



# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 5 NO. 12 DECEMBER 1981

## NEWSTART Alumni Association Organized

January 1, 1982 will witness another first. The organization of the Weimar Institute NEWSTART Alumni Association with officers, alumni meetings, local chapters, refresher courses, a newsletter and many other features. Ern Baxter, NEWSTART class of August 1979, has accepted an invitation to be the first president. Gayle Garner, NEWSTART staff nurse, has assumed the duties of Executive Secretary.

Many happy results are being anticipated for the new association, such as:

1. Promotion of closer ties among alumni.
2. An organized communication channel to better help alumni continue the healthful living practices learned at NEWSTART.
3. Sharing up-dates of important health news and research information.
4. Methods through which members can introduce family and friends to the NEWSTART program.
5. Providing an improved framework for follow-up data collection for research. Lodi, California alumni are getting a head start, having already conducted their local organizational meeting in November (see related story in this issue.)

Mid-April, 1982, has been set aside at Weimar as the date for the official organizational meeting of the national alumni association. Mark your calendars now for this important session to be held in conjunction with our annual alumni retreat. Watch upcoming issues of the BULLETIN for details.

All ideas for organization of the association are welcome. Anyone interested in being involved in organizing local chapters, who has ideas about projects, activities or organizational aspects of the national association please write to: NEWSTART Alumni Association, P.O. Box A, Weimar, California 95736.



Alumnus Lillian Bunch enjoys Thanksgiving style buffet with Gaylene Garner RN, NEWSTART.



Lodi NEWSTART Alumni organize local chapter.

## Lodi Alumni Meet

November 19 marked the first meeting of the Lodi NEWSTART Alumni. Those present were: Florence Buckmiller (Class of June '80), Alene Souza (Class of June '80), Martha Leer (Class of Nov. '80), Francis Miller and wife Evelyn (Class of Aug. '80), Lillian Bunch (Class of Sept. '81) and Marie Anderson with husband Alvin (Class of Aug. '81).

Weimar-style dishes were brought by the alumni for the evening buffet served in Thanksgiving decor.

Much reminiscing was in order as the meal was shared and as new acquaintances were made.

Vernon Putz, NEWSTART Program Director announced that Ern Baxter had accepted the position as NEWSTART National Alumni Association President. Future plans for the Association were discussed, and encouragement was given to the organization of local Alumni groups. It was suggested that these groups meet on a regular basis with a local group president presiding.

Such local chapters would act as a support to the attending Alumni in their efforts to maintain the NEWSTART concepts in their

personal lives. It would also assist in the gathering of vital information regarding statistics and updates, as well as in providing an outreach to neighbors as they are invited to the gatherings.

At the end of the meeting, the floor was opened for the nomination of the local alumni president in Lodi. Francis Miller and Florence Buckmiller were chosen to share the office.

## Alumni Outreach To Lodi

In response to a request from Francis Miller, newly appointed NEWSTART Alumni Association President of the Lodi Chapter, Paul Westbrook (Class of July '81) recently shared the basic concepts of the NEWSTART program with the Lodi Civitan Club. Accompanying Westbrook was Vernon Putz, Program Director for NEWSTART, and Gayle Garner, RN, executive secretary for the NEWSTART National Alumni Association.

Approximately 40 businessmen were present as

Westbrook explained how the eight natural remedies are incorporated into the NEWSTART program. He then shared his personal testimony on how he had regained his health by going through the program.

Vernon Putz briefly outlined certain scientific studies on disease relating to life style.

Following the presentations was a question and answer period. NEWSTART brochures were distributed to club members as the meeting adjourned.

# The Good News Of Great Joy

By Robert Fillman  
President, Weimar Institute

The time had come. God sent an angel to announce the good news of great joy — “for unto you is born this day in the city of David a Savior, which is Christ the Lord... And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.” (Luke 2:11-14).

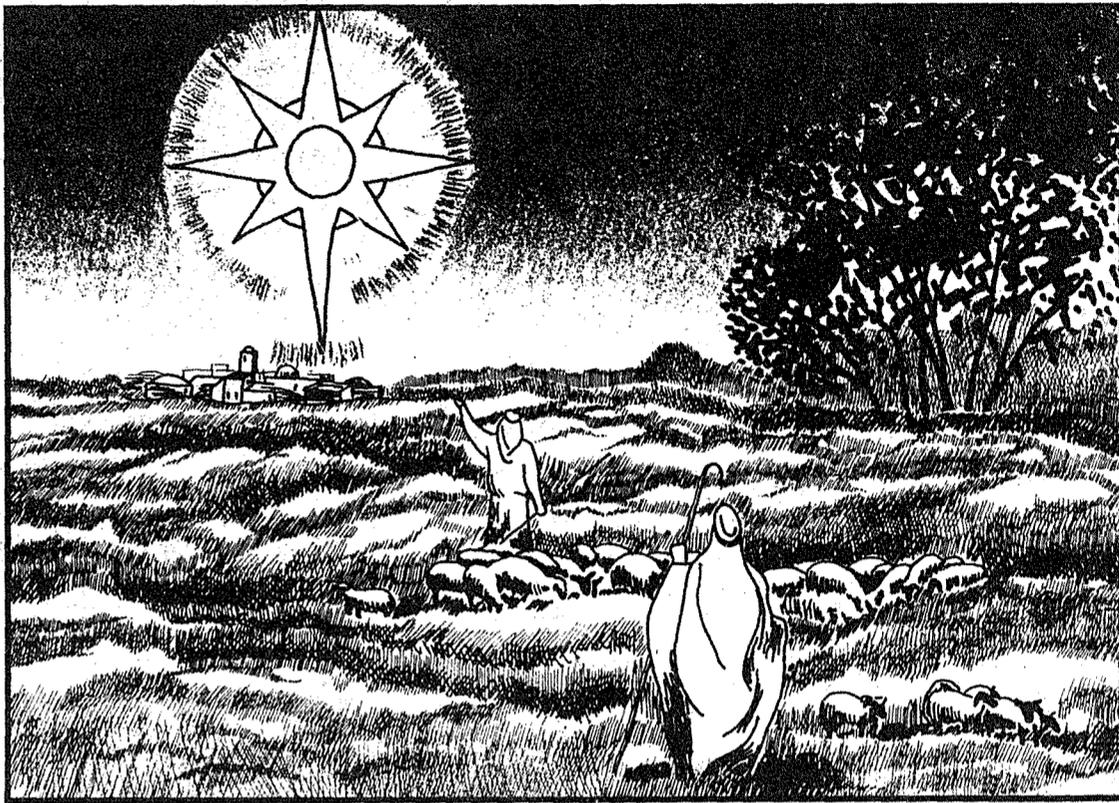
It is significant to recognize that this angelic announcement not only proclaimed Jesus’ birth, but prophesied His mission. During four thousand years Satan had been misrepresenting God’s character by attributing to Him his own evil characteristics. “The earth was dark through misapprehension of God.” (DA 22) In order to correct this terrible misunderstanding, Jesus — the “express image” of God (Heb. 1:3) — came to reveal the Father and thus give “glory to God in the highest.” At the close of His ministry Jesus was able to say, “He that hath seen me hath seen

the Father.” (John 14:9).

Again the time had come. Through prophetic vision John saw that just before Jesus returns, God would again send an angel to announce the everlasting good news — “Fear God, and give glory to Him.” (Rev 14:7)

It is significant to recognize that this prophetic angel symbolizes God’s people and the message they will bear. For two thousand years Satan has continued to misrepresent God. Again we see that “It is the darkness of misapprehension of God that is enshrouding the world. Men are losing their knowledge of His character. It has been misunderstood and misinterpreted. At this time a message from God is to be proclaimed, a message illuminating in its influence and saving in its power. His character is to be made known.” (COL 415)

It is in order to accomplish this purpose that God gives the privilege of carrying the most important message ever entrusted to human beings. “Through the Holy Spirit, God’s word is a Light as it becomes a transforming power in the life of the receiver. By



implanting in their hearts the principles of His word, the Holy Spirit develops in men the attributes of God. The Light of His glory — His character — is to shine forth in His

followers. Thus they are to glorify God...” (COL 414) Please note that glorifying God is not something we can do. Rather it is something the Holy Spirit does in us if we

allow Him to.

During this Christmas season when it is common to consider giving and getting,

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## “The Doctor Couldn’t Remove My Cancer.”

By Blanche Wright Marshall  
Honolulu, Hawaii  
Oct. 1981 NEWSTART Class  
as told to Aileen Ludington,  
M.D.

I’ve always been an energetic, active, healthy person. I can’t remember ever being sick, and I’ve never had an operation.

But on Aug. 21, I suddenly noticed that I could hardly eat! Only a few bites, and I was full. I went to the doctor who diagnosed diverticulitis and told me to come back in a week. But during the next 3 days my stomach swelled bigger and bigger, and I weighed 20 lbs. more than usual. I went to another doctor, who put me in the hospital right away and ordered a CAT-scan (x-ray). The doctors then explained that this test revealed the presence of a tumor, and that they must operate right away.

I wasn’t surprised. I felt that something was seriously wrong. But I also remember feeling very peaceful. My pastor prayed for me before I went into surgery, and I felt no fear at all.

This attitude surprised even me! Although I had been raised a Christian, and had gone to Christian schools, my out-going, fun-loving nature soon got me involved in the pleasures of the world. Spiritual interests became less important, and then rarely

thought of. My life became full of a round of activities that seemed exciting to me at the time.

About 3 years ago my father became ill and needed care. A very fine Seventh-day Adventist couple, Mr. and Mrs. Sanley Tabura, stayed with my father and cared for him a year. I couldn’t help being impressed by their kindly, loving, godly lives. Their warm affection filled his home with so much love that they just looked like angels to me. Soon they invited me to study the Bible with them, and later they invited me to church. I was baptized 2 years ago by Elder Escobar, the father of Jeanie Putz, wife of Weimar’s physiotherapist Vernon Putz.

I worked at least ½ day at the church, first as a secretary, then as an “interest coordinator”, finding interested people and studying the Bible with them. Then one day I was asked to teach a Sabbath School class. At first I thought “Oh Lord, anything but that!” But I accepted the challenge and soon began to love teaching. As I dug deeper and deeper into the Bible, it brought me closer to the Lord. In working for others, I found a happiness greater than I’d known before.

I’m sure these were some of the reasons that I did not feel upset about the surgery;



Blanche Wright Marshall

after all, I was in God’s hands.

About two days after the operation, when I was clear enough and strong enough to understand, the doctor explained to my family and me that it was cancer. It had spread itself throughout my abdominal cavity, with implants fastening themselves to my intestines, bladder, colon, uterus, peritoneum and liver. They took out one large chunk in the middle (the omentum), which seemed in danger of producing obstruction, but it was impossible to

remove it all. They drew off the ascitic fluid (which had made my stomach so big) and sewed me back up. The doctor said neither chemotherapy, cobalt nor radiation would be of any real help. I would have 6 mos. to 2 years at the most. In the meantime he told me to live as well as I could and take care of myself.

Again I was able to accept the news calmly and peacefully. I felt no anger or resentment. Wasn’t my life in God’s hands? I deeply believed the Lord had a definite plan for my life and I was determined to be part of it. I knew I was surrounded by God’s love, and by the prayers of many earnest Christian people.

A week later, when I was able to go home, the elders of my church came to have a prayer and anointing service for my healing. At that service I told the Lord that whatever happened would be fine with me. I put all things in His keeping. If it is best for me to live, I would dedicate the rest of my life to working for Him, winning souls. But if it is best that I go to my rest soon, that’s OK too, if He could use that circumstance for His glory.

Following the anointing service, I had a degree of peace and contentment I’ve never known before. One beautiful blessing was that this experience brought my husband and me back together again. We had been separated for a few months, now we are closer than we’ve ever been.

I had heard of Weimar and its NEWSTART program about 6 months before this. I didn’t need it at that time, but now I felt like I did. I knew they didn’t cure cancer there, but they did teach a lifestyle

based on God’s natural remedies. I knew we had prayed God for His help and blessing. Now I wondered if there wasn’t something I could do on my part. I knew I had spent years abusing my body. Now I felt I wanted to learn a NEW way of life, God’s way. I had read about the 8 natural remedies that God surrounds us with so abundantly, and determined to learn how to use them in the best possible manner.

Three weeks after my surgery I was on the plane to the mainland. The stewardess recognized me from a previous flight. She gave me extra seats so I could lie down.

Smiling faces met me at the airport, and later at the lodge. There were tall trees everywhere — I love trees. Also I loved the food from the start — so natural, so like God produced it! The love and affection shown to each of us “newcomers” was very moving. I soon felt like surely this must be like a little bit of heaven, and those loving, ministering hands were like those of angels.

I had a couple of rough spots though. The first Sunday I felt a little homesick. Breakfast didn’t help. Tears began to flow. I slipped out and started walking and the sobs came faster. Then I found the little chapel. Thankfully, it was empty. I continued bawling, harder and harder. Then the storm stopped.

“OK, that’s enough self pity”, I told myself. I knelt and prayed for strength, control and cheerfulness. I didn’t want to depress others. I felt a great relief; my happy

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# In The Yellow Pages

By Deena Haynes,  
Student, Weimar College

Students hear about Weimar College from a variety of sources — enrolled students, friends, family, the BULLETIN — but the rarest story of all is how Wanda Crowell, a freshman from Placerville, CA, heard about it.

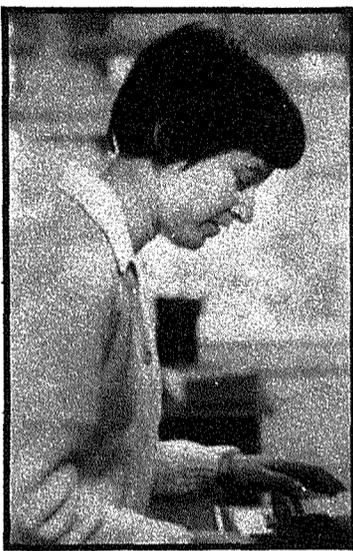
Though Wanda was born legally blind, she is able to read if she holds the material extremely close to her eyes. She attended American River College in Carmichael, CA for awhile studying English and Literature. She then enrolled in the Orientation Center for the Blind in Albany, CA. She says she completely failed in it. During the two months she was there she went from 117 lbs. down to 90 lbs.

It was then that she and her parents began looking for a Bible college. Wanda was raised in a Christian home and felt perhaps this was what she needed. "I needed something, for I was pretty depressed. I needed to be built up spiritually, mentally and physically."

They made plans for Wanda to attend the Bible College in Oakland, CA but then decided it wasn't a very safe neighborhood, and continued their search. During this time they moved to Placerville, CA. One day her mother was looking in the Placerville phone book in the yellow pages for colleges. "The first one we saw was Weimar — a Bible and Health Institute," recalls Wanda. They wrote for the College Catalog, liked what they read and came to Weimar for a visit.

Wanda was accepted. She arrived on the Weimar campus this fall, excited to be in a Christian school. Being in an Adventist environment is new to Wanda, but she is enjoying her classes very much. She is interested in studying Religion.

We didn't start at the beginning of the story, however. A couple of years ago Weimar received a notice from the telephone company asking if we would like to put an advertisement in the yellow pages on Weimar College. Dick



Wanda Crowell

Winn remembers someone from the business office approaching him about this. "I just kind of chuckled when I heard this. I mean, nobody finds a college through the yellow pages!"

Well, the advertisement did go into the phone book and Wanda's being here just reminds us that God does work in mysterious ways — even through the yellow pages!

## "I Thought I Was Going To Change Weimar!"

By Deena Haynes  
Student, Weimar College

What's it like being a non-Seventh-day Adventist at Weimar College? At first it was strange, recalls Sue Chirco, a freshman from Meadow Vista, California. "...but now I feel like I am just fitting into the wood-work."

Last year Sue was a senior in a local high school and had her heart set on going to the University of the Pacific in Stockton to study music. Last February she went to visit UOP and felt impressed that God wasn't leading in that direction. After some struggling and prayer she gave up her \$3200 scholarship and waited to see what the Lord had in mind. She thought it would be great if He sent her to a small Christian college "in the mountains," though she didn't think she could afford this, and was certain she would have to go miles away from home.

During the first part of May of this year, the Weimar College choir gave a Sunday evening concert at Placer Hills Church in Meadow Vista, where Sue attended. She remembers being very impressed, not only with the quality of the musical selections, and with Professor ("Prof") Cossentine's directing, but also with the testimonies and friendliness of the students. "They were all so nice I couldn't believe it.



Sue Chirco

The men were gentlemen and the girls were all so friendly." Some of the students recognized her from the Messiah Sing-a-Long held the previous December in Auburn. She was so surprised that they remembered her!

As Sue talked to some of the students after the choir concert she asked about the college. "I knew it was a Seventh-day Adventist college, but that didn't mean anything to me because I didn't know anything about Adventists."

She accepted an invitation to come and see the college the following Friday. She came, met more of the students, talked to "Prof" and got an application. "Now that I think about it, I was the one who jumped right in with both

feet. Nobody came to me and said 'Why don't you come to Weimar?'"

Sue came to Weimar as a student worker last summer. "In one month I found out about Weimar, made out an application and moved in."

Her family was supportive of her coming once they learned more about the program. Some of her concerned friends, especially from her church, however, warned her that Adventism was a minor cult and not to believe anything they told her. "All I knew about Adventists was that they worshipped on the Sabbath and they didn't believe in hell the way I did. So I came here thinking, 'Well, I am going to change those Adventists. I'm going to turn them all into charismatics.'"

After she was here for awhile she began to learn what Adventists were really like, and it wasn't at all what she expected. "My plan backfired. At first I felt that God had called me to be a light shining in the darkness, but I found it was the other way around. I expected Him to use me to change others - and instead He used others to change me.

"I've been here for several months now. God has shown me so many beautiful truths, and really opened up my mind. I've never asked so many questions in my life!"

Sue says it has been inter-

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### LARRY LUDINGTON MEMORIAL SCHOLARSHIP FUND

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## 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)

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- Dick Winn .....Secretary
- John Sipkens .....Director of Labor

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- Colin Standish, PhD.....Dean of the College
- Dale Martin .....Director of Work Education
- Preston Wallace .....Director of Community Services

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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 or 878-7222

#### 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.

# Introducing



Ken and Debbie Freeman



Harry and Phyllis Sanders



Gaylene Garner



Bob and Lois Rusche with son Jon



Dale and Kathy Martin with baby Brooklynn



Scott and Beverly Thygeson, Laura, Hans, Sonja and John.

## Our Growing "Family Tree"

ng...

**Ken and Debbie Freeman**

Ken and Debbie Freeman arrived at the Institute just prior to the commencement of school. "We love the clean air and the beautiful surroundings. Weimar's atmosphere is so homey," remarks Debbie.

Married in February of this year, the Freemans formerly resided in Riverside California. Ken was chief engineer of KSGN Radio Station on the La Sierra college campus. Debbie was a dietary supervisor at Riverside Community Hospital.

Ken and Debbie were looking for a change of pace from city life. Weimar's environment matched perfectly with their desires. They came on a short visit one weekend and inquired about job openings. "We were blessed to receive positions on the staff here," concludes Ken.

Ken is now employed in the auto mechanics department here at Weimar, and Debbie has assumed responsibility as a supervisor in the cafeteria.

**Gaylene Garner**

Gaylene comes to us from Orlando, Florida. She first heard about Weimar in 1978, when she became interested in furthering her nursing career by specializing in Preventive Health Nursing. At that time she was working as an R.N. at Florida S.D.A. Hospital.

"I was so convicted that Weimar was it!" exclaims Gaylene.

After finishing her B.S. in nursing, she came to Weimar, arriving in January of this year.

In addition to her main job as a health nurse working in hydrotherapy in the NEW-START center, she helps with cooking schools and spends time with the patients in garden therapy and on walks.

**Dale and Kathy Martin**

Dale and Kathy Martin are Texans from Saint Louis, Missouri. Dale was the principal of Hillcrest S.D.A. School in St. Louis for 2 years. His new position at the Institute is Director of Work Education and men's Dean at Weimar College.

Kathy is full time Mom of 23 month old Brooklyn. In the past she has taught high school and college level English and Composition.

Dale's first encounter with Weimar Institute happened while attending a Teachers' Convention for the Missouri Conference. Dr. Raymond Moore was the speaker and encouraged the local school board to sponsor Dale's way to Weimar for a Work Education Seminar held during the Summer of 1980.

"I was drawn to Weimar because I'm committed to following all the Scriptural and Spirit of Prophecy counsel on education," comments Dale. "Weimar really shows how beautiful the application of these principles can be!"

**Harry and Phyllis Sanders**

The Sanders are recent newcomers to Weimar, from Sequim, Washington. Harry and Phyllis have known about Weimar since its inception. "We had several calls to other conferences previous to any thought of Weimar. When Weimar entered the picture we went to our knees, praying this would be the Lord's direction for us!" says Phyllis.

Harry, a printer for many years, worked through the Washington Conference. His duties here at the Institute include being an electrician, as well as helping with plumbing and general maintenance.

"I've been working with the Weimar method for some time, and am very comfortable with the principles practiced here," comments Phyllis. She now helps in the Weimar kitchen as a Food Service Supervisor and will be teaching Nutrition at the college.

**Bob and Lois Rusche**

Bob and Lois Rusche came from San Jose where Bob worked as an administrator for a large retirement center. Lois was a music teacher.

Bob and Lois have been following the progress of Weimar from its beginning, and became formally introduced through Mr. and Mrs. Vander Mei, relatives of the Rusches and also staff members here at the Institute.

Arriving in August of this year, Bob took a similar position as Developer of the Active Senior Citizens Center for the Senior Ministries program. He is also the assistant to the Business Manager. Lois resumed her schedule around music lessons this fall, teaching in their home.

"We are finding out, day by day, what true Christian friendship and fellowship really mean. There is such a living example of God's desire for His people displayed at Weimar," expresses Lois.

Their nine year old son Jon attends fourth grade at the Institute's Elementary School.

**Scott and Beverly Thygeson**

Concerns for better education for their children led Scott and Beverly Thygeson to Weimar Institute. The Thygesons are from Mill River, Minnesota, where Scott and Beverly worked as secondary educators in the public school system.

Scott and Beverly accepted the position as house parents for the academy boy's dorm. Scott also works in construction, while Beverly keeps busy assisting in the third and fourth grade elementary school program at the Institute.

"We really appreciate what Weimar represents. The changes in diet, the principles and philosophy really interest us," says Beverly.

Their children are: Laura, a senior, and Hans, a freshman at Weimar Academy; and Sonja who is in seventh grade, John who is in fourth.

**Did You Know...**

that Weimar Institute has a tape lending library? If you have only recently joined the BULLETIN mailing list, probably not.

A couple of years ago a rather sizable tape catalog appeared as a special insert of the BULLETIN. Although a good number of people paid the fee for access to the collection, we have not continued promotion. Since it often costs as much in labor and supplies to lend a tape as it does to sell one, we have even considered closing the library entirely in favor of the club subscription service and direct sales.

Closing the library, however, would restrict the availability of the 200 or so tapes per year produced here at Weimar, not to mention tapes acquired from other sources. We are here to be of service to

you. The tape library is now open to members of the tape club. And good news for club members: the \$42 yearly fee stays the same! We expect our additional expense in providing the service to be covered by contributions from happy borrowers.

At present, the only access to the library is through the tape club. If we do begin, at a later date, to offer library-only memberships, the fee will need to be somewhere around \$30-\$35.

We believe club membership is a "good deal." (See ad on this page).

Theodore Wade Jr.  
Club Manager

# Tapes To Borrow Tapes To Keep

An invitation to join the WEIMAR TAPE CLUB:

**EXPANDED MEMBERSHIP PRIVILEGES:**

- Fresh inspiration — a tape each month with one or two messages.
- Notes and illustrations about what you hear — our newsletter, SOUND WAVES.
- Special prices on selected tapes.
- Bonus tapes. 3 tapes from the list below for 12-month memberships or renewals, and 1 with 6-month memberships or renewals.
- Library borrowing privileges.

**BONUS TAPE CHOICES:**

- A "God's Hand in the Neglected Continent." Miracle stories about the opening of the work in South America and Mexico.
- B "Nobody Doesn't Love Me anymore." An inspiring message by Erwin Gane on the process of salvation and the cross.
- C "God's Answers to Human Problems" and "God's Answers to Weariness" Principles of stress-free living by Colin Standish, Dean of Weimar College.
- D "Steps to Christ," Part 1. From the book by Ellen White. Read by Weimar President, Robert Fillman. (Two more tapes available later.)
- E & F "Creeping Compromise." On standards of Christian behavior. Narrated from the major portion of the book written by Joe Crews. This is a set of 3 tapes, but counts for only 2. Circle both E & F. (Available only for 12-month memberships.)
- G "Model in Family Life" and "Loving the Unlovely." Dick Winn at the Weimar Staff Colloquium.
- H "Ellen White and Management Practice" and "Management Proverbs" Paul Robberson at the Weimar Staff Colloquium.
- I "Modern Prophecies Fulfilled." Colin Standish explains the meaning of recent developments within the Adventist Church; and "All Things Work Together for Good." Erwin Gane in the Colfax Church.

**THIS MONTH'S CLUB TAPE:**

A message by Week of Prayer speaker, Paul Debooy, entitled: "Parable of the Two Sons." Jesus' story of the prodigal son has deep meaning for every human soul. Eld. Debooy's explanation of the backgrounds and customs of those who first heard the story from Christ, will bring you understanding and inspiration.

Club members may request in advance a specific alternate for any month's special selection.

**TO JOIN, MARK THIS FORM OR USE SEPARATE PAPER:**

...6 months for \$21. Circle 1 bonus tape letter      A   B   C   D   G   H   I

...12 months for \$42. Circle 3 bonus tape letters      A   B   C   D   E&F   G   H   I

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# Rheumatoid Arthritis: The Dreaded Crippler

By Beverly Cox-Wiebe, M.D.

Rheumatoid arthritis affects up to 3% of our population. Its cause remains unknown. The course of the disease is highly variable and unpredictable. Fortunately, severe crippling is usually not the outcome. The majority of patients have varying degrees of joint damage over the years with periods of well-being followed by recurrent periods of pain and stiffness. Most are able to continue functioning at work or at home.

In managing rheumatoid arthritis, it is important to remember that the disease is usually chronic, but that periods of marked improvement frequently occur. Most patients can continue to lead active lives with varying degrees of restrictions. We must also remember that certain medications used in treatment can cause worse problems than the arthritis itself.

Corticosteroids especially fit into this category. They act as a two-edged sword. On the one hand, corticosteroids are the only medications that produce consistent and complete symptomatic relief from the ravages of inflammatory arthritis. The results are so dramatic that it seems like a miracle to the sufferer. On the other hand, corticosteroid treatment in no way alters the chronic, progressive, destructive course of rheumatoid arthritis. In subsequent years, the relief that the medication has offered will have

deteriorated and the patient will now be faced with two diseases instead of one.

The second disease will be the problems caused by the long term corticosteroid use. Once begun, corticosteroids are very difficult to discontinue as the arthritis gets more severe without the medication. The adrenal glands become inactive during treatment with the corticosteroids and may take many months to recover. Thus, a physiologic "addiction" occurs. But if they are not discontinued, the eventual side effects of the corticosteroids themselves are devastating.

The list of side effects is long, but included are hemorrhages into the skin, increased facial hair in women, and a round, fat face. Diabetes and increased blood cholesterol can develop as well as high blood pressure, heart failure, and wasting of the muscles. Glaucoma and cataracts occasionally occur. Stomach or duodenal ulcers and inflammation of the pancreas can develop. In older women, osteoporosis (thinning of the bones) is accelerated and often ends up in fractures following minor injuries. A few may develop insomnia and some have various mental changes. (2,3)

Fortunately, there are a number of simple treatments that can be effective without bad side effects. A fruit and vegetable juice fast has been shown to be of short-term benefit in reducing pain and stiffness. (4) Some have tried raw food diets with variable

success. It is important to eat a well-balanced diet for maintaining strength and normal body functions. It makes sense to avoid refined foods that are depleted of vital nutrients and to eat fresh garden produce as much as possible.

A full night's sleep and short periods of rest during the day should be taken even though the person doesn't feel tired.

Warm baths are often helpful in relieving pain and stiffness. Short, cold baths can help relieve pain and give a sense of well-being.

Anxiety, restlessness, insomnia and depression are understandably common in rheumatoid arthritis. Anything that will bring joy and peace into the life will be beneficial. Some have tried laughter with remarkable results. Memorizing the promises of God and claiming

## Cancer

(Continued from Page 2)

spirit returned and I went back to join the others. Only then did I realize that was the first time I'd been able to cry since hearing the news of my cancer.

My days at NEWSTART went by like a dream. I learned how to care for my body, how to protect it from abnormal stress, how to strengthen my immunity mechanism. I gradually increased my exercise until I was able to walk comfortably up to 3 miles a day, in frequent short segments. My abdomen stayed soft and became less and less tender. I had no nausea at all, my appetite was good and I ate all that I wanted. Frequent calls to my husband produced a stream of beautiful leis and other exotic tropical flowers with which I was able to surprise other patients and also members of the staff. Thus we celebrated birthdays, anniversaries as well as graduations from the NEWSTART program.

As it nears my turn to leave, I have many mixed emotions. I'm homesick for loved ones at home, but when I get there I shall feel homesick for the dear ones here. I have had many beautiful experiences here, and not only do I feel my new lifestyle is more in harmony with God's original plans, but I feel personally closer to my Lord than ever before. My illness has already opened the way for me to talk to many of my friends about God. If just one soul is brought to Jesus through my experience, it will be worth it all!

But excuse me. Another load of fresh flowers is due in from the airport. I must get them ready for our NEWSTART graduation banquet tonight.

them as one's own can be healing.

A good physical therapy program not only is useful in maintaining mobility of joints but can also be helpful in relieving pain. Exercises that involve heavy weight bearing on the inflamed joints should be avoided, but a recent report suggests that weight bearing seems to prevent some of the damage in the hips of children who are suffering with rheumatoid arthritis "no matter how severe the disease." (5)

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## NEWSTART Alumni Corner

Dear Alumni Family,

Remember the last time you tossed and turned most of the night? Your mind seemed filled to overflowing with all the things waiting to be done on the morrow, while the edges of consciousness were crowded with nagging feelings of guilt over what you had failed to accomplish that day! Morning finally came and with it a sense of heavy weariness, yet one must begin to face the pressures of the new day.

For many of us, this happens quite often. How we long for rest! How we need some peace of mind!

I have had these same thoughts and feelings many times, and I'd like to share with you some ideas and suggestions on time control that have helped me.

Stop for a moment and reflect on your stay here at Weimar's NEWSTART program. You had 25 days geared to one specific goal, which was regaining optimum health. Everything in your day was structured for this goal, and distractions were minimized.

Then, at home, REALITY began! As routine work and daily problems and family responsibilities pushed in, it became harder and harder to keep the priorities in order.

Jack LaLanne once said, "You have 24 hours everyday to do whatever you want, and you are the sum total of how you use these hours." If our use of our time every day determines what we are, the subject becomes a very relevant one to every one of us.

I find the need, at intervals, for a quiet time of evaluation, in using my gift of time most effectively. I need to review my personal goals and my priorities, and write them down. Then I spend time fitting them into my daily program.

Most of us could relate to three top priorities.

(1) God first — reconsecrating ourselves to Him as well as obeying His spiritual and physical laws.

(2) Loving, and providing for the well-being of our family and close friends.

(3) Reaching out to the world we are living in; manifesting a caring concern for those whose lives we touch.

This order is important, because if God is first in our lives we will be faithful to health principles, and this will give us optimum energy and strength for service to our family and the world about us.

Another helpful hint in controlling and saving time is to make a daily list of just what we need to accomplish. A calendar or notebook should be in a prominent place for this specific purpose. Plan each day's appointments and activities the night before, so the mind can rest. Be realistic in allowing adequate time to accomplish each task well. Then each morning lay this list at Jesus' feet, asking Him to guide and strengthen you in its accomplishments.

Martin Luther once was quoted as saying, "I have so much to do today I shall have to spend the first 4 hours in prayer." The busier he was, the more he prayed. I suspect it was the same way in Jesus' life.

"An intensity such as never before was seen is taking possession of the world. In amusements, in money-making, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses the body, mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. 'Be still and know that I am God.'" Education p. 260.

I'm thankful for the opportunity to share some of my thoughts and concerns with you. We want each of you to know that you are loved and missed.

With God's blessings and prayers,  
Gayle Garner, R.N.



Mr. and Mrs. Hollis Morel  
Port Angeles, Washington

"Of all the worthwhile things I've done in my life, the month spent at Weimar was THE BEST! I came here, weak and ill, following my heart attack. Now, 4 months later I've lost 40 lbs. and feel like a new man. I'm determined to stay on the program and LIVE."

Chimes in wife, Lois — "We've reset our priorities. We eat alike and live alike. I've lost 20 lbs. Today is our 42nd anniversary and I've never been happier."

New Testament Stories Relived

Dear God, Your Silence Bothers Me!

By Veronica Morrish

Mary of Magdala stood alone. A dismal crisis stared her in the face. As the soldiers rolled the heavy stone into place, closing Jesus' tomb, a heavy darkness plummeted into her soul. It was final. He was dead. The enemy had triumphed victoriously. Now what?

No one had to tell her that she was totally helpless at this point. She knew that she was powerless to resist Satan and all his hosts, and she stood there wondering just how soon he would attempt to repossess her. After all, it was Jesus who had delivered her seven times from the demons who had ruled her, and it was He who had kept her from falling again into sin. But now, with Him gone, what hope was there?

Her heart wrung with agonizing pain, and she turned to walk away. But walk away to what? For at least two years she had believed in Him, in His forgiveness, His love. But where had it all led her? To a dark, hopeless grave. Once again she was disappointed by a man. But wait a minute! This man was God! He had proved it so many times through His unique, persistent, undemanding love. This made the thought even more mind-shattering. God had failed her! Her world crumbled into a thousand pieces.

"God, why are you hurting me so by your non-caring silence? Why are you seemingly enthroned in inactivity above the distractions of my world? Why are you so quiet when the evil is choking out the good in my mundane existence? Are you hearing me God? Your silence troubles me!"

The questions that plagued Mary when her Lord died and was buried are very universal ones. They echo down through the corridors of time, wherever Satan seems to be making victorious headway. The sick, languishing upon beds of affliction, bereaved parents, grief-stricken lovers, anyone who has had a dream demolished continues to cry out in ultimate agony: "Where are you God? Why aren't you doing something about my terrible situation now?"

Perhaps if we would stop pounding so loudly on heaven's doors; if we could have our ears cleared of the obstructions of desired, preconceived, packaged answers, if we would be willing enough to listen, we would find out that God is offering us tremendous answers. Answers, even out of the dark chapters of our lives, that would bring us into an even closer relationship with Him. Perhaps we would also take courage to think that our present experience is not unique. For prophets and priests, male and female, kings and peons before us have had to face their silent hours too.

I WANT TO HELP! Here is my gift of \$... PLEASE SIGN ME UP FOR... PLEASE SEND ME... NAME ADDRESS CITY STATE ZIP SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

Consider Job as he groped his way through the dark silence of suffering and loss. He looked feverishly on the right. No God. He stumbled wearily on the left. The Divine Presence evaded him. He reached forward, and there was an empty void. Backwards, and all he heard was his own echo: "Oh, that I knew where I might find Him."1 But his faith clung to the fact of GOD. A fact that translated life into his consciousness: "I know that my redeemer liveth."2

Then there was Peter, the apostle, chained in prison between two guards, in anticipation of an up-coming execution. The very next day! Where was God?

And Stephen, being mercifully stoned to death for his faith in Christ while all heaven looked on. Silently.

Or John the Baptist, languishing in a dismal cell, after he had given his life to the heralding of the Messiah who brought him now no words of comfort. How paradoxical a response from One who came to heal the broken hearted and proclaim liberty to captives!

But the thickest prison walls, the hottest fires, the most excruciating suffering, can only conquer us when our senses convince us that God does not care; when we begin to doubt that all is well with God. It is precisely at these times that our heart-knowledge of His unchangeable character must cling tenaciously to His promises, in spite of what our eyes see or our bodies feel. And the end result of the process is gold — pure burnished gold — a token of our love and trust in Him. Then our remnant response to Him will be that which is left after the furnace of silence has burned out everything else. Notice Job's reaction in the end: "I know that Thou (God) canst do everything."3

And Peter was able to declare with confidence: "Now I know of a surety that the Lord hath sent His angel and hath delivered me."4 Stephen, in his dying hour (not saved by any divine intervention!) looked up and saw heaven open and the Son of Man sitting on the right hand of God. The dungeon could not incarcerate the free, non-diminished faith of the be-headed John.

But what really wears us thin, is that often throughout our life's experiences God seems to be silent, not just once, but many times. When Mary stood at Jesus' tomb, this was not the first time she had waited without hope. A previous time her brother Lazarus lay dead for four days, and Jesus (God Incarnate) similarly did not respond. Did she now remember the glorious resurrection miracle which He eventually performed? Apparently not. Grief has a way of bringing along with it forgetfulness, even when one has witnessed something as earth-shaking as someone being raised from the dead.

Oh, what short memories we have! And God waits quietly while we cry loudly to Him:

"Dear God: my body quivers with pain. My world has fallen apart. Nothing in life matters anymore. My troubles overwhelm me. Satan is on the rampage again. Don't You care about what's happening to me in this painful 20th-century experience? Are You only a God of the past?"

Like the disciples, and Mary, you may feel yourself creeping back into a darkened upper chamber, loving Him all the more in His dying even though you don't understand.

And the universe waits. We, too, must learn to wait until our restless patience is transformed by Him into a restful trust. Because we realize that we serve a God who is speaking to us constantly, in flashing words, or in eloquent silence: "My grace is sufficient for you."

- 1 Job 23:3
2 Job 19:25
3 Job 42:2
4 Acts 12:11

Change Weimar

(Continued from Page 3)

esting to see all the reactions she's been getting from her friends and family since she has been here. "It's a whole new ball game for them!"

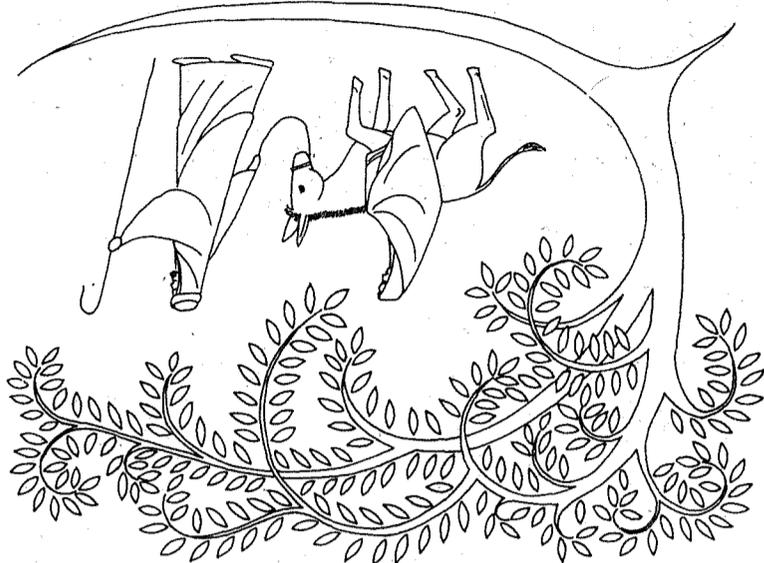
"One girl I know was very blunt and to the point and asked, 'Are you becoming an Adventist?' So I decided to be blunt and to the point with her and said, 'Yes!'"

Sue is still very interested in music, and is now in the

college choir. She is also taking voice lessons from "Prof". She is considering going into nutrition "...because now that I've been at Weimar I'm a vegetarian for life!"

As Sue was preparing to come to Weimar she remembers one of her associate pastors telling her to just be open to the Holy Spirit. "And when I came here, I was. I was so open that He could change me. And He did!"

And Joseph also went up from Galilee... unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David;) to be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. — Luke 2:4-6, KJV



VOL. 5 NO. 12 DECEMBER 1981

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## FROM OUR CHAPLAIN: The Time Machine

by Dick Winn

My father always expected that my brother and I should keep busy with useful things when we came home from school. I remember how that, during my 8th grade year, we would often spend breakfast time outlining tasks he would expect of us before he came home for supper.

With one eye on the clock, we would then make careful plans to look real busy — at the moment my father arrived home! Less concerned for the amount of work done, than for the appearance of being busy we often dawdled on the way home from school. We saw little problem with having a ball in our hand most of the afternoon, so long as we had a hoe in our hand when Dad's blue Buick rounded the corner on our block. Lucky for us, it was a long block.

And when he would challenge us about the paltry amount of work done, our teenage sense of justice would act really hurt. "After all," we would plead, "look how busy we are!" He was seldom impressed.

As the neighborhood grew, and other houses began covering the vacant lots between

us and the corner, the game became harder to play. We often feared that his Buick would be in the driveway before we had a game chance to lunge for our lawnmower.

Amazing how naive we presumed our father to be! Amazing how naive many people presume God to be! My earthly father needed only to remember his own childhood to know what we were up to. And my heavenly Father can take a direct reading on the inner workings of my mind. He knows when I've got one eye on the Second Coming — watching the newspapers for signs of the end, so that I can hurry up and get busy with my Father's business.

Jesus spoke of two caretakers, placed in responsibility over two large estates. The first one got busy doing the very thing he most wanted to do. He manicured the grounds, fed the staff, paid the bills, and dusted the floors. When the owner drove up the driveway, there were no surprises, no last-minute scramblings to water the lawns or pull the weeds. Everything was up to date; time made no real difference.

The second caretaker also went about doing the very things he most wanted to do

— drinking, indulging, carousing. For him, it was only a job. He had a date marked on his calendar when the "boss" would return, and so long as he could whip things into shape by that deadline, the rest of the time was fun and games. Upon hearing that the "boss" had been delayed, he even took to exploiting the hired help. But the owner pulled into the driveway much earlier than had been expected. Finding the place a shambles, he fired the man on the spot, and turned the estate over to the first caretaker.

People motivated to goodness only because of impending time factors, rather than because of the inherent beauty of holiness, are little better than machines. They are good only because they don't want to get caught being bad. And if the "catcher" gets delayed along the way, that's all the more time to be bad.

Seventh-day Adventists believe that Jesus is coming soon. But the motivating power in that belief is not wrapped up in the word "soon;" it is wrapped up in the word "Jesus!" He is coming to receive us to Himself, that is, to His

friendship, His values and lifestyle, His neighborhood and kingdom. If we don't like His lifestyle now, we won't enjoy being thrust into it then.

I had a highschool classmate who once said, "I've got it all figured out. I know the signs of the end of time. I'm just going to live like I want to live, but keep an eye on the last-day events. Then when the second coming of Christ is near, I'll get serious about religion, and get ready."

But if the Person and lifestyle of Jesus isn't attractive now how will His arrival change anything? If we are living out any values right now that would markedly

change should we hear that Jesus is coming next week, those values — those actions — are suspect!

An old story says that a neighbor happened upon Francis of Assisi as he was out hoeing his garden. Engaging him in conversation, he asked the old saint what he would do if he were suddenly to learn that Jesus was coming back tomorrow. Francis leaned on his hoe handle and, with but a moment's reflection, replied, "I do believe I would finish hoeing my garden."

1 Matthew 24:48-51

2 John 14:3

## Good News

(Continued from Page 2)

tinsel and mistletoe, I ask you to join me in focusing on Him whose birth we celebrate. The same Jesus who said, "he that hath seen me hath seen the Father," also said in His prayer to the Father, "As thou hast sent me into the world, so I have sent them into the world." (John 17:18) The more we dwell on the life

of Jesus, the more we recognize our own helplessness in fulfilling that mission, and the more we look to Him. "The more our sense of need drives us to Him and to the Word of God, the more exalted views we shall have of His character, and the more fully we shall reflect His image." (SC 65)

Let's make this Christmas a "beholding Christ"mas.