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February 1984

Re-Creation Unlimited Gives Weekend Seminar

On the weekend of January 27-29, Fred Ramsey, Director of Re-Creation Unlimited, gave a weekend seminar aimed at increasing effective witnessing skills.

Once a full-time pastor in Crescent City, California, Elder Ramsey became aware of tremendous witnessing opportunities for our health message in vacation-oriented locations—namely national recreational parks. He noticed how people's lifestyle habits could be easily changed in the setting, making it easier to reach people and introduce a new way of living. From these observations he started to formulate a method for influencing the vacation-goer population.

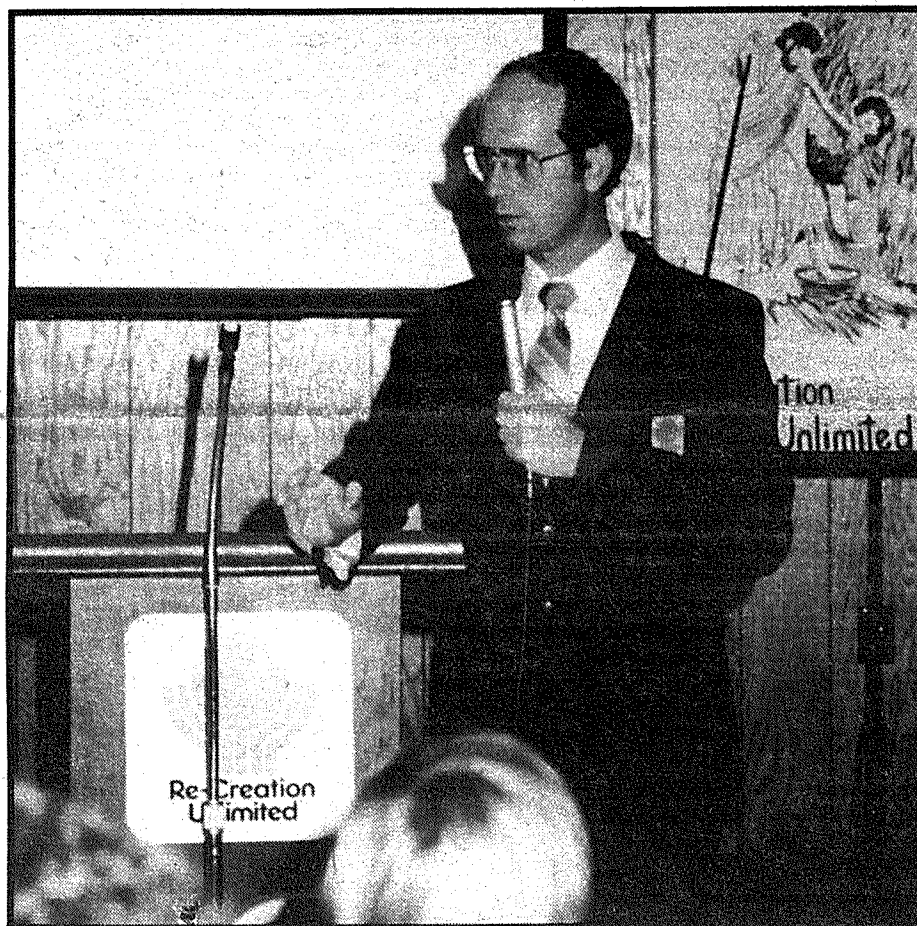
Unable to find assistance, Elder Ramsey almost scrapped the idea. Yet still the conviction persisted to move forward, not withstanding the apparent blockade. With this in mind, Elder Ramsey began to do some serious praying. Unexpectedly, Shirley Burton, editor of the Pacific Union RECORDER, called with a message of inspiration and support for this fresh approach to witnessing.

Elder Ramsey presented his plan to the U.S. Forest Service in California. After reviewing it, they decided to give him thirty days to test the program. Then, for 1 month, hot, wet, crowded Shasta Lake, in the Shasta Trinity National Forest became the experimental laboratory for Re-Creation Unlimited. Focused on meeting, sharing and ministering with people, the programs, crafts, clinics, recreational activities and other practical entertainments became a vital part of the park environment. In time people not only appreciated the service but were enthusiastic to see it continue. The U.S. Forest Service gave their highest regards for its development and soon other states requested Elder Ramsey to organize other similar services.

At the end of the 30 days, Re-Creation Unlimited had far exceeded its laboratory hypothesis for success. In fact, now, after 2 years, it has been such an overwhelming achievement that the U.S. Forestry Service has requested Elder Ramsey to organize and conduct such services in every recreational park scattered over the United States. Truly the Lord has blessed this new witnessing project.

Yet, unfortunately, among its noticeable victories one large problem still blocks its continuing growth. Re-Creation Unlimited functions under the leadership and workings of dedicated volunteers who are needed to participate, share and build up its structure. This one essential part is greatly lacking. It is for this reason that Elder Ramsey travels from area to area during the off-season. While giving lectures on the techniques of witnessing, he hopes also to spark interest for the much-needed volunteers.

The seminar here at Weimar seemed



Fred Ramsey emphasized practical avenues for reaching out to people.

“Light on Mental Health”

“You are a wondrous creature indeed,” said the voice from above. “I too have been greatly blessed. Allow me to share something wonderful with you and together we can enjoy fully this higher experience.” The creature below reached slowly yet steadily for what the other creature offered. Then ate. The creature which ate began to feel a slow but increasing exhilaration combined with what seemed to be an expanded awareness of all that was around.

Some six millennia later in a different setting, a young man sat at a party. A voice came from someone standing nearby saying, “I have been watching you and you're really with it, man. You and I have a lot in common. Let me share something

wonderful with you and together we can enjoy fully this higher experience.” The young man reached out and took what had been offered to him. He looked in his hand and he looked into the face before him. Then ate. The young man soon began to feel different—even exhilarated. It seemed as though he could hear and see everything better. This was the indication that the brain was being damaged. His protective light dimmed and he became a little more separated from his God. It took eight hours before that young man recovered from the effects of the mind-altering drug he took that night.

As you might have already guessed, the first scene took place in the Garden of Eden, as told in Genesis, Chapter Three, of

like a total success, as many people commented on the experiences and blessings they received from his messages. Elder Ramsey confronted each subject with an energy and dynamic command not seen in many public speakers.

Friday evening Elder Ramsey, in his forceful and convincing manner, struck right at the roots of nominal Adventism. He showed the necessity of living faith as a remedy for Laodicea, the power of the gospel promised to God's people, and the influence of a people abounding in quality rather than quantity.

Sabbath morning Shirley Burton, continual supporter of Re-Creation Unlimited, portrayed the importance of words and language skills needed in effective communication.

Later Elder Ramsey defined the true missionary as the laity of the church sent of God with a mission—to first reconcile people to ourselves and then to their Savior. He demonstrated each person's responsibility to be a living witness in every branch of life—whether at home, at work or at church. Finally he described the importance of “play” in American culture and the opportunity to reach those in popular people-oriented places. He pointed out how those basking in holiday spirits seem to be easily reached because of their unstructured surroundings and receptive attitudes.

Yet during the seminar, amid the constant testimonies, tips, techniques in communication, and practical group interaction, one theme persisted: to give one's self totally and completely to others in loving, caring for, and comforting those crying for help; to feel another person's hurt, to enter into his joys and sorrows, and to walk with him amidst his life battles and blessings. This is true ministry, he concluded, and then (and only then) will people begin to ask the important questions leading to eternal life.

the Holy Scriptures. The second took place not so long ago in Spokane, Washington.

The point is, however, that in both instances the result was the same. The violation of conscience, and unfaithfulness to God brought disease and damage to the mind and body. Man was not created in imperfection nor with a bent toward self-destruction. Yet by an act of his own will he damaged himself and disengaged from the Source of life. Thus it has been to this day, with accruing effect.

How are the manifestations of mental and moral damage seen in the biblical account of Eden's dilemma?

“Then the eyes of both of them were opened, and they realized they were naked.... Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid....” We have probably never experienced the deep kind of love that existed be-

Continued on page 7

Week of Character Revelation

All religions begin with a concept of God. This concept shapes, molds and dominates the very foundation of their beliefs. As with the Christian religion, the first statement of the Bible establishes this concept—"In the beginning God...". This is our foundation truth.

Once faith is established in the existence of God, the next point necessary to consider involves the nature of God. What is God like? What kind of God do we as Christians represent?

Student Week of Prayer this year focused on this Person's character. "By beholding we become changed" dominated the subject material, and each speaker took a part in revealing God's character in hopes of uplifting Him who excels in all beauty and loveliness.

The week started off Sunday evening with Shaun Lemnah, graduating senior, relating a concept concerning the worship of God. He explained how the forms of worship so often caught up in formality are only the means by which we as finite man relate to an infinite God. He identified ways in which formalities are at times worshipped in the place of the Person of God. He showed how these worship procedures symbolize and reveal basic principles of God's attitude toward us that we might better understand our relationship to Him as our ever-present God.

Monday morning Sam Soler spoke on the intangibility of God as experienced by our senses. He conveyed the idea of God's intangibility made tangible to us through His Word—a revelation of His character. From several illustrations he demonstrated God's desire to make Himself real amidst the conflict of our often unwilling natures.

Monday evening Rob Wilcox presented a concept of repentance. By using the illustration of Hans Christian Anderson's story, "The Emperor's clothing", he showed how true repentance comes only by a total and complete realization of our utter "nakedness". Through dependence upon God, he cautioned, we must wait patiently while His Spirit works within, cleansing, converting and convincing us of our constant need. Only then can we con-



Growth by beholding our lovely God was the theme woven through each discussion.

tinually yield our lives to growth and in this way take His righteousness in place of our own unrighteousness.

Tuesday morning Joel Neil compared the human relationships we experience here with the ultimate relationship we can experience with God. He explained the mutual outflowing of that divine relationship and how each person can be a part of that outflowing if they allow Christ alone to fill their lives with His abundant grace.

Tuesday evening Marti Breakie spoke of several misconceptions of God which had affected her relationship with Christ. She explained how Christ's ever-loving kindness and goodness, if not resented, will bring us to repentance. She showed how fear and doubt can never exist in a true relationship, and finally she revealed the possibility and potential of the abiding relationship in Christ if only we would put complete trust in Him and be willing to be challenged to grow.

Wednesday morning Jim Martin compared the insecurity of our usual everyday props against the never-failing security and confidence found only in Jesus Christ.

He showed how materialism, looks, competition, accomplishment, and people are no base for values or security. He finished off by launching the challenge to let go of our own man-made remedies, grasp the hand of Christ by faith, and walk according to His Word.

Wednesday evening Brenda Strickland spoke of an intimate relationship with God. She disclosed how God reveals His character to us through His Word, the beauty of nature, and the Father's revelation. She explained how sin had distorted that revelation, and confused the intricate workings of nature. She concluded by unveiling our privilege of rediscovering His revelation and then, through trust, communion and prayer, form that intimate relationship with our God.

Thursday morning Michelle Stravers spoke on the subject of honesty in light of God's character. She explained how Satan's distortions always end in fear and doubt, whereas the truth of Christ results in transformation, joy and happiness. Furthermore she explained how those distortions many times affect our relationships with people. She ended with the assurance of how honesty with God's character always triumphs over its distortions.

Thursday evening Len Tatom gave an account of his own conversion and providential leading to God. He demonstrated God's continual drawing power through

every part of his life. He showed the relationship of sin and its catastrophic effects upon the mind and character. He then portrayed the joy and peace that is an outgrowth of a new life in Christ Jesus with its everyday battles and blessings.

Friday morning Dan Haines presented the question of responsibility we have towards this week of prayer. "What are we going to do about it?" he asked. He called attention to the right action of the will and our power to choose. He stressed the importance of little things as they relate to everyday circumstances. He concluded with the power of confidence and truth in Christ as the only successful way to meet the choices of everyday life.

The climax of this year's week of prayer ended Friday evening with a candlelight supper, communion services, and testimonies. Dick Bullock finished the service with a talk revealing a rather fascinating part of God's character. He showed God's power and strength, His expedient and decisive answers to the contrite and humble prayer for help. What a God!

And so ended a week of spiritual growth, character revelation, and personal fellowship. As each student returns to the usual winter schedule one question still remains to be examined—How?? How does one turn these words into real life experiences? Thus the search and growth goes on undaunted.

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The Personnel Office is accepting applications from dedicated, qualified Seventh-day Adventist Christians to fill the following needs at Weimar Institute.

Female Physician
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- I am already receiving the Bulletin
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It is surprising how many people are looking for nutritional insights, how to prepare balanced meals for themselves and their families, and for what they can do to solve their problems of stress, allergies or obesity. With our tapes you can listen to the advice of professional doctors who

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"...The Program I Needed To Turn My Life Around..."

By Myrtle Adams
January NEWSTART Session (Jan. 1-26
as told to Kelvin Clark



Myrtle Adams with Carolyn Bell,
Nursing Supervisor.

Depression, aches, pains, and overall run-down health worked its way into my lifestyle. After cancer surgery in May and other dramatic experiences, my son suggested I come to the NEWSTART program. As a studious housewife, I had read large portions of nutrition information in hopes of curing my own maladies. I had many times read about health resorts and always felt that if I should ever become sick enough I would attend such a resort. Now with my son's invitation and financial support, I finally decided to go.

After 25 days of classes, I guarantee now that I couldn't have gone anywhere else and received the benefits I have received here. Already everything is better — my triglycerides have dropped from 259 to 179 and my cholesterol has dropped from 202 to 168. My blood pressure which shot to 239/120 during the stress and worry at home has dropped to 120/70. This is the program I needed to turn my life around

and give me the substantial nutrition and medical information I have always wanted to protect my body from cancer.

My favorite part of the program dealt with the nutrition classes. I have always been interested in nutrition, but what a wealth of material I discovered here! I have decided to use the instruction and materials to inform and help others who struggle with health and nutrition problems. What an opportunity! I am very excited about it.

Throughout the program I have seen the importance of positive thinking. Unfortu-

nately, a negative attitude immediately impedes your progress, but if you think positively and believe what the staff has learned and is sharing with you, then you can be helped.

I have nothing to say negatively about this place. It's all good in my opinion.

I think the most benefit I have received is in the mental and spiritual areas. I always used to be so fearful of getting cancer and was always depressed, but now — I am so happy! I have found the people here to be the most warm and wonderful people around. Everyone is so spiritual, so helpful and full of compassion. They are the kind of people I love to be with.

When I was young, I didn't have the opportunity to find the Lord; but now the time spent here has opened my eyes to a real spiritual experience.

This is the place to really see and understand the way to health and happiness. It's more than just theory. It's a practical understanding I can use every day. I feel so much better; I really don't even want to leave!

Physician's Observation

Myrtle found her appetite nicely satisfied by 700 to 900 calories of whole plant

food per 24 hours — well within her 1,200-calorie guideline.

She began walking 3-1/2 miles per day and progressed to 7-1/2. Her weight decreased ten pounds during the 25 days, and her water drinking ranged from 6 to 10 cups per day. Steam saunas, whirlpool, fomentations, and contrast showers increased her blood circulation, and 30 to 45 minutes of sunbathing a day helped normalize her blood pressure and convert cholesterol to vitamin D.

At the end of three weeks, Myrtle was able to exercise 3 minutes 11 seconds longer on the treadmill than when she first came here, and without the sensation of chest heaviness she experienced initially.

God's daily miracles in Myrtle's NEWSTART have blessed us all.

Sidney Nixon, M.D.
NEWSTART physician

Hope for smokers, Tokers, and Other Chokers

By David Montane

Should you stop smoking or toking* in order to live merely 2 or 3 years longer or to keep from dying a painful death from cancer, emphysema, or heart disease? It would seem that more motivation to quit would stem from an assurance that quit-

ting would mean a difference of billions of years. After all, the threat of future pain is difficult to comprehend, and it certainly has lacked the impetus to successfully relieve the majority of smokers from "The Habit" or tokers from their apathetic condition. For this reason we must search for the ideal substitute to replace inhaling fumes into our lungs. People have tried everything from chewing-gum to carrot sticks with various measures of success. They've tried hypnotism and transcendental meditation and electric shocks and... (the list goes on). Amazingly, smoking itself is actually a bad substitute for a good form of worship with which most people are somewhat familiar.

In every temple religion, incense plays a major role in the worship of gods of that religion. When there was an earthquake or volcano or a similar natural phenomenon, the people thought their gods had become angry. In order to appease the gods, they went down to the local temple and offered up sacrifices along with much incense. In the inner room of the temples had been placed manmade forms of these imagined gods. In the outer room, the incense was burned and the sacrifices made. Although most of the time the sacrifices were made with animals of various types, sometimes humans were offered as sacrifices. The incense offered up with the sacrifices was a form of prayer — in this case, appeasement.

Each time a smoker lights his cigar, pipe, or cigarette, or a toker his marijuana

joint, he forms essentially the same type of worship. The human body can be compared to a temple, with cherished attitudes such as anger, frustration, boredom, lust and greed, acting their part as gods in the inner room of the body temple — the mind. When these attitudes become activated the smoker seeks a method of calming himself. He has found what he considers a suitable method in the act of "lighting up" and filling the outer room of his body temple with smoke. In doing this he is at the same time offering his body as a sacrifice — committing slow suicide.

We see, then, that the best substitute for smoking is the same vehicle of which smoking is a counterfeit — namely, prayer. In order for a smoker to find consistency and satisfaction in prayer, he must offer his body, mind, and soul as a living sacrifice to God. Then his attitude will be changed, making him capable of maintaining a constant spirit of prayer. Instead of self-destroying attitudes, these attitudes will be a source of life to the person — enabling him to live forever. Eventually, prayer will become as much a part of his life as was the habit of smoking. His attitude will be the same as that of the psalmist when he wrote, "May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice. Set a guard over my mouth, O Lord; keep watch over the door of my lips." Psalm 141:2,3 NIV.

*A "toke" is a puff from a marijuana joint. (Slang).

1984 NEWSTART Schedule

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

MARCH 18-APRIL 12
APRIL 15-MAY 10
MAY 13-JUNE 7

JUNE 10-JUNE 15
NEWSTART Alumni

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736. (916) 637-4111 ext. 401.

Weimar Bulletin

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 an earth. Weimar institute ministers to the physical, the mental and the spiritual aspects of humanity. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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Outreach — Growth in



Len Tatom

It has been thirty years since I have gone to school, but the Lord impressed me to sell my business and come to Weimar to further my education and grow spiritually.

On registration day, I was told that all college freshmen were required to become involved in Practical Helps. My first question was: What kind of help? My counselor explained that we mow lawns, chop wood, weed gardens, rake leaves and just whatever is needed. At forty-seven years of age I had mowed many acres of lawn, chopped many cords of wood, weeded several hundred miles of garden rows, and raked tons of leaves. I wasn't very excited about doing these things around my own home, let alone someone else's. But the counselor explained that this was a requirement and that a minimum of three months would be necessary for me to complete this requirement. Not wanting to ask for any special favors just because I was an older student, I decided to "bite the bullet" and go ahead and get my Practical Helps requirement out of the way.

That first day driving to the assigned address, I thought, What have I gotten myself into? I came here for education and spiritual growth, not to be doing little meaningless errands. That's OK for the younger students, but I sure don't need this! Driving up the long, narrow driveway, I could see an older lady standing in front of her home. She had been expecting me, and it was obvious that she was happy to see me. She greeted me with a big smile and told me how much it meant to her that Weimar students thought enough of her to come and help her. She went on to tell me that she was 86 years old and that she had lost her only son three years ago and that her husband died in May of 1983. He had been in a convalescent home for some time, and the night he died the pastor of her church brought the bad news. She said, with tears running

down her face, that she hasn't seen her pastor since or—for that matter—anyone else from her church. She stated that she just couldn't understand why Seventh-day Adventists are so kind to her when she didn't even go to their church. After a few minutes with her, I was so touched that I was ready to do whatever she wanted me to do and eager to get started. She pointed to some flower beds that looked like they hadn't been touched for a year and asked if I would weed them. Naturally, I jumped right in and the weeds began to fly. I was only to work until 4:30 p.m., but I was still going at 5:30 p.m. It dawned on me that if I wanted supper, I had better quit.

A week had gone by and I was looking forward to getting back and finishing my job for this nice lady who had touched me so. All week I had a good feeling about helping her. She was just as excited to see me and immediately got me into a conversation as though she hadn't spoken with anyone since my last visit. After forty-five minutes of a very touching story about her personal life, I told her I had better get back into the flower beds before it was time for me to leave. With a chuckle she said, "I would like for you to chop some wood for my fireplace. You did a beautiful job on my flower bed but you chopped down my favorite climbing rose bush that I have been training for several years." I felt so bad but she was very sweet about it, and it has become our own little joke. She has become so close to me that she is like my own grandmother. We started ending our time together with a prayer. She always ends the prayer by thanking God for sending me to her.

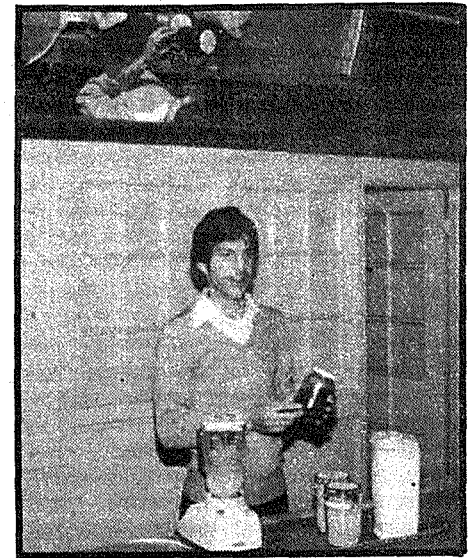
My three months with Practical Helps was up in December. Looking back on my thoughts about this outreach method and how it was supposed to reach out and give a blessing to those that we minister to, it dawned on me that I was the one who got the blessing. Even though my responsibility has ended, I go see my newly-adopted grandmother at least once a week to get that blessing!

Last quarter I was in the cooking school seminar. In the Adventist Church at Gridley we held a five-night course. About 7 of us students were involved. Several weeks before, we had studied and practiced how to give demonstrations and ways to prepare food healthfully. Besides giving demonstrations, we also helped behind the scenes to organize food samples.

To my knowledge I don't remember any certain individual that accepted the Lord as a result, but I remember the attitude of the people we greeted. Since we had to travel quite a distance to get there, several people expressed their gratitude for the willingness of "these fine young people" to help.

I'm glad that our wonderful God gave us a lifestyle that we can be proud of and teach to others. And the essence of that lifestyle is not just following a prescribed diet, but is in ministering to people in need—giving.

Maybe one of those people who came those 5 nights to learn about healthful cooking will be in the Kingdom of Christ, and to know that I had a part in guiding even one person to accept His salvation



Paul Carlson

and be in heaven—that is reward enough for me. Meanwhile I'll satisfy myself with the privilege of showing in my life our trustworthy God!

Bob Dieter

Reaching out and helping where help is needed affords to the giver a satisfying feeling inside his most inner parts—a feeling that nothing can beat. I for one have done this kind of activity both on and off campus and have reaped such a benefit that it makes me grateful for the opportunity.

My off-campus activity has been in prison ministry. What a mission field! If you were to weigh the amount of Christian attention it's getting against what it should be getting, the scale would most likely read a negative set of digits. Those people behind bars are not going to become truly rehabilitated to a normal, happy and right

attitude about life unless they are informed as to what life is, where it comes from, etc. They need help! We have made a deal with God to be the mouth through which He speaks, while He works that transformation in the heart of the listeners. You see, we inform, then He transforms.

Of the few visits made, we amateur ministers have made close relationships with many. Some of the half dozen guys I know have already asked me about my spiritual beliefs and appear to favor the topic—Gospel. They're eagerly searching for security and are gradually finding handholds. We need not preach a verbal sermon. For if religion has anything to it, it will show through the believer; and we see evidence of this fact. Life truly comes in giving!

Tim Ketzner

Prison ministry is a different avenue of witnessing that I've never engaged in before. It is different in that it involves approaching total strangers—convicts sentenced for everything from theft to murder—and telling them about Christ, hoping and praying that they will respond to Him. It is a ministry that involves talking to them as a friend, letting them know that someone cares, and just showing them brotherly love. In my experiences I've found that most of them will respond to this, because deep down inside they're craving for love and acceptance.

This prison, which a group of us go to, is a minimum security prison and for this reason it is fairly easy for us to talk to the inmates on a personal level. So, in endeavoring to talk to them one-to-one, we go to their individual beds, recreation room, basketball court, or wherever they might be. We also hand out Steps to Christ, The Great Controversy, and other tracts that might pertain to them. Then we invite them to an informal meeting where we sing songs, have small group discussions,

group praying, and occasionally show a religious film.

On one occasion we showed a film. So many inmates came barely enough seats were there to hold them all. After the film we were contemplating why we had had this record crowd. We found out later the inmates' bathroom presumably had been cleaned with ammonia prior to our showing the film. This horrible smelling odor floated right into their dormitories and was stinking the building up pretty bad. So, we found quite a number of the men attending our meeting, some of whom were there probably because of the ammonia. Our loving Lord truly will use any way He can to try and get us to listen to Him. Praise the Lord!!!

As I reflect back on the joyful experiences and blessings that I've received from going to this prison, I am reminded that one of the reasons for witnessing is not just to "tell others," for the angels could easily finish the work. But it is also to strengthen our walk with God—in which there will be unlimited benefits, and in which we can say, "Bless the Lord, O my soul: and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all His benefits." Psalm 103:1,2.

Christian Witnessing



Sharon Claridge

What an enriching experience I've discovered the Weimar Outreach program to be. This last quarter I had the privilege of working with a program called "The Winning Weigh," a weight control

program directed by Dr. Gordon Botting. Dr. Botting is the Health Education Director for the Carmichael Seventh-day Adventist Church.

What a joy and an education it was for me to give a few lectures, demonstrate some low calorie, low cholesterol recipes, and also be a support person to some of the ladies in attendance.

I will never forget one of the ladies in particular. Her name was Velma. What a thrill it was to see her put her all into a program that actually changed her life. It's not easy to change lifestyle patterns that one has practiced for years. But it didn't discourage Velma. In fact, she expressed how thankful she was to finally be involved with a program that she could practice the rest of her life.

This outreach program meant a lot to me because I not only learned some valuable things about running a weight control program, but I found that it is really fulfilling to see people's lives changing in a positive way.



Sherri Dortch

What's it like to go into a home and hold a class in natural foods cookery? Well, from my experience, it was very interesting. In more ways than one.

I learned quickly that without the essen-

tial person who hosted the class in her home, I had to do a whole lot of calling and other PR work, looking under every stone and tree for interests. The goal is to find one lady who would just love to have the class in her home (once a week, using her utensils, TV, furniture and kitchen) and invite 9 other women or men who could spare the time (usually about 2 hours) and the money (\$20) to support it.

As it was, my partner and I spent a lot of time on the phone and in other ways just looking for a hostess and interests.

The time was finally set—just the thing(!)—the last two weeks of the quarter during final exam preparation.

We had 2 couples from Weimar who helped immensely, plus 2 older ladies, and the young college girl who opened her home to us. They were all quite interested in the program, especially the video-taped physicians' lectures, and their chance to actually fix the food samples themselves (and sample them as well!) Despite the unexpected way it all happened, I think it was probably good for my character, and a blessing for those who were involved.

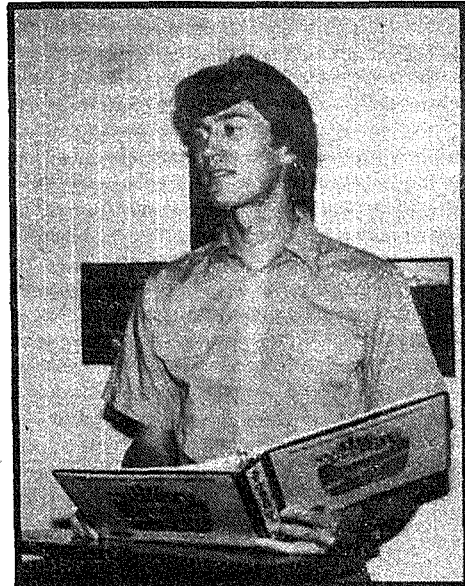
what should I say? "Jesus understands," I replied as I took her hand. I learned that I could not hold her hands because it caused her pain; but she could caress mine lightly without hurting her. Still not moving my eyes, I sang that child's song: "Jesus loves you, this I know, for the Bible tells me so; little ones to Him belong, we are weak but He is strong." When I finished, she repeated it back to me word for word. There was no need to speak more, for she held my hands and she held my eyes. When I left she whispered, "Jesus loves me; thank you." As I walked out of that room, I was different; I had experienced something that had changed me. I couldn't explain it until I read: "Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful... will result in blessings to the giver.... The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." (5T 56)

Will Marcoux

Four students visited every Wednesday as part of their Practical Helps Outreach, Auburn Ravine Terrace, a skilled nursing facility for the elderly. I was greatly blessed to be a part of that group. God prompted our prayers in that we asked to be His arm to hold, His ear to listen and His mouth to speak. Soon after we began our visits I heard from one particular room frightening sounds of pain. I determined to visit that person and asked angels to be with me. Laura was a tiny, frail woman, racked with pain and unable to move, but she had the most brilliant sky-blue eyes! Moved, I looked into those eyes and spoke my heart in a smile. Her look was penetrating, searching and fixed. After some intense moments she whispered, "I love you." "I love you, too" I responded. Her pain brought her next words, "I want to sleep. I'm scared, I want to die." Thoughts raced through my mind,

The scale rose and fell till it finally settled down on the mark. "Good job, you've lost 2 pounds this week!" Depending on their expectations the clients would express dismay or great joy at this discovery. Among other responsibilities, I had the opportunity to man the weight scales during the Weight Management Seminar sponsored by the Carmichael Seventh-day Adventist Church.

Four of us students along with our Health-Science professor, Dr. Lorenson, would pile in a car and ride the 50 minutes to the meeting. There Dr. Botting, the director for the "Health Unlimited" programs, would quickly brief us on what was happening for the evening. Then as the clients would begin arriving, we would sit down with them, after their weight and blood pressure were taken, and discuss together how their progress had been. During the 7-night seminar, each of the students would have 2 lectures or demonstrations on subjects ranging from breakfast ideas to exercise precautions. It was a rather surprising reality to be standing in front of a group as an "authority" on nutrition, when it was just the quarter before that you were furiously scribbling down notes in Nutrition class. On the last night we realized how the participants had enjoyed the Seminar under the energetic leadership of Dr. Botting. One idea mentioned the most was the practical freedom they felt as they understood more on nutrition, exercise, and motivation. They won-



Kelvin Clark

dered why they had never happened into the program before.

It was interesting to note that most of those expressing themselves were not church members. Perhaps they were beginning to understand the principle, "There is therefore now no condemnation for those who are in Christ Jesus." And some still think Outreach is teaching you to "tithe mint, dill and cummin."



Lennart Christiansen

Since the beginning of 1983, I have had the opportunity to work with the Pathfinders in Grass Valley. Every Tuesday night we meet in a combined effort to direct, entertain and teach skills to about 25 valuable children in the age group 6-12—just the age when plenty of energy has to be used. Our primary goal is to reveal God's principles to them in an attractive way, for we can't see any reason for the club to exist without that. Even though this is the most important aspect of Pathfinders, it is also the hardest and most challenging task that is set before us.

Often I tend to ask: "Are we reaching our goal? Are the kids becoming more loving and cooperative? Is it all worth it?" We think it is worth it. I especially re-

member one evening, when our planned activities fell through, one of our counselors introduced an exciting game called "Trustfall", which is often used by Christian outdoor educators. By getting all the kids to encourage each other to do things they don't usually have the courage to do, like falling backward from a table and trusting that the people underneath will catch them, we try to teach them how they can trust in God.

When we tried this exercise, it was a joy to see the motivation change from competition to cooperation, from trying to fight their way to the top into an attitude where they want to help and encourage each other.

To be a counselor and be able to work with these kids is certainly worth it. But we have to remember that without the leading of God, the work is in vain.

HOW TO ADVERTISE YOUR HOME COOKING SCHOOL

So you've decided you want to teach a home cooking school. You've ordered your kit from Weimar, and it has just arrived. Now what do you do? Where are you going to find ten people to come and take your class?

Start with your friends. Has anyone ever mentioned an interest in vegetarianism? Or told you that you were a good cook? Call them and let them be the first to sign up!

Included in your kit are 30 brochures. The brochure advertises your class and has a clip-out card that may be mailed to you. These brochures may be used in a variety of ways. One way is to place a dozen of them in a health food store. The manager is usually happy to allow this, especially if you promise to tell your class about his store! The brochures may also

be placed in health food restaurants, health food sections of grocery stores, doctors' offices, or any other place where people are interested in nutrition. Of course, permission to leave your brochures should first be secured.

If you or someone you know has given a vegetarian cooking school in the past, get a list of names and phone numbers and see how many people who attended other cooking schools will attend yours too. An example of what you might say to them on the telephone is: "Hello, Mrs. Jones, my name is _____.

I'm calling for (name of person or group who organized previous cooking school.) How are you doing with the recipes we gave you? Is your family enjoying them? (At this point you will probably get a posi-

tive or enthusiastic response.) I would like you to know about a new program we have, called 'Home Cooking Schools.' A home cooking school is even better than a regular one because this one is done with a small group in a comfortable home setting. Everyone who comes gets hands-on experience in making a dish and of course in the tasting! We want those in our last class to have the first invitation to this one. Is this something you could see yourself involved in?"

If you can get a list of people who have taken other health education classes such as weight control, stress control, or smoking cessation programs, you can do a mass mailing of the brochure to all of them. (More brochures are available from the NEWSTART Homestyle office for 10¢ each.)

Another possibility for advertising is to leave a few brochures with the health educator or nurse on a college or university campus. Ask this person for his advice as to how to let the students know about your class. Sometimes one can even work through the college to offer your cooking schools as a non-credit class!

Explain your program to physicians, chiropractors, and naturopaths. Show them your syllabus and ask them if they

would be willing to refer their patients to you.

If you live in or near a city, you will doubtless be close to several large corporations. Turn this into an opportunity for a class. Call and ask for the health nurse (or safety engineer) and get an appointment to see her. Then explain the cooking school you will be giving. Ask how she would suggest letting the company's employees know about it. You may be able to put your brochure on a bulletin board or leave it with her to use in referring people.

If this is your second home cooking school, you can use your former class members' enthusiasm to your advantage. Tell them that alumni are invited to come through the class again at no charge if they are responsible for bringing two other people with them. You will find some of them more than happy to do some word-of-mouth advertising for you. If they need the details as to date, time and cost, you may give them several of the printed invitations (15 included in the kit) to give to their friends.

If you have followed these instructions carefully, you should have no trouble getting people to come to your cooking school. Have more people than the class allows for? It's already time to order a refill kit!

ACADEMY COMPUTER CLASS BEGINS



Sharon Letcher and her Commodore-64 with input output devices.

This semester opened with a new academy class in Introduction to Computers taught by Sharon Letcher, one of our teachers in music and business subjects. She has made available to the class her own PET Micro-computer and a larger COMMODORE 64 with printer and disc drive. The class has drawn students with and without past experience in personal computers, as well as three secretaries from the Institute who are interested in bringing their skills up-to-date.

Sharon is very enthusiastic about the potential in a class of this sort and enjoys sharing her technical knowledge in this field as well as taking every opportunity to point out the spiritual lessons and implications of a science that has become such an integral part of our society. She and one of our biological sciences instructors, Dr. David Kissinger, hope to see computer classes begin at the college level when more sophisticated equipment is made available to the Institute.

In the last few years others of our faculty and staff have acquired personal computers or brought them with them when they began their service here, and they are now using them to make their own work, as well as other work areas of the Institute, more efficient—in our accounting office, NEWSTART divisions, college classwork, health assessment and outpatient clinics, and in the production of business forms. The output of these computers is far superior to anything that can be produced on Institute equipment, and we are grateful for the sacrificial services of these staff members who are providing many computer hours each day on their personal equipment.

Sharon's class is off to a good start as staff and students investigate this fascinating new technology.

BAKERY ORDER FORM

<input type="checkbox"/>	90¢	Corn Bread
<input type="checkbox"/>	90¢	Five Grain
<input type="checkbox"/>	90¢	Lumberjack
<input type="checkbox"/>	90¢	Oat
<input type="checkbox"/>	90¢	Raisin
<input type="checkbox"/>	90¢	Rye
<input type="checkbox"/>	90¢	Sprouted Wheat
<input type="checkbox"/>	90¢	Sunny Soya
<input type="checkbox"/>	90¢	Wheat Free
<input type="checkbox"/>	90¢	Whole Wheat
<input type="checkbox"/>	90¢	Sprouted Wheat-Salt Free
<input type="checkbox"/>	90¢	Whole Wheat-Salt Free
<input type="checkbox"/>	1.25 ^{lb.}	Granola
<input type="checkbox"/>	1.25 ^{lb.}	Granola-Salt Free
<input type="checkbox"/>	1.25	Whole Wheat Dinner Rolls-18 per pkg.
<input type="checkbox"/>	1.00	Coconut Macaroons-One Dozen
<input type="checkbox"/>	90¢	Bread Stix

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 must be enclosed. Please don't pay in advance.

PHONE

NAME

ADDRESS

CitySTATE.....ZIP.....

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

Mental Health Continued

tween man and his Creator up to this point. So why did they hide? For the same reason a child hides from a parent he has disobeyed, or you avoid a friend you have wronged. When we walk in love and truth there is confidence in every step, security, poise, and peace of mind. But when we violate our understanding of love and truth, peace is exchanged for guilt and a gnawing fear.

The beloved disciple states that "God is love. Whoever lives in love lives in God, and God in him. Love is made complete among us so that we will have confidence on the day of judgement, because in this world we are like Him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment." —1 John 4:16-18 NIV.

Fear is a very common human response:

- to the unknown;
- to being exposed for what we really are;
- to the question as to what form the expected punishment will take;

but is also the product of a damaged mind resulting from distrust or rejection of what we know to be right and good. Man in Eden "exchanged the truth about God for a lie." This lie (or darkness) was now, by a damaged mind, seen as truth (or light).

"The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!" —Matthew 6:22-23 NIV.

After man in Eden had chosen to violate

his own mind and therefore his relationship to God, "...the eyes of...them were opened, and they realized they were naked... (they) heard the sound of the Lord God... and they hid from the Lord God... the Lord God called to the man, Where are you? He answered, I heard you... and I was afraid because I was naked; so I hid."

We are afraid when we realize our awful condition and that we have no real answers on how to get back to where we were or where we want to be. It is like getting lost and not knowing the way home.

This condition paves the way for the next indication of mind disfunction — self-deception or self-justification. When man in Eden was confronted with the decisions that had been made and was asked for an explanation, the best that they could do was to justify their actions by pointing the finger at someone else. The disease of mind had now progressed from being deceived (through the abuse of their minds—making it subject to an influence which worked forcefully against the nature of their minds) to being deceivers of themselves. "If we claim to be without sin, we deceive ourselves and the truth is not in us... We make (God) out to be a liar and His word has no place in our lives." —1 John 1:8,10 NIV.

The answer to the Eden dilemma had been arrived at before it had arisen. But the minds once capable of grasping cosmic concepts were now limited in scope and functionally handicapped. The therapy, formulated by 'the Wonderful Counselor,' involved an experiential object lesson designed to expose deception for what it was and reveal a God who was willing to go to

any length to reconcile man to their previous love relationship.

The dilemma each individual (and therefore the entire human family) faces today is the same sorrowful Edenic song, only with a modern sound. Man's awful condition (or nakedness) arises from the futility of his own thinking. Erroneous deception has been accepted or perceived as truth. Error about himself—error about the God who loves him and made him. Many schools of modern psychology believe that guilt or emotions underlie all man's unhappiness, phobias, neuroses and psychoses. And so those seeking help are encouraged to ignore the former and indulge the latter. This will not bring healing, cannot bring healing, and has not brought healing! For the futility of a man's thinking arises as the result of a broken love relationship with his Creator.

"Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit... out of the abundance of the heart the mouth speaketh... for as he thinketh in his heart, so is he...." —Matthew 12:33,34; Proverbs 23:7.

"If the thoughts are wrong, the feelings will be wrong, and the thoughts and feelings combined make up the moral character..."¹

"Let us not regard sin as a trivial thing. Every act of transgression, every neglect or rejection of the grace of Christ, is reacting upon yourself; it is hardening the heart, depraving the will, benumbing the understanding, and not only making you less inclined to yield, but less capable of yielding, to the tender pleading of God's Holy Spirit.... Christ is ready to set us free from sin, but He does not force the will; and if by persistent transgression the will

itself is wholly bent on evil, and we do not desire to be set free, if we will not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love. 'Behold, now is the accepted time; behold, now is the day of salvation.' 'Today if ye will hear His voice, harden not your hearts.' 2 Corinthians 6:2; Hebrews 3:7,8"²

Our minds can only be healed, our empty souls can only be filled, our purposeless lives can only be purposed, by seeking to make whole again the broken love relationship between ourselves and our God. His love reaches far beyond the highest human aspiration of the term. It is left only to us to say, "I'm sorry; I need You, I love You, and I wish to follow in Your way!" God was willing to humble Himself to the ultimate degree of taking human form, showing us how to make it work and then sacrificing His own life that we might live.

"Dear friends, since God so loved us, we also ought to love one another... If we love each other, God lives in us and his love is made complete in us. We know that we live in him and he in us, because he has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Saviour of the world. If anyone acknowledges that Jesus is the Son of God, God lives in him and he in God. And so we know and rely on the love God has for us." 1 John 4:11-16 NIV. This is confidence. This is happiness. This is security. This is peace. This is mental adjustment and healing. This is eternal life!

¹Mind, Character, and Personality, E.G. White, p.660.

²Steps to Christ, E.G. White, pp.33-34.

recipes



RASPBERRY PARFAIT

2 or more cups raspberries
5 Red Delicious apples
½ c. unsweetened crushed pineapple drained
Grate apples leaving some skins on. Combine with pineapple. Place in freezer for about half an hour to chill. Make alternate layers of apple mixture and raspberries in parfait glass and serve.

5 CUP SALAD

1 c. mandarin oranges
1 c. Thompson seedless grapes
1 c. pineapple chunks, drained
1 c. unsweetened coconut
1 c. pineapple topping (see recipe)
Combine all ingredients. Fold in pineapple topping. Chill several hours before serving. Serves 6-8.

(Taken from the New Weimar Cookbook)

Introducing...



Nancy Lee

Nineteen eighty three promised to be an exciting year for Nancy Lee, with graduation from Walla Walla College high on the list. After the wonder of "where to go" and "what to do" with her degree in Recreation, she finally moved to California to do her practicum with the Beverly Hills Recreation Department. She

learned a great deal from them about the organization and administration of a recreational program. Later that year while visiting Weimar, she heard Fred Ramsey, Director of Recreation Unlimited, give a presentation on the needs at Weimar and decided this was something she'd like to be part of.

In September, 1983, Nancy was invited to become director of Recreation and part of the Weimar staff. She was sure the Lord was directing her to Weimar, and felt the challenge of beginning a new program emphasizing non-competitive recreation on campus. She has been busy organizing the recreational program here, and when asked how she likes it, she says, "I like it very much. I enjoy the students and getting to know them. I especially appreciate the spiritual environment here. This is a very special place."

It is our goal that we should lead out in the development of recreational and physical exercise activities that are in keeping with our Christian philosophy. This includes upholding values of personal growth rather than mere entertainment. After one quarter we can say that her contribution has been a major factor in the excellent school year we are enjoying.

A NOTE ABOUT OUR PHONE SYSTEM

Having difficulty making phone contact with the Institute?

We have made every effort to be available by phone 24 hours a day, 7 days a week. During office hours and Sundays, our main switchboard takes our calls through multiple lines. During off-hours, however, the home operators have only one incoming line available to them. So, if you call in during these hours and don't get an answer, the line is busy. Just wait a few minutes and try again. It costs you nothing to keep trying, and your call should go through in a short time.

Thank you for your cooperation and patience.

From our Chaplain

Is God Disappointed With Us?

By Dick Winn

Please walk carefully with me through some subtleties in one of Jesus' most far-reaching comments. If you misunderstand where I am going with these intricate understandings, you will think I've grown soft on sin. On the other hand, if the concepts speak clearly to you, you might find yourself being drawn even more invitingly toward the Savior than before.

Here's His comment — brief, but full: "Love your enemies; do good, and lend,

"To lend, then, or to give, or to do any other form of kindness, expecting nothing in return, means that I must settle in my mind that I do not wish to control another by my actions."

expecting nothing in return...for he is kind to the ungrateful and the selfish." Luke 6:35, RSV. Let your mind savor those four words, "expecting nothing in return." Have you ever done something for someone, expecting nothing in return? Ab-

solutely NOTHING? Not even the awareness that they noticed the act? Being honest, we admit that such emotional neutrality is rare.

To expect something for a gracious act done, to expect a returned favor, a loving response, is to be disappointed if nothing is returned. I give away some second-hand clothes to a down-and-out from the poor part of town, and I get not so much as a nod as he walks away. And I am disappointed. With my "well-deserved" disappointment sitting prominently on my sleeve, I now have two choices. Since he is so ungrateful, he gets no more used clothing. That's one option.

The other option cuts closer to home: I can use my disappointment to get him to be grateful. I can let him know how hurt I am that he didn't respond to my kindness as I wished he would. My kindness was done to induce his gratefulness, and it didn't work. And I am upset. Jesus properly labels such motives: "If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again." (Verse 34).

To lend, then, or to give, or to do any other form of kindness, expecting nothing in return, means that I must settle in my mind that I do not wish to control another by my actions. I will do the kindness simply as an expression of my love. Period. To feel disappointment, much less to reveal it to another, is to expose my desire to control the other.

But now a transitional question: Does God ask us to live at a level that exceeds His own? Is not all His admonition to us but an expression of Himself? Of His own attitudes and values? Does God use His goodness as a means of manipulating us?

Imagine God saying, "I've been good to you; NOW, what are you going to do for me?"

Imagine God shaming us with a look of divine disappointment if we were not to respond as He had wished us to. And then turning around and telling US to give, expecting nothing in return. God gives, not as a means of control, but as a natural expression of His very nature. He IS a giver.

Now it is indeed true that, because he loves us so dearly, God wants for us to experience the very best. And when we make stupid, self-limiting choices, inflicting pain on ourselves and those around, God hurts. He is disappointed. But He is disappointed FOR us, not disappointed WITH us. And what a subtle difference!

To be disappointed FOR us means that He stands next to us, letting us feel the warmth of His tears, suffering with us in our agony, letting us know that our foolishness, our rebellion, has not dimmed His devotion to us.

To be disappointed WITH us means that He stands far above us, letting us feel the scolding, the shame, the rebuke, for our

choices. It means that, unless we respond differently, the kindnesses will cease. We see a look on His face of heavy "oughtness," of expectations far beyond ourselves. And the greater His kindnesses to

"To be disappointed FOR us means that He stands next to us, letting us feel the warmth of His tears..."

us, the greater our duty and obligation to "give something in return." To see the Cross in its fullness is to stagger under the sheer weight of obligation which we owe.

Which of these two feelings is — in the end — the most healing, the most productive of good, the most redemptive?

And don't you think that God knows that, too?

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