterol and fats has not always been understood. At one time researchers, thinking cholesterol to be the sole culprit of atherosclerosis, tried to produce atherosclerotic changes in experimental animals with pure crystalline cholesterol without fat. They found they could not elevate the serum cholesterol of the animals or produce atherosclerotic changes. The animals were simply not absorbing it. When fat, any type — saturated or unsaturated — was added to the diet, the cholesterol fed was absorbed.

Another way cholesterol and fat relate to one another is in the corresponding fact that fat eaten without cholesterol does not alter the serum cholesterol. 3,4,5,6



The preceding chart demonstrates the fact that on a cholesterol free diet, fat, whether saturated or unsaturated, will not by itself raise the serum cholesterol. But notice on a diet that includes cholesterol with the saturated or unsaturated fat, that the blood cholesterol is markedly elevated.

Saturated fat elevates the cholesterol in the blood a little higher than does the unsaturated fat. 3. It is this small difference between the blood cholesterol of a saturated fat type diet and an unsaturated fat diet that has created all the research seeking to find a benefit in the use of polyunsaturated fat in the diet. After years of research, the subject is still in contention in the literature. That there is still disagreement as to any benefit in substituting unsaturated fat for saturated fat was brought out at a 1970 meeting of the American Heart Association. 7 The National Heart and Lung Institute admits that "any relationship between diet (insofar as saturated vs. unsaturated fats are concerned) and heart disease is strictly 'intuitive' and based only on personal impressions and fragmentary conclusions rather than scientific proof." 8 The Food and Drug Administration has gone on record as saying that "it is a violation of the law to make any claim that polyunsaturated fats can prevent or treat heart disease." 9,10

Dr. E. H. Ahrens, one of the originators of the hypothesis that polyunsaturated fats can prevent heart disease, wrote in 1969 and restated in a recent congressional testimony, "It is not proven that dietary modification can prevent arteriosclerotic heart disease in man." 11 In making this statement he is making it plain that all of the studies done with polyunsaturated fats have not proven his hypothesis.

Surprisingly the very studies done to try to demonstrate the benefits of polyunsaturated fats have instead raised some concern as to its possible detrimental effects. It is now suspected of contributing to such adverse conditions as gallstone formation, 12 some types of cancer, 13,14,15,16,17 accelerated aging, 18 vitamin B-12 deficiency, 19 increases in serum uric acid, 20 inhibition of circulation, 21 and suppression of the immune system. 22,23,24. At this point in our understanding of fats, it's precariously dangerous to recommend the free or liberal use of polyunsaturated fat in the diet.

The assertion that polyunsaturated fats can be used

safely in liberal quantities and that they will reverse atherosclerosis is unfounded in everyday life. Most Americans consume cholesterol as a part of their diets. Only the very small percentage of people who are strict vegetarians and avoid all animal products can be said to be eliminating cholesterol from their diet.

In an often quoted monkey study 25,26 some fail to mention the fact that the monkeys were given a cholesterol-free diet in order to reverse their atherosclerosis. As explained earlier, when cholesterol is removed from the diet the serum cholesterol will drop to the same level regardless of the type of saturated or unsaturated, in the diet. Therefore, a cholesterol-free diet cannot be used to prove the benefits of one type of fat over the other.

Cholesterol with saturated fat can be given to monkeys to produce atherosclerosis. With the same amount of cholesterol in the diet, polyunsaturated fat can be substituted for saturated fat and severe atherosclerosis will still occur, and with some kinds of polyunsaturated fats, will be even worse than with saturated fat. 27 Therefore, it is misleading to tell a group of people that use cholesterol in their diets that polyunsaturated oil will reverse atherosclerosis. This has never been shown in the scientific literature.

The other fact one should keep in mind is the distinctive physiological difference between man and monkeys in regard to cholesterol absorption. Monkeys are much more resistant to the absorption of cholesterol than man. In order to produce atherosclerosis in them, large quantities of cholesterol must be given plus saturated or unsaturated fat, and a very high blood cholesterol level of around 700 mg. must be maintained for a number of months. When the cholesterol is removed as it was in the monkey studies cited, the cholesterol drops to a normal level of around 140mg-100ml, regardless of the type of fat, saturated or unsaturated. Most certainly when the cholesterol is removed from the diet and the serum cholesterol drops from 700 to 140, regression of

atherosclerosis is going to be obtained.

In humans the situation is different as small amounts of dietary cholesterol are absorbed in the presence of any fat, saturated or unsaturated. 28. Humans develop atherosclerosis at much lower serum cholesterol levels. I have personally seen patients with severe atherosclerosis that have cholesterol levels of 170-180mg-100ml.

Also mentioned by some are the dietary intervention trials where polyunsaturated fats are given in the diet in place of saturated fats. There are a number of these that could be cited, but they all show no significant difference in the total mortality between the two groups—those on the unsaturated fats, and those on the saturated fats. Even the author of one of the studies often referred to states that the mortality rates for the various studies on the effect of polyunsaturated fats vs. saturated fats shows no significant difference, thus "indicating that the lifesaving potential of serum cholesterol-lowering diets is not proven." The author makes it clear that a diet preferring unsaturated fats is no more beneficial than the saturated fat diet.

Getting down to everyday living, I see many people who have been lacto-ovo-vegetarians all their lives and used polyunsaturated oils liberally come to my office with severe atherosclerosis manifested by angina pectoris, abnormal electrocardiograms, and other signs of coronary artery disease. I am sure that from their experience, other physicians will have to admit that a lacto-ovo-vegetarian using polyunsaturated oils and spreads is not immune to developing atherosclerosis and all its disastrous consequences.

Scientists have failed to prove that an oily diet is safe. The burden of proof remains with them. It is time we move back to using the natural products of the earth as advocated in the first chapter of Genesis, and rely totally upon "thus saith the Lord." When we follow in this direction and remove our patients from their oily diets we see dramatic results, as has been seen at the Weimar Institute in Weimar, California.

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A Retreat Experience

There are no "back-row seats" at Weimar Institute Retreat Center meetings.

Chairs of every color, size, and description imaginable make four, tight rows that stretch lengthwise across the narrow meeting room. None are far from the center of action. And just as great a variety of God's children have attended the fourteen weekend retreats held at Weimar since last November.

Common interests, as reflected in the topic for each weekend, attracted in-

dividuals from all over the western United States. "How to Study Your Bible," "Current Issues in Righteousness by Faith," and "Spiritism in the Last Days" have been a few. Regardless of the topic, God has provided a unique blend of Christian personalities for each retreat.

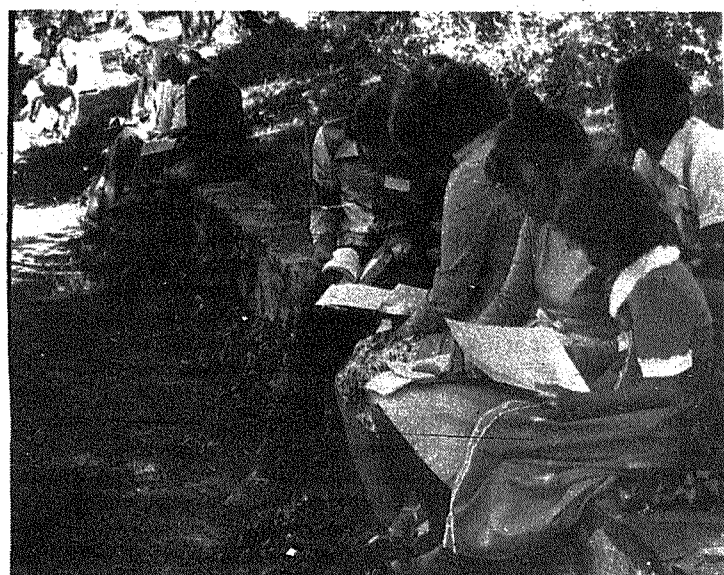
But more than any specific interest, each group finds that a bond of Christian love and a felt need for growth in Him unite them.

"I'm like a cup that needs to be filled," commented one

retreat guest as the first of many introductions were made Friday evening.

The entire weekend is a series of introductions for everyone—over meals, in small discussion groups, while walking over the wooded back property, in prayer circles and lodging facilities. Christian brothers and sisters, brought together for study and prayer, benefit from the discovery of one another.

Continued on Page 5



Guests group for study at recent Weimar retreat.

Retreat Experience

Continued from Page 4

"If you don't make 20 or 30 new friends this weekend," said Dick Winn, chaplain at Weimar, to a recent group, "you will have missed out on one of the greatest blessings that you've come for."

The Retreat Lodge, the one-time "government building" of the former tuberculosis center, is furnished sparingly. Metal bedframes on wheels and wooden bedstands are an interesting reminder of earlier days.

"The buildings may be old, but they're clean!" said one housekeeper.

The meeting room in the Lodge quickly becomes the hub of activity. Groups gather long before meetings begin and those who arrive late find themselves sitting in the doorway or outside. Those fortunate in securing front row seats are close enough to rest their chins on the speaker's stand—an elevated hospital tray-table imported from across campus.

An overhead projector shows the words of a hymn against the front wall and voices resound with fullness in the room. A good number of Weimar staff members always attend the meetings, adding their voices in song and frequent prayer.

Attendance is consistently large throughout the nine to ten hours of meetings. Even the crisp, mountain temperatures for the first meeting at 6:15 a.m. don't deter guests.

Most everyone at meetings take notes and furiously underline in their own reference books. People juggle their Bible, writing materials, and the weekend syllabus provided by the Institute, while straining to catch every word. Tape recorders monitor the meetings as well. Timely, spirited 'Amens!' punctuate the presentations.



Stuart Tyner supplies inspiration in singing.

Guests have found their way to the most important places first—the Retreat Lodge and the Cafeteria. But as the weekend progresses, they wander over the remaining grounds inspecting other buildings—the Conditioning Center under construction, the College building, the Library, and the rows of ward buildings, still partially furnished but now deserted and quiet.

"I can't believe how much there is to do here," marveled one guest as he examined the old chapel, now piled high with unused furniture.

The staff at Weimar marvels, too, that there is so much to be done...and that God has in His plans the careful development, in due time, of each segment of the project.

Trails cut through the manzanita and forested hills provide good exercise. More energetic groups take off for 4 or 5 mile hikes around the property.

Nature's local inhabitants—birds and squirrels—are a constant entertainment. Robins dart across the lawns pursuing insects while humans yield the right-of-way, watching with interest. Squirrels leap from tree to tree, holding the attention of scattered groups of guests.

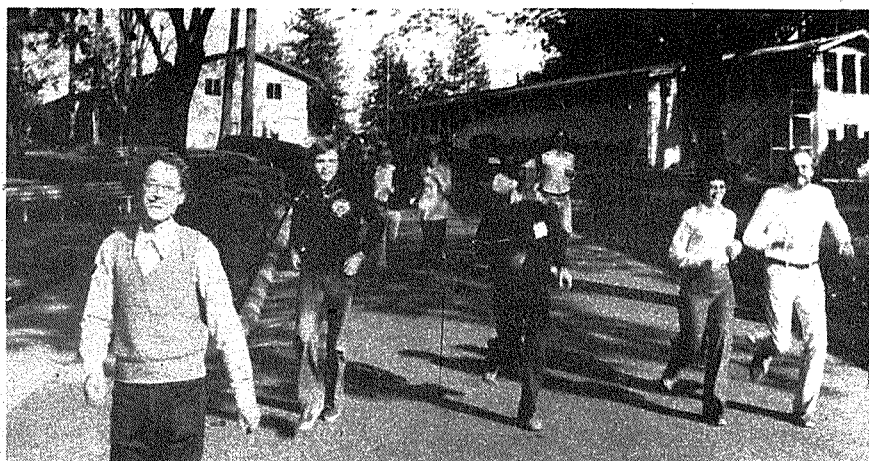
Meals are crowded but comfortable in the woodpaneled cafeteria. Guests are careful at first, having heard of the sugar and oil-free foods at Weimar. But hesitancy gives way to a spirit of culinary adventure. Persons deliberate over which fruit spread to use and ask cautiously about the ingredients of a casserole.

"This bread is made without oil!!?" someone asks, amazed. "How do they get it to hang together so well?"

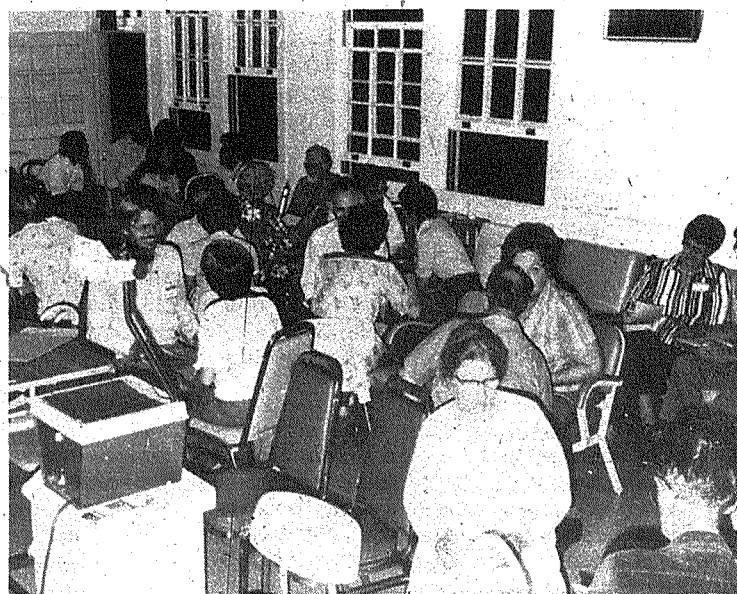
The common interests that have brought each one to the retreat grow into mutual support and fellowship with each passing meeting. The small discussion groups strengthen these new bonds, allowing everyone to participate in the weekend message.

More often than not, the Sabbath evening social hour ends with discussion. People lean forward in their chairs, which have been pushed back to form a huge circle, to hear what their brothers and sisters are saying. The group listens and cares. The evening ends with singing 'Blest Be the Tie that Binds.' A new depth of meaning has been attached to the song by the shared experiences of the weekend.

The group which had earlier filtered through the front gates on Friday afternoon to



Retreat guests find exercise a happy part of their weekend stay.



Small clusters of retreat guests take part in group discussions on Sabbath afternoon.

register, uncertain of their bearings, leave as a united whole in spirit and purpose at meetings' end Sunday morning. God blesses those who choose to 'do His will and "come apart and rest awhile."

**Watch For The New
Retreat Schedule
In The Next Issue
Of This BULLETIN**



FROM THE WEIMAR KITCHEN

From the pen of inspiration: "There is a class who seem to think that whatever is eaten is lost, that anything tossed into the stomach to fill it, will do as well as food prepared with intelligence and care. But it is important that we relish the food we eat. If we cannot, and have to eat mechanically, we fail to receive the proper nourishment. Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. Poor cookery is wearing away the life energies of thousands. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned...Food can be prepared simply and

healthfully, but it requires SKILL to make it both palatable and nourishing. In order to learn how to cook, women should study, then patiently reduce what they learn to practice. People are suffering because they will not take the trouble to do this. I say to such, it is time for you to rouse your dormant energies and inform yourselves. Do not think the time wasted which is devoted to obtaining a thorough knowledge and experience in the preparation of healthful, palatable food." *Counsels On Health*, p.116-117.

Dedicated to this end, the Weimar kitchen staff, under the direction of Shirley Fillman continues to experiment with food and recipes. Each new success is met with hearty approval from the rest of the Weimar family.

Enjoy with us, as you experiment in your own kitchen, some of the benefits of our kitchen staff's successes:

Crackers
4 Cups whole wheat pastry flour
1 Cup water
½ Cup peanut-butter*
1 tsp. salt

1 Tb. onion flakes (optional)
2 tsp. garlic powder (optional)
Mix peanut-butter with water. Pour into flour and salt mixture. Roll out thin. Sprinkle with salt if desired. Bake 350° until brown and crisp. Watch carefully!

*Make peanut-butter by blending peanuts and water and a little salt in a blender until desired consistency.

Black-eyed Peas with Marjoram
1½ Cup dried black-eyed peas
3 Cups water
1 medium onion, chopped
3 Tb. uncooked rice
2 cloves garlic, minced
1 bay leaf
1 tsp. salt
1 tsp. marjoram

In saucepan mix well all ingredients and bring to boil. Reduce heat. Cover and simmer 45 minutes or until tender. Discard bayleaf. Serves 3. Serve over rice.



Food Service Director Shirley Fillman prepares lunch.

Ellen White wrote this timely note in the year 1869.

"I prize my seamstress, I value my copyist; but my cook, who knows well how to prepare the food to sustain life and nourish brain, bone, and muscle, fills the most important place among the helpers in my family." *Ibid*, p. 144.



Jan Lind and Jann Biegel prepare HCC menu.

New Faces: Weimar Staff Family Grows

As our staff continues to swell, talent and expertise comes to Weimar. Specific needs for personnel are being filled as a united Weimar staff moves steadily forward in intelligent service to the glory of God.

Some personnel have been called away:

*Mike and Kathy Armstrong, business and assistant business administrators; to Andrews University where Mike will pursue further training in religious education.

*Ray and Judy Bowman, and Lea Bowman, maintenance and part-time kitchen help; to renew their mission work among the Indians of northern Arizona.

*Bob Belew, maintenance and grounds; to northeastern Washington to live his faith among family and friends.

But these have not left without passing on their work to the ready hands of our incoming staff.

ARCT

Sandy Arct, a recent graduate of Loma Linda University with a B.A. in Mass Media, was anxious to enter into the work at Weimar. She visited the campus several times since last fall and moved in to stay just two rushed days after graduation from the La Sierra Campus.

A native of Laguna Beach, CA, Sandy has worked on student publications at La Sierra and will assist Editor Pat Payne with the Bulletin. Her



Lesli Hall

tasks will also include the development of informational brochures for each phase of Weimar's ministry. We welcome Sandy, an able and willing addition to the Weimar family.

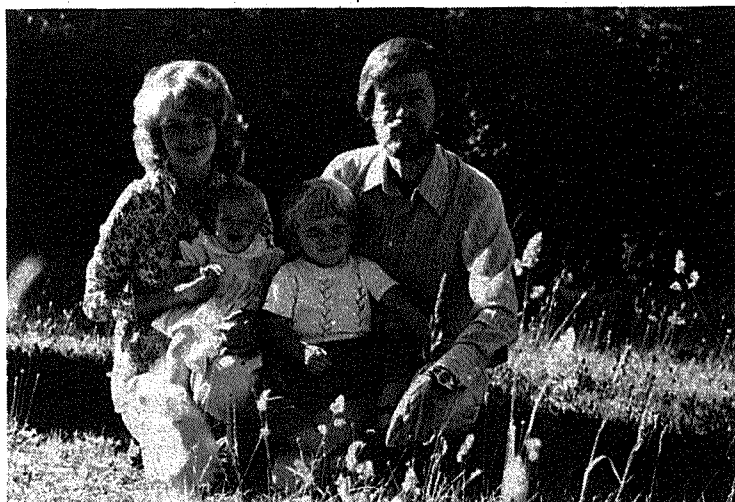
BIEGELS / SCOFIELD

Dr. Zane Kime spoke earlier this year in the San Luis Obispo, CA, SDA Church concerning Weimar Institute, and nutrition. A group of members there, including Ken Scofield and Bob and Jann Biegel, were impressed with his message and were particularly convicted about their need for a more healthful diet.

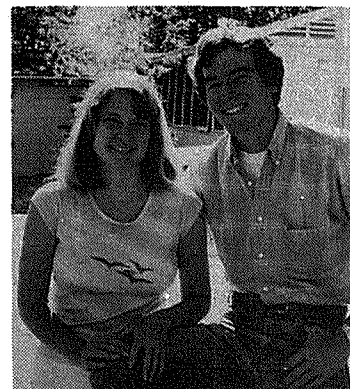
The Biegels, pulling a trailer



Linda Kreye talks with Dr. George Chen in his new office.



Sherry and Elfred Lee with Rachel and Jonathan.



Jann and Bob Biegel



Jan Lind

enroute to a new home near his parents in Washington state, stopped at Weimar several weeks later to "vacation," bringing Ken with them. All three worked the week at Weimar and decided that God was calling them for permanent service here. Ken returned to San Luis Obispo on a Tuesday night and quit his job by Wednesday noon. Bob and Jann left their trailer at the Institute and traveled to Washington to cancel plans to move there.

Joining our staff, Ken brings with him his photographic skills as well as his 5 years of training as an architect. Already underway are plans for remodeling several campus buildings as well as tentative designs for retirement housing. Skills in carpentry also fit Ken for valuable service at Weimar for his Lord.

Bob Biegel, welder and now chief mechanic for the Institute, finds much to do. Jann, having received her bachelor of science in dietetics and food administration from Cal Poly in San Luis Obispo, is dietician for the HCC patients.

HALL

Lesli Hall, R.N., picked up a Weimar Institute Bulletin that had been left in a church in Walla Walla, WA. Having an interest in the unique concepts of true health reform, and nearing the end of her nursing program, Lesli was naturally interested in what she read of the Weimar Health Conditioning Center.

"I had to go to Weimar to see for myself whether the program was as good as it sounded; it turned out to be better than it sounded!" says Lesli. Bringing cheer and dedication to her work, she joins the staff as one of three nurses presently working with the HCC pa-

tients. Lesli has also joined the ranks of Weimar's early-morning joggers. Her own exercise program includes at least two good workouts a day.

HARTLEYS

The first contact Rich Hartley had with Weimar was through a poster hung in a store window in Angwin, CA. The poster asked, "What's a Weimar?" and offered several possible explanations. Rich mentally checked the answer he thought was most appropriate. "... a new kind of vegelink." But the news he heard around Angwin and in Sacramento where he later moved with his wife, Branka, didn't support his initial hypothesis. Weimar was a Christian Institute and sounded like something he'd be interested in.

Rich and Branka visited Weimar, filled out applications, and were accepted — Rich as a maintenance man and Branka as an assistant in organizing the College library.

"I can fix anything," says Rich about his handyman abilities, "except for spiritual blindness."

HUMES

Soft-spoken and an intense student of the Word, Alan Humes comes to Weimar most recently from Andrews University. Alan received a bachelor of fine arts in photography from Ohio University but is most interested in agriculture and carpentry. Alan, complete in suspenders and jeans, spends most of his time with Dr. Fred Riley in the orchards and gardens.

After his work-week at Weimar, Alan likes to spend his Sundays doing volunteer help refurbishing the house in

Sacramento which will eventually serve as home base for the conference-sponsored city ministry. Alan is deeply involved with serving people where they are found.

KREYE

Medical secretary Linda Kreye moved to Weimar this past spring after graduation from Pacific Union College, taking her place with Dr. George Chen in his newly established office at the Institute.

A student missionary in 1976-77 to Indonesia, Linda learned the meaning of selfless service while overseas. As a student at PUC, she became involved in the San Francisco Bay Area Ministries—another activity that deepened her desire to commit herself totally to service for others for her Lord's sake.

"I studied the program at Weimar and felt it offered the opportunity for God to completely use me," wrote Linda on her staff application. In her first few months here, she has seen God working daily in her own life as well as in the miracles for the development of the Institute.

"I'm particularly excited about Weimar's projected outreach program to the Sacramento area," says Linda. "I have a real concern for work in the large cities."

LEES

A desire to raise their family in a rural setting prompted Elfred and Sherry Lee to move away from Takoma Park, MD, in 1976, where Elfred was art director for the Review and Herald Publishing Association. Interest in the medical ministry work and natural remedies as outlined in the Spirit of Prophecy matured in

Diary Of Blessings

The Lord continues to show His hand in a variety of ways as He cares for the program at Weimar. Whether the need is for personnel, funds or equipment, God always knows how and when to provide whatever will best meet the needs.

Recently He has given us additional personnel, each with a special gift for Weimar (see article, "New Faces"). He sent a beautiful group of patients for the initial health conditioning program (see the article, "The First Time Around").

A short time ago, someone who was disappointed to learn that work on the Health Conditioning building had been slowed because of shortage of funds, felt impressed to offer assistance in the form of a loan. This individual arranged to loan \$20,000 entirely interest-free to be used to continue work on the Health Conditioning Center. We praise the Lord for this timely assistance!

Within just the last week, two most practical gifts arrived to help meet Weimar's transportation needs. One family donated a very clean 1967 Ford pickup with camper shell to be used for the many types of hauling that must be done in an agriculture and maintenance program. Another family decided not to convert their recently rebuilt



1962 Bus will transport Weimar College students on community ministries field trips.

1962 GMC Greyhound-type bus into a motor home. Instead, they gave it to Weimar to transport students in the community ministries field trips, etc.

Quite a few families have brought books to the library, some donating libraries of hundreds of volumes each. Special thanks are extended to the Pacific Press Publishing Association which has generously sent a number of volumes to include in the Weimar Library. While many more books are needed (see library needs), we are thankful for the good start we do have in developing a functional library.

We continue to thank God for His blessings whether they be tangible, such as those mentioned above, or whether they be those intangible blessings that come into each life to help develop a closer relationship with each other and the Lord.

Sunshine Power Of Healing Agent Rediscovered

by G. A. Chen, MD

*"Pure air, sunlight, abstemiousness, rest, exercise, proper diet and the use of water, trust in divine power. These are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge."*¹

beginning to understand what a tremendously powerful and wonderful agent sunshine is in the healing and prevention of disease. Further documentation of the beneficial effects of sunshine will appear in future issues of this Bulletin.

The UV spectrum of sunlight are the wave lengths between 2900-3800A. Below 2900A the UV is filtered out by our atmosphere. The UV wave lengths below 2900A have been shown to be very damaging to life. Window glass does not allow the transmission of the UV light in any significant amount, therefore in order to obtain the beneficial effects of the sunshine we must be outside.

A person may still obtain the beneficial UV rays when the weather is rainy, or the temperature is too cold for skin exposure by the use of a sunlamp. Care must be used in the selection of the sunlamp as not all commercially available sunlamps provide the UV wave spectrum that is close to that of sunlight. Low pressure mercury lamps emit 90 per cent plus of their energy at 2537A. This is very bactericidal, producing reddening and a tan, but is far below the sunlight's natural wave lengths. High pressure mercury lamps are usually the professional lamps and are very expensive. They emit in the longer wave lengths as in natural sunlight as well as the shorter wave lengths of the low pressure mercury lamps. The longer UV wave lengths are needed in the production of Vitamin D. The fluorescent UV lamp (such as Westinghouse) most closely assimilates the UV spectrum of the sunlight and is therefore one of the most desirable for indoor sunbathing. With this lamp we can expect to receive at least some of the same beneficial effects as we receive from natural sunlight.

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HCC EQUIPMENT NEEDED

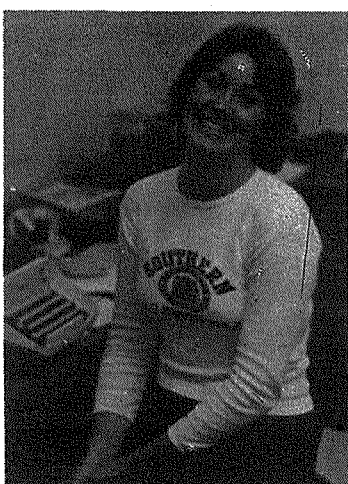
1. Treadmill with monitor and EKG
 2. Exercycle with adjustable seat and work load.
 3. Visual field test object set
- Outright gifts, or funds to purchase them, would be most appreciated.

Needed for the Grounds Department:

1. Hoses and sprinklers
2. Rakes, hoes, shovels etc.
3. Wheelbarrows



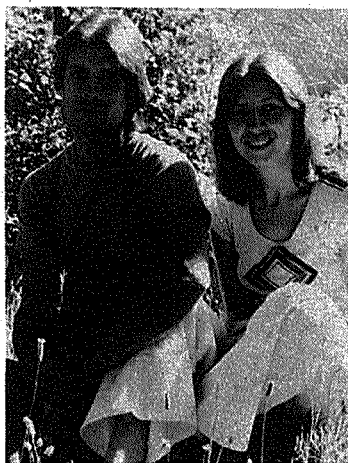
Alan Humes



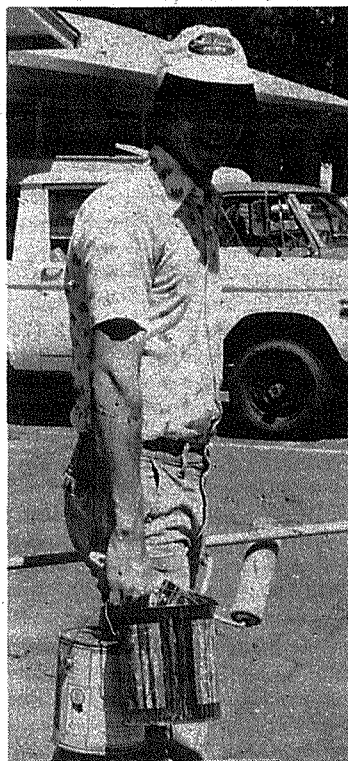
Sandy Arct



Ken Scofield



Rich and Branka Hartley



Jerry Nethken



Hazel and Fred Riley

And Hazel Riley works steadily alongside her husband—a fitting forecast of the rich, mellow-fullness available to those who will come to Weimar as our Retirement Center becomes a reality.

the Lee home during their interim stay in southern California.

"We were looking for a program like Weimar's long before Weimar existed," says Elfred.

News of the Institute's development sounded good. Elfred, Sherry, 2 year-old Jonathan, and 5 week-old Rachel visited Weimar in February of '78. They joined the staff in May.

Elfred, art director for the Bulletin, will also be involved in the design of promotional materials and all other publications. Illustrator, photographer, teacher, Elfred is also well-qualified in public relations.

Both Elfred and Sherry, an L.V.N., are interested in the Health Conditioning Center and hope to assist there.

LIND

Jan Lind read about Weimar in the summer of '77 and knew that she wanted to have a part in its development. At the time, she was working as a cook at a retirement complex.

An opportunity for medical training as an oral surgery assistant opened up, and Jan had her first experience in sharing with those dental patients who were interested, concepts in more natural, preventive health care.

Living in nearby Sacramento, Jan attended several retreats at Weimar. It was while attending a cooking school conducted by Weimar staff members in Meadow Vista, CA, that Jan received an invitation to join the staff.

Jan now works with Jann Biegel in preparing HCC patient menus and meals. Her morning duties in the kitchen are combined with afternoon care of the patients.

NETHKEN

Jerry Nethken offers a variety of skills to Weimar; carpentry, mechanics—and one most special—the skill of making those around him know they are loved and appreciated.

Formerly a student at Walla Walla College, WA, Jerry was prodded by several persons to look into Weimar Institute.

In addition to his all-around maintenance work, Jerry is in charge of any painting that needs to be done. His big smile and ever-present sense of humor makes any job more enjoyable for those who work with him.

RILEYS

After nearly 13 years in the mission field and five at Loma Linda University, Dr. Fred Riley and his wife, Hazel, have now united with the ever-growing Weimar staff. Having a doctorate in soil chemistry, Riley has been a teacher, school administrator, and farm manager in the Northern European and Mid-Eastern Divisions of the Seventh-day Adventist Church. Last May, several months after his retirement from LLU as Associate Professor of Agriculture, the Rileys moved to Weimar to direct the agricultural program—a key area in the College work education curriculum.

"I'm here at Weimar," says Riley, "because I believe, as E.G. White did, that the study of agriculture should be the A, B, and C of education in our schools." An orchard of 170 fruit trees has been planted on the property with plans for two more orchards underway. Strawberry plants and a vegetable garden flourish amidst the young trees to conserve space while making use of cultivated soil.



Water flume offers picturesque back drop for last year's garden sight.

Living At Weimar



Morning worship circle.

A soft stillness lingers over the campus as I make my way to morning worship. It's just 6:15. Most everybody will have been up an hour or so already for private devotions or a quick jog around one of the exercise trails. Breakfast has been prepared and set aside until 8:45. It feels good to be alive, and good to be living at Weimar.

Sunlight filters through the windows, spreading warmth over our circle of chairs as we exchange the greetings and smiles of an awakened family. One of us will lead out, adding the touch of a personal, growing encounter with the Master. It's exciting to be able to benefit from each unique experience and way of understanding.


Work officially begins at 8:00 and there is much to be about. Hammers pound, telephones jangle, while typewriters punctuate busy office chatter with exclamation marks. Patients drift by on their way to a lecture, or to exercise or sunbathe. There's always some reason to stop momentarily for prayer—little

groups of two or more seeking answers, or just praising God for His goodness and watch-care. No group of people gathered together such as those of us at Weimar dare ever forget where our Strength lies. Someone has said, "Weimar walks on its knees!"

Lunch brings a happy clamor of laughter and camaraderie—new faces blending in with familiar ones. Then off to work again until 4:30, our designated time for outdoor exercise. I choose to

run the Manzanita Trail; past the old water flume that sweeps across a field where deer like to come to graze at dusk, up to the top of the ridge, then down again through a zig-zag of manzanita trees. At the lower end of the trail there is a good place for me to slip aside and listen to all the things my Father has been waiting to tell me alone.

Later in the evening I might attend a class on education given by our Chaplain Dick Winn. Or, perhaps it is the evening to go on community visitation. Sometimes we just gather together by twos and threes to fellowship and sing. Tonight I choose to be apart from the others.

Collecting my thoughts and relishing the time of personal study, I once again am reminded of how happy I am to be here in this place at this time. Weimar is full of promise, full of hope. It must be that our Father's heart is full of excitement, as is mine. No castles in the sky for Weimar, but life is indeed "more abundant" when God does the choosing. (John 10:10) 



Mealtime is family time.

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Tapes are now available! Send for our free, 10 page catalog including the Weimar Retreats and a wide variety of others.

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Weimar, CA 95736

REMINDER

Some back orders for From The Weimar Kitchen were sent with a bill enclosed. We regret to say that we have only received a portion of those payments due. If you are one of those people who have not yet sent in your payment, please accept this gentle reminder. We are counting on you in this way.

All further orders must be accompanied by cash, check or money order payable to Weimar Institute, P.O. Box A, Weimar, CA 95736. Thank you.

Growth Glimpses

Milestones In Weimar's First Year Of Operation

1977

Apr. 21 — Decision to purchase the Weimar Medical Center. Seventy interested persons meet at Carmichael Church youth chapel, discuss, pray, and vote unanimously to proceed.

Apr. 23 — Signing of purchase agreement with previous owners.

Apr. 26 — First official meeting of the Weimar Institute Board.

May 6 — First edition of the Weimar Institute Bulletin is published and mailed to about 600 interested persons. Remaining 3,400 copies are directly distributed.

May 28 — Open House on the grounds draws more than 1,400 interested persons.

June 1 — First permanent staff (the Armstrongs) move to Weimar. Several other families follow during next three weeks.

June 15 — Summer workers for Weimar, and for the Sacramento Inner City Center, arrive to take up residence.

June 17 — Cafeteria begins serving meals to about 25 people.

July 27 — Learned that we don't have to prepare an Environmental Impact Report — saving us many months and thousands of dollars.

Sept. 10 — First baptism directly related to Weimar's ministry — at the Meadow Vista Church.

Sept. 16 — First retreat: we accommodate about 60 people in our yet-to-be-refurbished "Retreat Lodge."

Oct. 9 — Board names Robert Fillman as President of Weimar, and Zane Kime as Medical Director.

Nov. 4 — Cafeteria gets new roof as result of chain of small miracles — finished hours before the first rain storm of the season.

Nov. 13 — A fine group of interested friends — without any internal collaboration — put together a gift of \$12,000, exactly what we need to meet our mortgage payment due the very next day!

Nov. 15 — Weimar staff begins regular weekly visits to friends in the community.

Nov. 24 — Porterville youth group paints our large Health Conditioning Center — on Thanksgiving Day!

1978

January 18-22 — Educational Advisory Council meets at Weimar for four full days of work to define our college program. A strongly united group produces excellent results.

January 27-29 — Weimar "family" goes on retreat to Lake Tahoe — to deepen the bonds of unity, and lay plans for the future.

February 19 — We begin the Weimar orchard by planting about 180 trees — with 6 different kinds of fruits.

March 27 — Our neighbors offer us the benefits of their mature orchard, in exchange for tending the trees and some of the fruit.

March 29 — Colin Standish (currently President of Columbia Union College) announces his acceptance of our invitation to become Dean of the College.

April 7 — Entire cassette tape ministry donated to Weimar — including full set of equipment, masters, mailing list — in return for shared benefits.

April 7-9 — First of what will become biennial Board Retreats — with Board members and spouses coming from throughout the West for a weekend of study, fellowship, and business. They vote beginning times for opening both the College and the Health Conditioning Center.

April 28 — Wedding: two staff members become Mr. and Mrs. Rob Payne.

April 29 — Fillman and Fredericks present the Weimar Institute story to the annual Pacific Union ASI retreat at Wawona.

May 8 — Health Conditioning Center begins first program with six guests and spouses.

June 1 — Guests conclude conditioning program with some markedly improved health; the wisdom of God's plan is verified.

June 7 — Friends of Weimar donate a superbly fine diesel bus for our use in transporting students to various service ministries.

June 30 — Weimar College Bulletins and Student Application Packets published and mailed to prospective students.

June 30 — End of first six months sees staff family expanded to more than 60 persons.



Woodcarver Helmut Nuessle

Resident naturalist carves panels depicting natural remedies for cafeteria.

Those visitors to Weimar who stay to enjoy a meal or two never fail to notice the woodcarvings displayed in the cafeteria. Lifesize hummingbirds suspended from the ceiling and intricately carved panels fascinate everyone.

Staff member Helmut Nuessle shares this special talent with Weimar. A message of a more abundant, healthful life will run through the planned series of panels for the cafeteria pillars. Each will depict one or more of the 8 natural remedies, spoken of by E.G. White and upon which the Weimar Health Conditioning Center operates — pure air, sunlight, abstemiousness, rest, exercise, proper diet, use of water, and trust in divine power.

Two of the panels have been completed.

When first considering the work before him, Helmut was stumped. How does one picture 'abstemiousness' or 'pure air'? After hours of thought and preliminary sketches, he was still at a loss.

"When I gave up trying to figure out the designs," says Helmut, "the Holy Spirit was

finally able to help. The messages are simple and I don't want to misinterpret what I feel the Spirit wants." Both a keen imagination and a heartfelt commitment to Christ fit Helmut for his work.

At the age of 12, Helmut immigrated from Germany with his parents and settled in Colorado. He began carving at the age of 25 and eventually returned to Germany to study the art. He crowded a usual 4-year course into one year, reading every book on the subject he could. Resettling in the high Rocky Mountains of Colorado, Helmut practiced his trade for several years.

Two years after rededicating himself to God, Helmut became one of the first to move onto the Weimar property during the summer of 1977. When consulted about how to warm the atmosphere in the white-walled, fluorescent-lit cafeteria, he suggested wood paneling; carving naturally followed.

Long stretches of time devoted to carving are hard to come by, particularly at Weimar.

"It takes a lot of self-discipline to carve," says Helmut. "I enjoy my work most when it's done!" As persons appreciate the finished products and compliment the artist, Helmut responds simply: "I'm glad you enjoy them."

Several miles of hiking-jogging trails wind through Weimar's back acreage. The three most clearly and recently cut—Mountain Misery, Manzanita, and Wetback—are the result of careful planning and hours of work by Helmut. With the help of a map, he covered every corner of the property to discover the most scenic route possibilities.

"If patients complain about how difficult it is to walk on the trails," says Nurse Eriann Crawford, "I tell them to imagine having to MAKE them...then they don't seem so bad."

"And you've never really seen the trails at all until you've been over them with Helmut," says another staff member. "He sees everything, points out many plants, and knows their unique characteristics."

When an occasional bag of unrecognizable greens shows up in the kitchen's walk-in refrigerator, chances are they are Helmut's freshly picked, wild delicacies. A true connoisseur of mushrooms especially, Helmut shares his treats with other slightly hesitant staff members. He has every plum and apricot tree, berry bush and edible fern on the property and surrounding hills, earmarked.

"If it's something to eat, I usually remember where it is," says Helmut.

Besides learning about local flora, hikers also get a good workout when accompanying Helmut. He is a devoted backpacker, hiker, and cyclist. In preparation for a recent weekend in Yosemite, he "got back into shape" by racing downhill three miles to the American River and back with



One completed panel depicts the natural remedy 'trust in divine power.' Branches of a grape vine represent our dependence upon God.



Helmut shows off a monstrous mushroom before eating it.

a 70 lb. pack on his back...all before the 6:15 a.m. staff worship, a couple of mornings each week.

Helmut maintains a strict diet and exercise program. He wants to be a reflection of his Lord in a well-disciplined, physically fit body. The only thing that can stop Helmut's activity is the heat. Then it's off to Colorado and the mountains he loves when the ther-

mostat pushes 90.

But Helmut believes hiking and backpacking aren't half as exciting alone as when you can share them with someone else. God has given so much to enjoy through all our senses, and sharing the delights multiplies the blessing. Helmut has learned to appreciate the full use of each God-given sense and has also learned to share them.

FROM OUR CHAPLAIN

"Beloved, let us love one another." 1 That says it all.

Only one who knows how much he is loved is able to turn outward in love to another. And John's well-chosen salutation "beloved" is more than just a greeting that could be substituted for "friends," or "dear ones." It is a reminder-word that says, "You are loved! You are valued, you are accepted just as you are."

And because we are loved, the invitation "let us love one another" becomes a delightful possibility. With our own sense of self-worth restored, with our own status in the eyes of God secure, we are set free from our chronic obsession with ourselves. We are set free to be lovers.

How frustrating, how impossible it would all be if it

worked the other way around! What if it read, "When you succeed in loving other people, then you will be loved"? Like trying to pour water from an empty pitcher, we would be so absorbed in our own unloved condition that we would simply be incapable of caring about someone else's loss of love.

Is it any wonder, then, that the Bible draws our attention again and again to the Cross of Jesus — that greatest of all expressions of unconditional love? For as our attention is captivated by that acted expression, that costly investment of love for people who don't deserve it, we find our lives turning. Turning away from ourselves, and toward others.

And thus we fulfill John's promise-prediction: "As He is,



Weimar Chaplain, Dick Winn

so are we in this world." 2

And what was Jesus in this world?

A lover!

1. I John 4:7, RSV
2. I John 4:16, RSV

Still Available

Providing an attractive answer to those who still wonder whether a natural diet can be tasty, the Weimar Kitchen has produced its first cookbook. With a Foreword by Weimar Medical Director Zane Kime, M.D., the book features recipes used and recommended by our dietary staff.

The 227 recipes printed on 62 spiral-bound pages cover the whole menu — from breads, breakfasts, main dishes, gravies and soups, to vegetables and sweet things. They aid the creative cook in preparing meals comprised entirely of natural ingredients. The recipes do not call for animal or dairy products, nor for sugars, oils, synthetic vegetable proteins, or other highly refined foods.

The recipes were compiled, tested, and checked by Tena Penner, R.N., from the Weimar staff, with the assistance of Dr. Kime and Shirley Fillman, Food Service Director. Miss Penner explains that the recipes are intended for use by persons in transition between a complex, refined diet and an even simpler diet requiring few, if any, recipes.

The initial run of 1,000 copies was sold almost as quickly as it was bound. A second printing of 2,000 copies will be available by the time you receive this Bulletin. You can receive a copy by sending in the order form printed below.

Please send me.....copies of FROM THE WEIMAR KITCHEN, at \$3.50 each, which includes tax, postage, and handling.

(Please print clearly:)

NAME.....

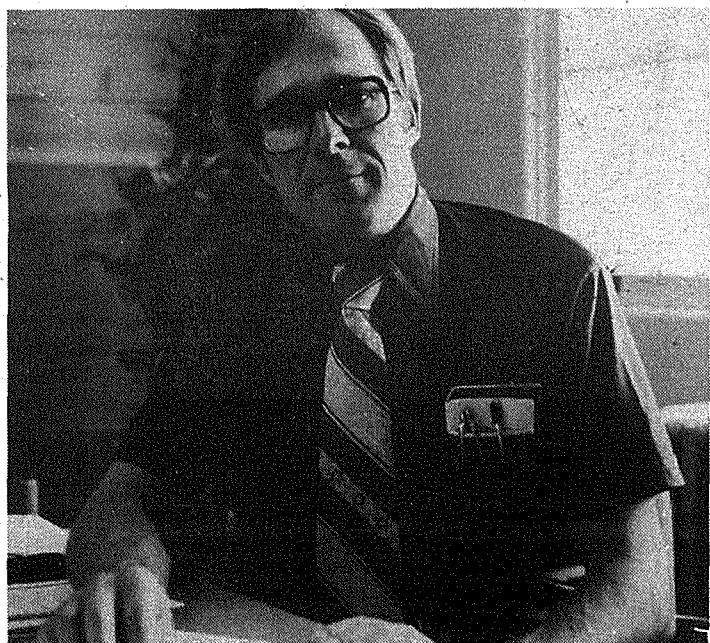
ADDRESS.....

CITY..... (state) (zip)

Make checks payable to Weimar Institute. Allow up to four weeks for delivery.



FROM OUR PRESIDENT



Every true Christian is faced at one time or another with ridicule or opposition, and we are told that such occasions will increase as the end of time approaches. If we as Christians are careless or inconsistent in our witness, it is relatively easy to recognize the basis for the opposition. It is much more difficult to know how to react to difficulties which arise because one follows where the Lord leads. How should Christians respond when family, friends, or others bring criticism, ridicule, or opposition against them?

When difficulties or problems arise, possibly the easiest response is to run. "Running" can take a variety of forms. It might be actually running away from a situation as Elijah did when he learned Jezebel was after him. It might be compromising or backing down in the face of disapproval as Peter did when he faced the embarrassment of being recognized as one of Christ's followers. Or it might be attempting to shift the responsibility to someone else as Aaron did when asked why he had made the golden calf. Whatever form "running" might take, it hardly seems the way for a Christian to relate to difficulties.

Another common response to opposition is to fight. It is almost instinctive to take on the opponent by meeting argument, criticism, or sarcasm in like kind—tactic for tactic. This response is especially tempting when one has the key texts and quotations to support his position. And yet, many along with the Apostle Paul have learned that one rarely wins a friend by winning an argument.

A third alternative in relating to problems is to whine and complain and blame God for allowing such a problem to come. The Israelites were often in this category, but perhaps most clearly illustrated in their experience at the Red Sea. They could not run because they were cornered; they could not fight because they had no weapons and no armies. But they were quick to complain and blame God. This is clearly an unfortunate way for a Christian to meet difficulties.

There is one additional approach to meeting opposition which is worthy of consideration. In II Chronicles 20, the kingdom of Judah was about to be attacked by an army much too large for them. They did not run, for it was futile; they did not fight, for it was hopeless; they did not complain, for it was useless. Instead they prayed and received a beautiful promise from the Lord. They were told to "Fear not... for the battle is not your's but God's" (vs. 15, RSV). Then they were assured that "You will not need to fight in this battle; take your position, stand still, and see the victory of the Lord on your behalf" (vs. 17 RSV).

Based on this experience, it would seem that whenever we as Christians face opposition we can follow Judah's example. First, we must "take our position," being absolutely certain that it is God's position. Second, we must "stand still," allowing nothing to entice or coerce us out of that position. Third, we must depend on the Lord to fight the battle on our behalf.

When we relate to opposition by running, fighting, or complaining, we are dealing with the problem our way and demonstrating our lack of trust in God. When we are solidly on God's side and trust Him to fight our battles for us, we have the assurance of victory, for we are depending on One "who knows no failure" (COL 363).

Sincerely,
Your brother in Christ,

Robert L. Fillman

Robert L. Fillman

WEIMAR INSTITUTE INFORMATION REQUEST FORM (Please Print Clearly)

NAME

ADDRESS

CITY STATE ZIP

☐ Please send me a Weimar Institute College Bulletin and student application form.
☐ By September, 1978, I will have completed.....

(level of education)

☐ Please send me a brochure regarding Weimar's Health Conditioning Center.

☐ Please add my name (or those attached) to the Weimar Institute mailing list so that I can be kept informed of future progress, or change of address.

☐ I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send a tax-deductible receipt.

☐ I need information about.....

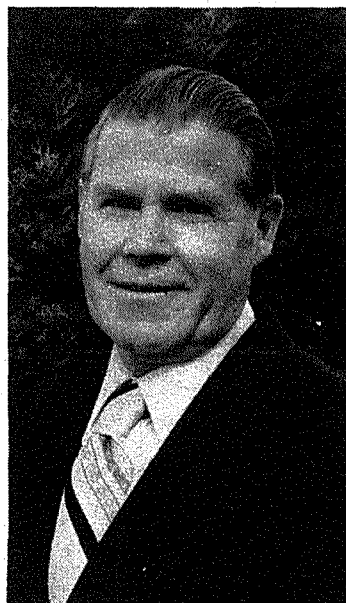
Meet Board Member

Clyde Willard, convalescent hospital owner and acting president of the Pacific Association of Seventh-day Adventist Self-Supporting Institutions joined the Weimar Board in January, 1978. Clyde brings great strength to the long-range financial planning of the Weimar Board due to his diversity of business experience.

"Three things attracted me to Weimar's program. Mainly, it is determined to follow God's principles of health and education, in a balanced, professional way. Second, the genuine Christian experience which the Weimar staff has; and finally a lack of fanaticism and superior attitude towards fellow-Christians."

After managing hospitals and convalescent centers both denominationally and privately, Clyde opened his own nursing home (located in Provo, Utah) in 1961. Since then "with God's blessings" he has expanded this to include five such centers. But this is only the beginning of Clyde's responsibilities. Along with the President's responsibilities of the A.S.I., he serves on the Pacific Conference committee of Seventh-day Adventists. The state of Utah has found Mr. Willard to be a valuable resident, and has appointed him to three major jobs. Clyde works with the office of Planning and Resources, the Council of Health Services (responsible for all medical facility planning in Utah) and is a professional examiner for the Department of Business Regulation.

Clyde's interest in Weimar



Clyde Willard

started with a report of its beginnings from an old friend, Dr. Ray Moore. Later, when a close family friend joined the staff at Weimar she mentioned to the administration Clyde's possible interest. Several phone calls transpired between Provo and Weimar which resulted in a visit to Weimar in December. After an extensive tour, sharing goals with the staff, and a time of prayer, Clyde was convinced. "This project has more potential than any other one I've ever worked with."

Mrs. Willard, better known as Dottie, shares both Clyde's enthusiasm for Weimar and for people in general. A very warm, gracious lady, she enjoys traveling with her husband through-out the West to his various appointments. Dottie and Clyde met during World War II in her native Bri-

tain. He was in the U.S. army medical corps; she was a member of the Royal Air Force. Clyde was transporting wounded G.I.'s through the air base where she was stationed. A mutual friend made the introduction, mutual attraction grew into love, and during April of 1945 they were married. Upon their return to the U.S. Clyde made a recommitment of his life to Jesus Christ and the Adventist Church, and Dottie followed him in baptism, determining to build a Christian home. That home has given three children, Judy, Debbie and Jeff to the Lord's work.

Beyond being a valued counselor, Clyde has given significant personal financial support to Weimar's growing program. Why? He strongly wants Weimar to be a demonstration of important concepts in God's plan for medical and educational work.

"We need centers where quality medical teams are completely devoted to restoration through natural methods of therapy, who then go on to train patients on how to remain healthy by following God's laws of health."

"I want to see Weimar become a powerful training center for young people, teaching them how to communicate their message of hope - a light on a hill. The components of balanced work-study, plus non-optional community service training are essential to such a student's experience. I thank God for Weimar's ideals." And Weimar thanks God for Clyde's friendship and dedication.

College Opening

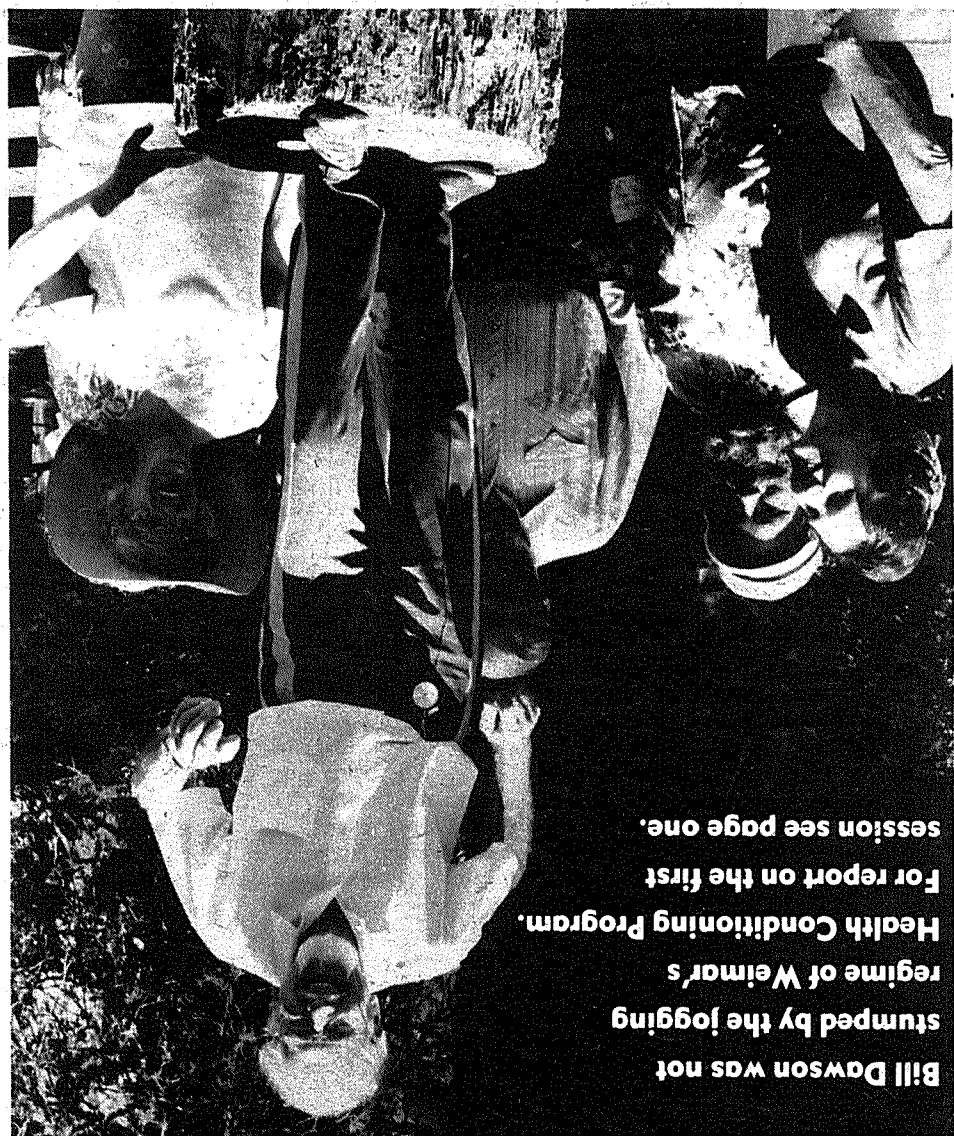
Continued from Page 1

In the 1978-79 school year it is planned that years one and two of the curriculum will be offered. This means that students who transfer from other colleges will have the opportunity to participate in a full and productive program. Every effort has been and will continue to be made to develop a college program consistent with the paradigm that God

has give in His Word and in the writings of Ellen G. White. It is hoped that students will leave Weimar with an outstanding foundation for Christian service, and with readiness to play unique roles in the finishing of the work of God. Each student will be encouraged to acknowledge the claims of God's high calling in their lives, and it is desired that a

vast majority will find their way directly into service for Him in these last hours of earth's history.

If you know of any young people who are committed to the goals of Weimar College, we would like to hear from you or them. Please send all information to: Dean of the College, Weimar Institute, Box A, Weimar CA 95736.



**Bill Dawson was not
stumped by the jogging
regime of Weimar's
Health Conditioning Program.
For report on the first
session see page one.**

BOX A, WEIMAR, CALIFORNIA 95736 VOL. 2 NO. 4 JULY/AUGUST, 1978

WEIMAR INSTITUTE BULLETIN



College Library Grows

Many Christians have long believed that the introduction of the printing press by Johann Gutenberg, was ordained to facilitate the reading and studying of God's Word in the vernacular by the common people. While it is true today that Satan has abused this blessing for his evil designs nevertheless annually there are printed thousands of books and magazines from the presses of the world of potential value to Christians.

Weimar College is seeking, as rapidly as possible, to

establish a fine library which will reflect the unique philosophy of the College for the development of its academic and outreach programs.

Already the College has the beginnings of its library, but we have an initial target of 20,000 volumes which we hope to have within a year or two. The success of a college program depends largely upon having a wide range of quality literature available to its students.

However, books are increas-

ingly expensive and average approximately \$10.00 per volume. Thus we are appealing to the friends of Weimar to help us build up the library.

Most families have many books that they never reread. They remain simply as ornaments in their library. This is a very important appeal and we look forward to a wide response to our library needs.

If you are willing to donate 100 or more books from your library, we will be responsible for transporting them to the College.

Suitable books needed include:

GENERAL
Encyclopedias
Bibliographies
Dictionaries
Atlases
religion
Pastoral theology
Devotional books
Mission Stories
Various Bible translations

HUMANITIES
Economics
History
Suitable poetry
Foreign Languages

SCIENCE
Chemistry
Physics
Biology
Math
Medical
Nursing
Health & Nutrition
Geology
Astronomy

MAGAZINES
Denominational
Review & Herald
Insight
Life & Health
Ministry
Signs of the Times
These Times
Message
SS Lesson Quarterlies
Religious Journals

Other denominational magazines

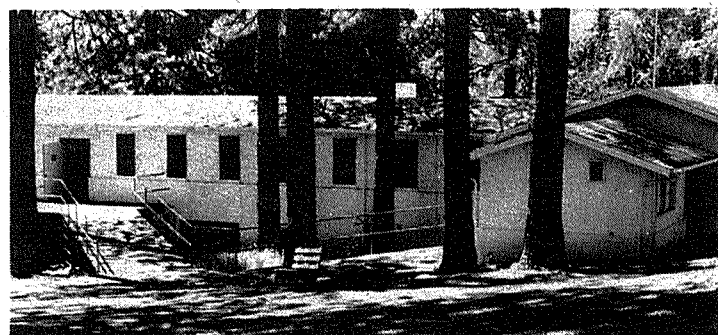
Secular
National Geographic
Smithsonian
Science
Other suitable professional journals
Nature magazines

At the present time we do not need the Conflict of the Ages series, Christ Object Lessons, Steps to Christ, or the Testimonies.

If you are willing and able to help, please contact the Librarian, Weimar Institute, Box A, Weimar CA 95736 or telephone (916) 637-4111.



Librarian Ira Gish waits confidently for shelves to fill with books for the Weimar College Library.



Weimar College Library looks out on park-like lawn.

Bulk Rate
PAID
Permit No. 2
Weimar, CA
95736