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WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 7 NO.4,

APRIL 1983



Activities in the cafeteria were enjoyed by everyone during open house.



Leslie Nielsen is seen in her dorm room during the College open house.

Weimar College Holds Its Annual Open House

On Sunday, February 20, Weimar College held its annual Open House. The event started at 5:00 p.m. in the Cafeteria with supper, and ended about 9:00 p.m. when everyone had finished touring the dormitories.

The theme of the Open House was "old-fashioned" and the Cafeteria was decorated in that style. One end was set up like a country kitchen with wood stove and canned goods, etc. The rest of the dining area was set up like an old-fashioned restaurant. Each table was decorated with a bouquet of flowers, kerosene lantern or candle and a menu card done in calligraphy. The stage was set up as a radio station called WEMR. Doug Garcia acted as the radio announcer and M. C. for the program.

As the students, faculty and guests arrived at the Cafeteria, they were seated and served by student waitresses dressed in old-fashioned colonial dresses and waiters in vests and bow ties. The supper was served in courses and included roasted almonds,

apricot kuchen, popcorn, apples, and hot carob drinks.

As the guests finished eating, several students gave a short program. Poems by Karie Thulon, Gina Hustead, and Koji Nishikawa were read, and a story entitled "Matilda" was read by Deborah Strunk. Erik Nielsen and Deborah Strunk sang the song, "Heaven-bound Train," accompanied by Erik on the guitar. Greg and Bob Bohlman performed the song, "Wait For Me, Jesus," on replicas of ancient string instruments made by Mr. Bohlman. The audience then participated in an old-fashioned sing-along, accompanied by two guitars and a fiddle.

After the supper, everyone was invited to tour the four men's dorms and the two ladies' dorms. Each room was neat and tidy and decorated with touches that showed the special personality of each occupant. It was an enjoyable evening for everyone and a chance for all to become a little better acquainted with each other.



Christ is sitting for His portrait in every disciple. Every one God has predestinated to be "conformed to the image of His Son." In every one, Christ's long-suffering love, His holiness, meekness, mercy, and truth, are to be manifested to the world." The Desire of Ages. p. 827.

Spirit of Prophecy Seminar

February 27 to March 5 was a week of spiritual emphasis at Weimar College. Elder R. E. Finney, Jr., presented a seminar on the Gift of Prophecy. He first presented the succession of Bible prophets. God set up a proclaiming prophet — that is, one who declared a period of time. At the end of this time God also set up a gathering prophet — that is, one to gather God's people together in order to see the fulfillment of prophecy. For instance, Daniel prophesied seventy weeks; during its fulfillment God raised up John the Baptist. Daniel also prophesied 2300 days;

if interpreted by Bible principles, one arrives at 1844. The interesting part is that God raised up Ellen G. White at this time.

Next, Elder Finney presented the case of the fruitage born by Mrs. White's ministry. Behind her is left as a legacy (1) 25 million words in writing, (2) more than 400 SDA schools from kindergarten through university level worldwide, (3) many hospitals, sanitariums and clinics worldwide, and (4) medical and nutritional information supported only by the most recent medical research.

Last of all, Elder Finney spoke on the critics of Mrs. White. Many of the Bible writers borrowed from other writers, and some of these were even noncanonical writers and pagans. Mrs. White used many books to do research, none of which was copyrighted. Nowadays, when one does such extensive research that person is usually awarded a doctorate degree. Her critics are left defenseless.

The Weimar students were awed and impressed by the presentations. Revival of Bible study and prayer in small groups has been the result of this week.

1983 NEWSTART Schedule

Following are the dates for Weimar's NEWSTART Health Center Programs:

MAY 29-JUNE 23

JUNE 26-JULY 21

JULY 31-AUGUST 25

AUGUST 28-SEPTEMBER 22

SEPTEMBER 25-OCTOBER 20

OCTOBER 30-NOVEMBER 24

NOVEMBER 27-DECEMBER 22

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736.

Weimar's Use of Computers at Present and in the Future

"Computers" can be a very touchy word to some people. Arguments pro and con have been hurled at them. Yet there comes a time when at least some computer work must be done because of rising costs and to keep from having to hire more staff for a growing business. Weimar Institute's growth and demand now calls for the use of computers.

In the Business Office a computer has been installed for keeping the financial records of students and staff. It is also used to print statements. Mrs. Ardell McMacken, a new staff member brought in for this computer work, uses her personal computer for these records. However, the Institute has purchased one small computer system. The computer stores college and academy student health records, grades, and other personal information, as well as medical analysis records for the NEWSTART guests. Record is also kept of student work hours by putting the time card system into a computer program. Several students work with Mrs. McMacken, keying in

data on floppy disks for storage and printing out this information on a computer printer. This opens up a new and valuable work experience for students.

Weimar Institute does not plan expensive computer projects, but relies on donations and funds, and moves as fast as money allows. By the end of the fiscal year, which is June 30, the plan is to put the entire business office proceedings and other office needs on an Institute-owned computer.

The Medical Office will have one system. They need it for information about past and present guests — and also for experimenting with statistics made from different treatments, diets, and programs. This would be a tremendous asset for growth in that area. Also, the computer would be used for outpatient clinic screening evaluations.

The college and academy could share a small system. The Home School Department grows so fast that it needs a computer for keeping track of all the Home School student records.

The Public Relations department and the Weimar BULLETIN Office will also be greatly benefited by a computer. With a mailing list of 20,000 and growing, the need arises for their own computer work and printing unit. Presently, this work is accomplished at Pacific Union College's Data Processing Center, but it would be more efficient, economical and time-saving if done at the Institute. The Public Relations department also would organize the mailing list into different categories, based on occupation and interest in various Weimar programs, such as industries, college and medical programs. This way they would not need to send information to everyone on the mailing list but only to those interested in certain aspects of the program.

Overall, computers can be a great asset. Weimar Institute, however, does not plan on being so wrapped up in computer data that they lose their personal touch. Computers will be only a tool for operating more successfully.

SUMMER PROGRAMS '83

More than 20 seminars, workshops and classes are being scheduled for you through SUMMER PROGRAMS '83. Authoritative, stimulating, concerned speakers and instructors are preparing Christian-oriented learning experiences intended to bring renewal and refreshment to your life.

The series leads off with an Agriculture Symposium and a Country Living Seminar in June. Note the following descriptions.

AGRICULTURE SYMPOSIUM, June 13-15.

Plant nutrition is a primary focus of this agriculture seminar featuring a variety of speakers and topics. Plant health as it affects human nutrition, research projects at the University of California, home landscaping, house plants and small gardens are among the items on the agenda. Also included are presentations on berries, horticulture, therapy, simple biochemistry of plant growth and fertilization and a progress report from the Weimar Institute farm.

Dr. Fred Riley, Chairman of the agriculture Dept. at Weimar College, will be joined by Weimar farm personnel and other guest speakers. You will also enjoy the opportunity to share and learn effective gardening methods from others attending the seminar.

Cost: \$45, plus meals and lodging. Participants may have soil samples tested for \$10 (a service costing \$35 or more elsewhere).

COUNTRY LIVING SEMINAR, June 16-19.

Living in the country is an increasingly attractive option for American families faced with the stresses of urban living in the '80's. It is also a significant challenge to make the adaptation to a new way of living. Dr. and Mrs. Lloyd Eighme, seminar instructors, have had practical experience as well as academic training in skill areas related to country living. They currently teach in the Biology and Home Economics departments of Pacific Union College.

The seminar format includes both lecture and practical activity experiences. Many of the farm, forest and classroom facilities will be utilized to make this a rewarding weekend. Topics will include land use, food preservation, gardening, country recreation, energy in the ecosystem and a Christian philosophy of country living.

Cost: \$45, plus meals and lodging.

HOME SCHOOL SEMINARS

As announced in last month's BULLETIN, two seminars in home schooling will be offered in June. Seminar I, June 19-21, is for those with no experience in teaching their children at home. Speakers will cover the reasons for home school (based on developmental research), the procedures for setting up for a home school, scheduling the child's learning experiences, strategies for teaching math and other subjects, and the legalities involved in home schooling.

Seminar II, June 21-23, offers instruction for parents who have already taught children at home. Topics will include strategies for teaching reading and language arts, math, and other subjects; scheduling problems; and the latest legal developments surrounding home education.

Mrs. Betty Gerbozy, Director of the Weimar Institute Child Development Center, is the director of the seminars. Lecturers will include Michael Smith, attorney; Elmer Brooks, author of *Math-It*; Rosa Lee Tubbs, elementary school teacher; Betty Gerbozy and others.

Cost \$65 (spouse, \$45); materials (per family), \$15.

GENERAL INFORMATION

All of the above seminars begin at 7:00 p.m. and conclude at 12:00 noon on the dates indicated. If lodging and meals are supplied at Weimar Institute, the costs are as follows: Lodging per night, single occupant, \$9; two occupants, \$12; each additional occupant, \$3, to a maximum of \$25 per family. Meals at the Weimar Institute cafeteria: Breakfast, \$2.50; Dinner, \$3.00; and Supper, \$2.00.

For complete information on SUMMER PROGRAMS '83, send the coupon below.

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SUMMER PROGRAMS

Please send me complete information about all the programs scheduled for this summer. _____

Please instruct Mrs. Gerbozy to send me complete information about the Home School seminars to be offered in June. _____

This material will be rushed to you if you send this request to:

Paul Hawks
SUMMER PROGRAMS '83
Weimar Institute, Box A
Weimar, CA 95736

"I've Lost 90 Pounds... and Have 90 More To Go

By Adrienne Shieck
as told to
Aileen Ludington, M.D.

It's really hard for me to admit that I weighed as much as I did when I arrived at Weimar Institute.

I had all the usual excuses: I'd been overweight as a child, my parents were both heavy, diets didn't work for me. Over the years I tried everything there was to try, to shed those pounds. Even my doctors finally gave up. "You'll never be thin," they told me. "Learn to live with it, accept yourself for what you are."

But deep down I knew that my lifestyle fed my fat cells, and my lack of exercise was undermining my cardiovascular system. My blood pressure went up, my hiatal hernia started bleeding and I began having occasional chest pains. Despite all this, my strong spirit kept me going at two jobs and allowed me to find employment in life. Still I yearned for a way out, a solution to the self-destructive path I knew I was treading.

At that time I was teaching in a public high school and also managing a ceramics business. My artistic ability with ceramics led to my traveling as a guest artist and teaching nationally in the eastern part of the United States.

One day in May, 1981, Weimar Institute's chaplain, Dick Winn, came to my home church for a family life series. Being a teacher, I was greatly interested in Weimar's educational program, and I asked many questions. He soon discovered my ceramics ability and his mind sparked. Someone had recently donated \$100,000 worth of ceramic equipment to Weimar Institute. He began working on a plan for me to



Adrienne Shieck

give a ceramic seminar on the campus. He also told me about the NEWSTART health program though I gave it little thought at the time.

But the idea grew in my mind. Could this be an answer to my prayers? Finally, I told God, "Lord, if You work things out so I can go, I will."

A few days later the phone rang. It was Dick Winn, proposing a plan for me to go through the 25-day NEWSTART health program while conducting the ceramics seminar. The timing was perfect! I was off work, disabled by severe stress and high blood pressure. My husband encouraged me to go.

When I arrived on campus three weeks later, I still didn't understand the NEWSTART program, so I focused on the seminar. I would pour my energies into helping Carol Blum with the ceramics department. I was not ready to commit myself

to any more than this.

The next two days opened a new world for me. Having a strong scientific background, (I had, in fact, taught astronomy and physiology) I was fascinated by the scientific basis for everything. I watched the doctors evaluate my physical condition, I ate the food, walked the trails, assimilated the classes...gradually becoming more and more excited as my eyes were opened to this new way of life. I suddenly knew I would never be the same person again. The Lord was giving me new levels of perspective and understanding, and I realized I must commit myself totally if I were to continue growing spiritually and emotionally. There was no backing out this time. It was grow or die.

My stay stretched from four weeks to seven. My blood pressure came down. I lost 35 pounds. I felt wonderful. I didn't want to leave. I felt protected, supported, cared for. I had fallen in love with the place.

But the time came to return to the rest of the world. My job and my wonderful family were waiting. I warned my husband and 3 grown daughters that I had made a total physical and spiritual commitment. I would not be the same person as before. I was welcomed home warmly and my family was understanding and supportive. Yet a week later they planned a big family party, cooking absolutely nothing that I could eat with them! I was so hurt and disappointed that I cried all day. But this experience helped me to wake up to reality. While my family supported the new lifestyle for me, they made it clear it was not for them. This was the hardest thing for me to

accept, that the rest of the world does not live this way. I was out of step, different. I soon realized I had to stand alone, apart from family and friends. Determined effort was required as I cooked for my family, and separately for myself. I learned to depend on God.

Once I accepted the problems, my commitment remained strong. My husband gave me added incentive by walking with me. In 10 months I lost a total of 90 pounds. I felt better than I had in years. The dietary key to my

success had been the oils. I became a vegetarian three years ago but I simply replaced the meat with cheese, and my weight did not change. I had eliminated sugar while with Weight Watchers, but I still did not lose effectively. No one had ever mentioned eliminating oil. When I got the oil out of my diet at Weimar, I immediately began to lose weight, and continued to lose quite consistently for 10 months. Then in January of 1982 I changed

(Continued on Page 8)



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.

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Dick Winn.....Secretary

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Dale Martin.....Director of Work Education
Preston Wallace.....Director of Community Services

NEWSTART HEALTH CENTER

Milton Crane, MD.....Medical Director

RETREAT MINISTRY

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WEIMAR INSTITUTE BULLETIN

Bob Rusche.....Editor

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

OFFICE HOURS

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

ADDRESS CHANGE

Please send all change of addresses to BULLETIN Circulation Department, Weimar Institute, Box A, Weimar, CA 95736. Please allow at least 6 weeks for a change of address. Include your old address as well as new — enclosing if possible an address label from a recent issue.

"I Walked Away From The Brink of The Grave

CHIZUKO BERLINER,
Nov. 1982 NEWSTART
guest, as told to Patsy
Murdoch.

Too much pressure and stress caused me to lose weight, my blood pressure was way below normal, I could hardly walk or talk, and my body was always trembling with cold. My bowels mal-functioned for a year-and-a-half. The Friday before I was to come to Weimar, I nearly died. The medics had to revive me and wanted to rush me immediately to the hospital, but I refused. I was anointed on Sabbath. On Sunday, my husband and two sons flew with me to Sacramento, where I needed a wheel chair. Larry Greene, LVN, met me.

Later in my room, in the NEWSTART lodge, I was able to walk a few steps. The next day, I walked alone to my doctor's appointment. Someone offered to go with me, but I refused. However, it was very hard. I am sure I was being prayed for as I made my trip across the grounds to the doctor's office. Prayer by confessed Christians helps.

I had a keen desire to live; but because I was so exhausted, my body lost its capacity to heal. The first eleven days here were unbearable. I slept only 18 hours total. I took two months here to get back to normal. I gained 25 pounds, my bowels functioned much better, my blood pressure and eyesight were normal, and I have walked up to 23.4 miles in one day.

I no longer look on the dark and gloomy side of life. My problems fade as I think of what God has done for me. My renewed health is truly a gift from God. I now spend more time than ever in Bible study and devotion as a result of a healthy mind in a healthy body. Taking my pastor's advice by coming to Weimar was the best thing I did. The diet and exercise program is a regular part of my daily routine. I am so grateful for NEWSTART, for that is what I got here, a NEW START in life.

DOCTOR'S NOTE: Sidney Nixon M.D.

By the beginning of the second

session, Chizuko had improved her exercise endurance to the ability to walk-run for 21 minutes on the treadmill through seven stages of regular Bruce protocol!



Chizuko Berliner

Third Graduating Cla

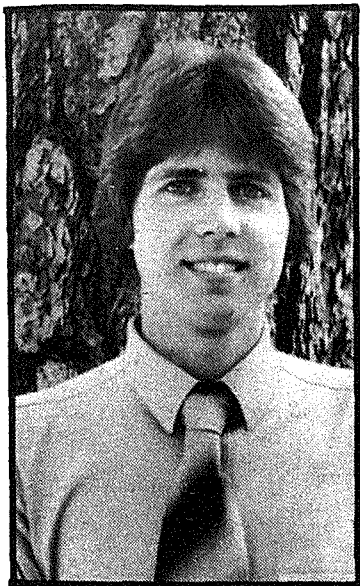
Atom Biggs

Where else could I go to obtain the preparation I have received at Weimar? Where else could I have learned so much about disease; its causes, prevention, and cure? And what place could provide, as teachers, such dedicated and intelligent men of God?

Aside from much theory, I've received hands-on experience at the college in preventive patient care as well as conducting and lecturing in nutrition, weight-control, hydrotherapy, and stop-smoking classes. I also spent two summers in Spokane, WA. for my field project — first, in establishing a very successful preventive healthcare clinic, and then in training church laymen to actively assist.

I've also had the privilege of lecturing at my home church in Gray's Harbor, WA., where I eventually wish to return and begin a preventive health resort.

My mission now is to help restore mankind to God's image — physically, mentally, and spiritually. Who can manage such a task? "I am young in years...but it is the Spirit in a man, the breath of the Almighty, that gives him understanding." (Job 32:6,8 NIV) By God's grace, I can!



Atom Biggs

Nancy Bussio

Have you ever wondered why God waits awhile before showing you the next step He wants you to take in life? I've felt that way several times. When it seemed that there was no light to look towards I became impatient. But the answer came just in time. This is often God's way of building our strength and patience for the work He has assigned us.

Last Summer a gentleman from Tennessee visited the Weimar College campus and shared with us a dream that a friend of his has. This friend, a Mr. Hitzke, owns a piece of property called Chattenbuhl, in West Germany. He wishes to use this property as a means of proclaiming the health message to the people of Germany. He asked if there were some trained students at Weimar College who would be willing to assist him in this project. The idea sounded exciting, but I was not ready to make a decision. Then last November I made my decision and offered my help and training as a

health science major. I sent my resume in and they seemed eager to accept me as part of their team. I prayed many hours before committing myself to this task, and God clearly answered that this would be part of my continued training for His plan for my future work.

There will be several others involved in this project. Our work will consist of two things. First, our help will be needed to prepare the property for use. This will include such things as cleaning, painting and gardening. Next, we will help with the services, Bible studies, community services, preparing healthful meals and helping to plan for continuing health programs like Weimar's NEWSTART, which will be held in the town of Chattenbuhl. There are also plans for a small restaurant in the city.

It is an exciting and challenging project. I am humbled and proud to be a part of this project and thank God for this opportunity to serve Him. I know that God will place His blessing on the project and guide in its progress.



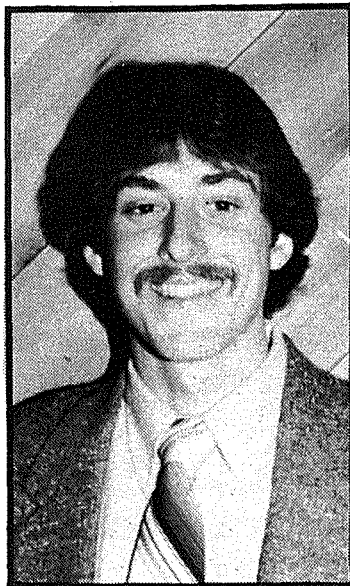
Nancy Bussio

Linda Ball

Before arriving at Weimar College to pursue a B.S. degree in Health Education, I was privileged to attend Pacific Union College. While there, I received my A.S. in nursing and then spent several years working at St. Helena Hospital in the intensive care unit. The experience proved invaluable. During this time my desire to understand the prevention of disease deepened, and I sensed the need for further education.

Since my arrival at Weimar two years ago, the Lord has been meeting this need. In fact, He has been meeting this need all along. God does not place a limit on the learning experience. From our earliest moments, each of us receives a very personal and individualized education differing in many respects from every other person's education.

God's leading in my past experience has given me confidence that He is in control of my life. Presently, He seeks to remind me of the lessons of complete trust and dependence. For the future, He has promised "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye." (Ps. 32:8).



Tim Riley

Tim Riley

It is significant for me to consider that in June I will have been a Seventh-day Adventist for four years; and all of those years I have spent as a ministerial student at Weimar College.

My experience at Weimar has been a time of pain and joy, a journey through trial and error, despair and confidence, sloughing off old ways and embracing renewing insights into God and the meaning of life. My most precious tool that I have received is the appreciation and ability to share now and in the future the restoring truth about God's character. My best memories will be of sharing friendships that were vitalized by mutual Christian love, service, study, and many, many growing pangs.

As I presently perceive God's calling for me, I see Him leading in the area of a 'pastor-teacher' (Eph. 4:11), and I would give priority to the possible expressions of this in terms of the following ministries: Firstly, a pastor in a local congregation; Secondly, a chaplain at a small college or academy. I am confident God's ministering through me will often draw on the preparations for service that I've received at Weimar College.

Wherever my experience leads I will be glad in Him, and delight to speak well of a God of goodness and faithfulness!



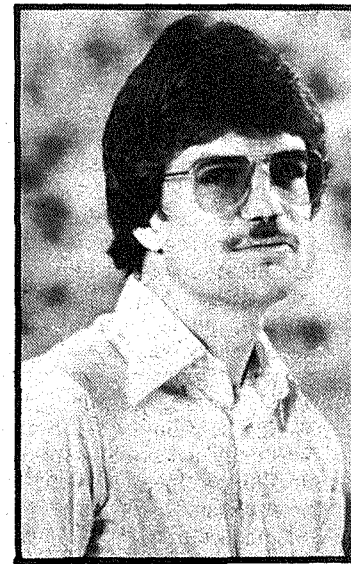
Linda Ball



Janice Brousson

Janice Brousson

I used to wonder why people chuckled and said, "You wait and see, Janice..." when I would boldly inform them that I was only planning to be here (Weimar) for ONE quarter. That was January 1981, now in the spring of 1983 the "waiting and seeing" is nearly over. In the intervening months, God has given me many learning and unlearning experiences. Graduating in the field of elementary education is exciting, because I have caught the beginning of a vision of what God's plan for education is. I'm thankful for the experience that I've had as a student to be involved in a balanced program of studies, work and outreach. It has been a blessing to learn from and work with faculty who willingly admit that they don't have all the answers, and who encourage students to be thinkers, to see needs and then propose ways to fill those needs. Where else could two girls create their own work station (Home Cooking Schools) and then work in it?! With Jesus at my side, the future looks bright, I plan to be teaching in the British Columbia Conference...When Jesus is in control, active "waiting and seeing" is great!



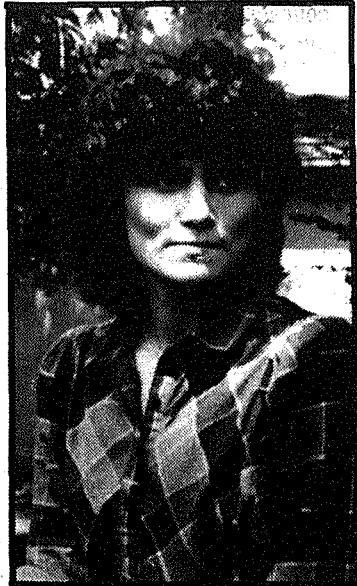
Rocco Sarli

Deena Haynes

There's an entry in my diary dated September 24, 1978 that says, "I can hardly believe it's finally happening! Weimar College is a reality — renovated college buildings, new faces, new friends, registration, anticipation — not only that, but in a direction and a way that Jesus really wants us to follow!"

I had been working at Weimar for nine months as a volunteer — raking pine needles, giving tours, typing letters, and planting little sticks that are now an orchard. I saw so many changes — visions becoming a reality — and when the college opened that fall it was a reality I had been waiting for!

As I look back over the past four years I see much growth that has taken place as a college, institution, and within myself. Jesus has brought many nur-



Deena Haynes

turing and cultivating circumstances, as well as faculty and friends, into my life that I cherish! And there's so much I remember — deep friendships, giving hydrotherapy treatments, running on the trails, a church family, quiet times with God at the water tower, breakfast in a staff home, new roommates, the Krebs cycle and aerobic classes.

And here I am a senior, not only looking at the past but at the future! I will be receiving my B.S. degree in Health Science. I am especially interested in the development of a program that integrates health, physical fitness, outdoor education, and nature awareness through experiential education. I not only see it as a need in SDA schools and churches, but as a tool in reaching out to a world that is fragmented and needs the healing wholeness that our God offers.

ss of Weimar College

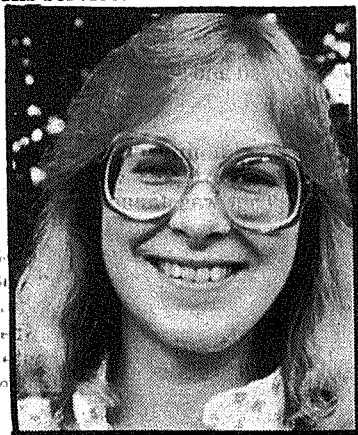
Robin Hogan

At graduation time in June I will conclude three and a half important years of my life spent at Weimar College.

I attended Southern (Missionary) College for a year, and its extension school Laurelbrook for a year. I also worked at Laurelbrook for a year and received a two-year degree in accounting. I spent one of my years at Weimar as a staff member.

I appreciate the opportunities I have had to make some really great friendships, to learn how I may serve my Savior more efficiently, work in cooking schools, churches and other work experiences, and gaining clearer direction for my life. I especially appreciate the philosophy of education here which centers on Christ.

I will graduate with an Elementary Education degree. I feel competent to work in any place God sends me in my future because I know He has been molding and directing my life for His service.



Robin Hogan

Dorothea Wade

As a graduate of Weimar College, I am looking forward to involvement in one of two areas. The first one is home cooking schools. They provide a unique way for teaching principles of healthful cooking in a small group setting, and afford an excellent opportunity for building solid rapport and friendship with the client. This type of work may be done independently or in conjunction with a physician or health education team.

My other interest is in health assessment and health education.

Rocco Sarli

The training I have received while here at Weimar College has fitted me for service in the health field, specifically in the area of health testing and assessment. I would enjoy serving as a health and fitness coordinator in a setting where there is a need for the combination of medical knowledge with a deep interest in the mental, physical and spiritual needs of people. Having had experience in promoting programs while working at the Summer Wellness Clinic in Spokane, Washington, I am also interested in filling a need for enthusiastic promotion of health programs.

Since coming to Weimar College in the fall of 1978, I have experienced much internal growth.

Wesley Taylor

Weimar College has been in my life the link which has tied the past with the future. The past pictures growing up in mission fields, eleven years of absorbing meditation upon Home Study textbooks, teaching in the Adventist Boarding Academy of Honduras for two years, and then following footsteps along the path to Weimar. The horizon becomes alive as I plan post-graduate studies at Andrews University in the fields of religion and science, and a doctoral program in educational leadership. And then I glimpse the path turning again toward the mission fields.

The college link of my life lights up in my memory as one golden episode. Having practically been born on college campuses, I can really appreciate the strong emphasis on the practical value of learning, and thrill with the spirituality fundamental and scholarly approach in the Weimar curriculum, especially in the Health Science and Religion/Secondary Education departments with which my studies were involved. The Work Education program has given vital knowledge in terms of vocational trades — plowing fields, running treadmill testing, writing computer programs to process health evaluation, teaching chemistry labs, and hoeing potatoes in the summer.

Yes, God made a change in my life when He brought me to Weimar. Seeing the end from the beginning, He chose the best for me.

I see a need for the general public to be familiar with their personal health status, with instruction about how they may improve their health. People must be led to see Christ as the source of their motivation and power for their lifestyle changes. This type of work may be done through a hospital, a church, a place of employment, or a health education team.

I have done some work in public relations with success, and find that I enjoy this work very much. I believe the Lord would have me further develop this gift for His service.

Being among that original group of "pioneer" students has proven to be an invaluable asset during times of trial. As I look back over the past four and one half years I see strong evidence of God's direct leading in my life. This awareness of His leading gives me faith to face the obstacles of tomorrow.

During the one year that I was not at Weimar I served as an English teacher in Indonesia.

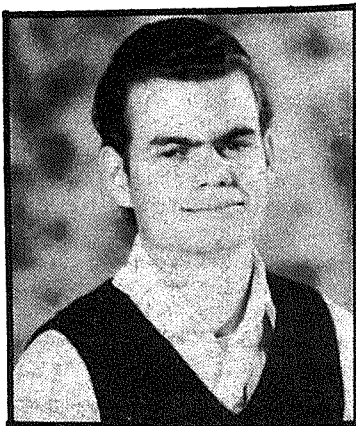
After graduation I am planning to work with a student health team in the Modesto area from June thru August. We are planning health assessment programs for the local church and community. Our goal is to reach people with a message of the tremendous worth God places on them mentally, physically and spiritually.

Debbie Fillman

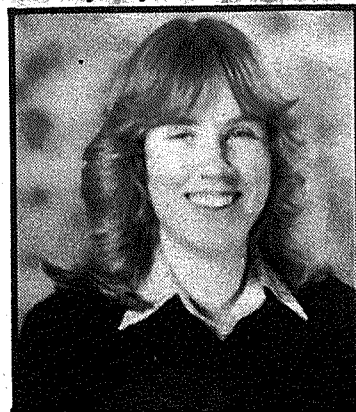
Spending a year of academy and four years of college life at Weimar, I've come to know and appreciate the training and benefits that one may receive here. Experienced teachers showed me more about God through all my studies, work and association.

Even though my major is Elementary Education, I've had experience in stop smoking clinics, cooking schools, and especially in food service, and hydrotherapy. I've really enjoyed my practice as a student teacher in a school in Oklahoma.

I have received several calls and am presently deciding which one I can best serve in.



Wesley Taylor



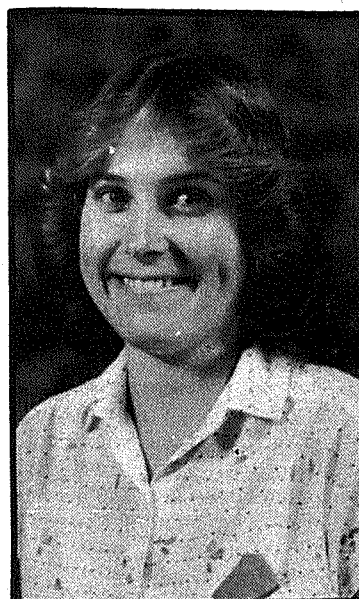
Dorothea Wade

Bruce Peters

After graduation I plan to do agricultural work, my long-range goal being to own a 50-acre farm of my own. Upon graduation I will be prepared to assist or lead out in small-scale vegetable farming and greenhousing. I will also be able to maintain or start a small-scale landscaping program.

In my school training at Weimar College I have been exposed to most aspects of agriculture, from backyard gardening to large-scale, computerized farming and teaching. I have had about one and a half years of practical experience at Weimar's farm and greenhouses. I also had one year of dairy experience at La Sierra College in Southern California. During my four years of schooling I have received a good spiritual background. Overall, my college years have been rewarding and I praise the Lord for them.

At present, I am looking into several possibilities for farm work, but I am willing to go anywhere God leads me.



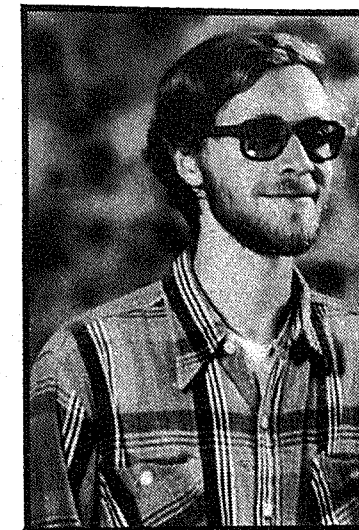
Debbie Fillman

Marla King

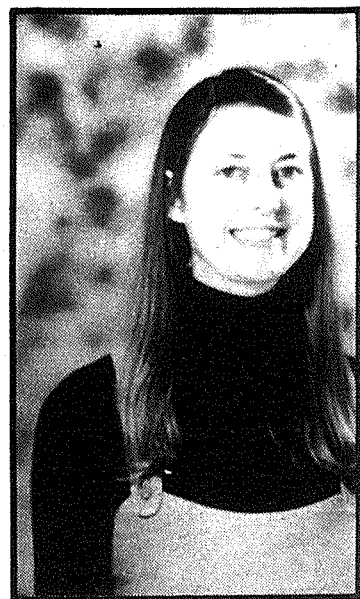
The three years toward my Elementary Education degree went by all too soon! Student teaching ended in January 1983, and since then I have been looking for a place where I can be most productive. I had interviews from interested schools and conferences throughout the U.S. The personal contacts and letters brought encouragement to me regarding the questions I had about getting a job before I came to Weimar.

I have asked myself, "What kind of teaching job will I find? Will it be traditional or will it be as the Master Teacher has assigned me in the book, Education, by E. G. White?" After reading widely and praying sincerely, I came to the conclusion that there is no time to lose. God calls to His precious church: "Walk while ye have light, lest darkness come upon you..." John 12:35. "It is not for lack of knowledge that God's people are now perishing. They will not be condemned because they do not know the way, the truth, and the life. The truth that has reached their understanding, the light which has shone on the soul, but which has been neglected or refused, will condemn them..."

"Light, precious light, shines upon God's people; but it will not save them, unless they consent to be saved by it, fully live up to it, and transmit it to others in darkness. (2T 123)



Bruce Peters



Marla King

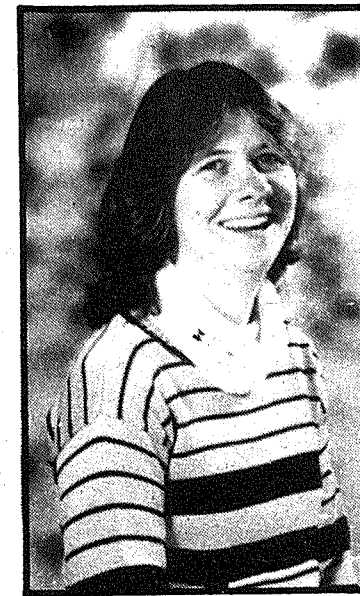
Lynnae Anderson

After graduating from Lodi Academy, I attended Pacific Union College for two years. At the end of my sophomore year, I took a year off from formal education and engaged in a Taskforce assignment in Fortuna, California, as a teacher's aide for grades 1-3. I feel that year was invaluable for gaining experience in the classroom.

Soon after I finished teaching, I came to Weimar College to work in their summer work program. I just loved the warm, caring atmosphere that surrounded me.

By graduation time in June, I will have completed my junior and senior years at Weimar, and will be graduating with a B.S. degree in elementary education. I feel that in these two years I've gained a wealth of knowledge in the scholastic areas, joy in friendship, and experience in developing leadership qualities. The most important thing I have gained at Weimar, however, is a closer and more real relationship with Christ.

I have yet to find out what work I'll be doing next year, but I do know the Lord has something very special waiting for me. It may be different from what I anticipate now; nevertheless, I will be happy with whatever God sends me. I hope that I will be teaching in a Seventh-day Adventist elementary school.



Lynnae Anderson

Open letter to Weimar Institute

From
Elder R. E. Finney, Jr.

It has been my pleasant experience to have spent the past week at Weimar College where I spoke to the student body and faculty each day. This has been an interesting and rewarding experience.

In particular, associating with the student body has been a heartwarming experience, for seldom have I found as fine, courteous and friendly group of young people. It was an inspiration to see them present twice a day with their Bibles, following the texts as they listened to the presentations. When Mrs. Finney and I ate in the college cafeteria, as we did almost all of the time, there was seldom a time when we were not joined by one or more students with whom we were thus able to get acquainted. The cosmopolitan character of the group of young people is also worth noting. At one breakfast we were joined by one student from Vermont,

one from France and one from Brazil.

The organization has been strengthened by a very competent group of teachers who would be an asset on any college campus with which I have been associated.

While on the campus the Institute was conducting a Newstart Health program for denominational workers and I was able to attend some of the lectures which were most rewarding and helpful. Again I felt that I was listening to experts in their field; individuals who have extensive backgrounds and training in scientific areas which are on the highest levels.

This organization is without question serving a valuable purpose in spreading the gospel and hastening the finishing of the work. The presence of the Lord was felt positively enough to be convincing that the efforts of the dedicated people at Weimar have the approval and blessing of our Lord.

R. E. Finney, Jr.

Sharing Our Gifts

Each year Weimar Institute holds a "Gift Sharing" evening. In most places this would be called a talent program. We feel that God gives each one talents and gifts for the purpose of sharing and for blessing others. In this way we may grow together, for certainly God uses human instrumentalities in most every work He performs for the blessing of humanity.

On the 26th of January, the staff and students gathered together in the cafeteria for another enjoyable sharing night. With so many individuals willing to give of their talents, it was impossible for everyone to take part, but all enjoyed the gifts that were shared.

The Weimar College Choir performed three numbers. During one number Sheryl Johnston, a Weimar College student, drew a chalk picture of the New Jerusalem, while the choir dramatically sang "Jerusalem, My Happy Home," which sent thrills

to each heart. We also enjoyed a piano solo by Marti Breakie, as well as a nurses' quintet, chamber music from the string ensemble, and a unique performance of the song "Sheep May Safely Graze," using two recorder flutes, two guitars and a violin. Several others also participated in this hour of praise.

We look forward to the time in heaven when we shall be constantly sharing our gifts. And there will be such an unending variety of gifts to enjoy forever. We may sing in a section of the heavenly choir, or even sing all parts at once. We may play the violin, harp, trumpet, or all kinds of other instruments. We may be artists, builders, planters, or any array of other possibilities. We shall always share our joy and praise with each other, for this is the purpose of life. Here at Weimar Institute we believe that these principles of heaven can and should be used in every way possible while we are still on earth.



Kelvin Clark, Lois Rusche, Joan Shirley and June Neil performed during the gift sharing evening.

Hypertension-Part IV

Dr. Milton Crane,
Weimar Medical Director

This is the last part of the four part series on hypertension by Dr. Crane. If you missed any of the other parts, you can obtain them by sending a request to the Bulletin office care of Weimar Institute.

WHAT DIAGNOSTIC STUDIES ARE HELPFUL IN THE HYPERTENSIVE WORKUP?

Some physicians prefer to treat all patients with some medication to bring the blood pressure down to normal and run specialized studies only on those whose history has some clear-cut evidence that they may have a correctable cause for high blood pressure, or on those patients whose blood pressure does not return to normal when treated. It would seem wise to test for several of the more important curable forms of high blood pressure before treatment is started. Tests can be selected that will help detect most of the causes of correctable high blood pressure. The test results will also serve as a guide to the selection of medicine for treatment. Of special value in many centers is an assessment of the plasma levels of renin activity and aldosterone under standardized conditions.

Your physician may also want to run tests such as an electrocardiogram, chest x-ray, or renal clearance test to determine whether the high blood pressure has damaged these organs. Since diabetes is commonly associated with hypertension, a test of sugar tolerance may be ordered.

TREATMENT OF HYPERTENSION

Most people with uncomplicated essential hypertension could be treated quite effectively with an extremely low salt diet. This, however, is not a popular mode of treatment. Most people refuse to remain for the rest of their lives on a diet that is low enough in sodium salt to be effective. As an alternative, physicians prescribe diuretics (water pills).

New types of medication are being discovered steadily. Some of them counteract the adrenaline hormones in one way or another. Some counteract the effect of salt retention, others dilate the arteries. The physician endeavors to find a medication for the patient that is without troublesome side effects, that is not too costly, and that is safe for long-term use. Unless one's high blood pressure can be corrected by an operation or by some special medicine he or she should plan to be under medical supervision and decrease his salt intake and/or take some antihypertensive medicine the rest of his life.

The difficulty with medications includes the problem of costs, side effects from the medication, and long-range problems which may develop from their use. For this reason physicians are much

more interested in finding the natural means to correct and maintain a normal blood pressure in patients. We are particularly interested in doing this for the patients who have primary hypertension. Preliminary evidence in several conditioning centers indicates that blood pressure can be brought under control in a few weeks without any medications in 60 to 80 per cent of hypertensive patients.

The diet itself that is effective is relatively simple. It consists of the use of the low fat fruits, whole-grain cereals, green leafy vegetables, and yellow vegetables, tubers, and legumes as the main source of nutrients. The above listed foods are all quite low in sodium and high in potassium, a biochemical situation which is conducive to alleviation of hypertension. Only the green leafy vegetables or root vegetables tend to have appreciable amounts of sodium. Nuts, avocados, and olives are excluded because they are high in fat. We need experimental work to help us know whether or not they may be used in modest amounts. These are, however, low sodium and the fat is encased in cellulose or protein capsules which would probably make them allowable on a so-called "regression" diet, if the caloric restriction was kept low enough to keep the body weight in the ideal range.

At this juncture we should put in a word of caution. Some patients may have kidney damage and be unable to handle either a very low or a very high salt intake. Except for such patients, the low sodium diet as would be obtained on the above mentioned food is an ideal way to assist in the treatment of hypertension. No other needs to be made, if these are effective.

All of the fats, particularly the saturated fats, play a very significant role in the development of cholesterol deposits in the arteries. The formation of these deposits proceeds at a more rapid pace in patients who have hypertension than in those with normal blood pressure.

In the refining process of food, not only may some of the fats be hydrogenated, but abnormally shaped fatty acids called trans isomers, may be formed and the double bond on the chain may be shifted to the wrong position. And as a result the person may make the wrong type of chemicals in the process of metabolism. These trans isomers come only from refined food and from animal fats made in the ruminant animals.

For this reason a person with hypertension should avoid all greases such as animal fats, shortening, hydrogenated (partially hydrogenated hardened) oil, as if they were poison. Oils which are liquid at room temperature (poly-unsaturated oils) are usually considered to be innocuous, but it would be wise to eliminate them from the diet, particularly if one continues the use of cholesterol containing foods such as eggs, milk and/or meat.

Every effort should be made to eliminate from the diet those foods which are "empty calories." Exclude those that have been "manufactured" and much of the fiber, vitamins, or minerals removed in the process.

When Mr. Martin was placed on such a diet, his blood pressure came down progressively; and all of his medications for the control of blood pressure could be stopped completely. At the outset he was taking 72 pills a day, ten of which were for the control of blood pressure, and the rest were for various other conditions including the need for a medication to counteract the side effect of his antihypertensive medication.

By the third week his blood pressure had dropped from 176/108 down to 140/90. He had lost 21 lbs. His triglyceride had dropped more than 50%. He had cleared mentally and had a new outlook on life. His capability to exercise had more than doubled, as shown by his response on the treadmill exercise test.

His results are not an isolated response, but they represent the usual response that we expect in such patients who wholeheartedly enter into the program in group sessions in conditioning centers such as Weimar, or as out-patients. In a larger series of out-patients who are instructed in group sessions, we have observed very effective control so that over 50 per cent of the patients were able to stop the medication by the end of four weeks. This represented a very substantial saving of their drug cost and cessation of the troublesome side effects of some of their medications.

In short, for most people, hypertension with all its serious complications is not necessary. Early detection of high blood pressure, removal of all the possible causes, and appropriate treatment can prolong lives and make those lives enjoyable. Particularly, a suitable change in diet and exercise program is very effective.

Copier Needed

Weimar Institute is in need of a large copy machine. Due to the extremely large volume of material being processed by the Institute, a Xerox copier #3400 or larger will be required. If you or your company has such a copier that is in good working condition, and you would be willing to donate it to Weimar Institute, please notify us and we will arrange for and cover the shipping expense. A donation receipt for tax purposes will be provided. Please contact the business office, Weimar Institute, Box A, Weimar, Ca. 95736, or call (916) 637-4111.

God's "Time Released" Breakthrough

By Steve Thulon,
College Student

Undoubtedly we've all experienced, in our reading and browsing through the Spirit of Prophecy, the way things can jump right out and hit you with full impact. This was the case when I came across this gem found in the book *Education*.

"The mental powers must be awakened, the interest aroused. For this, God's method of teaching provided. He who created the mind and ordained its laws, provided for its development in accordance with them. In the home and the sanctuary, through the things of nature and of art, in labor, and in festivity, in sacred building and memorial stone, by methods and rites and symbols unnumbered, God gave to Israel lessons illustrating His principles and preserving the memory of His wonderful works. In the arrangements for the education of the chosen people it is made manifest that a life centered in God is a life of completeness."

(p. 41, emphasis supplied)

When I was reading this I couldn't help but remember what David, the psalmist, wrote in Psalm 77:11-13:

"I will remember the works of the Lord: surely I will remember thy wonders of old. I will meditate also of all Thy work, and talk of Thy doings. Thy way, O God, is in the sanctuary: who is so great a God as our God?" (Emphasis supplied).

Here the psalmist recognizes whose way is in the sanctuary. God has given us a picture of His ways and methods. The sanctuary is God's way to the human mind. As we look at the sanctuary message we can see two important things: 1) the building and the utilities, and 2) the methods and systems. Both are important to an understanding of God

through the message of how He works.

Going back to the statement from *Education* — God created our minds and He knows how they work. To be able to visualize something that represents an apparently abstract process, God gives us a building and utilities to jog our memory. We remember better through association. Then there's the message of how God works in all of this. And David sums it up when he says, "Thy way, O God, is in the sanctuary." Here's where God can break through to human understanding.

For instance, in the sanctuary services, death was a very common occurrence. So common, in fact, that most people lost the significant message behind the death factor. In a universe with methods or systems of harmony, death is the universal nature of rebellion against these methods and systems of order. In the sacrificial deaths God was showing man in a small way what sin is. Then later in history the larger impact came — the real thing. When for man the time was right, God unfolded to a deceived human race and a realm of heavenly intelligences a part of this method and system of restoration (at-one-ment) by allowing His Son to suffer the second death. God reveals His methods in order to inspire confidence and trust — to show that He has our best good in mind.

Through the sanctuary we can clearly see God's methods — His ways, how He deals with heavenly intelligences in rebellion and how He deals with a planet in rebellion. Here's where He shares with us the larger perspective. And it's not easily forgotten. God sure knows what He's doing. And paramount is the message of a God who is eager to disclose Himself to us.

Higher Education

By Colin D. Standish
Ph.D., Dean

Over the years we have become accustomed to refer to that education which is beyond the high school's level as higher education. This term normally encompasses work at all post-secondary levels, including two year associate degrees, master's and doctoral programs, besides many diplomas and special courses. The use of the word "higher" tends to indicate an advanced form of education or one which sets apart the student as having achieved superior understanding, skill or preparation for the tasks of life.

The concepts of higher education have their roots deep in the past. Plato established his Academy for the express purpose of educating students at the highest level. Aristotle established his Lyceum for similar purposes. In the past exilic period, the Jews established Rabbinical schools and eventually gave degrees at three levels and the Rabbis wore garbs appropriate to the degree level they had achieved.

During the Middle Ages the first universities were established probably in Italy and extending to Paris, Oxford and Cambridge and other parts of Europe and finally to the New World. Initially university education was confined to four faculties — theology, law, medicine and humanities. Up until most recent times there have been European universities that have resisted change which would expand the offerings of the universities. For example, the University of Copenhagen.

Today, however, higher education has been expanded to involve an almost unlimited range of study areas. This has especially been so in the United States where probably more than anywhere else in the world attempts have been made to offer any program which students might consider of interest to them. There has been another change in higher education. Whereas up until more recent times, higher education has been the preserve of the elite, today, particularly in the Western World, it has been opened as widely as possible so that the maximum number of people can be advantaged by it.

In the early Middle Ages higher education was closed to all but the nobility elite. As the great merchant class arose, some of the financial elite were also able to gain the privileges of higher education although there were still advantages that were retained for the nobility elite. For example, until comparatively recent times at Oxford and Cambridge the sons of nobility were not required to take examinations. More recently the intellectual elite have had the doors of higher education opened to them. But in the vast sociological and economic changes of the 20th century the doors are open to the majority in the Western World who would choose such education.

Yet there is more than a little concern about the quality of higher education which is closely linked to the preparation of students for post secondary pur-

suits; for much which masquerades as quality education leaves a great deal to be desired. The situation could be heightened by the predicted fall-off in enrollments between now and 1995. It could well be that in a desperate effort to attract students to take the place of the short fall due to the dropped birth rate, that standards will be even lower than they are now. Yet for the Christian, higher education takes on an altogether different garb.

Ellen White has assured us "the highest education includes a knowledge of the Word of God, and is comprehended in the words, 'that they might know Thee, the only true God, and Jesus Christ whom Thou has sent'"¹

In this understanding, higher education takes on a completely new perspective. Clearly there is much that is offered in post secondary institutions which falls totally outside the scope of this definition of higher education. It puts higher education within the concepts of an understanding and relationship with Jesus Christ our Creator and Redeemer. Here from the Source of all true knowledge, those who will listen to the voice of God and harken to His Word have the opportunity of understanding the fuller and deeper principles not built upon the theories or hypothesis of man but upon the immutables of God. Thus it is that Ellen White declares, "There is no education to be gained higher than that given to the early disciples."²

In the normal sense, the disciples were considered to be rather ordinary citizens. They had not apparently considered attending any of the higher educational institutions of their day, yet in the presence of Jesus and as a result of His ministry, they gained an education far in excess of that which could have been gained in the Rabbinical schools.

When higher education is seen within the light of a knowledge and personal relationship with Jesus, it is clear that higher education begins at the earliest pos-

sible time for man and need have no ending. A toddler being instructed by his parents is partaking just as surely of higher education as is the man or woman creased with age. This higher education is more than a theoretical knowledge of the Word of God. In fact, in the opening sentence of *Counsels to Parents, Teachers and Students* we are told, "Higher education is an experimental knowledge of the plan of salvation and this knowledge is secured by earnest and diligent study of the Scriptures."³

Frequently Sister White uses the term experimental in reference to practical and practicing knowledge. Thus higher education involves more than a theoretical understanding of Scripture, the plan of salvation or of Jesus Christ. It involves applying the principles into the very fabric of the life so that the life of Jesus becomes the life of the student.

Ultimately this higher education has its foundation in eternity. "The true higher education is what makes students acquainted with God and His word and fits them for eternal life."⁴

Great responsibility rests upon every Christian teacher, whether they be the parent in the home, the teacher in the elementary school, the secondary school or at the post secondary level. All have a responsibility to be educating in the higher education. This requires that the teacher himself be a student in the school of Christ so that he might be a more effective under-teacher of the great Teacher. No responsibility is more critical than that of the teacher as he or she seeks to present truth that flows from the fountain of the infinite mind. In so doing, the teacher will open to each student the vistas of true education, the knowledge of God.⁵

- 1 *Counsels to Parents, Teachers, Students*, p. 45
- 2 *Ibid*, p. 11
- 3 *Ibid*, p. 11
- 4 *Fundamentals of Education*, p. 431
- 5 *Fundamentals of Education*, p. 430

recipes



ROOT BEER SLUSH

- 4 c. apple juice (chilled)
- 1 tsp. root beer extract
- ¼ tsp. lemon juice
- 6 ice cubes

Put all ingredients in blender. Whiz at high speed until slushy. Serve.

ALOHA BANANAS

- 6 bananas, unpeeled
- 1 c. unsweetened coconut
- 2/3 c. apple juice or orange juice

Simply terrific and terrifically simple! Cut a whole banana in half lengthwise, unpeeled. Combine coconut and fruit juice and let soak a few minutes. Place banana halves cut side up on a cookie sheet. Spread with coconut mixture. Bake at 375 Degrees for 10 minutes. 8-10 servings. Serve hot.

CASSETTE TAPES FOR PARTICULAR INTERESTS

Philosophy of Christian Education, a Weimar College class by Dr. Colin Standish. 31 tapes. Titles available on request. \$70.

Prophetic Guidance, a Weimar College class by Dr. Carl Anderson. 13 tapes in an album. Titles available on request. \$39.

An Evening With Mrs. Jacques, a talk by Ellen White's granddaughter who serves as tour guide for those visiting the Elmshaven home. 1980. \$3.25.

Christ's Righteousness, Two messages by Leroy Moore, 1979. "Righteousness by Faith in Christ," and "The Laodicean Message." \$3.25 each or \$6.50 for both.

Reflections on the Sanctuary, Two tapes by Gerald Damsteegt. The first is his message, and the second is questions and answers. 1980. \$3.25 each, or \$6.50 for both.

Work in the Cities, Three messages on one cassette by Monte Sahlin. "Urban Ministry," "Spiritual Gifts," and "Four Goals of Urban Mission." 11/1982. \$3.25.

To order tapes from this list, just mark this ad or list the titles in your letter. Prices include library rate shipping inside the U.S., for UPS add \$2. Californians add 6%. For air shipping overseas, without cases, add \$1 per tape or a maximum of \$50. Thank you.

You don't have to join the Weimar Tape Club to...

hear the twenty to thirty messages club members will be listening to during the next twelve months. You could just pitch your tent outside our front gate. Some of the talks will come from programs where payment is required, but many don't.

Of course, you wouldn't receive SOUND WAVES, our monthly information brochure, and you wouldn't have the twelve tapes that come one a month to share with your friends, and you wouldn't be borrowing any tapes from our library.

On the slim chance that you just might not have a tent and twelve months of free time, here's a membership form:

..... Yes, sign me up for twelve month's membership	\$39.00
..... I want my church library to have the tapes. (Borrowing privileges from Weimar's library not included. Show church address.)	\$29.00
..... I'm cautious (skeptical). Let me hear the April Tape. Then I'll decide. (Crane, "Diseases of the Egyptians," Finney, "The Peter Wessel story," and Winn, "Why I love my church.")	\$3.25

ORDER FORM

Name.....	Amount	\$.....
Address.....	Tax 6%(Calif)	\$.....
.....zip.....	Total	\$.....
WEIMAR TAPE MINISTRY Box A Weimar, CA 95736		

Tour Schedule

Earl and Dottie Allen will be in the Following areas during the next few months. If your church or campmeeting would be interested in a visit or presentation from them between mid June and late July, please contact the medical office at Weimar Institute.

May 26 thru 29:

June 1 thru 5:

July 31 thru 7:

Kansas Campmeeting

Nebraska Campmeeting

Soquel, Calif. Campmeeting

BAKERY ORDER FORM

If you would like to order bread from the Weimar Bakery, you can fill in the following order blank and return it.

Quantity	Price	Product & Size
	80¢	Corn Bread - One Pound Loaf
	80¢	Five Grain
	90¢	Lumberjack
	80¢	Oat
	90¢	Raisin
	80¢	Rye
	90¢	Sprouted Wheat
	90¢	Sunny Soya
	90¢	Wheat Free
	80¢	Whole Wheat
	90¢	Sprouted Wheat-Salt Free-One Pound
	80¢	Whole Wheat-Salt Free
	1.25 ^{lb.}	Granola - Pounds
	1.25 ^{lb.}	Granola-Salt Free-Pounds
	1.25	Whole Wheat Dinner Rolls-18 per pkg.
	96¢	Coconut Macaroons-One Dozen

Bread must be ordered in boxes of 20 loaves. You can mix the box with an assortment of bread. We ship via U.P.S., so a home or business address is necessary. Invoice will be enclosed. Please don't pay in advance.

NAME.....

ADDRESS.....

CITY.....STATE.....ZIP.....

Send to Weimar Bakery, Weimar Institute, P.O. Box A, Weimar, CA 95736.

Adrienne Shieck

Continued from page 3

jobs and had to commute long distances from home. For six months I lived in a rented room and ate out. But with the Lord's help I was able to stabilize my weight during that time, not regaining any of the lost pounds.

Recently I became principal of an elementary school in Cedar Lake, Michigan. This is a beautiful place and I'm happy here, full of energy, working from dawn till midnight. The young people have helped me restart my walking program, as they love to walk with me, intrigued by my pedometer. After the period of stabilization my weight is now dropping again. I hope to reach my weight goal in another 10 months.

As the pounds melt away, people around me are becoming more and more interested in the changes in my life. I have increasing opportunities to share my experiences, and to teach nutritional principles to others.

The best part of this experience has been my spiritual growth the past year and a half. It is so very exciting to me to see how God understands our total needs and will lead in every aspect and detail of our lives.

From The Chaplain



The Disadvantage of Being Right

By Dick Winn

"I leave this rule for others when I'm dead, Be always sure you're right — then go ahead."

Davy Crockett made this the popular slogan for the War of 1812. It's the stuff that fighting convictions are made of! Even that gentle pacifist Henry David Thoreau held that 'any man more right than his neighbor constitutes a majority of one.'

And what thoughtful person wouldn't want to be on the side of right? Our minds seek for that logical consistency of holding an opinion that makes sense. Too often, we have cringed under that sweaty-palms embarrassment of discovering that we have held a conviction that — upon closer look — is downright dumb. We don't wish to repeat that, if we can avoid it.

Furthermore, being right is handy for winning arguments. Job pointed out to his friends (whom God Himself later identified as being in the wrong!) "How forcible are right words." (Job 6:25)

Of course, there are tremendous advantages to being right. Right answers are worth more than wrong answers on a test. The right dosage of medicine is vastly safer than the wrong dosage. To be loyal to one's marriage is right, and blessed; to be disloyal is wrong, and tragic.

But the person on the side of right has problems which people in the wrong will never face. If a person is concerned only with the personal satisfaction of being right, then — from his point of view alone — there is no problem. It's when a person in the right faces a person in the wrong, and the relationship between the two of them means anything to them, that the problem surfaces.

To be right is to be the intimidator. To be right is to be the object of resentment by the one who must endure the painful recognition that he has been wrong.

Picture a parent and child disagreeing because Junior 'forgot' to make his bed in the morning. Dad says, "I've told you to do it." (He is right, of course, both in the usefulness of his command, and in his memory that he told Junior to do it) Junior then has to face the chagrin of knowing he's been wrong. Now Dad can gloat, "See, I was right." Or he can lean down close to Junior and try to make it as easy as possible for him to face his wrongness.

The one who is right is in the position of strength over the one who is wrong. Which is, I think, exactly what Paul had in mind when he said, "Those who are strong must bear the burdens of the weak." (Rom. 15:1, paraphrased). Being 'right', as a Christian, means that one must make every effort to make it as easy as possible for the one in the wrong to accept that fact. It is the burden of the 'right one' to preserve the relationship.

Which brings me to the most thrilling perspective on the problems of the right. When I look at my God, I see One who is absolutely, totally, and eternally RIGHT. And I, by sharp contrast, am so frequently, utterly embarrassingly wrong. I could feel that I must grovel back toward God, leaving my self-worth behind me in the dust, standing stripped and crushed before His holy, 'right' presence.

By contrast, I see God warmly tugging me back into His gracious presence, "not counting my trespasses against me." (2 Cor. 5:19, paraphrased) Being so right, He does not intimidate me for being wrong.

Having entrusted us Christians with so much 'rightness' (truth), how glad I am that God also models for us how to handle the 'disadvantages' of being right.