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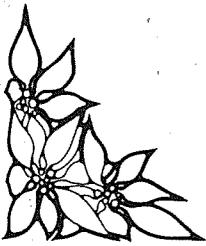
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# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 12 DECEMBER 1982

## Merry Christmas



### You Cannot Mass Produce Leaders

By Colin Standish,  
Ph.D., Dean

We are frequently asked why it is that Weimar Institute declines to accept many who apply to the college. Some have reasoned that it is because of the limited dormitory accommodations. Others have felt it is because Weimar has chosen to be ultra exclusive in the kind of students that it accepts. But in reality the reason for the fact that for every student that was accepted in 1982, another could not be accepted is deeply entrenched in the Weimar philosophy. Back in January of 1978, when the first meeting of the Education Advisory Council took place, it was voted to recommend the Board of Trustees that Weimar commit itself to the education of Christian leaders committed to the purpose of finishing the work of God.

Carefully following the counsel that our schools and colleges should be small, the Board and the college administration and faculty has taken very seriously this responsibility to train leaders. It was argued that there is value in training a follower but when a leader is trained, his or

her influence may affect thousands or hundreds of thousands of people for the kingdom of God. However, the training of leaders requires very definite programming. It also requires a close relationship between students and faculty which cannot exist for all students in a large institution.

In order to provide opportunity for students to dialogue on formal and informal levels with their professors, not only are teachers closely associated with the students in a classroom type situation, but more importantly, they rub shoulders in the informal activities of church life, or the work program where faculty as well as students undertake 15 hours of work per week, and in outreach ministries. Here in both theoretical and practical settings, teacher and student learn together the great features necessary for leadership responsibilities.

Secondly, it is important to limit the number of students so that every student in the college has opportunities for practical leadership opportunities. These are provided at Weimar in a variety of ways. A large number of students serve on committees

and indeed some are chairing these committees. Other students act as student coordinators and leaders for the 14 churches which students and faculty attend. Others have opportunity to lead out in various work departments, while still others organize and plan the outreach program. Of course, some are always available for consultation and for information, but step by step as the students develop, they are given more and more of these enriching experiences. Further, every student is strongly encouraged to spend considerable time during the course of his college curriculum in professional programs during the summer or indeed in some case during a full year period. Often the students are in groups on their own and are required to make all the planning and implementation for these programs.

Weimar is convinced that only in a small college can such quality of education be maintained. Before each student graduates there is ample evidence in the real world as to his ability and quality. In this way, students do not go out as ivory tower theoreticians, but as intelligent, well informed young people who have tested and proven their skills in the practicality of real world ex-



The Weimar Academy students for 1982-1983.

periences.

The reader might then ask the question, "What is the answer to the dilemma of the rapidly increasing number of students applying to Weimar College?" We believe the answer lies in the development of other similar institutions, in other parts of the country, and indeed, other parts of the world. These institutions would not only be able to accept

some students that Weimar cannot accept, but would no doubt attract other students in the area in which they are located.

It is largely the youth that are going to finish the work of God under the inspiration of the Holy Spirit. Weimar is doing all it can to play an active part in training and in educating such a generation.

### 1983 NEWSTART Schedule Following are the dates for Weimar's NEWSTART Health Center Programs:

- JANUARY 2-JANUARY 27
- JANUARY 30-FEBRUARY 24
- MARCH 20-APRIL 14
- APRIL 24-MAY 19
- MAY 29-JUNE 23
- JUNE 26-JULY 21
- JULY 31-AUGUST 25
- AUGUST 28-SEPTEMBER 22
- SEPTEMBER 25-OCTOBER 20
- OCTOBER 30-NOVEMBER 24
- NOVEMBER 27-DECEMBER 22

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

### Friendship Seminar

"Weimar is a place of Christian love." Herb Kruppa, a college student at Weimar Institute, aptly summarized the topic presented during November 15-19 for the morning and evening chapel services. This topic was a study into the various ways by which Weimar students could enhance their relationships with others.

The main speaker for the week was Mrs. Marilyn Wilcox, who has been a member of the Weimar Institute Board since 1977. She structured the meetings for open discussion rather than just lectures.

Marilyn emphasized the positive effects of good friendships.

Avoiding the "Don't do this -- don't do that" approach, she drew from Scripture examples of friendships which all should study and practice, including David and Jonathon, Ruth and Naomi, and others.

Courtesy, manliness, womanliness, and sanctified courtship were other topics presented. Marilyn reviewed the history of courtship and discussed the roles of men and women in marriage. Students were encouraged to focus on the aspect of love in relationships rather than the physical loveliness.

Deena Haynes, a college student, pointed out how God designed for people to work together. The example of Adam and Eve and of Jesus sending the disciples out by two's were given. Deena challenged us to ask God how to love and care for others without "playing games" with them.

Mrs. Veronica Morrish, an English teacher, discussed lessons from the Bible story of Isaac and Rebekah. Rebekah didn't sit

around waiting for the man of her dreams, but remained busy at her work-station, watering her camels. She related the happiness brought to marriage by working, praying, and studying together.

Other sub-topics discussed were: 1) Not to fear or criticize every approach of friendliness; 2) maintain a positive reserve; 3) the attractiveness of courtesy, cheerfulness, smiling, and helping others; 4) young people shouldn't panic if they're coming up to graduation without a prospective partner, but should maintain priorities and trust in God.

Friday night finalized the series with students addressing the issues of true emotion, the binding of hearts, and the continuation of attentions in marriage. The students responded positively and felt the meetings were timely.

Thank-you Marilyn for the time and effort you put forth to help Weimar students learn the dynamics of friendship.

## Growth Calls for Expansion

The growth of several programs at Weimar Institute has demonstrated the need for the expansion of facilities. Two of these needs are the focus of a fund raising effort launched by the Department of Development and Public Relations. In November more than 18,000 letters were sent to those on our mailing list in the United States.

The letter describes the need for more space in the campus chapel: "Much as a family needs to regularly meet for worship, so the 'Weimar Family' needs to come together for spiritual fellowship. But with the growth in student and staff population on the campus, it is no longer possible for the entire 'Family' to meet together in one place - unless it is outside! The present chapel must be expanded."

Our second project relates to the campus industries, which provide work education for students and income to the Institute. Several campus industries are in need of new quarters and more space in which to operate.

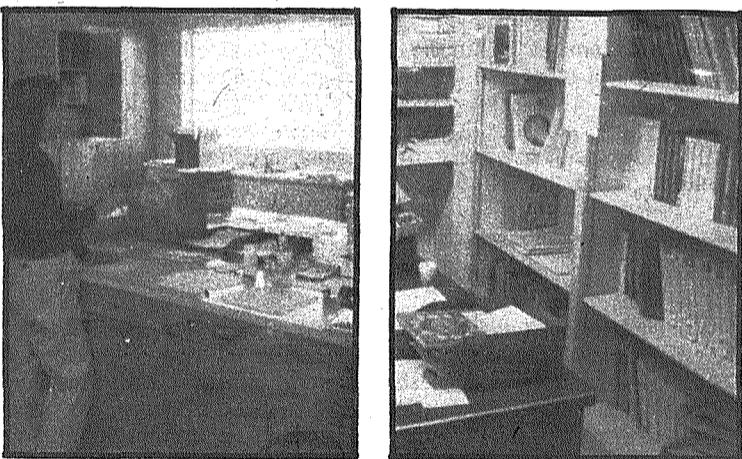
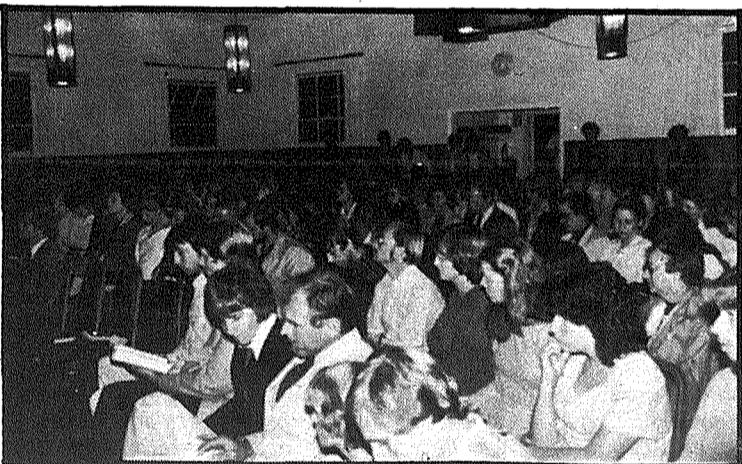
The plan is to construct a two-story 100' x 30' industrial building on a hillside sloping away from the central campus area. The lower level will be of concrete block construction, opening to the downhill side of the hill. The

second story will be a metal-structure building opening to a road on the uphill side.

In November a crew of staff and students went to the nearby city of Roseville to dismantle a metal building which was formerly the Radio Shack store. The Institute purchased the building as it stood for \$5,700. The structure was in good condition and will be reassembled this coming year.

The goal of this fund raising effort is \$80,000 to cover the material costs of the chapel expansion and the construction of the industrial building.

In addition to the mass mailing, a number of personal letters were sent by some of the staff and students, encouraging people to consider the needs of Weimar. Staff members and board members are making their own personal contributions to make this a cooperative effort by Weimar Institute supporters everywhere. The Director of Development, Dr. Paul Hawks, says, "I just thank the Lord that the programs offered at Weimar and the philosophy behind these programs have proven to be so fruitful that we can bring our 'growing pains' to our constituency and know that God will work through them to meet our needs."



Overcrowded conditions in the Chapel and in the Child Development Center illustrate the needs of a growing Institute. This fall Weimar Institute is appealing for funds to expand the campus chapel and to erect an industrial building for several of our growing industries and services. For more information contact Paul Hawks, Director of Development (916-637-4111).

## Opening Announced At Weimar Institute

### Bookkeeper

Individual experienced in accounts payable, accounts receivable and cash transactions. This person will also help in setting up and operating a computer, and will work with students in on-the-job training. Qualified individuals please contact the personnel director by writing Weimar Institute, Box A, Weimar, Ca 95736, or call (916) 637-4111.



## FROM OUR PRESIDENT



by Robert L. Fillman

We as Seventh-day Adventists have long recognized that in his effort to discredit God's character, Satan has focused his attack on the law of God. We are told that, "From the very beginning of the great controversy in heaven it has been Satan's purpose to overthrow the law of God. . . The last great conflict between truth and error is but the final struggle of the long-standing controversy concerning the law of God." (GC 582) Later in the same chapter it is clearly pointed out that one of the two great errors Satan will use in his final attempt to deceive the people is Sunday sacredness.

It is interesting to me that within the last year or two we have seen a renewed assault on the Bible Sabbath from a variety of directions. One source that has just come to my attention within the last couple of months is a series of Special Alert newsletters - monthly releases of Destiny Publishers, Merrimac, Mass. Destiny Publishers identify themselves as "Christians of many denominations who have banded together to proclaim the national message of the Bible, upholding the authenticity and accuracy of the whole Scriptures from Genesis to Revelation." (Statement of belief)

Since October of 1981 at least five of the Special Alert publications have given major attention to the importance of observing Sunday as the Lord's Day or the Sabbath. Their position is developed from two primary perspectives: 1) Sunday is the Lord's Day, the Sabbath of the fourth commandment, and should be observed by all - Christians and non-Christians alike; 2) Those Sabbatarians who insist on observing the seventh-day Sabbath are bringing about God's displeasure on our nation. It is the responsibility of the government to legislate the observance of the Sunday-Sabbath and to use whatever means are necessary to en-

force strict compliance.

In their attempt to prove that Sunday, the first day of the week, is the Sabbath, a variety of arguments both defend the observance of Sunday and refute the observance of Saturday. It would be very interesting to discuss the arguments one at a time in light of what the Bible teaches, but that would take much more space than I have been allowed. In this column I am more interested in looking at the second premise.

The Special Alert position is that failure to keep holy the Lord's Day is the cause of the troubles facing our nation, and that the government has the responsibility to remedy that situation. The following brief quotations from the May, 1982 Special Alert clearly illustrate this in their own words:

1. "This issue is being brought to our attention this third time, not for the sake of controversy, but because, as a nation, we are suffering in every way, economically and otherwise, for failure to establish and enforce observance by all the people, including the strangers in our midst, of a Sabbath Day, holy unto the Lord. It is not the duty of any particular group of people, it is not the duty of the church, but it is the duty of the government of His people to thus proclaim a day as the Sabbath to be uniformly observed throughout the length and breadth of our land."

2. "If we as a nation would escape the doldrums of increased trouble as God's hand rests heavily upon His people, opposition to Sunday, nationally declared the Sabbath, must cease. There will be no relief from mounting economic disaster until the seventh day, following six days of labor, is strictly enforced by government decrees and action."

3. "It was pointed out in 'Special Alert No. 22' for October 1982 that God has already kindled in our midst the unquenchable fires of coming economic disaster. It spells the collapse of the entire world economy and the palaces of the money exchangers will be consumed and all business operations will be in complete shambles. This is the price to be exacted from our nation for the refusal of our people to keep holy the Lord's day and for the failure of those in authority to enforce its strict observance."

4. "It is the responsibility of government to decree the establishment of a uniform observance of the six days to labor to be followed by the seventh as the Sabbath, thus setting the pattern of

labor and rest in conformity with the terms of the Fourth Commandment. It is the duty of government to enforce the observance of sabbath-keeping requirements, as our nation did up and until the birth of the present-day apostasy and the Sabbatarian movement."

In the September, 1982, Special Alert, the Seventh-day Adventist Church is named as the organization which led out in initiating this apostasy, and which "have continued to propagate this erroneous conception, which is a major contribution to enhancing Sunday desecration."

As I read these Special Alerts, my mind was drawn to the description which Ellen White wrote nearly one hundred years ago. After describing a long list of disasters and calamities that Satan will bring upon the earth, she writes:

"And then the great deceiver will persuade men that those who serve God are causing these evils. The class that have provoked the displeasure of Heaven will charge all their troubles upon those whose obedience to God's commandments is a perpetual reproof to transgressors. It will be declared that men are offending God by the violation of the Sunday sabbath; that this sin has brought calamities which will not cease until Sunday observance shall be strictly enforced; and that those who present the claims of the fourth commandment, thus destroying reverence for Sunday, are troublers of the people, preventing their restoration to divine favor and temporal prosperity." (GC, p 590)

My friends, I believe that these Special Alerts constitute just one more in a mounting list of indications that the end is near - that God is allowing things to transpire which will make the issues too clear to be misunderstood. I for one believe that the issues are much bigger than simply which day is the Sabbath. Don't forget that a group of people who knew the Sabbath failed to recognize the Lord of the Sabbath when He came.

This same Lord is coming again very soon, but His counterfeit is coming first. Will you know the genuine so well that you will recognize the imposter? Most will be deceived.

At this time of year when Christians are celebrating the first coming, I challenge you to also remember the indications of the second coming. Not out of fear, not in an attempt to know exactly when, but because in daily fellowship with Him you have come to know and love Him - because you can hardly wait.

Sincerely,  
Your brother in Christ,

*Robert L. Fillman*

Robert L. Fillman

# NEWSTART provided a storehouse of health principles

Rick Enrico Camuso.

I am twenty-nine years old and have been a brittle insulin dependent diabetic since the age of eleven. On my arrival to the NEWSTART program, I had developed a kidney disease (diabetic glomerulopathy). Subsequent to the kidney disease came dangerously high blood pressure (hypertension), with readings as high as 200/160, and constant hypoglycemic reactions (sugar in blood abnormally low). My blood pressure and hypoglycemic problem were treated over a period of three years with strict care and strong medications. I was taking two types of hypertensive drugs (minipress and lasix), totaling five daily. Even with medication my blood pressure averaged 160-170/110-120. Also, my hypoglycemic problems became so frequent that I required hospital care via medi-vac (ambulance care unit), on an average of twice a month. The danger of these hypoglycemic reactions was real, for I came very close to death several times. Included with the recurring hypoglycemia came the need to eat every one to two hours, depending on my physical activities. This was in order to maintain some stability in my blood sugar levels. These problems resulted in mood swings in my personality, difficulty reading and concentrating, physical fatigue and a very foggy mind.

The picture of my medical history over the past eighteen years has been painted with innumerable colors. The most recent and major colors have been stated above. As I look back upon those eighteen years as a diabetic, I can now see a direct relationship to the style of living that I chose and the effect it had on me as a

person. God gave me form and substance and created on it the canvas of my life. He provided me with paints of every color and a multitude of different sized brushes to use for painting. The stroke of my brush and the shade of my chosen colors would greatly determine the picture of my life. Sure, I may not be at fault for my diabetes, but who is to say that my lifestyle did not increase greatly the potential and high risk factor to other related complications such as kidney failure. I am as convinced as any intelligent physician would be that what I put into my body now will have considerable influence on the outcome of my health in the future. The principle of cause and effect cannot be denied.

And so upon the canvas of my life, I began to paint my picture. The type of brush I used was applied with the strokes of drug abuse, marijuana, speed, LSD, alcohol and tobacco. The color too, was added in tones of unhealthy habitual life patterns, such as consuming large quantities of refined sugar and refined foods (which are unhealthy and dangerous to anyone, but especially a diabetic), and the excessive use of fats and meat. In these eighteen years of my lifestyle as a diabetic, I came to realize that my chosen way of life was influenced more by impulse and self gratification than by anything else. So that you might better understand where I come from, I have shared these things with you.

Over the years, as I began slowly turning my eyes toward Jesus Christ and His Word, the Bible, He began to give me a new meaning of life. It took many years for me to allow Jesus into my heart to become my personal Saviour. Yet the more I allowed Him in the more I experienced a new life. Jesus Christ worked patiently with me to enable me to "put off my old self, which was

being corrupted by its deceitful desires, to be made new in the attitude of my mind and to put on the new self, created to be like God in true righteousness and holiness."

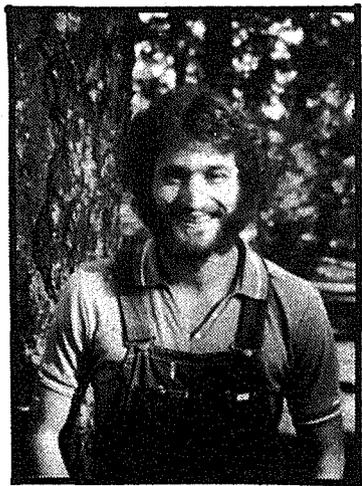
The will of God for my life became more and more evident as I grew older and as He revealed His desires to me in His holy Word. My conscience, through the work of the Holy Spirit, was convicted that as a follower of Jesus, I was not my own and that whatever I chose to put into my body that was harmful to my health was a sin against God. For the act of murder to oneself will always be a sin. The immediacy or prolonged completion of the sin does not change the responsibility of guilt to the one committing the crime. The Lord gave me a body to uphold it and take care of it, not to abuse it and destroy it. "Did I not know that my body is a temple of the Holy Spirit, who is in me, whom I have received from God? I am not my own, I was bought at a price. Therefore, I must honor God with my body." So then, "Whether I eat or drink or whatever I do, I must do it all for the glory of God." Such conversion began many years ago; and by the power of God alone, old habits and lifestyles began to change.

On my arrival to the NEWSTART program at Weimar Institute, Jesus Christ had already given me victory over all my drug abuse and He was impressing my mind now to give up my old eating patterns and follow the patterns He gave long ago to our first parents, Adam and Eve (See Genesis 1:29), in order to be strengthened and find relief for my afflictions.

Well, the twenty-five day live-in program provided a storehouse of health principles that God created in order that we might prevent diseases, bring relief and healing to those diseases we might have already, and to help

fortify our life with well-being. Truly, God's will for His children was implemented here at NEWSTART Health Center in a straightforward and understandable fashion with the support of medical and scientific data. Educational lectures became a learning "gold mine." For we were taught the reasons why we did what we did and why we didn't do what we didn't do.

Most valuable to me was the Christian love, prayerful concern, genuine hospitality, the non-offensive approach to other religious faiths and the total dedication of the whole Weimar staff and students to our Lord and



Rick Enrico Camuso

Continued on page 6



## 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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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.

## We Traded an Ocean Cruise

Joseph and Meredith Duguay  
Ryderwood, WA  
January 1982 NEWSTART  
Class, Interviewed by Aileen Luddington, M.D.

"For our 50th Wedding Anniversary we had scheduled a cruise of the Caribbean to celebrate. But we traded it for 25 days in Weimar's NEWSTART Program. You want to know how we feel about it?"

"Joseph ("Nes") is 78 years old and I am 76. We live in a charming retirement community which we enjoy very much, and where we have made many friends. Our neighbors, Henry and Bertha Hohman, came to your October 1981 NEWSTART program. When we saw that man, who had so much trouble getting around before he left us, come bouncing back home, slimmed down, energetic, and walking just miles and miles every day, we could hardly believe it! We just

had to come and see for ourselves.

"My husband was getting progressively more dizzy and short of breath. He couldn't last more than 3-5 minutes walking a flat surface. And he'd fall nearly every day.

"The 25 days here have made a big difference. He can now walk 3 miles of level surface without discomfort or undue fatigue. He's lost 7 lbs. and his dizzy spells are less frequent. His test walk took him 16 minutes the first week. This week he covered the same distance in 11 minutes.

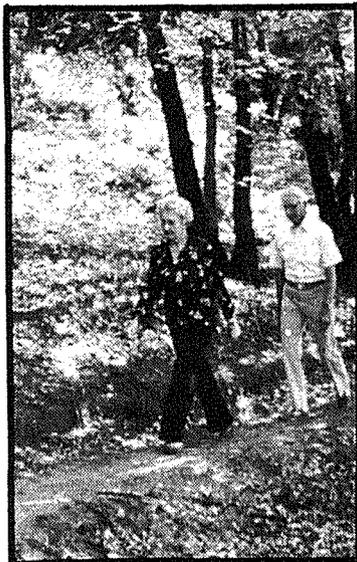
Nes agrees emphatically. "I may be 78, but I don't feel old yet. I have a few more miles I'd like to go.

"I like the food," he continues. "Also the people, and the cooking lessons. And I particularly like the chance to learn WHY we should live this way. Yes, I'd say this is the best investment I've ever made."

"We plan to stick to this program, totally and faithfully. We can see and feel what a difference it makes," Meredith states quietly. "Also, we love the spiritual atmosphere. We've been reading our new Bible and a book, "The

Desire of Ages."

Meredith steps over to the window and looks out. "We can go on a cruise anytime. Next fall maybe. But it won't compare to our experience here. This is the most wonderful thing that's ever happened to us."



Walks are a vital part of the NEWSTART treatment program.

# What Happens at

## Cooking School

The poster pictured a little boy sitting on an old wooden bridge, fishing; and the text said: "Give me a fish and I eat for a day. Teach me to fish and I eat for a lifetime." Could this be said like this too? "Serve me a meal and I eat for a day. Teach me to cook and I eat for a lifetime."

Years ago a little lady by the name of Ellen G. White wrote, "Cooking may be regarded as less desirable than some other lines of work, but in reality it is a science in value above all other sciences. Thus God regards the preparation of healthful food. This talent should be regarded as equal in value to ten talents; for its right use has much to do with keeping the human organism in health. Because so inseparably connected with life and health, it is the most valuable of all gifts. I appeal to men and women whom God has given intelligence: Learn how to cook!" Counsels on Diet and Foods p.252,253.

Most people enjoy eating. From birth to death food is a dominant factor in our lives. Besides nourishing our bodies, it makes us feel secure and happy; we use food as a link in our friendships, as an expression of pleasure during our holidays and even as a symbol of religious life. During the last 60-70 years the science of nutrition has developed rapidly and in recent years studies have shown that it actually matters a great deal what we eat as to how we feel and func-

tion. It is becoming more clear that many diseases relate directly or indirectly to wrong eating habits. This is why we in the NEWSTART Program are placing a great deal of emphasis on the teaching and practicing of good nutrition.

During each session the guests are invited to attend cooking school, each Monday, Tuesday and Thursday. Here both instructor and guests spend some enjoyable time exploring the many ways of preparing exciting, tasty and healthful food. Every class period starts with a short discussion of the days topic, such as the Basic Health Principles...Dietary Model...Carbohydrates...Protein...Fat...Vitamins...Minerals, etc. Slide presentations, posters, displays and overhead transparencies with graphs and figures are all aids in the process of understanding and remembering the many important principles behind the reasons for good health.

Then comes the practical part of the class. Some look forward to this time with eager anticipation, others with much skepticism... "What favorite dish will now have to turn into history?" Surprise upon surprise! Our good Father in heaven surely did create an abundant variety of good natural foods.

Even healthful ice cream and cookies can now be enjoyed with both mind and body. The class attendants also get a chance to participate in the cooking, as everyone gets to prepare some part of a total meal. And at the end of each session all the guests



NEWSTART guests learn how to prepare healthful menus in the cooking class.

have the opportunity of making their own bread, as the dining room is turned into a busy bakery with bowls, aprons, flour, yeast and much fun.

We remember the words from Eccl. 10:17, "Blessed art thou O land, when...thy princes EAT...FOR STRENGTH and not for drunkenness!" We thank and praise the Lord for His blessings in this part of the NEWSTART Program, and may He lead more people to a better understanding of His care for them, that they may say: "Teach me to cook, and I shall eat (and live well) for a lifetime."

## Nursing in Newstart

During the past six months that I have been at Weimar, working as an R.N. in the NEWSTART Lodge, I have been barraged with questions from family, friends and visitors - "What do you do? Is it really 'nursing'? Do you enjoy it?"

The role of a nurse in the NEWSTART Center is quite varied. At the present time we have six nurses working in the NEWSTART Lodge. There are three shifts per 24 hour period. Nurses that are not assigned to a particular shift are given other responsibilities. Some of the responsibilities are as follows: meeting any medical emergencies that arise; drawing blood; assisting with treadmills; conducting cooking school; giving hydrotherapy treatments (each gets four one-hour treatment per week); counseling guests concerning health on a one-to-one basis; and taking walks with guests and working beside them in garden therapy.

If you are an R.N. reading this, you may be thinking - "That doesn't sound much like 'nursing' to me." Compared with hospital nursing it is quite different. However, when I think back on my recent nurse's training experience, the one thing that I remember being emphasized over and over was the necessity of looking at

the patient as a whole and meeting their total needs - physical, mental, emotional, and spiritual. It is so rewarding to me to be able to do this as a nurse in the NEWSTART Lodge.

Do I enjoy my work? What greater joy can be found than that of helping people learn of and practice the lifestyle that God has instructed us to live. The only lifestyle that ensures true health, peace, and joy. The lifestyle that enables us to be restored into His wonderful image.

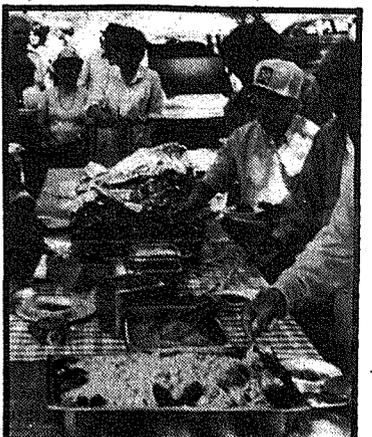
## NEWSTART Diets

The diet guidelines for the NEWSTART guests are given by the staff physicians. The doctors also prescribe any special diets for a particular problem a guest might have.

The menus are made up of fruits, grains, legumes, vegetables and grains-to expose the guests to as many varieties as possible during their stay. Some of the foods are entirely new to the guests. We find that after about two weeks the taste buds adjust and the "cooks have finally learned to cook" and the food suddenly tastes much better.

Breakfast is a large meal. It consists of whole grain cereals prepared in many ways including waffles and french toast, fruit crisps made without sugar; or fruit sauces, an abundance of fresh fruit, and toast. Dinner is composed of grains, legumes and vegetables, using mostly fresh vegetables from our gardens and a crisp fresh salad. Supper is a very simple meal consisting of a warm soup and fresh fruit and toast. We use mostly fresh fruits and vegetables in season. No salt is used in the preparation of the meals for the guests. Two or three kinds of "salt-like" seasonings are placed on the tables.

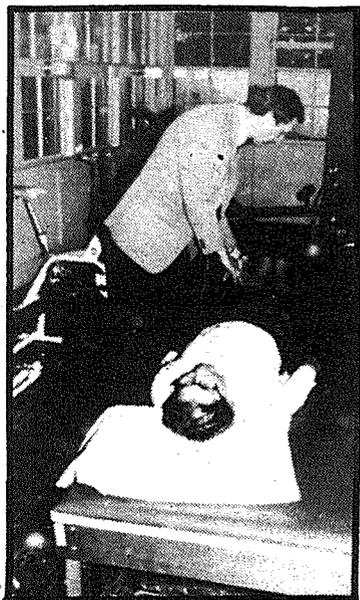
There are two kinds of diets for our guests - preventive and therapeutic. The therapeutic diet has no high fat items such as avocados, olives, or nuts, but includes a good variety of simple foods. The preventive diet includes a few of the higher fat items in limited quantity. This is a diet that works. We are seeing many fantastic results. God's diet is a simple diet and one that we could all benefit from.



A NEWSTART program is not complete without a picnic.

## Larry Greene, LVN

One night while working third shift I read an earlier issue of the Weimar Bulletin. I began to wonder what the nurses at Weimar's NEWSTART program do



Vernon Putz provides a physical therapy to a NEWSTART guest.

to keep busy. Without any IV's to monitor, injections to give, codes to contend with or a myriad of other activities a medical-surgical nurse can get himself into, one might wonder what a prevention nurse's duties would be for a patient's 25 day stay at NEWSTART

First of all, our guests have to get here. Some guests can drive to NEWSTART Lodge, but others come in by plane to Sacramento, a 100 mile round trip from Weimar. So my first duty is driving our van to the airport and locating our never-seen-before guests, which is no small trick.

When our guests arrive I keep busy with treadmills, blood drawing, and slide-making, all part of our extensive work-up that's done before assigning schedules and exercise programs.

After the regular schedule begins one of my favorite duties is hydrotherapy. Our guests receive four treatments per week lasting 50-60 minutes. The treatments consist of contrast showers, whirlpools, cold mitten frictions (not as bad as it sounds), Russian steam baths and fomentations; plus each treatment is followed by a 15-20 minute massage. Combined with the other natural remedies, hydro will help to improve the circulation, increase the white blood cell count and oxygen-carrying capacity of the red blood cells and gives new life to well-used arteries. These times also provide quiet moments for

sharing and praying with our guests.

Life at NEWSTART is not all indoors; however. Some of my time may be spent in garden therapy, a fast growing avant-garde therapy used more and more in health institutions. Working in nature helps many understand more about the Creator. Garden therapy also provides a good upper extremity workout and combines many of the natural remedies such as exercise, sunlight, and fresh air.

Another outside activity is walking, our main exercise modality. Each guest is encouraged to go at his/her own pace. Trails range from one-half mile to four miles with varying degrees of difficulty. Walking is done daily, rain or shine. As we are fond of saying, there is no such thing as bad weather, only bad clothing.

Friday evenings are a special time to Weimar residents. The staff at NEWSTART try to make this a special time for our guests. Our first Friday evening we gather in the family-like setting of our living room around the fireplace and share with the guests how the Lord has led us to Weimar or into Christianity. This begins to build close bonds that tie us together with our new-found friends. To give our guests a home-like atmosphere, our second Friday night is spent in "Family Home Fellowships." Our NEWSTART staff, students and guests are divided up into groups of eight or ten, and

brought to different staff homes for supper and fellowship.

Staff and guests spend weekends resting, relaxing, and catching up on things not done during the week. Our guests receive twenty-four hour nursing coverage, so one weekend a month I spend a twenty-four hour period living with the guests. This provides time to become better acquainted and develop closer bonds with the guests. On Sabbath mornings I transport guests who wish to visit churches in the area.

Picnic day is a special day for all of us. Once each session we transport the guests, staff, food, chairs, blankets, firewood, etc., to the Bear River for our outside feast, the logistics of which must rival some army maneuvers. Enjoying our good food out in the open air provides a blessing for each one.

Finally, at the end of the 25 day session comes the banquet. This is our last supper together, with a special menu, decorated dining room, gifts to our patients, graduation diplomas, and other meaningful activities. My duty consists of co-ordinating and readying the banquet hall. Something which constantly reminds me of the banquet hall our Lord is preparing for us to enjoy soon.

These are the activities that keep me busy from month to month. My work is a fulfilling part of my life. I pray that the Life Giver may bring fulfillment to you in your work, also.

# Weimar NEWSTART

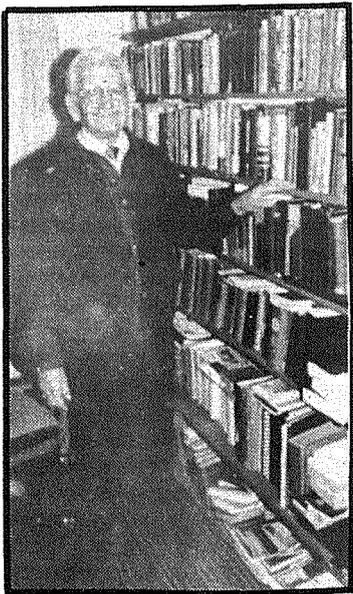
## Medical Office

The medical office is the headquarters for the NEWSTART Health Center and is under the direction of the Medical Director and Program Administrator. All NEWSTART affairs are handled in this office.

The physicians and Medical Director have offices here and their secretarial needs are done by Jeanie Putz and Doris Glantz, medical secretaries. Besides secretarial work, they take applications and make reservations for guests in the NEWSTART 25-day health programs at the NEWSTART Health Center. Much of their time is spent on the telephone explaining the NEWSTART program and the benefits from participating in a session. Phone calls come from all over the United States and Canada. Mail arrives from all over the world. Since the beginning of the NEWSTART program in 1978 over 500 patients have come; over forty of these came from many distant places, including Honduras, Mexico, Canada, Thailand, Hawaii, Australia, Alaska, and others.

They have included every type of person from housewives to pilots, executives, physicians, pharmacists, etc.

Results continually amaze even the staff members here. God blesses our work and our endeavors to carry out His methods.



Elder Hollis Morel

## Chaplain's Work

I often think of the delightful people who come from month to month to receive help for their physical problems. Some are Adventist by spiritual persuasion, but the majority are members in various faiths. However, all have a common ground of love on which to walk.

Being the chaplain at NEWSTART Lodge affords me wonderful opportunities to present the intrinsic relationship between

the physical, mental and spiritual nature of man. Sometimes the delicate relationship between these three natures is not always obvious and, as a result, becomes unbalanced. When this happens it is difficult to correct one nature without making decided improvement in all three of them. In view of this the chaplain has the opportunity with his talks to show the importance of establishing good thought patterns with the help of God, which will help to bring about the physical changes a person desires.

The chaplain's talks deal with a variety of subjects which must not be offensive to anyone, regardless of what their persuasion may be. Subjects include topics such as: laws of health, right use of the mind, our viewpoint of life, decisions, our character make-up, dealing with tension, courage, power of the will, motivation and/or motives, relationship of love to mental attitudes and physical health.

I was a guest at NEWSTART Lodge during June and July of 1981 because of a heart attack. As a result of the fine treatment and help I received here, many years have been added to my life with new opportunities. I am in the position to share with the guests the blessings a change can make. Our motto is "I choose to live the better life." What finer choice could a person make? We encourage this choice to be adopted permanently; and I can give the assurance that each guest, if he will do it, will reap real blessings in all three phases of his life — physically, mentally and spiritually.

## Guests Take Walks

Even if you don't like walking when you come to Weimar, there is a good chance you will leave thoroughly enjoying it. With trails for every level of exercise fitness, the guests find their favorite spots located on the 457 acres. The fellowship and encouragement gained from fellow walkers helps the miles slip away faster than our guests had thought possible. The inspiration that comes from the fresh air, trees, vines and singing birds is quite an incentive for more frequent walks.

The first level of exercise is on flat ground around the flag pole; then on to the quarter mile or half mile loop with gentle slopes. The Valley View and water tower trails are the next steps to the challenge. After climbing up the hill past the vegetable gardens to the million-gallon water storage tank, the guests are rewarded with a view of the snow-capped Sierra Nevada mountains, extending in the distance to the Lake Tahoe area. This view is breath-taking and majestic. The Manzanita and Mountain Misery trails are intermediate trails that criss-cross a stream, wind through the woods and climb hills for 1½ to 2½ miles.

But when you really want to get away from it all and put in the miles, you can wander up, down and around the mountains, val-

leys and meadows of Coyote Creek, Buckeye, Meadow Vista and Frontier trails. Different combinations of these trails can be four to six beautiful miles. There's even a small cedar grove by one stream-crossing.

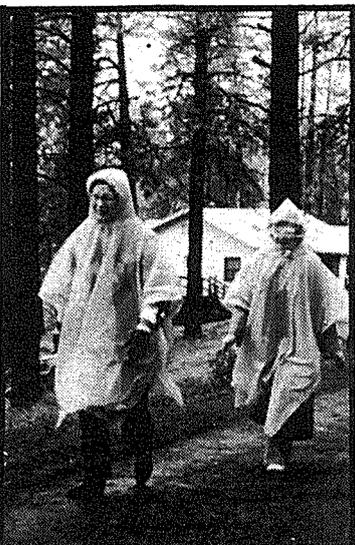
All these trails can be enjoyed any time by our guests, alone or with a friend or staff member. (We do not recommend going alone because invariably each month someone, or even a group, gets lost and has to hunt for familiar landmarks.) Wednesday mornings are a special time to walk. We have just begun reserving 9:45 a.m. to 12 noon on Wednesdays for group walking for all NEWSTART guests and staff. All trails are well used from all directions at this time. And what an inspiration to meet your comrades in little groups periodically all along the trail. This has become a favorite time for each group. Many guests have gone faster and/or farther while with a group and have felt all the better for it.

The climax of all this walking comes in the middle of the third week when the staff and guests walk all or part way to the Bear river for a fun picnic. It's truly amazing how well everyone does. Some walk just one mile, some two, others four or five miles if they walk the railroad tracks the whole way. That's my favorite. It has dream-like hide-aways that no one sees from the road. Sights to see are: a field of rolling hills

with horses, a pond with white geese, a natural wood house with a large garden and red barn nearby.

Some like to walk by way of the road for the whole 6½ miles. One thing is for sure — a great time is had by all.

But the best part of walking on any or all of the trails is being a little closer to the Lord and looking forward to the time when "they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31.



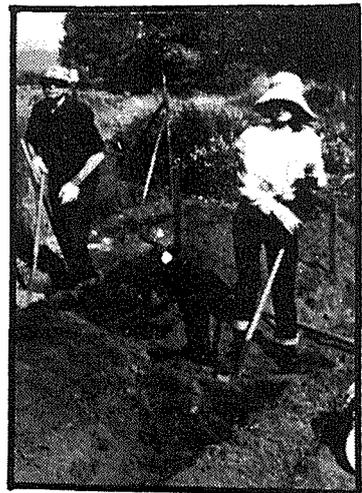
NEWSTART guests exercise by taking many walks in rain or sunshine.

## THE THERAPY OF HORTICULTURE

One important and often neglected way God speaks to us is through the works of His fingers — that is through nature. It is when we work with nature that we can begin to appreciate the words of David in the 92nd Psalm, "O Lord, how great are Thy works!" How can we enhance this important concept before our monthly flow of New Start Guests? We can and do show excellent examples of naturalists' photography of birds and flowers taken in their natural habitat. This heightens appreciation of God's creations but does it make us feel we are a part of it?

At Weimar Institute we are developing a horticulture therapy program. One in which the New Start Guest will feel the joy and satisfaction of taking an active part in growing things such as flowers, herbs and vegetables from seed and cuttings. Planning for and working in a family sized garden exclusively for the New Start family is one of our projects. The last group of guests in the New Start Program were the pioneers in starting a garden from scratch. Not only did they scratch the surface of the soil but some dug deep into the soil constructing beds three by twenty-five feet while others sowed onion bulbs, pea seed, lettuce and turnip seed after adding organic fertilizer and lime. Today, two weeks after planting, the little plants are reaching towards the sun. When heavy rains come and the weather is cold we will work in the greenhouse preparing plants to be set out in the spring. Each guest that works is monitored by the NEWSTART staff to insure that each guest does not work beyond the limits set by his or her physician.

Horticulture therapy means not only working with plants but



NEWSTART guests get exercise and learn gardening skills during horticulture class.

also working with people. This is one of the hidden values — to be able to work with each guest and each guest may work with a fellow guest. A beautiful example of one-to-one ministry. Members of the New Start staff can encourage our Weimar guests; but also these fascinating people that come here, determined to make a new start, in spite of handicaps, encourage each of us who have the privilege of working with them.

Give us time and a continuous flow of New Start Guests and soon we will have a model garden of vegetables, fruits, and berries that the pioneer group can say with pride — "We started it." Who will enjoy the fruits of such a garden? It could be you or anyone who reads the Weimar Bulletin and someday comes to the Weimar Institute as one of its esteemed guests.

Earl Menninger, a pioneer in Horticulture Therapy, has said, "I believe strongly in this program of training in Horticulture Therapy. It brings the individual close to the soil, close to the mystery of growth and development. It is one of the simple ways to make a cooperative deal with nature for a prompt reward."

## Hydrotherapy

Webster: The scientific use of water in the treatment of disease.

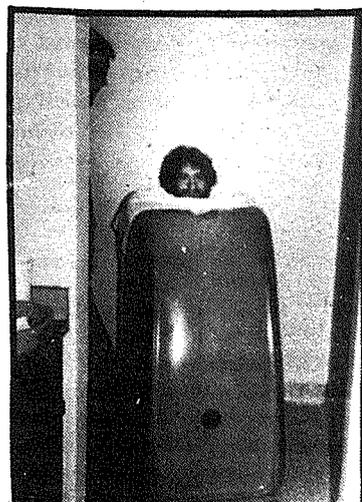
Hydro-therapy seems to be a favorite part of the NEWSTART program. The various water treatments are approximately fifty minutes in length and are given to the guests four times a week. According to their physician's recommendations, any one of the different types of water treatments is available.

A tour of either men's or women's "hydro" would disclose several treatment areas — whirlpool baths, Russian steam bath, fomentation area (hot moist packs) multi-headed showers and sun lamp room.

A variety of general results may be received by the patient from these treatments such as stimulation of circulation, relax-

ation, and a feeling of well-being. An attempt is made to meet each patient's specific needs.

Actually, you have to experience these treatments to appreciate the excellent results.



Hydrotherapy treatments (each guest gets four one-hour treatments per week).

# The Blessing of Growth

1983 Minister's NEWSTART Seminar

## Work-Bee

Throughout Weimar Institute's short history, the improvement and expansion of existing facilities has ever been a challenge. Coupled with that is the need to develop industries which will gainfully employ students and generate income for the Institute.

Adequate facilities to house current services such as the Auto Body Shop and the Home School Department are in demand now. These are two of our most promising and rapidly developing in-

dustries.

With these needs pressing upon us, Weimar's best bargain hunter, John Sipkens, experienced the fulfillment of Proverbs 3:6, "In all thy ways acknowledge Him, and He shall direct thy paths." John's path was directed toward a vacant Radio Shack building in Roseville. This 30' by 100' steel structure complete with two heat pumps was purchased for 5,700 dollars - an excellent buy.

Then the fun began as the building had to be disassembled. Cold, damp weather as mid-No-

vember in northern California can bring, met the crew of some 20-25 students and 7-10 staff.

Undaunted by the weather, this enthusiastic group had the building completely gutted in just two hours. Thousands of bolts were removed while the roof and wall panels were lowered. Two days after work commenced, the last trailer load left the site.

It is planned that this reassembled building will form the second floor of the proposed industrial complex. May God's name be praised for His guidance and shared wisdom as the Weimar development program goes forward.

February 28 to March 10, 1983, has been set aside for the 3rd annual Ministers' NEWSTART Seminar especially designed for ministers and their wives, Bible workers and others desiring to gain more knowledge of medical-ministerial work.

The usual 25-day live-in NEWSTART program will be condensed to ten days. Thirty hours of intensive class work will be interspersed with medical tests, consultations, treatments, exercise and rest.

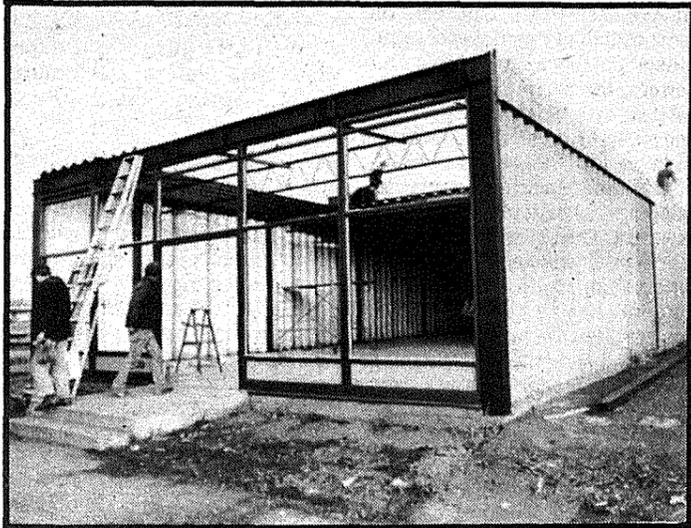
The program has been designed to do several things: (1) Complete physical assessment of the participant which includes stress EKG, lab work and physical examination; (2) Diet, treat-

ments, and consultations for the participant's particular health problems; (3) Scientific medical information for the participant to use in his/her own church-related medical programs; (4) Discussions on how to do health evangelism in the local church. Daily cooking demonstrations and bread making activities are also part of the program.

Reflecting on last year's seminar, Elder and Mrs. Harold Keehnel said, "Our expectations have been exceeded in every area. We've not only learned a lot, but we've had a good time and a lot of fun. It's just been incredibly wonderful. We especially liked the dedication to SDA principles without fanaticism. We like the fact that you are following, in detail, God's way to health, happiness and heaven. We've enjoyed the delicious food, the friendly people, the escape from stress, the excellent lectures, the hikes, picnic, banquet, music, everything. Physically, it is a rewarding vacation; scientifically, it was an advanced education; and spiritually, it was a mountain-top experience."

"The Adventist churches and the world need you and what you have here," stated Elder Edward Kungel, "need it and want it. There is no fanaticism to this program. It is more Biblical and practical than can be comprehended. And the thing I like best is that IT WORKS!"

For further information call: (916) 637-4111 or write: Medical Office, Box A, Weimar, CA 95736.



The metal building is taken down in order to be transported to Weimar campus.



The building parts are coded and then loaded onto trucks.

## recipes



### MILLET PATTIES

1 1/2 cups Millet--cooked and well-done

1 cup wheat germ

1/2 cup rolled oats

1/2 cup cashew milk

1 medium onion, chopped fine

1/2 tsp. garlic powder

2 Tbsp. soy sauce

4 Tbsp. food yeast

Blend onion, garlic, and milk in blender until smooth. Pour into mixing bowl and add remainder of ingredients. Shape into small patties and place on a cookie sheet. Bake in a 350° oven until golden brown--approximately 30 minutes. Serve with gravy.

### CHICKEN-STYLE GRAVY

1 1/2 cups water

2 Tbsp. flour

1/4 cup cashews, sterilized

1/4 tsp. paprika

1/2 tsp. onion powder

1 1/2 tsp. chicken-style seasoning

Lightly brown flour in a dry skillet over medium heat. Blend cashews in just 1/2 cup of water until very smooth. Add all ingredients including flour. Blend. Cook until thick. Variation: Limit cashews and use 1/4 cup flour.

Rick Enrico Camuso

(Continued from Page 3)

Master, Jesus Christ. Their living example became a powerful model and influence to my personal life. Ingrained in my mind forever shall be the genuine witness of committed and dedicated hearts to the will of our Saviour Jesus Christ. The Weimar family is truly founded on the philosophy of humble service in sacrifice to God, to each other and to a dying world.

The holistic philosophy that man consists of three closely interrelated parts (natures), the physical (body), the mental or emotional (mind) and the spiritual; and that such natures must all be understood, fed healthy food, and treated in equal measure, are very important factors or guidelines in the Weimar Health Program. Such a philosophy with God as its supreme Teacher and Physician, has proven to be very effective in my life.

Yes, healing poured into my life by God, like a well-spring of gushing water. I testify before God as my witness that in all the years of my particular disease, I have never known the kind of vitality and wholesomeness that I have and am experiencing. At the end of my twenty-five day program here at Weimar, I am taking no blood pressure medication of any kind. My blood pressure averages 140/80 and has even come down to 130/75. What a difference from the blood pressure average that I had before Weimar. Also, I have had no hypoglycemic problems throughout the entire program. My need for one or two hour snacks has stopped. My physical endurance has increased greatly and my in-

sulin, diet, and blood sugar control has been consistently stable. The problem I had in reading and concentrating improved by 100%, and my once foggy mind is noticeably more clear and perceptive.

These are miracles (evidences of God's love for me) which have become living realities in my life. Of all the specialized and advanced treatment that I ever had in all my eighteen years as a diabetic, I have never experienced such well-being in my mind, my body, and my spirit, as I have since I came to the NEWSTART program. What I have learned and lived, I will take home with me for the rest of my life.

Some may say, "What makes Weimar better than other successful health programs? Why, I know of some who follow practically the same kind of program, and they sure are eating healthy food." Well, my friend, I am not trying to criticize any sincere humanitarian efforts by others, and I'm not trying to make Weimar my god. I believe the difference here at Weimar is best understood by Jesus Christ's own words, "It is written. Man does not live by bread alone, but by every word that comes from the mouth of God."

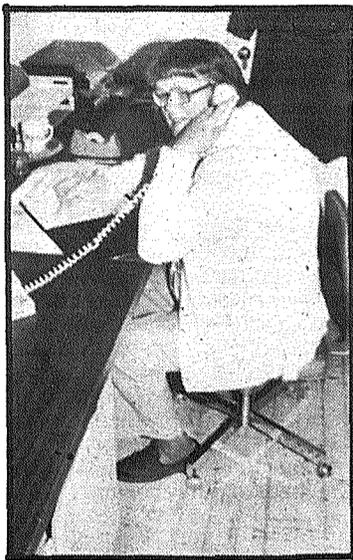
Well, I am living proof that God does provide healing and life through natural resources (health principles) that He created for man's own good. What are these natural resources that God has provided for us? They are found in the nature of His wonderful creation. These resources are not for just a select few, but they were created by God to bless all mankind. These natural resources are reflected in the NEWSTART name: N-proper nutrition, E-proper exercise, W-

proper use of water, S-proper use of sunshine, T-temperance in all things, A-proper use of air, R-proper rest, and T-the most important of all, proper trust in God.

Yes, I still face a progressive kidney disease which will eventually require dialysis treatment or a transplant alternative in the near future. But in choosing to live the better life that God designed, I know that immeasurable healing has been and will be allotted to me, according to God's will and purpose. Through the physical, mental, and spiritual renewal that I have received from God here at Weimar, I am now better equipped and able to meet all the uncertainties and troubles of life with a peace and trust that transcends all understanding. Yes, my life is renewed daily when I remember this one thing; and that is the Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise. The Lord is all I have and so in Him I put my hope. The Lord is good to everyone who trusts in Him, so it is best for us to wait for Him to save us.

In closing, let me sincerely urge those who are in need and are afflicted, to bring it to God in submissive prayer and wait patiently for His direction by obedience to His holy Word, the Bible. It may be that God calls you to come to Weimar. If so, ask Him to open the necessary doors. He did for me, He surely will for you. Remember "God wants to restore you to health and heal your wounds." but only if you will allow him to. Therefore, Commit to the Lord whatever you do, and your plans will succeed. For the Lord works out everything for His own end."

# The Christmas Spirit at Weimar



by Patsy Murdoch

"In His wisdom the Lord concealed the place where He buried Moses. God buried him, and God resurrected him and took him to heaven. This secrecy was to prevent idolatry. . . For the very same purpose He has concealed the precise day of Christ's birth,

that the day should not receive the honor that should be given to Christ as the Redeemer of the world. . . The soul's adoration should be given to Jesus as the Son of the infinite God."<sup>1</sup>

Christmas is "just around the corner." At Weimar, as at so many places around the world, it means vacation from school and a trip home to be with loved ones.

For many people, Christmas has become a wearying hustle and bustle of shopping, baking, cards to write, toys to assemble, too much to eat and drink.

For Weimar's students and staff, it is more than that.

Oh, yes, it means shopping and sending cards. But it also means being at home with loved ones, with the pleasure of making other happy, visiting friends we've been away from for so long, and enjoying the fellowship of those churches we've missed.

"The holiday season is fast approaching with its interchange of gifts, and old and young are intently studying what they can bestow upon their friends as a token of affectionate remembrance. It is pleasant to receive a gift, however small, from those we love. It is an assurance that we are not

forgotten, and seems to bind us to them a little closer.

"It is right to bestow upon one another tokens of love and remembrance if we do not in this forget God, our best friend."<sup>2</sup>

From the elementary school child on up through the academy, college, and staff at Weimar, the most important thing of all is remembering Christ Jesus. To celebrate His birth, to remember His life, sacrifice, death, and resurrection. To count one's blessings, to share His love with others, to be grateful He gives us eternal life.

As an academy girl suggested, "Christ should be first on your Christmas list."

"Shall not our heavenly Benefactor share in the tokens of our gratitude and love? Come, brethren and sisters, come with your children, even the babes in your arms, and bring your offerings to God according to your ability. Make melody to Him in your hearts, and let His praise be upon your lips."<sup>3</sup>

1. The Adventist Home, page 477, 478
2. Ibid; pages 478 and 479
3. Ibid, page 480

# Gifts Ready For Jesus



By: Buddy Kruger, Academy Bible Teacher

same Jesus Christ is coming back to earth again very soon. International conditions and world indicators plainly spell out momentous events that soon will take place, affecting all of our civilization on this planet. According to God's Word we believe these events usher in the return of our King of all kings. So as this Christmas time points us back, it also points us forward and invites us to get our gifts ready to greet Him. but what gifts? What would please Him most? Did you know He's already asked for three, and that they just happen to parallel the same three the wisemen first gave Him?

In a Bible check out Revelation 3:14-22. Here Jesus speaks to people living in the last church era before He comes back. He diagnoses our fatal spiritual disease, then prescribes three remedies we can get from Him. First, He wants us to have refined gold to change our spiritual poverty. Now what is this gold? As the most precious of metals perhaps is symbolizes the most precious of all the Christian virtues prized by God in man — a working faith that does good because we love Him (Gal. 5:6). Quite a gift this would be to give Him — a heart and life filled with faith and love in action for others. How do we get it? While studying His Word He gives us a growing faith (Rom. 10:17). Think of it — with your own life filled with faith and love YOU will be the best gift you could greet Him with. Secondly, Jesus asks us to be clothed in white garments. Rev. 19:8 tells us this stands for righteousness. It compares to the wiseman's sweet-smelling incense, symbol of the rightdoing of Christ and His saints. But Jesus says we are naked, lacking this righteousness. We need to conscientiously learn and practice His commandments and live a selfless way of life. We have allowed materialism and the "busy-ness" of this age to smother His commandments and selfless way of life. Jesus calls us to repent and cover up this shameful nakedness by learning His Word and copying His way (Matt. 22 & 25). Clothed in His 'life of righteousness and truth, YOU will become the best gift you could give Him at His coming.

"On coming to the house, they saw the child with His mother Mary, and they bowed down and worshipped Him. And they opened their treasures and presented Him with gifts of gold, frankincense, and myrrh." Matt. 2:11.

When Jesus came to earth the first time only a few were watching and ready for Him: a handful of shepherds and three heathen astrologers. Only these three visitors from a pagan land met Him with gifts. Only they were really prepared for His arrival.

These wisemen had searched and pondered for months, maybe years, the ancient Hebrew prophecies about Christ's coming, then prepared their gifts and journeyed on foot and camel for months from the Far East to greet Him. One of them remarked, "He is the King, come to deliver us! Surely He is One worthy of greatest honor and finest gifts." So they first brought Him themselves in heart worship there in Bethlehem. Then they gave Him gifts they had spent much time, effort, and funds to obtain: gold from Ophir—shining, refined, the best. And they opened incense for His delight—the most exquisite known to man, a carefully guarded formula of rarest, eastern essence. The third traveler was perhaps a physician whose concern for our Lord's physical welfare led him to seek out that most wanted unguent of all healing salves, oil of myrrh. He made sure it was pure, the most expensive to be found on earth,—"finest myrrh for my King!" he said, as he presented it.

This season of year invites us to look back to this scene and reflect on Jesus' first coming to our world. It means so much to us all that He came, was born like us, lived and died, accomplished victory and freedom from sin, and set up an eternal hope for us. And the most exciting climax to His salvation work we of the 20th century expect to soon witness. This

spiritual blindness is dangerous for it can turn you into a victim. When we can't tell truth from error, we invariably stumble right into Satan's traps. So Jesus prescribes a salve or oil, like the myrrh, to heal our spiritual vision. This good medicine symbolizes the work of God's Spirit Who interprets His Word for us so we can see and understand His true way of life and follow it vigorously, purposefully. "When He, the Spirit of Truth, comes, He will guide you into all truth...the Spirit will take from what is mine (Jesus') and make it known to you." (Jn. 16:13, 15NIV). How do we receive from Christ this healing salve? "Ask and you will receive and your joy will be complete." (Jn. 16:24NIV). Read all of John 14-16 to hear Jesus' complete counsel and promises about His Spirit.

In this way, being healed by His ministry in your life, YOU will become the best gift you could bring Him when He comes. What more fitting honor could you offer Him for any Christmas than to be personally ready to welcome Him at His second return to planet earth?

## BEAUTIFUL WEIMAR

*Beautiful Weimar called me,  
And here I am today.  
Only weeks ago I listened  
And decided to come this way.*

*As we entered our cozy room,  
Our names above the door,  
Joy overcame emotions  
As we danced upon the floor*

*The campus is delightful  
Students o'erflow with love.  
They reflect the happiness  
That comes from God above.*

*I'm drinking in much beauty,  
Beauty from hills and trees,  
Of Weimar's lovely mountain  
And her autumn breeze.*

*The woods are full of trails  
And in the morning light,  
The early-birds go walking  
And what a lovely sight!*

*The stars are still skyward  
What glory they portray,  
As they twinkle at the brave ones  
Shouting, "Happy Day!"*

*What if the food is saltless,  
Weimar knows what's best.  
If we choose a better life,  
We must eat with hearty zest.*

*The food is prepared beautifully  
Very delicious too,  
After the taste buds are trained  
And appetite renewed.*

*The doctors and the nurses  
Sound no great alarm,  
Because they have the answers  
That warm their guests with charm.*

*Lord, bless Thy lovely people  
And members of the staff,  
Please bless everybody  
And teach us how to laugh.*

*When we are discouraged,  
And bless that sweet Joan,  
She lifts our hearts in singing,  
As we learn a better plan.*

*If things do go wrong,  
And discouraged I might be,  
Then I must remember  
What I came to see.*

*Health, love, devotion,  
Three things must be mine,  
As I seek life more abundant  
To spend for Him my time.*

*Hot 'foamies,' I love them,  
And massage firm and deep,  
Applied by loving hands  
Inducing sweet sleep*

*God chose me a companion  
She is a precious one,  
My elder daughter, Myrtle,  
We've had such fun.*

*We love the happy tinkling  
Of melodious chimes,  
We love our stay at Weimar  
Amidst the beautiful pines.*

*We must praise our God  
Who will heal us every day,  
As we return from Weimar  
To keep the better way.*

By Lettie Moore

# AVAILABLE TAPES

## TAPES WITH MEANING

FOR SUCH A TIME AS THIS. Weimar staff and students appreciated Paul Hawks' presentations for a recent week of spiritual emphasis. From incidents in the experience of Esther, Christians today are reminded of what God expects of His people living in the end-time. A study of the three angels' messages. For the set send \$35.

- HP A1 The family at Shushan
- HP A2 Esther or Hadassah
- HP A3 Don't think that you shall escape, Esther
- HP A-4. Intercepting an evil plot
- HP A-5 The man whom the king delighteth to honor.
- HP A6. Mordecai bowed not
- HP A7 Esther comes before the king.
- HP A8 I can't go before the king
- HP A9 The invitation to dinner
- HP A10 Face to face with the king
- HP A11 Haman's gallows

WITNESSING, THE ONLY SUCCESSFUL WAY, Two tapes by Eld. Joel Tompkins, president of the Kansas-Nebraska Conference of Seventh-day Adventists. \$6.50 for both.

- TJ 1 Preparing the soil
- TJ 2 Sowing the seed

## PRINCIPLES OF HEALTH

- PN 1-9 Technical health lectures on lifestyle, nutrition, air, water, emotional health, exercise, temperance, sunlight, rest, protein, sugar, and fiber. By Goley, Nixon, Kristensen, Foster, and Wallace, Nine tapes for \$29.25.
- PN10-12 Water treatments, properties and temperature of water, hot, cold; inflammation and pain, methods of application. Dennis Blum. 3 for \$9.75.
- PN13-15 Health education and reformation, health reform before 1844, health and the 3rd angel, health reform-work, the health reformer, health in the Bible. Dick Winn. Three tapes for \$9.75.
- PN16-21 Principles for lifestyle change, righteousness by faith, faith and obedience, and nature of sin, making God-centered choices, conviction or preference, promises are to keep, through failure to victory. Colin Standish, John Goley. Set of 6, \$19.50.

Complete set of 21 tapes in 2 albums, \$59.

## HOME SCHOOLS SEMINAR

This set of 16 tapes covers topics of vital interest to those who are teaching or who are planning to teach their own children at home. For example, legal problems, philosophy, how children learn, math, science, reading, spiritual values, work education, setting up a home school, etc. See the August BULLETIN for the list. \$49 in a vinyl album with notes.

## WEIGHT CONTROL

Titles include: concentrated calories, He is able, guilt, depression, through failure to victory, obesity and disease, etc. Sixteen tapes in a vinyl album. \$49.

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## From the Chaplain

### FOUR LEVELS OF OBEDIENCE



By Dick Winn

"Now all the tax-collectors and 'outsiders' were crowding around to hear what he (Jesus) had to say. The Pharisees and the scribes complained of this, remarking, 'This man accepts sinners and even eats his meals with them'" (Luke 15:1,2 J.B. Phillips.)

Did you notice who felt the most comfortable in this brief scene? Did you notice that standard-brand sinners felt so drawn, so unthreatened in Jesus' presence, that they actually crowded in close to Him? Even the Pharisees noticed why. They said he "accepts sinners." The sinners knew it. They heard it in His words; they read it in His body language; it came through in His voice tones. What a pity the Pharisees didn't know what sinners they were. They could have felt so comfortable, too.

But instead, there was this awesome tension between them and Jesus. They were nervous about Him and about His companions. To be fair, it can't all be scratched up to jealousy, either. Sure, Jesus was more popular than they were. They had good cause to be jealous. But then, they knew that Guardians of Virtue never would do well in popularity polls. They had counted on taking those licks.

But what troubled them even more was that they were losing their leverage with all those sinners. As representatives of God, they had a staggering leverage over the people to urge them on toward goodness. They made it clear that God would accept sinners only upon condition of very good obedience. God's acceptance was the carrot-on-the-stick incentive to get them to put in a good performance. Were acceptance to be too lightly given, their whole guilt-manipulation scheme would crumble. The Guardians of Virtue would be left without a weapon in the battle against vice.

And here was Jesus, claiming to be speaking on behalf of God, passing out all that acceptance. To sinners, no less!

And I strongly suspect that there are conscientious people today who are convinced that God works on that same basis. They are stuck on Level Three of what I think of as the Four Levels of Obedience. Let me explain —

by starting at the bottom.

**Level One: Disobedience.** These are people who don't care about obedience, or who don't know much about the difference between right and wrong. Such a position needs no defense.

**Level Two: Avoid Pain.** These people have been warned about punishment for disobedience, and they throw themselves feverishly into goodness out of fear of God's wrath. Their focus is not upon the rewards of righteousness, but upon the dreaded doom of the wicked. Though their outward life takes on a flavor of right-doing, their inner life is full of anxiety and foreboding.

**Level Three: Winning Favor.** This is the flip-side of level two: The same God who dispenses wrath to those who displease Him dispenses favors (forgiveness, acceptance, external life, etc.) to those who please Him. The people in this group are worshiping the same arbitrary God as the former group, except that they have chosen to "grub" for favor rather than flee from pain. Right-doing has as its primary purpose the changing of God's opinion of the sinner. (an interesting subgroup of Level Three are the people who believe that God's favor has already been won by Christ on the cross, thus leaving them without any substantive reason to obey God's will. Obedience, to them, is legalism and is to be shunned.)

**Level Four: Doing Right Because It Is Right.** These are persons whose point of reference is not the favor of God. Such favor has already been granted as a gift; it cannot be earned. They do right because their minds have been won to the principles of rightness. The same God who has given them the gift of His favor has also given them the gift of insight into the principles which govern His creation. And they gladly accept both gifts!! They see such inherent beauty in God's law that they cannot rationally do otherwise.

Level Four obedience is prompted by a sensible respect for order and reasonableness. Laws of physical health, of human relationships, of God-man relationships, and of mental health, make so much sense. And God — the Author of these laws — draws so much praise and admiration for dealing with His creation in such a way. He is relieved from the role of One who dispenses blessings and curses upon struggling and failing humans. He defines the paths of blessing, and those who walk in them taste the benefits. Those who depart from them reap their own consequences. Surrounding His people with the warmth of acceptance, He is so able to help them walk in His paths.

A thoughtful parent should know how futile it is to lead his child into obedience by using the leverage of giving and withholding his loving acceptance. To withhold acceptance is so devastating to the child's self-esteem that it virtually guarantees he will continue to misbehave as a coping mechanism.

Is our Heavenly Father less wise than an earthly father?

"You have been adopted into the very family circle of God and you can say with a full heart, 'Father, my Father.'" (Romans 8:15, Phillips) What better place is there for one to learn how to obey at Level Four?

### 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.

### Color Television Set Needed.

Weimar Institute recently acquired a video taping system. The audio visual department is currently working on a video production about Weimar's NEWSTART program, which will be used in the public relations department. A 19 inch or smaller color television set in good working order is needed for use as a monitor. It would be a valuable aid in this production and other future productions. If you have a set that you would like to donate, we can pay the shipping charges. Before you ship, please write or phone the audio visual department at Weimar Institute.