

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 11 NOVEMBER, 1979

## Weimar College Begins Second Year

Sept. 24 was an exceptionally busy day at Weimar College. Fifty-four students - some 17 returning and 37 new ones representing 15 states, the Truk Island, and Canada were registering for classes. Interestingly, and perhaps significantly, this is one of those unusual times when the male population exceeds that of the female in the ratio of 29 to 25.

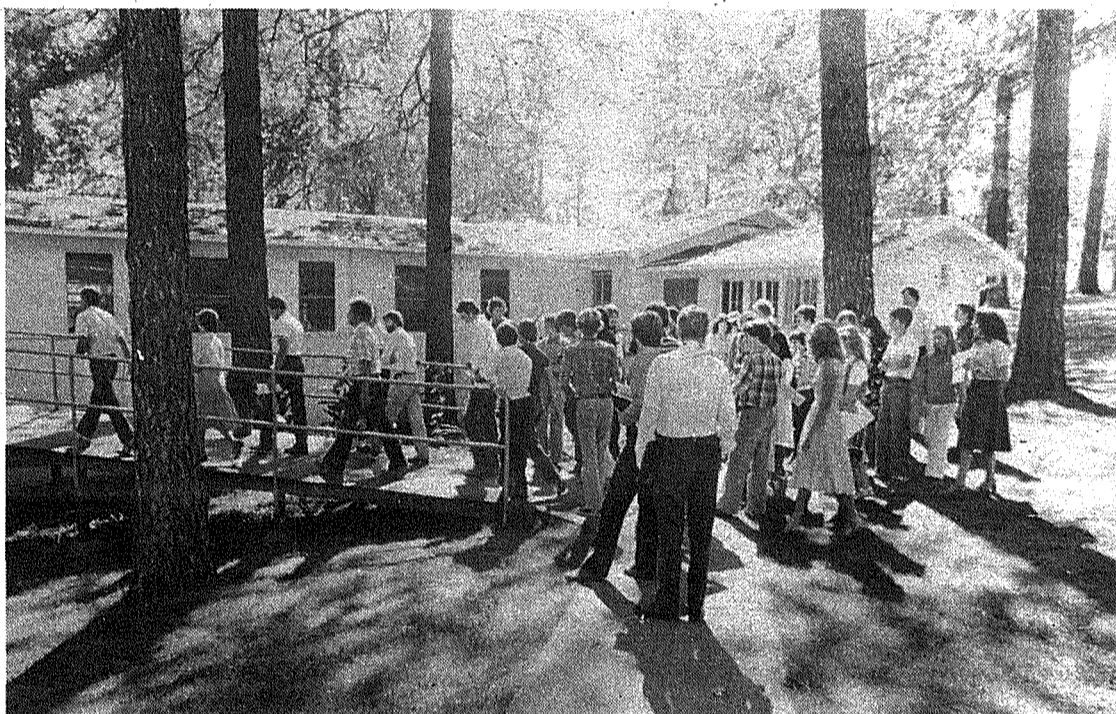
This enthusiastic and educated group of young people, attracted to Weimar College by its practical-academic-witnessing lifestyle, anticipate rich and meaningful experiences as they work, study and share together in the process of preparing their lives for greater service to their fellowmen.

Indicative of its goal of integrating practical life with quality academic pursuits, Weimar College offers to its students an exciting alternative in higher education. Each quarter students will participate in an active work education program along with their regular academic studies. The total Weimar program may well be thought of as a work-study-witness type of program inclusive of community outreach.

As a healthy balance to the routine academic load, various programs designed by the work education director allows students an opportunity to work

part time in such areas as agricultural science, construction, food preparation management, plumbing, business office, health education, auto mechanics, painting, etc. By participating in such a total learning program students are effectively contributing to the development of the institution. The curriculum is set up so that all students will receive two credit hours for work education per quarter.

As mentioned above, students will also be actively engaged in an outreach-community service ministry. Consequently, many of the courses that are often largely theoretical in nature will be related to actual practice on the Christian outreach level. Classes are so arranged that each Wednesday students spend most of the day in the surrounding communities involved in various service-oriented tasks. Other evenings and weekends provide ample opportunities for community sharing activities. New students have the opportunity of witnessing in the smaller towns within close range of Weimar. More experienced students will participate in direct ministry, education and health-oriented sessions in Sacramento. It is hoped that no four-year student will complete Weimar College without tasting the joys of leading someone to Christ. As with the work education pro-



Students from as far away as Truk Island and Canada come to register at Weimar College September 24.

gram, the outreach ministry will also provide two hours of academic credit per quarter.

The remaining 12 hours of credit will be supplied by the direct in-depth study program. Very frequently college and university students take five or six different course offerings per quarter, consequently experien-

cing difficulty in organizing their work loads so as to maintain balance and understanding of their chosen disciplines. Students at Weimar are encouraged to take three four-hour academic courses in a given quarter so as to enable them the opportunity of thorough preparation. Every effort is being made to eliminate wasted labor. All that is done in and out of the classroom is aimed at contributing to the all-round growth and development of each student as is consistent with the goals of Weimar College. All courses in the curriculum function on the faith-integrated learning level and are service oriented. Hydrotherapy, for instance, is taught in the framework that water is one of God's eight natural remedies, with an eye for practical application in the home as well as in a health-oriented program. Principles of Health incorporates the practical aspects of physical exercise coupled with the theory of classroom instruction. Clothing Construction is more than a resource center for obtaining ideas to improve one's wardrobe collection and personal charm. It is taught on the level of constructing appropriate clothing that will be representative of God's children. Also, on the functional level, students having

learned a practical skill can use sewing classes as a means of sharing this knowledge and expertise with needy communities in a practical way. These and other areas reflect the total education-for-eternity concept that is being projected at Weimar College.

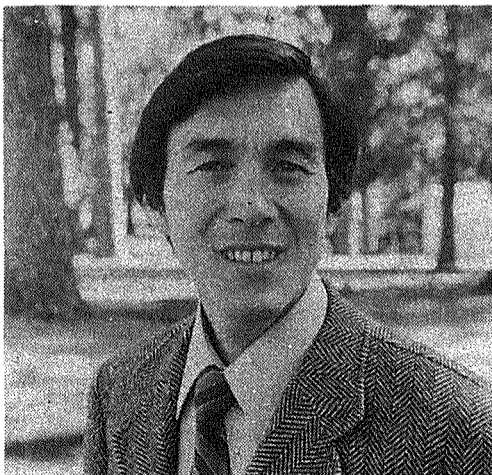
The following majors are currently being offered here: Metropolitan Ministries, Health Education, Elementary and Secondary Education, and Agriculture, as well as strong programs for pre-professional students.

The staff at Weimar College is dedicated to quality Christian education - an education that is consistent with the counsel that God has given in His Word and in the writings of Ellen G. White. It is hoped that students who leave Weimar will have an outstanding foundation for Christian service with appropriate preparation to play their unique roles in God's world.

As we encourage each student to acknowledge the claims of God's high calling on their individual lives, we are depending on your prayers and support to help us fulfill Psalms 144:12 - "that our sons may be as plants grown up in their youth; that our daughters may be as cornerstones polished after the similitude of a palace." ✦

### Board Names Dr. Chen Medical Director

At the October 14 quarterly meeting of the Weimar Institute Board, Dr. George Chen was voted to be named Medical Director for the Institute. This was done in acceptance of the recommendation of the Administrative Committee in appreciation for the manner in which he has been carrying the role as Acting Medical Director for the past year.





## FROM OUR PRESIDENT

When Will Jesus Come? The second in a series.

We noted last month that it has been 146 years since the last of the signs in the heavens were fulfilled, and asked the question, "Has Jesus delayed His coming?" There are those who believe that God has a date set for the return of Jesus and that nothing people on earth do or don't do can effect that date. If this is true, a delay is out of the question.

In Matthew 24:34, in the context of discussing the signs of His return, Jesus said that "This generation will not pass away till all these things take place." (RVS) The context would seem to indicate that "all these things" includes not only the signs, but the actual return of Jesus. Ellen White understood this when she wrote, "Christ has given signs of His coming. He declares that we may know when He is near, even at the doors. He says of those who see these signs, 'This generation shall not pass, till all these things be fulfilled.' These signs have appeared. Now we know of a surety that the Lord's coming is at hand." (DA 632)

It seems clear that the generation which saw the signs is long gone. Some still take courage when they hear of the discovery of an individual who is a hundred and fifty years old, but that is stretching the concept of generation pretty thin. I suggest that there are three possible ways of explaining this problem. 1) We have misapplied the prophecy; 2) God has failed to do what He promised; or 3) conditions were such that God changed His plans.

I believe that the third choice is the only reasonable alternative. In 2 Peter 3, we find a very clear explanation for the delay. I recommend that you read the entire chapter, though verse 9 is particularly applicable. "It is not that the Lord is slow in fulfilling His promise, as some suppose, but that He is very patient with you, because it is not His will for any to be lost, but for all to come to repentance." (NEB) This clearly indicates that the delay is to allow more time for those who would otherwise be lost. As early as 1868 we have indication that God was delaying Christ's return. "The long night of doom is trying, but the morning is deferred in mercy, because if the Master should come, so many would be found unready. God's unwillingness to have His people perish, has been the reason for so long delay." (2T 194)

It is not unusual for God to make changes in His plans because conditions change. Generally such changes are in mercy for the people who would be affected should His plans be carried through. Possibly the clearest example is the experience of Jonah who preached that Nineveh was to be destroyed in forty days. When the people of Nineveh repented and were converted, God postponed His plan for their destruction. To me the most interesting reaction of Jonah was not that he was angry that God had made him look like a false prophet, but rather that he confesses that he understood that God is merciful and would likely change His mind. In fact, that is the reason Jonah tried to run away in the first place. (See Jonah 4:2) Apparently when conditions change God is willing to make changes also.

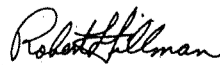
Directly related to the delay of Christ's return we are told that "The angels of God in their messages to men represent time as very short. Thus it has always been presented to me. It is true that time has continued longer than we expected in the early days of this message. Our Saviour did not appear as soon as we hoped. But has the Word of the Lord failed? Never! It should be remembered that the promises and threatenings of God are alike conditional." (Ev 695, 1883)

Another example where God changed His plans to meet conditions is compared to the delay of Christ's return. "It was not the will of God that the coming of Christ shall be thus delayed. God did not design that His people, Israel, should wander forty years in the wilderness. He promised to lead them directly to the land of Canaan, and establish them there a holy, healthy, happy people. But those to whom it was first preached, went not in 'because of unbelief.' Their hearts were filled with murmuring, rebellion, and hatred, and He could not fulfill His covenant with them.

"For forty years did unbelief, murmuring, and rebellion shut out ancient Israel from the land of Canaan. The same sins have delayed the entrance of modern Israel into the heavenly Canaan. In neither case were the promises of God at fault." Ev 696

It is clear that there has been a delay for well over a hundred years. And yet, we need not be discouraged or question God's promises. Rather, we should be grateful that the God we worship and serve is willing to change His plans and delay His coming as long as there are those who might still turn to Him - even though He takes the risk of being misunderstood. Thank God for His patience!

Sincerely,  
Your brother in  
Christ

  
Robert L. Fillman

# New Faces — The

As our staff continues to grow, talent and expertise are being added to various departments of our Weimar Family. Specific personnel needs are being met as the Weimar staff continues in its forward goal of performing service to the glory of God.

Here is a sampling of new faces that have blessed our campus within the last few months:

#### Bertha Drayton

"If you want to see a room immaculately clean, contact Bertha," commented one of the Weimar family members about the quality of Bertha Drayton's work. The college classrooms are certainly proven testimony of this.

Coming to us from Paradise, Ca., Bertha has had extensive background in hospital housekeeping and food service activities. She heard about Weimar through a fellow church member, now on the Weimar staff, and decided that this would be a good place for her to share her talents. She joined our staff in August of this year.

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#### Hazel Henry

Hazel Henry joined the Weimar family in July to serve as registrar and business education teacher, bringing with her many years experience as a business educator and word processor.

Contact with the institution through friends, the monthly Bulletin, and finally, a four-day visit during the spring of this year prompted her to ask: "How can I get here?" Her question was answered when Weimar President Bob Fillman invited her to fill out an application which was processed in her favor. Within the last three months of her being here Hazel's duties have been many and varied. Among shuffling application forms, attending committee meetings, teaching college and academy typing, and being a mother besides, Hazel manages to cheerfully look up over her glasses long enough to wish her co-workers a nice day. One honest observer aptly put it this way: "She brings so much sunshine to Weimar."

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#### Jeanine Howard

Medical Secretary Jeanine Howard moved to Weimar early this summer from St. Helena, Ca. where she served in the same capacity at St. Helena Medical Center.

Jeanine feels that her coming to Weimar is a direct answer to prayer. She first heard about Weimar through a friend who received the monthly Bulletin. Her interest was further aroused when she visited the campus in March of this year. The total concept of Weimar, the warmth of the people, and the health-oriented atmosphere awakened many desires in her mind, and as she frankly puts it: "This is what I have always been looking for."

Jeanine's ready smile has been bringing sunshine to guests and co-workers alike as she cheerfully and quietly "goes about her Father's business."

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#### Joan Kristensen

Coming to us all the way from Denmark is Joan Kristensen. Joan is a graduate of Andrews



Bertha Drayton



Hazel Henry



Bob and Kristine Seyle

University and has been dean of girls and director of music at Vejle High School in Denmark. She has also worked as staff nurse at the Washington Adventist Hospital in Maryland.

Joan's contact with Weimar was rather indirect. While in Denmark someone sent her the Andrews University monthly news bulletin which contained information about a lecture that Richard Fredericks gave at Andrews about Weimar Institute. This sparked a lively interest which was satisfied with a subsequent visit to the Weimar campus. Largely due to the impressions of this visit and the direct leading of the Lord, Joan joined our staff in August of this year and is serving as a nurse in the Health Education Center. She is also our new choir director.

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#### Veronica Morrish

Veronica Morrish first became aware of Weimar Institute when a friend from the Washington metropolitan area

decided to join the staff of this new self-supporting venture two years ago. Her interest was further heightened when another friend shared with her the monthly issues of the Weimar Bulletin; consequently, she added her name to the mailing list. This exposure to the kind of program Weimar offered coincided with what she believed true education should be. In April, as part of a California Easter trip she decided to visit the campus and participate in four rewarding days of the Weimar experience. Veronica returned to join the staff in July serving as receptionist-secretary and now is also assisting editor Pat Payne in preparing the Weimar Bulletin.

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#### Gloria Polin

Possessing a very strong desire to learn more about the natural, preventative healing remedies, Gloria Polin, who formerly worked as staff nurse in the Roseville Community Hospital, joined the Weimar

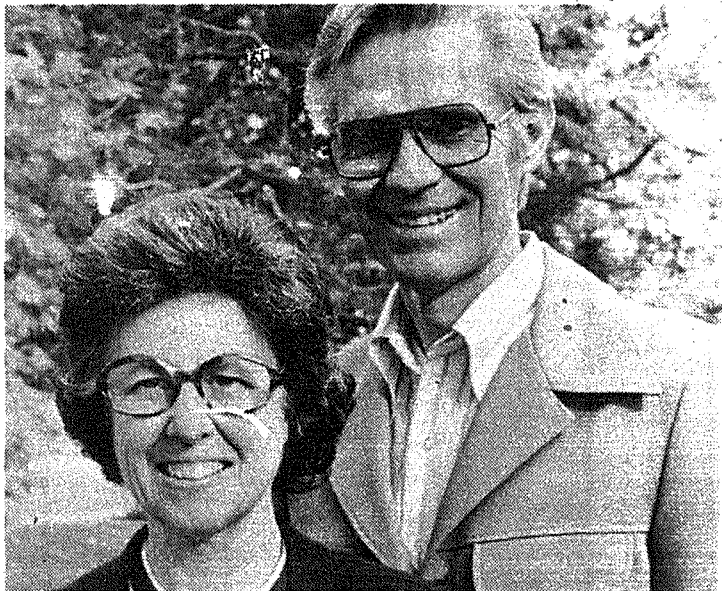
# Growing Weimar Family



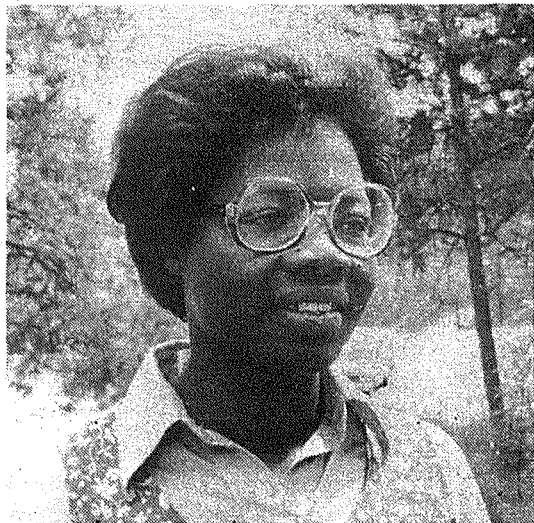
Carol Thompson



Jeanine Howard



Corliss and Joan Vander Mei



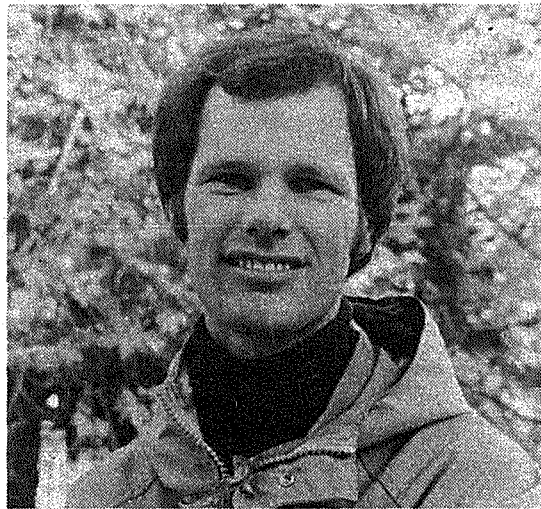
Veronica Morrish



Gloria Polin



Joan Kristensen



Terry Zeyen

family earlier this year. Along with others she contributes to the personalized care given to each guest who comes to the Health Education Center each month.

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**Bob and Kristine Seyle**

"I've extended my lung power since I got here. This place is nothing like the coastlands of Oceanside," says pleasant-faced Bob Seyle who joined the Weimar family in June of this year.

Bob and his wife, Kristine, visited Weimar with friends earlier in the year and were so impressed with the philosophy and practice of the institution that they promised the Lord that if He would help them sell their place they would contribute some of their retirement time and talent to this branch of His work. Coincidentally, the very day their house sold, they received in the mail the Weimar Bulletin which contained an ad requesting the services of carpenters.

In response to this providential leading Bob has been working conscientiously on the new women's dormitory. Kristine helps in the food service area.

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**Carol Thompson**

The nurse with the contagious smile is a description that fits Carol Thompson. This smile brings cheer to many of our health education guests at Weimar.

A graduate of PUC, Carol was invited to join the Weimar staff by several friends. Having been an interested supporter of Weimar for several months, she accepted the invitation and is now carrying her weight in "building" an institute to God's glory.

**Terry Zeyen**

Formerly employed in the art department at Pacific Press Publishing Association, Terry Zeyen designed the Weimar logo even before he became a Weimar staff member. His interest in Weimar is aptly expressed in his own words: "I've

been sold on Weimar ever since its planning stages"

Terry, a native Californian from Watsonville, joined our staff several months ago and has been involved in various artistic functions ranging from inscribing names on doors (adding a personal touch to staff residence hall rooms), lettering beautiful directional signs in the cafeteria, to pictorial layout for the Weimar Bulletin. In the midst of all this activity he still finds time to hold weekly Bible studies, which he feels are his best days.

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**Corliss and Joan Vander Mei**

Corliss and Joan Vander Mei joined the Weimar family three months ago. Their work experience included serving as missionaries in Ethiopia and working at Pacific Press Publishing Association.

Corliss, who has a master's degree in library science, is our new librarian. Joan is the dean of women and also works in the food service area.



## WEIMAR INSTITUTE

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. 2:9-10)

**ADMINISTRATION**

Robert L. Fillman ..... President  
 Kent Dickinson ..... Business Administrator  
 Dick Winn ..... Secretary

**HEALTH EDUCATION CENTER**

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

**WEIMAR COLLEGE**

Colin Standish, PhD ..... Dean of the College  
 John Irvine ..... Acting Director of Community Services

**RETREAT MINISTRY**

Dick Winn ..... Chaplain/Director

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**WEIMAR INSTITUTE BULLETIN**

Pat Payne ..... Editor  
 Veronica Morrish ..... Assistant Editor  
 Terry Zeyen ..... Layout

Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by wills or trusts will be gratefully received.

**OFFICE HOURS**

Monday through Thursday: 8:00 A.M. - 5:00 P.M.  
 Friday: 8:00 A.M. - 4:00 P.M.  
 Sabbath and Sunday: Closed  
 Telephone: Business line: (916) 637-4111

**VISITORS**

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want. A meeting with the President or other staff members - please write or phone ahead to confirm an appointment.

# Labor Day Retreat

The Rushmore Health and Educational Center in South Dakota held its second retreat Aug. 31 to Sept. 3.

"Because of the longer Labor Day weekend two topics were covered," said acting director, Willard Werth, who has returned to South Dakota after serving for one year as director of Work Education at Weimar Institute.

Spiritualism Invades the Christian Home constituted the essence of Sabbath and Sunday morning's presentations featuring Richard Fredericks as speaker. Richard, who is presently completing a doctoral program in Religious Education at Andrews University, is on a sponsored leave of absence from Weimar Institute where he was instrumental in the development and administration of the Outreach Ministries program.

"Our goal is to show that we have a mighty enemy in Satan, but an Almighty Friend in Jesus Christ," commented Fredericks as he showed how spiritualism is more than the occult and the seance, but that it is Satan's masterpiece of deception aimed primarily at Christians in the last days.

Fredericks indicated that Spiritualism's three basic doctrines were unfolded in the Ever-serpent dialogue in Eden:

1. You shall not die (Gen 3:4) - immortality promised apart from a total trust in Christ.

2. You shall be as God (Gen. 3:5) - the autonomous man who in his own strength and wisdom has no need for submission to God, but seeks to live as his own god.

"Interestingly enough," said Fredericks, "we accept this second doctrine each day when we are so busy doing our own thing that we have no time to sit at the feet of Jesus. 'Thus multitudes are deceived. They consent to live for the service of self, and Satan is satisfied.'" 1

3. The final principle of spiritualism (Gen. 3:6) was shown to be Satan's subtle attack, through the avenue of the five senses, causing men to live at the level of feelings and impulse rather than by faith. Satan would like to have man's sensual perceptions be his highest sense of reality even above the Word of God, and thus cut himself off from Divine protection. As a result he would be prepared to accept almost-overpowering delusions.

"Above all Satan knows, and we must know too, that he cannot touch us unless we ourselves consent to separate ourselves from Christ. Hence all his powers are employed not to terrorize but to seduce us into sin; into believing we can live life our own way in our own strength," stressed Fredericks.

Sunday and Monday morning the seminar participants switched gears as Sherry Wertz, director of Hydrotherapy for Eden Valley Institute, presented the topic: Hydrotherapy in the Home. Miss Wertz confirmed theory with demonstrations as she unfolded the simple and practical uses of hydrotherapy in the home. "If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented." 2



Richard Fredericks makes a point at a recent seminar at the Rushmore Health and Educational Center.

Miss Wertz also demonstrated various simple techniques using hot and cold in the treatment of the common cold, stress and pain. She emphasized that hot and cold applied systematically and properly can do much to relieve pain and help fight infections.

Other factors noted by the speaker were the importance of working one to one with a patient, the therapeutic effect of manifesting patience, cheerfulness, tact and discretion and the joy of praying and inviting the Lord to bless our efforts as we co-labor with Him in ministry to the needs of our fellow men.

1. The Desire of Ages, p. 130
2. Counsels on Health, p. 62



Demonstrations in home hydrotherapy were given by Sherry Wertz.

## Isaiah 58 Its Special Significance

by Eric W. Hon

### Conclusion

To give close and diligent study to Isaiah 58 (and supporting Spirit of Prophecy counsel) is to be thoroughly convinced of the special significance this Scripture has for those whom God has called to be witnesses for Him.

There is no room for doubt as to God's desire for the church to give earnest heed to the teachings of this chapter. In it is to be found His divine plan for the type of ministry His people are to render to their fellowmen. The counsel is strong and pointed.

"In God's great plan for the redemption of a lost race, He has placed Himself under the necessity of using human agencies as His helping hand. He must have a helping hand, in order to reach humanity." EGW Comment 4BC 1151

"Read Isaiah 58 ye who claim to be the children of light. Especially do you read it again and again who have felt so reluctant to inconvenience yourselves by favoring the needy." 2T 35:2

"The whole chapter is applicable to those who are living in this period of earth's history.

Consider this chapter attentively for it will be fulfilled." EGW Comment 4BC 1149

### The Significance of Isaiah 58

"The fifty-eighth chapter of Isaiah contains present truth for the people of God." Ev 516

"The work of beneficence enjoined in this chapter is the work that God requires His people to do at this time. It is the work of His own appointment." 6T 265:2

"This chapter is explicit, and there is in it enough to enlighten any who wish to do the will of God." 6T 289-90

"Here is set forth the very spirit and character of the work of Christ." DA 278:2

### The Work Defined

"In this Scripture the work we are to do is clearly defined as being medical missionary work." 8T 3

"The union that should exist between the medical missionary work and the ministry is clearly set forth in the fifty-eighth chapter of Isaiah." 6T 289:4

Isaiah 58 is a strong scriptural authority for medical missionary work. Verses 6, 7, and 10

outline the kind of labor God has designed for His followers to practice in person-to-person ministry. The whole chapter provides the antidote for selfish, self-centered Christians, pointing out the means by which a godlike character can be developed.

Broadly in its application, Isaiah 58 can be divided into four parts.

### A Call To Reform

Before God's people can be representative of Him and effective in ministering to others, there must first be a revival and a reformation in their own lives. Only then will their work be of much consequence. Verses 1-5 give an urgent and pointed message to those who profess to be the followers of God.

### A Call To Heal

The healing ministry as outlined in verses 6, 7, and 10 is God's chosen ministry, as stated before. "True medical missionary work is of heavenly origin...and has a most glorious mission to fulfill." MM 24:2 "Medical missionary work brings to humanity the gospel of release from suffering. It is the

pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed." Ibid 239:3

God ordained that His message of redemption and restoration is to be made available to every living person in all levels of society. The most effective approach is through the avenue of medical missionary work. Christ set the example reaching all classes of people. "While He ministered to the poor, Jesus studied also to find ways of reaching the rich. He sought acquaintance of the wealthy and cultured Pharisee, the Jewish nobleman, and the Roman ruler. He accepted their invitations, attended their feasts, made Himself familiar with their interests and occupations, that He might gain access to their hearts, and reveal to them the imperishable riches."

As Jesus ministered so we are to minister. "To make known to all mankind the message of the grace of God is the first work of those who know its healing power." MH 141:2

### A Call To Restore

It was Christ's mission to bring to men complete restoration. God desires His people today to

use His ordained method ministry to the fullest degree. This includes the physical and spiritual aspects of the message of the total restoration of man to the image of God.

"The truth for this time embraces the whole gospel. Rightly presented, it will work in the very changes that will manifest the power of God's grace upon the heart. It will do complete work, and develop complete man. Then let no line be drawn between the general medical missionary work and the gospel ministry. Let them blend in giving the invitation, 'Come; for all things are now ready.' Let them be joined in an inseparable union, even the arm is joined to the body." 6T 291:1

By faithfully following God's plan of ministry the fulfillment of verse 12 of Isaiah 58 will be seen. "And they that shall build the old wastes: and thou shalt raise the foundations of many generations: and thou shalt be called The repairer of the breach, restorer of paths to dwell in."

In what more thrilling way can man be engaged than to

Continued on page 11

# God's Answer To Man's Past

by Colin D. Standish

There are few fears greater than those which arise from one's past. Millions are trapped into believing that their past is so bad that there is no hope for them. There are those who, though having maintained Christian connections for decades, and perhaps having fulfilled important positions in their church, nevertheless, have the feelings that there is no hope for their salvation. Such can usually point to other men and women whom they feel assured will be saved in the kingdom of God. But somehow they believe that their own past is so bad that Christ cannot forgive them and therefore cannot save them.

There are still others who feel that they have committed the unpardonable sin, a sin which God cannot forgive because they have neglected to follow in His pathway. Such people suffer from inordinate anguish and difficulty. Yet God has promised His love is supreme for all mankind. Nowhere in the Scripture does it talk about the unpardonable sin, but the term arises out of the words of Jesus, "Wherefore I say unto you, All manner of sin and blasphemy shall be forgiven unto men: but the blasphemy against the Holy Ghost shall not be forgiven unto men."<sup>1</sup> This verse of Scripture indicates that there is but one sin that God cannot forgive and, thus, it has sometimes been referred to as the unpardonable sin.

Much mystery surrounds the unpardonable sin, and frequently men and women lose their connection with God because they believe that they have committed such a sin. But there is nothing mysterious about it. It is a sin of man's irrevocable rejection of Christ when he finally and unchangeably turns away from his Maker. God never turns away from man. He is long-suffering, "not willing that any should perish but that all should come to repentance."<sup>2</sup> The sin against the Holy Spirit is man's total and final rejection of Jesus. It would not make sense to believe that Jesus would come to this world to be reviled, spat upon, whipped, scorned, falsely accused, and crucified if He didn't love us. Jesus wants our love and our life more than anything else. The question is

not whether Jesus wants me but whether I want Jesus.

It is Satan's contemptible lie that there is no hope, and that our sins are too serious and too numerous to be forgiven. Could we possibly be less saveable than Adam whose sin opened the door to every other sin that has been committed on this earth, to the distress, the agony, the sorrow, the crime that our world has inherited for thousands of years? Could we be less saveable than Abraham who lied on two occasions about the relationship to his wife, or Jacob the supplanter, or Rahab the harlot, or Zacchaeus the money-hungry tax collector, or Peter—the one who so blatantly denied his Lord, or the woman of Samaria who had lived such an impure life, or David who was prepared to kill a man so that his lusts might be satisfied, or Mary Magdalene who seven times fell back into prostitution? The question is whether we are prepared to believe the liar of liars, or whether we believe Christ Jesus' death on Calvary was valid for every sinner who confesses and trusts in the revelation of God's love and grace. Do we believe Jesus, or not? The Bible says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."<sup>3</sup>

Unfortunately, many of us expend an enormous amount of energy trying to save ourselves. Very few eventually cry out with Paul, "Oh wretched man that I am, who shall deliver me from the body of this death?"<sup>4</sup> Very few people experience God's immediate response, "There is therefore now no condemnation."<sup>5</sup> But still there is hope. God wants us to accept His invitation to be His sons and His daughters. Weak or strong, influential or not, rich or poor, He wants us to accept Him today.

But there is the issue of our past to take care of, and God clearly defines how this can be accomplished. "And it shall be, when he shall be guilty in one of these things, that he shall confess that he hath sinned in that thing."<sup>6</sup> Thus, the first step in God's answer to our past is the acknowledgement of our sin, and the confession of that sin before our Father which is in heaven. If we fail to confess our sin, or to acknowledge it, then of course forgiveness cannot be ours. "He

that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."<sup>7</sup>

Perhaps no one knew more about the power of Christ in his life than David. And thus he writes much about acknowledgment and confession of sin. "I acknowledged my sin unto Thee, and mine iniquity have I not hid. I said, I will confess my transgression unto the Lord; and Thou forgavest the iniquity of my sin."<sup>8</sup>

The prophet, Isaiah, says, "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon."<sup>9</sup>

We do not ask God to forgive according to our goodness or our righteousness but according to His great mercy and love. "Have mercy upon me, O God, according to Thy lovingkindness: according unto the multitude of Thy tender mercies blot out my transgressions."<sup>10</sup>

We do not serve a reluctant God, a God who is anxious to keep as many out of His kingdom as possible. On the contrary, He is not willing that any should perish, but that all should come to repentance. Therefore, David could say, "For Thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon Thee."<sup>11</sup>

And then, placing it in the context of a simile, he says, "For as the heaven is high above the earth, so great is His mercy toward them that fear Him."<sup>12</sup> How high is the heaven above the earth? Surely, the heavens are infinite.

We can have no better authority on the love and compassion of Jesus than from His very own words. There were those who thought they were righteous enough to be in heaven. But Jesus declared, "I came not to call the righteous, but sinners to repentance."<sup>13</sup> The very fact that we are sinners is not a barrier to repentance but an assurance that Jesus' sacrifice has been provided that we might have eternal life.

However, there are conditions for forgiveness. First, there

must be acknowledgment of sin. Then there must be confession of sin. And then Jesus says, "Bring forth therefore fruits meet for repentance."<sup>14</sup> There can be no repentance without reformation. Repentance is a change of the mind which precedes reformation—which is a corresponding change in the life. Not only must we confess our sins, not only must we be sorry for our sins, but we must also plead with Christ for the power to forsake sin. No one can continue in happiness while he is in sin.

Wherever possible, we should pray specifically for the forgiveness of sins that we know by name. But also there is a need to ask the Lord to cover those sins which may have been forgotten or performed unwittingly.

Then there is another aspect to forgiveness. Very often we have wronged our fellow man. Frequently we have a dispute with fellow human beings, and God expects that the same forgiveness that He so freely offers to us we will offer to them.

Paul puts it beautifully: "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."<sup>15</sup>

Before we ask for God's forgiveness, before we ask in penitence for the removal of our sins, it is our responsibility to do everything possible to be reconciled with our brother. Then, and then only, can we come in freedom before our Lord, asking for forgiveness for our own sins.

God is a loving God, not willing that any of us should perish but that all should come to repentance. Is there hope? There is hope for all who will seek the forgiveness of Jesus Christ, acknowledging their fault and their guilt and praying for God's forgiveness. And before we get up from our knees, we can thank God for His victory in our lives and for the pardon that He has given to us, never doubting that He has fulfilled that which He has promised.

- 1 Matthew 12:31
- 2 2 Peter 3:9
- 3 1 John 1:9
- 4 Romans 7:24
- 5 Romans 8:1
- 6 Leviticus 5:5
- 7 Proverbs 28:13
- 8 Psalm 32:5
- 9 Isaiah 55:7
- 10 Psalm 51:1
- 11 Psalm 86:5
- 12 Psalm 103:11
- 13 Luke 5:32
- 14 Matthew 3:8
- 15 Ephesians 4:32

## Let's Memorize

Would you believe that memorizing all or even part of the book of James could be one of the most rewarding things you have ever done?

Thoughtful memorization of Scripture will do much for you spiritually. The illustration in Matthew 12:33 about the leaven in the meal teaches a powerful truth — it's the yeast in the flour that makes a difference. So with the leaven of God's Word. It's what we get inside — into our thinking processes and memory — that transforms us through the implanting of new tastes and new feelings and new motives.

Would you believe, also, that through study and memorization of Scripture you can develop a more retentive memory.

Let's say you are studying medicine. Your GPA is important to you. Did you know that when "medical students...study the word of God diligently" they become "far better prepared to understand their other studies" (8T 156)? The same is true of other disciplines. Note the following:

"Nothing will so help to give them a retentive memory as a study of the Scriptures. Nothing will so help them in gaining a knowledge of their other studies." (8T 156).

For most of us, it takes persistence and hard work to memorize Scripture. If we do so consistently, however, it becomes easier as we go along. Be encouraged by this:

"Though at first the memory be defective, it will gain strength by exercise, so that after a time you will delight thus to treasure up the words of truth." (CT 138)

The book of James contains 108 verses. At two verses a day you could memorize the entire book in less than eight weeks. Or, if you prefer, use Sabbaths for review and for one week of the eight memorize three verses a day. Here are suggestions you may find helpful:

1. Unless you have strong determination, select a partner who will also memorize the book of James. Keep each other encouraged to stick with it.
2. Write the verses to be memorized on a 3x5 card the evening before.
3. As soon as you are awake, spend five minutes working on that day's verses.
4. Keep the 3x5 card with you and use odd moments to review that day's verses.
5. Whenever possible discuss with someone — possibly your partner — the significance of the verses you are memorizing.
6. At bedtime review everything for the week, and as time permits, everything to date.
7. On Sabbath review and possibly write out everything to date.



Dean of Weimar College, Dr. Colin Standish, chats with students and staff after morning chapel service.

# Weimar College In Its S



Dianne Sisneros gets an opportunity to apply her knowledge in accounting during her work hours in the business office.



Living means laundry, and the H.E. C. has plenty of it. Ask Diane Smith,



Dennis Blum teaches a class in hydrotherapy. Learn both theory and application.



Friendships of special value are part of what it's all about in pioneering a college such as found at Weimar. Here Jennifer Matlack and Tammy Cazes share ideas on the day's encounters.



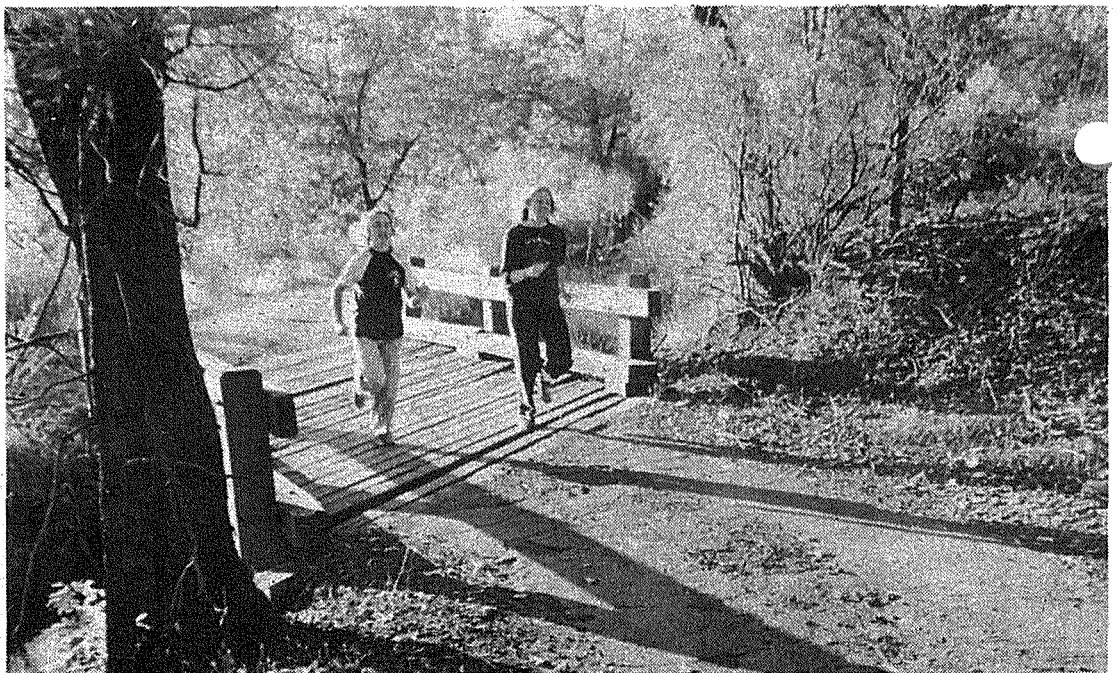
Jim Stimpel and Vonnie Boyd make bookshelves for Dr. Standish. Opportunity to learn how to make furniture and other items is found under the expert hand of Charlie Smith, Cabinet Shop Supervisor.



Students gather for group portrait: fifty-four in number (with two missing).

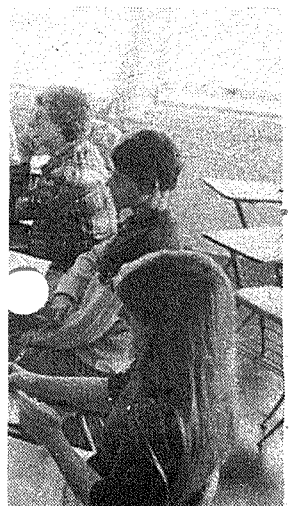


Dean Kohler drops in on Kenton Trenchuk and Bruce Gleason during evening dorm study time.

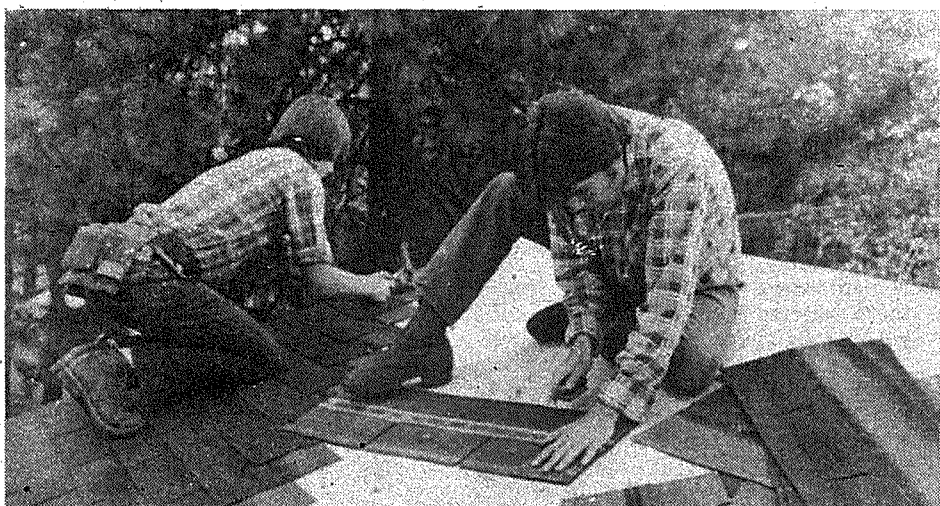


With all the available trails and woods, it's no wonder that students manage to find time to exercise in the fresh air.

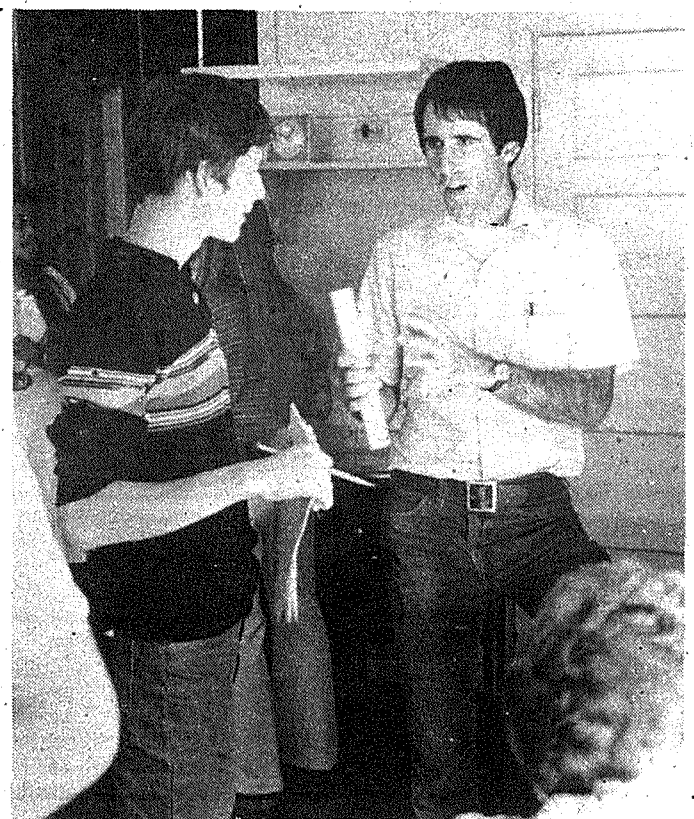
# Second Year



...y where students



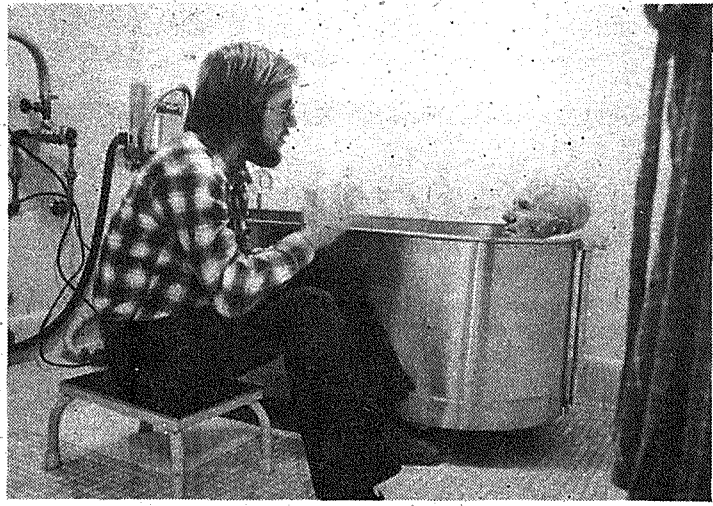
Joel Neil and Rocky Sarli nail roof shingles on staff residence hall.



Scott Richards dialogues with Dan Bruno during registration.



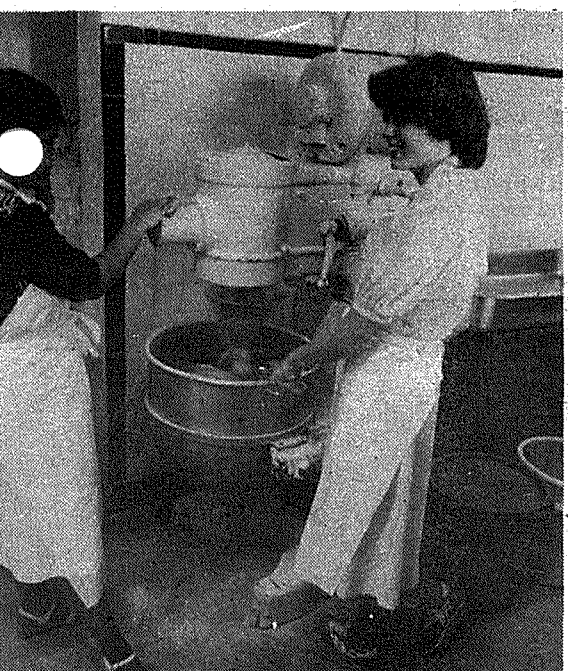
Work loads include shovelfuls of farm tasks, as demonstrated by staff worker Mike Van Vliet and student Timothy Riley.



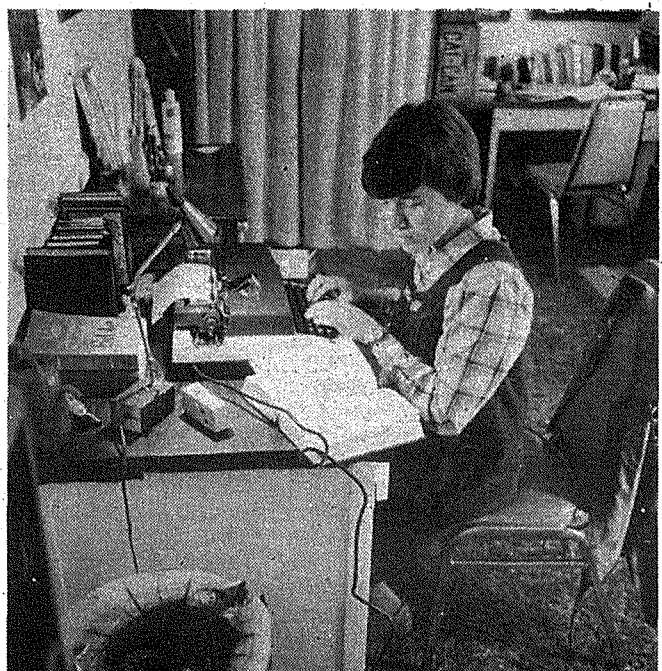
Work assignments include working in the H.E.C. Here student Hal Mayer assists a guest with hydrotherapy.



A unique portrayal of the Potter and the Clay was given by Doug Gibson (potter) and Deena Haynes (the "clay") during a recent Friday night Vesper service. Musical accompaniment was provide by David Bradburn on the flute and Doug Toppenburg on the guitar.



Breadmaking can be alot of fun as Rose Meiso and Melody Willie found out while working in the Weimar Institute bakery.



Study time for Laura Mayer.



Assistant to Tape Service Supervisor, Hazel Hon, student Dave Fernald listens to a recording before processing.

# A Cold Bath—For Health's Sake

By Byron Reynolds

To most people the mere mention of a cold bath not only raises goose bumps, but also eyebrows. Over the years we have been comfortably conditioned to the hot tub baths and jacuzzi baths which give a relaxed or fatigued feeling. But few realize the potential of a stimulating cold bath. Cold streams, lakes and oceans are more than pools of water waiting to evaporate. If properly used they could be a means of healing to the people of the world.

There is considerable talk about various tribes of people who enjoy greater longevity than we do, but one factor is often overlooked. As we consider their eating and exercise habits, we need to note that these people routinely bathe in cold water.

As the warm body is dipped into cold water a number of outward reactions take place. The person begins to breathe short, quick breaths, then momentarily they get deeper and slower. The cold bath will give a healthful glow to the skin as the blood is shunted from the internal organs where it is often congested, and distributed evenly to the periphery. In turn, revitalized blood is replenished in these organs to promote a more normal functioning of the entire system. Studies show that after a cold bath of 61°F oxygen absorption is increased 47% and excretion of carbon dioxide by 65%, as compared with a hot bath at 111°F which gives an increase of 17% for oxygen and

32% for carbon dioxide. A cold spray such as with a hose and spray nozzle at 61°F gives 150% increase in oxygen and 65% for carbon dioxide. The fact is that a much stronger reaction takes place with cold baths than with warm baths, as there is a mechanical stimulation with the cold water such as with friction or high pressure.

The cold bath treatment is excellent for problems such as lobar pneumonia or bronchopneumonia as it helps to increase the lungs' ability to oxygenate and also acts as an expectorant to clear the lungs. One test showed that, by prolonged cold to the chest, there was an increase of 25-50% in the tidal volume of the air breathed in and out. 1 This dilation of the lungs is also helpful in most types of lung conditions. The brief bath may not give quite so marked an effect as the prolonged cold; however, it will be more tolerable for those easily chilled. There is also the effect of slowing the heart rate and causing it to beat stronger, circulating more blood, and making it more regular in rhythm. After a prolonged cold bath the heart rate will often decrease 10 to 25 beats per minute. 2 Progressive cold bath treatments are being used in a few new cardiac rehabilitation programs, because of the strengthening effects on the heart. Stress is relieved by increasing vascular tone and allowing more blood to return to the heart. Not only is the heart favorably affected but the blood that gets to the skin as a result

has 20% more hemoglobin to transport the oxygen. There is a 20-35% influx of red blood cells and the spleen is stimulated to circulate 200-300% more white blood cells. These white blood cells are even more effective in fighting infections because the pH of the blood is normalized or made more alkaline. It must be remembered, however, that these effects are only temporary, lasting from one to three hours unless a regular series of cold treatments are given. 3

As the temperature of the water decreases in the cold application, the body heat production rises. It is estimated that for every 1°C of temperature drop, there is a 2-3% rise in metabolism. 4 This has important implications in the area of muscle function and endurance. Muscles need blood sugar to function, but after a while the lactic acid builds up due to an insufficient supply of oxygen and fatigue sets in. Brief cold treatments increase the metabolism and blood flow with greatly increased oxygen and hence converts the lactic acid and new fats into blood sugar to continue the muscular action.

The results of this are amazing. When a finger muscle was fatigued after doing work equivalent to 1/15th of an horsepower, the hand was placed in a 50°F bath for 15 seconds. The same muscles were then able to produce almost 1/8th of an horsepower of work before becoming fatigued again. This means it almost doubled its work after the cold treatment. Taking

an average of the results of various cold treatments the work capacity increased by 30% while hot treatments decreased it by 30%. 5 The nine-minute cold shower was shown to be the best duration for keeping the heart rate lowest during submaximal exercise. I have given myself a cold water spray from a garden hose with an adjustable sprayer before running, and have experienced a remarkable increase in endurance and breathing capacity. I strongly suggest that you try a cold shower or bath before and even after your exercise, finishing it off with a brisk friction towel dry. You will feel great for hours. You will also notice that even though your system is stimulated you will also sleep better and warmer after a quick bath. It will promote normal wave action in the colon which helps with constipation and gas pains. General cold baths, however, should be avoided in cases of pleurisy, hemorrhage and perforation, where it can increase pain or bleeding.

In numerous places Ellen White recommends for healthy people the use of a bath properly taken at least twice a week, and more frequently if ill. When these counsels are read in context, she is most often referring to a tonic, stimulating, or cold bath. One letter of advice written in 1871 is recorded in Volume 3 of Testimonies for the Church, pages 67-79. It reads, "Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it

muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and life to each. It also promotes digestion and instead of the system being weakened, it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold because the circulation is improved...for the blood is brought to the surface, and more easy and regular flow of blood through the blood vessels is obtained."

## How to Apply a Cold Water Treatment

First, take a hot shower, hot foot bath, friction towel rub, or vigorous exercise to insure that the body is warm initially. Drink a glass of hot water to increase tolerance for cold. If you chill easily, the first few treatments should be only wet hand or towel rubs with a thorough drying afterwards. Bathing the face with cold water before dipping in also makes the treatment easier. The room should always be kept warm and free of drafts until the person can tolerate swimming in a cold lake or river, which may be a while. Cold baths can be taken from a few seconds to 20 or

Continued on page 11

# A Common Complaint

by Dr. Beverly Cox

## IRRITABLE BOWEL SYNDROME —

It is not an uncommon occurrence for one to have abdominal pains, excess gas, constipation and diarrhea. Fortunately, however, most people who suffer with these discomforts do not have a serious disease. In fact, half of all illnesses of the stomach and intestines in the United States is caused by what is called the irritable bowel syndrome.

Irritable bowel syndrome is just what the name suggests — a condition in which the bowel is irritable. The nerves and muscles of the bowel respond in an abnormal way to food, to the discussion of emotional topics and to certain drugs. 1

Stress and emotional tensions are expected in normal living and are associated with temporary changes in bowel habit even in the well person. Examples of this would be the diarrhea of a university student before a major examination and the constipation of an individual who is traveling away from home. Persons with the irritable bowel syndrome have been considered a subgroup of the normal population with either an increased magnitude of symptoms or an increased concern about bowel symptoms. 2 They also

seem to have increased sensitivity to pain caused by bowel distention. 3

Irritable bowel syndrome is most frequent in young and middle-aged women. 4 Blushing and weeping are also common responses to stress in women. We cannot explain why some women blush or weep easily and others do not. It is just as difficult to explain why some persons get abdominal pain, gas, etc. with stress.

The usual symptoms of irritable bowel syndrome are:

Abdominal pain which is usually relieved with a bowel movement.

Constipation or diarrhea.

Alternating constipation and diarrhea.

Abdominal distention after meals.

Gas

Other symptoms that may occur are:

Mucous in the stool

A feeling of incomplete bowel evacuation.

Heartburn

Poor appetite

Nausea

Vomiting

Tiredness

Faintness

Depression

Anxiety

Palpitations

Insomnia

Fear of cancer

Because these same symptoms can occur with more

serious disease, it is important to be examined by a physician and to have a few simple tests done. When the examination has been shown to be negative, treatment for irritable bowel syndrome can begin.

I will quote one observer to show why treatment is usually necessary. "Granted that it has probably never caused the death of a patient, nevertheless, the discomfort is such that some patients wish they were dead and many others are disabled as markedly as if they had serious organic disease." 5

Some investigators have felt that the symptoms are caused by a refined diet and that the entire alimentary tract has to "struggle" with a low residue diet. 6,7 The addition of sufficient fiber, especially bran, will reduce pressure in the bowel and thus pain will be relieved. A high fiber diet will also increase the speed of transit of food through the bowel and thus help prevent constipation. The symptoms in most people will be relieved by eating this type of diet.

It is interesting to note that many people suffer from flatulence and distention when they increase bran and fiber intake in their diet. This usually disappears within three weeks but occasionally lasts for up to eight weeks. The important point to remember is not to stop eating roughage on this account. 8

Although the volume of gas in the intestines is entirely normal (even in those suffering from bloating and flatulence), 9 it may be necessary to eliminate certain gas-forming foods that have proven bothersome to the individual. Some of these are beans, onions, cabbage and melon. Milk intolerance should be considered in anyone suffering from abdominal distention, pain and diarrhea. Coffee and chocolate should be avoided. 10

Heat to the abdomen is helpful in some cases of pain. Probably the best way to apply this is to dip a towel into hot water, wring it out and place it on the abdomen. Sometimes it is enough to simply lie on the stomach with a soft pillow pressing against the abdomen. Baths, regular exercise and periods of rest are aids for relaxation of the spastic muscles in the bowel.

Charcoal has been found helpful to relieve gas pains, diarrhea and nausea. This can be taken as a teaspoon or two in a glass of water or 4 to 8 tablets with water, half an hour before meals or half an hour following meals. Hydrophylic psyllium seed (e.g. metamucil) is useful for either diarrhea or constipation. It holds water in the stool, making the stool soft and bulky, thus avoiding the hard pellets or pencil-like stools that are a common symptom.

Besides drinking adequate water and using substances to

maintain soft stools, it is important to have a regular time to defecate. A hearty breakfast is also very helpful.

One important factor to remember is that irritable bowel syndrome is a chronic problem and sometimes it is necessary to learn to live with the symptoms. The bowel is the "end organ" of disease for the particular individual who suffers from this condition. Symptoms are apt to flair up whenever one leaves a healthful lifestyle, when he becomes too busy to get adequate rest and exercise, becomes careless about his eating habits, forgets to drink plenty of water and to breathe fresh air, avoids sunshine, generally becomes intemperate, and fails to trust God to help him solve difficult problems in his life.

1. Gut 19:923-929, 1978
2. Medical Clinics of North America, 62:203-209, 1978
3. New England Journal of Medicine, 293:524-526, 1975
4. British Medical Journal, 1:197-198, 1972
5. American Journal of Medicine, 10:60-67, 1951
6. British Medical Journal, 2:46, 1972
7. British Medical Journal, 2:137-140, 1972
8. Ibid.
9. New England Journal of Medicine, 293:524-526, 1975
10. Gastroenterology, 73:811-822, 1977



## H.E.C. ALUMNI CORNER

# from the Weimar Kitchen



### Revised Edition

Recipes do not call for animal or dairy products, nor for sugars, oils, synthetic vegetable proteins, or other highly refined foods.

Please send me . . . . . copies of The Weimar Kitchen at \$5.00 per copy. This includes postage and handling.

Bulk rate: 25 books-plus at \$3.25 if accompanied by retail sales number. Otherwise, \$3.25 plus tax if in California.

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Dear Alumni:

I have been helping Irma this month with cooking school. We've been having a great time with our guests, and they love the samples. I've shared several recipes from home which are quite tasty. Last July, my father went through the program. They pass the test if he likes them. So I thought I'd share a few with you, as well as to remind you of some old ones.

#### THE PERFECT WAFFLE

1/3 C cashews blended  
in 1 C water  
\*Always sterilize cashews.  
2 1/2 C oats  
3/4 C cornmeal  
3/4 C whole wheat flour  
1 t salt  
4-4 1/2 C hot water

Blend cashews and 1 C water first. Then add alternately with the liquefier on, part of hot water (2-3 C) and all of grains and salt. When blended smoothly, pour batter into a large bowl. Add rest of water and mix thoroughly. Spray waffle iron lightly with Pam while it is still cold. Then put on high heat. Bake waffles in hot waffle iron 8-12 minutes. Even with many batches, you won't have to use any more Pam. Do not peek for at least 8 minutes. Use 1 1/2 C batter for each large waffle.  
Yield: 4 large waffles

Serving Hints: Serve with thickened fruit and juices, or apple sauce. Add fresh sliced bananas on top of fruit sauce. If the fruit sauce is too tart, puree a few dates with part of the fruit sauce and add to rest of sauce.

Note: Waffles keep well if frozen and then heated in toaster when ready for use.

#### RASPBERRY JAM

1 C grape, apple, or pineapple (or Tree Top's grape-pear) juice  
8 chopped dates  
1 1/2 T corn starch  
1 1/4-1 1/2 C boysenberries, raspberries, or blueberries

Puree first 3 ingredients and bring to a boil and cook gently for 5-8 minutes. Then add berries. If the juice isn't the color of the berries, puree 1/4 C with the juice. (I think the raspberries make the best tasting jam.)

#### SUPER EASY MILLET ENTREE'

1 C uncooked millet  
5 C tomato juice  
1 medium onion, chopped  
1/2 t salt  
1/2 C sliced green ripe olives  
1/2 C cashew pieces  
1/2 t sage  
1/2 t garlic powder or savory

Mix in the same entree' dish used for baking. Cover well with tin foil or well-fitting lid so the moisture from the entree' won't escape. Bake at 325° for 2 hours,

then bake at 250° for 1 more hour.

Note: This entree' is delicious without gravy:

Serving Hints: Serve with yams, peas or green beans, and a tossed salad.

#### SAVORY BROWN GRAVY

6 T whole wheat pastry flour  
2 C water  
1/2 t garlic powder  
1 1/2 t onion powder  
1/8 t celery seed  
1-2 t vegex or 2 T soy sauce  
1/3 C sliced mushrooms

Optional: May puree 1/4 C cashews with 1 C of water for a richer and creamier gravy. But this gravy is good even without the nuts.

Dextrinize (or brown) flour in dry skillet on low-medium heat until lightly browned. Don't burn it. Take off heat. Add cold water and stir until smooth, with gravy maker utensil. Then put on heat and add rest of ingredients. Bring to boil and cook until thickened nicely. Add sliced mushrooms.

Serving Hints: Serve on baked potatoes or roast.

I hope you enjoy these new recipes. We love to hear from any and all of you. God bless your efforts.

Love,  
Gloria Polin

## At Your Best

### 1. Begin your day in prayer — Ps. 5:3

"When you rise in the morning, kneel at your bedside, and ask God to give you strength...Ask Him to help you to speak words that will inspire those around you with hope and courage." (SD 199).

### 2. Daily memorize at least one verse of Scripture — Ps. 119:11

"Let...important passages...be committed to memory, not as a task, but as a privilege. Though at first the memory be defective, it will gain strength by exercise, so that after a time you will delight thus to treasure up the words of truth". (CT 137, 138).

### 3. Get daily outdoor exercise — Eccl. 12:12

To keep physically fit, daily exercise in the open air is a must — preferably as manual labor, but if not, through walking and/or jogging. "Morning exercise...in the free, invigorating air of heaven...is the surest safeguard against colds...and a hundred other diseases (ML 136).

### 4. When working, work vigorously; when studying, study hard — Eccl. 9:10.

"Have a definite aim. Decide how long a time is required for a given task, and then bend every effort toward accomplishing the work in the given time. The exercise of the will power will make the hands move deftly" (Col 344)

### 5. Eat healthfully — Ex. 15:26

Take time for a nutritious breakfast and lunch. Eat lots of fresh fruits and vegetables; go easy on sugar and fats. Chew thoroughly — "let there be no hurried eating" (SD 171). Supper should be "very light, and of food most easily digested" (MH 321)

### 6. Get adequate rest (no study after 9:00 p.m.) — Mark 6:31

"...by studying after nine o'clock, there is nothing gained but much lost. Teach and practice that the time can be systematically employed, one duty after another attended to promptly so that midnight hours will not have to be employed in laborious studies. I know from the testimonies given me from time to time for brain workers that sleep is worth far more before than after midnight. Two hours good sleep before twelve o'clock is worth more than four hours after twelve o'clock" (MS 85, 1888).

### 7. Avoid procrastination — 2 Cor. 6:2

"All the sophistry of Satan is bound up in that one word, 'Wait'" (RH 9/19/1893).



An in-house staff enrichment week-end seminar on Time Management was recently held by former board member Paul Hawks. Included in the presentation were thought provoking work sheets and time for group interaction.

# Out Of The Cities

by Kent Dickinson

As a people, Seventh-day Adventists have been blessed with instructions not only for themselves and their families but for those whom they influence in their daily lives. This instruction includes not only religious topics but very practical applications of Bible-taught principles for successful and healthful living, and preparation for eternal life.

Warnings about coming events, and how to meet them, are a settling, calming factor in providing the thoughtful Bible student with the peace of mind Jesus left as a parting gift to us. (John 14:27) He repeatedly advised us to not worry, but to trust His (and our) heavenly Father who knows, loves and provides for each of His creatures. (Matthew 6:33, 34) As we see the very perplexing problems arise in the economic, political, scientific, industrial and even in the natural scenes of this modern time we can be assured that the same Lord who remembered faithful Noah, when judgements came upon the antediluvian world, will remember His people today.

Counsel about closing events of this world's history given by the Lord's messenger, Ellen G. White, decades ago, is of growing and vital importance for God's people who stand on the threshold of the fulfillment of final prophecies. A warning to move out of the increasingly sinful cities has rung clearly down through the years to those who would preserve their physical health, rightly educate their children and avoid the perplexities, stress, and troubles gripping those in the cities.

These are gleanings from that counsel:

## MORAL AND RELIGIOUS INFLUENCES

### Patriarchs and Prophets, p 169

"In choosing a home, God would have us consider, first of all, the moral and religious influences that will corrupt us and our families. We may be placed in trying positions, for many cannot have their surroundings what they would; and wherever duty calls us, God will enable us to stand uncorrupted, if we watch and pray, trusting in the grace of Christ...Those who secure for their children worldly wealth and honor at the expense of their eternal interests, will find in the end that these advantages are a terrible loss."

### Adventist Home, p 139

"Parents can secure small homes in the country, with land for cultivation, where they can have orchards and where they can raise vegetables and small fruits to take the place of flesh

meat, which is so corrupting to the lifeblood coursing through the veins. On such places the children will not be surrounded with the corrupting influences of city life. God will help His people to find homes outside of the cities."

### Ministry of Healing, p 364

"Life in the cities is false and artificial. The intense passion for money getting, the whirl of excitement and pleasure seeking,

and mothers who possess a piece of land and a comfortable home are kings and queens."

### 2 Selected Messages, p 355

"Let children no longer be exposed to the temptations of the cities that are ripe for destruction. The Lord has sent us warning and counsel to get out of the cities. Then let us make no investments in the cities...In country places abundant, useful exercise will be found...which will

is too late, too late, to establish large business firms in the cities - too late to call young men and women from the country to the city. Conditions are arising in the cities that will make it very hard for those of our faith to remain in them."

## WORK THE CITIES FROM OUTPOSTS

### 2 Selected Messages, p 358

"Repeatedly the Lord has in-

Creek...Spread every plan before God with fasting, (and) with the humbling of the soul before the Lord Jesus, and commit thy ways unto the Lord. The sure promise is, He will direct thy paths."

## AWAY FROM THE CITIES

### Ministry of Healing, p 364

"Through the working of trusts, and the results of labor unions and strikes, the conditions of life in the city are constantly becoming more and more difficult. Serious troubles are before us; and for many families removal from the cities will become a necessity."

### 2 Selected Messages, p 141

"Again and again the Lord has instructed that our people are to take their families away from the cities, into the country where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one."

As we visualize the home situation chosen for the boyhood of Jesus who, though surrounded with sin, was placed in a small rural community, and as we reflect on the disastrous results of sin leading to the destruction of Sodom in Lot's time, can we do less than seriously and carefully study our current living situations and resolve to wholly follow God's instruction for us? What are so-called cultural, educational and economic advantages in city living compared to the mental, spiritual and physical health, and eternal rewards awaiting those who choose, while the opportunity exists, to follow God's counsel. The Bible author reinforces our convictions when he states, "Wherefore, come out from among them and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty." 2 Corinthians 6:17, 18

We who serve at Weimar Institute, as well as those who come for a Christian education or physical renewal, have been abundantly blessed in our efforts to follow God's leading in this rural place. Surely individuals and families as well as institutions and business firms will find perplexities decrease and a rich reward in locating as our all-knowing and ever-loving heavenly Father may direct.

The continued evidence of support by our readers for our programs and projects is most encouraging to all of us at Weimar Institute. We pray that God will constantly lead our work here, and provide the resources and abilities to carry out His plan and guide our readers as we each face the growing complexities of the "time of the end." ▾



the thirst for display, the luxury and extravagance, all are forces that, with the great masses of mankind, are turning the mind from life's true purpose. They are opening the door to a thousand evils. Upon the youth they have almost irresistible power..."

### Ministry of Healing, p 365

"What were the conditions chosen by the infinite Father for His Son? A secluded home in the Galilean hills; a household sustained by honest, self-respecting labor; a life of simplicity; daily conflict with difficulty and hardship, self-sacrifice, economy; and patient, glad service; the hour of study at His mother's side, with the open scroll of Scripture; the quiet dawn or twilight in the green valley; the holy ministries of nature; the study of creation and providence; and the soul's communion with God..."

### Fundamentals of Christian Education, p 326-7

"The children who are with parents that love and fear God are in every way much better situated to learn of the Great Teacher, who is the source and fountain of wisdom...the earth has blessings hidden in her depths for those who have courage and will and perseverance to gather her treasures. Fathers

give physical health by developing nerve and muscle. 'Out of the cities' is my message for the education of our children."

## RESTORATION OF HEALTH

### 7 Testimonies, p 85

"Life in the open air is good for body and mind. It is God's medicine for the restoration of health. Pure air, good water, sunshine, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees..."

### 2 Selected Messages, p 356

"Do not consider it a privation when you are called to leave the cities and move into the country places. Here await rich blessings for those who will grasp them. By beholding the scenes of nature, the works of the Creator, by studying God's handiwork, imperceptibly you will be changed into the same image."

## SANITARIUMS, SCHOOLS, OFFICES

### 2 Selected Messages, p 357

"The instruction is still being given, 'move out of the cities.' Establish your sanitariums, your schools, and offices away from centers of population!...It

structed us that we are to work the cities from outpost centers. In these cities we are to have houses of worship, as memorials for God; but institutions for the publication of our literature, for the training of workers, are to be established outside the cities."

## NO RASH MOVES

In 1893 E.G. White counselled against rashly moving from Battle Creek without a knowledge of God's will for the individual and family. Her words, as quoted in 2 Selected Messages are as follows:

### 2 Selected Messages, p 361-364

"Take heed that there shall be no rash movements made in heeding the counsel in moving from Battle Creek. Do nothing without seeking wisdom of God, who hath promised to give liberally to all who ask...Let everyone take time to consider carefully; and not be like the man in the parable who began to build, and was not able to finish...Think candidly, prayerfully, studying the Word with all carefulness and prayerfulness, with mind and heart awake to hear the voice of God...There is need for your moving - many from Battle Creek - and there is also need of your having well defined plans as to what you will do when you go out from Battle

# An Invitation For Comments

We invite your response to the Weimar Institute Bulletin. What columns do you value the most? What columns would you like to appear? Any suggestions will be most appreciated. Write to: Editor, Weimar Institute Bulletin, P.O. Box A, Weimar, CA 95736.

# Isaiah 58

Continued from page 4

in partnership with Christ in the ministry of reform, healing and restoration.

## A Promise and A Blessing

What is a true Sabbath-keeper? An in-depth search of the fifty-eighth chapter of Isaiah provides the answer. Sadly, over the years attention has been given to verses 13 and 14 to the neglect of the preceding twelve verses. Sabbath-keeping in God's eyes is much more than attending church on the seventh day of the week.

True Sabbath-keeping people will have a common purpose with the God of heaven in serving others. They will be known for their compassion, concern and ministry to their fellowmen. ("Thy light shall break forth as the morning...thy righteousness shall go before thee." verse 8) They have a vital, living contact with God. ("Then shalt thou call and the Lord shall answer." verse 9) They have ready access to the unlimited resources of God: His wisdom, power and strength. ("And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou

shalt be like a watered garden, and like a spring of water, whose waters fail not." verse 11)

In summary, a true Sabbath-keeper is one who is the complete expression of God's love and compassion for others. His very life will reveal the indwelling presence of Christ our Creator, Redeemer and Restorer. True Sabbath-keeping is being Christ-like every day of the week, not just occupying a pew once a week.

"As Christians we are to have a righteousness that shall be developed and seen -- a righteousness that represents the character of Christ when He was in the world." EGW Comments 4BC 1151

In the light of Isaiah 58 God looks into the inner recesses of our minds and raises the question, "What are you?" Are you just a Saturday keeper OR a Seventh-day Adventist Sabbath-keeping Christian really living HIS life and doing HIS work?

## Four further study

Testimonies Vol. 6 pages 273-280; 288-293

A Call To Personal Ministry pages 45-58

Medical Ministry pages 7-29

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### DICK WINN

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## A Cold Bath

Continued from page 8  
more minutes depending on the temperature (between 55°F and 90°F). To begin with, the brief moderate temperature of 80-90°F is fine, gradually decreasing the temperature. Keep the time brief: from 30 seconds to three, four or five minutes depending on the type of effect you want. Be sure that you do not pass the point where the body reconstitutes the blood to conserve heat. If this ever happens, you should thoroughly rewarm the body in a warm shower, bath, or a long vigorous towel rub. Finish off most every treatment with a towel rub. While in the water, frictioning with a wash cloth or even your hands will help to increase your tolerance and improve the effects of the bath. It is

ideal if you can be totally submerged below the neck, but this is not always possible. After the towel rub, be sure to either go to bed wrapped very well or dress immediately with warm clothing because with the blood on the surface you will chill easily. Remember there are various ways of getting good results but the most marked effects are with the coldest water with the most percussion or force, like the cold hose spray or a waterfall. Hot and cold showers can also be used if the hot is shortened to one minute and the cold is a little longer. Again, adjust these to your body needs until it tolerates the method that gives you the best response.

Try a cold bath right away; don't wait until your negative

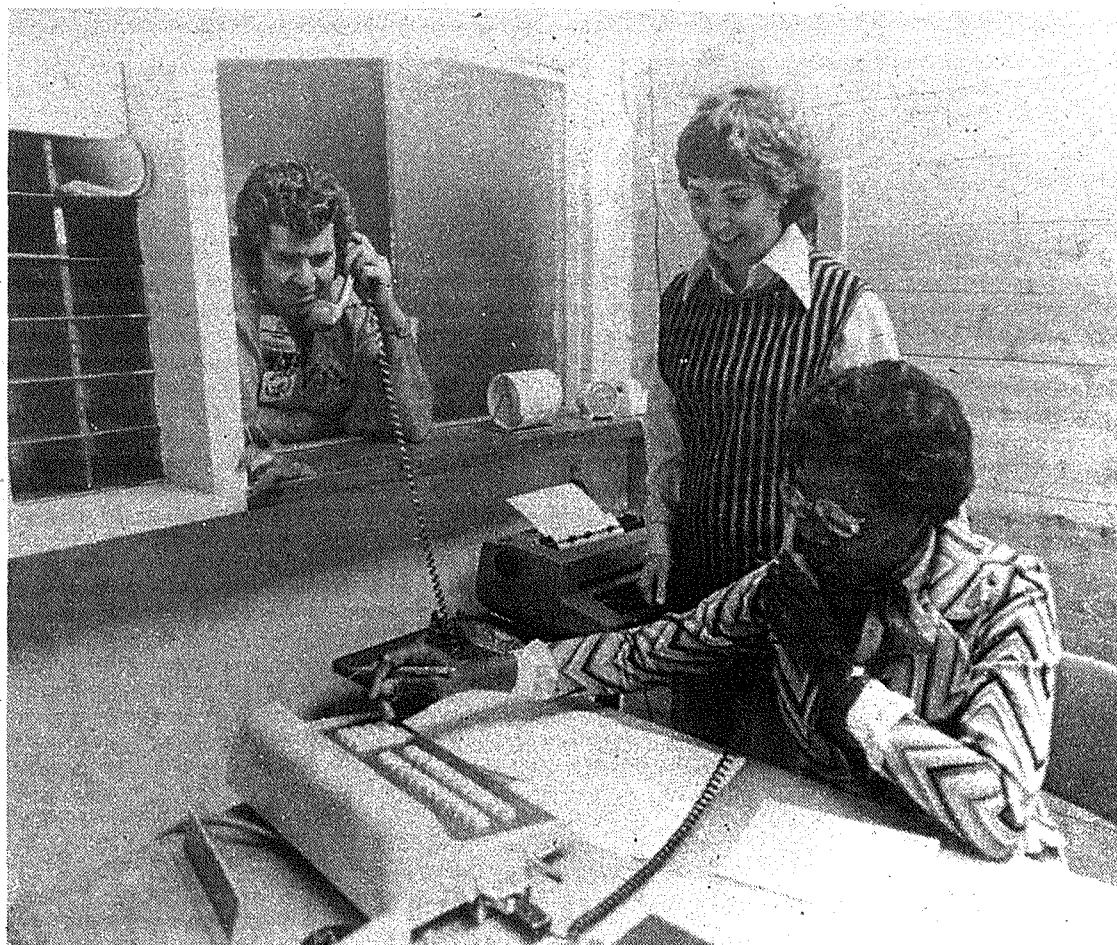
will power warms up. You will be receiving one of God's natural, fortifying blessings. You will feel the difference mentally, physically and spiritually, and God will direct your path and add other abundant gifts. ♣

## References

1. Abbott, G., MD, Principles and Practice of Hydrotherapy for Practitioners of Medicine, pp. 125-6, 1974.
2. Water Seminar Syllabus, Loma Linda University School of Health, pp. 100:34, 1977.
3. Abbott, G. and Moore, F., Physical Therapy in Nursing Care, p. 52, 1941.
4. Water Seminar Syllabus, pp. 100:39, 1977
5. Abbott, G., M.D., Physical Therapy in Nursing Care, pp. 53-57, 1941.

## The Best Things In Life Are Free

1. What does it cost for a ray of sunshine?
2. What does it cost for the smile of a loved one?
3. What does it cost to have optimum health? Can it be bought?
4. Are you willing to continue following the laws of God (nature) to obtain this commodity - health - that is without price, yet is priceless?



Continental Telephone workers Gary and Linda instruct staff receptionist Veronica Morrish on how to operate the newly installed switchboard. Expanding needs will hopefully be more adequately met with the new system.

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# WEIMAR INSTITUTE BULLETIN



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Weimar College's second year is underway. For details see page one.

# New Testament Stories Relived

## An Encounter With God\*

By Veronica Morrish

Noisy, indignant voices disrupted the tranquility of the early morning's discourse. The commotion in the temple, triggered by a group of justice-hungry Pharisees, was caused as a terror-stricken woman was dragged into the presence of Jesus. Accused of being caught in an adulterous act, the woman stood quivering with embarrassment. She was a notorious sinner; she knew it. They knew it. Those dignified men who brought her there were religious zealots, deeply concerned about such things as impeccable external performance and the strict observance of the law, as they interpreted it. But, obviously they knew nothing about love.

What better place to bring her, they contrived. Certainly He Who claimed to be the Giver of the law she had broken would be the perfect Authority to condemn this guilty sinner. He would be the most appropriate One to command that she pay the prescribed penalty. Besides, they needed occasion to ensnare

Him. So they urged upon Him their case: "Moses in the law commanded us, that such should be stoned: but what sayest Thou?"<sup>1</sup>

Jesus looked up, and with divine discernment He absorbed the scene: The trembling victim. Her shame. Her past. The hard-faced accusers and their pretended reverence. The Reader of Hearts was silent, purposely oblivious to their question. As His searching gaze met theirs, He began to write upon the ground. What was He writing? The law? The decree of condemnation? His verdict? No, no! Their sins—the guilty secrets of the ones who mercilessly forced this woman there. They moved closer to press their demand, but what they saw filled them with horror! Their self-righteous garments were rent to shreds as they stood there morally naked, equally guilty and condemned in the presence of Ultimate Purity.

Then Jesus spoke: "He that is without sin among you, let him first cast a stone at her."<sup>2</sup> Stooping down He continued to write

upon the ground. Astonished and ashamed, one by one they slinked away lest their deeds should be open to the curious multitude, while the woman stayed, alone with the compassionate Saviour. A beautiful dialogue ensued. Arising, He asked: "Woman, where are thine accusers? Hath no man condemned thee?"<sup>3</sup> She answered: "No man, Lord."<sup>4</sup> Then the most meaningful words she would ever hear resounded in her ears: "Neither do I condemn thee; go, and sin no more."<sup>5</sup>

Jesus, the Saviour, the embodiment of Love, had fed the hungry soul of this needy sinner. With melted heart she fell at His feet sobbing out her grateful love and confession.

In her the work of restoration was begun. Having met her Saviour, this unnamed woman came to realize the greatest truth that all the children of humanity must realize if they would also be restored—that God is in the business of redemption and love. He is not in the work of condemnation and hate. While

He does not palliate sin, nor lessen the need for reform, He does not cause needless pain to one struggling soul.

In this one loving act Jesus communicated to this woman, in simple eloquence, the gospel in a nutshell — "For God so loved the world that He gave His only begotten Son that whosoever believeth in Him should not perish but have everlasting life. For God sent not his Son into the

world to condemn the world: but that the world through Him might be saved."<sup>6</sup>

\* Based on John 8:2-11

- 1 John 8:5
- 2 John 8:7
- 3 John 8:10
- 4 John 8:11
- 5 John 8:11
- 6 John 3:16, 17

