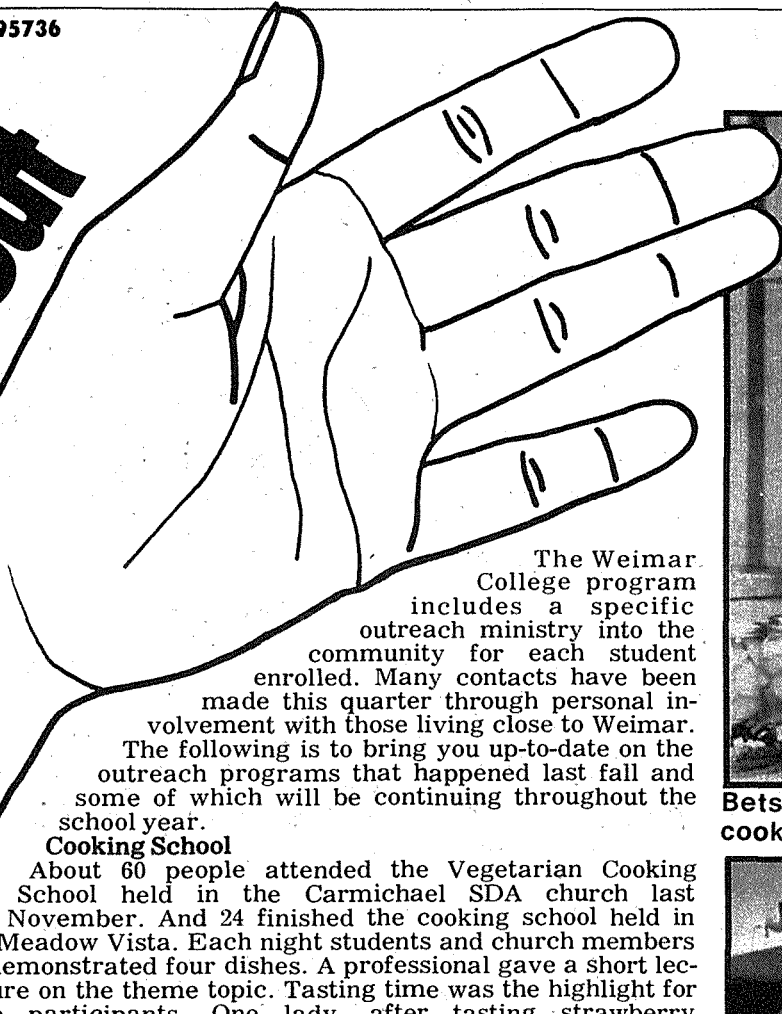


WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 1 JANUARY 1982

Reaching Out



The Weimar College program includes a specific outreach ministry into the community for each student enrolled. Many contacts have been made this quarter through personal involvement with those living close to Weimar. The following is to bring you up-to-date on the outreach programs that happened last fall and some of which will be continuing throughout the school year.

Cooking School

About 60 people attended the Vegetarian Cooking School held in the Carmichael SDA church last November. And 24 finished the cooking school held in Meadow Vista. Each night students and church members demonstrated four dishes. A professional gave a short lecture on the theme topic. Tasting time was the highlight for the participants. One lady, after tasting strawberry smoothie (frozen, blended bananas and strawberries) com-

mented, "I'm allergic to milk, and I haven't seen anything I can eat that even looks good in months!" To close each evening, six trays were shown that displayed the tasteful and artistic preparation of suggested menus.

5-day Stop Smoking Seminar

Twelve folks registered for the Stop-Smoking Clinic held in Colfax this fall. Many were interested in other health programs that Weimar offered as well. Weimar College students also accepted an invitation from the Colfax Elementary School to come and talk to the students about the effects of smoking. Each team of two students covered the psychological and physiological effects of smoking. By pumping smoke through filter paper they demonstrated what cigarette smoke will do to your lungs. Bruce Gleason, one of the student speakers, said that the students responded with questions and talked to them afterwards about chewing tobacco.

Water Seminar

Students in hydrotherapy classes conducted a Water Seminar in Colfax for 4 nights. This was organized by Dennis Blum, Director of the Health Science department. The 10 people who registered for the class received lectures and demonstrations on respiratory problems, nervous disorders, musco-skeletal problems and digestive disorders.

Maranatha Meadows

Three students responded to a request from the S.D.A. elementary school in Loomis for college students to come and help them start an outreach program in the community. Betsy Stimpel, Shaun Lemnah and Jan Brousson have been going to Maranatha Meadows Elementary School every Wednesday to help the children conduct a Neighborhood Bible club. In two weeks the attendance jumped from 3 to 13 children coming from the community, in addition to the 14 from Maranatha Meadows. The college students conduct an outreach class for the students explaining the "why's" and "how's" of a life of service.

The college team is also making general physical fitness evaluations on the students to evaluate their overall work/study program. They ask the students to fill out health charts which record how much water they drink, sleep they get, etc.

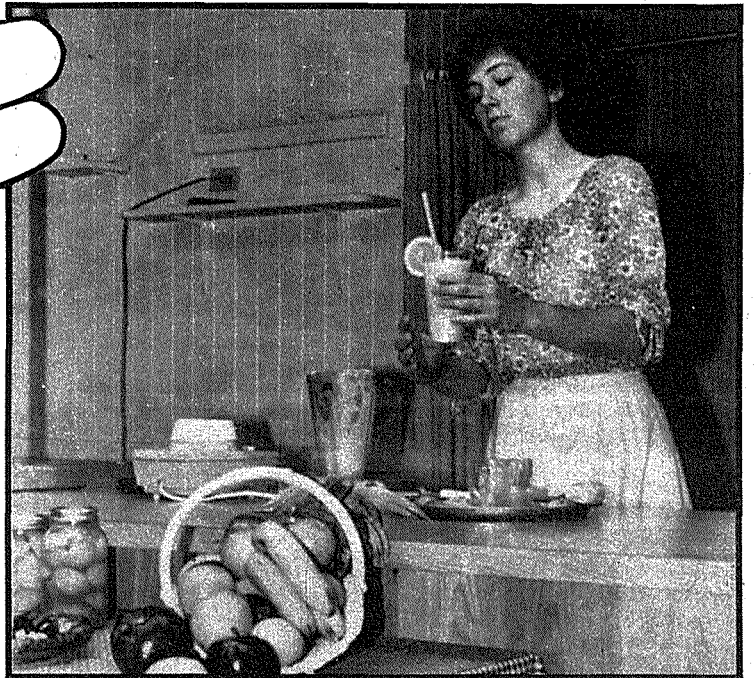
The teachers are enthusiastic about the program, the children love getting involved and Betsy, Jan and Shaun appreciate being able to share in such a practical way while working together.

Bible Studies

Under the guidance of Weimar staff member, Lester McSherry, some college students are learning how to give Bible studies. After a few weeks of instruction they began practicing by giving studies to the class. They plan to follow up contacts made in the community. They will also contact local church pastors to find others who are interested in receiving Bible studies.

Week of Prayer

A team of students recently fulfilled two requests for Week of Prayer programs. One was at Maranatha Meadow Elementary School and the other was from the SDA school in Ukiah, CA. Nine students spent 3 full days on the campus. They spent 2 hours with grades 7-10 each morning, and 1 hour in the afternoon with grades 1-6. The three topics specifically covered were Christian Recreation, Dating, and how to establish a personal relationship with Christ. A special communion service was held Friday night, and Sabbath afternoon the College team took the students into the community on an outreach activity. The fellowship was rich and close bonds were formed between the students.



Betsy Stimpel demonstrates a fruit "smoothie" at a cooking school.



Randy Caldron and Lloyd Lyles talk to students at Weimar Hills Elementary School after giving a presentation on the effects of smoking.

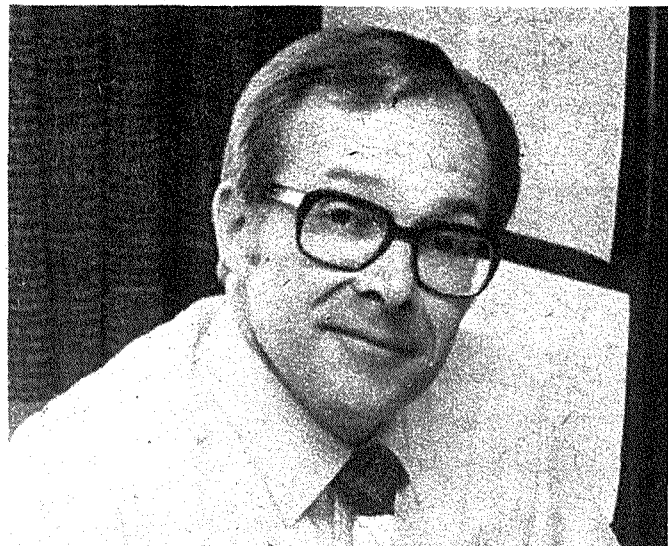


Weimar College students conduct Week of Prayer at Ukiah Junior Academy.

(Continued on Page 3)



FROM OUR PRESIDENT



HAPPY NEW YEAR!

How frequently have I heard or read those words in the last few days. Whether in card or letter or personal greeting, that wish is expressed almost automatically. And certainly no one would quarrel with the desire that the next year be happy.

New Year's Day has been variously referred to as "the land of beginning again," a "clean page," a "fresh start," and other similar allusions. Inherent in all of these is the idea of a new beginning with the accompanying resolutions in appropriate areas to make the new year better than the last. And again, no one would quarrel with the desire that next year be better than last.

However, there may be certain dangers in viewing the New Year in this manner. The fact that budgets and income taxes are handled in blocks of a year at a time should not necessarily influence us to think of other matters in annual terms. I am convinced that there are some very significant items that must be handled on a daily, rather than a yearly basis. Consider the following:

Never should we begin the day without committing our ways to our heavenly Father. (COL 341)

Each morning consecrate yourself to God for that day (SC 70)

We may find morning by morning the bread of heaven for the day's supply (MB 101)

Yesterday is beyond our amendment or control (6T149)

Events of tomorrow are hidden from our view (MB 100)

Allow not the sun to go down on your anger (Eph. 4:26)

Remember that you are to live but one day at a time (ML 95)

When we look at the new year this way, we begin to recognize that the only way to make this new year a "land of beginning again" is to make every day a new beginning — with God and our fellowmen. The only way to make the new year happy is to place our trust in God and live each day as it comes.

Won't you resolve with me to begin each day with God by committing all our plans and purposes to Him, either to carry out or to lay aside as His providence should indicate? If you will do this, I am confident that you truly will have a **HAPPY NEW YEAR** — one day at a time.

Sincerely,
Your brother in Christ,

Robert L. Fillman

"I Blacked Out for 2 Hours..."

By Stephen Darden
Grand Rapids, Michigan
Oct. 1981 NEWSTART class
as told to
Aileen Ludington, M.D.

I had been relaxing with the evening paper. As I got up to go to the bedroom, I blacked out. My family found me, still crumpled on the floor two hours later. They summoned the medics. My blood pressure was 210/160. On the way to the hospital I regained consciousness.

At the emergency room my blood pressure was somewhat better and there was no sign of a stroke or other catastrophe. I was given several medications to take, and told to go home and take it easy for a few days, and to lose some weight.

I realize now that this experience was a close call. It should have scared me into making some serious changes in my life. But at that time I had many pressing matters to attend to. My wife was ill, I had important business appointments waiting, several trips lined up — there seemed simply no way to get out of these obligations.

I am a businessman, a chemical engineer, specializing in the designing of chemical process plants for the study of plastics. I travel all over the country and much of the world, demonstrating and selling these processes and techniques. I had spent many years building this successful business enterprise and wasn't about to let it fall apart. I laid around the house a few days, lost a few pounds, and went back to work.

Actually this wasn't my first warning. About two years before this, I had a painful attack of gout which took me to the doctor. He warned me at that time that I would soon have serious health problems if I didn't lose weight and find a way to reduce the stress in my life. My blood pressure was already on the way up at this time. I was given medications for the hypertension, and I promised to try to lose weight.

I thought back on my life. In college I'd been slender, athletic, and in top health. Even after graduation and going into the business world, I took special precautions with my health. Until 5 years ago, I worked out regularly 3 times a week at the YMCA. Even though my weight was inching upward, I remained solidly muscular and felt good.

Then about 5 years ago, life began closing in on me. My wife, Elsie, became critically ill and required serious surgery and long hospitalizations and rehabilitation. My business took me away from home with increasing frequency. Success in business seemed to depend more and more on entertaining. Some days I not only had business dinners, but business lunches and even business breakfasts



Stephen Darden

as well! I knew I was eating too much rich food, and exercising too little, but I couldn't see any way out. Besides, I was feeling OK.

That's when the gout attack came, and the warning from my doctor. I took the medicines he prescribed, and resolved to lose weight, but plunged right back into my old life.

After a year of this, I noticed that I was feeling increasingly fatigued. My efficiency at work fell markedly. I felt sluggish, at times confused. It was as though my head was full of cobwebs. Feeling desperate, I blamed the symptoms on my medications, and stopped taking them. Two months later I passed out.

Somewhat shaken, I resumed my medicines, and made another attempt to lose weight. I was given no real program, — "Just cut down the rich foods and the deserts", the doctor said. I managed to lose 10 lbs., and promptly gained them back. Then the angina started, and I was given more medicine, nitroglycerine this time.

I knew I wasn't getting better. I felt so lousy by September that I took a week off. That didn't help either. I didn't know what to do with myself. I lay around, and felt bored and ate even more than usual.

So I began to look seriously for a place that could help me. A medical friend told me about Weimar Institute, so I called for information. But even after several calls and reading the pamphlets they sent, I still didn't totally understand what was there. But my mind did latch onto one thing. If only they could help me lose 40 lbs. during my stay, I felt I'd be OK. That's really all I came expecting to do.

Now that my 25 days here at Weimar are drawing to a close, I must tell you that I'm totally excited and delighted with what Elsie and I have

found here! No, I didn't lose 40 lbs. (that was quite unrealistic), but I did lose 15 lbs. and 3 inches off my waist! But better yet, I know not only how to lose the 56 remaining pounds I've determined to lose, but I also know how to keep them off permanently. My fasting blood sugar, which was edging up into the diabetic range is now normal. My blood pressure is down where it should be despite gradually withdrawing from my medications. My cholesterol dropped 54 mg/dl in 2 weeks. I've been walking 6-10 miles a day without needing the nitroglycerine. I just feel wonderful.

Besides that, I've had time to re-evaluate my life, and obtain new perspectives. I realize this is the lifestyle I should have been living all my life. It's God's way for us, intended not only to heal us, but to prevent disease in the first place. A few nights ago I totally re-dedicated my life to the Lord. I'm coming to understand what is truly important in my life. I'm so thankful we came.

But I must tell you something else. I couldn't have done this at home! It's not just a better way of exercising, or of eating, it's a total thing. I needed the group encouragement I received, as I struggled with the other patients over my problems. I needed the encouragement, support, and constant prayers of the staff. I needed the medical lectures, to understand why these changes were needed, and how to make them intelligently. I needed the experience of actually living the new lifestyle long enough to feel the difference it makes.

I can honestly say I'm a renewed man, physically, mentally, emotionally and spiritually. I can't wait to get home and share my experiences. But one year from now I'm coming back. I'll be 71 lbs. lighter, and I want you to take another picture of me.

Reaching Out

(Continued from Page 1)

Evangelistic Crusade

Quite a few students were involved in an evangelistic series in Grass Valley during the fall quarter that lasted 29 consecutive nights, starting October 16. Speaking was Elder George Knowles, the Personal Ministry Secretary for the General Conference, who has held similar seminars all over the world. Classes were conducted during the day in basic principles of evangelism. Lay leaders and pastors from the conference were encouraged to attend. Students invited people to meetings and did some follow-up work afterwards.

...to the churches

...to the churches

Probably the quietest time on the Weimar campus is Sabbath morning from 9 a.m. to noon. This year students are reaching out and becoming involved in ten local churches. Our purpose is for each student to become an active member in a church and learn by experience what it really means to be a member of the body of Christ. Within the first month of the school year, students are asked to choose a church in which they would like to become involved. Most of the students find their participation exceeding that of Sabbath morning. Some go visiting in the community, plan potlucks with the church members, go hiking, organize Neighborhood Bible Clubs, give Bible studies, attend prayer meeting, lead out in Pathfinders and help with Ingathering.

To many of the students Sabbath has become a special time to give and receive instead of warming a pew. It is not only a break from the pressure of studies and tests, but a chance to be nourished and give nourishment through meaningful interaction within the church body. Let's take a look at the inside story of an update on student involvement within each church.

Truckee

You might have to wear long johns this time of year if you go to the little church in Truckee! Truckee is located nearly 6000 ft. up in the Sierra Nevada mountains 60 miles east of Weimar. Students have been involved with the Truckee family for about 3 years and have become an integral part of the body there. Students participate in the Sabbath services with special music, sermons and teaching lessons. Some hold leadership positions. These students usually spend their afternoons in Truckee, joining the members for potluck and perhaps taking a hike or fellowshiping in some other form in the afternoon. They often stay the whole weekend with different families of the church and help with the work-bees on Sundays building their new church. Together, with the church members, the students are planning to start a door-to-door singing ministry in the Truckee community.

Grass Valley

Located about 20 miles from Weimar, Grass Valley is one of the larger churches in which Weimar students are involved. Most of the students helped with the evangelistic crusade held last fall by Elder George Knowles. They visited in the community; and some are continuing to work answering the 150 requests that have come in from a mailing sent out by the Grass Valley church.

Penn Valley

This is the first year that Weimar students have become involved with the Penn Valley church family. They are helping out in various aspects of the Sabbath services and will be working with Sabbath vesper programs. As the students become acquainted with the members, they plan to start reaching out into the local community through a variety of programs.

Colfax

Being the closest church to Weimar, students have been involved with the Colfax church since the beginning of Weimar College. Students have no problem getting involved. Each one is doing some specific job — deacon, Sabbath School leader, lesson teacher or helping in the lower divisions. They helped with Ingathering in December and have done some visiting to shut-ins.

Meadow Vista

This is another church located very close to Weimar and many students and staff attend there. Students are involved in the lower division, and joined the other members in Ingathering.

Loomis

In November a request came for some students to come and give their support and help in the Loomis church. This is the newest addition to our church family list. And there are some eager students ready to accept the challenges there.

Auburn

Our students are becoming involved in the Auburn church by serving as deacons, Sabbath School leaders, teachers and song leaders. They have participated in special music, visiting in the community and planning programs for the youth.

Roseville

This is the third year that Weimar College students have been attending Roseville church, located close to Sacramento. One of the main opportunities of service has been assisting in the Youth division. Now that the student number has increased, more involvement in the children's divisions is taking place. Others are participating in teaching adult classes and serving as church officers. Our main goal is in supporting the church in their already functioning programs.

The youth are actively involved in visiting the California Youth Authorities which service the state as a half-way house for teenage boys who are convicted of a crime. Many exciting results have come through this outreach. Support is also being given to the church in a new program of Home Bible Fellowship, where the aim is to help strengthen and deepen the spiritual growth of the church family.

Lincoln

Students attending the Lincoln church are learning what a commitment to a small struggling church body means. There were only a few members when they first became involved. Now most students fill key leadership roles.

The students are also finding that each community will respond to different programs. The Lincoln church has held cooking classes, stop-smoking and stress seminars and a heart-beat clinic in the community with seemingly little results. But recently they have started putting their energies into a Children's Story Hour once a week with good attendance.

An agricultural seminar which they hope will be of interest to the community due to its farming culture is planned for next quarter.

North Highlands

This is the first year students have attended the North Highland church, close to Sacramento. They share their different talents in the Sabbath services and are planning to become involved in a Neighborhood Bible Club to reach the children in the community.

By Deena Haynes, Student, Weimar College



Rocio Mojica gives a mission story at Lincoln Church.



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 Siphens Director of Labor

WEIMAR COLLEGE

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

NEWSTART HEALTH CENTER

Henri Wiebe M.D. Acting Medical Director

RETREAT MINISTRY

Dick Winn Chaplain/Director

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

OFFICE HOURS

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

"There is no work more rewarding than ho



Brian Holland, Brenda Gill and Veronica Hurd help restock a wood pile on one of their Practical Helps projects.



Practical Helps Teams are a vital part of the Outreach Program. Students have a wide variety of choices including visits to a convalescent hospital in Auburn.



Wood pile finished, Brian, Brenda and Veronica are invited in for boiled chestnuts by the Ressler's.

The Outreach Ministry is, and must remain, one of the most important programs carried on at Weimar Institute.

"The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.' " MH 143

We cannot improve upon Christ's methods for reaching out to people. Our goal for this new year is to more perfectly emulate His example in "going about doing good." There is no work more rewarding than helping people live healthier, happier lives and, hopefully, to start vibrations that will reach into eternity.

Preston Wallace
Director of Community Services



Home worships happen in a special kind of interaction.



I said: "Let me walk in the field;"
God said: "Nay, walk in the town;"
I said: "There are no flowers there;"
He said: "No flowers, but a crown."

I said: "But the sky is black,
There is nothing but noise and din;"
But He wept as He sent me back,
"There is more," He said, "there is sin."

I said: "But the air is thick,
And fogs are veiling the sun;"
He answered: "Yet souls are sick,
And souls in the dark undone."

I said: "I shall miss the light,
And friends will miss me, they say;"
He answered me, "Choose tonight,
If I am to miss you, or they."

I pleaded for time to be given;
He said: "Is it hard to decide?
It will not seem hard in Heaven
To have followed the steps of your Guide."

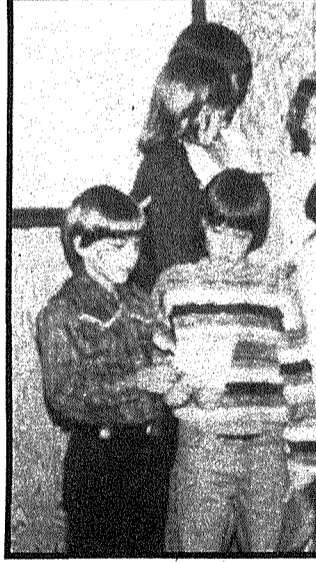
I cast one look at the fields,
Then set my face to the town;
He said, "My child, do you yield?
Will you leave the flowers for the crown?"

Then into His hand went mine,
And into my heart came He;
And I walk in a light Divine,
The path I had feared to see.

— George MacDonald



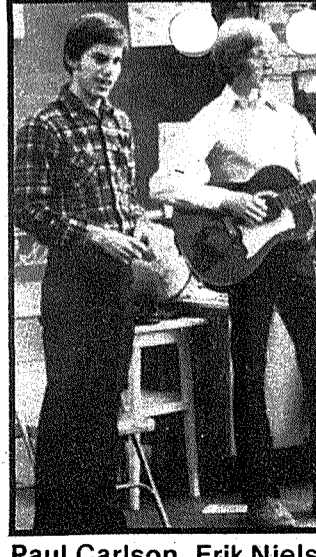
David Grams conducts the Weimar College Orchestra at a concert given in the Auburn Congregational Church.



Elementary students share a special time with the Weimar family.



The College Choir also performed at the concert.

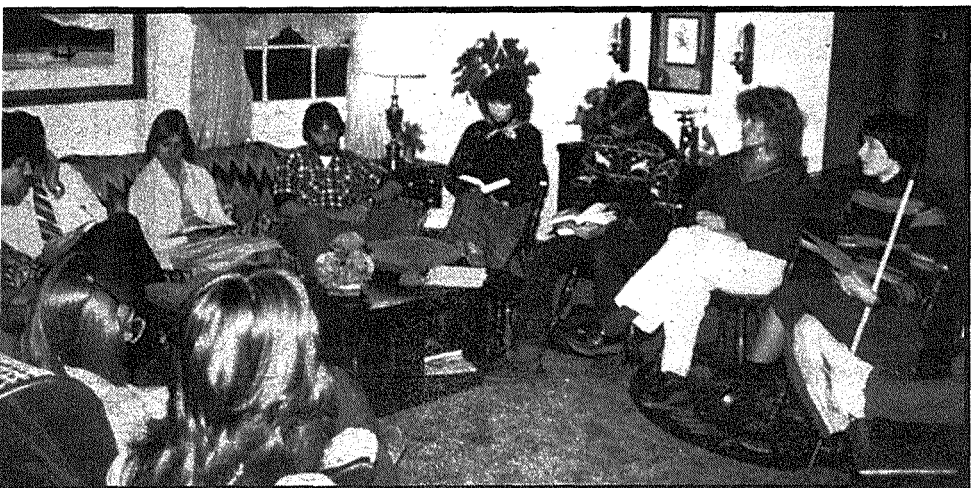


Paul Carlson, Erik Nielsen perform during the Week of Prayer at Ukiah.

n helping people..."



nts have a wide
Dallas Fandrich visits with Villah Covington at the Hilltop Manor Convalescent Hospital.



ships happen 3 days each week, with each group choosing their own spe-
of interaction.



ary students share their song, the Coventry Carol, in a program for the
family.



son, Erik Nielsen and Laura Heron took part in a
Prayer at Ukiah Junior Academy.

Looking In

There is a lot happening off campus in the community and the churches. And that's exciting. But what is happening right here at Weimar? What are the students involved in? There is more than homework, term papers and lectures. There is a rich resource of nourishment that comes through our own Weimar family and guests visiting the campus. We plan to give you an up-date about what is happening throughout the school year. The following is an inside peek into our activities and blessings of the Fall quarter.

BACKPACKING is an opportunity for students to enjoy the great outdoors but also means fellowship in a close way. A group of college students and staff drove north and hiked into the Yuba River area last fall for a weekend in the woods. They spent time singing, eating granola, studying Scripture, hiking and story telling. Jennifer Matlack, a four year student, said that this was the best backpack trip, in terms of spiritual fellowship, that she has been on while at Weimar.

ELDER PAUL DEBOOY from the northern California conference was our Week of Prayer speaker. The students appreciated Elder Debooy's personal application of Jesus' parables into their lives, and the clear picture He gave us of the Father's love.

There was a special Agape Feast fellowship to close the week. Elder Debooy spoke on the cross. The program was held on the lawn outside of the cafeteria. A table in the shape of a cross was laden with fruits, bread and nuts. Each person was given a nail and exchanged it for the life-giving food on the table, symbolizing the exchange that Jesus offers us. The evening brought us closer together as we were reminded of the bonds of love the Cross can bring to us.

HERB DOUGLASS editor for Pacific Press, had just returned from a trip to China when he spoke at a Friday night vesper program last November. He told of his experiences in China and shared a message that affirmed and supported that God will have a people in these last days that will perfectly reflect His character.

WAYNE HOOPER and his wife shared a musical nature slide program with the Weimar family. The slides took us to the Swiss Alps, moon-lit Paris and the Canadian Rockies. The music was a product of Elder Hooper's involvement with the Voice of Prophecy for 35 years. 18 of those years he sang baritone in the King's Heralds Quartet. The last 3 years he has been semi-retired, but remains in the trust department.

DR. VERNON FOSTER works with the General Conference in connection with the American Temperance Society. He meets with heads of state and officers to establish 5-day Stop Smoking Clinics, and to combat alcoholism. Last quarter, during a Sabbath evening vespers, he gave a report on his recent trip to the Middle East.

KENT DURDEN has shared his films with us before at Weimar, and this fall he shared a short inspirational film on nature. He also showed an educational and historical film, "Death Valley," that he produced. Kent Durden lives in Grass Valley and has worked with his father in filming for Walt Disney.

ELDER GEORGE KNOWLES and his wife came from Grass Valley where they were conducting an evangelistic series. He spoke at chapel service one morning. They shared with us the importance of personal ministry to meet the needs of the people right around you. Mrs. Knowles told how she prayed to get to know her neighbors, and that witnessing had become a life-style joy rather than a planned burden.

LON CUMMINGS spoke at a joint worship one evening and told of his kidnapping by guerrillas in Central America. He drew lessons about Satan's fury soon to be unleashed everywhere.

GIFT-SHARING night at Weimar is a special time for members of the Weimar family to share and appreciate the gifts and talents God has given. Professor Cossentine had a big list to choose from this year. The gifts came in various forms and styles. These included a vocal duet, cello solo, a story, an accordion solo and some special thoughts on the gift of art. The Weimar orchestra accompanied the audience as they sang hymns. "Prof" said that since our family has grown so much we will probably have a gift-sharing program every quarter.

PRAYER MEETINGS last quarter were presented by Elder Dick Winn. His topic was the foundations of Weimar Institute. We were blessed with lessons on the character and spiritual growth of God's people. These included "Trust," "Freedom," "Reality," "Individuality" and "Discipline."

HOME WORSHIPS take place Tuesday to Thursday mornings when the college students go to different faculty homes for worship. This is a special time for interaction and fellowship. As a group they decide what and how they would like to study for the quarter. The Sage family studied the Sabbath School lesson. Students led out in the Wade family as they studied the book of John. The McSherry group studied the Old and New covenants; Riley's group studied the Sermon on the Mount found in Matthew. At Fehrenbach's the students chose topics on a day to day basis. Students in Standish's family took turns leading out in their study of the Sanctuary.

PRAISE AND PRAYER group is open to all students for a time of singing, sharing and praying. It takes place at 5:30 Wednesday morning in the Chapel. Many times they have seen direct and indirect answers to prayers. It is a special time for students to receive nourishment through fellowship and seeing God working in other people's lives.

ELDER DAN MATTHEWS, director of Faith For Today, held a mini-seminar on Spiritual Gifts during one weekend. He shared with us the importance of spiritual gifts within God's family and how to recognize your own gifts.

SAMPLE TAPE, \$1

A dollar doesn't buy much anymore, and it really doesn't buy this tape either. (Materials and postage cost more than that, not to mention labor and overhead). Why are we offering you an almost-free tape? Because we want to share some important ideas with you — and because we think you'll want to hear more. We will include information about that with your tape.

On this tape, "Voices from Weimar," you will hear interesting parts of eight current recordings: "Loving the Unlovely" by Dick Winn, "Personal Kidnapping Experience" by Lon Cummings, "Modern Prophecies Fulfilled" by Colin Standish, "God's Hand in the Neglected Continent" by Donaldo Thomann, "Exercise," a New Start lecture by Sidney Nixon, M.D., "Subtle Trends in Religious

Music" by David Grams, "Preserving a Rich Relationship," a lecture from the course on Christian marriage by Dick Winn, and "God's Gift to Us — and to Jesus" by Dan Matthews.

The only short cut we've taken is to omit the plastic case which usually comes with our tapes. If you want one please add 15 cents. And in California, add 6% tax. Incidentally, tapes of the quality we use cost more than \$1 in the stores, so you can't lose.

Right now, before you forget, send us your name (clearly written) and a dollar. You'll be glad you did.

WEIMAR TAPE MINISTRY Box A, Weimar, CA 95736

PS: If you are a tape club member we will be sending you a sample copy without cost, along with your next month's tape.

You Are Invited. . .

You are invited to join us here at Weimar Institute this summer. Programs have been planned by the faculty of Weimar College to help you grow intellectually, physically, and spiritually. Clip this notice today and circle those courses or seminars that interest you most. Articles on specific programs will appear in future issues of this BULLETIN. Included will be more information on fees, lodging arrangements, and course descriptions. If you would like to receive a copy of our summer programs prospectus when it's ready, please let us know. Write to: Summer Programs Coordinator, Weimar College, P.O. Box A, Weimar CA 95736.

— GARDENING. June 13-15.

How to make your digging more successful. Lectures, field demonstrations and discussions. Fred Riley, Ph.D.

— HEALTHFUL COOKING. June 15-17.

This is a how-to program for those who want to use more natural foods and make them appealing. Demonstrations, recipes, discussions.

— LIFESTYLE MEDICINE SYMPOSIUM. June 17-20.

Lectures will focus on the results of rehabilitation health care for patients in three illness categories.

1. The cardiac patient: Topics to be covered include reducing or eliminating angina with exercise and diet, lifestyle change for the pre- or post-by-pass surgery patient, and reducing pharmacological dependence while on a therapeutic and exercise program for cardiac problems.

2. The diabetic patient: Topics to be covered include obesity, hyperinsulinism and diabetes mellitus, exercise and diet in controlling two types of diabetes, and reducing pharmacological dependence for diabetics.

3. The hypertensive patient: Topics to be covered include etiology of essential hypertension, reducing pharmacological dependence while on a therapeutic program for hypertension, and diet and exercise for reducing hypertension.

The sanitarium concept and the experience of Weimar's Spokane Wellness Clinic will also be discussed. Dennis Blum, D.H.Sc. and invited guests from institutions with successful rehabilitation programs.

— PROPHETIC GUIDANCE AND CURRENT ISSUES. June 20-25.

A study of the Biblical doctrine of the prophetic gift, the Spirit of Prophecy in modern times, and current issues related to God's messages to the Adventist Church. Roger Coon, Ph.D. from the Ellen G. White Publications. 2 quarter-hour credits.

— HISTORY OF THE SEVENTH-DAY ADVENTIST CHURCH. June 27-July 4.

An insightful study of the development of the doctrines and structure of the Adventist Church. A companion to the course listed above. Carl D. Anderson, Ph.D. 2 quarter-hour credits.

— HOME SCHOOL SEMINAR. July 4-7.

Reasons and methods for teaching your own children. How long and under what circumstances children should be schooled at home. What it takes to teach them. Solving legal problems. Specific teaching suggestions. And group discussions. Betty Gerbozy, Raymond Moore, Dorothy Moore, Ted Wade.

— TEACHING LITERATURE IN ADVENTIST SCHOOLS. July 7-11 (tentative)

A study of the principles of choosing proper reading as given to the Adventist Church, and application to a balanced program in literature. Discussion of specific selections and of teaching methods. Bob Bohlman, M.A., Bob Fillman, M.A., and invited guest. 2 CE Units.

— WORK/STUDY SEMINAR. July 11-30.

The principles of a balanced plan of education, and practical ways of achieving that balance in Christian schools. Paul Robberson, Ph.D. and others. 6 quarter-hour credits.

— PRINCIPLES OF THE "NEW START" HEALTH PROGRAM. August 1-8 (tentative)

Weimar's eight "secrets" of better health are really information we want everyone to know. During this one-week seminar you will learn the essential principles taught to the health guests in our 25-day program. This shorter program is for physically able people who want to build and maintain good health for themselves and who want to learn methods of health rehabilitation, and who would like to share health principles with church or community groups. Dennis Blum, D.H.Sc. and the Weimar medical staff.

— A WEEK FOR THE LIFE OF YOUR FAMILY. August 8-15.

A delightful opportunity to build family togetherness and spiritual stability. Special sessions for husbands and wives, for children, and for whole families. Dick Winn and invited guests.

— PRINCIPLES OF STRESS-FREE LIVING. August 29-September 5.

This course is designed to investigate the Biblical principles of stress-free living. It is predicated on the belief that God has the answer to man's every need, and that He has provided these answers in His Word. Areas to be covered include: the nature of man, mental health and character, love and mental health, causes of mental illness, guilt, conflict and frustration, physical factors in mental health, developmental factors, and marriage and mental health. Colin Standish, Ph.D. 2 quarter-hour credits.

— RADIANT LIVING IN RETIREMENT. September 5-12.

A seminar touching on the areas of: defining "old," nutrition, exercise, mental activity, coping with illness, being useful, legal rights, etc. Bob Rusche and special guests.

— WORK BEE. September 12-19.

An invitation to contribute your time and expertise to the ministry of Weimar Institute. We have needs in a variety of areas including construction, maintenance, agriculture, dining room, automotive, etc. In return, we offer: satisfaction, fellowship, meals, and lodging.

— SURVEY OF WORLD HISTORY. June 21-August 10. (One hour per day)

A survey of history from creation to the present time, with emphasis on the hand of God in the activities of men and nations, and on an understanding of the great reformatory movements. Carl D. Anderson, Ph.D. 4 quarter-hour credits.

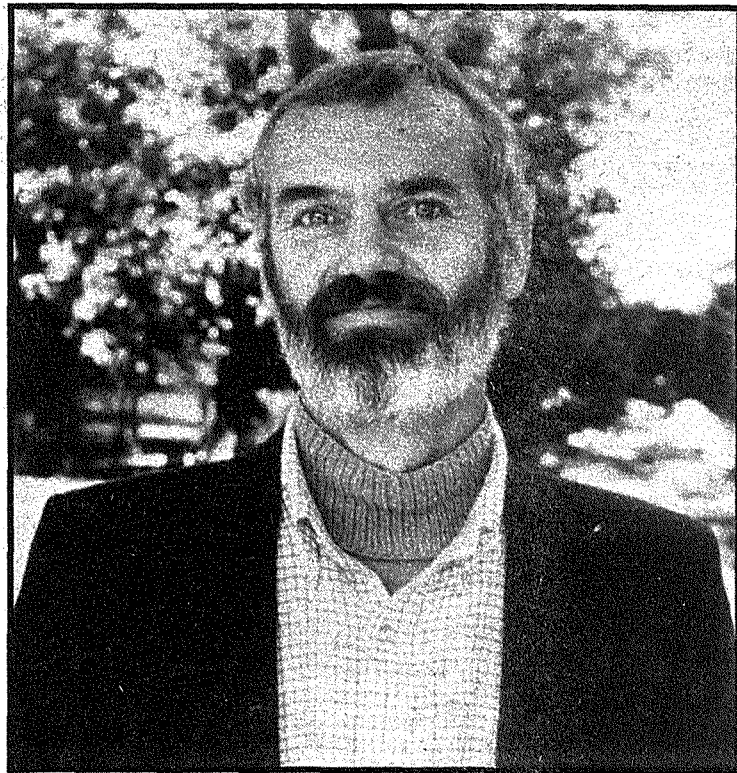
— PRACTICAL ARTS FOR CHRISTIAN YOUTH. August 22-29.

Instruction and skill building opportunity in a craft selected from the following options:

Woodworking	Auto shop for boys
Sewing	Auto shop for girls

— DRIVER TRAINING. August 16-22, or August 22-29.

Behind-the-wheel training for youth enrolled in either the music or the practical arts program who have already had classroom instruction (driver education). Students choosing this option will have less lab time or practice time in the regular program, and will pay a supplementary fee. Verlin Leer, certified instructor.



God's Methods Are Working!

By Henri Wiebe, M.D.

End-of-year — beginning-of-year time lends itself naturally to review and anticipation. We of the NEWSTART staff cannot resist this urge.

During the past 12 months, 140 patients enrolled in our challenging lifestyle change program. They ranged in age from 17 to 83 years, with an average age of 60. And they literally assaulted the adage that "old dogs cannot learn new tricks!" To prove to our patients that even older bodies respond briskly to kind treatment we monitored several aspects of bodily change:

*SERUM CHOLESTEROL — Of those with values of 225 mg. per deciliter and above, the average drop was 55 mg. You remember that we aim for a level below 150.

*FASTING BLOOD SUGAR — Overweight and under-exercised diabetics who came without medication lowered their blood sugar by an average of 40 mg. per deciliter. Two thirds of those who came while on blood-sugar-lowering medication left with no medication and with their blood sugar in a tolerable range.

*BODY WEIGHT — Overweight patients lost an average of 11 lbs.

*BLOOD PRESSURE — Anyone who has ever tried knows how tricky it is to monitor this body function. Now it is up, now it is down. A review of our patients' experience shows that at least 8 out of 10 who came with a firm diagnosis of hypertension definitely have an improvement of this heart disease risk factor.

*MISCELLANEOUS — The above are the more objecti-

vely measured changes. We almost take it for granted that the constipated return to normal unaided bowel function; that the restless sleepers resume refreshing rest; that those with painful (osteoarthritis) joints manage more exercise with less medication; and that the heart cripples (angina) do more intense activity with less nitroglycerin.

*CANCER — This number 2 killer among Americans, when well spread throughout the body, has not retreated among our patients even with the most aggressive lifestyle change. However, we take much hope in the fact that 8 out of 10 cancers are preventable by making intelligent choices now.

So much for yesterday, what about tomorrow?

The 25-day live-in program will continue to be the backbone of our health ministry. Interspersed will be a special 11-day seminar for ministers in March and a 4-day seminar for physicians in the fall.

April 18-21 has been set aside for the annual NEWSTART alumni refresher course. This time will also be used for laying the ground work for a more active alumni support system — such as alumni chapters.

The NEWSTART Staff is also looking forward to sharing with interested groups the rewards of healthful living. Contact the Institute medical office for more details concerning any of the above.

1981 has been a year rich with blessings, and the NEWSTART staff want to make 1982 more fruitful in passing those blessings on to others.

Help Lord! I Broke Your Heart Again.*

By Veronica Morrish

The Passover moon shone bright and full in a cloudless sky. Nonetheless, an oppressive darkness of despair settled down upon my weary soul. My thoughts, far from being pleasant, tumbled about uncomfortably as I wondered if this Thursday evening was a reality.

We had often come to this particular garden with Him. For communion. For prayer. For peace and quiet. But tonight something was different. We had enjoyed a deep and thrilling spiritual discourse along the way, but as we approached the garden He became strangely silent. His countenance saddened with a uniquely grave expression such as we had never before witnessed.

Was Jesus going to die as He predicted? Or was He going to set up an unconquerable kingdom? I mused. I fretted for awhile. But not for long. He was now leaving the other eight disciples at the entrance of the garden and inviting James, John and me to go with Him further on. As we came to a private place, He pleaded in agony of soul: "Tarry here and watch with me."¹ The expression on His face told me that he needed our moral support tonight, but somehow my own weariness seemed to supercede His immediate need. Although at first we tried to pray with Him we were finally overcome with sleep while He continued to pray aloud to God for strength.

We must have been asleep for quite some time, because we were startled by His presence. I woke up long enough to observe his agony-scarred face and to hear Him ask: "Could ye not watch with me one hour?"² Then He added the admonition: "Watch and pray, that ye enter not into temptation: the spirit indeed is willing but the flesh is weak."³

I had no idea of what those last few words meant at the time; I was too tired. I needed rest. Perhaps I'd ask Him later.

How long we must have slept there, I do not know. I never heard His voice again until I was awakened by a noisy mob. A multitude with sword and staves! The chief priests and elders, and...Judas! Why the tumult? Why was Judas kissing the Master and hailing Him? Why was the angry multitude rushing upon Him? It was all happening so fast.

There was no time for answers now. They were laying hands on Jesus. Taking Him by force. I had to do something to help. And I had to do it fast. My sword! That's it. With a death-intending blow I attacked the high priest's servant and chopped off his ear. I had hoped that this "brave" deed would ward off the intruders and prevent them from harming Him. But Jesus promptly replaced the ear

and meekly followed the mob as they led Him away. I couldn't believe my eyes. That he would submit Himself to such ignominy was all that my proud, indignant heart could take. I fled in anger, disappointment and disgust.

Where were they taking Him? Would He yet work a miracle? What would be the outcome of this sudden siege? Questions haunted my mind and I wasn't content until I followed once more. Followed Him to Caiaphas' palace. If nothing else I could sneak in and see the end.

From a distance I heard the inconsistent cross-questioning. I listened to the lying witnesses testify against God's Son. I marvelled at the taunts thrown at Him. My heart ached. How could He endure so much mental anguish? How could He stand to be thus tortured by His own people?

Presently, my thoughts were interrupted by a young woman who approached me with the allegation that I was with Jesus of Galilee. I assured her that I wasn't, and retired to the outer porch to escape her persistence, only to be confronted by another

singing of eleven choruses from Handel's oratorio were the pastor and choir members of the Church of the Nazarene, coordinated by Randy DeGraw, music director and associate minister.

The Weimar College Choir participated, not only as singers, but also as ushers and traffic directors. A com-

munity committee, chaired by Weimar's Choir director, Professor Francis Cossentine, with representatives from three area churches, was responsible for the promotion and organization of the Sunday afternoon event.

Next year the community sing will be held in the Seventh-day Adventist Church of Auburn.

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 (\$5⁰⁰)

PLEASE SEND ME...

- information regarding Weimar's NEWSTART Health Center.
- Weimar College Catalog and Student Application Packet.
- Other.....

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

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

Second Annual Community Sing is a Success

With the joyous strains of the Hallelujah Chorus, sung by nearly 200 voices, the second annual community sing of the "Messiah" came to a triumphant close under the direction of Don Whitehead, with Tedd Schilling at the organ, both of the First Congregational Church of Auburn, California.

Hosting the two hour

singing of eleven choruses from Handel's oratorio were the pastor and choir members of the Church of the Nazarene, coordinated by Randy DeGraw, music director and associate minister.

The Weimar College Choir participated, not only as singers, but also as ushers and traffic directors. A com-

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who confirmed positively that I was one of the disciples. I denied it again. This time more vehemently than the first. A third time, some that stood by came and said: "Surely thou art one of them; for thy speech betrayeth thee."⁴ This was enough. I would demonstrate to these accusers that I was every inch a Galilean fisherman! I cursed. I swore. I denied Him. These three times!

The cock crowed. I remembered my bold declaration earlier that night that I would die rather than deny Him. Now Jesus' prophetic words: "Before the cock crow thou shalt deny Me thrice"⁵ flooded into my memory. His look of compassionate love melted by stubborn, self-secure heart. My sword, my bravado, my well-meaning intentions were powerless to save me now. From the depths of my soul the desperate cry seemed to ring out: Help Lord, I broke Your heart again! How could I, one so close to You, add more bitterness to the cup of Your human woe?

I hurried out of the judgment hall. I hastened to the garden spot where, not too long before, He was pleading

with the Father. I flung myself upon the ground and sobbed out my bitter repentance. Remorse mounted, pride subsided. Peace came. In the dark stillness of that garden I perceived His divine, forgiving face. I heard His voice which is as clear now in my memory as it was then.

"Peter," He said, "You're forgiven. Accepted. Strengthened." O Lord, thank you!

Before I knew it, it was morning, and the sun smiled through the tree tops of Olives' Mount.

*Based on Matthew 26:31-75 and John 18:1-27.
1 Matthew 26:38
2 Matthew 26:40
3 Matthew 26:41
4 Matthew 25:73
5 Matthew 26:34

Nondiscrimination Policy

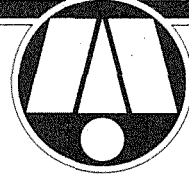
Weimar College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.

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WEIMAR INSTITUTE BULLETIN



It is of the
Lord's mercies
that we are not
consumed,
because his compassions
fail not.
They are new
every morning;
Great is thy
faithfulness.
Lamentations 3:22,23

FROM OUR CHAPLAIN:

Selective Discrediting

by Dick Winn

I was urging the values of being a vegetarian to a small group of mixed sceptics. Some asked some serious questions, or raised mild objections. But the one that got me was the fellow who snorted as he walked away, "But don't you know that Hitler was a vegetarian?"

It showed up years later as I was talking with a college student who was unsure about whole-hearted Christianity. "If being really committed to Christ means that I have to be like Sam, I'm just not ready for it. Sam is so drippingly pious, so unreal, that I'm not sure that we live on the same planet."

It was one of those double-sting comments. The first sting was one of annoyance that this student should choose a classmate like Sam as his "model" of the mature Christian. I knew Sam only too well — his ragged background, his insecurities as a very new Christian, his resulting need to reassure himself that he was indeed a

religious man. It seemed unfair that a struggling, slightly bruised young man should be selected as a prototype of Christian maturity — then discredited as unattractive.

But the second sting came a little later as I realized that I can also do this same type of selective discrediting.

Suppose, for example, I'm not interested in being more careful in my diet. So my mind does a quick review of all the people I know who have urged a careful diet, and comes to focus on a very scrawny, slightly eccentric old man, and I say, "If that's the option, I'll stick with my present diet."

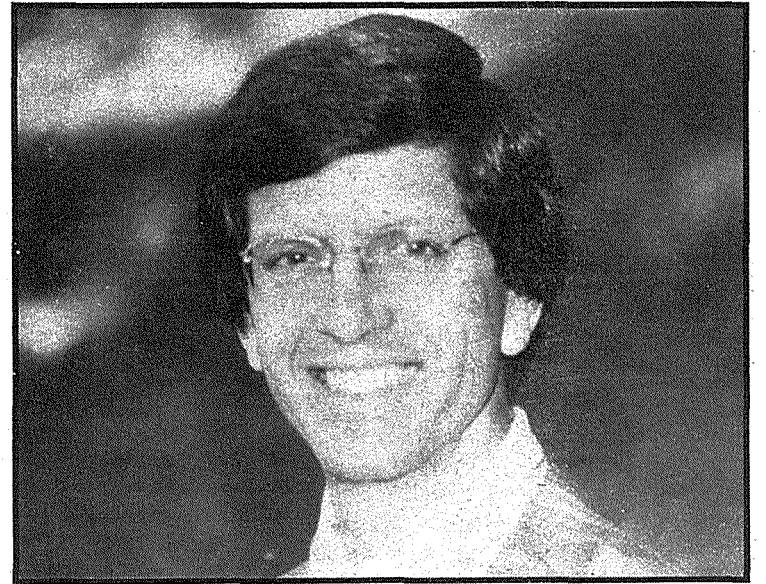
I vividly recall the first time someone told me about a school that was experimenting with some "new" ideas, such as students who work with their teachers rather than get immersed in competitive games. I immediately remembered one person I knew who had attended such a school...a bit strange (I thought) and his clothes didn't fit. So I put the ideas about useful work on

some back shelf of my mind for several years.

We've known all along that ideas are always wrapped up with the people who advocate them. The better we like the people, the better the chance that we will like the ideas. But it has surprised me to discover how diligently our minds can search out the poorest example of a person and stumble over him enroute to a good idea.

Which is probably the very best reason that the Apostle Paul so often urged us to "Consider Jesus!" (Hebrews 3:1), to keep our eyes on the One who is the only flawless expression of the greatest truth. (Though I even know of one person who discredited Jesus because He ate supper with the wrong people!)

The greatest problem with Christianity...is Christians. The greatest problem with the startling attractiveness of Jesus is the dull conventionality, or (worse yet) the imbalanced fanaticism, of people who speak on behalf of Jesus. And it's always the people who speak the most



loudly, or the most fervently, about Jesus who will get spotted as the reference point for some to decide about Him.

For those of us who practice "selective discrediting," who debunk new or threatening ideas by means of selecting some flaw in the person presenting the idea, we need to pull that maneuver out into the light of day, laugh at ourselves, and

say, "Jesus, give me the grace to deal with truth for its own sake."

At the same time, it wouldn't hurt — all we Christians who carry great truths for the world — to make sure that we take the lint off our dresses and gravy out of our mustaches, lest some other persons discredit our message, through us.