

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 4 NO. 8 AUGUST 1980

## Summertime at Weimar College

Hal Mayer

Summertime at Weimar College is more than just a summer job. Most jobs are hard to find, and rarely meet the real needs of a student. Furthermore, they are, more often than not, less than one's most favorite occupation.

At Weimar College, summertime is a lifestyle. For over thirty students here this summer, it is a balance of growth through physical work, personal study, fellowship and recreation. Each student is given a work assignment (most often based on his preference). Agriculture, Bakery, Food Service, Grounds, Construction, Painting, Business Office, or the Health Education Center are the departments to which he could be assigned.

Although a financial scholarship for the first quarter of the College year is assured to the student who fulfills the requirements, many students simply choose to come to meet an educational need in their life. To them, a practical knowledge of useful labor is a large part of the motivation to be a part of the Weimar family.

Students have come from many other states such as Vermont, Pennsylvania, Michigan, Oregon, etc., they come from places like Guam, Argentina, Nigeria, and Palau. Each new student adds a unique dimension to the lives of those who have been here for a while.

Summertime at Weimar College is more than just work. It is a time of spiritual growth. With 400 acres of woodland available, there is abundant opportunity to find a quiet, retired place for communion in nature with nature's God.

Another facet of summer life at Weimar is the small group fellowship. Some is planned - like a picnic supper on the lawn, or a group worship. And some is spontaneous - like a Sabbath evening vespers with the H.E.C. guests, or a trip for a dip when the river beckons.

There are opportunities for outreach in the local churches during the summertime. Some students help Dr. Standish in his Mental Health Seminar. Others have personal contacts in the community.

As Kenton Trenchuk observes, "My decision to remain through the summer was based on scholarship earning for next year, the opportunity to work with friends and faculty, and the occasion to understand more about the love of Jesus. I learned to love it here at Weimar, and I'm glad to fill any need that may arise during the summer, as far as I am able."

Marla King

If you came as a summer visitor to Weimar Institute, you would find many students actively involved in well rounded programs of useful learning



Some of the summer student workforce gather for a group portrait.

and labor. Coming from all over the world, each one has come for specific reasons. Melanie Andrews, new to the campus, gives her reason as this: "I came to Weimar to be involved in its ministry, to work in an atmosphere of Christianity, and to grow in grace and knowledge of our Lord. The Spirit of the Lord is alive here. I love it!"

Rose Roberson, a new arrival from Guam, remarks, "I would rather be here than anywhere else because Weimar has so much to offer me, both mentally and spiritually." One of last year's students, Suzanne Tabacchini, says, "The fellowship here of brothers and sisters is dear to me. I gain much from times spent together."

If you could squeeze it all into an over-size nutshell, "The principles Weimar embraces and the dedication and experience of the people here make this an opportune environment in which we can learn, mature, and 'live'," says another student. Dan Eveland comments that "It's an education

Continued on page 6

## Student Missionaries

By Corliss Vander Mei

A great adventure in faith became reality for David Bradburn and Rocky Sarli on June 16 at the Los Angeles International Airport. There they assembled with associate Student Missionaries (SM's) from many other Seventh-day Adventist colleges for their flight across the Pacific to Tokyo aboard a charter jet of China Airlines.

Arriving in Tokyo they soon learned that communication can be a major problem for

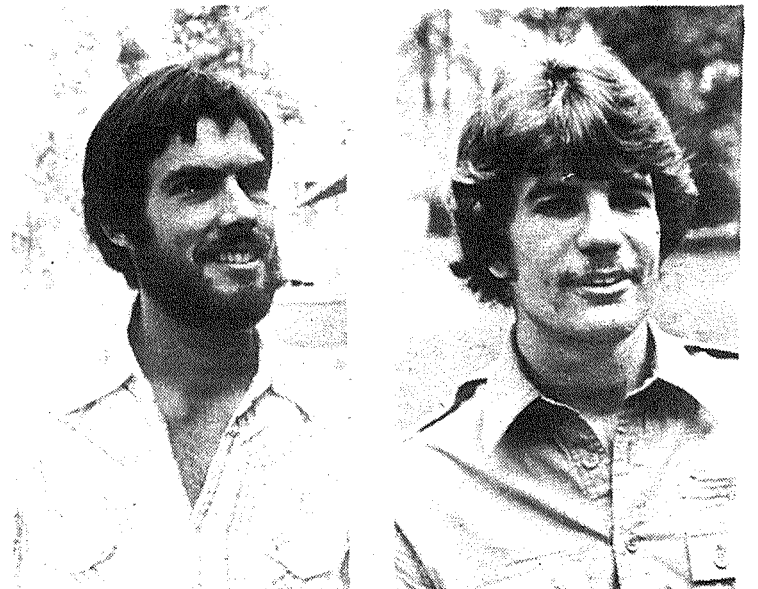
student missionaries. One taxi driver only understood that they had reached their destination by the time they were two blocks past it.

Rocky continued his journey to West Indonesia via Singapore. Both Dave and Rocky will be teaching in English Language Schools which are also the evangelism centers for their area.

This faith adventure began last fall for Dave and Rocky when they signed up to be

SM's. Many details needed to be worked out, such as the filling out of forms, vaccinations, fund raising, passports, visas, etc. With the Lord's help they were ready for departure when their tickets came during the last week of school at Weimar College.

Much gratitude is accorded to those who helped finance this trip. And your continued prayers are requested that Dave and Rocky will be successful in their witnessing for the Lord in their language schools.



David Bradburn

Rocky Sarli



## FROM OUR PRESIDENT

Recently, a visitor who spent a few days on the Weimar campus stopped by to talk with me before traveling home. "You know," he said, "I am really glad I came. One of my friends warned me not to come because 'the people there are just a bunch of fanatics.' During the time I have been here I have talked to many people and haven't met a fanatic yet."

I have heard similar comments many times, and it is gratifying to know that visitors do not find a fanatical spirit on our campus. On the other hand, such statements have caused me to do some thinking. What is a fanatic, anyway? How can we know when a person has become a fanatic?

According to Webster's New World Dictionary, a fanatic is "a person whose extreme zeal, piety, etc., goes beyond what is reasonable." An interesting definition, but who determines what is extreme or unreasonable? If I have an acquaintance who has decided that it is better for him to eat all of his food raw, does he become a fanatic because that position seems extreme to me?

It seems to me that if we stop with this definition, what is extreme or unreasonable is often in the eye of the beholder. Anything that significantly differs from my personal position obviously becomes fanaticism from my perspective. If this is true, nearly everyone will appear to be a fanatic to someone, and the definition loses its value. It would seem that something more is needed in our definition.

Let us assume that our friend who chooses to eat only raw food has a digestive system which not only can handle all types of raw food, but which reacts unfavorably to food that is cooked. For him, his choice of diet becomes a medical necessity — something that we would not want to classify as fanaticism. However, let us assume further that he requires the members of his family to join him in his unique diet. More than that, whenever he has the opportunity he tries to impress me with the distinct advantages I would gain by adopting his diet. He even suggests sometimes openly — at other times subtly, that it would greatly enhance my spiritual condition were I to "see the light." On occasion he even implies that it is not possible to really achieve spiritual maturity until I have brought my eating habits into line with his.

May I suggest that our imaginary friend becomes a fanatic when he makes the transition from practicing what he is convinced works well for him to urging that practice on others. When he ignores the principle of Romans 14:5 (RSV) "Let everyone be fully convinced in his own mind", and wages conformity, he becomes a fanatic.

There are two extremes that Satan uses in directing God's people off track. We are told that "if Satan cannot keep souls bound in the ice of indifference, he will try to push them into the fire of fanaticism." (5T 644).

We as Christians are called upon to live consistent, Christ-like lives. In this we must not become careless or indifferent. On the other hand, we need to realize that our convictions will not necessarily be identical with those of others around us, and that frequently God will bring conviction to others at a different time and in a different sequence than He does to us.

Consistent Christian example can be a positive influence — fanaticism never can.

Sincerely,  
Your brother in Christ,

Robert L. Fillman

*We may flatter ourselves, as did Nicodemus, that our moral character has been correct and we need not humble ourselves before God like the common sinner. But we must be content to enter into life in the very same way as the chief of sinners. We must renounce our own righteousness and plead for the righteousness of Christ to be imputed to us. We must depend wholly upon Christ for our strength. SELF MUST DIE.*

—Test. Vol. 5, p. 219  
(emphasis supplied)

# My Mother's Prayers

By Eric W. Hon

(This article was written a few days before his death.)

Why did my mother spend so much time in prayer? There, in her specially chosen place, it seemed to me, she would pray on her knees for hours. And her poor knees were not all that strong.

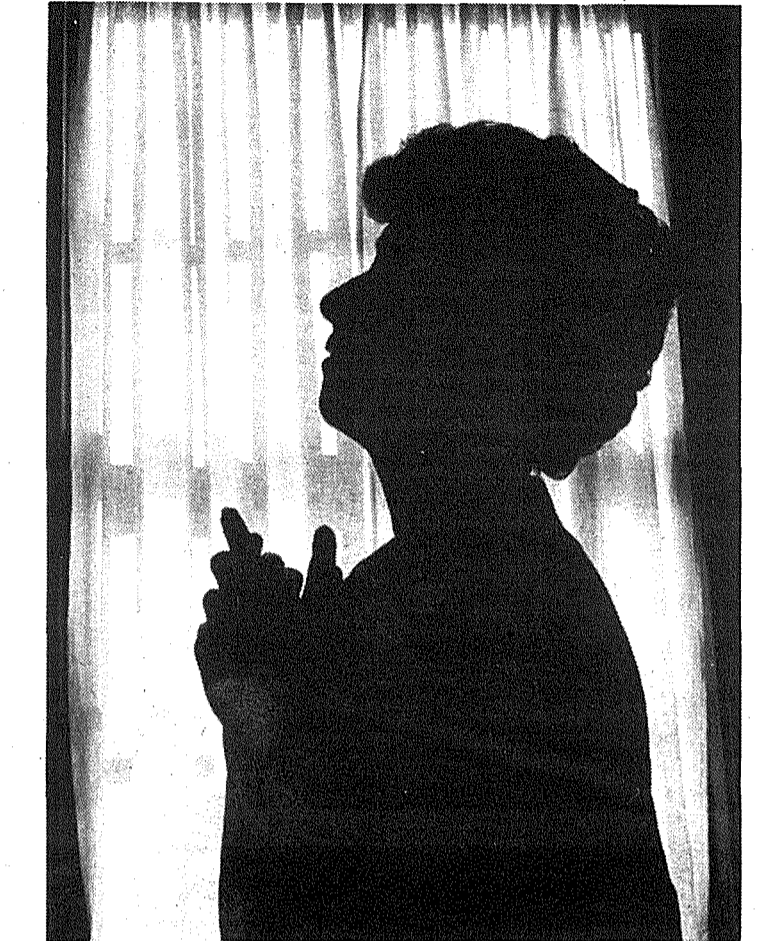
And it wasn't just one day, but every day her petitions ascended to the heavenly Father. If you got close you could sense the urgency of her prayers. What would she be talking to God about? Surely He must know what her needs were, without having to talk for so long. Thus I reasoned and questioned.

Her prayers were backed by persistent, diligent daily study of God's Word. Many times she would read the Scriptures aloud as if to get the gems of truth firmly fixed in her mind.

In those days, now decades ago when I was young and had no deep conviction to follow my mother's example, I never really got around to ask her why she prayed at such length. It was not until I took the important step to take my stand for the Saviour that I realized the value of prayer. Even then, I couldn't see the need of spending great periods of time in prayer.

The years have gone by and now I understand my mother's prayers. Now I understand why she took so long. She was praying for my father, she was praying for me, she was praying for the whole family, all eleven of us. She was praying for many relatives and friends. She must have, for wherever she visited she turned people to God, whether it was in Australia or on her visits to China.

Now we can see the results of her prayer and study. The family, relatives and friends in Australia, Hong Kong and the



United States and Canada, give witness to her dedication. It is not possible to measure all the results. Those who found the saving power of Jesus through her contacts, in turn have brought others to the light of truth. Her prayers have reaped rich dividends in souls for the kingdom. Thus, her prayers are on-going.

And yes, my mother's prayers guided me on the straight path to God. It was through her faithfulness to her Saviour, her consistent Christian life that ultimately brought deep conviction to my heart — conviction that the one thing I had to do with my life was to serve God and my fellowmen. All else has faded into insignificance.

Dear mothers and fathers —

do you have sons and daughters that are not one with God? Sons and daughters, do you have parents that have lost the way? And, of course, relatives, friends and church members? Weary not — do not become discouraged. Be persistent in prayer and study. Fix your mind upon Jesus. Live as He lived; put complete trust in God. Above all the trials and tribulations, the heartaches, the anxieties and worries, remember God is supreme. He is omnipotent and all-wise. He knows our sorrows and forebodings.

Link your human weakness with His divine power. God can do great things through the dedication of just one person. I know, for I remember — my mother's prayers.

## College Faculty Needs

As the Weimar College program develops and expands, there is a growing need for highly competent, dedicated faculty. In the past God has greatly blessed in the faculty who have pioneered the College program but, as Dean, I am always interested to hear from men and women who feel that God may be leading them into the special ministry of Weimar College.

There are many areas in which such a one might be able to serve. Presently, we are interested in faculty in the following areas:

1. **Agriculture** - An instructor in Agricultural Science to work with Dr. Fred Riley in educating young people for teaching roles in colleges, academies and health centers.

2. **Ministry** - An instructor in Metropolitan Ministries to work with Elder Dick Winn in the education of young people for ministerial work, especially in the urban areas, using God-given methods.

3. **Education** - an instructor in Education to work with Dr. John Sipkens in the education of elementary and secondary teachers. Teaching skills, especially in specialized elementary areas is needed.

4. **Health** - an instructor in Health Education to work with Dennis Blum in the training of medical missionary workers. There are special needs in nutrition areas.

5. **Science** - an instructor in beginning biology, physio-

logy and chemistry areas. Such courses are taught from the health perspective of Weimar Institute.

6. **English** - an instructor in basic English skills.

7. **Outreach Ministry** - an instructor in outreach ministry, including health and/or Bible study areas. The basic purpose is to educate young people in practical and effective ministry in the community.

8. **Work Education Specialists** - instructors in various work education programs including construction, agriculture, cabinet making, bakery, auto mechanics, etc. Such instructors would be expected to

Continued on page 5

# Health Education

By Dennis Blum

(First in a series on the majors being offered at Weimar College. Each of these articles will be prepared by the chairman of that department.)



Dennis Blum

The training ground is the homes and communities that line Interstate 80 which funnels thousands of people into California's state capital every day. From Truckee to Sacramento, the Health Education students from Weimar College conduct a wide variety of health outreach programs ranging from one-to-one home ministries to health education seminars at a local college.

In spite of the wide area of need, the primary focus of these students is the church home. From there they endeavor to train fellow church members, assisting them with their own

outreach ministries. Weimar College Health Education students acquire many hours of practical experience in preparing and conducting cooking schools, weight management clinics, stress control seminars, 5-day Stop Smoking Plans, and water seminars. In addition, each student is taught how to design and conduct seminars and workshops to meet a wide variety of other needs, e.g., parenting, drug and alcohol problems, family health, etc. The intent is to follow up each community program with an evangelistic series. (Baptisms have already resulted from a series conducted in Colfax, CA, in conjunction with individualized Bible studies.)

The curriculum is designed to meet the students' professional needs. They receive didactic and practical experience in counseling, nutritional and physical fitness assessments, stress electrocardiography, basic respiratory spirometry, C.P.R., and more. With this training, graduates are able to assist those physicians who feel called to incorporate a preventive modality into their practice utilizing God's eight natural remedies, and who desire to do follow-up work for God.

Health education centers are on the increase, and the focus is being placed upon prevention through lifestyle re-education. Patients are encouraged to utilize each of God's natural remedies daily. The results are

exciting! Since Weimar Institute opened its Health Education Center in the spring of 1978, almost 400 persons have been helped in finding a better way of living. Such programs demand skilled professionals who are trained in utilizing God's treatment modalities, as well as being filled with a love for God and man. Weimar College sees those needs, and is preparing graduates to meet the demands.

Students are thoroughly exposed to each aspect of Weimar's Health Education Center program. They are rotated through each department to enable them to learn how to perform the various tasks required. This includes hydrotherapy, garden therapy, physical therapy, cooking school, chaplaincy, nursing skills, lectures, kitchen skills, and calisthenics.

The classroom is also a vital part of the Health Education training. Every course has been specially designed with Weimar's particular principles in mind. These courses include Nutrition, Physiology, Family Health, Disease Concepts, Communication Skills, Health, Science, and Bible.

Weimar College is committed to preparing graduates who will accept their call to be competent at their profession, dedicated to God and the work of the church, and finally, commissioned soul winners.



Greg Harper assists in one of Weimar Institute's cooking schools.



## 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

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- Kent Dickinson..... Business Administrator
- Dick Winn..... Secretary
- John Sipkens..... Director of Labor

### HEALTH EDUCATION CENTER

- George Chen, MD..... Medical Director

### WEIMAR COLLEGE

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

### RETREAT MINISTRY

- Dick Winn..... Chaplain/Director

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### 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.

*If we would humble ourselves before God, and be kind and courteous and tenderhearted and pitiful, there would be 100 conversions to the truth where now there is only one. But, though professing to be converted, we carry around with us a bundle of self that we regard as altogether too precious to be given up. It is our privilege to lay this burden at the feet of Christ and in its place take the character and similitude of Christ. The Savior is waiting for us to do this.*

—Test. Vol. 9 pp. 189, 190

## FROM OUR READERS

"Enclosed is another gift to your mortgage fund. I am really enjoying seeing the progress each month in the BULLETIN. I am so thankful that you let this need be known. As soon as I read the letter you sent I knew God wanted me to help. I believe this project is pleasing to Him.

"Since I started sending you money each month I found steady employment... with no union problems and every Sabbath off, which is a cause of great rejoicing. The Lord is so good to us, and His blessings are greater than what we can often comprehend!"

Reader, Bothell, WA

"HELP!! My dog chewed up my latest issue of the BULLETIN before I had a chance to read it. Please mail me another one as soon as possible. I'm interested in joining your Tape Library Club."

Reader, Springboro, OH

"I am enclosing my gift toward your mortgage fund. I really appreciate the graph in your BULLETIN showing the progress to date. Hope this will be a feature each month. The Lord does not wish for His people to be in debt, and I am sure His blessing will be seen, in remarkable ways, over this project."

Reader, Bothell, WA

"I would like to help cancel the debt. As long as I get my Social Security check I will try to help some each month."

Reader, Angwin, CA

"This month I didn't have enough money for my own family's needs and so I couldn't send you the \$10 to pay on your mortgage. But I kept telling the Lord every day, I need the \$10 for Weimar. As the messenger said, the Lord has a thousand ways to provide for His own — I received a

refund from the telephone company for \$20, your payment for two months. I only asked for one month and got two. Isn't our Lord wonderful and His compassion amazing! You don't know how glad I am about this; and I hope all your other supporters are praying, and looking to our Lord to provide means to get rid of this mortgage. Weimar Institute should be free of debt to go forward and build and share the truth of the gospel with others. Tell everybody to pray more and to seek the Lord for this blessing, and it will come."

Reader, Crows Landing CA

"Enclosed is my check for helping pay off the mortgage. Sorry it can't be more. I sold my trailer and promised 10% to be used for missionary work of some kind. Can't think of a better place to put it."

Reader, Lakeport, CA

# How Much Salt?

By Henri Wiebe

Common table salt is made up of the elements sodium and chloride. Both are needed by the body, but in very small quantities. Even during strenuous exercise in hot climates all necessary sodium and chloride can be obtained from vegetables, fruits, and grains without any additional salt.<sup>1</sup> The average American eats twenty times as much salt as needed. Does this lead to health problems?

Two out of ten adults in this country have hypertension (elevated blood pressure).<sup>2</sup> That means about 25 million of us.<sup>3</sup> Since 1913 it has been known that death tends to occur earlier in individuals with elevated blood pressure.<sup>4</sup> The younger the person with hypertension, the greater is the reduction in life expectancy.<sup>5</sup>

This most common type of hypertension is being linked ever more closely to our very excessive salt intake.<sup>1</sup> And why haven't we been able to clinch this relationship between salt and hypertension? Because a high salt intake does not always lead to hypertension. Just like smoking does not always lead to lung cancer. So we are left with circumstantial evidence.

For many physicians this evidence is convincing enough. Here are some guidelines for the use of salt to treat and pre-

vent hypertension.

**GROUP ONE** — No added salt. Individuals with established common type hypertension.

A. Avoid all animal products. They are naturally high in sodium.

B. Avoid all packaged, canned or frozen foods. They have been oversalted by the producer. This includes baked goods.

C. Add no salt to any home-prepared food during or after preparation. This is a "no added salt" diet. It takes about three months to get used to and enjoy it.

**GROUP TWO** — ½ teaspoon salt (2½ grams) per day.

A, B, C as above.

D. Add no more than ½ teaspoon of salt daily to food.

If on this program and hypertension develops, move to Group One.

**GROUP THREE** — 1 teaspoon salt (5 grams) per day.

Individuals not in Group One or Two.

A. Only use animal products sparingly, if at all. (This for other reasons than high sodium content.)

B. Use packaged, canned, or frozen foods sparingly. There is no control over how much salt has been added. It is nearly always too much.

C/D. With food prepared from scratch, encourage the cook to undersalt! Give guests

the privilege to salt to taste.

Following these guidelines with care, this represents about 5 grams of added salt — the maximum for a healthy person. If hypertension develops, move to Group One.

A wise and trusted health advisor said nearly 100 years ago, "Do not eat largely of salt. . . ." and ". . . I use some salt, and always have, because salt, instead of being deleterious is actually essential for the blood. . . ." This is still good counsel today, and when followed will extend the days during which we can be, by God's grace, "the salt of the earth."<sup>7</sup>

## FOOTNOTES

<sup>1</sup> Freis ED. Salt, Volume and the Prevention of Hypertension. *Circulation* 1976; 53:589-95.

<sup>2</sup> Report of intersociety commission for heart disease resources. *Circulation* 1971; 44:A237.

Drawer TR. Annual discourse — unproved hypotheses. *N. Engl. J. Med.* 1978; 299:454.

<sup>4</sup> Janeway TC. A clinical study of hypertensive cardiovascular disease. *Arch. Int. Med.* 1913; 12:755-798.

<sup>5</sup> Build and blood pressure study. Society of Actuaries. Chicago 1959.

<sup>6</sup> White E.G. Counsels on Diet and Foods. Review and Herald Publishing Assoc. Takoma Park, Washington, DC 1946:344.

<sup>7</sup> Bible; Matt. 5:13.



## H.E.C. ALUMNI CORNER

Dear Alumni,

How grateful I am to the Lord to have had the opportunity to become acquainted with each of you, and to have grown to love you as brothers and sisters. You have each been an inspiration and blessing to me as I've witnessed the healing power of God working in you during your 25-day stay with us.

I want to share with you the results of the questionnaire we sent to you two months ago. To those of you who took the time to send in the results of your recent laboratory work, a big thank you! These findings help us evaluate our program in knowing how effective our education process has been.

Of the 50 returned questionnaires 33% stated that they were staying with the therapeutic diet a good 90% of the time; 6% stated 100% compliance. Nineteen reported a continued weight loss (331 lbs. total for them). Five gained a total of 52 lbs. (one needed to gain.)

The following are the average cholesterol and triglyceride findings. Compare your own findings to see where you are compared to the average H.E.C. Alumni that reported his latest findings: Cholesterol - 200; Triglycerides - 120.

The Lord is blessing in each program. Each group is unique, and offers new challenges in perfecting the usage of the "NEW START" remedies (see diagram below).

Please hold fast to the principles of health you have learned and allow God to continue His restoring process. Please keep in touch with us by letter or phone. Our sympathetic prayers and tenderest thoughts are with each of you.

May the God of comfort keep you wholly until His blessed appearing.

Sincerely yours,  
George D. Chen, M.D.

# Healthful Hints

## The Charcoal Poultice

By Steve VanCleave

*What is a poultice?* It is a soft, moist pulp, in this case charcoal, but it can be anything, applied hot to the surface of the body.

*What are its benefits?* It is reported to be beneficial for many things, of which I will name a few: preventing a severe reaction to a bee sting when applied soon after the sting; relieving pain and inflammation associated with local bacterial infections; decreasing the detrimental effects of poisonous snake and insect bites.

*How does it work?* It is thought to work by the process of ADSORPTION, (not to be confused with absorption), which is the process that renders the molecules of a toxic substance ineffective by their attachment to the charcoal. The charcoal literally holds on to the poison so that it can not harm the body.

*What kind of charcoal is best?* Any finely powdered

charcoal obtained from wood is suitable. Some pharmacies carry powdered charcoal. It is believed by some that eucalyptus wood is a source of high quality charcoal.

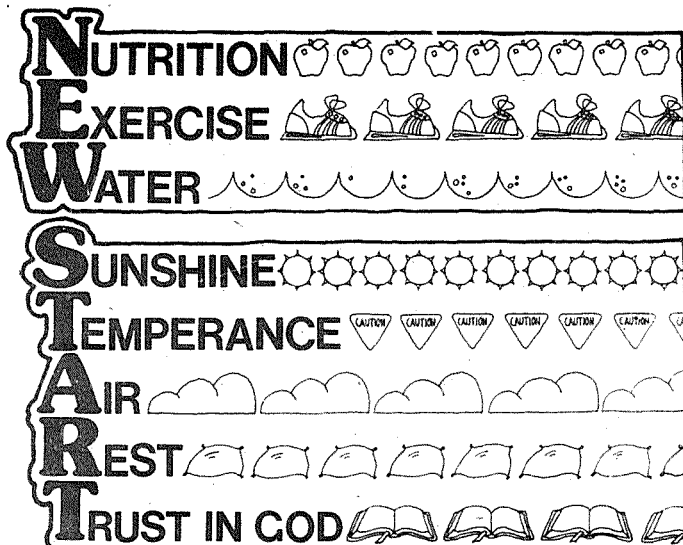
*What materials are needed.* The materials for a charcoal poultice are simple: Cotton cloth, wool flannel or some other soft wool cloth; plastic cover, charcoal powder, flax seed or flax meal freshly ground or stored in the freezer, a stainless steel bowl for mixing the charcoal, and boiling water.

*How is the treatment done?* Mix equal parts flax meal and charcoal in the bowl. Add boiling water slowly while stirring until the mixture is the consistency of thick pulp. The flax meal is a thickening agent. When the mixture has cooled to the point where it will not burn, apply a generous amount to one side of a piece of cotton cloth large enough to extend one or two inches beyond the lesion. Next apply a layer of wool. Wrap and pin the wool and cotton if it is around an

extremity. Keep it loose. Next apply the layer of plastic; this is to keep everything clean. This is a suggested basic procedure. There are many ways to apply and secure the charcoal poultice, and often one must improvise. A small bag made of cotton cloth, filled with the charcoal mixture is a convenient way to treat areas like the eye or ear. The charcoal can, but need not be directly applied to the skin. It will be effective if there is a thin layer of cotton between the charcoal and the skin.

*How long is the poultice left on?* The poultice should be left on approximately six hours; overnight is ideal. When the poultice is removed, the area should be cleansed with cool water. Another poultice can be applied immediately if needed.

*Are there any undesirable side effects?* One must take precautions not to burn the person when first applying the poultice. There are no reported side effects. The safety and simplicity of this treatment makes it especially useful in the home setting.



Source: Ministry of Healing, p. 127; Slogan: H.E.C. Guest Bill Dawson; Artist: Terry Zeyen.

# from the Weimar Kitchen


Eating right contributes to much more than a well proportioned figure. A person's diet affects his total metabolism, as well as his psychological and emotional well-being. "Understanding the foods you eat and how they influence the functioning of your body is the first step toward determining a daily diet program and building a more beautiful you," says June Posen, president of the Cosmetique Beauty Club, a prestigious national beauty service.

Every balanced diet must contain protein which is

necessary for the growth, repair and maintenance of body tissues. When we go to extremes, however, and have an excessive protein intake, (especially animal protein) we are headed in the wrong direction. Excellent sources of protein, that contain fewer calories and little or no cholesterol, are food items which are sometimes called "complementary proteins." These include vegetables, whole grains, wheat, rice, beans and nuts. When combined with fresh fruits these will supply all the nutrients needed for

healthy body functioning.

With persistence and consistency in eating foods in as natural a state as possible your body will soon reap the benefits of a properly-executed diet. Nothing is more basic to a feeling of well-being and health than sensible, balanced nutrition.

Perhaps we all might do well to appropriate in our own experiences the Apostle John's desire for all his fellowmen: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (III John 2) 

## recipes

### Spinach Lasagne

Cook lasagne noodles in salt water. Cook 1 package frozen spinach (or use fresh cooked). Layer cooked noodles, spinach, and lasagne sauce in a large casserole dish. End with sauce on top. Bake at 350° for 45 minutes.

1 1-3c water  
2 T. cashews  
¾ t. salt

1 T. fresh lemon juice  
Blend in blender until smooth. Heat and serve over vegetables such as cauliflower, broccoli, eggplant, etc.

### Lasagne Sauce

¾ C. canned tomatoes, blended  
¾ C. tomato puree  
1 med. onion  
1 clove garlic  
1 bell pepper  
1½ tsp. oregano  
1 bay leaf  
1 tsp. salt

Mix in bowl. Layer into Spinach Lasagne.

### Golden Sauce

¾ c. cooked potato  
1 med. carrot, cooked

### Sweet and Sour Sauce

2 large tomatoes  
1 small onion  
5 dates  
1 T. fresh lemon juice  
½ t. salt  
½ t. sweet basil  
½ t. celery seed

Peel tomatoes and cut into pieces. Mince onion. Cut dates into small pieces. Combine these three ingredients and simmer until consistency of sauce. Add remaining ingredients and cook slowly for 30-40 min. Stir frequently. Serve as a relish with entrees.

*Live in the sunshine of your Savior's love. Then your influence will bless the world. Let the spirit of Christ control you. Let the law of kindness be ever on your lips. Forbearance and unselfishness mark the words and actions of those who are born again, to live the new life in Christ.*

—Test. Vol. 7, p. 50

## 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:

1 to 10 cookbooks \$5.00 (includes shipping & tax)

10 to 25 cookbooks \$3.75 (plus tax or resale #)

25 or more cookbooks \$3.25 (plus tax or resale #)

Name .....

Address .....

City ..... State ..... Zip .....

WEIMAR INSTITUTE Box A, Weimar, CA 95736

## The BULLETIN Board

### Chapel Needs

New or nearly new hymnals

### Library

1. Portable record player
2. Cassette players
3. Electrical or sturdy late model standard typewriter
4. Encyclopedia set-recent edition
5. CIBA collection of medical illustrations
6. True Education (Adventist Education) 1970-1979

### 7. Ministry Magazine

August 1968

August, September 1971

December-January 1972

### 8. Review

January-December 1944

January-December 1964

January-December 1965

### Maintenance Department

Roto-rootor blades

Small open-box wrenches ¼-9/16

Ladders

Body tools

Porta power and attachments

Air chisel

Shop

1 band saw-variable speed drill press-½ inch

### Special Projects Dept.

plastic "lace" tablecloths (smooth surface)

houseplants

miscellaneous vases and

flower containers


floor or table lamps

small table covers

painting of nature scenes

(f) Experience that would indicate likely successful teaching in the chosen area.

(g) A commitment to the threefold aspects of Weimar College — work education, academic program and community outreach ministry — and a willingness to participate in each.

Teaching at Weimar College provides a most rewarding experience to work with a student body which, in general, is deeply committed to God and highly motivated to be educated for God's work. All interested persons may direct inquiries to the Dean, Weimar College, Box A, Weimar, Ca 95736. 

## Faculty Needs

Continued from page 2

work with students in an apprentice-type program teaching not only skills but strong production emphasis.

There are certain basic qualities that Weimar College looks for in its faculty. These include:

(a) A mature commitment to Christ and to His mission.

(b) A belief in and desire to forward the fundamental faith of the Adventist church

established upon a solid basis in Bible and Spirit of Prophecy teachings.

(c) A life style that models the love of God and Christ's mission to students.

(d) A willingness to sacrifice for the finishing of God's work.

(e) A quality academic background, preferably with a Master's qualification in the area of teaching.

## In Loving Memory

A MEMORIAL GIFT TO WEIMAR INSTITUTE HAS BEEN MADE IN MEMORY OF:

Paul B. Aboud — by  
Laurence E. Frankfurt and family

Esther Ackerman Hankins — by  
John and Beulah Simms

Eric W. Hon — by  
Jeanine Howard  
Thomas and Marilyn Kempton  
Arvel and Vernita Sage  
John and Beulah Simms

Verna Burdick Johnson — by  
Marie M. Anderson

Mr. and Mrs. Fred Kuest — by  
Bertha Drayton

Ruth Larsen — by  
Arvel and Vernita Sage

Warren Petersen — by  
Betty Petersen

Connard Grant Rasmussen, Sr. — by  
Homer and Dolly Ketcherside and family

Kathy and Janelle Vories — by  
Eldon and Barbara Vories

# Weimar College – Its Second Year

By Colin Standish

It has been just one year since a report has been made on the operation of Weimar College. Many of the same rewarding experiences of that year were repeated the second year. And, though the College is only two years old, the maturing and solidifying of its programs and operation have been most apparent. Much of this is due to the excellent leadership that was exercised by the second year students.

The year commenced with 54 students, 30 young men and 24 young women. They numbered 62 in the second quarter, and the year finished with a total of 53. Altogether, 68 young people attended the College during the 1979-80 school year with an average attendance of 56. We hope to accept about 80 students for this fall; and will seek to grow at about 20 students each year until it is determined that the maximal limit for the program has been reached.

The key to the success of the program thus far is the three-phased, balanced curriculum in which every student participates, (work/study/witness). With a year's experience behind us, last year showed advancement and development in each of these phases. The total program continues to demand high levels of excellence in each area of endeavor, but every attempt is being made to keep the schedule balanced in such a way that students can reach their maximal potentials.

As Weimar College advances in the upper biennium of its curriculum, greater planning has become necessary to equip the advanced students with work skills of a standard which will allow high quality craftsmanship to be achieved. In the outreach ministries, it is planned to move more actively into the Sacramento area with the upper biennium students being given an indepth experience in outreach and personal ministries. It is exciting to note, however, that the second school year saw the first baptisms resulting from the outreach ministries, with others even now preparing for baptism.

Considerable effort has been

put forward to facilitate the transfer of credit from Weimar College to other SDA colleges. Weimar College is not accredited, but it is recognized that there are students who have been drawn to Weimar who nevertheless are called of God into vocational areas that are not presently offered by Weimar College. It is felt, however, that such young people will benefit greatly by one or two years in the unique curriculum of Weimar. So far, negotiations have taken place with four institutions — Andrews University, Loma Linda University, Walla Walla College and Pacific Union College. Andrews and Loma Linda Universities have agreed to the transfer of Weimar credits, relevant to the student's chosen major, when the student has satisfactorily completed 12 quarter hours credit in their institutions. Pacific Union College has a similar arrangement, but based upon 36 hours of successful academic achievement at that College. Walla Walla College has decided to base transfer credits upon the successful completion of challenge examinations. Already, we are aware of successful transfer of credits to Andrews, Loma Linda and Pacific Union College.

The college at Weimar has sought to extend the monies available for worthy, needy students. Both loan and grant monies are necessary. To the \$10,000 loan and \$7,000 grant money that was provided last year has been added \$1,100 loan money and \$14,156 grant monies this year. We are greatly indebted to all those who contributed. Recently, Hewitt Research Institute has generously offered to make available additional funds which will be used for revolving loans. However, with increased enrollment in 1980-81, there will be continuing, pressing needs for funds for direct grant-in-aid and loan funds.

Work-scholarship programs have also been extended so that Weimar College students may earn scholarship of as much as \$1,400 in a year, which would cover almost half of their tuition and board while attending college at Weimar Institute. Quite a number of students have enthusiastically

embarked on this plan. It is consistent with the Weimar philosophy that students should do everything they can to support their own educational program.


We are encouraged by the much larger number of students who have stayed by or who have come for the work-scholarship program this summer. Whereas the number was under 10 last summer, there are closer to 30 this summer (see article, page 1), thus providing a strong basis for our summer operations.

There are an increasing number of overseas young people applying to Weimar College. At present, we are limited in this by the fact that we have not yet received authorization to admit aliens to our College by providing

them with the necessary I-20 form. We made application in April of 1979, and were told that this would take 6-12 months. In January of 1980, all necessary procedures were finalized in the Sacramento office, and it was estimated that it would take 3-6 weeks for final approval to come from Washington, DC. But, in spite of persistent efforts, the authorization has not yet arrived. We are trusting that it will come in the near future.

The spiritual life continues to be the highlight of Weimar College. While each student and staff member is encouraged to choose prime time for personal devotions, nevertheless, a wide range of group activities is provided. The Tuesday-Thursday morning family worship in faculty homes continue to be a

most appreciated feature of Weimar's spiritual life. The weeks of prayer provided by Elder Robert Pierson and Dr. Jack Blanco were most rewarding for the whole Weimar family. The daily worship, chapels, prayer meetings and vespers all have made their significant contributions.

As I review the 1979-80 school year, it is with deep gratitude to God for His wonderful providence and leading. I cannot overlook the fine, dedicated, self-sacrifice of a highly competent faculty and the committed enthusiasm of the students who are so largely responsible for the high tone of spiritual life on campus. It has and will continue to be a great privilege to be associated with each one of them. 

## Generosity Commended

By Kent Dickinson

The eighth and ninth chapters of second Corinthians express the commendation of the Apostle Paul for the liberal spirit shown by the Macedonians. The New International Version of the Bible renders chapter 8 verses 2-4 thus: "Out of the most severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege in this service to the saints."

It is also noted that, "they gave themselves first to the Lord." Their generous gifts followed a wholehearted commitment.

In mid-March of this year an appeal was sent to our readers to help Weimar Institute repay its indebtedness. Hundreds of responses have been received. And although the monthly pledges total less than \$3000, we have been gratified to see many reply with gifts of a few dollars to much more, and with words of


encouragement as well. One loan of \$50,000 made earlier to us, was forgiven by the lender, so that to date our debt reduction has been just over \$100,000. (The exact amount is shown on the graph on page 7.)

With total obligations of 1.3 million dollars, our goal to repay this in 10 months from last March seems unattainable, from a human point of view. To reach that amount, an average of \$130,000 would need to be received each month. Presently, this is not the situation.

Our hearts have been made glad, however, as we have seen the many \$5, \$10 and \$20 gifts coming in. It is reminiscent of an experience of a number of years ago related by a retired General Conference leader. While serving in a conference position, he received a letter from an elderly couple with a modest offering of several dollars enclosed. The letter explained that the wife needed a new dress and the husband needed new trousers, but they felt that the needs of many others to receive the gospel message was more important.

So, they sent their sacrificial offering to the conference. Their treasure followed their hearts intent, as did the poor widow's as she cast into the treasury her meager offering which Jesus said amounted to "more than all the others . . . she out of her poverty put in all she had to live on." Luke 21:3, 4 NIV.

The three opening words of Luke 12:24 are worth reflection: "Consider the ravens . . ." Often we hear the chirp or trill of the birds as they flit about their business or sing out their joy of living. But, "they do not sow or reap, they have no storehouse or barn: yet God feeds them. And how much more valuable you are than birds!" Ibid.

We at Weimar Institute well know that we must likewise trust in the gracious provisions of our heavenly Father. And you, our readers and friends, have the privilege of joining us in this great adventure of faith by your continued generosity and support. Together we may cast all our care upon Him (1 Pet. 5:7) and give of ourselves and our means to hasten the day of our Lord's return. 


## Summertime

Continued from page 1

that is not available anywhere else."

Cheerful conversation is heard from garden workers as they hoe or harvest, side by side. Some memorize Scripture together as they work, while others lift their voices in song. The most valuable type of experience for Becky Laney is "learning to meet and get involved with people. And to be gaining a spiritual education

through work experiences."

When the sun begins to lean toward the western horizon, there is still time for an optional class in chemistry or hydrotherapy. Outreach projects continue to benefit the community, to fan the flame of God's love, and to strengthen faith in the hearts of the students. When the sun finally disappears, reflections can be made and gems of joy and truth stored away in the mind's treasure chest. 



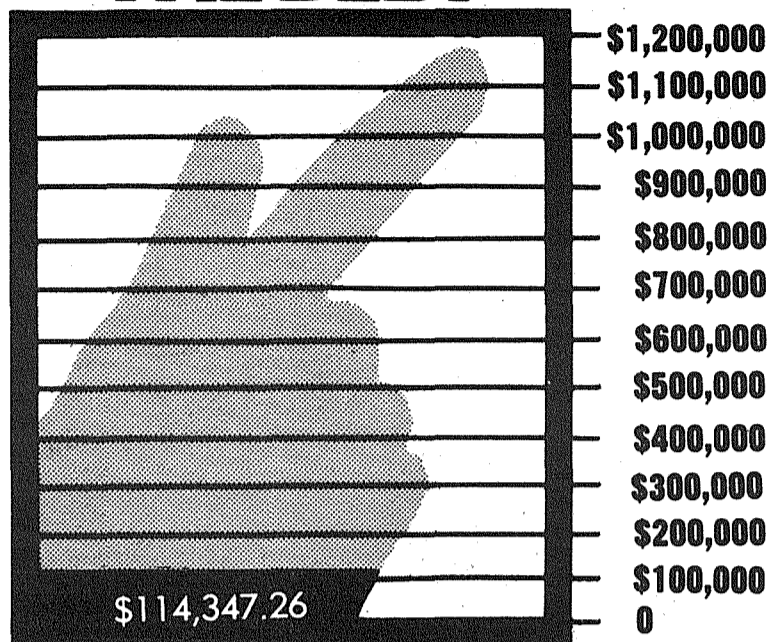
Garden work provides a way to enjoy friendships as well as nature.

### Retreat Openings

As of press time, two retreats planned for August still have room for more participants. "The Good News is God-News," with Dick Winn leading out, is slated for August 8-10, and still has room for about 15 persons. "Education and Redemption," led by Dr. Colin Standish, can accommodate another dozen participants on the August 22-24 weekend.

To reserve a place, send \$10.00 deposit per person to: Retreats, Weimar Institute, Box A, Weimar, CA. 95736.

## HELP CANCEL THE DEBT



This diagram presents a monthly visual report on our progress toward becoming debt-free. Many friends have pledged \$10 per month to aid in reaching this goal. Won't you help us press toward this mark?

### YES, I WANT TO HELP!

Here is my gift of \$ \_\_\_\_\_

- to help cancel Weimar's mortgage debt.  
 toward Weimar's monthly operational expenses.  
 to be placed in Weimar College's Worthy Student Fund.  
 other. ....

### PLEASE SIGN ME UP FOR . . .

- the Weimar Institute Bulletin.  
 I am already receiving the Bulletin.  
 recipe book: FROM THE WEIMAR KITCHEN (\$5<sup>00</sup>)

### PLEASE SEND ME . . .

- information regarding Weimar's Health Education Center.  
 Weimar College Bulletin and Student Application.  
 other. ....

NAME .....  
 ADDRESS .....  
 CITY ..... STATE ..... ZIP .....

Please Print Clearly

SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

# New Testament Stories Relived

## Under the Fig Tree\*

By Veronica Morrish

Nathaniel was hiding. Hiding under a fig tree. Hiding in thought and meditation. Hiding in his studies. Hiding in his concern for himself and his own spiritual responsibility as related to John the Baptist's proclamation of a Messiah who had come.

It was in this hiding place that Philip found him. Philip himself had heard the call of Jesus only the day before and immediately followed without question. But it was not that easy for Nathaniel. He had to have logical, proven, self-convincing evidence of a different sort.

"Could this man, who bears the marks of toil and poverty, be indeed the Messiah that I have been looking for?" mused Nathaniel. He wanted so badly to believe the truth, but he must be unmistakably convinced by the Spirit. So he resorted to this quiet grove to meditate on John's announcement. He was, no doubt, searching the prophecies, investigating, and praying for wisdom and enlightenment. He wanted to make an intelligent decision.

Philip must have known that his friend was disturbed. And so in awareness of his need, and being filled with the irrepressible desire to minister personally to the one he loved so much, he came to Nathaniel's hiding place — a place where perhaps they had often prayed together before. He came with the good news that: "We have

found Him of whom Moses in the law and the prophets did write: Jesus of Nazareth, the Son of Joseph."<sup>1</sup>

"Nazareth! Did you say Nazareth, Philip? Can any good thing come out of Nazareth?" Questions, doubts and prejudices arose in Nathaniel's mind.

Philip understood. He did not enter into controversy with his friend. He simply replied reassuringly: "Come and see."<sup>2</sup>

And the all-knowing Master, whose divine insight took in the whole scene, watched in love as Nathaniel came. Watched him come hesitantly, half believing, yet sincere. And like a proud mother watching her toddler's first stumbling steps, Jesus commented approvingly, "Behold an Israelite indeed in whom there is no guile."<sup>3</sup> No sin! No fault! Nothing to condemn him!

Nathaniel's heart was touched. He could not believe his ears. How could Jesus proclaim him accepted, forgiven, loved and justified all in one short step? In blundering surprise he unveiled the question of a humbled, submissive heart: "Whence knowest Thou me?"<sup>4</sup>

And then, as if gently unfolding the back drop of his whole experience, Jesus replied, "Before Philip called thee, when thou wast under the fig tree, I saw thee."<sup>5</sup>

It was enough. Nathaniel received ALL that he needed. And his worshipful, committed response parallels the kind of response of all honest seekers for truth; all who have been



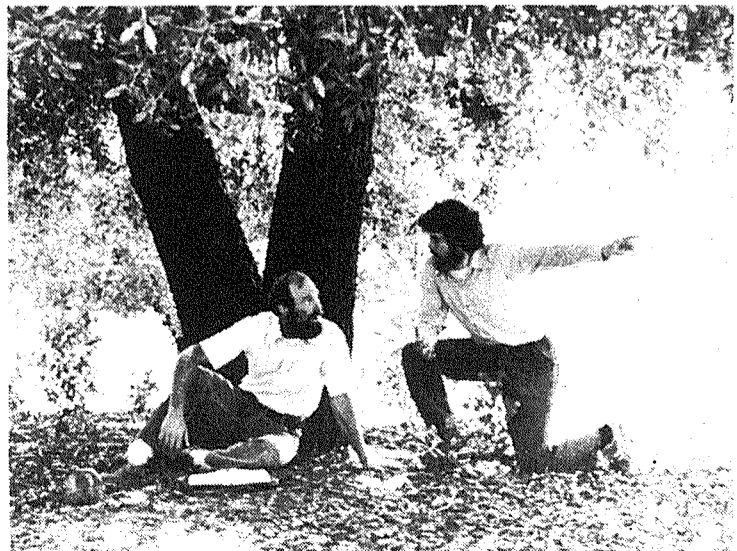
found by the matchless Lord under their particular "fig tree". All who have been given His bountiful assurances in place of nagging doubts.

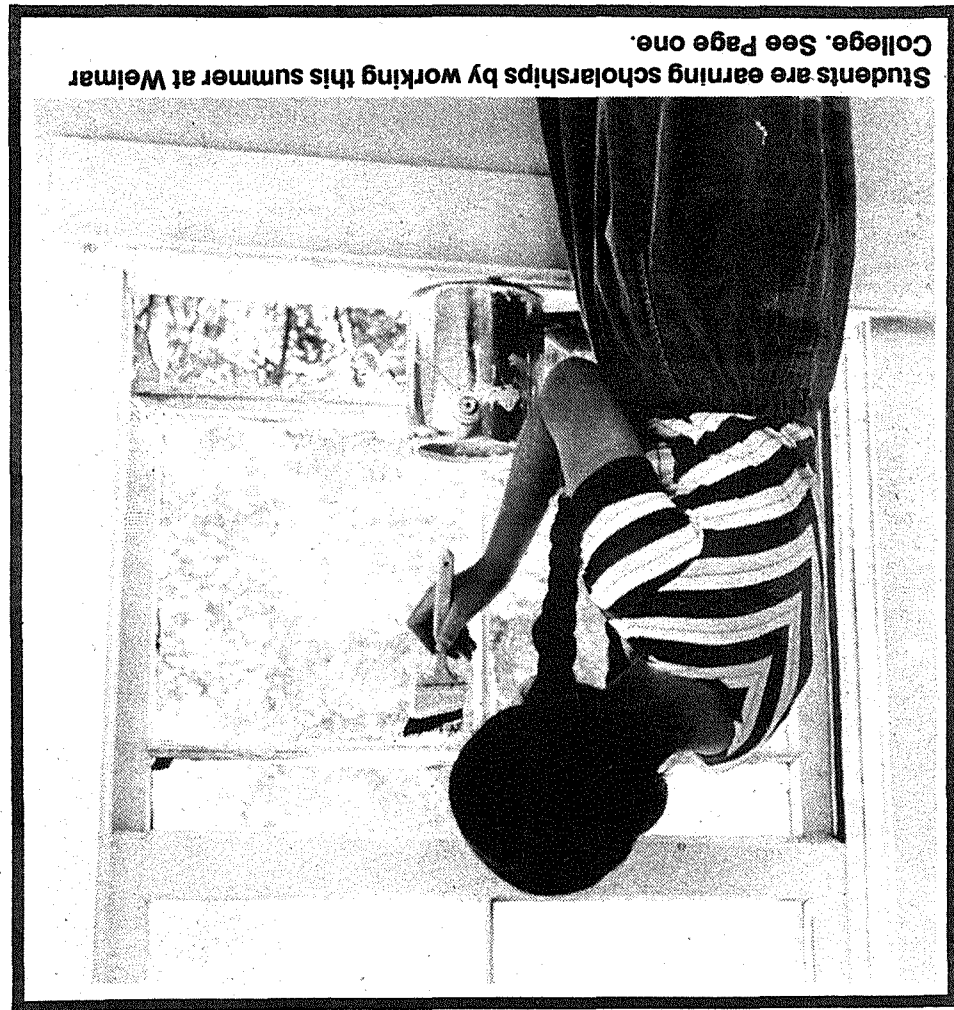
"Rabbi!" he said simply, and with total conviction, "Thou art the Son of God; Thou art the King of Israel."<sup>6</sup>

### FOOTNOTES

\*Story Based on John 1:45-51

- 1 John 1:45
- 2 Verse 46
- 3 Verse 47
- 4 Verse 48
- 5 Ibid.
- 6 Verse 49





Students are earning scholarships by working this summer at Weimar College. See Page one.

BOX A, WEIMAR, CALIFORNIA 95736 VOL 4 NO 8 AUGUST 1980

## WEIMAR INSTITUTE BULLETIN



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# FROM OUR CHAPLAIN

## Who is the Servant?

By Dick Winn

The man-centered picture comes easily into focus in my mind. But it's the God-centered picture — focusing more slowly — that moves me, challenges me, draws me to faith.

Take this matter of being a servant, for example. The first part of the picture I can imagine in my pledge to be a servant of God. "I will serve Him, because I love Him," I've sung many times. (Christian hymns are full of this theme.) After all, He is the King, and anyone who knows anything about royalty knows that loyal subjects of a kingdom will bow in quick homage to do the king's biddings. They are his servants. And the Bible gives God the title of the King of Kings — suggesting that even earthly rulers who are accustomed to being served will in turn bow to serve Him.

It's a very natural arrangement. He is God, I am servant. And at first glance, that's the whole picture.

But where do I learn to be a servant? I'll have to admit that it doesn't come naturally. And in terms of relative need, what can I do to benefit God by my servanthood? If service runs in only one direction, my resources (when compared to those of heaven) will be bankrupt in a few micro-seconds.

At this point, the picture begins to expand. Coming into focus, I see Jesus — coat laid aside and sleeves rolled up — stepping toward me with that compassionate look of inquiry that says, "How may I serve you?" I hear Him say, "I have come to show you the Father — to reveal His character." Then He adds, "I am among you as One who serves." (Luke 22:27)

What a picture! Servanthood beginning in the heart of God! And it moves first toward me, because of my great need. Servanthood is not something I must express toward God because He is holy, infinite, and fully adequate, and I am sinful, finite, and needy — and

He therefore stands over me to exact my homage.


Rather, God stoops to serve me because service is the activity of love — and God is love. Incredible. God — the servant of man. And Christ — the "unwearing servant of man's necessity" (*Ministry of Healing*, p. 17).

But there is yet another thrilling aspect to this portrayal of our God. In choosing to relate to us in the posture of a servant, God makes a powerful statement about our worth as individuals. Rather than controlling us through His power, demanding unquestioning obedience from us as subjects of His authority, or exercising lordly oppression (which one in His status could do), instead He ministers to my need. He heals me so that I can think and choose. He respects my individuality, my freedom; and He goes to great lengths to preserve it. Authoritarian, autocratic rulership would crush my freedom (as Satan has charged that God would do.)

Our God, then, is the perfect expression of the servant-leader: the One most capable of leading this universe, because

He is most equipped — by both desire and ability — to minister to the needs of its inhabitants.

How utterly inappropriate it is, then, for any of us puny humans to try to exercise lord-

ship or oppression over our fellows. Having been served so fully, so lavishly, so individually, by our infinite God, how can we do other than to turn in joyous response to each other . . . and serve! 

## Medical Ministry Seminar

A weekend retreat designed especially for SDA medical personnel.

- \* Develop a better understanding of medical missionary work
- \* Explore the concept of the small sanitarium
- \* Share our experience in using God's natural remedies in the treatment and prevention of disease

DATE: September 5 (evening) through September 7 (noon)

SPEAKERS: George D. Chen MD, MPH, Henri Wiebe MD, MPH, Weimar Institute medical staff, and other selected speakers.

Reservations must be made in advance. Only the first 50 applicants will be accepted.

COST: \$50.00 per adult (includes 6 meals)  
\$80.00 per couple

Please enclose a deposit of \$10.00 with your application. Send to: Medical Ministry Seminar, Weimar Institute, Box A, Weimar CA 95736.