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WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 9 SEPTEMBER 1982

Weimar Campus Active with Summer Learners.



Guests at one of the recent seminar programs.

By Ted Wade

If you have been reading the BULLETIN during the past months, you are aware that Weimar College doesn't just curl up and take a nap during the vacation months. Summer learning isn't new here, but this summer in particular has seen a greater flurry of activity than in past years.

Although people came from far and wide to attend, most participants live within a few hundred miles. Many individuals and families made Weimar a part of their vacation plans. We were delighted to see several faces appear two or three times during the summer. These people were obviously enjoying the Weimar atmosphere while we began to feel that they were part of our "family." New friends enriched our lives and God blessed us all.

Very early each morning Carl Anderson taught world history to a group of students who had to be on time for breakfast at 6 and to work at 7. Carl also taught Ad-

ventist church history and prophetic guidance. Fred Riley led a seminar on gardening and agriculture. Bob Bohlman's students appreciated the chance to become better writers in his seminar classes in poetry and Christian story writing. Dennis Blum rounded up a strong team to present health principles for a solid week. Both he and John Goley, who headed up the weight control seminar, took a spiritual approach to helping people plan and adopt a better lifestyle. A pleasant family life workshop was Dick Winn's main contribution. And Colin Standish helped his group find peace and security through his seminar on stress-free living. We already told you about Betty Gerbozy's home schools seminars and about Joy Leer's cooking classes.

Work bees occupied two weeks of the summer. People who joined were sent to the gardens, the cafeteria, and the grounds. They hammered, scrubbed, scraped, picked, painted, and

carried. Evening meetings added a spark of spiritual refreshment. We certainly appreciated the extra lift!

Colin Standish directed two week-end retreats. The first reviewed the landmarks of our faith. We shared the Sabbath meetings with the Grass Valley church. The theme for the second retreat was preparing for eternity. Lewis Walton talked about issues facing our church and Dr. Standish clearly presented God's plan for education. Two of the Sabbath meetings were held in the nearby Auburn church.

This summer we have shared the talents God has lent us and He has richly blessed. Most of you — the forty thousand or so who read the WEIMAR BULLETIN — didn't come this summer. We missed you. Some of our programs were adequately full. A few weren't. But judging from comments of people who did come, some of our next summer programs will fill up long before they begin.

Student Registration and Orientation

SUNDAY, SEPTEMBER 26, 1982

1:30-5:30 Financial Registration Classroom #2

MONDAY, SEPTEMBER 27, 1982

7:10-8:00 Chapel
8:00 Registration of all returning students
8:00-9:00 English Placement Test #1
9:00-10:00 Math Placement Test #1
10:00 Freshmen registration
1:30-5:00 Orientation for returning students #1
1:30-5:00 Orientation for students and staff who were not here for last year's orientation.
7:00-8:00 Orientation for students and staff who were not here for last year's orientation.

TUESDAY, SEPTEMBER 28, 1982

7:10 Chapel
8:00-12:00 Classes and work begin for returning students
8:00-12:00 Work for Freshmen
1:30-5:30 Orientation for students and staff who were not here for last year's orientation.

WEDNESDAY, SEPTEMBER 29, 1982

7:10 Chapel
8:00 Classes begin for returning students

Newstart Guests Prepare Dinner

By: Donna Jean Beck
NEWSTART Nurse

A new tradition has been recently introduced into the cooking school for the NEWSTART guests. Cooking school is a favorite time for most guests. As they listen to the medical lectures, the guests realize the importance of healthful eating. Cooking school provides the practical knowledge to enable them to cook healthfully at home. Generally the NEWSTART nurses do all the demonstrations; however, this month the guests had their turn at demonstrations and prepared a meal for their doctors and other medical staff.

The meal was prepared in the lecture room of the NEWSTART Lodge. Groups of guests were responsible for preparing different dishes, under the direction of staff members. Everything went fine until we blew a fuse, right at a crucial time, delaying the meal for fifteen minutes. NEWSTART guests served the banquet-style meal in the NEWSTART Lodge lobby.

Guests expressed their appreciation for the opportunity this occasion provided for "hands on" experience. Staff members were more than happy to partake of the fruits of their labor.



NEWSTART guests prepare the meal at this program.



NEWSTART guests and staff sit down to enjoy an excellent meal.

Major Water Treatment Construction Project Nears Completion

By: Jeannie Carr
Assistant Editor

During the winter quarter of 1982 at Weimar Institute heavy rains fell which caused the sewage water to overflow from the water treatment reservoir ponds into Coyote Creek. When the county environmental department became aware of the situation, they began to enforce the engineering requirements which had been laid out in 1978.

Before the establishment of Weimar Institute, environmental laws condemned the former owners of an inadequate sewage system. However, the county delayed their demand for immediate action because of the reduced population. After Weimar Institute came into existence, the population increased and more buildings were constructed. The overflow from the winter storms pressurized the pursuit of a solution.

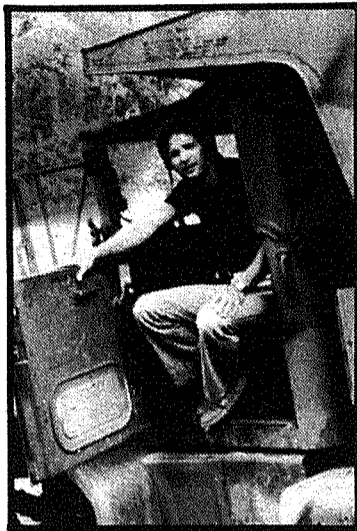
To avoid this overflow of sewage water into Coyote Creek, Weimar has chosen a solution given to them in the 1978 engineering report. Three reservoir ponds, located in the valley of two mountain ridges, facilitate Weimar's water treatment system. All summer, students under the direction of Dr. John Goley, have been falling trees, clearing brush, and hauling wood to pre-

pare five acres of mountainside for the installment of a sprinkler system. (One benefit gained was a large supply of firewood which will be used during the future winter months.) Approximately 4,000-6,000 feet of trench and pipe remains to be laid and a pump installed. With this method the overflow of water will be pumped from the ponds into the sprinklers, then evaporated or absorbed into the ground. A ditch dug around the ponds contains a two-way gate valve; one gate will direct rain water into Coyote creek and the other gate will cause any excess water from sprinklers to flow back into the ponds.

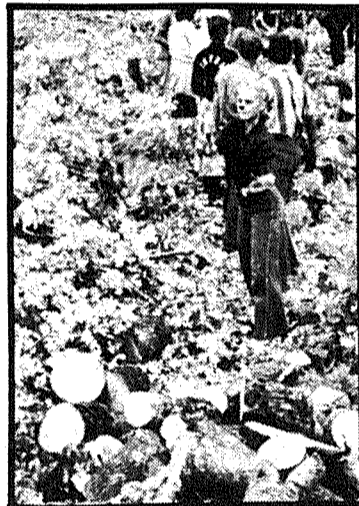
The ponds require repair, also. A sub-terranean leak, which needs to be sealed, allows water flow between pond two and pond three. A spring discovered in pond three needs to be diverted or capped off.

The over-all cost is estimated between 15,000 and 20,000 dollars. Student and staff workers along with equipment bought from Educational Surplus has decreased the expense.

People attending the work-bees scheduled for August 22-29 and September 6-12 will help complete this project. Bob Fillman, president of Weimar Institute, said that the project should be finished before school starts.



Dale Martin waits in the truck to haul another load of brush out.



Pam McCarter and others clear wood from the hill.



Corliss Vander Mei removes a log destined for the wood pile.



Everyone pitched in and cleared the brush and logs from the hillside.



John Goley and students create a large wood pile. Everyone helped in making the work to go rapidly in preparation for the sprinkler system installation.



Gayle Osborne and other WEIMAR women greatly helped with the work.

The Weimar G.I.F.T. Committee

Weimar Institute is planning for the future — a future of services and ministries that will promote God's special work for these times. Those who support the philosophy and objectives of Weimar Institute are invited to participate in a perpetual giving plan by joining the Weimar G.I.F.T. Committee.

The G.I.F.T. Committee is a group of committed Seventh-day Adventist Christians working cooperatively to provide regular support for the ongoing capital projects of Weimar Institute. While buildings and facilities are not the measure of an institution's success, the Committee recognizes that an adequate physical plant is essential to the fulfillment of the organization's mission.

The ability of Weimar Institute to be truly "self-supporting" will be dependent to a large degree on (1) the faithful commitment of its staff and (2) the development of student industries and a physical plant which will facilitate the educational and health ministries to which the Institute is committed. Seeing this need, the Weimar G.I.F.T. Committee is providing Gratuitous Investments Financing tomorrow.

Recognizing that people differ in their ability to give, the G.I.F.T. Committee has established five categories of membership.

- Donor (a minimum gift of \$500 annually)
- Sponsor (a minimum gift of \$1,000 annually).
- Patron (a minimum gift of \$2,000 annually).
- Benefactor (a minimum gift of \$5,000 annually).
- Honorary Trustee (a minimum gift of \$10,000 annually).

Gifts may be made in single payments or by installment. Memberships are renewable each year.

To become a member of the Weimar G.I.F.T. Committee please contact Paul Hawks, Director of Development, Weimar Institute, Box A, Weimar, CA 95736, or call (916) 637-4111.



Weimar Institute wishes to thank Brad and Olive Braley for the beautiful program they presented in our chapel during spring quarter. Brad Braley spent two whole days repairing and adjusting our pipe organ before performing on it. Olive Braley thrilled the audience with her wonderful rendition of "God's People Delivered," a chapter from the Great Controversy. This was accompanied throughout by a dramatic and original composition by her husband at the organ.

NEWSTART Schedule

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

SEPTEMBER 26-OCTOBER 21
OCTOBER 31-NOVEMBER 25
NOVEMBER 28-DECEMBER 23

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

"I'm Thankful To Be Here"

Joseph Twing's story
Ottumwa, Iowa
June 1982 NEWSTART Class

By Sunnie Dietrich

Untiring dedication, concern for others and devotion to work — these words describe a typical hardworking pastor and Joseph Twing is no exception.

While living in upper state New York, Pastor Twing acted as a "circuit-riding preacher" with five churches on the weekend "circuit".

"Every Sabbath I had to drive maybe 270 miles. I'd preach Friday night in one church, then I'd have four on Sabbath. I'd go at 9:00 a.m. to the first one, 11:30 to the next one, 1:30 to the next one and 3:30 to the last one. I covered about 100,000 miles a year."

After five years of incessant traveling and exhausting schedules, the Twings moved to Baltimore, Maryland, where he was responsible for two churches only. The smaller church load didn't help to alleviate the stress Pastor Twing felt in his work, though.

"My members lived right down in the inner city. Sometimes I'd have to go down there around 11:00 or 12:00 at night." He told of the youth gangs with knives who stood by as he walked past.

Following two years of inner city work in Maryland and five years in Delaware, the Twings accepted a call to Ottumwa, Iowa. According to Pastor Twing he was still feeling too much pressure in his work. On January 1982, Pastor Twing began noticing a strange feeling all over his body. He described it as a "total discomfort" across his chest, accompanied by a lot of gas.

"I admitted myself to the hospital in February and was in intensive care for four days, then in the step-down unit for another four days. I was scheduled for a treadmill at 11:00 on Friday, but at 8 a.m., I had this terrible grabbing sensation in my chest. I called the nurse and said, "I'm having an attack!" I was shoved back into the intensive care unit immediately. Altogether, I was in the hospital 24 days. The doctors said that it was a good thing that I had my attack early that Monday instead of on a treadmill, because it probably would have killed me.

A few weeks later, when he was ready to start a rehabilitation program, Joseph and his wife, Delores, checked into Weimar's NEWSTART program.

"With the diet and exercise here, it's been quite a change for us," Pastor Twing told me. And it has been a remarkably fast one, too. When he first arrived at Weimar he was hardly able to walk the short distance from the medical office to the NEWSTART Lodge. After two weeks at Weimar, he was walking from 5 to 7 miles a day.

"As far as the diet here is concerned, we've been vegetarians all along, but we hadn't gotten off dairy products. We were still



Joseph and Delores Twing

"I Woke Up Feeling Good..."



Rollie Bird

Rollie Bird's Story
July 1982 NEWSTART Class

By Harry Knopper*

"On my third day in the NEWSTART program I woke up feeling refreshed and looking forward to the day's activities," Rollie Bird told me. To him, this was a new experience. For years he had gone to bed each night, slept eight to 10 hours, and awakened the next morning as tired as when he went to bed.

A pharmacist at the Men's Correctional Facility in Chino, California, Rollie led a relatively sedentary life, full of pressures and stress. As the years went by, his health began to deteriorate, and he became concerned. He finally decided he must do something positive for his angina, his borderline diabetes and his obesity. Thus Rollie and his wife, Rae, came to Weimar, as he says, "like many others, to find a better way to live."

Had he made any measurable improvements during this 3½ week stay? I will let him tell the story.

"My blood chemistries have shown some terrific changes. These occurred after only 2 weeks on the NEWSTART lifestyle. My fasting blood sugar dropped from 152 to 102. (Normal — 70-110) The Triglycerides dropped from 149 to 116, and the cholesterol dropped from 215 to 185. (Results in mg/dl, mg %) I've lost 20 lbs. in 25 days and my blood pressure dropped from 136/92 to 100/80. I've increased my walking from an initial 3 miles to 8 miles a day, and this increase in exercise tolerance has been accompanied by a decrease in the occurrence of any chest discomfort. Oh yes, and I've also gradually been weaned off of all the medication I was taking. And now I can truly say that I feel good!"

When I asked him what he attributed his improvement to, he stated: "It's the total plan here, the diet, exercise, sunshine, air, water — actually just going back to the basic things that God gave us."

But would he continue his new lifestyle? We both knew it

eating butter, eggs, milk and cheese before we came to Weimar. That's one of the things we are changing here. It's a little difficult, but we're making it. If it's going to make me better, I'm all for it."

"I know the diet has been good and I know the exercise has been good, but I also feel the spiritual aspect is very important. I believe that the Lord has helped me more than anybody else. How else could I go from barely walking 100 feet to 7 miles in little over a week! I'm so very thankful to be here!"

"I do want to see other people benefit from the same program. I've never been in a place where everybody's been so kind to me and prayed for me. The doctors here are excellent. They even pray with you! I know I'm not out of the woods yet, so I hope you folks will continue to pray for me."

Joseph believes wholeheartedly in his new way of life and his enthusiasm is seen and felt by everyone. He and Delores are already making plans to share what they've learned at Weimar with their church members in Ottumwa.

Delores has also seen some exciting changes in the treatment of her diabetes since coming to Weimar. For the last eight months she had been taking Diabense to control her blood sugar, but after several weeks of following a careful diet at Weimar, her blood sugars returned to a normal range and her Diabense was discontinued.

PHYSICIAN'S NOTE:

Pastor Twing's heart condition was unstable when he arrived at Weimar. He suffered with angina after minimal exertion and had an erratic heart rate and rhythm.

After three weeks of intensive treatment the cholesterol level of 213 dropped to 154 and the triglyceride level was lowered from 347 to 182. He no longer needed medications to control angina. His pulse and blood pressure responded normally to exercise and he was able to walk 5 to 10 miles a day without any symptoms.

Beverly Cox, M.D.

wouldn't be easy in the home setting. "Yes," he reflected, "I'm going to have to. Any sane man would want to continue a program that's already made such a difference in his life."

*Harry Knopper is a 2nd-year medical student from Loma Linda University, who spent an elective month as an observer to the NEWSTART program.

Nondiscrimination Policy

Weimar College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.



WEIMAR INSTITUTE

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

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Dick Winn.....Secretary
John Siphens.....Director of Labor

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

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Henri Wiebe MD.....Acting Medical Director

RETREAT MINISTRY

Dick Winn.....Chaplain/Director

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WEIMAR INSTITUTE BULLETIN

Bob Rusche.....Editor
Jeannie Carr.....Assistant Editor

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

What Does Weimar

Sonja Phillips

"In the work of the gospel, teaching and healing are never to be separated." These words still echo through my mind as I recall the way my Lord led me to Weimar College in the first place. While I sit here on the flume gazing at the pine trees gently waving in the breeze and feel the peace of God fill my heart, I ponder the question, "What does Weimar mean to me?"

Since arriving at Weimar God continually teaches me so many wonderful things about Himself and how to live the life He has

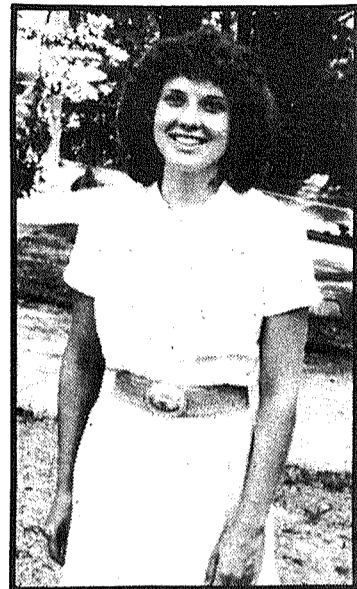
called me to live; I find it hard to express in words. I've finally learned what it means to live a balanced life-style as well as experience it. As a fairly new Christian my heart's desire is to be more like my Saviour and to be the best I can be in Him. At Weimar God has shown me the balance of proper diet (I have learned to cook deliciously and healthfully), the importance of exercise (I even run every morning), pure air, temperance, sunshine, rest, and trust in our wonderful God. My mind is so much clearer and more alert when I put into practice the life-style God graciously gave to us. Truly he has taught me how the gospel and health are never to be separated. First hand experience

gives me an opportunity to see how one can share Jesus while meeting physical needs. Giving hydrotherapy and massage treatments, helping to organize and give demonstrations at cooking schools, being an active part in organizing a stress control center, along with the superb academic quality of learning have all blended together to give me the highest quality of education, better than I could have ever dreamed. (All of it centered around Jesus.)

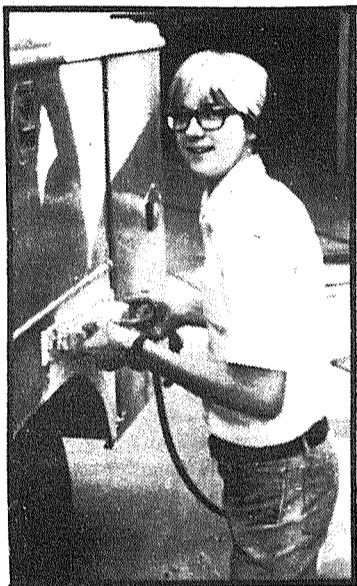
There have been struggles, but then I remember that now for a little while I may have to suffer grief in all kinds of trials. These have come so that my faith may be proved genuine and may result in praise, glory, and honor

when Jesus Christ is revealed. I can do everything through Him who gives me strength.

I believe Jesus did lead me to Weimar College, and I am fully persuaded that He has the power to do as He has promised in giving me an education here at Weimar that will not only fit me for service in this world, but prepare me to live with Him in that heavenly place He has prepared for me. "Lord, you establish peace for us; all that we have accomplished you have done for us. Come, let us go up to the mountain of the Lord...He will teach us His ways, so that we may walk in His path." Isaiah 26:12; 2:3 (NIV)



Sonja Phillips



Bruce Fillman

Bruce Fillman

The past five years at Weimar have been the best years of my life. Before coming to Weimar, my family spent a lot of time in family council sessions trying to find out if we were supposed to come. The Lord worked out all the details and I soon became one of the staff kids at Weimar. When we arrived I couldn't comprehend that such a peaceful place could exist. It seemed like a dream. Every person was a part of one big happy family.

Watching the Institute grow over the past five years has helped my spiritual growth. Now I'm experiencing a closer walk with God than I ever thought possible.

The work-study program has given me a new focus on learning how to glorify God. The classes are grounded on Christ, making Him the center. The purpose of work education, an applied class, is not to earn money, but to learn various work skills. Weimar Institute has over twenty work stations. I have worked at over half of the work stations developing my skills, which will make it easier for me to get a good job when I leave.

The people at Weimar Institute have one goal — to get a job done. That job is preparing the world for the second coming of Christ. I enjoy working with this program. There is no place I'd rather be.

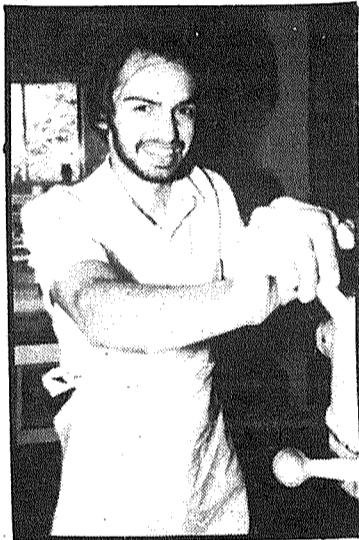
Rocio Mojica

The Lord has lead in every small detail of my life. For me, being at Weimar is a very special part of His leading. Graduating from high school I continued my education at Montemorelos University in Mexico. My main goal was to enter the university's medical school; however, after praying and conversing with my parents I realized the medical field wasn't what I wanted. I desired to learn God's initial way of life and be able to share that life with others. Now I've found a place where I can gain this knowledge and pass it on.

Our Heavenly Father has such a high ideal for each one of us. The most time consuming part of my experience was to simply leave my plans and expectations behind. This opened doors for the Lord to work unbelievable miracles in my life. Romans 8:28 (RSV) says, "We know that in everything God works for good with those who love Him, who are called according to His purpose." Total submission to God's plans can only be found in Him. Submitting to the Lord brings many blessings. Life becomes abundant with experiences never imagined.



Rocio Mojica



Paul Cascagnette

Paul Cascagnette

Early in January of 1981 I left the cold, dreary winter of Saskatchewan, Canada, looking forward to the "warm California sun" at a small, unique place called Weimar College. However, an unexpected accident occurred on my journey. The vehicle I was driving ended up in the automobile grave yard at La Grande, Oregon. But I did not receive a single scratch. With the help of some fine people I made my way to the college.

Entering into the program I became very excited about the things I was learning along with the general atmosphere of Weimar Institute. Others shared my enthusiasm as we attended classes, went to our work station, ate together, worshipped together, and went into the surrounding communities for outreach. I felt comfortable here as never before. The general philosophies upheld were in harmony with my own.

Even before coming to Weimar my experience with God had been vibrant, exciting, meaningful and filled with utmost anticipation and hope. I felt the Lord had a special and fulfilling purpose for my life, as well as a work for me to do in winning souls to Jesus Christ. My deep desire was, and perhaps still is, to be a revivalist-evangelist. Jesus said, "Verily I say unto you, There is no man

that hath left house, or brethren, or sisters, or father or mother or children, or lands, (and) the misery and deceitfulness of sin) for my sake and the gospel's, but he shall receive an hundred fold now in this time, houses, and brethren and sisters, and mothers, and children and lands, with persecutions, and in the world to come eternal life." Mark 10:29,30. We belong to God's family, with God as our Father and Jesus as our Older Brother, who provides for our every need. Also, if we have the Spirit of Christ, we will have the fruit of the spirit (Galatians 5:22,23) which invigorates the soul and controls the thoughts and actions. We are at times painfully aware of the presence of sin in this world which wreaks misery, pain and death. But its presence need not cause us to lose our trust in God who suffers these things to exist, but to be more confirmed in our mission to the world in revealing God and His principles.

While sitting in different meetings and classes I learned these spiritual and practical truths and realized the great needs in the world around me. God's ways are best. Each one of us has the challenge to diligently seek God's ways so that by His grace we may practice His principles in our lives, and share them with others.

Things have not been easy, though. For me, Weimar is "the school of trials." An incurable, hereditary blood disorder has helped me to learn dependence on God and has opened my insights regarding the healthy lifestyle which Weimar promotes. In order to think clearly and discern the deceptions of Satan I must incorporate a healthy lifestyle which will help me perceive God's beautiful truths. Intemperance, improper diet, neglect of exercise, etc. would interfere with my reasoning processes through which God communicates to me.

I am convinced God has led me to this campus. I am anticipating continued learning and growth while here. My desire is to see the truths and principles of God which, through Christ, are the hope of people to be fitted for eternal life with God, being infused, "unto the ends of the earth."

Bruce Peters

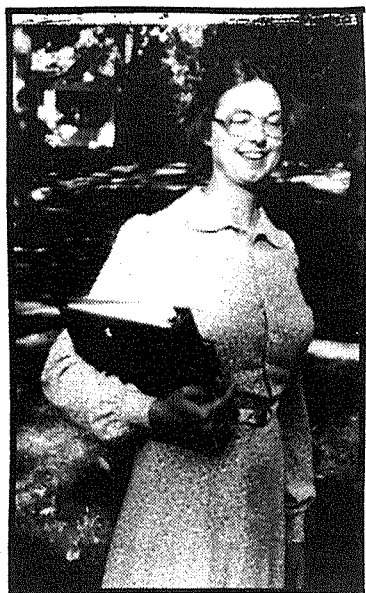
Weimar means several things to me. Good conditions exist which draw me closer to Christ. During my stay I have learned a lot about Christ and who He is. At Weimar College I'm receiving a Christian education. To me, the goals and efforts of Weimar have come close to the ideal Christian education, yet still can grow. I enjoy Christian fellowship with others my age. The work-study program acquaints me with different lines of practical education as well as booklearning. I appreciate how the staff and administration work together with the students washing the dishes in the kitchen. In Weimar's quiet, wooded location I enjoy watching the animals and hearing the birds sing praises to their Maker. Weimar is not a perfect place by any means, but over-all it has been a very good place for me. I look forward to seeing it grow towards the ideal place for Christian education on earth.



Bruce Peters

Mean To Me ?

Marla King



Marla King

Dear Weimar,

There is meaning in your welcome sign each time I approach your gate. The weekly community outreach, the choir tour, the Sabbath church fellowship and other off campus activities help me reflect on the joys of sharing with the world what you have given me and increase my appreciation for you.

Today someone asked what you meant to me, so I stopped and thought back a few years. I discovered that meaningful experiences come from changes brought by time. Now I look past your gates and view the grounds, comparing the past with the present. Your old brown blanket of dead pine needles have been replaced by shaded spreads of cool green. Your old buildings of humorous pink, purple, and bright yellow have surrendered to soft tan and brown. And on the inside, your present college enrollment has over tripled the original 38 pioneers. You have been changed by the influence of people, but also, people have been changed by the influence of you. And in each year spent with you, I have gained rich returns of meaningful changes in my life.

How were you responsible for such growth in me? It was by the principles of truth lived out in people. My mind began to see past just hope and into reality. Take for instance, Jesus — the most influential person who walked on earth. He lived what He spoke. And you, Weimar, gathered together a people who sought to live out their beliefs. And by this influence I found that the truth shining brightly from God's Word and taken into the practise of life brings true freedom. The law of God can be in the heart and not just the head. For the Lord educates to redeem and redeems to educate so that through men and women He might be made known. And in each year spent with you, I have gained priceless experiences of

God's character through your people.

Your examples are both animate and inanimate. Among your acres of trails, the steep up and down climbs to Coyote ridge have taught me a little of how life's mountains were made for my benefit. The difficult paths show me that the progress of life's success depends upon attitude. It's not how fast you can get to the top, but how careful each step is taken. There is no need to be overwhelmed with too much to do. Only one task, one moment, one step at a time.

From your surrounding nature I learn more of God's law, which presents a way to happiness, freedom and harmony. Each living thing needs roots and a source of life to tap. My life and accomplishments are worthless without a heart connection with God. All of nature lives to meet needs not of its own. And your principles of plain living and high thinking are lived out for the best service to God and others. In each year spent with you, I have seen more of the protection, joy and reasons behind the laws of God that govern best the path of life.

Thank-you Weimar for showing me the path that is leading towards heaven.

doubts about God. Wondering if God loved me as an individual has been a prime concern. But since I've come to Weimar God has shown me that He cares and supremely loves me.

The dedication of the staff at Weimar stands out in my mind. Their guidance has given me a glimpse of what God is like. Many of my views about God were wrong. By studying God's character and His way for my life, I can't help but love Him. When I see God in a true light my affections are automatically drawn out towards Him.

I know God is just and true. He always brings good out of my daily problems and cares. And in spite of the problems He makes me happy by giving me peace. God has never let me down and I am fully convinced He never will.

Lynnae Anderson

There are many reasons why Weimar means a lot to me. The following story explains one reason. My mother excitedly told me some information she had heard about Weimar when I was a senior in academy. I had my heart set on another Adventist College nearby, so didn't pay much attention to her excitement. For two years I went to the other college but I felt an emptiness inside. I had fun at that college and studied an average amount. Actually, everything was going okay for me; a good major, good friends, and half-way decent grades. But deep down inside I wasn't satisfied. I started looking for a different college, telling myself that by changing schools things would be better. I finally came to the conclusion that the school wasn't giving me that empty feeling but something much deeper. That something deeper was a closer walk with the Lord. I had grown up as a Seventh-day Adventist, but never internalized my beliefs.

Weimar College was introduced to me again. This time I

took a hard, long look at what the college stood for, and why. After much contemplation and prayer I decided to enroll and become a part of the pioneering student body.

Arriving on campus I noticed a spirit of love and a caring attitude within the students and staff. People were friendly to a newcomer; someone they had never seen or known. This amazed me and soon I was totally a part of the Weimar family in spirit and in body.

Their friendliness extended beyond the exterior of a person. Students on campus not only cared for my physical well being but also my spiritual nurturing. I got acquainted with students in such a way that we were free to be ourselves. We openly talked, prayed and studied together without ridicule.

The fellowship at Weimar far surpassed any of my experiences before. My new found friends helped me see Jesus as an active person, personally concerned for me. The more I learned about Jesus and His Father, the more I could open my arms to other people and be friendly to them. Loving and sharing Jesus with people is an endless circle when you find the Lord.

That deep down emptiness has



Lynnae Anderson

left. I praise the Lord for bringing me to Weimar so I could experience His love through His channels, which are loving individuals who cared enough to be my friend.



Nancy Bussio

Nancy Bussio

Three summers ago people often asked me how and why I came to Weimar. I felt very tempted to say, "I don't know," because I didn't know. Sometimes God leads in strange ways. Pastor Slagle from Saint Island, New York, encouraged me to take pre-medicine at Andrews University as planned. The plan seemed impossible because classes began in two or three days. I was accepted but found out after arriving that I lacked one of the requirements necessary for foreign students. Then I received an invitation to attend a small school called Weimar and decided to go. I asked God for guidance and protection.

At first I was very determined but later I was convinced that God was trying to show me something very important and I wanted to find out what it was that kept me at Weimar College. One of the most important lessons God taught me during the first two years at Weimar was to trust only in Him; to place my security in His promises and not in people or places and to be patient with the Immigration Department.

Those were two very difficult years, full of frustrations but also full of miracles. The way God worked through the difficulties

with my visa and provided for my every need, taught me the importance God needed to have in my life. For the first time I realized I had much growing to do as a Christian and as a member of the society I had chosen to live in. I learned to appreciate the sacrifice my parents were making for me, which I hadn't done well before. I learned the importance of having God in our relationships with others for them to be everlasting. Also, I learned the importance of total submission to God in order for Him to work in my life for the completion of His work on earth.

My mind had many thoughts to sort through by the time I left for the summer. So I was thankful to be home and just take time to think; and that is what I did. I had prayed for wisdom so that God could keep my eyes open to the opportunities He was to give me that summer to heal relationships I had damaged in the past. He is now helping me to see the needs of health education for my people and providing me with the education I need which will prepare me to work with Him in fulfilling this need.

I have many things to be thankful for during my stay at Weimar. Even for those trials that have helped me grow, and especially for God's constant assurance through people, things, letters, and lessons that He truly is preparing me for a special mission, and I'm thankful for the part He plays in it.

Corrine Potter

I praise the Lord for bringing me to Weimar. Looking back on my life, I can see His leading. The Lord has been so patient and the neat thing is He doesn't run out. He is always willing to take me back if I sincerely desire it.

I have grown to love Weimar and all that it stands for. While being here, I have been awakened to the reality of Jesus' soon coming. And more important, I feel, is my realization that God does exist and rules in the heavens.

I was raised in a Christian home, but this fact didn't make me a Christian. I've had many



Corrine Potter

Weimar Cooking Schools

By: Preston Wallace

Cooking schools, one of the most rewarding of the outreach seminars, have far reaching results which help people in changing their lifestyle. Many people don't realize that what they eat affects the way they think, act, and feel; however, many are becoming aware of this fact and want to know how to improve their mental and physical health. For those not realizing their need we hope to awaken an interest in good nutrition by presenting an attractive program which will arouse their curiosity, motivating them to learn how interesting and tasty healthful cooking can be.

With God's help we want to offer knowledge about healthful living which will aid in establishing an improved state of physical, mental, and spiritual health. Cooking classes and cookbooks are everywhere with recipes for the rich dainties which contribute to many of the diseases today. Teaching people how to prepare foods without the use of animal products requires practice, research, and effort, but we believe that giving this instruction is God's will. We don't spend time

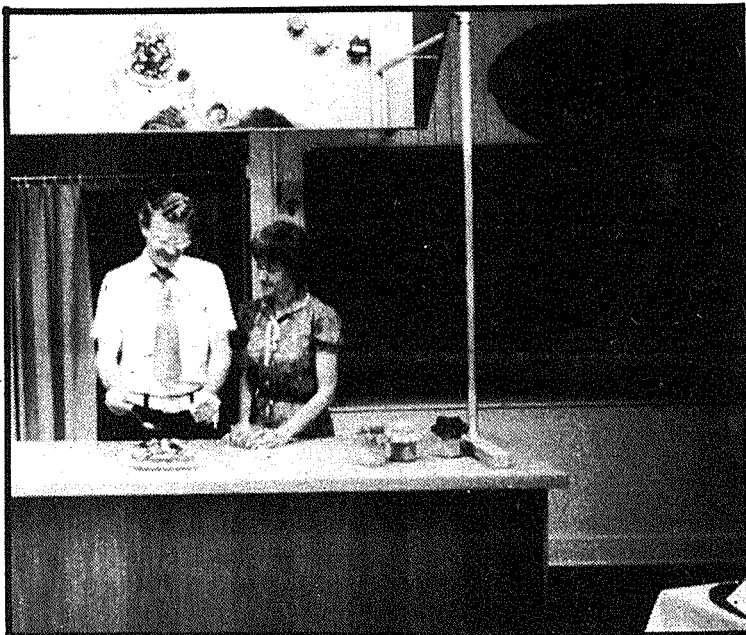
railing against the use of milk, eggs, or cheese, etc; we just use recipes that don't include them. In a positive way we direct the people towards the ideal of using the natural foods just as God gave them to us — the fruits, vegetables, whole grains, legumes and nuts. When asked why animal products are not used, we explain the problem these foods present.

Years ago this sage advice was given: "Let our people discard all unwholesome recipes. Let them learn how to live healthfully, teaching others what they have learned. Let them impart this knowledge as they would Bible instruction" (5T 135).

Cooking schools are one of the best received community programs presented in health education. Attendance is as great or greater than for any of the other health seminars. Those who come respond favorably to the new and exciting approach to food preparation. People ask questions about other areas as well, and they express appreciation by commenting, "This is a wonderful service to our community." These cooking schools bring glory to God and joy to those who run them. We hope that many will be in the kingdom who got their start towards spiritual things at cooking school.



Preston and Jeanne Wallace are assisted by Nancy Bussio during a recent demonstration.



Preston and Jeanne Wallace prepare a delicious meal at one of the recent cooking schools.

recipes



ALMOND-RICE LOAF

2 cups finely chopped almonds
2 cups steamed brown rice
1 cup thin cashew milk
¼ cup dry quick oats
3 cups cubed bread
1 Tb. soy sauce
¼ cup peanut butter
¼ cup chopped onion
2 Tb. chopped parsley
Soak bread and oats in nut milk. Blend the rice, peanut butter and almonds with a fork. Add and mix well with rest of ingredients. Bake in loaf pan for 35 minutes at 350 degrees. Serve with gravy. Serves 6.

GRAPENUT LOAF

2 cups Grapenuts
3 cups thin cashew milk or almond milk
2 cups finely chopped celery
½ cup chopped nuts
½ cup chopped onion
2 Tb. unbleached white flour
1¼ tsp salt
Combine all ingredients — mix well. Let stand 20 minutes. Place in a casserole. Bake uncovered at 350 degrees for 40 minutes, or until lightly set. Serves 6-8.

Retirement Center Comes of Age

Since its doors opened five years ago, Weimar Institute has envisioned a retirement center which would provide Christian atmosphere, natural surroundings and an opportunity for Christian service. Weimar President Bob Fillman has announced plans for the development of the building sites this fall, with actual construction of the retirement homes to begin in the spring of 1983.

The retirement center is to include 28 units on a 5½ acre knoll overlooking the beautiful 457 acre landscape of Weimar Institute. The one- and two-bedroom homes will feature wall-to-wall carpeting, linoleum flooring in the kitchen and bath areas, built-in kitchen appliances and fireplaces.

Garden plots can be provided for each unit and the residents may use many of the facilities of the Institute, such as the dining room, the college library and miles of well-kept hiking trails. The retirement center has easy access to Interstate 80, and is only 11 miles from shopping at Auburn.

Pre-development plans include the creation of architectural drawings, clearing the land, connecting power and water and securing building permits — at an estimated cost of \$15,000. If you would like to make a low-interest or interest-free loan to Weimar Institute to help cover these pre-development expenses, write to Retirement Center, Weimar Institute, Box A, Weimar, CA 95736, or call Bob Rusche, (916) 637-4111.



Glenna Gemberling

"EBENEZER—"Hitherto hath the Lord helped us"

(1 Samuel 7:12)

By Glenna Gemberling, R.N.

The Honduras mission group can look back over an "Ebenezer (memorial stone) lined road," more and more convinced of God's leading us together to Honduras for the summer. We would like to celebrate God's abundant goodness by sharing some of these Ebenezers with you.

The reality of being in Honduras didn't sink in until many days after our arrival. The trip in to Centro Educativa Adventista (CEA) was astounding. The 30 mph Land Rover (how appropriate — don't missionaries always travel in Land Rovers?) took us through crowded roads traveled by donkeys, bicycles, dare-devil drivers and 1982 Toyota trucks. Hundreds of street vendors and little urchins stared back at the gawking bunch of tourists. The most impressive sight was the poverty — evident everywhere. Barefoot, rag-clad,

empty eyed people lined the streets. Shacks covered with cardboard and rubber tires provided shelter for the multitudes.

On arrival at CEA we were warmly greeted, "Bienvenidos." We were then escorted to our assorted and sundry living quarters — all of which provided a new challenge of adaptation.

Friday morning after an introduction to tropical cuisine we made final arrangements for the classes and workshops we would be giving. Each member of the Honduras group was involved in some form of teaching, both classroom and practical training. Dr. Fred Riley conducted an agricultural seminar that was well received by staff, students and community folks. The garden project itself developed 150 garden beds, four feet by 50 feet, providing growing space for papayas, corn, tomatoes, beets, green beans, squash and many others. Also, the gardens provide a work-education program for the staff and students.

Classes for students were taught by various team members in physics, health, Bible, music, nutrition, English and physical education. What a challenge to share knowledge stored, espe-

cially in a new cultural setting and through translators. The realization of our inadequacies came again and again, leading us each to a greater dependency on God who has indeed supplied according to His divine power and abundant resources. The greater commitment to take each learning opportunity seriously in order to be prepared when a sharing opportunity comes along evolved from these disciplining times. Kennen McGrath would often come back from his religion class marveling at opening doors. He received enough Steps to Christ and Great Controversy to make available to any class member that expressed an interest. Before his eyes he

(Continued on Page 7)

Attorney LeWis Walton At Weimar Summer Seminar

Attorney Lewis Walton, of Bakersfield, well-known author of such books as **OMEGA**, and **DECISION AT THE JORDAN**, spoke for a retreat seminar entitled, "Preparing for Eternity," which was held at Weimar Institute, July 30-August 1. Associated with Attorney Walton in the series was the Dean of Weimar College, Dr. Colin D. Standish.

Mr. Walton skillfully related events transpiring in the contemporary world to the prophetic utterances of Ellen White. Walton, who is presently serving on an advisory committee to the United States Defense Department, related the sobering concerns of national leadership to the certainty of God's people in these latter days.

Yet in spite of the obvious evidences of the imminence of Christ's return through the political and international scene, Mr. Walton stressed that the greatest evidence of the world's end is not

found in the political global events, but in the fulfillment of prophecy within God's remnant church. Walton sees the present attack upon the doctrines of our church, and upon the prophetic gift of Ellen White as the clearest evidences that we are nearing the end of time.

Walton spoke Friday night at Weimar Institute; on Sabbath the 11:00 a.m. service and mid-afternoon meeting were held in the Auburn Seventh-day Adventist Church. At the latter meeting, he answered questions from the floor.

Dr. Standish concentrated upon issues confronting the church in education, dealing with the great transcendent aims of the true Christian education and the indivisible link between redemption and education. Many attendees at the seminar series indicated a deeper commitment to God and His ways as they seek to fulfill His mission in their lives.

EBENEZER

(Continued from Page 6)

watched once resistant students request the books that promised nurturing in their growing Christian life.

While working in the bakery Kennen watched other evidences of growth. The antiquated equipment, the small but persevering wheat grinder, the primitive working conditions, and the 18 inch-long bread pans provided quite a challenge. As he nurtured the bread dough, adjusting down the proportions of oil, sugar and milk while increasing the whole wheat flour content he was also able to nurture Jimmy the baker. Daily they read together from **Counsels on Diet and Foods** and discussed spiritual components of healthful living.

During the Week of Prayer each of the group presented one of the eight natural remedies; nutrition, exercise, water, sunlight, temperance, air, rest, and trust in Divine Power, along with their spiritual application. David Grams spoke each evening to the collective student body on special topics of music, Bible study, the sanctuary, the Spirit of Prophecy, but always with the underlying theme of developing a personal relationship with Jesus Christ. Dormitory worships, faculty meetings, Sabbath services and individual counseling sessions provided times for discussing topics such as health, social relationships, sports and spiritual growth. Physical fitness evaluations, a hydrotherapy seminar and a cooking school were given for those with more specific interests in health. The response was generally positive and grew more so as our stay lengthened and people saw the concepts in action. Questions began to fly, "Ustedes son diferentes. Por que?" — "You are different, why?" "Why don't you eat fat or meat? Do you really like all those fruits and vegetables? How can I be obedient to God's ways without being irritating to my classmates?" What open doors for sharing the good news of spiritual and physical health in Jesus.

The Taylors have been an invaluable liaison between those of us who stumble along in Spanish and the people here. Because of their six years of previous work at CEA many doors have flung open, enabling immediate entrance for sharing opportunities. They have also provided us with excellent parental surrogates and spiritual leadership.

The "Honduras summer" will provide many reminders for our group of God's loving provisions and refining processes. Susan's 5 a.m. "correr" group (a growing number of dormitory girls who jogged with her), Ishamel's one-to-one pineapple patch friends and Tim's calculator revealed to fascinated amigos Christian lives in action.

Progress has been made, but a great work remains. New needs have come to our awareness. Funds are needed for kitchen repairs and working equipment and home economics equipment.

Spanish Christian literature is needed; students are asking but there are no books. Please continue to pray for the work to be done here and for the finances with which to do it. If God has given you resources to share, please send them to Weimar Institute-Honduras Mission Project, Box A, Weimar, CA 95736.

God continues to lead. Phase two has begun. We travelled to Valle de Angeles Hospital with new challenges to face. As our valiant little auto bus, bulging with suitcases, bodies and orchids left the peaceful campus of CEA we were farewelled by a host of sadly smiling students.

The capitol city of Tegucigalpa, thirty minutes away from the hospital, lives with a continued threat of terrorist activity. How long will Honduras have the freedom to hear about Jesus' love for them? Thank-you for your continued prayer and financial support as we work with God here. "Now to Him who is able to do EXCEEDING ABUNDANTLY above all that we ask or think, according to the power that works within us, to Him be the glory...forever. Ephesians 3:20,21. Vaya con Dios.

Worship

By: Buddy Kruger,
Academy Bible Teacher

Have you ever found yourself in the middle of a group worship situation without your heart or mind being with it? And you've looked around at everyone else there and what's going on, then asked yourself, "What am I doing here? Why am I here? What is worship supposed to be anyway? What good is it?"

I've had that happen to me. It's a little scary at first because you wonder what God is thinking about your lack of attention. But it has helped me rethink my worship habits and to start putting more into them. I found my non-involvement was cheating me out of many blessings.

Let me share with you a couple of neat ideas I found in God's Word on worship.

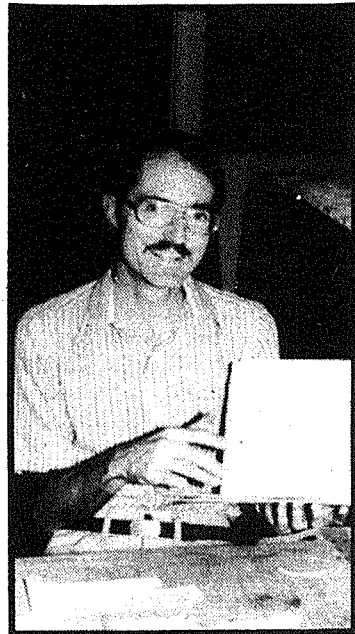
First, worship is "coming to God" (Ps. 95:1-7). We come to God by turning our attention to Him and we reach out to communicate with Him. This can happen anywhere, anytime, but more readily happens when we go physically to a place, building, or area, agreed upon as a meeting place between God and us. Why do we

come? Because He is our Creator, our Source, our true Root, the One responsible for our being here, the One alone who fully loves us and can care for our every need. Communicating with Him brings us great personal peace and satisfaction. You feel you're "home." This renewing, reaffirming experience helps us to put the temporary things of this world in their proper place so that they do not become our master. Only God is our true Master.

Second, worship is specific. (Ps. 96). It means to adore Him by actual thoughts, words, and actions. Worship is active. God's goodness and love toward us, His saving works and power offered for our blessing, inspire this adoration. He catches our admiration and attention, allowing ourselves to be fascinated with Him. And why not? People today get fascinated with many things of much lesser importance.

Why not get fascinated with God, to know and speak with Him? The worship hour or experience is prime time for this, to let our minds and affections stretch out their arms after God.

Such an attitude of a seeking heart prepares us to receive real help from God. His Spirit brings us peace, vitality, and healing, and speaks to us through His Word. A consciousness of His as-



Buddy Kruger

urance, comfort and love interest for others leads us to praise Him more and attract others to worship Him, also.

Jesus urges us to use every worship experience as a special place in which to meet Him.

"Come to me, all you who are weary and burdened; and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your soul." (Matthew 11:28,29. NIV)

FROM OUR READERS

Dear Weimar Institute:

I just wanted to say that I believe in the God given work that you are doing. I also really enjoy the Bulletin that I receive. God has richly blessed me in the last couple of months and I am enclosing a donation in appreciation to Him. Please use it anyway you see fit. May God continue to bless your work. Sincerely, A.H.

Dear Weimar, A pupil in our school received your newspaper and afforded me the opportunity to read it. I was so impressed with the counsels in it that I would like to have several copies to share with others. I watch with

interest the good work you are doing. I would like to receive a copy of the BULLETIN each month from now on. Yours Faithfully, N.T.

We are so thrilled when we read in the Bulletin all that you accomplish. We hope we will get an opportunity some day to come and visit Weimar and take part in your NEWSTART program. We would like to support you with more than our prayers, but we are already heavily involved in supporting several evangelists and students both in Indonesia and Africa. A.P.

Dear Workers for Christ,

A few weeks ago we made a covenant with God: if He would sell our home in six weeks (when my husband would start working full-time 80 miles away) we would give Him an amount equal to a realtor's commission. In less than an hour after we made that decision a friend of ours brought a man to our house whom he had just met. This man was looking for a house to buy and several weeks later made a serious offer on our property — the only offer we had. God's timing is so perfect! How our hearts have thrilled as we have seen God work numerous miracles with regards to this move.

Enclosed is the miracle money to help you carry forward God's work. Jesus is coming soon; what an exciting time to be alive.

We pray for you each day as you serve the Master. Yours in Christ.



Another group graduates from the NEWSTART program.

AVAILABLE TAPES

TAPES IN SETS

Through cassette tapes we can share with you many of the interesting and worthwhile programs that have been conducted here at Weimar during the spring and summer. In order to give you an overall view, we are listing tape sets. Look in past issues of the BULLETIN to see individual tape titles for many of these sets, or ask us for lists. The topics listed below in some cases are titles of specific tapes and in other cases are general descriptions of the set.

AGRICULTURE: Chad irrigation project, overseas challenge, greenhouses, agriculture in education, gardening methods, etc. Riley, Wood, Standish, and Burbank. 8 tapes, \$26.

HEALTHFUL COOKING. Diet and mental health, sugar, bread making, "a little too much," proteins, etc. 5 tapes, \$16.25.

HOME SCHOOL SEMINAR. Legal problems, how children learn, structure, math and science, reading methods, discussions, etc. 16 tapes in albums, \$49.

WEIGHT CONTROL: Concentrated calories. He is able, guilt, depression, promises to keep, victory, obesity and disease, etc. 16 tapes in albums. \$49.

PREPARING FOR ETERNITY. Lessons from yesterday, Ellen White and current issues, a divine model for education. Lewis Walton, Colin Standish. Set of 7 tapes, \$21.

PRINCIPLES OF HEALTH. Nutrition, Health reform history, righteousness by faith, air, water treatments, pain, sunlight, exercise, etc. from a week-long seminar. D. Blum, J. Goley, C. Standish, D. Winn, P. Wallace, V. Foster. 20 cassettes, \$59.

FAMILY LIFE WORKSHOP. Discipline, parents the best teachers, leading your child to Christ, competition, sexual development, dating, God's plan for education, etc. D. Winn, D. Blum, D. Martin. 12 tapes in vinyl album, \$39.

GOD'S HAND IN THE NEGLECTED CONTINENT. Donald Thomann tells stories of conflict and victory and of divine intervention during pioneering years in Mexico and South America. 3 tapes. \$9.

ISSUES IN CREATIONISM. Talks by Robert Brown, from the Geoscience Research Institute on evidence supporting the creative story. Request either the complete set of 5 tapes for \$16 or the short set of 3 tapes which do not include the more technical discussions of carbon dating and radiometric dating for \$9.75.

CHRISTIAN MARRIAGE AND FAMILY. This series by Dick Winn is very helpful to the establishment and stability of Christian homes. The whole set of 30 tapes in two volumes costs \$91. Or you may purchase short sets as follow: "A Fresh Look at Courtship," 7 tapes. \$21. "Keeping Marriage Alive," 7 tapes \$21. And "Raising Truly Secure Children," 16 tapes in an album. \$49.

TO ORDER TAPES: Add 6% tax for California addresses. Add \$2 for foreign addresses. Write your check to Weimar Institute and specify which tapes you want.

Weimar Tape Ministry, Box A, Weimar, CA 95736.

TAPE CLUB

Also consider joining the tape club before prices increase. Now you pay only \$36 in the U.S. except California. \$41.34 with California tax. \$43.00 elsewhere in the world. Here's what you get for the next 12 months.

*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.

TO GET YOUR TAPES: Circle the catalog numbers or titles you want, and/or check this box to join the tape club. Then send us this ad (or the information on plain paper) with your check to Weimar Institute. Thank you.

TAPES I JUST MUST HEAR

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

Weimar Tape Ministry, Box A, Weimar, CA 95736

Sabbath Evening Worship

By: Mrs. Joan Vander Mei,
 Women's Dean

Sabbath evening vespers on the lawn by the library has become a tradition at Weimar. As the shadows lengthen and the Sabbath comes to a close, we gather to thank our God for the peace and rest He provides each week. The students and staff look for-

ward to this time of informal worship during the summer. It is a time of sharing of Sabbath blessings. In the book Education page 168 we are told, "singing is as much an act of worship as is prayer," and so our worship service includes lifting the heart of God in songs of praise and thanksgiving.

The focal point of the evening is a story, either read or shared from memory. A great many lessons are learned in this pleasant way. Jesus was the Master storyteller, using the common ev-

eryday activities of life to draw out the lessons He knew needed to be learned.

After a day filled with giving and sharing it is restful and inviting to sit on the lawn under the majestic oak and pine trees and listen to God speak to your heart through a story.

I don't know of a more pleasant way to close the Sabbath and begin a new week than to meet with friends and "family" in worship, surrounded by the natural gifts of love from our Creator.

From the Chaplain

Seven Propositions About Competition



by Dick Winn

Perhaps more than is usually the case, I wish for this column to provoke serious, aggressive thought. I want to join minds with you as a reader. I want to challenge you to read these seven propositions about an experience that touches all our lives; then I want you to wrestle with them until you can either say that you agree with them, or you can know exactly, precisely, logically why you disagree with them. I doubt that, as a church or as individuals, we can afford much more "nonthink" on this powerful life experience.

First, a functional definition of this thing called competition. It is any goal-oriented situation in which the motivation for action comes from an ego-centered desire to exalt one's self above another. As such, we see competition not so much as an act or event, but as an attitude of the mind. It is one method for questing after self-worth and self-esteem.

Among the many things that could be said, I would like to make these brief assertions about the nature and effects of competition in the life of a Christian. What do you think of them?

1. Competition is so popular because it is the most readily available motivation. Ask any parent, teacher, pastor, politician, or other person involved in getting people to do something, and they will agree that competition gives them an instant handle. "Kids, see who can be the first to clean up your room." "The first ones to get their Ingathering goals will receive blue ribbons." "Pastors baptizing the most persons this year will have their names published on the back page of the Journal." Almost all of us will jump at a chance to have our egos stroked by being thought of as smarter, stronger, faster, more dedicated, more capable, than someone else. All we need is for someone to define a "win-lose" situation, and we're off and running not to be the loser. Competition is a constant revelation of our insecurity.

2. Competition places a low value on human worth. It tells me that I can use another person's loss for my gain. It teaches me to disregard the hidden anguish of the one whose losing gives substance to my winning. It leads me to conclude that my worth is based, not on some absolute accomplishment of my own in the world of real endeavor, but

rather on whether I have simply bested someone else. And when a person can no longer compete, we put him on the shelf. Could this be why our society tends to "warehouse" the elderly, since they are no longer valued as winners?

3. Competition teaches conformity rather than individuality. Since the initial motivation for the act comes from the quest for the crowd's approval, one dares not do that which the crowd will disapprove. The individualist, by contrast, does not float with the crowd. Possessing a strong inner sense of self-worth, he neither plays to the audience, nor spurns those who do not fit his mold. But competition is an organized system of passing out applause or rejection for behaviors which either conform or fail to conform to the values of the crowd.

4. Competition reinforces the philosophy of evolution rather than of creation. It is an outgrowth of the philosophy that says we got here by the process of the survival of the fittest. It says that since there is no meaningful destiny beyond this life, I must grab all I can get this time around, and that the only rewards I will enjoy are those that come by being tougher, faster, smarter in this life. Cooperation, on the other hand, is the outgrowth of a philosophy that sees helping, caring human relationships as directly related to our ultimate destiny.

5. Competition is alien to the spirit of servanthood which Jesus advocated. Jesus frequently commented on the spirit of striving against others which characterized the society around Him. And His appraisal was always the same: "It shall not be so among you." (Matthew 20:25-27; 23:1-11.) By contrast, Jesus wanted His friends to be moved by the same spirit which had prompted Him to humbly step down from the exalted throne, and to go on such a costly errand of servanthood to save us. We are constantly faced with two polar opposites in our relationships with others — either to meet our own needs, or the needs of the other person. Servanthood says, "Jesus has already met my needs; let me help meet yours." Competition says, "I've got to get mine!"

6. Competition is not necessary for the Christian. He has found something so much higher to motivate his life. It's called love. All that needs to be done, love is an ample motive to do. If love doesn't motivate it, it doesn't need to be done. To try to entice a mature Christian into an action by the offer of competitive reward would be to offer him a painful insult.

7. Competition cannot be used to build the kingdom of Christ. There is no natural, harmonious place for competition in the life of the church, or of the individual Christian. For the kingdom of Christ is not buildings, finances, or even activities, but a spirit in the hearts of people who have been made secure in the love of their Lord, and who need no cheap human conquests to supplement the power of that great, healing gift.