

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 12 DECEMBER, 1979

Robert Pierson Uplifts Cross For Fall Week Of Prayer

"My prayerful desire for this week is that each person be given a new vision of Calvary." By this clear statement of goals, Elder Robert H. Pierson, immediate past president of the General Conference of Seventh-day Adventists, began a ten-part series on the Cross of Jesus Christ.

A man who knows more than most about the trends, issues, and problems facing a growing church, chose instead to talk about the very foundations of that church: Jesus Christ and His sacrifice on Calvary. Twice daily, during the week of October 28 to November 3, Elder Pierson met with the students of Weimar College, and with the staff of the entire Institute, to develop the relevancy of the cross to our present lives.

The week was hardly half over when it seemed that Elder Pierson knew every student by name. He and his wife, Dollis, mingled informally about the campus between the meetings, speaking with most everyone they met—often inviting them to prayer. At the conclusion of the week, he observed, "Being on campus and fellowshiping with the Weimar staff and student body during this week of spiritual emphasis has been a rewarding experience for Mrs. Pierson and me. The Christian love that marks the lives and service of those who are on this campus has been a blessing to both of us."

All three crosses which stood on that infamous hill so long ago received some attention in Elder Pierson's talks. He spoke of Jesus dying for sin, the repentant thief dying to sin, and the rebel thief dying in sin. Each person who is confronted with the cross of Christ must make one or the other of those two responses, just as each of the thieves did...

Several of Elder Pierson's sermons were enriched by his including topical poetry which he had composed—some of it just for the Week of Prayer presentations. (See box.)

As is the custom at Weimar, the Week of Prayer concluded on Friday evening with a celebration of the Lord's Supper. More than 130 persons pressed into the candle-lit cafeteria where Elder Pierson, with his wife next to him, capped the series by making a personal appeal for surrender to the Christ of the Cross.

On the final Sabbath, the Piersons followed the pattern of the students and staff, visiting one of the near-by churches. He spoke for the worship service at Meadow Vista Church, then gave an eyeopening report on our Seventh-day Adventist churches in Russia in the afternoon.

Many students commented that they were gratified to know that men of such spiritual stature and insight were being called by God to lead the work of the Seventh-day Adventist church. In his concluding comments, Elder Pierson challenged the Weimar Family to continue to work hand-in-hand with the denomination, in the spirit which he had detected while on the campus.

STUDENTS' COMMENTS ON THE WEEK OF PRAYER

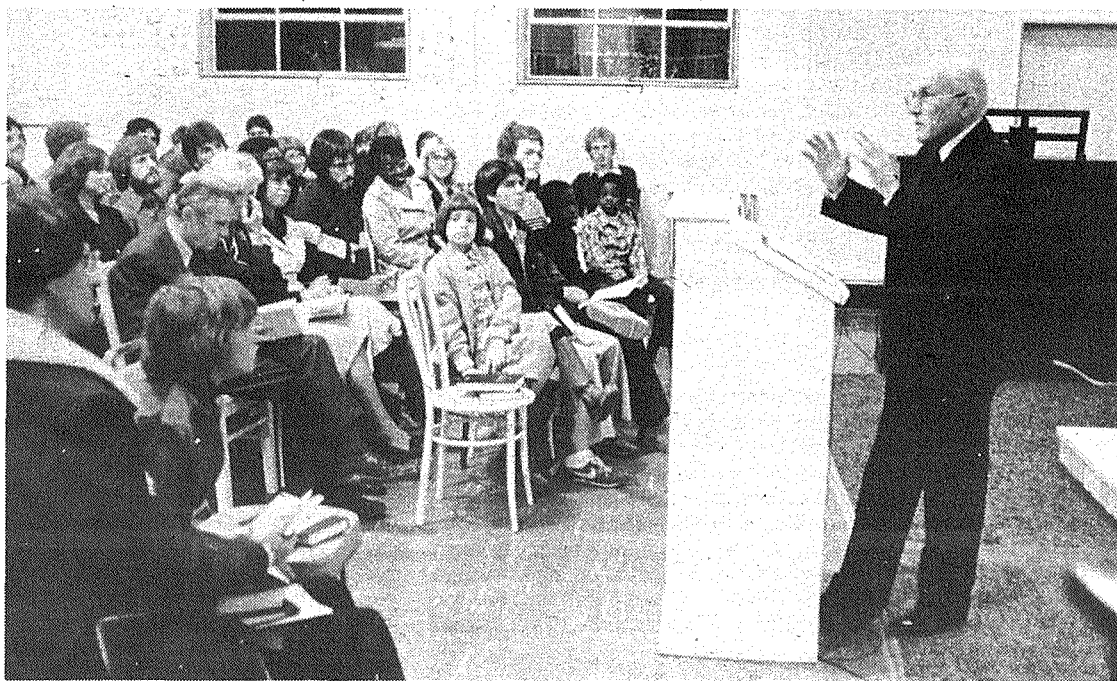
"I had somehow forgotten what Jesus did for me. How He hung there dying on the cross for my sins and your sins. But this week I have focused anew on Calvary and on my Saviour, and I don't ever want to forget again His great sacrifice. Please do not forget Him in your life."

Tammy Cazes

"I remember when I was just learning to drive a car. I had a hard time trying to steer straight because I was always looking at the white lines in the street rather than keeping my eyes on the road ahead. This week of beholding Christ on the cross has enabled me to once again look ahead and not to get bogged down with 'white lines'."

Valerie Baldwin

"God has helped me to refocus and reorder my priorities once more. Because, as good as the



Elder Pierson addresses students and staff members.

Weimar program is, I find that one can get so busy with studies and work that he neglects his Bible study times. This week has helped me again to put my Bible first."

Steven Heuer

"I cannot believe the love that is being poured out to me. I am beginning to realize, by looking at the cross this week, how much Jesus has done for me. I cannot understand it because I am such a sinner. But I thank you all for your prayers for me, and I want to come to know my Lord better."

Sherri Dortch

"I have been so blessed by this Week of Prayer. You know, when we get scars or wounds in our lives, they are usually temporary. But let us always remember that the scars that Jesus bore for us, He will keep throughout eternity. This motivates me to pray more earnestly that I do not stir up these wounds afresh."

David Bradburn

"I just want to say that looking at the cross has made me only more determined to meet my Saviour soon."

Hal Mayer

HOW HAST THOU LOVED ME!

*Before our planet earth was born,
Ere living man or beast saw morn,
Before eternal mists had cleared,
Before the firmament of God appeared,
My Lord was sacrificed.*

*Before a spotless lamb had died,
Ere dove or bull was sacrificed,
Before an altar stone ran red,
Before a drop of blood was shed,
My Lord was sacrificed.*

*Twas in the counsel halls of God,
Long ere this earth my Saviour trod,
That Calvary's cross cast shadows fore
And made assured the cross He bore,
My Lord was sacrificed!*

*How hast thou loved me, Saviour dear,
How hast thou suffered year on year,
How thro' the centuries thou hast bled,
A sacrifice in my poor stead.
Oh, Lord, what sacrifice!*

Robert H. Pierson
Written at Weimar, October 29, 1979



FROM OUR PRESIDENT

When Will Jesus Come? The Third in a Series

In our last column we noted that there has already been a delay of Christ's promised return. Because of God's patience with His unwillingness to see anyone lost, He has extended time in order to give everyone opportunity to decide for Him. But our question is still before us—when will Jesus come?

Before we seek a specific answer to this question, we need to recognize that there are at least two closely-related hazards or pitfalls which we must carefully avoid. The first concerns how we answer the question. "When?" There are two appropriate responses that might be given. One would be to give a precise time. For example, when my wife asks what time to expect me home this evening, I might respond, "Six o'clock." Another would be to specify conditions that must be met first. I might explain that I would be home as soon as I completed certain errands and met with a planning committee.

When Christ answered the disciples regarding the time of His return, He made it very clear that He was giving them signs and conditions to look for—not the actual time of His return. (see Matt. 24:36,44) And yet it seems that frequently there are groups of individuals who attempt to place dates or time limits on Christ's return. Just recently someone told me that he had new insights into Bible prophecy which clearly show that Christ will come within a certain specific time. But both Jesus' own testimony and other inspired counsel indicate the futility of such predictions. We are told that no true message fixes the time (2 SM:113), and that time-setting pleases Satan because it shifts our attention from the basic issues. (GC 457, 1 SM 185-192). Thus we need to carefully look for conditions rather than specific times.

However, this approach introduces the second hazard, because there are two varieties of signs or conditions which are associated with Christ's return. The first we will classify as conditions which must be met before He can come. While they do not cause Him to return, they are essential in the sense that they must be accomplished in order to allow Him to come. The second type we will classify as conditions which occur simultaneously with those mentioned above, but are not essential in the sense of making Christ's return possible. They may even be closely related to the conditions in the first category, but their value is primarily as signs.

It is very possible to confuse the two, and to consider conditions intended as signs to be those which are essential to the return of Jesus. For example, Jesus indicated that "This gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come." (Matt. 24:14 RSV) Since God is fair, it is reasonable to consider that this is a condition which must be met before Jesus returns. In the same chapter Jesus describes the time of the end by referring to wickedness being multiplied (vs. 12) and by comparing the time of the end to the days of Noah (vs. 37). There are those who take the position that Jesus has not come because world conditions are not wicked enough yet. I have difficulty with that position because when we pursue that line of reasoning to its logical conclusion, we must assume that Christ is waiting for Satan to become more effective before He can return. It seems more reasonable to me to consider wickedness to be a condition that God knew would increase, but not a condition essential for Him to return.

In our next column then, as we seek to answer the question, "When will Jesus come?", we will focus on conditions which must actually be met in order for Jesus to return.

Sincerely,
Your brother in
Christ

Robert L. Fillman

Robert L. Fillman

By Eric W. Hon

As darkness covered the earth and gross darkness the people, Jesus came at the appointed time. He came unhonored and unsung, born in a manger. His own received Him not. He came when, "The deception of sin had reached its height...The very stamp of demons was impressed upon the countenance of men...Sin had become a science and vice was consecrated as a part of religion." DA 36-37. Men's hearts were steeped in evil in every form.

In the world's darkest hour, Jesus came to reveal God's love, and to dispel the darkness of sin. He came to exonerate the character of God and thereby expose the duplicity and deliberate wickedness of the devil. For, since his fall, he had with unrelenting effort misrepresented the character of God. He maligned God as a severe Being, tyrannical, exacting and unforgiving, ever ready to wreak revenge upon unfortunate, guilt ridden creatures. "The earth was dark with the misapprehension of God." DA 22:2 "When we consider in what false colors Satan has painted the character of God, can we wonder that our merciful Creator is feared, dreaded, and even hated?" GC 536:2

With His coming Christ's own life would bear testimony to the true character of God. He taught love and forgiveness instead of hate, oneness instead of strife, humility instead of pride and conceit. The sacrifice of self—selflessness in the place of selfishness. Caring and sharing instead of self-centeredness.

Christ's ministry to fellow humans would demonstrate the care and concern that God has for each of His created beings. Every day of this ministry gave mounting evidence that the supreme wish of the heavenly Father was to restore in man His image, not to destroy.

His own testimony to the Scriptures concerning Himself, "The Spirit of the Lord is upon Me, because He hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are

bruised," (Lk. 4:18) was ample confirmation that His long term mission was to call sinners to repentance, to seek and save the lost for eternity. Thus, by His own supreme example of sacrifice, Jesus reached into the inner recesses of men's hearts and caused them to know God and His character. "This was a voluntary sacrifice. Jesus might have remained at the Father's side. He might have retained the glory of heaven, and the homage of angels. But He chose to give back the scepter into the Father's hands, and step down from the throne of the universe, that He might bring light to the benighted and life to the perishing." DA 23:1

And now, at this time of the year, this Christmas, the minds of many will be directed to the birth of Jesus who is called Immanuel, God with us. As it was two thousand years ago, it may well be asked, how many really understand the purpose for which Christ came. Could it be as it was in the days of yore? Does darkness cover the earth and gross darkness the people?

World-wide happenings provide overwhelming evidence that the days in which we live parallel Christ's day. Present day man, by his own self-sufficiency, feels no need of God and His principles. His rejection of light creates darkness, and as a consequence, he flounders in a quagmire of his own making.

Nations have lost all sense of direction. They do not know which way to turn. There is an all-pervading fear and uncertainty. It seems that there is not even a glimmer of hope for a stable future. It is indeed the time of distress of nations with perplexity. Men's hearts are failing them for fear. In and through it all the selfishness of man predominates. Today is the "me" generation. Evil men wax worse and worse while iniquity dominates the land. Darkness envelops the world.

BUT this need not be so. In this dark hour of uncertainty, at this very time, this Christmas time, we can help the world overcome darkness with light. Certainty can be created where there is no certainty. Confidence may be built where there is no confidence. Hope can spring up where all seems bleak and unpromising. Men may be pointed

to a future with security and stability, for God has placed in our hands a message that will cure the ills of a sin-sick world. It can be done if we will do one thing.

Give self entirely—make a complete surrender to God—and give all as Christ gave all. To give self, that would be the real spirit of Christmas; it would be the best gift we can make to God and to those who know Him not. And the gift of self would be ongoing, for then could be shown in our lives the qualities of our Saviour: loving kindness, compassion, the understanding of human need. Surely this would be the most convincing evidence that there is a kind heavenly Father who cares and is concerned for His created beings.

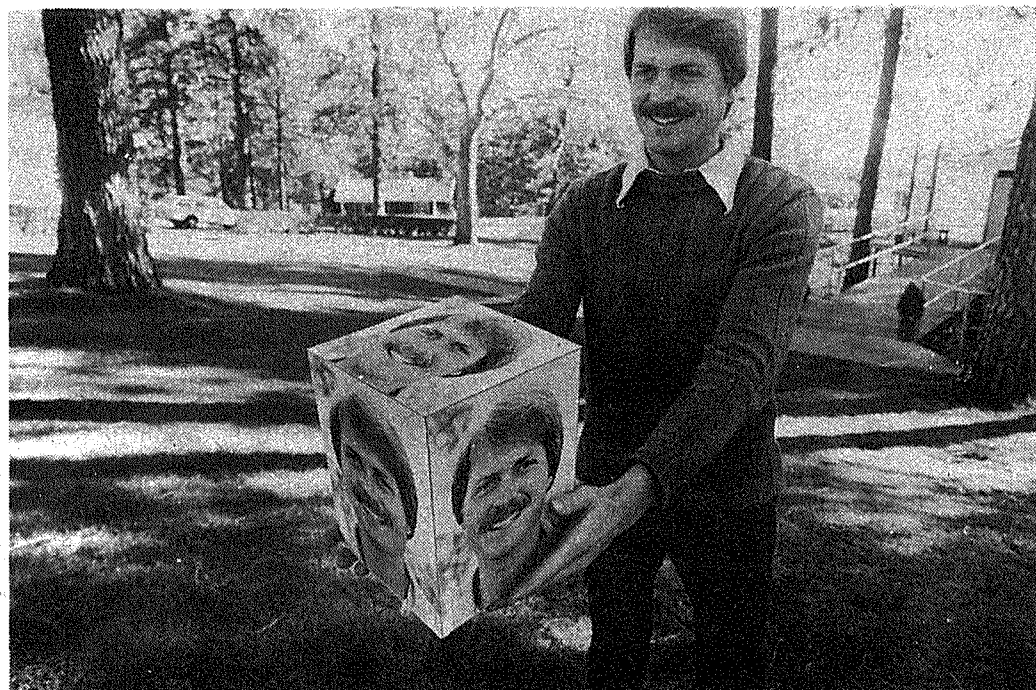
And the most effective means by which we can give expression to God's care and concern is through His ordained method of ministry—medical missionary work as an integral part of the third angel's message. Medical missionary work is God's special program of love exercised in practical terms of ministry. "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." MM 239:3

We may do medical missionary work according to God's counsel by following the example of Christ, the True Medical Missionary. "Christ stands before us as the pattern Man, the great Medical Missionary, an Example for all who should come after." MM 20:1

Medical missionary work is a ministry of love, kindness, compassion, understanding and sympathy. This work will bring light to darkened minds because it is "the gospel of healing, blessing and strengthening." CH 533:2

So in this Christmas season, resolve to make it one of giving as Christ gave. Give self through the avenue of God's appointed means of ministry. As we do we shall fulfil the counsel of Jesus—to let our light so shine that we will glorify God. To glorify Him is to reveal His character in our own.

Let us ever keep before us that to give is to live—to care is to share. GIVE.



More On Week Of Prayer



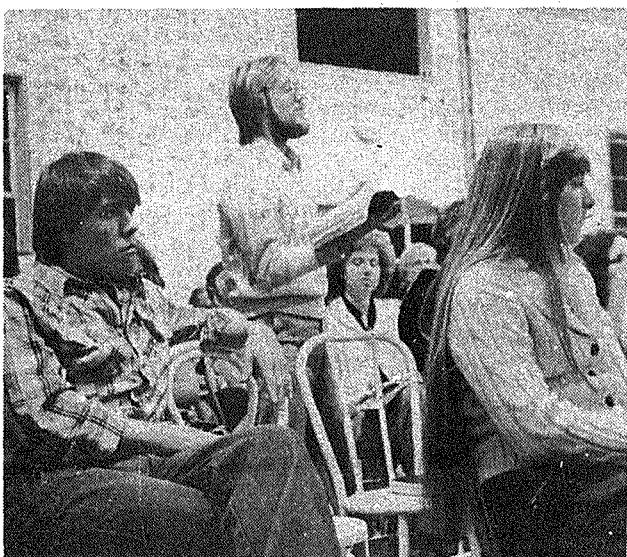
Candlelight communion service climaxes Week of Prayer.



Special music by students highlight the services.



Tim Riley counsels with Elder Pierson.



Students express appreciation for Week of Prayer.



Students and staff participate in Ordinance of humility.



The Weimar family sings during Communion Service.



Elder Pierson chats after chapel with Deena Haynes and Scott Richards.



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

BOARD OF DIRECTORS

Jim Alexander, MD	Alan R. Magie, PhD	Juanita Swan, MS
Ken Baker, JD	Raymond Moore, PhD	Charles Tam, MD
Sherman DeVine, MD	Jeri Orr	Gordon Wheeler, MD
Thomas S. Geraty, PhD	James Richmond, MD	Marilyn Wilcox
Merritt Horning, MD	Charles L. Starnes	Clyde Willard
Kelly Lindgren, MD	Eld. Lloyd Summers	Erhardt Zinke, MD

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 will 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.

The Big Apple Fair

By Joann Kristensen

These words appeared on the front page (cover) of a program for Orangewood Academy: the Big Apple Fair.

As the committee in charge of the annual Carnival-Fair Day met to prepare the event, some new suggestions were brought up! What about making this more than just a "lot-of-fun" day? Maybe something like a health/educational touch could be incorporated into the program. The matter was discussed back and forth - after all, this was a new and somewhat different idea - but finally it was agreed upon, and Mrs. Glendrange was put in charge.

Some busy days went by getting everybody and everything organized so that this day could serve its new purpose as well as possible. And a lot of earnest prayers ascended to our Heavenly Father, asking for guidance and blessing!

Finally the day dawned. The Health Fair was to be held in the gymnasium of Orangewood Academy, starting at 11:30 a.m. on the 28th of October, 1979. After having to stand in line for some time for tickets, the people began to enter the gym. And what a sight met their eyes! The place had turned into a big, beautiful, blooming green forest overnight. All along one wall from floor to ceiling was a huge backdrop picturing a forest. It made you feel like you could almost go for a walk right into the woods. In front of this was the podium for the speakers for

the day, with a grass floor and shrubs and ferns all around.

A sparkling fountain surrounded by a little garden with benches was located in the center of the gymnasium. Along the walls were booths and stands providing the visitors with a great variety of healthful food to buy and to taste. To give an idea of what was served, the names of some of the booths were: Garden Spot (vegetable salads); Adams Dish (vegetarian meat balls and gravy); Nature's Nectar (juice bar); Paradise Punch (fruit shake bar); Cantopia (cantaloupe boats with banana/date/cashew ice cream) - and many more.

Weimar Institute was there too. Under the sign Weimar Institute Educational Center Irma and George Chen were busy informing interested people about the program being conducted at Weimar. Quite a number of cookbooks were sold. Also there were two of our former H.E.C. Guests, Mary and Bill Reynolds. They were actively engaged in selling the good home-made Weimar breads and date/raisin rolls. With big smiles and cheerful comments they made sure that every person passing the table got one or more loaves of bread to take home. Demonstrations were given showing how to make exciting, tasty spreads to replace the use of butter, mayonnaise, cheese or meat in your sandwiches. Little samples were passed out (one little taste of each spread on each corner of a slice of Weimar bread).

Eight booths were set up, all decorated with ferns and other

green plants, representing the 8 natural remedies: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in God. Grades 1-7 of Orangewood Elementary School had made it a class project to make posters illustrating the natural remedies; and they really did a fine job! In each booth stood one or two people, including Weimar college students, ready to answer questions from visitors. Weimar had three of the booths: sunshine, water and fresh air.

Following the Flag Ceremony by the Garden Grove Pathfinders, and a welcome, Dr. Zane Kime spoke on the topic "Sunshine." Grades 3 and 4 provided a musical play called "Health" which was done in such a cheerful and happy way that it brought sunshine right into everybody's hearts.

Later in the afternoon many people gathered in the Auditorium to listen to Nathan Pritikin give an interesting and enlightening lecture on the principles involved in a lowfat/low protein/no sugar diet and its effects when combined with an appropriate exercise program. His very first comment was this: "I think that if you want to get back to the originator of the proper diet, you have to go back to Ellen White. She laid guidelines that unfortunately are not being adhered to as strictly as they should be. And eventually I think most people will come around to realize that she was many years before her time. I would guess that, considering the educational background she had, she must have been somewhat inspired by

forces perhaps outside herself." A film on Pritikin's program was later shown.

More than 2,000 people attended the Fair through the afternoon. An idea of what they thought about the health emphasis is reflected in the following interviews:

Q: Did you know anything about Weimar before you came here today?

A: Yes. We have heard some of their tapes. And, through some young people who go to college there, we know about their principles.

Q: So you are interested in this kind of health idea?

A: Yes. We believe that it is the best way of living. I was brought up pretty much health minded, and I believe it works!

Q: What do you think about this way of conducting a Fair?

A: Oh, it has been really nice! The emphasis on healthful living and all the natural foods is great. The decorations are beautiful.

Q: Have you heard about Weimar Institute before?

A: Just today - and the little I've heard sounds like I'd like to hear more. It's so simple. The natural things are there for us to just use. Everybody can go for a walk; everybody can drink lots of water. The sun is shining for all of us. And it doesn't cost anything either, that's the best part of it.

(The person demonstrating the Smoking Sam and answering questions on the 5-day plan was

also interviewed.)

Q: Has it been a busy day for you?

A: It sure has! I have been talking all day and I have a box full of cards from people who have signed up for the 5-day plan. I have also been taking this Anatomical Model apart several times today, teaching people about their bodies, its function, and about the problems that can appear from unhealthful living. People are eager to know.

Q: Have you been here at the Fair all day?

A: Pretty much.

Q: What do you think about it?

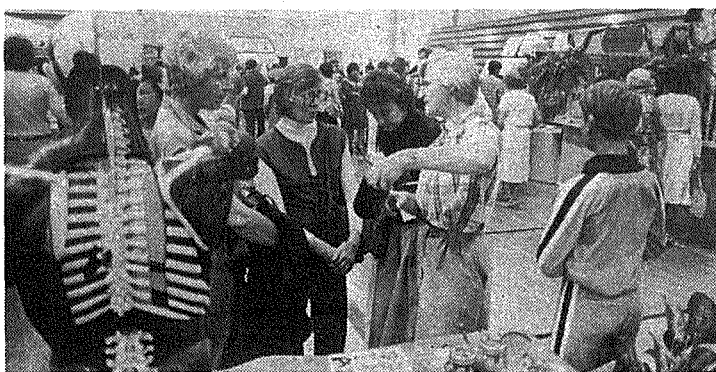
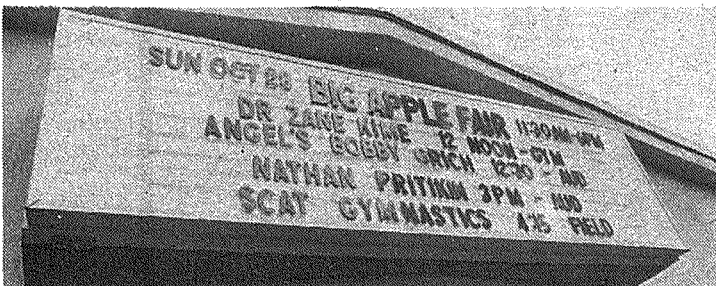
A: I think this is long overdue! I am really glad that they did something meaningful with this Fair. It has been the best one they have ever had, as far as I'm concerned. But do you know what makes me angry?...the fact that Seventh-day Adventists have known this special health message for so many years, and have done so little to make it known to others. That is why I am thrilled to see the health emphasis this year. We need to share what we believe in. I hope that they will do this every year from now on!

Many more gave their opinion. Almost everyone was in favor of this type of Fair, and appreciated the new information they received.

Yes, God blessed it greatly. Thanks to all that worked and prayed to make the Fair so meaningful and exciting. And Praise be to God! May He water the seeds sown there.



Scott Richards selling cookbooks.



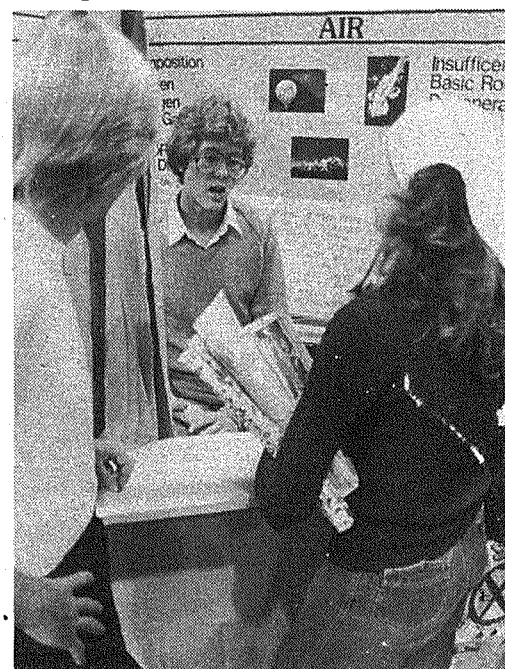
Smoking Sam demonstration.



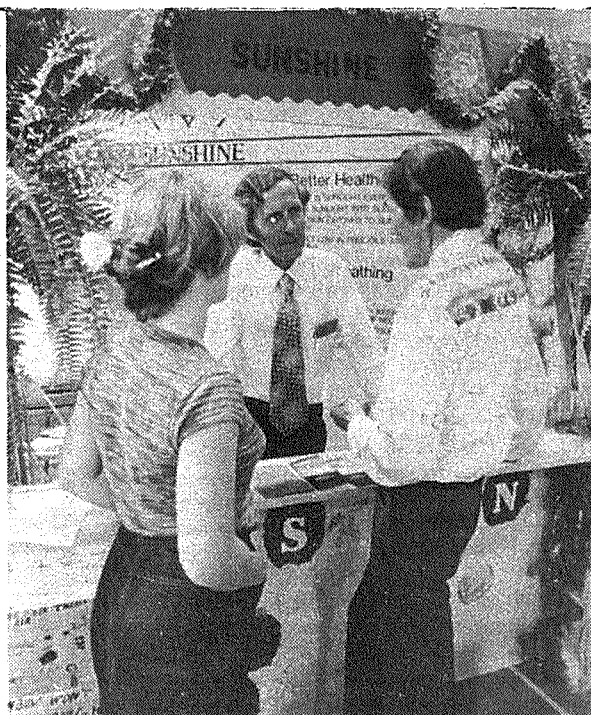
Staff members and former HEC guests share the Weimar bread.



Dr. Nathan Pritikin sharing health concepts.



Doug Gibson talking to prospective students.



John Irvine in Sunshine booth.

Love And Self Image

by Colin D. Standish

Love in its truest sense is at the root of self-image. In the highly competitive society in which we live it is very difficult to seek that selfless outreach for others. We are trained to be first, to excel above others, and to rejoice at our virtues and successes. But the Bible says it is more blessed to give than to receive. 1 If self image depends upon strength, speed, skills, academic achievements, and career achievements, the vast majority would be losers; and this is a world where no one wants to be a loser. Love on the other hand makes us deaf to criticism and insults, and blind to the weaknesses of others.

Psychologists and psychiatrists spend much time trying to establish the self image, especially of the adolescent, but also of many of those in older life. So often this is done by trying to establish in the mind of the counselee his areas of success and of worthwhile achievement. But such is doomed to failure, for the human ego is insatiable. The Word of God has the only effective remedy. This is the dying to self. At first this seems contrary to the whole theme of self-image. How can a dead self produce self esteem? Paul put it this way, "I die daily." 2 But on further investigation it will be seen to be the only possible way of gaining self image.

Is it any wonder that there is such low self esteem when modern society is teaching the constant defense of self image? It is easy to be bitterly hurt by every criticism, everyone who beats us or does better than we do, by those who don't like our ideas, who are more popular than we are, or who are promoted over us. Thus our love and emotional security can become invincible only when self is crucified and we follow the humble pathway of Jesus. Then and only then is it impossible to be hurt. By sharing the love of Jesus, knowing that He loves us and that we are children of God 3 and joint heirs 4 with Christ establishes the only firm and secure self image that a human being can have. It is impossible to be hurt emotionally when we are dead to self.

People rarely see the death to self as an attractive alternative but it is the foundation of peace

and contentment. It is the basis of Paul's counsel to esteem others better than ourselves. 5 But it is not left to man alone to battle self. Christ is man's ever constant Helper. His selfless life, when contemplated daily, is a firm basis for turning the mind from self-gratification. And as our faith in Christ develops, it works by love 6 to purify the soul of all selfishness. Pride, selfishness and covetousness are not only self-destructive but they are an offense to God. With Christ's help man may be led step by step to look away from self and to reflect the laws of love which are the very principles of God's Kingdom.

It is in the light of these principles that much concerning trade union and civil right's movements is destructive. Such movements tend to center upon self-seeking, and though directed at redressing social evils and injustices, they frequently generate hatred, mistrust and physical violence. It is often better to suffer physically than to suffer from the spiritual losses that negative emotions generate. Yet the true Christian will not be unmoved by the oppression of the underprivileged of society. It is his responsibility to do all in his power to relieve the oppressed and to seek to correct social ills. But the motivation for helping others is productive of Christian growth whereas self-seeking is counter-productive. Such love for others helps eradicate strife and division.

Love cannot long exist without expression, whereas fear holds back expression. Love is manifested by kind words and actions but fear seeks to avoid rejection and therefore recoils from positive extension to others. The rewards of loving others are reinforcing, benefiting not only the recipient but also the giver. Real happiness comes from putting others first.

Human love is always a reflection of God's love. John expresses it in relationship to man, "Behold what manner of love the Father hath bestowed upon us, that we should be called the sons of God." 7 "Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins." 8 Jesus came to settle once and for all the veracity of God's infinite



love and to disprove beyond any doubt the falsity of Satan's claim that God was selfish.

The problem of guilt is closely allied to problems of self image. Many feel a lack of self worth, a lack of identity and a lack of awareness of their specific role in life, and therefore the tendency is to suffer considerably from emotional conflict. Christ again has the basic answers to low self-esteem and self-worth. It is true that the Bible stresses that all have sinned and come short of the glory of God 9, that there is none righteous, no not one, 10 that all our righteousness is as filthy rags, 11 and that without Christ we can do nothing. 12 Yet the whole purpose of Christianity is to develop the self-worth of mankind. When man was created he was created in the image of God. When sin entered the world, the image of God was well-nigh obliterated. 13 The purpose of the ministry of Christ and of the Holy Spirit for mankind is the restoration of the image of God in man. 14 As we come to Christ, there is developed a new concept of self worth. As the penitent believer recognizes that all heaven was paid in the sacrifice of Christ, that he might have eternal life, he begins, at least in part, to recognize the great worth that God has placed upon him. The fact that we are called to be sons and daughters of God 15 and joint heirs with Christ 16 leaves

no place in the thinking of the Christian for low self-esteem.

A feeling of worthiness should not be confused with pride, for pride has its roots in human self-exaltation and achievements based upon the individual's own performance. The true worth of the Christian is a recognition, not of what the individual is, but of what Christ has done for him. Thus Christ is the center and not self.

It is essential that the emphasis be upon the great worth that God has placed upon every soul. The fact is that in every human being, Jesus saw unlimited potentialities. 17 This recognition will not bring complacency but will bring a challenge as men and women seek to reflect in its fullness the beauty of the image of Jesus. Such a man or woman can no longer be persecuted with feelings of self-worthlessness and self-uselessness, for such a one has a clear vision of the magnitude of what Christ has wrought for his life and what can be further accomplished through Him. He appropriates the promise of Jesus, "Peace I leave with you, My peace I give unto you; not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid." 18

The mature Christian has a peace which can be achieved by no other relationship than with Christ. The Lord promised that

He will "... bless His people with peace." 19 This peace of mind is achieved when that unique relationship between man and God is attained so that self is completely subjected and Christ is allowed to reign supreme in the life. "Thou wilt keep him in perfect peace whose mind is stayed on Thee." 20

This relationship comes to those who have surrendered and submitted their lives and their will to the Lord. It comes as a man realizes the freedom that is gained through obeying the law of God. "Great peace have they which love thy law, and nothing shall offend them." 21 This is the peace that all humans seek for today.

- 1 Acts 20:35
- 2 1 Corinthians 15:31
- 3 Romans 8:16
- 4 Romans 8:17
- 5 Philippians 2:3,4
- 6 Galatians 5:6
- 7 1 John 3:1
- 8 1 John 4:10
- 9 Romans 3:23
- 10 Romans 3:10
- 11 Isaiah 64:6
- 12 John 15:5
- 13 Education, p. 15
- 14 Ibid, p. 15, 16
- 15 2 Corinthians 6:18
- 16 Romans 8:17
- 17 Education, p. 80
- 18 John 14:27
- 19 Psalms 29:11
- 20 Isaiah 26:3
- 21 Psalms 119:165

Holiday Recipes

Pumpkin Pie

3/4 C pumpkin or sweet potatoes
2 C thick nut or soy milk
1/4 C starch
1/4 C cashew or almond butter
1 C date butter
1 t vanilla
1 T coriander
1/2 t salt

Bake in pie shell at 425° for 15 min. then 250° for 1 1/4 hours.

Festive Carrots

Sliced carrots — cook until done

Orange sauce:

1/2 C water
1 T lemon juice
1/4 tsp. salt
1 T cornstarch
1/2 C orange juice
2 T honey
1 T minced chives

Mix ingredients together. Heat until thickened. Pour over cooked carrots and serve.

Millet Butter

1 C. hot cooked millet (packed)
1/2 C. fine unsweetened coconut
1/2 C. cooked carrots
3/4 tsp. salt
1 1/2 C. warm water
Blend in blender until smooth and creamy. (Millet has to be hot and well cooked.)

DO YOU NEED VICTORY OVER SELF AND SATAN?

We have a set of tapes which will help you. Dr. Glenn Toppenberg — A Series of six tapes

"SPIRITUAL WARFARE"

\$15.00 including postage and packing. California residents - add 6% tax.

Guidelines For Exercising

By Dr. Charlie Tam

Almost everyone believes that exercise is necessary to maintain good physical fitness. The mechanization of America has reduced the majority of us to a more or less sedentary lifestyle. Many wish to become physically fit but do not know how to start. Some simply start out by doing too much too fast and end up with a severely dampened enthusiasm for exercise. Others are afraid to exercise for fear of injuring themselves.

Exercise can be dangerous to certain people, but fortunately, to only a few. Approximately 10% of apparently normal male adults over age 35 have hidden heart disease. In contrast, approximately 1% of men below age 35 have hidden heart disease. Ideally, a previously inactive person should have a checkup by a physician prior to engaging in an exercise program. A complete physical examination and laboratory testing may be in order. If you wish to work up to a vigorous exercise program and are over age 35, an exercise stress test is prudent. If you are under age 35 and do not suspect that disease is present, a progressive walking program is one simple way of getting started fairly safely.

Do not try to shape up too fast. Have a regular time of day to exercise. Most people prefer the early morning hours to exercise. Dress properly. Get enough sleep. Eat a balanced low fat diet and avoid refined foods. Drink adequate amounts of water (6-8 glasses a day for most people).

The exercise program should include three periods. Starting with at least a 3-5 minute warm

up period. This time is utilized in gradually stretching your muscles and doing light calisthenics.

The warm up period is then followed by the exercise period. This period should last at least 20-30 minutes. Begin by walking at a comfortable speed. If you experience shortness of breath, pain in any part of your body, dizziness, light-headedness or headache while walking, slow down. While walking, you should check your pulse rate. You can feel the radial artery pulse inside your wrist (thumb side) or the carotid artery pulse which is on either side of the Adam's Apple in the throat. Count the pulse for ten seconds and multiply by six. This will give you the pulse rate per minute. You should try to maintain a target heart rate during the exercise period. If you are just beginning an exercise program, do not exceed a target heart rate of 170 minus your age for the first month. If you have already been exercising and are in fair condition, do not exceed a target heart rate of 185 minus your age. If you are in excellent condition, do not exceed a target heart rate of 200 minus your age.

Again, let me warn you not to try to shape up too fast. There is an amount of exercise which is enough to condition the muscles and cardiovascular system leading to physical fitness without being overly strenuous. There is a minimum amount of exercise which is necessary to achieve physical fitness. The target heart rate of 170 minus your age is roughly 70% of your maximum predicted heart rate. This is considered the minimum exercise heart rate necessary to achieve physical fitness. The target heart rate of 200 minus your age is roughly 85% of your



maximum predicted heart rate. Maintaining a target heart rate of over 85% of your maximum predicted heart rate during sustained exercise adds little benefit to physical fitness and may be hazardous.

You will find that as your fitness improves you will have to increase the pace of your walking in order to achieve your target heart rate. Upon starting your exercise program, choose a target rate of 170 minus your age, maintaining this target heart rate during your exercise period for a month. During the second month, you may increase the target heart rate to 185 minus your age if you feel comfortable exercising at that rate. After the second month, you may increase your target heart rate to 200 minus your age if you

feel comfortable exercising at that rate. Avoid exercising at a target heart rate of over 200 minus your age.

Following the exercise period there should be a cool-down period of at least 3-5 minutes. After vigorous exercise involving primarily the legs, much blood is pooled in the legs. It takes a few minutes for this blood to get back into the general circulation. During the cool-down period, you should walk slowly until your pulse rate is approximately 10-15 beats within the pre-exercise pulse rate. If you cannot continue walking, lie down with your legs above your head. This will allow the pooled blood in the legs to get back into the general circulation faster.

You should exercise at least 3-4 times per week with no more

than two days elapsing between workouts or you will not maintain your fitness. Do not exercise during acute illnesses. Remember to exercise at a comfortable pace. If you are not comfortable while exercising at even a slow pace, consult your physician.

If you are over 35 and are not suspected of having an illness, you may want to participate in the above program. Consult your physician if there is any doubt in your mind. A physical examination and preliminary testing is prudent.

For further information, you may obtain handbooks on exercise from your local heart association. An excellent book on physical fitness is Dr. Kenneth Cooper's "The New Aerobics".

He Hath Dealt Bountifully

By Kent W. Dickinson

The Psalmist proclaims, "I will sing unto the Lord, because He hath dealt bountifully with me." Psalm 13:6

A very familiar song in our home which my mother sang frequently was, "Praise Him, praise Him, tell of His excellent greatness."

We are frequently showered with blessings in physical, spiritual and material ways, but often fail to recognize or acknowledge these as gifts from God, our loving Father. Sometimes these are as intangible as a glorious sunrise or sunset, though more often as material as our "daily bread" and necessary clothing.

During its brief history, Weimar Institute has received "showers of blessing" including both the intangible beauties of nature and the tangible bounties of God's providences. These give us, at this joyful season, every reason for offering worshipful praise to Him and grateful

thanks to you who continue to remember and support our projects and programs with your prayers and gifts.

Praise and thanksgiving were coupled in the prophet Daniel's expression of gratitude after God revealed the king's dream and its interpretation to him. He wrote: "I thank Thee, O thou God of my fathers, Who hast given me wisdom and might, and hast made known unto me now what we desired of Thee: for Thou hast now made known unto us the king's matter." Dan. 2:23.

Songs often accompanied thanksgiving as well. Nehemiah records: "And at the dedication of the wall of Jerusalem they sought the Levites...to keep the dedication with gladness, both with thanksgiving, and with singing..." Neh. 12:27.

Praise, prayer and song were united by Paul and Silas when imprisoned in Philippi for their missionary work: "And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them." As a

result a great earthquake shook the prison, opening its doors and causing the jailer to attempt suicide and later to cry, "Sirs, what must I do to be saved?" Acts 16:25,30.

Ellen G. White counsels, "We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us." Steps to Christ, p. 103. Only one of the ten lepers healed by Christ returned to give glory to Him.

"It is for our own benefit to keep every gift of God fresh in our memory. Thus faith is strengthened to claim and receive more and more." Desire of Ages p. 348.

"O give thanks unto the Lord, for He is good: for His mercy endureth forever." Ps. 107:1.

The apostle Paul exclaims, "Thanks be unto God for His unspeakable gift." 2 Cor. 9:15. In the Living New Testament this reads: "Thank God for His Son - His Gift too wonderful for

words."

Praise and peace are in our hearts as we remember with thanksgiving the needs supplied, the people provided and the gifts received during the past year under the direction and inspiration of our bountiful God who has abundantly cared for us daily at Weimar Institute.

Tangible evidences of His provision through His servants have been in the form of office equipment, construction tools, building materials, vehicles, funds, and volunteer labor generously given by many skilled people whose talents and time are an invaluable contribution to our various projects.

In addition to those who serve here in the medical, educational, service and other fields, the visitors, guests, patients, students, and supply people who arrive on our campus for varying lengths of time all make a contribution in forming the character and pattern of life known here. We are grateful for each and all. Without them our work would be fruitless and

without purpose.

Gratitude wells up when we recall the way the Lord has led and how often He has answered our prayers though perhaps not at the very time and in the way we may have anticipated, but always in a timely way with the people, funds, or other evidences of His prayer - hearing and answering power.

With the prophet, we can exclaim, "Praise the Lord of hosts: for the Lord is good; for His mercy endureth forever..." Jer. 33:11.

To all of our readers who have had any part in our progress this year, be it by prayers, gifts, service, or words of encouragement, we say, "Thank you and God bless you richly."

The apostle Paul's inspired injunction is our closing word: "Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, unto Him be glory in the Church by Christ Jesus throughout all ages, world without end. Amen." Eph. 3:20,21.

H.E.C. Alumni Corner

Dear Alumni Family:

My note this month is three-fold. First of all, to wish all of you a joyous holiday season from the whole Weimar staff. You're in our prayers often and we hope our Lord has been continuing to give you strength to follow a physically, mentally and spiritually healthy program.

Second, I want to share a few excerpts from a three-week trip that Hazel Hon and I went on to visit some of our alumni family members. We traveled via Eastern Airline's unlimited mileage fare for \$300 each, for 21 days and sure packed a lot into that time.

We first spent an afternoon with Carolyn and Clyde Bushnell at their home in Tennessee and were treated to a delicious supper. They are both doing great and spending lots of time in a large garden and with some fruit and nut trees. Then, we dropped down to Puerto Rico with Dr. George and Irma Chen to visit her parents, Judith and Mingo Cruz. Judith is doing a little better with her arthritis and both of their spirits are good. We got in on several family gatherings of Irma's clan and had a beautiful time.

Then, we jetted to the cold climate of Boston to see Eriann Crawford and Sandy Arct. They're setting up a small health education center at Island Terrace Nursing Home and things seem to be coming along well. They have tried a pilot study with 16 of the present patients using mostly dietary and exercise modification and noted some good improvements. They are hoping to open for health education guests at the end of January.

With Sandy and Eriann we drove up to East Peru, Maine to visit Ellis and AnnaBelle Walker who have made tremendous progress in weight loss and increased physical endurance. Ellis's doctors didn't even expect him to be able to make the trip to California last March, but now he has a regular walking and mountain hiking program and his wife is doing fantastic with the diet and her exercise.

We then flew down to see Julian Hight and his sister, Marie, in Maryland. Julian did have heart surgery several months after being here at Weimar, but stated that he was completely at peace about the surgery, whereas before he was quite fearful. He's living with a niece who cooks up a Weimar storm and he's also walking three miles every morning before going to work. Hazel even had the privilege of walking with him at 5 a.m. one morning, for the three miles in the dark. I was still catching up for jet lag and late evening visiting and still don't know how a 65-year-old lady finds so much energy to keep going. It must be true what Dr. Wiebe says about the older you get, the healthier you are when you live a life in harmony with all of God's natural laws of health.

Our next stop was in Loma Linda to see Ernie and Bunnie Broder. Ernie was very sick with cancer at the time and I know the family would all appreciate your prayers. It is so peaceful and reassuring for his friends and family to know that he is ready whenever the Lord calls.

Our last excursion took us to Pueblo, Mexico to see Cointa Armora and her vivacious aunt Pili. Their families were so gracious and toured us around, but the best part was just spending time in a tight family-oriented culture, that adopted us so quickly.

To those we visited may I say thanks so much for your warm hospitality and the entire medical staff wished they could have joined us. Each one of you alumni are special to our staff and we would love to see or hear from you soon.

That brings up my third point which is an announcement about a Christmas alumni get-together at my parents' home near Los Angeles. We had a great time last year with about half of those in the area and some of the medical staff being able to come. I hope many of you especially in southern California can make it. The date will be Sunday, Dec. 30, at noon for a potluck lunch. We had some tasty inventions last year, so let your creative minds have fun. We'll spend the afternoon and evening exercising, sharing and viewing some pictures of each other. Bring your memories and photos. I'll be sending out a map to those in southern California, but if you don't get one or will be visiting from somewhere else, call Weimar or, after Dec. 21, you can reach me at home in Chatsworth at (213) 341-4343. We'll have a fantastic day, so be sure to plan on it if you can. May God richly bless each of you is my prayer and that of the entire staff.

With Love,
Byron Reynolds

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.
☐ I have completed (level of education)
☐ Please send me information regarding Weimar's Health Education Center.
☐ Please add my name (or those attached) to the Weimar Institute Bulletin mailing list so that I can be kept informed of future progress.
☐ I am already receiving the Bulletin.
☐ This is a change of address.
☐ I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send me a tax-deductible receipt.
☐ I need information about

From Our Staff

It was in the spring of 1977 that I first heard of Weimar Institute and felt the desire to have a part in getting such an institution established. On July 31, 1977 I became a part of the small, but dedicated family here.

I came because I wanted to use my time and talent in a work dedicated to God, and I believe in that which Weimar stands for.

Those of us who share the Weimar experience have discovered that there are various ways in which we can serve the community as well as being involved in on-campus activities. There is an ongoing outreach program, work-study projects and other rich experiences that leave no one out.

The atmosphere fosters growth in all areas. Mentally and spiritually one can benefit from college classes, seminars, retreats and worship sessions. Also the experience of being one family (there is no generation gap at Weimar) encourages social growth among students, staff and Health Education guests. Lasting friendships are made, and even visitors can feel the warmth of the Weimar family.



The setting is healthful and the opportunities for vigorous exercise enhance physical well being and health.

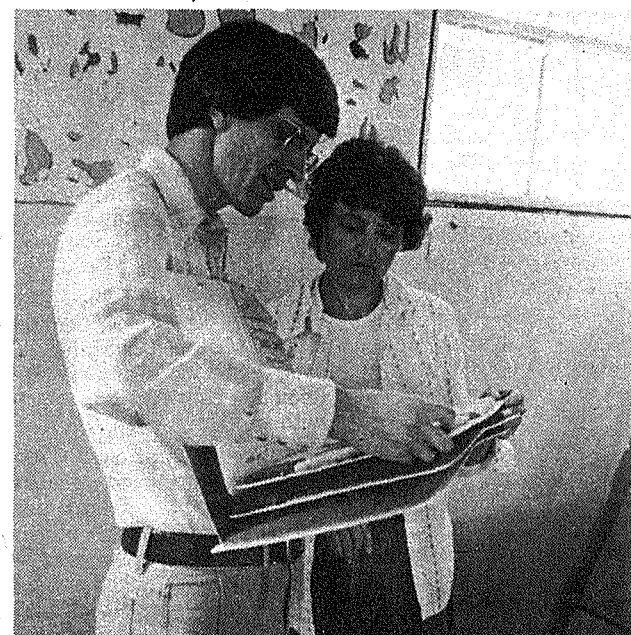
It is exciting to watch Weimar grow. To see God's providence and blessings as we seek to establish the goals of this institution according to His counsel, to watch the growth of young men and women who come here, to observe the miracles of healing among the Health Education guests, to watch the results of the agricultural program; the thriving orchards, the gardens,

the greenhouse, and to know that God is substantially blessing it all brings tremendous rewards.

Needless to say, there are trials to test our sincerity and to bring us together in prayer, but this too is needful for upward progress.

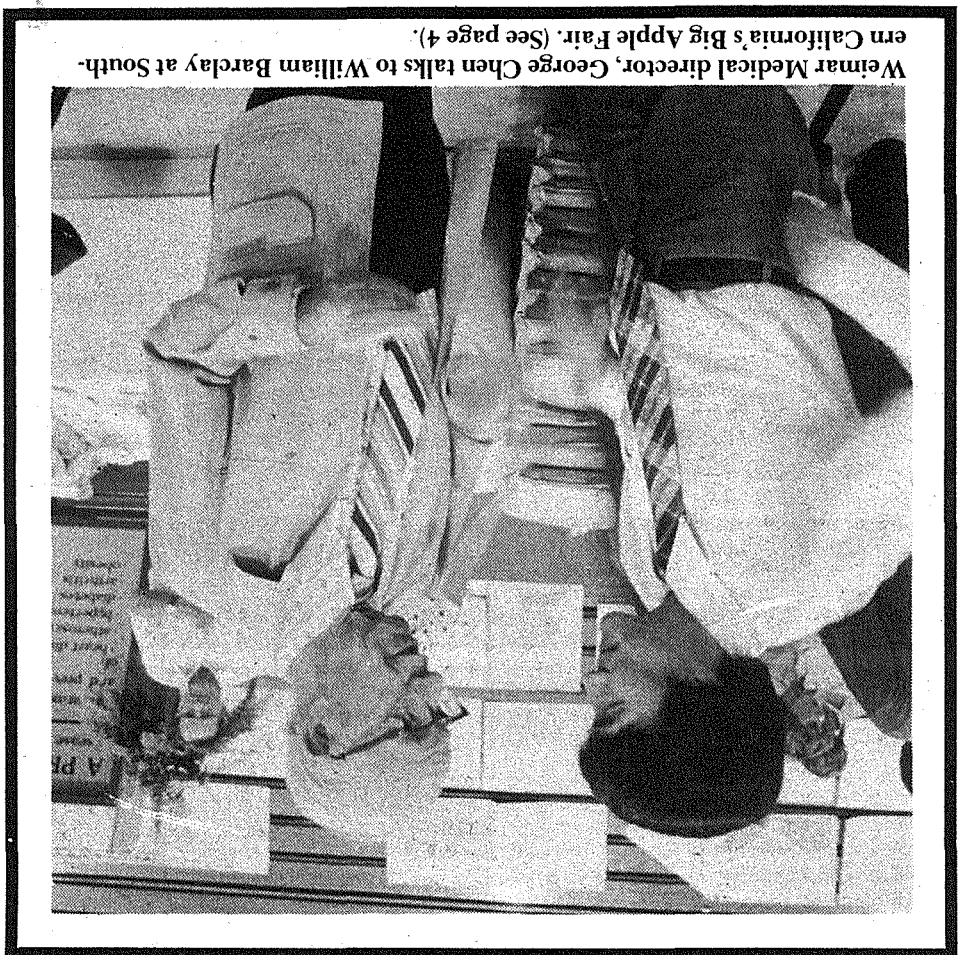
Never for a moment have I regretted coming to Weimar. I daily pray for renewed health and strength that I may continue having a part in making the "Weimar Dream" a glorious reality.

Carl Jones



The Weimar chapel is getting a new face lift. Bob Seyle, Joe Uniat, and Curt Orr donate their time and expertise; while Dick Winn and Jeri Orr look over interior decorating plans.

A non-profit
corporation
Bulk Rate
PAID
Permit No. 2
Weimar, CA
95736

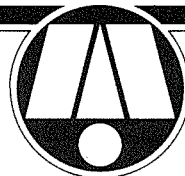


Weimar Medical director, George Chen talks to William Barclay at Southern California's Big Apple Fair. (See page 4).

VOL. 3 NO. 12 DECEMBER, 1979

BOX A, WEIMAR, CALIFORNIA 95736

WEIMAR INSTITUTE BULLETIN



New Testament Stories Relived

Cheater To Saint

by Veronica Morrish

Everyone in the city of Jericho knew this Jew who had literally sold himself to the Romans. If they didn't know him personally they had certainly heard about him. For one thing, he was very rich (and rich men do not often remain obscure). Besides, he was chief among the Publicans—tax collector No. 1. This is tantamount to saying that he was Jericho's top-notch thief, for such was the reputation of persons who held his occupation.

But something was beginning to happen to this person of ill repute. Deep in his heart were the yearnings to do right; the desire for a better life. He had undoubtedly heard John the Baptist's call for repentance and reformation. And beneath his outward appearance of worldliness, pride and dishonesty, his mind was being responsive to Divine influences.

In addition to this, he had also heard about Jesus; how unrestrained kindness, love and

courtesy flowed out from Him to even the proscribed classes of society. Could it be that restoration was possible in the life of this despised tax collector? Wasn't Matthew, one of Jesus' trusted disciples also a publican? New hope filled his heart as he began to obey the convictions in his heart to make restitution to those he had so willfully wronged. But in the very effort to retribute he was grossly misunderstood by his countrymen. His good efforts were met only with cynical looks, pharisaical scorn, open suspicion and distrust; and this was hard to bear. This chief of Publicans longed to look into the face of Him who only could bring living hope, comfort and credible love to his aching heart.

Then it happened one day that Jesus entered and passed through Jericho. The streets were crowded as everyone, curious or deeply interested, sought to catch a glimpse of Him. This Publican, who was short of stature, could see nothing above the heads of the

people, and of course, no one would give way to him. So running ahead of the crowd he sought the one last viable alternative—to climb the old sycamore tree that overhung the road at the end of the narrow street. This rich tax collector, completely oblivious of his expensive garb and sufficiently unaware of what people would think, spared no pains to satisfy his compulsive desire to see Jesus. The crowd drew near, and almost passed by, as he scanned with eager eyes to discern the Person in whom all his hopes centered. Then a most beautiful thing happened.

Above the din of the street, the clamor of the officials and the shouts of the welcoming multitude, that unuttered desire in the heart of this sincere seeker spoke to the heart of the Master. Suddenly beneath the old sycamore tree, the crowd was halted. It seems as if all creation paid attention as the Savior looked up; His loving glance read the soul of a saved life. In clarion tones the words

were spoken: "Zacchaeus, make haste and come down: for today I must abide at thy house." 1

Did he hear his name or were his senses playing tricks on him? It must be! The crowd now gave way to him, and Zacchaeus, moving as if in a daze, jumped down and led the way toward his house as people and Rabbi alike looked on with scowling faces and murmurs of discontent that Jesus had gone to be the guest of one who was a sinner.

Zacchaeus himself was overjoyed, amazed and silenced at the love and condescension of Christ in stooping so low as to regard him, so unworthy a person. He who was barred from the temple service because of his reputation, he who had no access to the mercy seat, he who was supposedly excluded from salvation by all proper Jewish religious criteria was having the Temple brought to his house. Mercy Personified was being offered freely to him, and salvation unlimited was being deposited in his household. Repentance, restoration and redemption stood combined in this one episode.

"Master of heaven and earth and skies: Thank You for stopping beneath the sycamore tree today. Thank You for recognizing me by name, by nature. Thank You for Your unconditional love that reaches down to even sinners like me. Forgive me, please, for cheating my neighbors' good names, for stealing time from my family, for overstepping my bounds and infringing on the rights of others, for ignoring the needy because I was so wrapped up with myself. Forgive me for not working honestly and dedicatedly at the tasks that you have placed in my hands, for being overbearing, unkind, unlovely and indifferent. I promise to restore fourfold—to give the half of my goods to the poor if necessary. But realizing that I cannot do this by myself, I implore You, Lord, for Your enabling power, for the sweet influence of Your Spirit and the strength of Your Divine control so that I can fulfil these resolutions in Your name. And thank You, Lord, for the tremendous power You possess to transform me from a cheater to a saint." Amen.

*Based on Luke 19:1-10
1 Luke 19:5