



WEIMAR INSTITUTE BULLETIN

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Special Issue, October 1977

ROBERT FILLMAN ACCEPTS PRESIDENCY ZANE KIME NAMED MEDICAL DIRECTOR

Weimar Medical Directors Named

The Weimar Board, by unanimous vote, extended the invitation to Dr. Zane Kime to head up the medical team of the developing Weimar Conditioning Center for Life-style re-education. There was strong affirmation by the board of the approach towards restorative therapy that Dr. Kime has been involved with in his private practice and nation wide lectures. The Weimar Board was also happy to announce Dr. George Chen's acceptance of their invitation to serve as staff physician, and medical personnel director. Both men are graduates of Loma Linda University Medical School, and both have since pursued advanced studies while maintaining private practices. Both Dr. Kime and Dr. Chen believe strongly in the preventative approach with their patients, which centers in non-drug therapy. This therapy utilizes the natural remedies of a proper, natural diet, proper rest and regular exercise, sunlight, fresh air, hydro-therapy — and the call to each patient to experience the healing power of a trust in God.

It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the Gospel message.

EV 261

The board announced that three other M.D.'s; Sherman DeVine, Kelly Lindgren, and Tom Denmark, will serve on the medical staff as guest lecturers and consulting physicians. Having selected the core team, Weimar is now giving careful consideration to selecting a qualified auxiliary staff. This staff will consist of a physical therapist, exercise physiologist, medical secretary, health educator, and a nutritionist. The nursing staff selection at this time is almost complete.

ZANE KIME — DIRECTOR

For years Dr. Kime has been dividing his time between his practice and continuing study in the field of nutrition. His goal has been to amass scientific evidence which will back up the Spirit of Prophecy call to Adventist physicians to be world leaders in the restoration of total health. He has come to believe that Adventist physicians should totally reject the strong dependence on drugs so prevalent in the medical profession today. Dr. Kime has done his homework well, and is in constant demand as a gifted lecturer of "God's natural remedies". At the same time operating a private practice out of the Roseville-Auburn area, he has helped hundreds of people return to and maintain an optimum level of health. Zane realizes the necessity of showing that this type of treatment is not "quackery", or "overly simplistic", but makes sound medical and physiological sense. He sees the natural approach to healing as the acceptance of a total life-style. The diet must be a natural one, — unrefined, unconcentrated foods prepared simply and tastefully. "In grains, fruits, vegetables, and nuts are to be found all the food elements we need." (MM 267) He stresses especially the need to eliminate all refined sugar and oil products (both saturated and unsaturated oils) His work has also been strong in the beneficial effects of sunlight, deep-breathing and exercise.

Dr. Kime graduated in 1962 with his B.S. in biology from Walla Walla College. He received his M.D. degree four years later from Loma Linda University. While pursuing his medical studies he also pursued a beautiful young nursing student from Highland Park, Illinois. He was successful in both ventures, and Sharon Barclay became his wife in 1964. Today they are blessed with three beautiful children; Fawn (12), Karmin (8), and Zane Jr.

(Continued Page 3 Col. 1.)



Drs. George Chen (left) and Zane Kime (center) discuss future plans with Weimar Institute president Robert Fillman.

Long Search Ends At Home

When Weimar was secured last May, Pastor Dick Winn of PUC was named interim director, and moved onto the project. One of his first official acts was to begin a nation-wide search for a permanent President. "At the time," said Dick, "I thought it would be a matter of weeks at the most until a permanent director was located." God had other plans. The board search committee received and explored many suggested names — men and women of impressive credentials, and often of national stature — each one deeply committed Christians. But the doors were always closed, and search went on. In God's wisdom, Weimar continued to be guided by the strong spiritual leadership of Dick Winn. During that time, the precious and often hard lessons of unity and open communication were being learned by the staff and board alike.

Throughout this time, one man in particular retained a spirit of confidence and enthusiasm in God's leading of the Weimar project. Bob Fillman served as co-chairman of the board and

chaired the building planning committee. He was both an objective assessor of the different problems, and a man of prayer and faith.

The search for a president continued, and the board began to prayerfully define its priorities in terms of the qualities it sought in the leader. The highest priority was to find a man who knew by experience the leading of the Holy Spirit, and was willing to make decisions based on principle, regardless of the pressures applied. Another high priority was that he should surround himself with the best people possible, and seek to be, not so much an "all answers man", as a facilitator and synthesizer — willing to take a

variety of council, and then make decisive choices. In line with this, Weimar did not seek to become an authoritarian "one-man show", but sought a leader who fostered confidence and had a willingness to delegate responsibility, while nurturing an atmosphere of freedom to be creative.

The suggestion finally came — "look closer to home". Bob Fillman's name was put forward and immediately it seemed a natural to the Weimar staff. Accepting the staffs strong vote of confidence and the extremely high recommendations of Mr. Fillman's fellow educators, the board vote was unanimous to extend to him the call. After a week of personal and family prayer and heart-searching the unanimous vote from the Fillman family came back — "yes". The search was over, ending where it had begun. A Sacramento educator would become Weimar's first President.

Bob comes as President knowing the project from its roots. His involvement has been consistent and positive from its

There is no limit to the usefulness of one who, by putting self aside, makes room for the working of the Holy Spirit upon His heart, and lives a life wholly consecrated to God.

DA 250-251

(Continued Page 3 Col. 4)

Directors Named (Continued)

(1). Sharon's interest in music is strong, and she is an accomplished vocalist.

Zane continued his studies at the University of California at Davis, where he received an M.A. in nutrition. Currently he is completing classwork on a Ph.D. in this field, and writing the final chapters for his book on natural healing. It will be published by Pacific Press. More than being a careful student in science, Zane is a student in the scriptures, and the writings of Ellen White. He senses the urgency in helping to prepare a people to meet their Saviour. A quote often shared by him in lectures to Christian audiences reads: "It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the Gospel message." (Ev. 261)

GEORGE CHEN — MEDICAL STAFF

PERSONNEL DIRECTOR

The son of an Adventist educator, George Chen graduated in 1960 from Atlantic Union College with a B.S. in biology. He was immediately accepted at Loma Linda, and in 1964 received his M.D. degree.

After an internship in Ashville, N. Carolina, returned to complete a residency in ophthalmology. He established a highly successful practice in Caldwell, Idaho.

During his first year of medical school George married Irma Cruz. Today they have two sons; George Jr. (15) and Andrew Phillip (12).

What makes highly successful doctors such as Kime and Chen devote their lives to being a new model of medical ministry, making great financial sacrifices? George's response to such a question is beautiful: "To be in this work is no sacrifice really, but a great blessing. God has been preparing us for this type of work, and we're more than happy to respond to His call."

How has God been preparing the Chen family? It began with a weekend retreat in Washington state during 1972. A man by the name of Morris Venden opened up a concept he called righteousness by faith. The Chens began to know Jesus Christ as a personal Friend, and the friendship grew. There were nights of study and

prayer with the Bible. The writings of Ellen White spoke to George of a "better way" in healing men's broken lives. In 1975, George entered the Loma Linda University School of Health extension program studying to receive his M.P.H. Last year the pieces all fell into place. Irma was offered a booklet on healthful diet by a doctor in California named Kime. She read it, and in excitement gave it to George. It answered a lot of questions for the Chens. Coming to visit Dr. Kime, they discovered Weimar. Within weeks the family had sold their home in Caldwell, and George joined Zane's practice in Auburn. He will move quickly into a key organizing role as the "glass house" building undergoes remodeling, and the personnel begin to assemble.

Weimar is excited at the strong ministry for Jesus Christ this center will have. Joining the medical team, Dick Winn and Richard Fredericks will seek to help weave the concepts of a loving soon-coming Saviour into every phase of the lifestyle re-education program. We solicit your prayers for these men that the Holy Spirit may fill them with the spirit of wisdom and love.

From The Weimar Kitchen

"How do you make bread "without oil?" "I need some recipes for dressings for salads. Do you have any that do not use oil?" "What do you use to put on your bread in place of butter or margarine?" "Do you really lose weight on this diet?" These and many other questions are asked daily by the visitors that come to Weimar.

We have been having a really good time originating ideas to make our taste buds tingle. "I didn't think that this type of food could taste so good" said one of the General Conference men as he sat at our table. But we don't take the credit here. God has been so good to create so many good things to eat. And aren't they beautiful?

Thanks to the ladies that have sent in recipes for us to try. This makes our job much easier and we love to get them. Keep them coming.

Have you ever heard of putting avocado in cookies? I hadn't either, but it works well. Here are some recipes for you to try.

Apple-Oatmeal Cookies

1 c. finely shredded apples
1½ c. rolled oats
½ tsp. salt
½ c. raisins or chopped dates
½ c. chopped nuts (Use Moulinex to get them fine)

Combine all ingredients. Let stand until moisture is absorbed. The mix together firmly with fingers or fork. Spoon, packing firmly into muffin pans lined with paper liners. Fill well and round nicely. Bake at 375 degrees for 25 minutes. Yield: 12 to 16 small muffins.

Honey-Fruit- Nut-Oatmeal Cookies

½ avocado
Two thirds c. honey
1 tsp. Jolly Joan Egg Replacer (with required water)
3 c. rolled oats
1 c. chopped walnuts
1 c. pitted dates, chopped
1 c. seedless raisins
½ tsp. salt
1 tsp. vanilla
¼ tsp. almond extract
¾ c. pineapple juice

Cream avocado, add honey and blend well. Beat in egg replacer. Add remaining ingredients, mixing well. Drop by spoon onto cookie sheet. Bake at 350 degrees for 20 min. Yield: 3 dozen.



"If you will seek the Lord and be converted every day; if you will of your own spiritual choice be free and joyous in God; if with glad-some consent of heart to His gracious call, you come wearing the yoke of Christ, — the yoke of obedience and service, — all your murmurings will be stilled, all your difficulties will be removed, all the perplexing problems that now confront you will be solved."

Mount of Blessings 150

PASS THIS BULLETIN ON
TO A FRIEND!

God's Natural Remedies For High Blood Pressure

By Zane Kime, M.D.

The United States has approximately 23,000,000 people that have high blood pressure. This breaks down to about one adult out of every five that has high blood pressure. About half of the adults that have hypertension, according to the data from the National Institute of Health, have already progressed into hypertensive heart disease — as shown by enlargement of their hearts on X-ray or electrocardiogram evidence. Having high blood pressure over a long period of time is one of the risk factors in developing congestive heart failure, stroke, or kidney failure. High blood pressure may be as significant as carrying a high level of fat in the blood in producing hardening of the arteries or arteriosclerosis. About 90 per cent of the people with high blood pressure are classified as having essential hypertension, meaning that their blood pressure has risen without apparent cause.

There are many natural ways the blood pressure may be lowered without having to resort to the use of drugs. Diet has been shown to be very effective in lowering blood pressure. A diet that is very low in fat, protein, and salt, but high in carbohydrate, has been shown to be very effective in reducing high blood pressure. (1) The Longevity Foundation in Santa Barbara has also shown that a similar diet, including more vegetables, can be very effective in lowering blood pressure. A November 10, 1973 news release from the US Department of Agricultural Release Research Service gives credit to Dr. James M. Iacono with "what is believed to be the first research data to show that blood pressure can be lowered by reducing the level of fat in an otherwise normal diet".

Sugar has also been shown to be hypertensive. Dr. Richard Ahrens has shown convincing

data that sucrose is able to raise blood pressure. He was able to raise blood pressure at will in his laboratory by providing extra sugar to the diet in both experimental rats and human volunteers. (2)

Many students have shown that a good exercise program will also greatly assist in lowering blood pressure. Walking can be one of the very best exercises, especially for older people. Deep and proper breathing can also be very effective. (3) Try this information yourself to see if it is true. Find a hypertensive friend and take their blood pressure. Then have them take eight or ten nice big deep breaths and then immediately recheck their blood pressure. Hypertensive as well as normal patients need to be taught to breathe fully and deeply as part of their lifestyle.

Sunlight can be one of the most effective ways of lowering blood pressure. Several studies have been done showing that sunlight definitely has an effect in lowering the blood pressure. The Journal of the American Medical Association sums it all up this way: "Systemic circulatory changes may occur after ultraviolet irradiation of the whole body surface. Prominent among these changes is a reduction of both systolic and diastolic blood pressure. This reduction commences long before the sunburn reaction develops and may even be noted after sub-erythema-producing doses of irradiation. The maximal depression of blood pressure is gradually reached in about 24 hours and low pressure values may persist for several days." (4) Sunbathing out of doors is, of course, the most effective. However, caution should be used so that the first exposure is only for a few minutes. Then every day it can be increased by one minute. During the winter months, benefit can also be obtained by using ultraviolet

light or sunlamps. Again, be sure that your sunlamp has an automatic timer on it so that it will shut off automatically if you should fall asleep. What about the chance of developing skin cancer? Your chances are probably greatly reduced if you stay on a natural diet that is very low in fat of all kinds, including vegetable oil. (5)

Abstaining from alcohol can also have a very direct effect on keeping blood pressure down. Three or more drinks per day can be a risk factor in hypertension. (6)

Many studies have shown that stress and tension cause an increase in blood pressure. Stress and tension can release adrenalin which will drive blood pressure up. A firm trust in God can be a great asset in helping to reduce blood pressure. All tensions and worries are turned over to Him, enabling one to sleep easily at night, knowing they are in His hands.

In the midst of the greatest pressures the promise still stands true each day; "Thou will keep him in perfect peace whose mind is stayed on Thee — because he trusts in Thee. (Isa. 26:3).

1. Watkin, D.M., et al, Effects of diet in essential hypertension, *American Journal of Medicine*, p441, Oct. 1950.

2. Ahrens, R.A., *American Journal of Clinical Nutrition*, 28; 195, 1975.

3. Burnum, J. F., et al, The effect of hypocapnia on arterial blood pressure, *Circulation*, 9; 89, 1954.

4. Lorincz, A.L., Physiological and pathological changes in skin from sunburn and suntan, *JAMA*, 173; 1227, 1960.

5. Baumann, C.A., Effect of diet on tumors induced by ultraviolet light, *American Journal of Cancer*, 35; 213, 1939.

6. Klatsky, A.L., et al, Alcohol consumption and blood pressure, *New England Journal of Medicine*, 296; 1194, 1977.

Long Search (Continued)

very first days. Professionally, Bob received his undergraduate degree in Speech from P.U.C. and holds a M.A. in Speech Education from Arizona State University. He has shown himself to be a qualified educator with seventeen years of experience, both in Academy and College teaching. That experience includes serving as Chairman of the English department of Thunderbird Academy, and Dean of Men at San Pasqual Academy. He also developed and served as Chairman of Southwestern Union College's Speech Department. From 1969 onward, Bob has been Chairman of the large English department of the Cordova high school district. During this time he carried numerous other responsibilities including:

Chairman, District English Curriculum Committee 1972 to present. Chairman, District Mini-Grant Committee 1974 to present. Member; District Administrator Screening Committee 1974 to present. Director, District Workshop to Write Composition Framework. Nominated for Outstanding Secondary Educators of America 1975.

Along with strong administrative and educational qualifications, Bob and his family have espoused in their personal lives the health and educational philosophies of Weimar. His example in his high school has led to several teachers becoming total vegetarians, and an entire school now more health conscious.

Yet another asset is Bob's skill in construction and remodeling. For years he has contracted and

built one or more homes each summer. As the chief administrator, Bob still plans to spend several hours of each day working side by side with Weimar college students teaching them this trade. And in this early stage of Weimar's development the large amount of building renovation will receive his experienced supervision.

True to the old saying, behind this excellent Christian man stands a quality woman. Bob's wife, Shirley, is a woman loved by all those who know her. He states that he "rescued her" from college during her junior year. They were married in 1960. Today she works part-time in teaching educationally handicapped children, — and full time at home as the mother of two teenagers; Debby (15) and Bruce (13). A superb cook, she will give valuable assistance to the Weimar Kitchen in developing its natural diet recipes.

God has often clearly demonstrated to Weimar His approval of the choices we have made. Bob Fillman as President is no exception. Because of their knowledge of his personal commitment to God and desire to serve Him, the Cordova educational supervisors are freeing Bob from his contract in mid-semester. Weimar will welcome Mr. Fillman to the staff starting November 6.



"YOUR ONLY MERIT IS
YOUR GREAT NEED."
Councils on Health 590

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WEIMAR INSTITUTE - A

Jesus Himself said; "I have come that you might have life, and have it more abundantly." (John 10:10) But with this promise came a life call summed up in two simple words repeated over and over throughout the Gospels, — "Follow Me." What does it really mean to follow Christ today? We must turn to the Source of the call, for He Himself has provided the answers:

"Truly, truly I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself, and alone — yet if it dies, then it will bring forth much fruit..." therefore "whoever wishes to be truly great among you shall be your servant...just as the Son of Man did not come to be served, BUT TO SERVE, AND TO GIVE HIS LIFE a ransom for many." (John 12:24, Matt. 20:36, 28)

To follow Christ is to give our lives from beginning to end — in service. At the heart of Weimar is this very challenge, this call to a complete commitment — of time, energy, affection and prestige — to be spent for others. Such a motivation is found only in the heart which stays surrendered to God, for God's rewards are seldom external, or recognized by the eyes of anyone seeking self-recognition. The words of John the Baptist "He must increase, but I must decrease," must be a reality in the heart of every person who would accept Jesus' call to servanthood.

These are beautiful words, but how can they be experienced today? How do we make the gospel a tangible, touchable reality that others can see, and in seeing, hear the call of Christ and make their choice? Weimar has a plan.

Phase I.) Retreat Ministry Center

Weimar is made up of approximately thirty-five large, solid, functional buildings. This includes a cafeteria with kitchen and dining room facilities for up to four hundred people. Beyond this, it has over four hundred acres of virgin pines, meadows and hills completely untouched by any buildings. The view from the highest ridge is a breathtaking panorama of the Sierra Nevada foothills, particularly splendid at sunrise or sunset.

Here is an ideal location to accept the divine invitation which still remains open to men today: "Come unto Me...and I will give you rest." (Matt. 11:28)

One of the largest of Weimar's structures, the "government building", which encompasses 15,000 square feet of floor space, has been set aside as a Retreat Ministry Lodge. This Retreat Lodge will become a temporary "home" two or three weekends a month for small groups of Seventh-day Adventists for a season of intense scriptural study, prayer and learning, plus the beautiful fellowship that can only be found in a group united by a common purpose and sense of mission. Why is the retreat ministry so important?

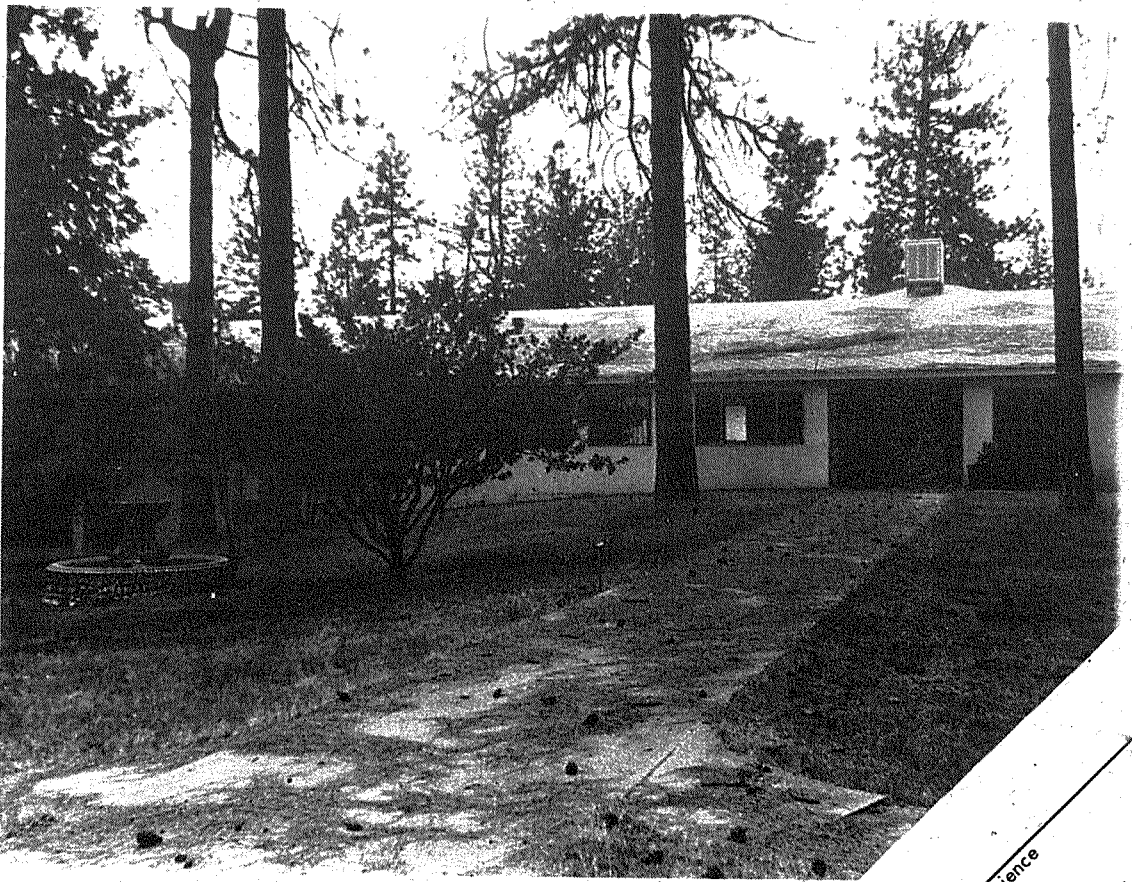
When the disciples returned from their first mission tour Jesus, on meeting them, said, "Come away by yourselves to a lonely place, and rest awhile." (Mk. 6:31)

Here is the balance found in the lives of the great men of Scripture, but especially in the life of Christ; seasons of prayer and preparation, resulting in a renewed commitment and greater service. His strength was found in a life divided between the mountain and the multitude. So it is with us. "The heart that rests most fully upon Christ will be most earnest and active in labor for Him." (SC 71)

The Weimar staff is committed to helping nurture this experience. Retreat groups will in almost all cases be kept small — (maximum forty people). The weekend schedule will seek to provide time for the preaching of the Word, and the teaching of the Word in study-group settings of five to eight people. A high priority will also be quiet times for personal study and meditation. The retreat weekend is also seen as a unique opportunity to introduce the educational and health concepts on which Weimar is built. Each retreat will feature a natural diet, good physical rest coupled with outdoor walks in the abundant fresh air and sunlight. Our hope is that Jesus will draw close during these retreats, making them times of total restoration, in preparation for greater service.

Phase II.) The College

The first statement of the Weimar educational philosophy stipulates that "the curriculum



A park-like entrance to the Conditioning Center

in the college at Weimar will be explicitly service-oriented, and all students will engage in individually-adapted community ministry as a non-optional part of their educational program."

Here again is the heart of the largest and most complex of Weimar's ministries — a small, high quality college whose highest priority will be to offer a challenge and call to service. The college program, scheduled to begin in September of 1978 will always remain small in numbers, (maximum 250 students,) with a low student-teacher ratio. This will allow close involvement and model-type relationships between the teaching staff and each student. The teacher's responsibility will be to educate by example in the areas of the spiritual and practical, as well as to instruct in the theoretical. They will seek to endow their students "with a power akin to that of the Creator — individuality, power to think and to do." (ED 17)

All three goals of true education will be pursued in practice, as well as in theory, at Weimar. Students should come from our schools with well-

developed intellects, health of body and health of soul. (FE 75-6) This, then, is the equally proportioned triangle which will give balance to the students life: 1.) academic excellency; 2.) the development of practical skills through physical work, and 3.) actual sharing of their faith with others while still students. Let's explore each one.

1.) Academic excellency: We are told by God that "in Christ are hidden ALL the treasures of wisdom and knowledge." (Col. 2:3) Inherent in this statement is a challenge to Christian education echoing throughout the Scriptures and the Spirit of Prophecy. It demands that true Christ-centered education should produce leaders in every field of true science and knowledge.

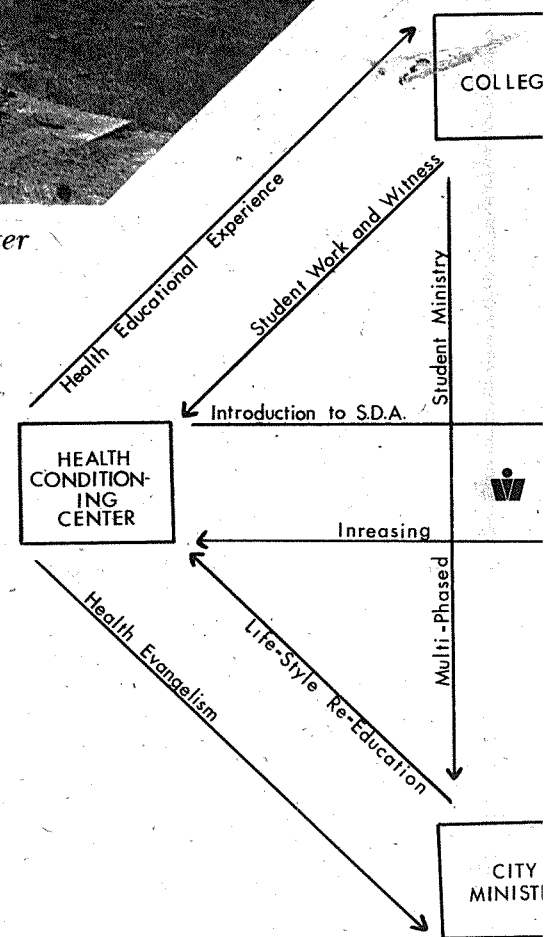
"Advance as fast and as far as possible in every branch of true knowledge." (ED 18)

"Each student should aim just as high as the union of human with divine power makes it possible for him to reach." (ED 267)

"We need young men and women who have a high-intellectual culture, in order that they may do the best work for the Lord." (CT 43)

The call to intellectual development is God's call, and when He calls He provides, — "In Christ" are hidden all the necessary treasures. So the goal is a Biblical-based curriculum, in every area of study, taught by men and women who have a living experience with its message, and not simply a theoretical knowledge. A college stands or falls on the wisdom and vision of its faculty. A college is not books or buildings, it is the interaction of mind with mind between student and teacher in the search for truth.

Weimar College is committed to having good facilities and adequate learning resources, but above all it will be committed to having teachers who understand how to unite the human mind with divine revelation. These teachers must not be narrowly isolationist or piously arrogant. They are to open to their students the issues of a real



world, helping them discern the ultimate outcome of different paths of life. Students need to see that the creative image of the Creator is in every man, however marred — and be taught to distinguish for themselves truth and error, cause and effect. But, everything must find an intelligent, consistent integration point in the Biblical revelation of Jesus Christ as God and Man, Creator and Example.

"These schools were intended to serve as a barrier against the widespread corruption, to provide for the mental and spiritual welfare of the youth, and to promote the prosperity of the nation by furnishing it with men qualified to act in the fear of God as leaders and counselors." (ED 46)

Although the exact number of majors has not yet been determined, the college curriculum will provide for several four-year degree programs in areas covering religion, education and health education. The necessary minors in fields such as biology or chemistry will be offered for those who are in pre-professional programs. Study is being given to different two year associate-



The Retirement Center, shown here, is conveniently situated across from the cafeteria.

A New Ministry For God

arts-degrees, and one year non-degree programs. There will also be concentrated seminars (several weeks) on selected topics such as health evangelism, and outpost city ministry. Regardless of the program entered, each student coming to Weimar will be placed in an atmosphere of learning where he is encouraged to strive for the highest level of intellectual development possible — in Christ.

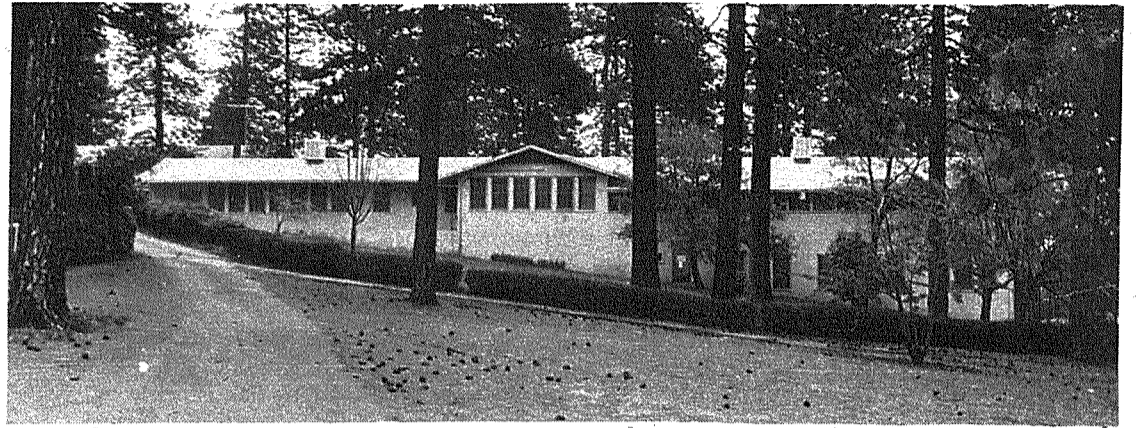
2.) Practical Skills through Vocational and Agricultural Training:

One thing must be made crystal clear about this aspect of Weimar's college program. The students will not simply work as they pursue an education, but rather the learning of practical

spiritualism at its roots, which handed to western man the idea of the mind-body dichotomy. It elevated the development of the intellect, and regarded manual labor as a curse, and degrading to the "educated man." The schools of the world have swallowed Satan's bait, but we are not to do so. The gospel of Jesus Christ is a gospel of total restoration. The life of Jesus is the perfect example. Jesus was not "just a carpenter" for thirty years. He was a diligent student of scripture, psychology, and nature. But He was also a carpenter. The balance was there. The Christian concept of man is built on unity between mind and body, therefore the mind cannot be balanced, strong and effective while the body is neglected and weak. The ramifications of this concept are important. A clogged system and an over-taxed mind are incapable of clear spiritual discernment. In effect, the voice of God to the soul is largely silenced, the call to self-sacrifice and service unappreciated and unanswered.

Books, lectures, discussions and compositions are means to impart necessary knowledge, but knowledge never becomes true wisdom when the total man is only a theoretical, impractical man. Given this understanding, Ellen White gives a beautiful and inspired promise of the balance possible to each student:

"Physical labor will balance and stimulate intellectual development...Daily systematic labor should constitute a part of the education of the youth, even at this late period. In following



Spread out and waiting, the College Complex promises to be the hub of campus activity.

academically, excellence and thoroughness will be the goals. This will be a time for the development of close and enduring friendships. And most importantly, as the students work in the sunlight and fresh air of nature, or at the "carpenter's bench", the voice of Jesus Christ will be heard more distinctly, giving the call again: "Follow Me..."

3.) The Development of Spiritual Gifts and Personal Ministry.

True education "prepares the student for the joy of service in this world, and for the higher joy of the wider service in the world to come." (ED 13)

No person will rise higher than the goals he sets for himself by his daily actions. The world's truly great men have always been those who recognized and conquered the world's great challenges. Yale minister and psychologist Ernest Ligon states that "the degree to which a sense of purpose, (a vision for one's

through meaningful service.

The basic commitment each student will be asked to make is to strive for the development of his spiritual gifts through personal ministry. The promise made by God to the Corinthian church (I Cor. 12) is still an exciting and true one today. It states that each one of us has been given unique and special gifts from the Holy Spirit to be used for the building up of the body of Christ. The key word is "unique". There is not one gift given to all, so there will be no one rigid program of "witnessing" at Weimar. Every student who comes will not be expected to give Bible studies, though it is our sincere prayer that many will grow into that gift. But to each student who commits his life to Christ, God promises to place within him unique ways to share the divine love He Himself is discovering, — right from the start. The scriptures are clear that reaching out in service is imperative to growing in Jesus.

How? It is simple, and yet as complex and unpredictable as each individual who comes, and the Spirit's leading in their life: Sharing some apples, or a loaf of bread with our neighbors. A "free bowl of soup" sign on Interstate 80, with Christian fellowship and music thrown in. A house painted, a yard cleaned, an old, lonely couple visited. Time out for a walk with a conditioning center patient. Street-corner singing and sharing. Health classes, cooking classes, visits, Bible-studies, evangelism-discipleship. To tell an entire city and its suburbs; "I will very gladly spend and be spent for your souls." (II Cor. 12:15) The words can sound beautiful, — the reality will often be hard, ugly, and exhausting, for Satan will fight for his kingdom. Yet the promise is that the "gates of hell will not prevail against us." We will, in Christ's strength, break them down and win the kingdom — forever.

The approach to service must be an intelligent one. There will be schools of discipleship, mission groups, faculty advisors, and witnessing teams to nurture each individual's growth. But please notice, — only one thing will be vital right from the start. That is a complete commitment to the leading and Lordship of Jesus Christ. He will take it from there.

"There is no limit to the usefulness of one, who by putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God." (DA 250)

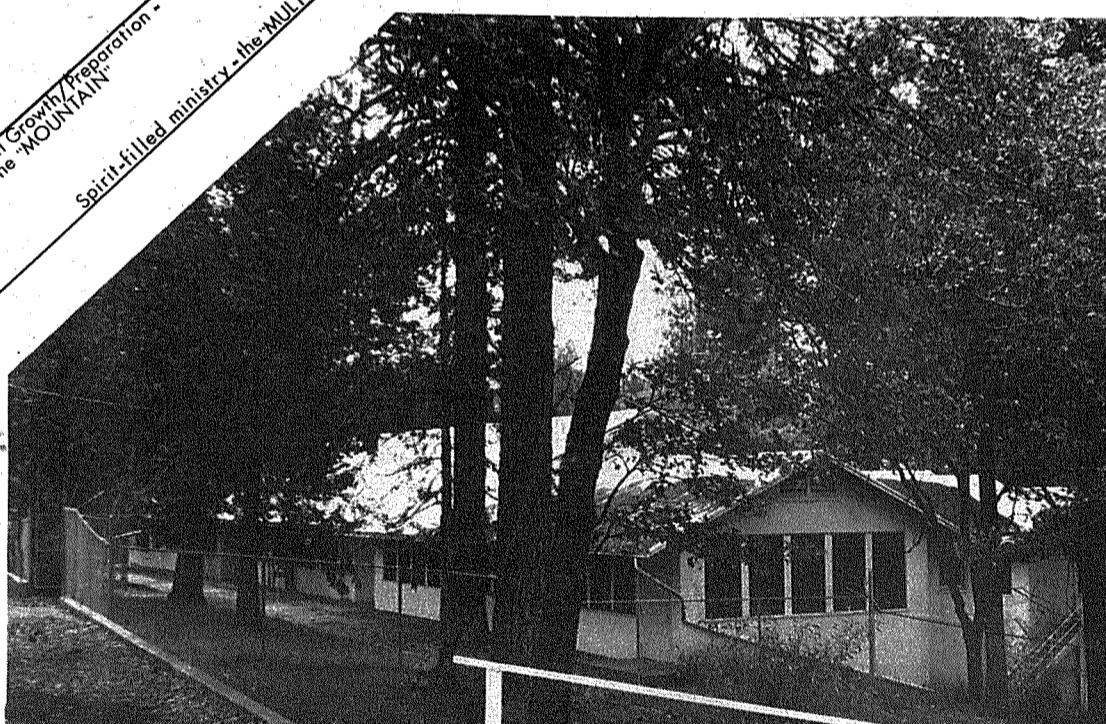
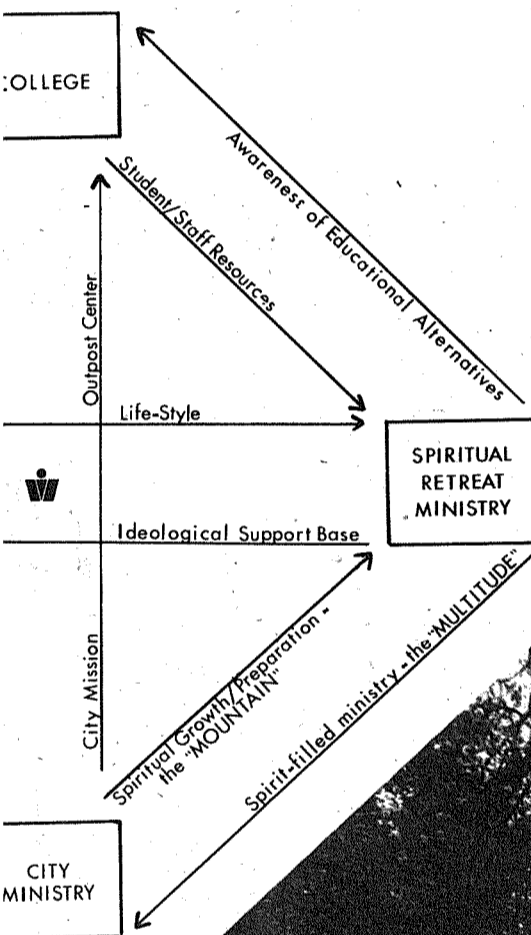
We believe Weimar's educational program will be a call to many, and that God will

clearly touch the hearts of those He desires to answer that call. The college will need special faculty, competent men and women who love students and love God, yet who are still longing for something more — a deeper ministry in Christian education. We believe it is a vision whose time has come, and if so, God Himself will set the flame of this vision burning in other hearts.

There is another need, and another call. It is a call to young men and women, exceptional and unusual ones, who in a world of getting have already decided to spend their lives in giving. Weimar is often called by many the place for a new "model", but a true model is never simply words. The proof is in the product, and our students will be our models. It has been said that committed college age young people who are willing to sacrifice, to work manually, to strive for academic excellence, and to give their time in ministry do not exist. This is a very real challenge. The students and faculty will be building a new kind of college program, even as they find new growth in that program. They will be pioneers in proving God's plan to a waiting church and a needy world. We believe that men and women, young and old are even now waiting to respond to such a challenge.

The college at Weimar Institute will be a great new option in Christian education, but it is by no means the only option. Weimar is a member of the body of Christ, and we realize that there is strength only in the unity and fellowship of the entire body — with its diversity of roles, gifts and ministries. However Weimar's place in the body is a much-needed and unique ministry of true service-education based on Spirit of Prophecy guidelines. Our prayer is that you will affirm and strengthen this new member

(Continued Page 6)



Nestled among tall evergreens the Retreat Lodge finds privacy away from the main complex.

skills, both vocational and agricultural, will be equally essential parts of their education. "True education means more than the pursuit of a certain course of study. It has to do with the whole being. It is the harmonious development of the physical, mental, and spiritual powers." (ED 13)

"Schools should be established that, in addition to the highest mental and moral culture, shall provide the best possible facilities for physical development and industrial training." (ED 218)

It was Greek philosophy, as espoused by Plato, with

this plan, the students will realize elasticity of spirit and vigor of thought, and will be able to accomplish more mental labor in a given time than they could by study alone. They may leave school with their constitution unimpaired, and with strength and courage to persevere in any position in which the providence of God may place them." (FE 37, 44)

In keeping with this counsel all the students and staff will be involved together in a work-study educational program. They will spend approximately 15-20 hours a week in useful vocational and agricultural training, supervised by skilled instructors. Here, as well as

unique destiny) — guides personal behavior will determine mental health and happiness. Purpose is the most integrating single force in personality."

The Christian's highest purpose in life, no matter what his profession, is to bring to his neighbor the good news of a way back home to God, through faith in Jesus Christ. This work was Jesus' final commission to His disciples (Matt. 28:19-20.) This challenge, and how to meet it effectively, must be the highest reality in every student's life, "that My joy (Jesus) might be in you, and that your joy may be made full." This is our goal, that each student who comes to Weimar will experience this joy

"The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them. He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises." D of A 668

A New Ministry (Continued)

of the body in whatever way God may lead, that the body might take yet another step towards becoming complete in Christ.

Phase III.) The Active Retirement Center

The Ralph Nader report on the elderly, CBS's Sixty Minutes, and many special reports before and since have shown conclusively that the great killer of people in retirement is the loss of personal worth. When a human being no longer feels needed or involved, the physical breakdown of the mind and body is eminent and accelerated. This is the antithesis of the Christian concept of old age, and even death. Moses' leadership did not end at sixty-five; it was yet to begin its forty year tenure. And when he finally laid to rest to await Jesus at the end of his life's great commission the scriptures report that "his eye was not dim, nor his vigor abated." (Deut. 34:7) Even more importantly, Moses had led a young generation of Israelites to the borders of their promised land, and he had trained the leadership to finish the task, and take them home.

The beautiful interaction of the young and the old — wisdom and experience combined with enthusiasm and energy. Elijah and Elisha, Naomi and Ruth, Paul and Timothy. This interaction has been God's chosen method of preparing many leaders for His people. It is an interaction deemed absolutely necessary at Weimar. For this reason the large and beautiful yellow-trimmed building next to the cafeteria will be remodeled into an "active retirement center." It will house twenty-eight apartments (mainly one bedroom,) for single or double occupancy. The building is nestled among pine trees and dogwoods on the south edge of the campus. There is more than adequate space for flower gardens in the immediate area, and vegetable gardens not far away. For its residents there will be many built-in attractions beyond the nicely designed apartments. They will be surrounded by the stimulating environment of a Christian community dedicated to service. Their diet will be a natural one, consisting of healthful and delicious meals. The conditioning center's medical facilities will be close at hand as well. (Unfortunately, because of its limited space we will not be able to offer any convalescent care. The retirees must be able to care for themselves with the exception of regular meals served in the cafeteria.)

These are the benefits the retirees coming to Weimar will receive. But again, the retirement center will be a call to share, bringing a new ministry into the lives of its occupants. Our goal is the training of young people, and the winning of a city to Christ through sacrifice and service. Our call is to those who are ready to retire from regular employment, but who still long for involvement in such a challenge and ministry.

There are many highly valuable retired tradesmen, educators, and professionals in a multitude of areas, who through the years have come to see clearly the need for Weimar's existence. They are invited to come, and serve on a part-time basis as teachers, medical

support staff, vocational or agricultural instructors, as kitchen and office help, — in many ways as God leads them. Many ministers needing to withdraw from the massive responsibilities of pastoring could find here a place to continue to "feed His sheep." Not every gift of the Spirit is that easily labeled. The woman who for years has been a Christian wife, mother and precious friend to hundreds, — now left alone, yet still longing to give, may hear God's call to Weimar. The entire staff, (which is in fact a young one,) and especially the students, will find friendships with such active retirees immensely enriching. And the blessings will flow both ways. The active retirement center will share in Weimar's mission. It's residents will continue to have purpose, experiencing new adventures in Christ.

How does an active retirement center fit into an institution seeking to make the gospel of Christ a reality? A prophet named Joel, writing long ago of the last days said it best:

"And will come about after this, That I will pour out My spirit on all mankind; ...Your old men will dream dreams, Your young men will see visions." (Joel 2:28)

"Jesus followed the divine plan of education. The schools of His time, with their magnifying of things small and their belittling of things great, He did not seek. His education was gained directly from the Heaven-appointed sources; from useful work, from the study of the Scriptures and of nature, and from the experiences of life — God's lesson books, full of instruction to all who bring to them the willing hand, the seeing eye, and the understanding heart."

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Phase IV.) The Health Conditioning Center

How important to Weimar's sharing of a gospel of total restoration is its health conditioning program? Let's examine a few statements from the pen of a mutual friend before attempting an answer.

"Many have lost sight of Jesus. They need to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands that He may dispense rich gifts unto men, imparting the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel's message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure." (TM 92)

"God has shown that health reform is as closely connected with the third angel's message as the hand is with the body." (CD 71)

"When the third angel's message is received in its fulness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body." (6T 327)

A beautiful balance is found again. The final message sent to man from God is the message of Christ — "our only righteousness." In order to have the spiritual insight and mental strength which will enable us to grasp this great truth, God offers a message of physical restoration. This message is given, not to burden, but to serve and protect those who would see Jesus. It is the hand, and not the heart of the message — yet both hand and heart are vital to a complete body. It makes sense! The first text shared in this article was Jesus' own promise that He had come to "give life, and to give it more abundantly." Sin is separation and imbalance, no matter what its guise, from God and from the fullness of life He offers. Therefore, the true gospel of Jesus Christ must be an offer of total restoration, destroying sin and its effects at every level of our existence. We need only to look to Jesus, our Example, to see all three levels of life His gospel was to reach:

"Then came Jesus into Galilee 1.) proclaiming the good news of the kingdom, 2.) teaching in their synagogues, and 3.) healing every kind of sickness, and every kind of disease among the people." (Matt. 4:23)

The health message is never simply a change in diet. It is limited man trusting completely in the way of life offered to him by an unlimited God. It is righteousness by faith, for it is putting Jesus right at the center of our lives and then choosing to do everything to His glory, not our gratification, remembering His highest delight is our happiness. I fear that for many people, this intended gift can lead instead to guilt, or even worse, a proud superiority. It becomes a false heart, not a true hand, a burden or false-righteousness, instead of an avenue leading to the freedom of Christ's righteousness. In light of this Weimar will strive to present above all else the essence of the health message:

"Only the love that flows from the heart of Christ can (truly) heal. And only he in whom that love flows, even as the sap in the tree, or the blood in the body, can restore the wounded soul." (ED 113)

"Of all the people in the world, reformers should be the most unselfish, the most kind, the most courteous." (CD 459)

In all their health-restoring programs the Weimar medical team has made a commitment to prove that the experience of total health, and the lasting motivation to strive for that experience, are transmitted and accepted only in the atmosphere of God's incredible love for each individual.

The Program:

The central building of the Weimar campus is the "glass house," — so named because of its abundance of windows. Its floor space covers an area of 15,000 sq. ft. At one time it was the nicest unit of hospital rooms for the Weimar State Medical Complex. By February it will once again be the core building for Weimar Institute. At that time, a team of dedicated physicians and medical support-personnel under the direction of Dr. Zane Kime (director,) and Dr. George Chen (medical-personnel director,) will open its doors to a new kind of "patient," and begin a new phase of Weimar's ministry.

Under the skillful direction of

architect Bob Burman, those coming will find the building remodelled into twenty-seven beautiful living units, designed to accommodate married couples, or single guests, comfortably. The "glass house" will also house hydro- and physical therapy units, a sauna, a lecture room and other offices necessary to the conditioning center program.

The actual programs will be diverse, varying with the needs of each individual. Weimar will meet the quality standards and medical staff standards of the proposed General Conference Better Living Center guidelines at the group III (or highest) level. This will allow for treatment in all areas of cardiovascular problems as long as the individual does not require horizontal acute care, or has not undergone bypass surgery within two months. Treatment programs will be run for diabetes, arthritis, and pulmonary problems, as well as obesity, stress, and smoking cessation clinics. It must be emphasized that this will be a "health education" center dealing in lifestyle re-education. This means many people will come for therapy to alter, sometimes radically, their lifestyle, to avoid problems leading to an acute care situation. The emphasis will be prevention. Each person coming will undergo a carefully controlled initial diagnosis by the staff internist before any program is prescribed.

Basic to each program will be a non-drug therapy using the natural healing agencies God has promised to bless. This does not mean, in some cases, that beneficial or necessary drug therapies may not be utilized. However it must be understood that the goal with each conditioning center guest is a quick return to a strong state of being in which the body's own healing powers can fight disease.

There is strong evidence coming from the epidemiological studies of recent medical research that many, if not most chronic, degenerative health problems can be reversed through a scientifically controlled application of such natural treatments. It lends strong support to the inspired council given years ago. What are the "natural healing agents" Weimar's therapy will be built upon?

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water; trust in divine power — these are the true remedies." (MH 127)

"There are many ways of practicing the healing art, — but there is only one way that Heaven approves...Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God...Fresh air, exercise, pure water and clean, sweet premises." (5T 443)

"Drug medication should be worked away from as fast as possible, until entirely discarded." (CD 406.) The important phrase of this statement is "as fast as possible." In no case will the medical team at Weimar expose a guest to an unnecessary risk or discomfort through a hasty removal of a prescribed medication.

"There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved...Walking in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all of the organs of the body are brought into use."

"Morning exercise, in walking

in the free invigorating air of heaven, or cultivating flowers, small fruits and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of the brain and lungs, inflammation of the liver, the kidneys, the lungs, and a hundred other diseases." Healthful Living 131)

Diet is of central importance to the conditioning center program. A right diet and regularity of eating are absolutely essential for restoration and continued health. It is a topic too large to even begin to cover in this article. Dr. Kime will be dealing with the area of diet especially in his column appearing in each future Weimar Bulletin.

Basically, the health center meals will provide a balanced "natural diet" of unprocessed, unrefined foods. The kitchen prepares all meals without the use of free fats, (grease, vegetable oils, butter, mayonnaise etc...) or refined sugars. The emphasis is on an abundance of fresh fruits, whole grains, nuts and vegetables served to provide a balance of proteins, carbohydrates and fats, — natural foods that God has produced and God has made.

The health conditioning center will attempt to show the beauty of balance and the necessity of the right use of all God's avenues to health. It will be open to Christians and non-Christians alike: to those who need immediate and drastic help, and to those who simply want to discover and maintain the highest quality of life possible. Its goal will be that each guest might live better — longer, experiencing the incredible energy and optimism known only to one who possesses health of mind and body — dedicated to service.

Hopefully this article will answer some questions, and perhaps raise many more, by creating an excitement for the potential impact such as an integrated Christian community will have. The ultimate goal is to be a powerful city mission outpost; touching the lives of thousands in the Sacramento area with diverse programs of individual and group health evangelism. The day of Pentecost brought thousands of souls to a life-surrender, but the seeds of that surrender had been previously planted by the three year ministry of Jesus. Weimar seeks to open hearts through friendship and service, and to open minds through the restoring of total health — that intelligent decisions might be made to the gospel invitation — "Follow Me."

"Though in many respects our institutions of learning have swung into worldly conformity, though step by step they have advanced toward the world, they are prisoners of hope. Fate has not so woven its meshes about their workings that they need to remain helpless and in uncertainty. If they will listen to His voice and follow in His ways, God will correct and enlighten them, and bring them back to their upright position of distinction from the world..." 6T145



A Weimar Maranatha?

"We'd like to help Weimar! What can we do?"

Letters, phone calls, and visitors have requested announced times when they might come to do such work. Seeking to share in the pleasure of preparing this pioneer project for its unique mission, these people and groups are as varied as their requests; a church teen group, a retired couple, skilled craftsmen, professional couples, the Angwin Youth, and others. All have the common bond of knowing the joy of giving, and the satisfaction of looking back and remembering they had a part...

Weimar would like to respond to their requests; even extending an invitation to all who would like a "mission project" of this nature. Several dates have been set aside as "work-bees" combining fellowship, good food, and the challenge of tackling a specific job on the project.

The first date will be for a single Sunday. Angwin's Youth group, under the direction of Julie Schultz, will attack Weimar in full force on the thirteenth of November. Manning paint rollers, brushes, rakes and brooms, chain saws and axes, they will help to restore the cafeteria to a place of beauty, as well as provide Weimar with wood for the coming winter. A lot needs to be done on that day. For people who are not "into" painting or wood-cutting, the main grounds need their autumn facelift with rakes and brooms. Others might help ready the conditioning center for the initial stages of remodeling.

The day will begin early, with worship at 6:45 a.m., and breakfast at 7:15. Lunch will be served from 1:00 — 2:00 p.m. Check your calendar to see if you would like to come for any portion of the day, and circle it if you have time open, and come join us in the adventure.

The next date on the calendar is the long Thanksgiving weekend. Dr. Stan Wolfe, Porterville youth leader, will arrive with a gang of about a dozen young people, plus several other adult volunteers, the evening of November 23rd, planning to paint right through the next two days. It was the choice of these Porterville youth to pass up a Thanksgiving dinner at home to allow themselves more actual work time. They will finish the interior and exterior painting of the cafeteria. If you would like to help them for one or more days,

please accept this as an open invitation. Room can be made for another twenty people, whether in groups, couples, or individually. Rustic black wood-burning stoves, and red checked table cloths laden with nourishing food will provide an "almost home" atmosphere for our big family that weekend. Warm beds will be provided for over-nighters.

Both the Porterville and the Angwin Youth groups are looking for sponsors who will work with them to make this an even greater help to Weimar. Planning to bring their own tools, they plan on bringing as much of the necessary paint as possible. This paint will be used for the interior and exterior of both the cafeteria and conditioning center.

The interior for each of the buildings will be "Navajo White," a Dunn-Edwards product. It is an eggshell white, which will have carpet, paintings and trim in "earthtone" colors (browns, yellows, rusts, oranges.)

The exterior color will be Dunn-Edwards "Dune," a soft, light brown with contrasting dark brown and wood trim. The total effect is to give a warm, natural, mountain retreat atmosphere, to Weimar's buildings, highlighting their pine tree setting. If you would be interested in providing a donation for the paint, or even to purchase a few gallons yourself, and come along, you should contact any of the following:

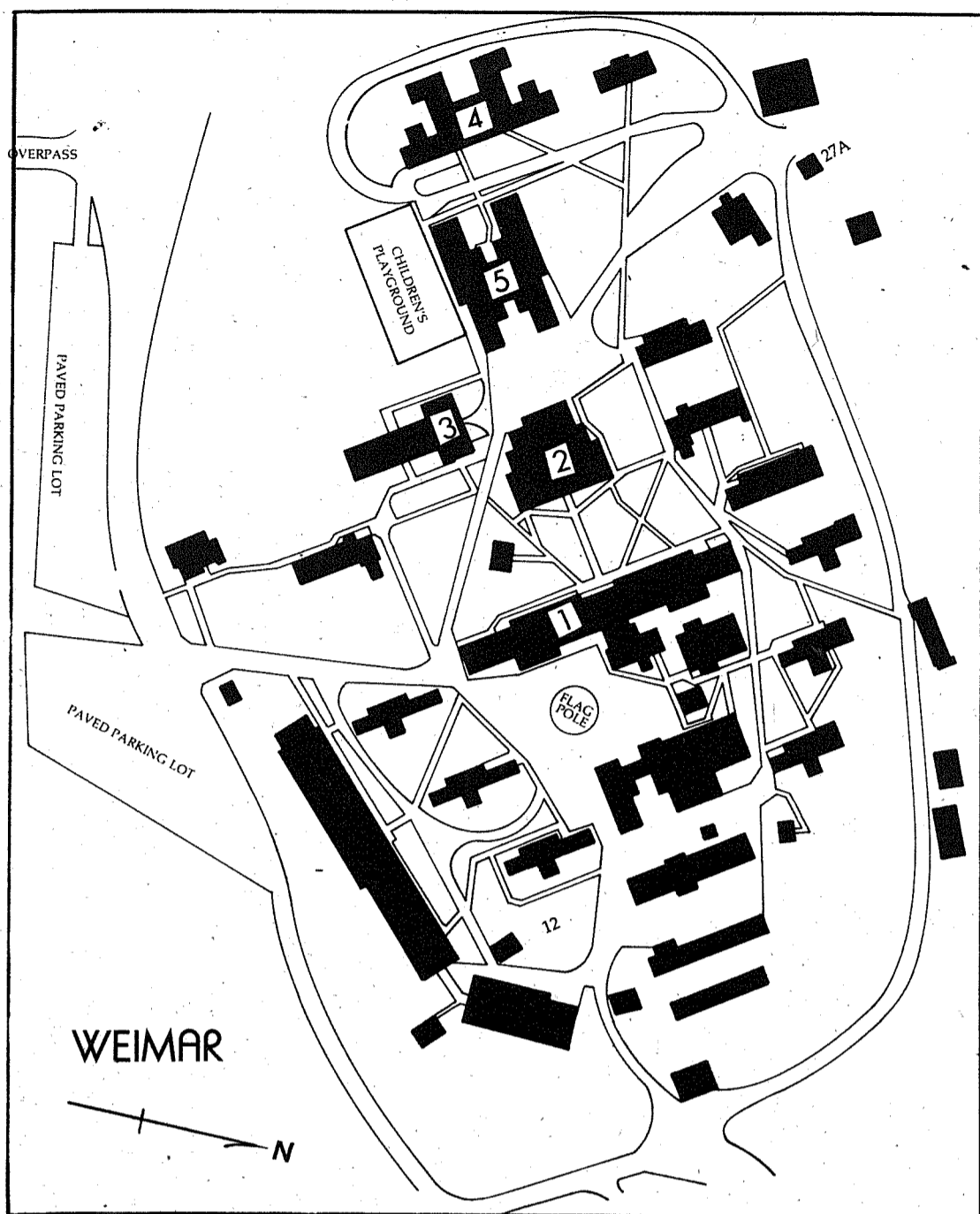
Richard Fredericks
Dick Winn
Weimar Institute
(916) 637-4111 or 4186

Dr. Stan Wolfe
350 N. 2nd St.
Porterville, Ca. 93257

Julie Shultz
Angwin Youth
Pacific Union College
(707) Dorm 965-7297
Church 965-7297

It has been suggested to Weimar that we might plan a full-scale "Maranatha" project over the Christmas holidays. Please watch the bulletin for further details. If you would like to have information on participating drop a short note to:

Kathy Armstrong
Business Office
Weimar Institute



The Weimar Complex

The above map is an "aerial view": of the Weimar building complex which spreads out over thirty-two acres of mountain landscape. Beyond this developed area lies another 420 acres of beautiful pines and meadows. Some of that acreage will be developed into orchards and other forms of agriculture, and much will be left in its natural state, laced only by exercise trails for our conditioning center guests.

The numbers on the map designate the five main buildings to be developed into ministry centers. The following is a brief description of the renovation planned for each one.

1.) **Conditioning Center:** This building, known as the "glass house" is scheduled for complete renovation in the next four months. The already existing rooms will be remodeled into twenty-seven spacious living units for total health re-education guests. The central wing will contain physical therapy and hydro-therapy units, plus a lecture room, sauna, and central nurses' station. Physicians offices and supplies will be on the lower floor. With God's blessing Weimar will lead many people to rediscover a sense of health, energy and hope in the "glass house".

2.) **Cafeteria:** This building helps to form a perspective of building size on the map. Its main floor houses a large kitchen and institutional bakery as well as two dining rooms comfortably seating two hundred people each. The renovation of the cafeteria is already in process, with new ceilings going up. After

this it will receive wood trim, painting and carpet. Gifts sent at this time are being used mainly in this vital renovation of our cafeteria. Here many people will be first introduced to a truly natural, healthy diet.

3.) **Retirement Center:** Situated on a gradually sloping hill and surrounded by dogwoods and ponderosas, the future site of the active retirement center is a beautifully peaceful one. And yet it will be a center of challenging and active service for its residents. They will be surrounded by a bustling Christian community reaching out to share a lifestyle of total restoration with the Sacramento area. The retirement center is scheduled to be remodeled this coming spring. There will be twenty-eight apartments (mainly one bedroom) for single or double occupancy. Within these little "homes" many dedicated retired Christians will find a continuing sense of personal worth and the satisfaction of Weimar's strong fellowship.

4.) **Retreat Lodge:** This building will be the "home away from home" where many people discover a new and deeper friendship with Jesus Christ. The retreat center will remain simple, much like a dormitory except for two major renovations. The front meeting area will be transformed into a lodge-type lounge complete with fireplace, paneling and carpet. The other project in the lodge will be to modernize the bathrooms into spotlessly clean areas complete with adequate shower facilities. The staff of Weimar wants to create a relaxed atmosphere in

the retreat lodge of closeness where guests will form new friendships developing into lifelong relationships — both with each other and with God.

5.) **College Center:** Scheduled to open its doors next September for students, the old "Amador" will become a unique center for learning. It will house a majority of the classrooms for Weimar College, an educational program dedicated to academic excellence and Christ-centered study. It is important to remember that the orchards, kitchen, workshops, — and a city full of lonely, lost people, — will all be "classrooms" at Weimar. But the H shaped Amador building will undergo extensive interior remodeling to provide adequate lecture and study facilities. It, too, will need walls repaired, bathrooms upgraded, carpets, desks — and a library. But when finished we envision years of beautiful interaction of mind with mind, and of God with man.

These are the projected plans for five large old buildings. They will draw together young people and the elderly, education, love and service. They will be a part of an outpost ministry dedicated to helping others. The plan is balanced and beautiful. The reality will take sacrifice by many, many people. It will be done through numerous gifts, large and small, of time, materials and money. Our greatest need is for your prayers, and if in your praying you feel the call to help, we ask you to respond in whatever way possible.



The Weimar Cafeteria, slated for an extensive face lift in November.



Another View of the Health Conditioning Center

Weimar Plans Nov./Dec. Retreats

NOVEMBER 4-6 RIGHTEOUSNESS BY FAITH IN THE OLD TESTAMENT

Dick Winn and Richard Fredericks will lead out in a weekend series of studies (November 4-6) centered in Christ's righteousness as revealed in the Old Testament. Presentations and discussions will key in on how to discern righteousness by faith in Old Testament stories, showing clearly that the power of salvation has never changed from Eden onward. Included will be studies in recognizing the symbols and "types" of the early scriptures that meet their fulfillment in the life of Christ. Saturday night will be a very special candle-light communion service drawn entirely from the Old Testament.

The weekend will be designed to allow personal time in study as well as the group meetings and small group discussion periods. Seven presentations will be made, with an accompanying study syllabus for each adult participant. Retreat guests are invited to bring their Bibles, **PATRIARCHS & PROPHETS, and PROPHETS & KINGS.**

The leaves turning, the autumn air and the hundreds of acres of back-country will provide an ideal setting for family walks, or personal meditation. Seeking new pictures of Christ should help this to be a weekend of significant spiritual growth.

Each guest will be given an opportunity to learn more of the plans and progress in the different stages of Weimar's development; as well as having a delicious sample of the natural, low fat-sugar diet being used at Weimar. Recipes from each meal will be available upon request.

The cost of the weekend will be only \$25.00 including housing, six meals, and the study guide syllabus. Children under twelve will be charged \$16.00. Each guest will be asked to bring their own bedding, warm clothes (for the early morning meetings) and an abundance of Christian friendship. Participation will be limited to the first 40 adults who place reservations. This is to protect the small group setting which nurtures an atmosphere of close friendships, allowing a

sense of freedom in expression lost to larger groups. An advanced deposit of \$10.00 is required with the reservation. Because of the shortness of time, telephone confirmations will be acceptable for this retreat, when the ten dollar deposit has been mailed. You should write to: Retreat Director, Weimar Institute, Box A, Weimar, California 95736; please make checks payable to Weimar Institute.

You will be promptly notified by mail regarding your reservation status.

RETREAT MEETING
November 4-6 Schedule:
FRIDAY NIGHT 5:00 — Registration
7:00 — Welcome: Richard Fredericks
Opening Study: Dick Winn — "What is Righteousness by Faith?"
SABBATH 6:00 — Early Morning Study: Richard Fredericks — **Prophets of Righteousness Pr. I.**
9:50 — Sabbath School: Bob Fillman (Weimar Director) — Lesson Study
11:30 — Church Service: Dick Winn — **The Lord Our Righteousness Pr. I.**
Afternoon Meeting: Dick Winn — **"The Lord Our Righteousness Pr. II. (Study Groups and Discussion)**
7:30 — The Lord's Supper — Richard Fredericks, Dick Winn (Candlelight communion from the Old Testament)
SUNDAY 6:00 — Early Morning Study Richard Fredericks — **"Prophets of Righteousness" Pr. II.**
Breakfast 9:30 — Final Meeting: Dick Winn — **"Two Covenants or One"** (Discussion groups.)

"In all who are under the training of God is to be revealed a life that is not in harmony with the world, its customs, or its practices; and everyone needs to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, "Be still, and know that I am God." Ps. 46:10. Here alone can true rest be found. And this is the effectual preparation for all who

labor for God. Amid the hurrying throng, and the strain of life's intense activities, the soul that is thus refreshed will be surrounded with an atmosphere of light and peace. The life will breathe out fragrance, and will reveal a divine power that will reach men's hearts." (DA 363)

PHYSICAL & SPIRITUAL HEALING

Dr. Zane Kime, Chairman of the Medical Staff at Weimar, has announced two special study retreats on physical and spiritual healing to be held at Weimar on the weekends of Nov. 18-20 and Dec. 2-4. The purpose of these retreats, according to Dr. Kime, is to emphasize the ways in which physical and spiritual healing are so closely related. "Total health requires obedience to all of God's laws — laws relating both to our bodies and to our relationship with God"; Dr. Kime emphasizes, "and the same divine power is needed to live in harmony with all of those laws." The November retreat will be especially for physicians, (and those in the medical field), and ministers. The second retreat (in December) will be open to all those who are interested in a greater understanding of total restoration and spiritual growth.

Dr. Kime will be joined in conducting these retreats by George Chen, M.D., who has recently joined the staff at Weimar Institute, and by Pastors Richard Fredericks and

Dick Winn, who will be chaplains at the Conditioning Center of the Institute. Dr. Chen is completing an M.P.H. degree and is currently taking additional training in health education.

The retreat format will include special presentations, and time for interaction with the speakers. It will also include occasion for quiet reflection, and for stimulating interaction with other retreat guests. The Weimar cafeteria will be serving food in keeping with the health principles presented in the lectures.

Dr. Kime anticipates that this unique retreat series will be of interest to all persons desiring to be in excellent personal health. It will also be of benefit to those who are interested in serving others through an understanding of the laws of our being. This would include physicians, pastors, cooking school leaders, and others involved in the healing professions.

The retreat programs will begin both Fridays at 5:00 PM with guest registration. A light supper will be served at 6 o'clock, and the meetings will begin promptly at 7. Presentations will continue through noon on Sunday at both sessions.

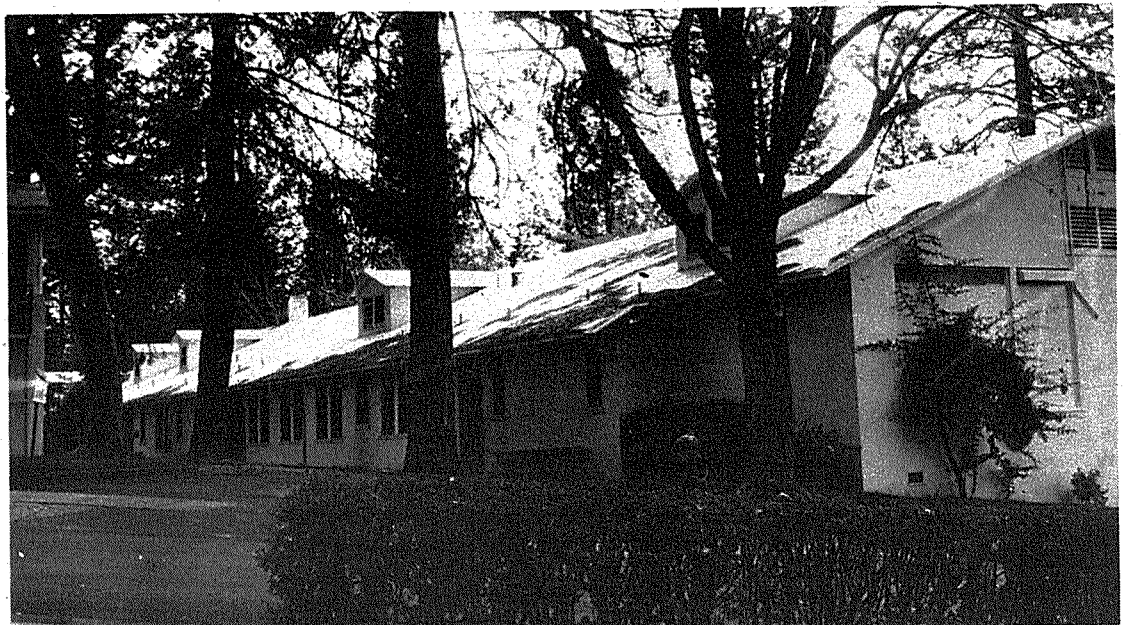
Participation in each retreat is open to the first 40 applicants whose advance deposit of \$10.00 is received in the mail at Weimar. The balance of \$15.00 per registrant is payable upon arrival, and will provide

housing, meals, and lecture-study materials. You should write to: Retreat Director, Weimar Institute, Box A, Weimar, CA 95736; please make checks payable to Weimar Institute. You will be promptly notified by mail regarding your reservations status.

Nov. 18-20 Retreat Schedule of Meetings:

Friday Night: Zane Kime M.D.
Dick Winn — The Restoration of Man (part I)
Sabbath: Early Meeting
Richard Fredericks — The Elijah (part I The Message)
Sabbath School discussion: George Chen — The Ministering Physician
Sabbath Sermon: Dick Winn — The Restoration (part II)
Sabbath Afternoon: Zane Kime — The Restoration (part III)
Saturday Evening: Discussion Groups — Staff.
Sunday: Early Meeting
Richard Fredericks — The Elijah (part II — God's People Today)
Sunday: 11:00 AM — Zane Kime — The Restoration (part IV)
(Discussion and conclusion: Zane & Dick)

"When we follow Him we are in no cheap, tangled bush path."
My Life Today 162



Weimar Business Office is housed in the Center of the coming Outpatient Clinic.

I'D LIKE TO HELP WEIMAR!

- Enclosed is my gift of \$ _____
- I can regularly send \$ _____ per month.
- I'm willing to loan or contribute the following equipment or material.

- I can give _____ days/weeks of my time employing the following skill:

- I'm attaching names and addresses of interested friends for the mailing list.

Name _____

Address _____

City _____

State _____

Zip _____

Send this form to:

Weimar Institute
P.O. Box A
Weimar, CA 95736