

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6, NO. 5 MAY 1982



Approximately 60 alumni and guests gathered for the 4th annual NEWSTART Alumni Homecoming.

NEWSTART Alumni Come Home

Homecoming, 1982, was different. Instead of a Thursday-to-Sunday weekend, this year the program began on Sunday, April 18. The evening was spent getting settled, greeting old friends, making new ones, comparing notes, reviving memories, and trying to place familiar faces. Interspersed was lots of hugging, kissing, squeals, laughs, and tears (of joy, of course.)

Alumni came from Kansas, Oregon, Colorado, Washington and Alaska, as well as California. Mary Ross was there from the 1st class ever to go through the 25-day program, and Stephanie Studnicki was present from the most recent class. (She was also here in 1978 and 1980.)

6 A.M. Monday and Tuesday mornings found many hardy souls having their blood drawn for check-ups. Breakfast followed, then a devotional period, and a scientific lecture. From 10 A.M. until 4 P.M. there was a wide choice of activities. Fellowship, rest, sunbaths, walks on the trails, picture taking and gym workouts were popular choices. Also available were physical therapy and hydrotherapy treatments, EKG and treadmill tests and physician's consultations.

The morning devotionals were presented by Pastor Hollis Morel, Dr. Colin Standish and Chaplain Dick Winn.

Dr. John A. Sharffenberg, for many years a professor of nutrition at Loma Linda University, gave two lectures on Monday, April 19. He discussed nutritional principles in relation to problems of obesity and long-term weight control. Weight control is a key factor in controlling heart disease, cancer, diabetes and other diseases. On Tuesday, April 20, Dr. George Chen, former Medical Director of Weimar's NEWSTART program, challenged our thinking with "Milk, the Perfect Food (for calves)."

At 4 P.M. on Tuesday four present and past NEWSTART nurses (Gloria, Gaylene, Ronda and Jan) presented a beautifully organized and synchronized cooking school demonstration. Sixteen mouthwatering recipes were prepared before our eyes, and eagerly sampled at the close. A table was laid out with linen, china and silver. Four different "dinners" were represented, each so attractive and colorful it would have done credit to a color gourmet magazine!

(Continued on Page 7)

SCIENTIFIC PRESENTATIONS

This year's NEWSTART Alumni were treated to special presentations. Dr. George Chen, a graduate of Loma Linda University and former medical director of the Weimar Health Education Center, spoke on the subject of "Milk, the Perfect Food." He indicated many problems with cow's milk, such as (1) it is too high in calcium for humans, causing a magnesium deficiency; (2) it is too high in protein and fats for humans; (3) it is too high in phosphorus; and (4) it is heavily fortified with Vitamin D which pushes more calcium into the body and again depresses absorption of magnesium.

Dr. John Scharffenberg, also a graduate of Loma Linda University, presented two talks. The first was titled "Stamp Out Diets." He stated that no one needs to be on a "diet." Put people on a normal, healthy way to eat — FOR LIFE, and the obese ones will become normal and so will the skinny ones. In his second presentation, Dr. Scharffenberg discussed "Eating Healthy for Life." He stated four basic principles of weight control: (1) No snacks! Nearly all snacks have one of two problems, both bad. They are too high in sugar or too high in salt. A third problem is the disruption of the digestion. (2) Cut down empty, refined calories. (3) Cut down fats and cholesterol. Meat is 40% to 70% saturated fat and cholesterol. Dairy products such as milk (except non-fat), cream and cheese are full of saturated fat and cholesterol. (4) No suppers if you have a weight problem. Calories consumed in the morning produce less fat. In summary Dr. Scharffenberg stated, "EAT AT PROPER TIMES IN QUANTITIES TO MAINTAIN IDEAL WEIGHT."

Second Annual Graduation Services For Weimar College

Colin D. Standish, Ph.D., Dean

The Weimar College commencement services will again take place in a delightful outdoor setting. They are scheduled to begin Friday evening, June 11 at 7:00 p.m., and to continue through the Sabbath hours. Four young ladies will graduate: Veronica Hurd and Ellen Rieseberg with a degree in Elementary Education, Betsy Stimpel with a Health/Secondary Education degree and Jennifer Matlack with a degree in Health/Religion.

Once again large numbers of friends of Weimar Institute will

be present for these unique graduation exercises. The students have asked three of the Institute leaders Robert Fillman, Dick Winn and Colin Standish, to have the main addresses during the graduation services. The emphasis of these services will not be upon the achievement of the graduates, but rather upon the leading of God and the challenges of God to this present generation.

It would appear that our graduates will be scattering to various parts of the United States, and it is possible that at least one of them will be going overseas for service.

The main responsibilities for the planning and executing of the graduation exercises will be in the hands of the Junior Class. This year the Junior Class has 19 members. This is an indication of the rapid growth that the college is experiencing, and it is expected that within the next few years, the graduating classes will reach about 30 annually.

We want to encourage all our friends to be present with us to enjoy the spiritual blessing of the graduation. Anyone needing accommodations or needing meal tickets should apply to the Institute for them in advance. The meals are as follows: breakfast: \$2.50 per person; dinner: \$3.00 per person, and supper \$2.00 per person. Children under 12 years of age are charged half prices.



Jennifer Matlack, Ellen Rieseberg, Veronica Hurd and Betsy Stimpel.



George Chen, MD, MPH

Introducing The Weimar Graduates

Veronica Hurd

I was born in Lancaster, Massachusetts on September 3, 1957. My mother taught me how to read when I was three years old and I started school at age 7 in a one-room multi-grade country school. I took two grades at Allegan Church School in Michigan and two at Oak Haven Elementary School, a small self-supporting school. The rest of my elementary and academy work was done through correspondence while at home where I also learned practical things such as cooking, sewing, gardening, and helping my brothers and sisters with their school work. My first two years of college were spent at Mountain Missionary Institute where I took classes in True Education, English, Daniel and Revelation, and Old Testament History. I also had an opportunity to work in the bakery, sheepskin shop, printshop, and elementary school.

After spending a year at home, teaching, I enrolled at Weimar College to major in Elementary Education. I enjoyed the excellent classes in teaching methods, audio visual, and Elder Winn's Marriage and Family class. I surprised myself by even enjoying Chemistry — thanks to Dr. Goley!

Aside from academic life, other experiences that stand out as special were the backpacking and cross-country ski trips we went on, the home worships I attended, my church (Grass Valley), and the picnic by the Bear River at Winn's house. My favorite job was working on the construction crew putting the roof on the new academy building. Jim Collins taught me how to use ropes for climbing the roof and the electric stapler for shingling. I enjoyed teaching a sewing class for elementary girls, and Mrs. Fillman gave me my favorite kitchen chore every time — washing pots and pans at the salad sink!



Veronica Hurd

And, of course, there are all the lasting friendships I made at Weimar: teachers, staff, roommates, and friends. Weimar is also where I met my wonderful husband-to-be, Calvin Stevenson. We plan to be married in June, following my graduation.

Our goals are to fill the need described in Ministry of Healing where it says, "Missionary families are needed to settle in the waste places. Let farmers, financiers, builders, and those who are skilled in various arts and crafts, go to neglected fields, to improve the land and to help their neighbors."

Calvin and I will be working at a new school in Northern Minnesota where he will be heading the agricultural program and I will be teaching.

At present I am doing student teaching in a small multi-grade school in Blackberry, Minnesota. It is a lot of fun and an everlasting challenge. I believe teaching is one of the most rewarding professions. What a thrill it is to work with young people in training for the Master's service!

I praise the Lord for the way He has led in my life.

fornia, and enrolled as a freshman at Pacific Union College in the fall of 1976. I wanted to work in health evangelism in some way, but could not find just the major for me. Nursing seemed logical, so I completed a two-year RN program and graduated from P.U.C. in June, 1979. It was while I was at P.U.C. that I made friends with several other Christian young people who also seriously wanted to enter the Lord's work. I believe the influence of these friends during that time of my life caused me to continue to catch a vision of service for God. Also, during my time at P.U.C. I was able to travel with a health assessment team from Loma Linda University. My eyes were being opened to where I could fit into the Lord's work. It was also during that time that I was introduced to Weimar, although I never realized then how it would influence my life.

Upon graduating from P.U.C., I determined to find a small church ministry in the mountains where I could actively engage in

Jennifer Matlack

I sincerely believe that God heard the prayer of my mother when she dedicated me to the Lord shortly after my birth in January, 1959. He has blessed and guided me each year of my life.

I had the privilege of being raised a Seventh-day Adventist in the Spokane Valley, located in eastern Washington. I received all twelve years of my formal education in our church schools, graduating from Upper Columbia Academy in 1977.

I always had a great interest in health and religion and in my senior year of academy my interest in our church's health message grew into the desire to become a medical missionary.

The following year after graduating I went to the Spokane Community College and took a one-year practical nurse's course. The day after finishing my nurse's course I received my acceptance letter from Weimar College to become one of their pioneering students. The fall of 1978 marked the beginning of a very challenging and unique experience in my life.

Four years at Weimar College has given me an abundance of practical experience and some of the finest academic instruction available. I have had the opportunity to work three quarters in the kitchen learning how to prepare food in the most natural and wholesome ways. Two different spring quarters I received excellent instruction and experience in the area of vegetable gardening.

I am presently finishing up a full school term of work experi-



Jennifer Matlack

ence in Weimar's newly established Health Assessment Clinic. Here I have been able to gain skills in the areas of assessing and evaluating an individual's present health status and then giving counsel in the areas that will be of most benefit.

The weekly involvement of each student in an ongoing outreach activity was one of the main areas that attracted me to come to Weimar College. I have been fortunate to have received a wide variety of experience while here — from door-to-door visitations to organizing and running different public health seminars such as "5-Day Stop Smoking" clinics, cooking schools and Heart Beat clinics.

Another aspect of my education at Weimar, which strengthened my faith in God the most, was the fulfillment of my field experience

committed again to becoming all that the Lord desired for me.

I had a lot of unrealized "growing" to do and a lot to learn over again. As I look over my two and a half years at Weimar College, I see God at work polishing, refining and even surprising me with new dreams and goals unawakened until now. I never dreamed that I would enjoy food service so much! I'm sure God had a special purpose for assigning me in that capacity almost every quarter of my time at Weimar.

While at Weimar I fell in love with true education. The influence of godly teachers on my life there opened up the possibilities in my mind to teach. Whoever thought I would be a teacher! And yet I am convinced that this is only the beginning of God's training for me.

After graduation, I will be involved in assisting the development of a program similar to Weimar, in the eastern United States. And I can't help mentioning that through Weimar I met my husband-to-be, Hal Mayer! Praise God that I can link my life in service with a person who is also dedicated to the same work I am. I only pray to continue developing to the highest of my potential in the Lord's work, for His glory.

requirement of 400 plus hours for Health Education. I was very fortunate in being able to go with three other students to my home town, Spokane, Washington, and develop, organize and implement a summer "drive-in" reconditioning clinic. Our aim was to heal and educate people with chronic degenerative diseases, using the health methods God has provided. I am looking forward to another faith-building summer when I return with a new team in June to run the clinic through the summer.

In these last four years, God has greatly enriched my life physically, mentally and spiritually through the loving dedication of my teachers and fellow students here at Weimar.

Ellen Rieseberg



Ellen Rieseberg

Ellen Rieseberg was born in Liberia, grew up in Canada, and is most recently from Tennessee. After attending Southern Missionary College in Collegedale, Tennessee for two years, she transferred to Weimar College. Next month she will be receiving her B.S. degree in Elementary Education.

Ellen's objective is to work as a committed Christian teacher in a Seventh-day Adventist elementary school. Her experience has included working as a teacher's aide in three elementary schools, assisting with a work-study program for elementary students, teaching and counseling at summer camp, and teaching children's classes at church.

Ellen is doing her student teaching this quarter at Pine Hills Junior Academy in Auburn, California, in grades 1-4. "This experience is really valuable," remarks Ellen. "It just reaffirms my decision to go into teaching. I love it!"

Ellen also values the experience and training she has received in Food Service while here at Weimar. She has learned what goes into preparing balanced, nutritious meals and has supervised others in this needed art.

Ellen is confident that the Lord will continue to lead her where she can be most effective in working with and for young people.

Betsy Stimpel

Looking back over the brief years of my time in God's eternity, I see a definite pattern of His ever-present influence on my life, goals, dreams and desires.

I was born in Spokane, Washington, on December 3, 1957. Being one of the older of a growing number of family members, life took on a more serious note for me. I will never regret being raised in the environment that taught me to be responsible, confront problems, and face the realities of life. During my growing-up years I was convicted that Jesus had me training for a very special work.

Although born and raised in a Christian home, it wasn't until I was 16 years old that I gave my life to God and experienced a new birth. Again, I felt God's calling in my life to be all He desired me to be for His service.

I attended high school at Rio Lindo Adventist Academy in Cali-



Betsy Stimpel

health evangelism. Through a miraculous encounter with a church member from Truckee, California, I was convicted to move into the area and help them with their church program. Again, I was introduced to Weimar as several students faithfully came each Sabbath to help with the church. Then, after four months in a large city hospital, I began to feel the Holy Spirit's call to go and receive more training for the Lord's work. And so, January 1980 found me enrolled at Weimar, a very unique college,

WORK EDUCATION AND THE GOSPEL

By Dale Martin

Even a casual reader of Holy Scripture will most likely admit that earth's last days are upon us. Especially do the Apostle Paul's letters to the Romans and to Timothy clearly define the state of affairs existing in this closing period of time. How then, are Christians to be "in the world but not of the world?"

The answer to the question is found in Christian education. Acceptance of the premise that Christian education is much more than formal schooling, first grade through college, is essential. Every single thought, every act and communication of all kinds is either developing character or not — to pass the scrutiny of God or to fail His examination.

The final verses of Matthew 28 find Jesus proclaiming the gospel commission. The Williams' Translation of Verse 20 has special application to education: "And teach them to practice all the commands that I have given you." If one accepts the premise that Christian education is in reality education in the school of Christ, i.e., taking Him as our example in all things, then a serious survey of educational philosophy and methods is in order.

We find that the gospel sets before us a high standard indeed. The one who walks in the footsteps of Christ is not only a new, but noble creature through Him. The Christian is a continuous reflection of the heavenly light. "He who is drawing his life from Christ will have no desire for the frivolous, unsatisfying enjoyments of the world." 5T p.88

Well and good you may say, but what does the gospel have to do with work education? Carefully absorb the following quote from God's messenger: "With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world." Education, p. 271. The phrase to note is "rightly trained." This, as earlier stated, includes more than book knowledge. Jesus was a practical, energetic, earnest, and persevering worker. Did He acquire these vital characteristics by just sitting at His mother's knee or on the intramural fields of Nazareth?

Note this poignant statement concerning the physical aspect of our Example's life: "I cannot find an instance in the life of Christ where He devoted time to play and amusement. He was the great Educator for the present and the future life, yet I have not been able to find one instance where He taught the disciples to engage in amusement in order to gain physical exercise." Counsels to Parents, Teachers and Students, p. 309.

So what did He do to fulfill His physical needs? "As He worked in childhood and youth, body and mind were developed. He did not use His physical powers recklessly, but gave them such exercise as would keep them in health, that He might do the best work in every line. He was not willing to be defective, even in the handling of tools. He was perfect as a workman, as He was perfect in character. By precept and example, Christ has dignified useful labor." FE p. 418.

To follow Christ is to serve Him. To serve Him is to be in harmony with His example. Through His empowering Spirit this can be our experience mentally and spiritually, as well as physically.

Yes, it is interesting to contemplate anew that in His life on this earth, Jesus spent at least six times as much time in useful physical work as He did teaching and healing. Because every aspect of His life has tremendous significance, the preceding fact must not be lightly regarded. Doesn't the earlier mentioned phrase, "rightly trained" take on new meaning?

Writing from Australia many years ago, Ellen White clearly elucidated the relationship between work education and the gospel. "The hope of advancing the cause of God in this country is in creating a new moral taste and love of work, which will transform mind and character." FE p. 323.

The achievement of such a task is the only eternal reason for the existence of the work education program at Weimar Institute. To the extent that the Church achieves or fails in putting work in the role of a prime character developer, will her gospel mission be completed or continue to languish!

Furlough Memories-3

Colin D. Standish, Ph.D.

Nine weeks of my wife Cheryl's and my furlough were spent in our homeland, and what a joy it was to meet with loved ones and friends whom we had not seen for some time. Because our relatives are now scattered widely over Australia, we had to travel vast distances. We are firstly thankful to our wonderful friends, David and Heather Hagen, who loaned us their car to travel 4,000 miles or more to various destinations during part of our stay. But above all, we thank our Lord for His protection.

In certain parts of Australia, Weimar Institute is now very well known. Four issues of the Bulletin sent in pairs, arrived in Australia while we were there and the eagerness with which they are received and read was well demonstrated by the number of people who told us that they had received their copies.

While in Australia, we found widespread eagerness to learn more about Weimar Institute and in the more than 50 meetings I took while in Australia, almost 20 of them were slide presentations of Weimar. These meetings included destinations as far separated as Brisbane, the capital of Queensland, and Adelaide, the capital of South Australia.

The interest in Weimar culminated in a series of meetings in the Sydney suburbs of Parramatta over the weekend of March 13 and 14. Well over 200 attended the meetings from as far away as 700 miles. The meetings climaxed in the appointment of a committee of eight to develop a program for the establishment of a similar institution to Weimar in Australia. Included on the committee is the Health and Temperance director of the Australian Division, Dr. Raymond Swanell, who is most supportive of the project.

I visited four properties that have been purchased in various parts of Australia for self-supporting ministries, and I learned of two others. The role of self-supporting work is not so well known or understood in Australia as in North America, but the laity in Australia are rapidly catching the vision.

One group I did not visit is operating on the far North Coast of Queensland near the town of Tully. I understand they already have a strong agricultural program and are well supported by the leadership of the North Queensland Conference.

In the South Queensland Conference, a group mainly of younger men and women have founded Highview which is presently operating a successful restaurant and outreach center in the city of Brisbane. Their president, Dr. Martin Strahn, told of plans to open a medical clinic and to develop the property they have purchased south of Brisbane for an outpost center.

South of Sydney in the beautiful Kangaroo Valley, Geof Richardson and his committee have a property that has been slowly developed over the years for a health education center.

Jim Driscoll has begun the development of a fine property in the Burringbar range of Northern New South Wales, especially designed for a health and educational center. Other places where interest exists are in the Mullumbimby area of Northern New South Wales and the Mt. Gambier area of South Australia. How many of these interests will develop separately and how many will integrate into one major project will remain to be seen.

The committee chosen in Sydney represents a wide spread

of interests including two physicians, a horticulturist, an architect/builder, a dentist, a university lecturer, a nutritionist and a businessman. The plan is to expand the committee as needed. Their first publication was due at the end of April.

Already scores of thousands of dollars, property, equipment and volunteer labor have been dedicated to the project. There is no question that Weimar Institute is having a profound influence upon the work of God around the world. Laity are seeing that the God-given principles of health and education offer a wonderful opportunity for ministry. Let us pray for these projects developing around the world.



WEIMAR INSTITUTE

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

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Dick Winn Secretary
John Sipkens Director of Labor

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

NEWSTART HEALTH CENTER

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RETREAT MINISTRY

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

OFFICE HOURS

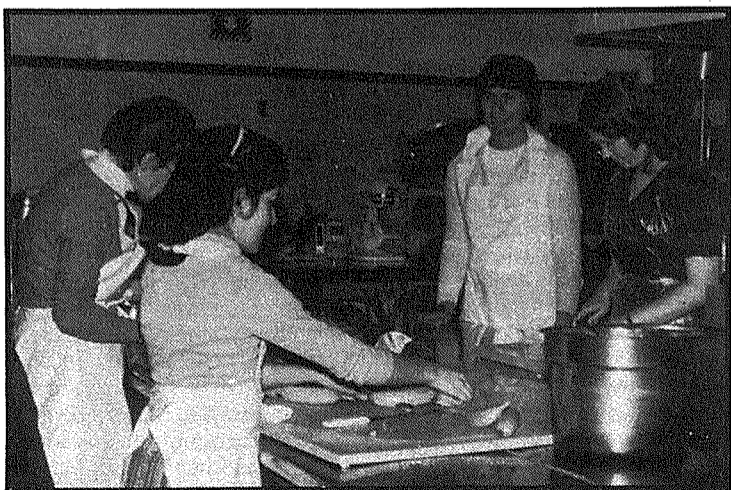
Monday through Thursday: 8:00 A.M.-5:00 P.M.
Friday: 8:00 A.M.-4:00 P.M.
Sabbath and Sunday: Closed
Telephone: Business line (916) 637-4111 or 878-7222

VISITORS

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want. A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.



Students learn skills in the kitchen.

Alumni Share Trials and Triu

"When My Seven Brothers and Sisters Died —"

By Twila Hicks, RN
Sacramento, Calif.
Jan. 1981 NEWSTART Class
as told to
Aileen Ludington, MD



Twila Hicks, RN

When my youngest brother dropped dead of a heart attack, I panicked. I just totally panicked. I had seven brothers and sisters, and in the space of a few years they had died. I became so upset, depressed and discouraged that my condition deteriorated even more rapidly. I started having spells of severe and sudden tachycardia and arrhythmia. The medics would come, resuscitate me and rush me to the hospital. After 3 or 4 days in intensive care, I would return home. This kept happening every week or two until I felt I might die any minute. I told my daughter to check on me daily, to make sure I was still alive, as I lived alone.

People tell me now that I looked like death warmed over. I was severely depressed, frightened, anxious, hunched over, withdrawn. I had no desire to live.

During this time I was seen by 5 heart specialists. I was given many medications, but no real help. In fact, I was told I must go to bed for a year, at least. My family were not encouraged to feel that I would live long.

In my extremity I turned to God for help. He sent me two friends, John and Laura Marie Bennett, who had been to Weimar. They told me I must go, immediately.

Well, I am a terrible penny-pincher, and the cost frightened me. But then I realized I sure couldn't take any of it with me. So I came.

My impression when I got here was that I hadn't died, but somehow I'd gotten to heaven anyway! I loved the place and everybody here from day one.

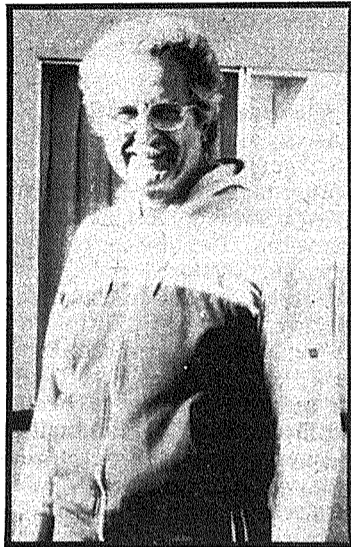
My attitude changed almost immediately. Despite the doctors' dreary prognostications, I decided I was GOING TO GET WELL.

I was encouraged to walk, slowly at first, but more each day. I was tenderly loved, cared for and prayed over. My medicines were gradually reduced as my condition improved.

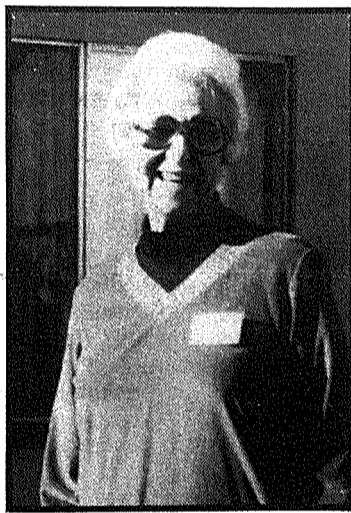
Each day I felt stronger, better. My depression lessened, and then melted away. My energy and interest in life returned. That was 15 months ago. Today I am off all my medications, have no more angina or arrhythmias, and feel full of energy and interest in life. I take care of my home, paint, do volunteer work, exercise daily, go dancing 3 to 4 nights weekly (aerobic dancing), and teach a Sunday School class.

I plan to go on a Caribbean cruise soon, on the SS Princess. I've never been on a cruise before. Also, I'm anxious to revive my nursing license and get back to work. I would particularly like to get into holistic nursing, and do the kind of work you are doing here. I don't plan to retire until I'm 90, at least. There's too much I want to do.

A Dentist Reflects



William D. Cuff, DDS



Alice Weisz

"Weimar Was Desperation Station For Me"

By Alice Weisz
Paradise, CA
April '81 NEWSTART Class
As told to Aileen Ludington, MD

Three years ago, during a "manipulation," I experienced excruciating pain, passed out, and awoke with a loud buzzing and pressure in my head, and severe neck pain. The noise in my head continued non-stop for 2 years, 24 hours a day, seven days a week. I had to keep the radio, or some kind of noise going much of the time to try to drown out the loud, continuous sound. I often felt I couldn't endure it, that I'd go out of my mind.

For the next 2 years I spent thousands of dollars on specialists, X-rays, CAT scans, angiograms, anything that might lead to relief. Finally I was advised to enter the pain clinic at the University Medical School at Davis to learn to live with the condition.

I received the application and a questionnaire containing over 900

By William D. Cuff, DDS
Torrance, CA
Aug. 1978 NEWSTART Class
Vice President, NEWSTART Alumni

Like so many of us who grew up as Adventists, I thought I was doing everything right in regard to my health. I didn't smoke or drink, avoided caffeine, rarely ate meat and watched the sugar carefully.

Still, as time went on, I ate richer foods, exercised less, my weight crept up, and in 1976 I landed on the operating table for bypass heart surgery.

Fortunately I had a cardiologist who realized the bypass wasn't the total answer. He was anxious that I modify my lifestyle so that not only would the arterial damage stop, and my bypass last, but that I could also avoid future vascular complications.

I came to Weimar's NEWSTART program in the early days, in fact, in the 3rd class. I brought my wife with me, as she was not well at the time. From the moment we arrived, we both loved the place, the program and the people. We went home feeling younger and better than we had in years. Our church members and family noticed the difference immediately, and wanted to know all about what had happened.

It has been nearly 4 years since my NEWSTART experience here. My health has remained good, and I'm working full time. My compliance with the program hasn't been perfect, and my weight is creeping up again, but my life and health have certainly been much better because of what I learned and the changes I've made.

One of the hardest things for us, in carrying out the principles consistently at home, has been the "convenience foods." In these pressured times, it's so easy to reach for prepared and processed foods to save time. Eating out is another problem. There is very little one can find, even in the best restaurants, that isn't detrimental to health. Also, I think we need "refresher times." It gets harder to maintain a high degree of motivation as time goes on.

But I'm convinced of several things. I've noticed that the young people who exercise regularly and take an interest in their health are the ones who are the most active in the church and the most interested in spiritual things. This applies to us older ones too! Also Kathy and I know from experience how much better we feel, how much happier and more efficient we are when we stick closely to the health principles we know. I'm 100% behind everything (NEWSTART) stands for. I'm glad for these few days of "refreshing." It has given me the renewed inspiration and motivation that I need to get back to work on those extra pounds!

questions! As I looked at that endless list of questions and thought about the time and expense ahead — and for what? My courage failed. I wept in discouragement. Then the phone rang. It was my daughter. When I explained my plight, she said, "Mom, forget the pain clinic, and go to Weimar!" So I did.

When I got here and explained my situation to the doctor, I told her this was my last hope, truly my DESPERATION STATION. I could see immediately that I must have said the wrong thing. She was very distressed. She tactfully tried to explain to me that the NEWSTART program did not "cure" things like I had. She told me that all that could be done for me here at Weimar was to put me on an optimum general health program, and ask the Lord's blessing, committing my life and problem into His hands. I told her that this was OK with me. Whatever happened, I would accept the consequences. If healing came, I would be grateful. If not, with God's help, I would live with it.

I plunged into every detail of the program 100%. I attended the classes, ate the food, walked the trails, worked in the garden, took my treatments. The problem continued unabated. But I wasn't discouraged. I loved everything here. I knew the staff were praying for me, and even the other patients prayed for me, too. Healed or not, I determined to make this a mountain-top experience in my life.








On my 8th day here, following my regular physical therapy treatment, it seemed that the noise was lessening. But I had to








rush up to hydrotherapy, and didn't think too much about it. But as I lay on the hydro table resting, and receiving my water treatment, I realized the noise had changed — I could barely hear it. Also the neck pain was gone. But I was cautious at first, and a bit fearful that perhaps this was only a temporary phenomenon.








Within another hour though, I was convinced a miracle had happened. And there was a rejoicing and praising the Lord and a dancing over the trails of Weimar such as I envisioned that David experienced after his great victory in battle, when he came dancing before the Lord into Jerusalem.








More than a year has passed since that day. I remain free of the noise, the pressure, and the neck pain. I continue to live as near 100% as I possibly can to every health principle the Lord has given me. I feel that He was able to open a special channel of healing to me when I totally opened up to Him and did all that I could, within the scope of my knowledge and ability. Every day now is a joy to me, and I cannot praise and thank God enough. I want to share this story with the whole world!







(Note: Seeing Alice, it is hard to believe she is 72 years old. She is rosy-cheeked, vivacious, energetic, joyous, slim, lithe, friendly, outgoing, interested in absolutely everything. Except for the white hair, I could believe she was in her 40's. She is a beautiful, glowing example to me of what God would have us all be, every day, right into older age! A.L.)








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






EXERCISE       







WATER       

SUNSHINE       

TEMPERANCE      

AIR       

REST       

TRUST IN GOD      

Source: Ministry of Healing, p. 127; Acronym originated by Weimar Institute NEWSTART guest Bill Dawson (May 1978)

Triumphs after NEWSTART

"I Did Not Want To Be Helped"



Lorine Tadej 1980

By Lorine Tadej
Pastor's Wife
Sumner, Washington

May 1981 NEWSTART CLASS
(Lorine came to Weimar at the request of concerned family members. She had severe back problems, was seriously overweight, had hypertension, early diabetes, a painful knee, and was very depressed. She was somewhat hostile at first, feeling she was here against her will. But her attitude changed quickly, and she became one of our most excited, cooperative and popular patients. She sent us her own story about 10 months later, which follows.)

I arrived at Weimar for the NEWSTART program an extremely downhearted, dumpy, discouraged dope — and those are my words. I did not want to be helped; but when tender-loving care came from every voice and touch, even my heart of ice was melted.

It all started with Atom Biggs, a Weimar college student, who met us at the airport. He was Mr. Sunshine who saw my attitude, and compassionately asked me to give the program a chance.

I had never felt so loved and cared for in my life. There was my doctor, my physical therapist, my hydrotherapist, and so on, including every staff member who touched my life in such a special way. I call them mine because the "one-to-one" treatment was the most valuable part of NEWSTART to me personally. The nightly backrubs from loving hands had me sleeping better than I had in years.



Lorine Tadej 1982

When I flew away from Weimar, I knew the money was well spent, even though we had to borrow every dollar to go to Weimar Health Institute.

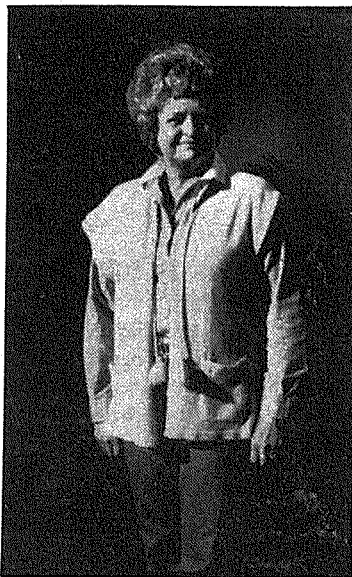
Then, on December 11, 1981, I reached my weight goal (a loss of 46 pounds), and I know I will never be fat again. I stick to the program carefully but not fanatically. I walk one hour a day, which for me is about 3 miles. I do my calisthenic exercises, sunbathe, drink about three quarts of water, eat 3 meals of wholesome food, five hours apart, and not one swallow (except water) between meals. I do this every day of the week with few exceptions. I weigh only once a week. I rarely have any back pain now, unless I forget my limitations and abuse myself.

Many people have helped and given me support. I spent a week with my 81-year-old father, who planned everything so I could stay on my health program. My dad is genuinely proud of me and lets me know it. He sent me a one-hundred dollar check for Christmas to help on needed clothes. I was wearing size 18-20 and now wear size 12-14. Since I sew, dresses are easily and inexpensively made. However, undergarments, shoes, etc. must be purchased. The Lord is good and I have been given some items I needed.

My husband, five adult children and their four spouses have all given helpful words and lifts. Some more than others, of course. A "fatty" needs kind words and actions.

Weimar's NEWSTART to me is Christian love in action. The staff is always ready to pray with you,

"Every Day I Ask God To Keep Me Walking"



Verna Froese

if it is your desire, but religion is never forced on you at any time. You feel the love of Jesus surrounding you and know that these people genuinely care about "you," personally.

I have completed teaching a Weight and Stress Control series of six meetings, and one of two sessions. I used "before" pictures and presented the eight principles of healthful living. My goal was to give as much positive material as possible.

Twenty-four days at Weimar's NEWSTART proved to me that I can live the "good life" all of my life, and you can too.

P.S. I went on a maintenance food program (adding nuts, avocados and olives) in December but I have continued to lose slowly, until I have another ten pounds off, which I needed to lose.

By Verna Froese
Inman, Kansas
July 1979 NEWSTART Class
as told to
Aileen Ludington, MD

Three years ago I was badly overweight, diabetic, and my blood pressure went up. On top of all that I was deeply depressed and began sleeping most of the time. I felt so rotten that life was no longer worth living for me. And I was only 48 years old.

My life hadn't been easy. We were very poor in my early life, and any extra money went into "food treats and rewards." At age 19 I began cooking for large combine (harvest) crews, 4 big meals a day. I did this for 27 years. Because of this constant exposure to food I have become very food-oriented, and had weight problems most of my life. In 1955 I developed gall bladder trouble and eventually had surgery. I gained even more weight after that. Then in 1968 my 20-year-old son was killed. During these difficult years I continually battled depression, and once even attempted suicide. And my food problems worsened.

But three years ago it all seemed to come to a head. I went to doctors, but nothing seemed to help. Regardless of what I did, I got no better. Near despair, I prayed for a way out.

The answer came through a bread franchise owner we knew named Mr. Rhodes. He lived in Oregon, and he was a member of Weimar's 1st NEWSTART class. He called long distance to our home in Kansas, and told me there was help for my problems at Weimar. My local doctor was totally supportive.

As I drove onto the Weimar campus I noticed the sign, NEWSTART LODGE. I stood there and wept. That was what I wanted, needed, longed for: a NEW START.

When I arrived, I was drinking 45 cups of coffee a day. I was also a heavy meat eater. I was on insulin and many other medications.

Within days my life was turning around. The coffee

stopped, the diet changed completely. My walking was limited at first by leg cramps, but soon I worked up to 8-10 miles a day. My insulin and other medications, except the thyroid, were gradually withdrawn, as the need for them evaporated. I lost 13½ lbs. and my blood pressure and blood sugar returned to normal ranges.

I began to feel so good that I wanted to shout from the rooftops: "Verna wants to live again! God isn't finished with me yet! He's given me a second chance!" I felt an immense inner calm, a total sense of fulfillment.

All this happened nearly 3 years ago. I went home highly motivated, and continued to lose a total of 31 lbs. I also continued my walking. In Kansas the weather is not like California. Some days the chill factor is far below zero. But I keep going.

But I must admit that the day-by-day battle, over the long haul, isn't easy. Lifetime bad habits are nearly impossible to change. It is a daily battle. I KNOW WHAT I SHOULD DO. But I need encouragement and support. I need a "shot in the arm" once in awhile. That's why I'm here for this reunion. Being together, comparing notes, listening to the lectures, walking the trails, are all bringing renewed inspiration.

At home in Kansas, I must get up early to get my walking in. Often the weather is bad, and it is really hard to go out. I've learned to pray daily that the Lord will give me the desire to keep walking. So far, with that kind of help, I've been faithful.

The food is another problem. I still have to fight a terrible compulsion to snack from the time I enter the house at 4 p.m. until I go to bed. It's been a lifelong habit. It keeps defeating me. I need to surrender this desire also to the Lord, daily, hourly, even moment by moment. I'm determined to do this. Please pray for me. I need to ask God each day not only to keep me walking, but to keep me eating properly, too. That's the only way. Will power alone is not enough.



NEWSTART guests exercise outdoors in fresh air.

NEWSTART Schedule

May 23 — June 17
June 27 — July 22
July 25 — August 19

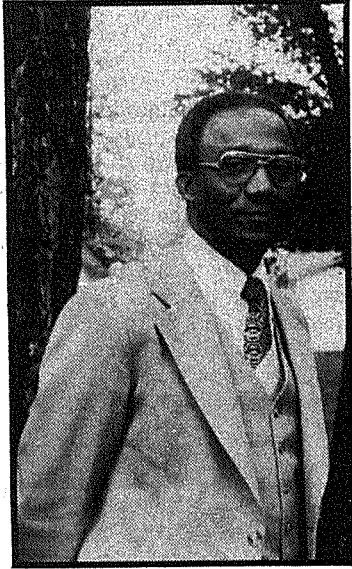
Spring Week of Prayer

By Susan Claridge
Student, Weimar College

"I gained a new perspective about medical missionary work from the Week-of-Prayer," commented one Health Education major student after the recent spring week-of-prayer at Weimar.

Elder DeShay, Associate Director of the Health and Temperance Department of the General Conference of S.D.A., shared a store of information and insights with the Weimar family on an array of subjects from "Biblical Healing" to "Current International Health Issues." Each morning and evening throughout the week, Elder DeShay graphically portrayed the connection between health and religion as the Bible and Spirit of Prophecy so combine the medical and missionary work.

The messages were a blessing for all who heard, but it was over much too quickly as the week ended Friday evening with a special communion service and testimony sharing time for the Weimar family.



Elder DeShay

Honduras Update

It's time once again to share how the Lord is opening the doors for a team of students and staff from Weimar to spend their summer in the mission field in Honduras.

Each day brings indication of God's leading, as letters and phone calls flow in from people who so generously wish to support the project by their prayers

and financial gifts. Already \$3,000 has come in, yet this is only a small fraction of the \$10,000 that is needed to cover transportation, student tuition, and other needs of the project.

Although these needs seem great, the group is encouraged by how the Lord has led thus far, and they wish to thank each one who has taken a personal part in seeing this project go forward. Please continue to pray as the plans materialize for a team to serve in Honduras this summer.



Beverly Cox-Wiebe, M.D.

The B 12 Controversy

By Beverly Cox-Wiebe, M.D.

More and more, people are becoming aware of the disease potential in a diet containing animal products (meat, milk and eggs). Because of this, there are increasing numbers of total vegetarians (vegans) in the United States. Nutritionists are appropriately concerned with the nutritional adequacy of a diet that deviates from the standard diet of the average American.

Is a total vegetarian diet nutritionally sound? A total vegetarian diet which includes a wide variety of unrefined foods eaten in sufficient quantities has been shown to be adequate to maintain good health. No signs of nutritional deficiencies were found in a number of studies. (1,2).

However, there may be a problem with vitamin B 12. Sporadically, cases of vitamin B 12 deficiency in vegans are reported in the medical literature.

Animals make vitamin B 12 in their intestines by bacterial action and this B 12 is assimilated into all their tissues. Thus, all animal products are rich sources of vitamin B 12. It has not been known where vegans get their vitamin B 12 because humans ordinarily are not known to make their own vitamin B 12, and unless they get B 12 in their diet they may become deficient in this important vitamin.

It is not easy to determine a dietary deficiency, as vitamin B 12 is readily stored in practically all body tissues, especially in the liver and kidneys. These body stores are adequate for the body's needs for 2 to 10 years, so that an inadequate supply of B 12 may not become apparent for a long time. (3,4)

Lack of sufficient vitamin B 12 results in a severe anemia and sometimes in serious nerve damage. Symptoms often develop slowly and are so subtle that the individual may be unaware of his physical deterioration until he is very weak and has numbness or tingling in his extremities.

Where does the total vegetarian get his vitamin B 12? When

foods were taken from the produce departments of supermarkets and studied for B 12 content, none was found. (5) Plant foods grown under sterile conditions contain little or no B 12. (6) Humans can make vitamin B 12 in their large bowels by the action of bacteria which normally live there. However, this B 12 is not available to them, as B 12 is absorbed only in the third part of the human small bowel with the aid of intrinsic factor, which is made in the stomach. The small bowel is generally lacking these B 12 manufacturing bacteria.

There are many vegans in India but B 12 deficiency anemia is uncommon there in the absence of intestinal disease. (7) It is possible that they have B 12 producing bacteria in their small intestines. When they move to a more protected environment (England, for example) where there is less bacterial contamination of food and water, they become prone to B 12 deficiency. (8)

In Sweden, vegans were studied for their nutrient intake and health status. No signs of nutritional deficiency were found. When their food was analyzed it was found that their average daily intake of vitamin B 12 was about 0.3 to 0.4 micrograms. It was felt that this small amount of vitamin B 12 recovered in the vegan diet may have been due to contamination of the food with B12 producing bacteria. (9).

This small amount of vitamin B 12 seemed adequate for these people but is it adequate for a pregnant woman? A number of healthy vegan mothers have been reported who gave birth to babies who apparently were normal at birth. After being nursed for a few months the babies developed severe anemia and serious symptoms of nervous system disease. (10,11,12,13) The supply of vitamin B 12 was adequate for the woman but was inadequate for a mother and her growing infant.

Other reported cases of adults with dietary B 12 deficiency are often associated with diseases of the stomach or intestines. Whether the disease caused the B 12 deficiency or whether the B 12 deficiency produced the gastrointestinal disease has not been clear. (14, 15, 16, 17)

An interesting little side issue was a study done to evaluate the absorption of vitamin B 12 in a diet high in fiber. Their conclusion was that high intakes of certain fibers could aggravate a precarious vitamin B 12 balance in individuals with a history of poor dietary intake. (18) Cellulose and pectin, which are refined fibers, were used in the study. This suggests to me that a vegetarian not only should limit his use of refined sugars, grains and oils but also of refined fiber.

Generally speaking, a purely vegetarian diet would have to be strictly followed for many years to deplete body stores of vitamin B 12. Even then, signs and symptoms of B 12 deficiency fail to develop in the majority of vegans. (19). The only obvious abnormality appears to be the propensity to develop more rapidly clinical evidence of deficiency when vitamin B 12 absorption is

interfered with or requirements are increased. (20)

What is the daily requirement for vitamin B12? The World Health Organization recommended dietary intake of vitamin B 12 for ages 10 years and over is 2 micrograms per day. Children require less and pregnant mothers 3 micrograms per day. (The average American diet provides 5-15 micrograms per day.) (21) A recent study of five South Indian subjects with vitamin B 12 deficiency anemia suggests that about 0.5 micrograms per day is adequate and 1 microgram per day allows an adequate margin of safety. (22)

To avoid the threat of serious sickness due to vitamin B 12 deficiency, there are a number of choices a vegetarian can make. One possibility is to use a little milk or milk product occasionally. This would eliminate any worry of B 12 deficiency in a healthy person. A second approach would be to have serum B 12 levels taken every year or two to affirm a normal level (between 150 to 1000 picograms per milliliter). Total vegetarians tend to have low normal serum B 12 levels. The B 12 levels may be even lower than normal and the person can remain without symptoms, but this results in a precarious vitamin B 12 balance that may be tipped toward a deficiency state if the person develops another health problem.

A third choice is to eat foods that are fortified with vitamin B 12 or to take tablets of vitamin B 12. One-half of a 100 microgram B 12 tablet taken once a month is more than adequate for an average person.

Besides, it is almost impossible not to eat refined or processed foods occasionally, and many of these contain milk solids or other products.

But there are always exceptions. We need to study our own bodily needs, and remain alert as more knowledge is developed in this important area.

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22. *Op. cit.* 1981; 34:2423-2433.

GRADUATION!

DATE: It is GRADUATION time at Weimar. The date is June 11 & 12, 1982.

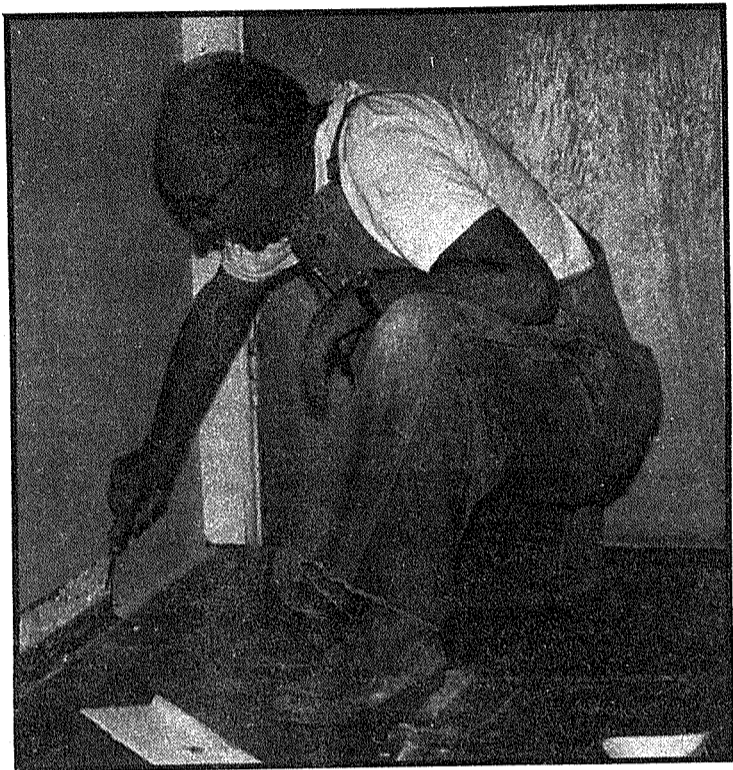
LODGING: Reservations for graduation are being taken now by phone or letter. The parents of the graduates will have the first choice, all others will be on a first-come, first-serve basis. Those we cannot accommodate will be referred to local motels. Self-contained R.V.s will also be assigned spots on first-come, first-serve basis. No hook-ups or showers are available. There is no charge for parking R.V. s.

CHARGES: Cost for lodging is \$7.00 per night per person, bedding included. If you have your own bedding, it is \$5.00 per night per person.

MEALS: Please buy the meal tickets IN ADVANCE from the college office. (The kitchen has to plan ahead, and we need to preserve the sanctity of the Sabbath.) Cost of meal tickets per person:
Breakfast.....\$2.50
Lunch.....\$3.00
Supper.....\$2.00
Unused meal tickets will be refunded.

AIRPORT-BUS SERVICE: From Sacramento the round trip charge is \$25.00. If you need this service please give us a call.

"Remember Francis Miller —?"



Francis Miller on construction crew, Summer 1982

Francis Miller
New President NEWSTART
ALUMNI ASSOCIATION
By Aileen Ludington, MD

In the article entitled "I Was at the End of My Rope," Francis Miller told his story in the Nov. 1980 Weimar Bulletin. That summer he had spent his time in front of the TV set, sick, depressed, overweight, heart bypass plugging up, swallowing his 19 pills every day, weak, tired, waiting to die. A friend got him into Weimar's NEWSTART program, and indeed, into a whole NEW LIFE.

During NEWSTART'S 4th Annual Homecoming, he was chosen as the first president of the NEWSTART Alumni Association, which was launched at that time. Seeing him stand before the assembled alumni, trim, tan and radiant with glowing health and a deep inner joy, I felt a deep and profound sense of thanksgiving for what God is doing for the precious people who come here and open up their lives to His way of life for them.

During the next year, Francis gradually lost 71 lbs., became interestingly active and gradually regained his strength and energy. Now, nearly 2 years later, it is hard to stop him. He's up early, going all day long, and into projects covering a good part of Northern California. Last summer he volunteered several weeks of his time to aid the construction and carpet-laying crews at work on the Weimar campus.

NEWSTART Alumni

(Continued from Page 1)

Monday evening Paul Westbrook (NEWSTART Class June 1981) led out in the organization and election of officers of Weimar's NEWSTART Alumni Association. This organization has actually been in existence since the beginning, but now is properly organized for efficient and active functioning. Francis Miller (August 1980) was elected president; William Cuff, D.D.S. (August 1978), vice president; and Alice Weisz (April 1981), secretary-treasurer.

Tuesday evening the music department of Weimar College pre-

AT 8 A.M. Vernon Putz and Pam Bright wound up the scientific presentations with a lecture-demonstration. Vernon gave a short presentation on arthritis and Pam Bright followed with a review of simple home treatments that had been taught guests in past sessions.

Just before lunch Francis Miller of Lodi, the new alumni president, gave a keynote speech. As we filed out to lunch, we found all kinds of chairs, sofas and benches scattered over the lawn in the glorious sunshine. We all took the hint and brought our dinner trays outdoors for the final meal. Several more rounds of hugs, kisses, handshakes, good-byes, promises to write, and it was over for another year.

sented a beautiful choir and instrumental music program. Those smiling, friendly, earnest, young people with voices like angels gently transported us toward the pearly gates. The string orchestra's quiet, rich rendition of "Balm in Gilead," "It is Well With My Soul," and "The Lord's Prayer," filled hearts that overflowed and moistened eyes throughout the group. How wonderful heaven will be!

5:45 A.M. Wednesday morning found a hardy group vigorously climbing the hill to the water tower with Dr. Beverly Cox. Songs were sung as the sun ascended into the heavens for the new day. It was a breathtaking view and a true mountain-top experience.

TAPES TAPES TAPES

GOD CARES ABOUT HEALTH

LS 4 "The Best Medicine." Another message from Dr. Sang Lee. This one is about healing in a personal relationship.
SD2 "Biblical Healing" and "The Hebrew Hygienic Code." Two excellent messages by Dr. Samuel DeShay of the General Conference Health and Temperance Department. Excellent! This will be the May feature tape for the tape club.

SENSIBLE CHRISTIANITY

These most recent tapes by Dick Winn will help you strengthen your relationship with the Master. They deal with a sensible approach to Christian behavior.
WD D1 "O How I Love Thy Law" and "My Brother's Keeper"
WD D2 "Dress"
WD D3 "Membership vs. Mission"
WD D4 "Avoiding Extremes"
WD D5 "Affirmation or Flattery"

NUTRITION AND HEALTH

The NEWSTART homecoming lectures this year were excellent!
H 82 1 "Nutritional Principles and Chronic Obesity #1," Dr. John Scharffenberg
H2 2 "Nutritional Principles and Chronic Obesity #2."
H82 3 A: "Aristarchus," Dr. Colin Standish.
B: "Milk and Magnesium: A Reason to be Weaned," Dr. George Chen.
N82 2 "Introduction to Nutrition," a NEWSTART lecture by Dr. Henri Wiebe.

TAPE CLUB

Now it's simpler to join the tape club. For a 12-month membership you get:
*A fresh tape each month, usually with two messages, or an alternate of your choice.
*SOUND WAVES, our periodical which describes what you hear.
*Library privileges. Borrow any tape we have.
*Reduced prices for most additional tapes.

Prices are shown in the coupon below. Right now is a good time to let us hear from you.

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

LS 4 SD 2 WD D1 WD D2 WD D3 WD D4 WD D5 H82 1
H82 2 H82 3 N82 2

Also sign me up for club membership.

\$36.00 U.S. except California

\$38.16 with California tax.

\$39.50 elsewhere in the world.

Name _____ Total \$ _____
Enclosed

Address _____

Zip _____

Weimar Tape Ministry, Box A, Weimar, California 95736

Openings Announced at Weimar Institute

Food Service

Shift supervisor with experience in healthful quantity cooking, preferably with background in working with students.

Construction

Supervisor with experience in all phases of building and remodeling to work with students in on-the-job training.

Maintenance

Supervisor with experience in building and equipment maintenance to work with students in on-the-job training.

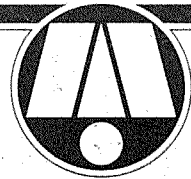
...The path of the just is as the shining light, that shineth more
unto the perfect day. Proverbs 4:18.



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FROM THE CHAPLAIN...

Rightfully Rejecting "The Lord"

by Dick Winn

I remember the great sense of relief that came over me the first time I discovered that I could rightfully "reject the Lord." (Now you'll have to promise to stay with me right down to the bottom right-hand corner of this page, or you'll surely conclude that this pastor has lost his spiritual bearings.)

You see, there was this visiting minister who was very intent on seeing to it that none of us boarding academy students escaped the call of salvation during his visit to campus. His first step was to instill in us a fear of the

Lord — perhaps better phrased as overwhelming us with a dread of the Almighty. Meeting after meeting, in funereal tones, with extended bony finger, he horrified us with the anguishing consequences of rejecting a stern and exacting God.

It wasn't easy listening. I felt driven rather than drawn. But attendance was required; and besides, he was the preacher and was therefore surely right in what he said. Heaven, with such a God in charge, didn't seem very attractive; but the meetings hadn't been lost on me, and the other alternative seemed even less attractive. I resented that salvation meant reluctantly choosing the lesser of two miseries.

The final meeting was a crisis. It was communion, and his sermon was an unyielding interpretation of I Corinthians 11:29: "For He that eateth and drinketh unworthily, eateth and drinketh damnation to himself." I took a quick reference to my goodness to see if I was indeed worthy (which was all I understood at the time). And the conclusion was clear: damnation! The trouble was, though, that if I didn't take part, then all my friends would think I was a rebel.

Grudgingly, I took part. The preacher was right: not a whiff of blessing could I find in the whole ceremony. That night, all my

frustrations spilled out to a compassionate dean. Very gently, trying not to undo the good the preacher intended, he pointed out to me that not everything that happens in the name of the Lord necessarily represents His will or character. He eased me into the growing-up discovery that I could feel uncomfortable about the man's uninformed zeal for God, without feeling uncomfortable about God. I could reject his view of "the Lord" without rejecting the Lord!

It's been an often-used solace since then. In fact, I've come to realize that some of the worst enemies of God's reputation are those who claim the loudest to speak on His behalf. Paul said of his fellow Israelites, "I know from experience what a passion for God they have; but alas, it is not a passion based on knowledge." (Romans 10:2, J.B. Phillips). We would expect Satan to approach it that way, wouldn't we? An atheist, who makes no claims to know God, couldn't do a fraction of the damage of a drippingly pious super-saint who claimed semi-privileged information direct from the throne.

I have found Jesus to be compellingly attractive, full of appealing wisdom, impeccably fair, dealing always from a sensible reality, and overflowing with non-stop love. Any insights about God, even from highly visible

sources — which seem either severe or sloppy, arbitrary or lax, obscure or flippant, should be examined again to see if they represent the Real Item.

In his gospel as well as his epistles, John's highest desire is that we see God as He really is. His first epistle is a non-stop string of gem-like truths about God. And his final thrust says it best: "This

is the real God, and this is real eternal life. But be on your guard, my dear children, against every false god!" (1 John 5:20, 21, J.B. Phillips).

I suspect that, for many of us, coming to know the Lord as He really is, may require some rightful rejecting of "the Lord." After all, isn't that the first commandment?

We Invite You...

We, the members of the Senior Class of Weimar College, gratefully and joyfully invite you to join us in a commencement of Thanksgiving, study, song, and dedication, as we accept the challenge of service in the work of God.

Services will begin Friday evening at 7:00, June 11, and extend through the Sabbath, concluding at sundown, June 12, 1982.