

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 4 APRIL 1982

Medical-Ministerial Seminar



Thirty-one ministers, physicians, Bible workers and other medical personnel attended the recent NEWSTART seminar.

It was raining and cold outside, but a warm fire crackled its welcome in NEWSTART Lodge as 31 ministers, physicians, Bible workers, nurses and other medical and lay personnel located their rooms and met the NEWSTART staff. It was March 1, 1982, and the beginning of a special 10-day education-participation seminar.

The usual 25-day live-in participation/education NEWSTART program had been condensed to 10 days, including one weekend. 30 hours of intensive classwork was interspersed with medical tests, consultations, treatments, variety programs, discussions, and participation in healthful activities.

Each participant received a total health evaluation: a history, physical, EKG, stress (treadmill) EKG and laboratory tests which included blood chemistries. Also, at the end of the seminar, they received a wrap-up consultation where individual findings were evaluated, and the indicated health program mapped out. In addition, physical therapy and other consultations were arranged as needed.

NEWSTART physicians presented 18 scientific lectures covering current scientific trends relating to nutrition, the eight natural remedies, and the relationship of lifestyle to the massive increase in degenerative diseases. NEWSTART nurses conducted 12 hours of nutrition classes and cooking school demonstrations, including one afternoon of breadmaking. Also, 4 hours of hydrotherapy classes and demonstrations were given, and each participant individually experienced 4 different hydrotherapy treatments.

The most popular place was the cafeteria, where everyone met three times daily, beginning at 6:30 a.m. Meals of fresh fruit, vegetables and whole grains were served — "FOOD AS GROWN" — with an absence of refined or concentrated foods, or animal products.

Exercise consisted of daily calisthenics, work-outs in the physical therapy gym, and most popular of all, hikes on the beautiful wooded trails. Sunbathing was encouraged, mostly in the ultraviolet rooms, due to the uncooperative weather. The water fountain was another busy place, as participants strove to keep up their 6-8 glasses of water per day.

The high point of the seminar came on Sabbath. Special guest, Dale Leamon, a young pastor from the Norwalk church, shared his experience with inner city evangelism at the 8 a.m. meeting. At 9:30, academy and college students shared their personal experiences in the active community outreach programs that Weimar College carries on as part of its curriculum. The 11:00 service was presented by Weimar's chaplain, Dick Winn, who spoke on Loving the Law of God. He based his presentation on Psalms 119:97, — "Oh, how I love Thy law," and Psalms 119:18, where David implores God to remove the veil from his eyes so he can see the marvels of God's law.

Friday evening and Sabbath afternoon times were occupied by another special guest, Dr. Sang Lee, a physician specializing in internal medicine and allergy. An atheist 3 years ago, Dr. Lee found his way to God, and to Adventism through his interest in the health message. He kept the riveted attention of his entire audience as he related his insights into a Bible crammed full of health information, each facet connected with a spiritual counterpart. Few of us realize how totally our physical and spiritual lives are interwoven in God's plan.

The NEWSTART guests enjoyed a college choir program Saturday night, and additional "home talent" programs during other evenings.

The crowning event was the last night, celebrated by a banquet. The fruit and flower-laden tables made one think of the heavenly banquet awaiting us. On this night, the 31 guests expressed their appreciation and praised God, by using their talents to give the NEWSTART staff a lovely program.

Everyone felt sorry to see the seminar end. The wonderful fellowship surely gave us a foretaste of heaven.

Standish To Chair Educational Meeting For Midwest

Dr. Colin Standish, Dean of Weimar College, has been selected as chairman for the coming Black Hills Junior College Education Advisory Committee. The Jr. College is located on the grounds of the Black Hills Health and Education Center near Rapid City, South Dakota. The meeting is planned for the week of May 12-16. At this time those attending will plan, study together, and give guidance and direction to the newly organized B. H. Jr. College, which will have its beginnings in September of 1982.

In announcing this meeting, we hope to inform our readers that a Christian vocational Jr. College, dedicated to the same principles and concepts as Weimar Institute, is being developed at the Black Hills Center. Parents wishing more information in regard to the college program may request information from B.H.H.E.C.

It is also hoped that there will be some readers in the midwest who have a burden for a Weimar-type program in that area who

will be inspired to give their expertise in the initial planning stages of this important event. Anyone wishing to serve on the committee should contact the Center immediately.

On Sabbath, May 15, Dr. Standish and others on the committee will lead out in a special day of prayer and study into God's plan for true education. Anyone desiring to attend this special occasion is invited. It is only asked that you call or write ahead of time so that the Center has some idea of how many to expect.

The address of B.H.H.E.C. is: Box 1, Hermosa, South Dakota 57744. Or you may call (605) 255-4579.



Colin Standish, PhD

Weimar Health Speakers Available

A highly qualified husband-wife team will be traveling throughout the United States in the months ahead, representing Weimar Institute's health program. Earl and Dottie Allen, with considerable experience in nutrition seminars, cooking schools, and the quick-and-easy breadmaking program known as "Breadmake," will be speaking at Adventist camp meetings, and with business and church groups

across North America.

If you would like to have them include your church or business group on their itinerary, write to the Institute, or better yet, call (916) 637-4111 and leave a message. The Allens will do their best to include your requests.

One Year and 43 Lbs. Later...

By William L. Haynes
Pastor Winnemucca & Elko, Nevada S.D.A. Churches



William L. Haynes

Just a few lines of appreciation for the wonderful experience of the Minister's Health Education Seminar I attended last March, 1981. After a year I thought you might be interested to know how it has affected my personal and professional life.

I have lost 43 pounds and am now down to 150. I haven't taken any Combid Spansules since last June (for my stomach) and have no stomach problems whatever. It has taken me awhile to get on to a regular exercise program but I am now walking for an hour a day, five days a week. My resting heart rate is down to 60. I feel much better and have much more energy than I have had for the last 30 years. I can't tell you how grateful I am for the "NEWTART" you have given me.

Equally appreciated was the insight and instruction given by Mark Finley during the weekend he was with us. He has helped me tremendously by telling how to turn health education into health evangelism. With this encourage-

ment we have launched just such a program in Winnemucca starting January 17 with a Five-Day plan to Stop Smoking, and the following week began the 10 week programs of: 1. Prophecy Seminar — Studies on Daniel, on Monday; 2. The Natural Way to

Weight Control on Tuesday; 3. Come Alive With Nutrition and Health Seminar on Wednesday; and 4. Stress Control Clinic on Thursday.

We have had 55 non-members register for these classes, although several of them are signed up for more than one class. This is not too bad considering that Winnemucca has about 4,000 population and we only have 42 active members in our church here.

Starting April 3 we began a full scale evangelistic series which will run till the middle of May. Some of these people have been persuaded to attend as it started immediately following the end of the health programs. Following our vacation and camp meeting we will repeat the entire program in our Elko church starting in July.

My wife still feels that it was very unfortunate that circumstances prevented her from attending last year's Seminar at Weimar. We wanted very much to attend this year's but, of course, could not because of the conflict with our own programs. However, please put in a reservation for us for the 1983 Seminar.

When God Was Indignant

Excerpts from Dr. Sang Lee's presentations

The only time we have on record of Jesus acting with zeal and severity, was when He saw the temple being defiled. Gathering up a simple whip of cords, and overturning tables, He drove the offenders out.

We find a similar reaction in I Cor. 3:17 to those who defile the temple of their body. "Him Will God Destroy" is stated in no uncertain terms. God desires our bodies to be "a living sacrifice, holy, acceptable" unto Him. (Rom. 12:1)

If it is so important to God that our bodies be clean and undefiled, it should be a very important priority with us. As we search the Bible for ways to cleanse this body temple, we find many symbols which parallel our physical and spiritual condition.

Water physically cleans the body, both inside and out. In the Bible water is a symbol of God's Word, and of the Holy Spirit. Thus the Word of God cleanses our minds. His words are spirit, and life. (Rom. 8:6) We are born of water and the Spirit (John 3:5) and we need both to keep us undefiled before God. It's interesting that when we get too busy, the two things that are neglected first, are drinking adequate water, and spending time with God. Wherever I go now, I carry a bottle of water and my Bible. It helps me keep my priorities straight.

This is also why Satan works so hard to pollute our water: with coffee, tea, colas, soft drinks, punch, beer, and many other things. How few people drink God's pure water as He gave it!

In II Cor. 7:1 we are admonished to use the promises of God's Word to cleanse us from all filthiness. What about a cleansing from the flesh-pots? God gave Israel manna, a perfect food that kept them healthy and free from disease. But they yearned for flesh-pots. Even so, God commanded them NOT to eat the fat or the blood (Lev. 7:23, 26). All the fat must be burned on the altar. Just so God wants our sins on the altar. As fat and water don't mix, so sin (fat) and God's Word (water) don't mix. If we eat fat, we keep accumulating it, and not only become overweight, but increase stores of cholesterol, which can harm the body. The Bible says the fat is to be offered to the Lord. If we eat it, we suffer long, because it takes a long time to remove cholesterol and fat from the body.

Too much vegetable oil has been found to damage blood vessels, also. Why not eat the oil as God gave it, in nuts, sesame seeds, corn, olives, and other foods? Many arguments sound to me like someone saying, "I can drink Coke because Leviticus 'doesn't say it's bad.'" God used E. G. White to clarify, and explain Lev. 11 for our time.

I like to think of the Eden diet, the fruits, grains, nuts and vegetables as the "manna." Eating the "manna" will cleanse the body of cholesterol and fat.

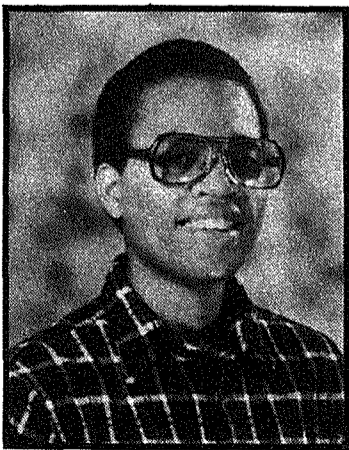
The maker of a tape recorder supplies an owner's manual. Our Creator gave us an owner's manual. Think of how God loves us! He put vi-



Dr. Sang Lee



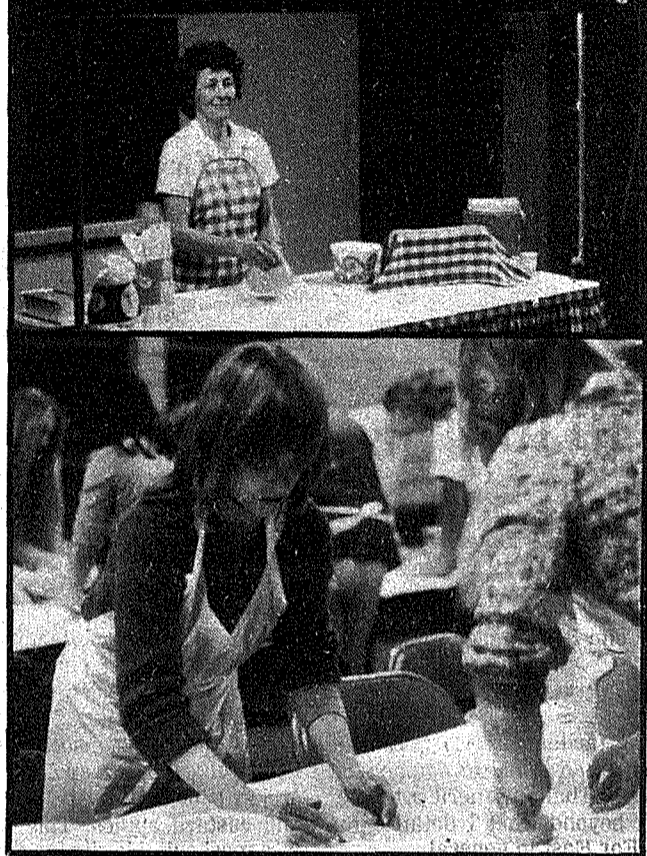
Bonnie Bunds



Lloyd Lyles

Reaching Out...

BREADMAKE



BREADMAKE! One of the newest ways to reach your community. Virginia Wallace, wife of Weimar College Outreach Director Preston Wallace, gives a breadmaking demonstration in the town of Meadow Vista, CA.

Hands-on! Equipped with premeasured bags of flour and other ingredients, participants learn the art of breadmaking. A minimal charge is made for the privilege.

Future SM's Write To You

Dear Readers,

Many of you who read this know how our Father leads and directs in each of our lives, as long as we submit to His guidance.

I am happy to share with all of you that He has opened the doors that I may experience the adventures and lessons of being a student missionary.

In the beginning of my academic life I was intent on going straight through school so that I could serve the Lord after I graduated. Since then He has gently convinced me of the need to serve others now. Not all students are meant to be student missionaries and it has been surprising to watch Him lead in ways that say, "Bonnie, I can use you in the mission field. School will still be here and you will get more out of it when you return."

I have accepted a call to Haiti where I will be teaching music at a junior college, and becoming involved in the local church. I request your prayers. And if you feel impressed to help supply the means for my transportation,

your support would be greatly appreciated. My round trip ticket will cost \$800.

I know God is leading in my life and will continue to as long as I allow Him.

Thank you very much.

Your sister in Christ,
Bonnie Bunds

Dear Readers,

It was during my freshman year of college that I first heard of the Student Missionary program. This involves one year of service overseas in hospitals, schools, agriculture stations, missions or other locations.

The Lord has opened up for me a position to serve in Korea. I will be teaching conversational English to students, businessmen and community members. While meeting their needs and desires to learn English, I will also be involved in meeting their spiritual needs through Bible study classes and evangelistic activities.

The language school will provide for all my financial needs once I am in Korea, and for my

Honduras Team Continues Preparation

Plans are steadily progressing as the Honduras team continues to prepare for a summer of mission work in Honduras. But before they leave in June, much work must be done.

Already the team members have divided into several committees to develop specific areas such as: hydrotherapy, cooking schools, agriculture, and spiritual seminars etc. that will be implemented in the medical, educational, and religious programs there. It involves a lot of team work, yet it's encouraging to note that the team of staff and students alike is enthusiastic and optimistic as each day brings indication of the Lord's direction through funds and letters of encouragement that continue to come in as a sign of the Lord's blessing.

Of course, funds are still needed for transportation, fall quarter scholarships for the students who go, as well as funds for building projects there. With confidence, the group has claimed Philippians 4:19, "But my God shall supply all your need according to His riches in glory by Christ Jesus." We pray for your continued support through your prayers and gifts. If you feel impressed to help, please send your contribution to Weimar Institute, earmarked for the Honduras Mission Project. Thank You!



Members of the Honduras team continue to make plans for the summer venture.

Furlough Memories Part II

By Colin D. Standish, Ph.D

The thrilling experiences that Cheryl and I had in our sixteen days in Thailand merit a full report beyond what I detailed for the Far East in general.

Many of the staff of Bangkok Adventist Hospital, where my brother, Russell, is presently serving as Medical Director, are committed to the establishment of a NEWSTART type center in Thailand. Already, twelve Thais have been guests at Weimar's NEWSTART program and the need is very great in this, the eighteenth most populous country of the world. The appointment to Thailand of Byron and Carol Reynolds, well known physical therapist and head nurse respectively of the NEWSTART program has given added thrust to the establishment of a health program in Thailand.

During our stay, with eleven others we visited a possible site for a health institute some two and a half hours drive north of Bangkok. The property under consideration is in a charming location by a river in which many waterfalls are featured. The property has been developed as a tourist resort and is rich in

flowers, lawns and fruits including pineapple, papayas, coconuts, jack fruit, bananas, custard apples and mangos. Across the river, also available for purchase, is a well cultivated orchard of mangoes, bananas and custard apples. This would be a most suitable site for a small college which is greatly needed in Thailand, for our Adventist youth there have nowhere to study in a Christian school in their homeland. This has seriously hampered the progress of God's work in Thailand.

While in Bangkok, I was able to explain the Weimar program to Dr. Yupa who is a prominent member of the largest party in the Thai parliament. As she viewed the Weimar slides, she became very enthusiastic, and that evening explained our project to her party leader, Prince Kukrit, a former Prime Minister of Thailand. She reported that we would have his enthusiastic support for such a project. I also discovered favorable support from the leadership of the South East Asian Union and from many of the Thai Adventists to whom we spoke, including Mr. Saiyud Tavipatana Apr.-May '81, a recent guest of the NEWSTART program.

Two afternoon sessions with medical, educational and Thai

mission leadership led to the appointment of a subcommittee to prepare draft outlines of the project to present to hospital and mission committees. We must pray for God's divine leading in this faith venture in Thailand.

Cheryl and I were deeply challenged by our trip to the Cambodian border with Elder Terry Aitken of Volunteers International. Volunteers International, a member of A.S.I., was established fairly recently by Robert Bainum of Maryland, to help the needy of the world, physically and spiritually. In the last two years, 1,400 refugees, mainly Cambodians but also some Vietnamese and Laos have been baptized. Yet when Pol Pot began his slaughter in Cambodia, there were probably not more than 10 faithful Cambodian Adventists.

This is a day of tremendous opportunity. Cheryl and I crossed into Cambodia to the beautiful village of Sroc Srang, with 20,000 inhabitants located about two miles from the Vietnamese front line. Here they are pleading for Adventists to send Bibles and English teachers. They are educating teachers, nurses and doctors for the day the Vietnamese leave Cambodia.

We visited two refugee camps in Thailand where hundreds of refugees are studying the Advent message. It is beyond description to explain how these people love the Bible, the Sabbath and, above all, the true God.

Elder Aitken and Volunteers International have been commissioned by the King of Thailand to dig water wells in the dry parts of Thailand close to the Cambodian border. At least three drillers are there now, but they need many others. If any of our readers could volunteer time as well diggers, dentists or Bible/English teachers (you need no teaching experience or foreign language) please write to Elder Jerry Aitken, c/o Bangkok Adventist Hospital, Box 613, Bangkok, Thailand. Please state your name, age, type of help that can be given, experience, when available and for how long. Needs are not confined to Thailand only, but refugee camps in the Philippines, Singapore and Indonesia — all have special needs. The Lord is coming soon. This is the time for laity to arise to the opening providences of God.

Indignant

Continued from page 2

tamins and minerals all over each kernel of rice and wheat. But we scrape them all off, REFINE them. Are we scraping off God's love?

When God brought His people out of Egypt, He taught them a whole new lifestyle, and He told them, "therefore be holy, for I am holy." (Lev. 11:45). Today God is bringing a people out of Babylon. To help us prepare, He sent us a prophet to straighten us out, set us free, help us back to God's plan. As a people, we have been called to explain what happened in 1844, at the end of the 2300 days — the Heavenly sanctuary was cleansed. As in so much of the Bible, this is also symbolic of the cleansing of the earthly sanctuary, or temple — our bodies. God has sent the health message to cleanse our bodies. In the end time, we again need the Garden of Eden diet.

When we eat "manna," we no longer yearn for the "fleshpots." We need to eat God's food for our bodies and fill our minds with God's Word. When we can give up the lusts of the flesh, we will come to Jesus, surrendering totally. That's what faith is, surrendering totally. Then we will be truly born again, with a born-again taste!



WEIMAR INSTITUTE

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called. (2 Tim. 1:9, Eph. 2:9-10)

ADMINISTRATION

Robert L. Fillman President
Dick Winn Secretary
John Siphens Director of Labor

WEIMAR COLLEGE

Colin Standish, Ph.D. 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.

Seminar Guests Share Reaction

“God First — Physically??”

by Rose Shelton
Ceres, Calif.
Bible worker, homemaker —
Central CA Conference

I came to this seminar looking for more effective ways to lift up Jesus to others. I wanted to show them a better way of life, not only spiritually, but physically as well. A message that could pervade every part of their lives.

This program has fulfilled my expectations, met those needs. I like the balance here, total balance in every aspect, every detail. I have a clearer understanding now that God's people will not only commit themselves spiritually, but physically as well. That's what TOTAL COMMITMENT means! Our bodies are temples of our God, and every habit, every appetite must be as fully committed as every thought and desire and ambition.

I love the spirit of dedication, too. We are brothers and sisters together on the altar of service to a wonderfully loving and caring God.



Rose Shelton



Learning new recipes was most enjoyable under the direction of NEWSTART nurse, Gaylene Garner.

“A Mountain-Top Experience”

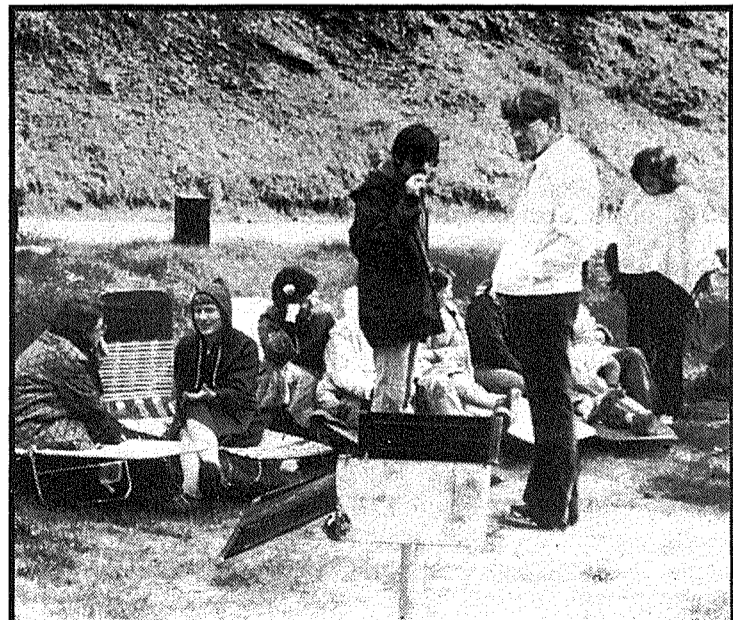
Elder and Mrs. Harold Keehnel
Willows, Calif.
Minister, Northern
California Conference

We came with high expectations. We wanted the latest health information, and hoped to pick up new and better ideas for promoting health evangelism. We also needed inspiration for a renewed commitment to God's lifestyle.

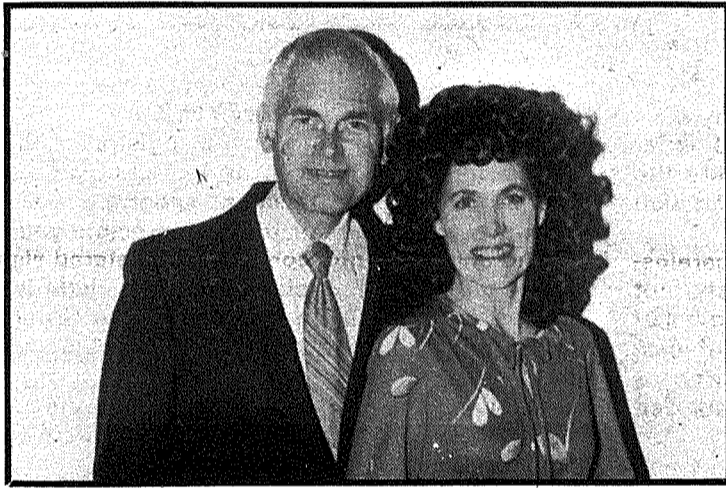
Our expectations have been exceeded in every area. We've not only learned a lot, but we've had a good time and a lot of fun. It's just been incredibly wonderful.

We especially liked the dedication to SDA principles without fanaticism. We like the fact that you are following, in detail, God's way to health, happiness and heaven. We've enjoyed the delicious food, the friendly people, the escape from stress, the excellent lectures, the hikes, picnic, banquet, music, everything.

Physically, it is a rewarding vacation; scientifically, it was an advanced education; and spiritually, it was a mountain-top experience. And you made us each one feel so very special! Thank you for being loving and loveable Christians and giving so much of yourselves.



A NEWSTART program is not complete without a picnic, and the seminar was no exception.



Elder and Mrs. Harold Keehnel

“Love Is Everywhere”

By Mel Christiansen
Turlock, CA
X-ray Technician, Layworker

Most of my relatives and friends are on a dead-end course. Crash diets, new resolutions, positive thinking, nothing really works for very long.

But love is everywhere in this place. It is found in every phase of the program, in every life on this campus. I like the positive attitudes, the perfect faith that things CAN be done when we follow God's plans.

I was skeptical when I arrived. I came only to please my wife. But now I want to be part of this kind of living. I want people to see from my example that with God's help, effective change IS POSSIBLE!

Our bodies are not our own. It is a great mistake to say "What I do with my own body is my business."

If our church people would go back to obeying God's health laws, His eight natural remedies, they could forget their endless diets and costly supplements, lose weight and feel great, too. Now that I've seen for myself, I'm a believer.

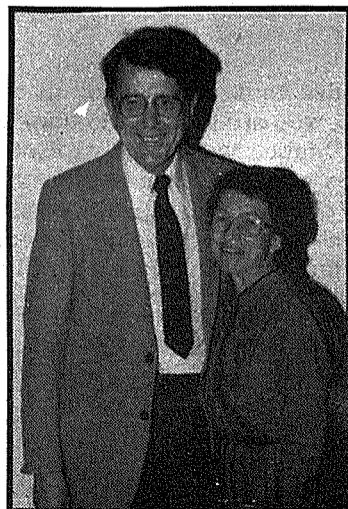
Be happy in your faith at all times. Never stop praying. Be thankful, whatever the circumstances may be. I Thess. 5:16-18 (Phillips)

“Exceeded My Expectations”

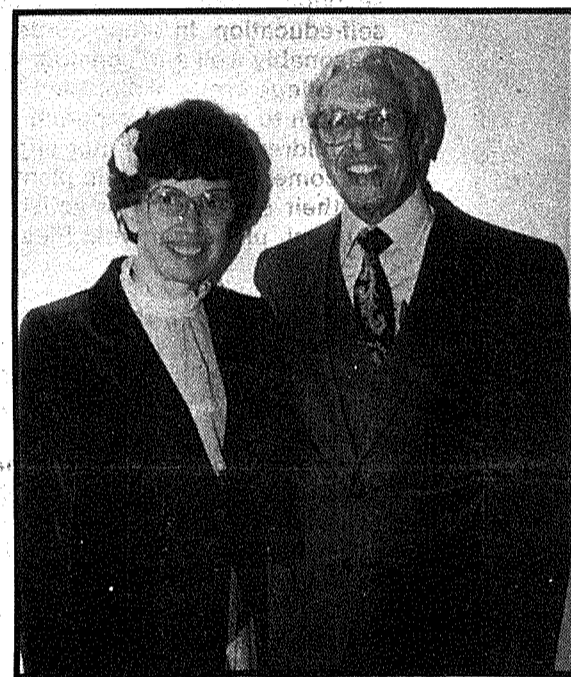
By Cliff Ludington, M.D.
Huntington Beach, CA

Having recently married a Weimar staff member, I felt certain I had learned everything it was possible to know about Weimar Institute. I was wholly supportive, believing the principles fully.

But now that I have "lived-in" the program for 10 days, I want to say that it is even better in reality. I was unprepared for the kindness, love and caring concern of the workers and students to each of us on an individual basis. Gaining knowledge daily in such a warmly spiritual atmosphere was a growing joy, as was the relief and escape from the stressful situations of city life. Exercise in the sunshine and fresh air invigorated and renewed me as well as cleared my mind. Equally rewarding were the relationships among pastors, staff, medical and lay workers, and students, as we exercised, studied and worked together. Any barriers quickly melted, and a fellowship developed that must be a foretaste of the heavenly future.



Mr. and Mrs. Mel Christiansen



Drs. Aileen and Cliff Ludington

I feel that this program should be a requirement, not only for pastors, but for conference personnel, especially the officers who must spend long sedentary hours indoors. Study reveals that it is as much God's will that we be physically healthy as it is that we be spiritually healthy. When we understand and implement God's will for us in these areas, He can bless with both improved well-being and efficiency. I can attest to this from my own experience. In the year and a half that I have implemented these principles in my own life, I have lost 45 pounds, and my health has improved so much that I recently qualified for a decrease in life insurance rates!



Rhonda Potterton, RN

“Most and F



Elder and Mrs. Mel Christiansen

NEWSTART

May 23 — June 6
June 27 — July 10
July 25 — August 7

SUMMER PROGRAMS PROSPECTUS

Special TAKE OUT
Section

Here is your opportunity to become a part of the Weimar family this summer. Just select an interesting program and make it part of your vacation plans. This time will bring you spiritual refreshment, intellectual stimulation, physical activity, and Christian fellowship. Our life here, although simple in many ways, is very rewarding. We'd like to share a few days or weeks of it with you.

WHAT IS WEIMAR INSTITUTE?

Weimar institute exists to serve humanity through education and through physical and spiritual restoration. It consists primarily of a health education and rehabilitation center, a college, and a secondary school. The summer programs are administered by Weimar College. The institution is owned and operated by a foundation of Seventh-day Adventist laity.

Weimar Institute is located on Interstate Highway 80, 45 miles northeast of Sacramento on about 450 acres at 2,250 feet elevation in the Sierra Nevada foothills.

WHO MAY ATTEND?

Weimar College noncredit summer programs are open to youth and adults of any race or religion who agree to abide by the principles of conduct listed below.

For college credit, applicants must also have completed three years of secondary school or they must have had the equivalent life experience self-education. In other words, adults 21 years of age or older who read reasonably well and consider themselves adequately prepared may apply for college credit. Admission to a summer course does not constitute admission to a degree program at Weimar College.

Children and youth not enrolled in one of the summer programs may not come unless specific plans have been made and approved in advance for their supervision or activities. As far as possible, we will help work out such plans with you. Please write or phone.

PRINCIPLES OF CONDUCT

Although each individual is ultimately responsible to God for his or her behavior, certain expectations of lifestyle are necessary to assure the type of environment other program participants need for Christian growth.

Dress: To be chosen in harmony with: balance — neither carelessness nor showiness; appropriateness for the occasion; modesty, not drawing attention to our bodies; self-confidence — the inner beauties of character do not need external adornments; beauty; preservation of masculine and feminine roles.

Recreation: God's gifts such as nature and friends are to be enjoyed instead of sports and artificial games.

Social Relationships: Weimar's summer programs are short and concentrated. While we are certainly in favor of friendship, this is not the time for youth to concentrate attention on one special friend of the opposite sex.

What not to bring: Out of respect to other program participants, we do not permit the use of tobacco, alcohol, drugs, firearms, and such other items offensive to many Christians. Personal radios, tape players and musical instruments are not to play rock music or otherwise to be used in any way that would offend other Christians.

The Sabbath hours: The time between sundown Friday and sundown Saturday is to be held for sacred communion with God and for spiritual fellowship.

Dismissal: Although no trouble is anticipated, the administration of Weimar Institute reserves the right to ask any individual to leave who appears to seriously violate any of these principles of conduct or who appears as a threat to the security and peace of others on the campus.

CASSETTE TAPES

Most of the programs will be recorded. Visit or write to the Tape Ministry office.

WHY WE ASK YOU TO WORK

You may have noticed that active work is a part of all our programs longer than four days. Just in case you are tempted to think we have discovered a source of good "slave" labor, we should explain. We believe that mental development requires good physical health, that the brain functions better with good blood circulation and with the satisfaction of physical accomplishment. We also expect the value of your service to contribute to the needs of the institution. If you have a physical limitation we will assign your responsibility accordingly.

HOW TO GET HERE

Weimar Institute is west of Interstate 80 — on the left coming from Sacramento. From that direction, take the "West Paoli Lane" exit (after "Heather Glen"), cross the overpass, and turn right. From Reno, take the same exit, (after "Weimar Crossroads"), curve around to the right and go straight ahead. We are very close to the exit. Buses on I-80 will stop on request and you can walk from the exit. Or we can arrange to meet you at transportation terminals: Sacramento airport, \$25/trip. Auburn bus terminal, \$8 trip. Colfax bus terminal or train \$6/trip.

TO ENROLL

1. Find the program or programs you want.
2. Be sure you can arrange to come at the indicated time.
3. Read about what we expect of you as a temporary part of the Weimar family.
4. Fill out your application form. Use a separate sheet for each person attending.
5. Send us your application with a check covering the attendance fee, and a room deposit of \$25 per family (unless your lodging fee is waived). Material costs, meal charges, possibly a pick up fee, and the balance of your lodging fee are to be paid when you arrive.
6. We will notify you of your acceptance if we get your request soon enough. If you haven't heard by the time you need to make plans to leave, it would be wise to phone. (916) 637-4111.
7. When you arrive, proceed directly to the registration center in the college building. Directions will be posted at the front gate. The registration center will be open the first day of each program from 1 to 5 p.m. You will pay the balance of your fees, receive your program schedule, pick up meal tickets, get your room assignment, and arrange to see your work supervisor. Preregistration by mail is recommended, but on-site applications are processed as space is available.
8. All programs open with a 7 p.m. meeting.

ATTENDING SINGLE MEETINGS

Visitors may arrange at the registration/information center to attend single meetings. The charge for a single meeting is \$9. The charge for half a day is \$15. Educational programs are more expensive to operate than many people realize. We appreciate your help.

The only meetings open to unregistered visitors are specifically noted in the program descriptions. These include two of the evening meetings during the courses on "History of the Seventh-day Adventist Church" and "Prophetic Guidance and Current Issues." Offerings will be called for.

Meeting time is 7 p.m. June 20 and July 2. Meetings for the two retreats, June 25-27 and July 30-August 1, are also open as long as seating is available.

Program Descriptions

POETRY WORKSHOP ENGL 044

A challenge for veteran verse writers to try some new approaches, and tools to help those who have never tried poem writing to begin. The workshop will include instruction and practice using traditional forms as well as some very new ones. In addition to professional evaluation of your work, opportunity will be given for comments and suggestions from peers. Excellent poems from literature will be examined to learn what makes quality. And please bring some favorites from your own writing to share with the group.

Weimar's natural setting and the schedule of the workshop itself will provide opportunity for walking and composing poetry out in nature. A special sharing time is planned for Friday morning. Each participant will receive a souvenir booklet of poetry produced at the workshop. Bob Bohlman, workshop director.

July 27-30. Attendance and materials fee, \$45. Spouse or family member \$30. Meals and lodging extra.

CHRISTIAN STORY WRITING ENGL. 402, ENGL. 002

This week-long college-level workshop with Bob Bohlman will sharpen your story writing skills while you enjoy the friendship of other Christians with similar ambitions. A fundamental knowledge of grammar is needed.

The workshop will include instruction on such basic elements of story writing as: use of dialogue, creation of the story scene, use of various viewpoints, and development of plot. The writing practice will involve peer critiquing as well as professional evaluation. Your principal assignment will be to prepare a story for publication. We will help you write your story and give you instruction on how to polish it after you return home. Then by correspondence, we will make final suggestions and corrections before you send it to an appropriate editor.

August 16-22. Two quarter-hour college credits, \$135. Non-credit, \$95. Lodging fees are waived by participation in our work program. Meal charges extra. The textbook, "Creative Techniques for Christian Writers," will cost about \$5.

Program Descriptions

(continued)

AGRICULTURE SEMINAR AGRI 071

Basic principles and new ideas for small farm operators and serious gardeners. Topics to be covered are: the living soil, the Chad project, agriculture and your health, spiritual aspects, biodynamics, plant growth and protection, and the country extension service. Also scheduled are laboratory analysis and tree planting demonstrations. Seminar participants will visit the Weimar gardens, orchards, and greenhouses. The program begins with registration at 1 p.m. Sunday and ends Tuesday noon after a panel responds to written questions.

The regular program fee includes a laboratory analysis and personal interpretation of a soil sample you bring. To make your soil sample select about four garden sites of normal areas (not special problem areas), and from each use a trowl to take a verticle slice of the soil about one inch thick and six inches deep. Mix these samples well and bring one pint to be tested. Program Director: Fred Riley, PhD; Guest lecturers: Ralph Wood, "Sandy" Beddoe, Wesley Taylor, Mel Horning, Merritt Horning, M.D., Mr. Vander Camp, and Robert Fillman.

June 13-15. Full program fee, \$45. Soil analyses alone (may be mailed) \$25. Program attendance without soil analysis, \$35. Modest meal and lodging fees extra.

HEALTHFUL COOKING CMSV 051

For everyone who wants to learn practical ways to make healthful food appealing. Some people have concluded that the best rule for food selection is, "If it tastes good, it probably isn't good for you." Program director Joy Leer and her associate Phyllis Sanders don't believe that. Their program includes nutrition lectures, cooking demonstrations, hands-on practice, spiritual fellowship, and physical exercise. Food areas to be covered include desserts without refined sugar, breakfasts, breads and oil-less spreads, fruits and vegetables, entrees and sauces. Planning balanced menus, calorie counting, and fractionated (or refined) foods will also be discussed.

June 16-20. Registration 1-5 p.m. June 16. Attendance fee \$65 including laboratory materials and recipe handouts. See "financial information" for lodging and meal charges.

PROPHETIC GUIDANCE AND CURRENT ISSUES RELT 225, RELT 025

From its earliest days the Seventh-day Adventist church has held Ellen G. White to be inspired in the same manner, and to the same degree, as the prophets of Biblical times. During this course the instructor and the student will undertake, jointly, a mutual exploration of how and why this claim has been advanced, noting the evidence adduced. In particular, we will seek:

1. To develop a viable theory of inspiration-revelation.
2. To examine the question of inerrancy and infallibility as it relates to the work of the prophets, ancient and modern.
3. To study the proper relationship between Mrs. White's writings and the sacred canon of Scripture.
4. To develop an adequate method for the interpretation of Mrs. White's writings in our own time and culture.
5. To examine and attempt to evaluate the claims of "revisionist" historians with regard to Ellen White and her eschatological views.
6. To examine prevailing attitudes toward the life and work of Mrs. White exhibited by certain contemporary non-Seventh-day Adventists in the world of science, education, and religion.
7. To determine the implications and to draw conclusions regarding the responsibility of the members of the Seventh-day Adventist Church, in view of the exercise of the prophetic gift in its midst.

This opportunity for in-depth study will give you a solid base with people, and for relating to current issues concerning the prophetic gift. Dr. Roger Coon, White Estate Associate Secretary and former professor of religion at P.U.C., is the instructor.

June 20-25, 2 quarter-hour credits, \$135. Non-credit fee, \$50. (For combined registration in both this course and History of the Seventh-day Adventist Church, the credit fee is \$250 and the non-credit fee is \$95). Course materials will cost from \$12 to \$18. The first class meeting at 7 p.m. June 20 will be in the Auburn SDA church. It is open for anyone to attend. The other sessions will be here at Weimar.

PRINCIPLES OF STRESS-FREE LIVING PSYC 114, PSYC 014

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.

Come and explore a fresh new outlook on life. Colin Standish, Ph.D., Dean of Weimar College, plus other Weimar staff members in charge of the daily devotional periods.

August 29-September 5. 2 quarter-hour credits, \$135. Non-credit, \$80. Textbook, about \$12. Modest meal charges, but no charge for multiple-occupancy lodging.

HISTORY OF THE SEVENTH-DAY ADVENTIST CHURCH RELT 226, RELT 026

A course planned (1) to recall God's dealings with His people during the past century and a half, (2) to see God's development of a "Movement of destiny" to proclaim the three angels' messages of Revelation 14, (3) to stimulate the modern observer to action as part of the final religious movement of all time, and (4) to comprehend the significance of what is involved in standing staunchly for the revealed truth of God in these last days of earth's history.

History is traced from the setting of the Great Advent Movement, on through the development of the distinctive doctrines and purposes of the Seventh-day Adventist Church, to the background of the righteousness-by-faith issue. The July 2, Friday evening meeting (not covered on the final test Friday afternoon) will relate to the "alpha and omega of apostasy." Visitors are invited to attend this meeting in the Auburn SDA church at 7 p.m. Carl Anderson, Ph.D., instructor.

June 27-July 2, 2 quarter-hour credits, \$135. Noncredit, \$50. Multiple-occupancy lodging fees are waived. See "financial information."

HOME SCHOOL SEMINAR EDUC 061

A program for parents who would like to teach their children at home or already are. Seminar speakers will cover these topics: the reasons and purpose for home school, implications of early childhood developmental research, activities for preschoolers, setting up a home school, consistency and balance in the learning program, teaching for spiritual values, strategies for teaching reading and language arts, strategies for math and science, teaching usefulness-work education. Small group discussions, panel interaction, and question and answer times are also part of the program. Special activities are planned for children under 14.

Program director: Betty Gerbozy, M.A. Lecturers: Raymond and Dorothy Moore, authors of *Home Grown Kids*, *Better Late than Early*, etc; Dick Winn, Chaplain of Weimar Institute and Bible textbooks author; Ted Wade, author of *School at Home*; and others.

July 4-7 and July 11-14, two equivalent sessions. Attendance fee for one person \$80, for the second parent \$50, for each child \$40, family maximum (including all children under 14) \$190. Modest additional charges for meals and lodging.

BALANCE IN CHRISTIAN EDUCATION EDAD 689, EDAD 089

This two-week seminar is designed to provide an in-depth study into the rationale, characteristics, and implementation methods of balanced Christian education. The principles of educating the whole person, spiritually, mentally, physically, and socially are a major focus of the course. Models will be explored that apply these principles in structuring balanced education programs in various places. Each participant will prepare a personal handbook of principles and implementation ideas to serve as a guide to facilitate the establishment or improvement of a balanced Christian education program in his or her specific locality.

Among the topics addressed will be: The Biblical and Spirit of Prophecy basis for balanced Christian education, building a curriculum, educating the constituency, and methods of evaluation. The primary learning modes are to be lectures, guest presentations, group discussion, individual study, and practical work experience.

The principal course instructors are Paul Robberson, of the Hewitt Research Foundation, and Dale Martin, Director of Work Education here at Weimar College. Lecturers are also to include Colin Standish, Dennis Blum, John Sipkens, Betty Gerbozy, and Fred Riley of Weimar College. Guest speakers will be Raymond Moore, and Harold Lance.

July 11-31, 4 undergraduate credits, \$260; noncredit \$235. Meal and ordinary lodging fees are waived. See "financial information."

WORK BEE

A week-long combined workbee and lecture series. We are seeking individuals who would be willing to give a week of their time to assist us in our agriculture, construction, grounds, and maintenance departments, as well as other important jobs at the Institute. Along with your meals and lodging, we will be providing a series of talks and discussion time designed to help you understand the Weimar health program. You will hear first hand the success story of our Newstart team and what makes the program work. You will learn the eight basic health principles as given to us by our Lord. Several speakers from different areas of the Institute's health and education departments will show you how to improve your own health and lifestyle. You will enjoy meals, fixed in our cafeteria according to the principles of proper nutrition.

Please suggest on the application form the types of work you like to do. Come and enjoy a week of Christian fellowship and activity in a mountain setting of clean air and beautiful nature at Weimar Institute. Bob Rusche, Program Director.

September 6-12. Registration fee \$10. (No attendance fee). Meal charges and multiple-occupancy lodging fee waived.

A WEEK FOR THE LIFE OF YOUR FAMILY SOCI 003

For a period of one week, families will first learn about, then enter into, rich and fulfilling patterns of relationships. Themes to be covered will include: family worship, discipline, parent-child communication, finding joy in working together, family witnessing, raising secure children, family problem-solving, and leading your children to Christ. The format intends that both parents and children will attend this session together, and practice the concepts they are learning.

Key presentations will be made by Dick Winn, Chaplain of Weimar Institute, and Stuart Tyner, editor of *Body Wise*, a health journal for children, published by Concerned Communications. The seminar is targeted for families with children in the age range of 5 to 18.

August 8-15. Attendance fee \$80 per person or a maximum of \$220 for a family including children of ages 5-18. Multiple occupancy lodging, no charge. Meals are charged.

PRINCIPLES OF THE "NEWSTART" HEALTH PROGRAM PEAC 052

The eight "secrets" of better health are really information we want everyone to know. Even many sincere vegetarians who don't drink or smoke are dying prematurely from lifestyle degenerative diseases! This isn't necessary, and it's not God's plan.

Although we can't squeeze everything from our 25-day program into one week, you will learn some of the more important health principles. The seminar is more informational than clinical. It 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 health education for sharing with church or community groups at home. Dennis Blum, D. H. Sc. and associates.

August 1-8. Instructional program, \$110. Spouse \$85. Limited clinical testing and health evaluation available at additional cost. No charge for your dormitory room with one or more other persons. Meals are charged as indicated.

WEIGHT CONTROL SEMINAR PEAC 021

Most people who battle with the weight problem either experience intermittent success and failure with a zero net result, or they just give up and plan to die young. Dr. John Goley and those working in his teaching team believe that victory over obesity involves a lot more than magic diets and pep talks. During your brief stay at Weimar, they will help you by dependence on God to get a grip on the controls of your own ship and leave you with chart and compass. You will receive intelligent direction for rebuilding your health, and for becoming happy with your relationship to God and to people around you.

A personal health evaluation for each participant includes basic blood tests, a body composition test, blood pressure checks, and a nutritional analysis.

July 7-11. Program fee (includes attendance and health evaluation), \$95. Spouse, \$85. Meals and lodging extra.

MATH CLINIC MATH 002

Have you ever said, "Don't ask me. I'm no good at math," or "I don't have a math brain," or "Math makes me nervous," or "I have a mental block when it comes to math"? If you often feel this way and are 16 or older, this program is for you.

Many — perhaps most — of those people in our society who are unable to handle numbers with confidence have at one point in their past failed to grasp a particular concept, or building block, of the mathematics structure. Without that understanding further concepts made no sense, and fears, frustrations and anxieties then led to the conclusion that math was beyond their grasp. This conclusion, we believe is not justified for the vast majority of people with normal capabilities in other areas.

Our objectives are to help you overcome anxiety, to find the point at which real understanding ceased, and to give you a "NEWSTART" toward developing useful math skills.

The program will include an hour each day for spiritual talks and discussion, math lectures, individualized counseling, lab time, involvement in the Weimar work program, and recreation. The course instructors are Monroe Morford, Ed.S., and his father Alfred Morford, M.A., who are both unusually good at helping ordinary people understand mathematics.

July 18-30. Attendance and testing fee, \$195. Materials cost about \$15. Meal charges are shown in the financial information section. Multiple occupancy lodging fees are waived. Academy and college age youth will reside in the student dormitories and will be subject to normal regulations. See the general description for the program, "Practical Arts for Christian Youth."

CARDIOPULMONARY RESUSCITATION, TECHNIQUES AND CONSIDERATIONS PEAC 072

The Red Cross certificate training program for basic life support plus information on prevention. You will learn how to sustain life by becoming heart and lungs for a person in an emergency situation until natural pulse and respiration resume. Also, the Weimar medical staff will introduce you to basic concepts in reducing the risk of heart failure, and a local emergency team will discuss their work.

To receive your certificate you will pass a written test based on a brief instructional book covering these topics: mouth-to-mouth breathing, one and two-rescuer CPR, conscious and unconscious choking victims, respiratory emergencies, and CPR for babies and children; and you will demonstrate with a manikin the manual life support techniques.

Because the major killers may so often be stopped before they start, a special lecture by staff physicians will deal with the connection between the lifestyle diseases and medical emergencies. A question and answer period will then close the seminar. Jeff McSherry, program director.

July 25-27. Attendance fee, \$40. Spouse attendance, \$30. Text-book, approximately \$7. Meals and lodging extra.

SUMMER PROGRAMS APPLICATION FORM Weimar College, Box A, Weimar, CA 95736 (916) 637-4111

Note: A separate application is needed for each individual. If not enough forms are available, you may ask for more or give the information on plain paper. (Another form is printed on the back page.)

Name _____
(last name first)

Address _____
Zip _____

Date _____ Sex _____ Phone () _____

Marital status _____ Age (or age range) _____

Last year of schooling completed _____

Program requested _____ No. _____

Additional program (if you plan to attend more than one) _____

If the program you wish to attend is available for college credit, are you requesting college credit for it? _____

Church or religious affiliation: _____

Names and relationships of persons coming with you: _____

Which, if any, of these are children?

(See the note on "who may attend.")

On what date do you expect to arrive? _____

How do you plan to travel to Weimar? by train, by private vehicle, by air, by bus, Other _____

If you need to be picked up, when and where? (You may send this information later if you don't yet know.)

Type of lodging requested? _____

Attendance fee \$ _____

Room deposit (\$25 per family unless waived) _____

Late registration (\$10) _____

Total (initial fees) _____

Comments or additional information needed for specific programs:

Agreement: I have read the statement in the prospectus about the conduct of those attending programs at Weimar and agree to abide by it.

(Signature of applicant)

(Signature of person responsible if applicant is under 18)

PRACTICAL ARTS FOR CHRISTIAN YOUTH

061

Christian youth of secondary-school age or older are invited to enjoy a busy week of Bible study, manual skills development, active work, and Christian fellowship. The experience is designed to be more practical than summer camp and less pressured than ordinary school. After the morning Scripture study and discussion, participants will be scheduled for small-group training in a specific skill area and for work in one of the Weimar departments. As far as possible, work will be assigned related to the skills study area. (See the topic in this prospectus, "Why we ask you to work."): On your application form indicate first, second, and third choices of skills areas. All areas are open to both boys and girls with adequate background and interest.

The following skills areas are being considered. More information is to appear in a later issue of this BULLETIN.

Driver training, sewing, Minor auto maintenance, Gardening for fun and profit, Amateur radio fundamentals, Child care, Office skills, Cooking, Food preservation, Electricity, Ceramics, Buying a used car, Cabinet shop, Carpentry, Interior decorating.

We expect only people to apply for the practical arts programs who hold spiritual values above all others and who enjoy Bible study. To put it another way, if your attention tends to focus on one person of the opposite sex who may also be here and you often find yourself in his/her company, or if you feel restricted by the requirement to be where you belong especially in the evenings, or if you enjoy attention-getting dress (open neck, tight fits, ragged clothes, etc.), you won't fit in well here. On your application please give us name, address, and phone number of a teacher or other adult who knows you well whom we may contact as a reference. **August 23-29. \$135 for 2½ semester units secondary school credit. \$95, noncredit. Additional special costs for materials, tools, etc. vary with particular skills areas chosen. Meals are charged, but lodging fees are waived. Certificates are awarded to those who successfully complete the course.**

SURVEY OF WORLD HISTORY**HIST 214, HIST 014**

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. Dr. Carl Anderson, course instructor, takes a totally different approach to the study of history. He presents it from the perspective of the great controversy. Mainly for people employed at Weimar Institute, or people who want to drive in from

FINANCIAL INFORMATION

Attendance fees: Listed with each program.

Study materials: Estimates are shown with program descriptions.

Late registration: For fees received less than one week before the beginning of the program and for on-site registration, an additional fee of \$10 is charged.

Meal charges: Breakfast, \$2.50; dinner, \$3.00; supper, \$2.00.

Tickets are sold in advance for Saturday meals. Tickets are also available for other meals. Unused tickets will be refunded.

Lodging: We expect to be able to accommodate most of those who attend programs. Facilities, however, are limited, so please send your application as soon as possible. Motel lodging is also available in the area.

Rooms do not generally have private baths, and unless arranged for, do not include linens. 3-day programs require 2 nights, 4-day programs require 3 nights, etc.

Dorm room, single occupancy*	\$9/night
Double occupancy, per person	6/night
Each additional person in a room	4/night
Private room with bath, for 2 or 3 persons	28/night
Linens, optional, per person	\$5/change
Recreational vehicle parking (sewer and water hookups not available)	
with electricity hookup	\$4/night
without electricity	\$2/night

Waiver of lodging or meals fees: During week-long programs 12 hours of suitable physical labor are required. 24 hours are required for the two-week math clinic. For all programs with scheduled physical work, lodging in shared rooms is not charged. For the Balance In Christian Education program, work hours are required and neither meals nor ordinary lodging is charged.

Pick up from public transportation: We can arrange to meet you at public transportation terminals. See the section in this prospectus entitled, "Traveling to Weimar."

Payment: As indicated on the application form, advance payment is required for the attendance fee, the late registration fee (if applicable), and a \$25 room deposit. However, we can bill church organizations if we have a letter from your treasurer with your application.

*If you are alone but would prefer to share a room, let us know. We will look for a roommate for you.

SPECIAL "STANDBY" RATES

We realize that some who would like to come may be experiencing particular financial difficulties. If you have recently had a job layoff, unusual medical or educational expenses, or a similar financial problem, and you would like to attend a program, we may be able to help with the attendance fees. Here is what you do:

1. Fill out your application form.
2. Add an explanation of your situation.
3. Write your check for 50% of the attendance fee that would otherwise apply.
4. Indicate an alternate program, if you would be interested in it in case your preferred program is full.
5. Send us your application. Late fees do not apply to standby.

the community.

June 21-Aug. 10. One hour each day (very early in the morning) 4 quarter-hour credits, \$260. Noncredit, \$95. Textbook, \$12.

PREPARING FOR ETERNITY RETREAT

God's plan for restoring His image in us is education in the truest sense. Anything Satan can do to thwart the fulfillment of this plan in the life of an individual means eternal and final separation from our Creator. Looking back to see how God has led in the past inspires hope and confidence in the way He has marked out for the future. During this weekend retreat with Lewis Walton, (author of the book *Omega*) and Colin Standish you will learn more clearly what this plan of education for eternity means to you today, and how Satan is currently attacking it. The messages are entitled: "Ellen White and current issues — a lawyer's view," "Education and reformation," "Lessons from yesterday," "Yesterday and tomorrow — issues now facing Adventism,* (A question and answer period follows the message)," "Education and redemption," "Education, a divine model."

Meetings indicated with asterisks (*) will be held in the Auburn SDA church Sabbath morning and afternoon. Anyone is also welcome to attend the meetings on the Weimar campus as long as space is available. We encourage you to register as a retreat guest whether you are lodging at Weimar or not. Seating will be reserved for you in our chapel.

July 30-August 1. Registration, \$10. Lodging and meals extra. Meal tickets may be purchased in advance.

OLD LANDMARKS RETREAT

The fundamental understandings of Scripture which God providentially revealed to the founders of the Seventh-day Adventist Church will stand out in clarity and beauty as you re-examine them with Colin Standish this weekend. Topics include: the breadth of the gospel, the nature of Christ, God's five judgements, Christ's sanctuary ministry, our God is able, and the Sabbath and sanctification.

Bring your Bibles and favorite Ellen White books.

The Sabbath morning meeting will be part of the worship service at the Grass Valley SDA church. Anyone is also welcome to attend the other meetings which will be held on the Weimar campus, as long as space is available. We encourage you to register as a retreat guest whether you are lodging at Weimar or not. Seating will be reserved for you in our chapel.

July 25-27. Registration fee, \$10. Study manual, *Adventism Vindicated*. \$2.50. Lodging extra. Meal tickets available.

Here is how we will handle your request.

1. If spaces are available in your requested or alternate program 2 to 7 days before it starts, we will approve your admission and telephone you. If we know 10 days in advance we will write.

2. If you don't come, we will hold \$5 of the total payment for you and your family to cover our direct expenses. We will return the rest.

3. If we expect a large enrollment, we will phone (or if in ample time, we will write) to tell you we are sorry. We must still retain \$5 to cover our direct expenses in notifying you.

4. If you are accepted and do come, we will ask you to pay your other fees at the regular rate when you check in. (Other fees would include everything except the attendance fee. Remember that regular lodging fees are waived anyway for week-long programs.) In case you come to your alternate program, the 50% fee will be adjusted by refund or additional charge at registration when you arrive.

In brief, the standby program is to allow people to fill spaces that would otherwise be vacant. We are obliged to take first those that are able by their attendance fees to help support the expense of operating our institution. Even though Weimar staff members serve with very minimal salaries, or with no salary, expenses are expected to exceed what we can ask for summer fees. Generous gifts make up the difference. Our purpose is not making money but helping people, so if you really can't afford the regular rates, we want to see you anyway.

REFUND POLICY

We recognize that even the most careful plans do sometimes need to be changed. This policy statement tells you what to expect if you need to leave a program early or are unable to come. Any questions should be addressed to the business manager. The amount returned depends on how much we have already invested in preparation for you and in the expectation we have that someone else might be able to take your place. Here are the conditions for receiving refunds of various portions:

Attendance fees:

Cancellation at any time prior to two weeks before the program begins: Full refund.

Cancellation within the two-week period prior to the beginning of the program: A registration fee of \$10 or 10% (whichever is less) will be withheld.

Cancellation during the first day of the program: A registration and preparation fee of 50% or \$50 whichever is less) is withheld.

Cancellation after the first day: No reimbursement.

Late fee: Not refundable.

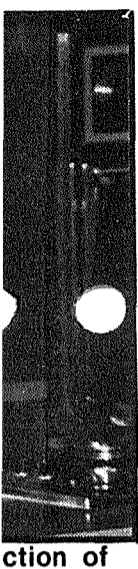
Lodging

A full refund is allowed to those who have not arrived and who notify us before 5 p.m. of the night in question.

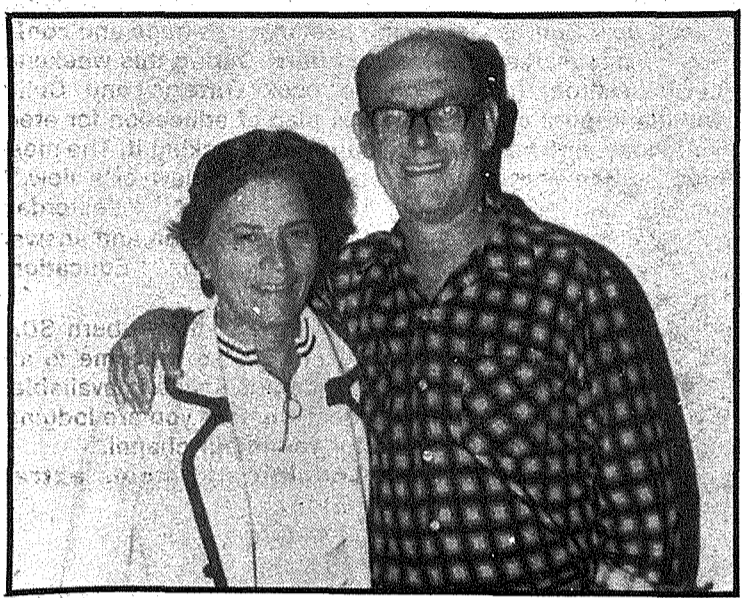
Materials fees:

A full refund* is granted for materials not received by the student. Materials are generally paid for at registration, and purchased in the Weimar (campus store).

Reactions to NEWSTART Program



tion of



Mr. and Mrs. Louis Rosenthal

“I Was Not Disappointed...”

by Louis Rosenthal
Norwalk, California
Businessman, layworker

I'm Jewish, and the health aspects of your program particularly appealed to me. I had studied into Mr. Pritiken's program in Santa Monica, and came to Weimar expecting a highly improved modification. In this I was not disappointed.

I especially enjoyed studying the effects of our habits of life on our physical bodies. Yet even more important, I now realize, is the balance of everything as we came to understand it here, the balance of the physical, mental, emotional and the spiritual. That was the predominant message of the NEWSTART program.

Some areas were more interesting than others, but don't delete any of it. It's all important. I sincerely feel that I will not only live longer, but will feel better and increase my capacity for service, from what I have learned here.

Most Biblical and Practical”



Mr. and Mrs. Edward Kungel

by Elder Edward Kungel
Parachute, CO
Minister, Colorado Conference

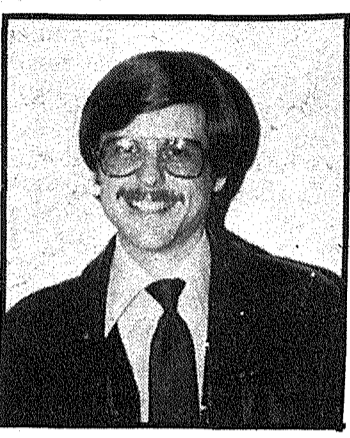
I thought I was doing a better health job than most people. Then came my heart attack. I should have come here a long time ago.

The Adventist churches and the world need what you have here, need it and want it. There is no fanaticism to this program. It is more Biblical and practical than can be comprehended. And the thing I like best is that it works! I can see that in the lives of the people around me, the students, the faculty, the staff, even the children. It is not put on. It is for real.

I know it's going to be hard to change, after years of potlucks and poor eating and exercise habits. But my wife needs to lose weight also, so we are in this together, and we're determined with God's help to succeed.

I now have a much better concept of medical missionary work. My wife is planning to start cooking classes, and to begin study groups of women to encourage each other in improving their lifestyles, their Bible study habits and their home relationships. We are anxious to share all these good things with those at home.

“I Wasn't Sick When I Came...”



Bob Sperazza

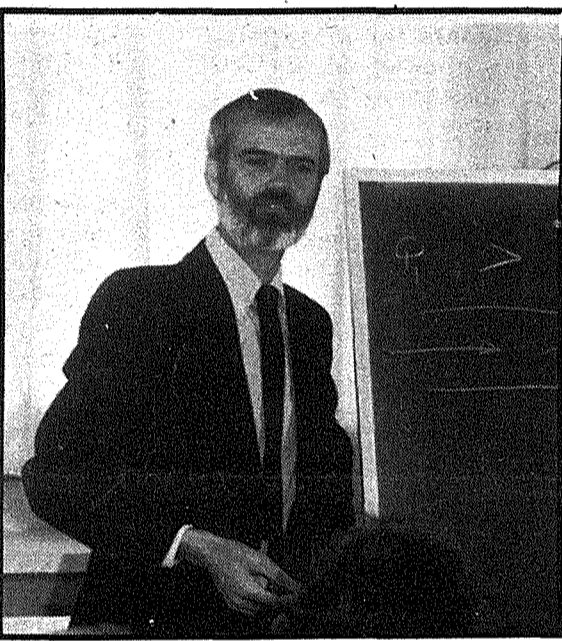
by Bob Sperazza
Loma Linda University
Junior Medical Student

I wasn't sure of what I would find when I got here. I wasn't sick, so I wasn't expecting to get well. I was open to learn, but like most students, I was critical. I was particularly attuned to even the smallest hint of fanaticism, or to the misuse of scientific data.

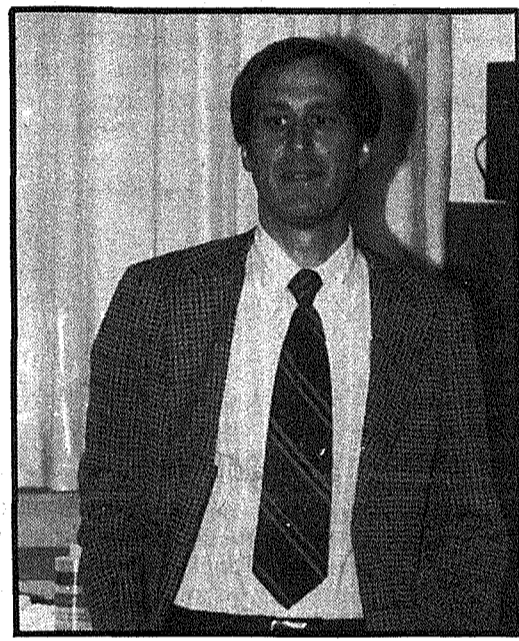
After 10 days I can honestly say I LIKE the basic concept. The diet and life-style that NEWSTART stands for are good medicine. The concepts may seem radical, but they work.

Further, this is the first time I have seen a sincere and successful effort to apply sound medicine and Biblical principles to society's medical needs, while carefully avoiding fanaticism.

But you still have needs. You need a good syllabus for your lectures. You need to experiment further with healthful herbal seasonings to enhance the food flavors. And you need an inner city work to feed the NEWSTART program. God bless you as you work toward these goals.



NEWSTART Medical Director, Henri Wiebe, MD, MPH



NEWSTART Program Administrator, Vernon Putz, RPT

“The Answer to My Prayers”

by Irene Powell
Norwalk, Calif.
Layworker, homemaker

I came to Weimar hoping to find help for my weight problem. Instead, I found a whole new life-style! I thank God for answering my prayers in a far better and more complete way than I had ever imagined possible!

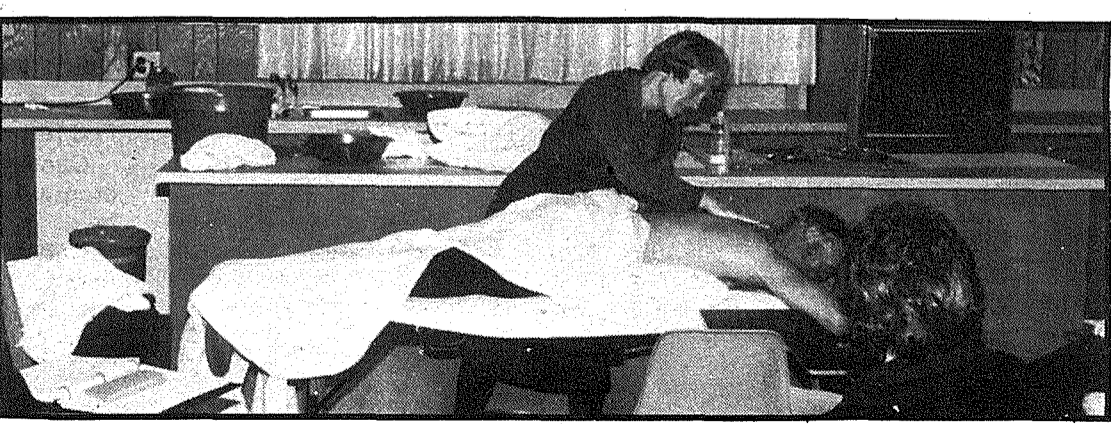
The medical lectures helped me to understand WHY fats are so harmful. And WHY too much, or too concentrated protein is unhealthy. I also learned why sugar weakens body resistance and contributes to some types of hypoglycemia. And I also understand how my attitudes and my emotions can affect my physical health.

But best of all, I appreciated the loving, caring, dedicated staff. I felt very special, very loved, very important to God.

After personally experiencing this kind of living for 10 days, I have a better understanding of Ellen White's writings on appetite and the SDA health message. I have a renewed appreciation of the importance of cooking schools. I can't wait to get back to my own church and share this experience with others.



Irene Powell



Pam Bright, RPT, demonstrates hydrotherapy techniques to seminar guests.

NEWSTART Schedule

- June 17
- July 22
- August 19

And More...

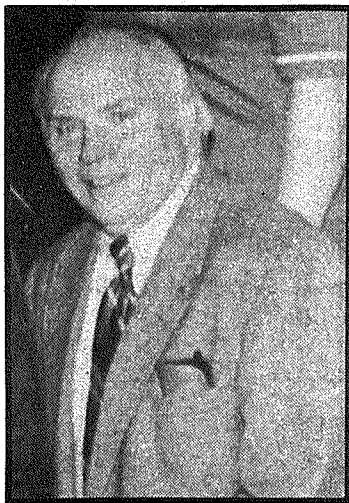
"It's The Love I See Here..."

by Dr. Howard Ferguson
Sandy Cove, OR

I came late, in fact I missed nearly half of the program. But it is the love I see demonstrated here that has won my heart. Already I feel a closer relationship to Christ. That, in itself has been worth the trip.

But I've found so much more! This is a new way of life for me, and I might add, a much better way to health than I have found before. It's well organized and well-balanced. I have lost 9 lbs. so far, too.

If I had my way, I'd like to see every SDA physician and each conference worker experience this program. Next should come the pastors, Bible workers, and paramedical personnel. If this could happen, we would see a revival, a unity and strength and motivation akin to apostolic days.



Dr. Howard Ferguson



Elder and Mrs. I. B. Burton

"Dear God, I Quit, I Give Up..."

By Diane Roberts
Norwalk, California
Church Secretary and Bakery Volunteer



Diane Roberts

It was August of 1980. We had heard a stirring sermon on "The Closing Door of the Ark." We had been comfortable Adventist Christians for many years. But we began to realize that ours was a very work-oriented, pick and choose kind of religion. My husband, Weldon, recommitted his life first.

The battle kept raging within me. I spent much time in study and prayer. About two weeks later, I couldn't stand it anymore. I told God, "I quit...I give up...I'll be yours...I'll do what YOU want me to do!"

Our young pastor and his wife introduced us to a Weimar-type diet. A group of us began meeting for 5 a.m. prayer bands, as we sought strength and direction in our new lifestyle. The following month we put on a cooking school for our church.

Then we prayed, "Lord, what shall we do next?" One of our group felt impressed to start a bakery. Without telling anyone, she prayed that if it were God's will, her friend would be similarly impressed. The next day her friend said, "Why don't we start a bakery?"

The following year brought many providences as we were able to obtain land one block from our church, which not only had a building suitable for a bakery in it, but a house next door for a "caretaker" to live in. Weldon and I moved in and became the caretakers.

The Lord opened the way for us to attend this NEWSTART Seminar. I came to find out more about this place, and why you have taken such a strong position on the oil question. Finding out the real reasons behind the concepts has been motivating and enlightening to me. I already have lost 45 lbs. on this type of diet, and I have about 40 more to go. I know this is the right way to

live. I have really enjoyed the walks on the trails in the fresh air and sunshine. I like the challenge of the whole program. I came to learn, and I have truly been fed.

I feel that every SDA would benefit from this 10-day course. I would like to see it supported and promoted by our conferences.

Future SM's

Continued from page 2

return flight home. All they require of me is to provide for my own plane ticket there. The cost of the ticket will be between \$700 and \$900. If after prayer and thought the Lord impresses you to help me in this endeavor, I would be very grateful.

As we stand on the banks of eternity, let us remember the Lord's healing message to be voiced to all the earth, "Look unto Me, and be ye saved...for I am God, and there is none else." Isa. 45:22.

Thank you for your prayers and support.

Sincerely,
Lloyd Lyles

If you would like to help Bonnie and Lloyd with expenses for their year of service, make your check payable to Weimar Institute and mark it "Student Missionary Fund."



Viola Brooks, MPH

"I Was Full of Questions?"

By Viola Brooks, MPH
Fullerton, CA
Bible Worker

The name Weimar came to my attention about the time I received my Master's degree in public health from Loma Linda University. In recent months their Bulletin started arriving at my home.

When a program was offered for S.D.A. ministers and workers it seemed to be a good time to get some questions answered. What type of place is Weimar? Is their facility one I could recommend? Do they have information that would aid me in my ministry of helping people who are hurting not only spiritually, but physically and emotionally?

In the past few days these questions have all been answered. What is Weimar like? It is a happy, busy, yet peaceful place with not only people coming from near and far to get a "NEWSTART" with their physical problems, but also a group in training of vibrant, enthusiastic college and academy students. It is a staff of loving, caring, completely dedicated individuals.

The answer to the question of recommending Weimar is a resounding "YES." Scientific credibility for health information is a point emphasized at Loma Linda University. It was a delight to

"Knowing Why — Motivates Me."

by Rachel Burton, R.N.
Tehachapi, Calif.
Minister's wife,
Southern CA Conference

My parents were Christians and most of my life I have followed the health message, as I understood it.

Some time ago someone loaned us a set of Weimar tapes. What we heard made sense. We determined to step into an even stricter observance of the diet and health principles than we had before.

That was three years ago. I'd like to list some of the rewards we have noted and enjoyed.

1. My husband, who has been asthmatic from childhood, is now free of the disease.
2. He's also had a life-long al-

lergy to onions. Now we use them freely in our vegetable dishes.

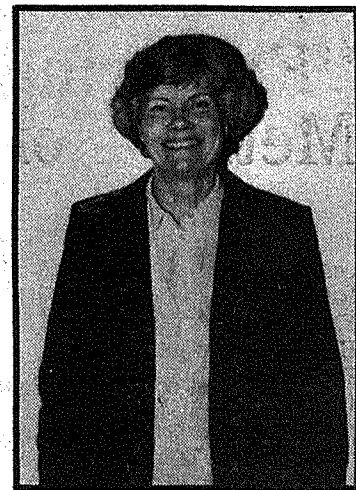
3. All body odors have practically disappeared.
4. We have each lost 30 pounds.
5. The plaque on our teeth is gone.
6. Our hair is less greasy.
7. Much less "ring around the collar".
8. Our arthritis is much improved.

I have appreciated this last 10 days. I never dreamed we would get so much instruction. Now I understand why we adopt this lifestyle. Knowing why, motivates me to continue the program.

This institution has developed beyond our fondest dreams. Being here has been like a little bit of heaven.

find the same concept from the group of competent health professionals at Weimar. Classes and practical counsel given are in easy to understand language backed by reputable authorities in the areas of medical and health education.

To anyone having health problems my counsel would be — call or write to Weimar to see if they might be able to give you aid that would mean a "NEWSTART" for you. To those of you who are in good health but are in professions where your goal is to help people spiritually or physically, do give serious consideration to going through a program at Weimar so you can fulfill in even a greater way your calling.



Virginia Heffner, RN

"Everything Here Is First Class"

by Virginia Heffner, R.N.
Modesto, Calif.

This has been like a glorified camp-meeting! Everything, from the cooking schools, medical lectures, and spiritual refreshment, to the treatments, comfortable rooms and wonderful food has been first class. I especially like the warm Christian fellowship, with each other, the Institute leaders, the students, and the dedicated professional workers. For me, it has been a sample, a foretaste of the loving Christian fellowship we will enjoy soon in the new earth.

I heard about this program through my enthusiastic pastor, Elder Frank Munsey, who was here last summer. I am thrilled to be able to experience it, and to fulfill continuing education credits at the same time. I can truly say I have learned a better way of life, and will be a better person for the experience.

“A Call Back To The Old Landmarks”

by Elder George Lawrence
Rialto, Calif.

Weimar's NEWSTART program should be thoroughly brought to the notice of the ministry. It is exceedingly worthwhile, and is a call back to the old landmarks. You are "repairers of the breach" in the best sense, bringing us back to the health principles we were given so long ago.

To see and experience the concept of the wholeness of man being put into practice has given me a greater understanding of the mission of the church with regard to health principles, and how these relate to the gospel. I have new insight into the relation of the physical to the spiritual, and find renewed joy in following the Bible and Spirit of Prophecy more fully in my life. The natural foods diet, prepared in such attractive and appetizing ways has been the acme of the seminar.

Not only have I been revitalized, but I have already noted improvement in my physical problems. And I have grown spiritually. The whole atmosphere is highly spiritual, caring and loving. There is a strong sense of brotherhood.

I appreciate the thorough physical examination, the love, the kindness and emotional support, and the valuable instruction given. May many more "Weimars" mushroom around the globe.



Elder and Mrs. Lawrence

“Following The Methods of Jesus”

“If we would follow the methods of Jesus, we would have His success,” Pastor Dale Leamon, of Norwalk, California told us early Sabbath morning. “His formula is found in Luke 4:18:

PREACH (gospel to poor)
HEAL (brokenhearted)
PREACH (deliverance to captives)
HEAL (blind)

100 year's ago our church was given the exact ministry of Christ. But we're often so involved with building and pastoring, that we neglect these outreach methods.”

“Jesus started His work in the cities...I don't think He liked the cities, but He went there...He loved the people there...He drew the people out of the cities to the lake, the hillsides.

“We have much instruction on how to proceed...We need centers in cities for people in need...We need city missions...restaurants with meeting rooms for health and Bible classes...Treatment rooms...I urge you to get this compilation of instructions for city ministry.* Our church in Norwalk recently opened a bakery. We started with nothing, and didn't have a single baker. Now people are flocking in, many of them asking for the Word of God, wanting to come to our meetings. Our next project, a day-care center, is nearly ready to go.

We can't over think God. He is able to do exceeding abundantly above all that we ask or think. (Eph. 3:20). If we follow His methods, the results will exceed our expectations. We have a very special message to share in these last days, a message to prepare a people to meet the Living God. God is reawakening a people to finish His work. A special people, prepared to stay true thru the closing scenes of earth's history and, without seeing death, meet their God.

*“Science of Metropolitan Medical Missionary Evangelism Messages of E. G. White,” compiled by W. A. Westerhout, Loma Linda, CA — copies available through General Conference Office of Health and Temperance.

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

Please Print Clearly

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

Tapes You Just Must Hear!

FROM THE WHITE ESTATE

On a recent Sabbath at the Auburn Church, Elder Robert Olson, White Estate Secretary, gave these messages:

- OR 1 “The Investigative Judgment.” This is the clearest explanation of the topic we've heard. It's presented wholly from the Bible, especially from Daniel 7. A Sabbath sermon 45 minutes.
- OR 2 “How We Know She Was A Prophet.” The title speaks for itself. 55 minutes, Friday evening.
- OR 3 “Questions and Answers.”

GOD CARES ABOUT HEALTH

Elder Dale Leaman shares the heart of an exciting concept — “God's Plan for Reaching People.” Most of us have seen the pieces of the plan of action God has given this church, but as you listen to this tape, you will see how it all fits together in a beautiful new way and how it is a part of the plan He has laid for our salvation. Catalog LD 1.

The tapes most requested by the ministers at our NEWSTART seminar and by the local Weimar family are talks given by Dr. Sang Lee. He is an allergist who has discovered the true God through reading His Word and by seeing His plan for health through the Scriptures and the writings of His modern prophet.

- LS 1 “Finding God Through His Health Message.”
- LS 2 “Accepting Total Sanctification: Water, Fat, Cheese, etc., and the Bible.” Part 1.
- LS 3 “Accepting Total Sanctification.” Part 2.

ISSUES IN CREATIONISM

Dr. Robert H. Brown from the Geoscience Research Institute and his wife spent a recent weekend here at Weimar and in area churches. Dr. Brown has made a special study of age dating and the problems brought up by apparent evidence indicating much longer times since creation and the flood than is allowed by the record in Genesis. Much more is involved in these issues than most Christians realize. We think you will enjoy the tapes we made of Dr. Brown's six presentations.

- BR 1 “Our Place in the Scheme of the Universe.” “How Do We Arrive at Truth?” (Two messages on one tape.)
- BR 2 “What Manner of Persons?” A sermon on Second Peter.
- BR 3 “Evidence Supporting the Creation/Flood Story.”
- BR 4 “Radiometric Dating.”

TAPES I JUST MUST HEAR

The catalog numbers for tapes I want are circled. I am enclosing \$3.00 for each tape, or \$3.25 each outside the U.S., or \$3.18 each with California tax.

OR 1 OR 2 OR 3 LD 1 BR 1 BR 2 BR 3 BR 4 BR 5 LS 1 LS 2 LS 3

Name _____ Total _____
Address _____ Enclosed _____
Zip _____ \$ _____

Weimar Tape Ministry, Box A, Weimar, CA 95736

Unusual snowfall hits Weimar in April. But all is well and happy still! For report on recent NEWSTART Seminar, see page one.



VOL. 6 NO. 4 APRIL 1982

BOX A, WEIMAR, CALIFORNIA 95736

WEIMAR INSTITUTE BULLETIN



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SUMMER PROGRAMS APPLICATION FORM
Weimar College, Box A, Weimar, CA 95736
(916) 637-4111

Note: A separate application is needed for each individual. If not enough forms are available, you may ask for more or give the information on plain paper.

Name _____
(last name first)

Address _____
Zip _____

Date _____ Sex _____ Phone () _____

Marital status _____ Age (or age range) _____

Last year of schooling completed _____

Program requested _____ No. _____

Additional program (if you plan to attend more than one) _____

If the program you wish to attend is available for college credit, are you requesting college credit for it? _____

Church or religious affiliation: _____

Names and relationships of persons coming with you: _____

Which, if any, of these are children? _____

(See the note on "who may attend.")

On what date do you expect to arrive? _____

How do you plan to travel to Weimar? by train, by private vehicle, by air, by bus, Other _____

If you need to be picked up, when and where? (You may send this information later if you don't yet know.) _____

Type of lodging requested? _____

Attendance fee \$ _____

Room deposit (\$25 per family unless waived) _____

Late registration (\$10) _____

Total (initial fees) _____

Comments or additional information needed for specific programs: _____

Agreement: I have read the statement in the prospectus about the conduct of those attending programs at Weimar and agree to abide by it.

(Signature of applicant)

(Signature of person responsible if applicant is under 18)