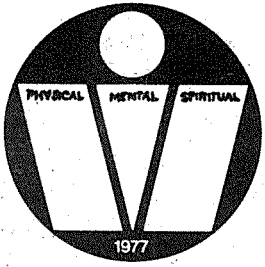


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Weimar Bulletin



Address
Correction
Requested

Vol. 8 No. 10

Weimar Institute

Box 486 Weimar, CA 95736 November 1984

CELEBRATE THIS THANKSGIVING

By Sue Chirco

...Let's see, we need to pick up Grandma and Grandpa from the bus depot, meet Aunt Lucy at the train station, prepare the fixins for dinner, make sure the house is clean for company, buy the remaining items for meals and decorations (there goes another \$100!)...oh my, Thanksgiving again and so much to prepare! I'm tired already! Wish we could just forget the whole thing...

Is Thanksgiving supposed to be just a hectic, busy, chore-filled holiday when the preparation and food bills take away our intended enjoyment? Do we feel that perhaps Thanksgiving is not worth all the effort? There must be some way to make Thanksgiving more meaningful...Yes, there most assuredly is!

Long ago, when the pilgrims first established the Thanksgiving celebration they gave thanks to God who had supplied them with food, homes, and a new land in which to freely live. Not only were the pilgrim families brought together, but the Indians, of different blood and heritage, were invited by the pilgrims to share with them in the blessings of God.

Today, let us remember the countless ways our Creator has blessed us with a land in which to worship Him freely, His gifts of life, and of family and friends. He has given so much. And as Thanksgiving is a special time to be with loved ones, let us consider a few of the various ways in which families — whether large or small — can create a meaningful, fulfilling Thanksgiving celebration. Here are a few suggestions:

— work together as a family...at Thanksgiving. Mom usually does all of the food preparation by herself, and is exhausted by the end of the day. Perhaps this is a new challenge for some, but try gathering the entire family together, delegate to each person the specific task of making one food dish each, and enjoy the art of cooking while relieving Mom from having to do everything herself!

— decorate the house together: go out into God's autumn-filled nature and collect such items as fallen leaves, acorns, and dried weeds for an arrangement. Also gather some pumpkins, nuts, dried corn ears, and make a centerpiece for the dinner table.

— invite neighbors into your home; not only the neighbor next door who is a close friend, but the neighbor down the road, or across town, with whom you may not even be acquainted. Remember that they may be lonely and in need of a place to go for Thanksgiving. Invite those in the community who are homeless or widows...those who, although strangers, are in need of love and companionship. Making a decided effort to go out into your community to seek for and find even one needy soul, and bringing that one into your own home, giving love, shelter, and acceptance without thought of personal gain, will brighten that person's life. Give them also a part in your preparations — something they can do for you and with you. Most will feel this a high honor. As they see Jesus thus reflected in you and your gesture of

sharing, they may be encouraged to seek a walk with Christ too. Thanksgiving in its fullest sense will be magnified in the hearts and minds of both the giver and receiver.

— make special cards for individual family members.

— visit shut-ins, people who are unable to leave their homes because of physical disabilities...perhaps prepare a Thanksgiving meal for them if they are without family; or if you are not able to visit shut-ins, make simple cards or gifts for them using items collected out in nature.

— write Thanksgiving letters to friends with whom you are rarely in contact, recounting God's blessing during the past year.

— read favorite Bible stories as a family while everyone is gathered together around a nice warm fire.

— gather the family together and recall to each other God's blessings during the past year. Perhaps ask the question, "What spiritual experience has been most meaningful to you? What truth about God has meant the most to you this past year?"

In a nation filled with high technology, and complexity, there is a great need to slow the pace of life and to welcome Jesus into our hearts every moment. This Thanksgiving is an opportunity to more fully reflect the Savior's love and goodness in each home, and to make Him the center of the holiday celebration in sharing His blessings with other people.

FLASH!

Late News Item —

Nov. 4 Board Elects Dick Winn
new Institute President!

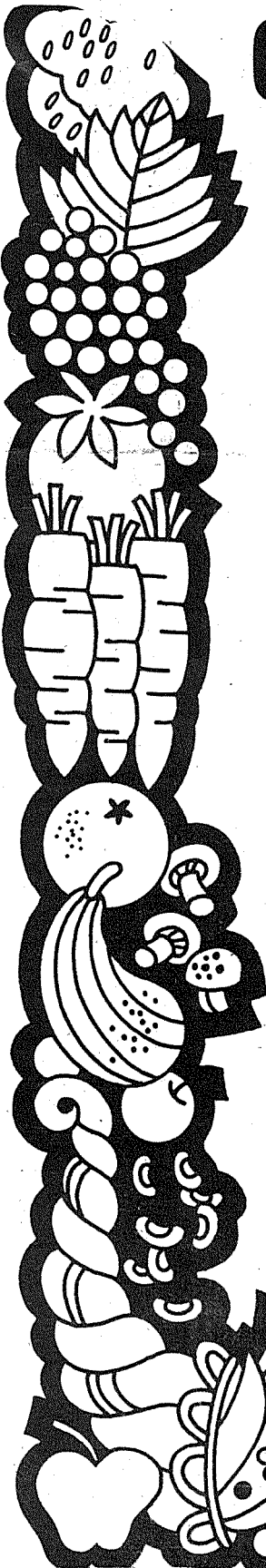
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Issue

THE PLAGUES OF MODERN MANKIND
HEART ATTACKS/HIGH BLOOD
PRESSURE/DIABETES/ARTHRITIS

WHY BE A VICTIM?

Weimar's NEWSTART Program is
teaching a protective lifestyle that works!

Upcoming 12-day sessionsSee page 2.



THE BIRTH OF THANKSGIVING

By Carl D. Anderson

Within the Anglican Church a group of its members arose in the seventeenth century known as "Puritans" because they wished to purify the format of their church. A more radical branch of these Puritans were called "Separatists," because they wanted their church to separate entirely from Roman practices. This group felt that such a move was mandatory, even if it required a loss of their membership in the Anglican communion.

In 1608, a group of these Separatists, styling themselves Pilgrims, picked up and migrated as a congregation from Scrooby, Nottinghamshire, in England, to Amsterdam, Holland. In 1609, they went as a body to Leyden, Holland. By this abrupt departure from their homeland, they not only abandoned their houses and goods and method of labor, but they endangered their very cultural existence as Englishmen and English women. To step from agricultural pursuits to mechanical trades was difficult enough, but to see their children growing up as Dutch children was extremely frustrating.

So far as their faith in God was concerned, however, it remained unmoved. Had they not once covenanted together that they would "walk together in all His ways made known or to be made known to them"? Assuredly, by that covenant, they remained secure within the basic principles of all reforming Protestantism. However, to keep their faith intact and un-sullied by the customs of an alien land, these Pilgrims worked out an agreement with the London Company syndicate of merchants to finance them on a trip to the



New World based on their reputation for industriousness and grit. They received such a grant in 1619.

Their pastor, John Robinson, in prayer committed these Pilgrims to God's protection. On July 22, 1620, 35 of them left Holland in the ship Speedwell. They were led by William Brewster, who again reminded them of their covenant with God and with one another.

When the Speedwell arrived at Plymouth, England, it was found to be totally unseaworthy to cross the practically uncharted Atlantic Ocean. The passengers and crew then transferred to the Mayflower. By now there were 102 passengers and a crew of 40.

The Mayflower departed from Plymouth, England in September of 1620. Sailing 3,500 nautical miles on this little 180-ton craft just 150 feet long and 90 feet wide, they had to battle cross-winds and fierce storms that so severely shook the vessel that leaks developed and one of the main ship beams cracked. But with resolute faith they "committed themselves to the will of God, and resolved to proceed."

Sixty-seven miserable days after having set sail from England they made a landing off the coast of what is now Massachusetts, and transferred the name of their departure point, Plymouth, to that area. Here, off the forbidding coast of Cape Cod, they avowed that they were but "pilgrims and strangers upon the earth."

William Bradford later wrote that when they went ashore, "...they fell upon their knees and blessed the God of Heaven, who had brought them over the vast and furious ocean, and delivered them from all the perils and miseries thereof, again to set their feet on the firm and stable earth."

That first winter in the New World was a tragic and trying experience. At one time only seven men were left to care for the sick. Fifty-one persons of those first 102 Pilgrims died that winter: Deacon John Carver, the first governor, was one of those victims. His place was taken by William Bradford. Yet, in all their trials, God blessed these survivors, bringing them the friendship and help of such Indians as Squanto and Massasoit.

As a result of their hardships, however, the year 1621 was a time of general despondency among these early settlers. In one of

their public assemblies, it was proposed that, in view of all they had endured, it would be well if they proclaimed a day of fasting.

It was then that an older man arose and began to speak of how, by this attitude, they were provoking Heaven itself with their complaints. "After all," he pointed out, "God has extended many mercies." There had been a bountiful corn harvest, and certainly that was something for which to be thankful. So, this man suggested a resolution that, instead of appointing a day of fasting, they should appoint a day of Thanksgiving.

Thus it was that gratitude for common blessings prompted these hardy Pilgrims to set aside the first day of the anniversary of their arrival as a day of thanksgiving. It was true that their only crops were barley and Indian corn, for "the peas were not worth gathering, for we feared they were too late sown."

In appreciation for what there was, however, Governor Bradford appointed "an especial day on which to give especial thanks for all their mercies."

What a heritage that simple decision has left to this land of America! Now, as the time for the day of Thanksgiving comes to us in 1984, cannot we agree that "...it was the desire for liberty of conscience that inspired the Pilgrims to brave the perils of the long journey across the sea, to endure the hardships and dangers of the wilderness, and with God's blessing to lay, on the shores of America, the foundation of a mighty nation" (Great Controversy, 292).

NEWSTART HEALTH CENTER PROGRAMS

- (Special 12-day Session for A.S.I. Members)
- (Special 12-day Session for Business People)
- (Regular Session)
- (Special 12-day Session for Ministers)

November 25 —
December 6

December 9 — 20

Dec. 30 — Jan. 24

January 27 —
February 7

Sessions include:

- Full blood work
- EKG and stress testing
- Physician's examination & consultation
- Hydrotherapy treatments
- Lectures, demonstrations, cooking classes

For further information, contact:

The Medical Director
WEIMAR INSTITUTE

P.O. Box 486

Weimar CA 95736

Ph. (916) 637-4111 Ext. 401

New Family Members

Introducing Weimar Institute's latest staff members:

Ron Smith has come with his wife Chris and 3½ year-old-daughter Erin to act as Assistant to the President in charge of Personnel and Public Relations. Ron and his family come from Hemet, California where he was employed by the San Bernardino County Department of Mental Health as an administrator.

A general contractor from Yucaipa, Rob Sink, with his wife Sara, during a recent vacation, had come to check out Weimar Academy. They ended up with a job application and now Rob is Maintenance Director and Sara, who once worked as a teacher's aide at Oak Haven School, is Cashier. With their children Jennifer, 13, and Joshua, 9, they are enjoying their new activities at Weimar.

Another couple who came to visit the Academy, Art and Judy Reeves of Sutherlin, Oregon, have also become Weimar staff members. Art, who worked for the federal government in accounting and administration for 30 years is now the Institute's Business Administrator, while Judy serves as coordinator for the growing NEWSTART HOMESTYLE program. Their two youngest children, Diana and DiDi are attending Weimar Academy and Grade School respectively.

Linda Johnston, sister of college senior, Cheryl, has come from Walla Walla General Hospital to work as a Medical Secretary. Mrs. Faye Sarli, Mother of 1983 graduate, Rocco, has come from Reno, Nevada to serve as head of the NEWSTART house-keeping department. Mike Volkov, of Stockton, California, originally interested in attending the college has instead joined the staff as head baker, replacing retired Earl Swope.

Preparing for a new school year in Livingston, N. Y., Pat Frey was told of our spot open as Principal/Teacher in the campus elementary school. After much prayer and then seeing all the details fall into place, (including the arrival of a replacement for him in N. Y.) Pat, Mary Kay and their two children, Katie, 2, and Todd, 4, packed up and came to Weimar in time for the new school year.

The elementary school has gained a new music teacher also, Mrs. Nelda Blisserd. Following up a long time interest in Weimar, a desire to improve her health and the encouragement of a fellow music teacher, she moved down from British Columbia to Weimar this September. "Mrs B." also conducts piano lessons for all age groups on campus.

S.G.S.

Opportunities For Service

The personnel director announces the following openings for dedicated, qualified, Seventh-day Adventist Christians: Send or call for an application from the Personnel Director, Weimar Institute, P.O. Box 486, Weimar, CA 95736 (916) 637-4111.

Agricultural Supervisor
(gardens and green houses)

Chaplain (Newstart Center)

Contractor (Construction)

Food Service Supervisor

Office Manager (Bakery)

Physician

Physician (Female)

Registered Nurse

Shop Manager
(Auto Body)

Store Manager

OBEDIENCE: COMMANDED OR ENABLED

By Dick Winn

The Military Model of obedience seems so promising! If a drill sergeant can bark, "Flank, left!" to a troop of soldiers, and they immediately pivot in unison, then why can't a father yell, "Chew with your mouth closed!" to his kids, and never again have to hear them slosh their vegetables? If a colonel can tell his troops, "Over the hill!" and they charge forward, why can't a mother demand, "Wash those dishes!" and see the suds fly? And if a general can command, "Fight that battle!" and get an instant response from his men, then why couldn't a preacher say, "Stop your sinning!" and get as quick a response from his congregation?

After all, doesn't the Military Model include all the basic ingredients you need in order to make obedience happen? You have a person in charge, a specific command of what to do, and a submissive person ready to follow orders. What else do

you need?

Perhaps you are questioning whether the preacher in the pulpit has authority over his congregation that is equivalent to the authority the general has over his troops. The general does have the right to court martial any insubordinate soldiers — a recourse denied preachers (at least in this modern age). But if you will look carefully, you will see that the preacher can "pull rank" even on the general, for he can quote Scripture. And Scripture (as we all know) represents the voice of The Ultimate Authority.

Shouldn't we expect, then, that God would be using the Military Model in dealing with us? Isn't the command, "Thou shalt not bear false witness against thy neighbor" just about the same as the command, "Column, left!"? And isn't the instant, unquestioning obedience of the military private a good model for the un-

questioning obedience of the Christian Soldier?

The Military Model begins to break down, however, at two points. The first one being that it doesn't work. True, it can give the temporary impression of being very attractive. And parents and pastors can prolong the illusion of success by increasing the volume or frequency of commands shouted over the heads of their subordinates. But in the end, it produces rebellion among the ranks. And their "superior officers" go away shaking their heads about the insubordination of this modern age.

The second breakdown of this model, however, is encountered in that little text, "Love is the fulfilling of the law" (Romans 13:10). And we are drawn out to recognize that God is not looking for mere outward compliance of behavior. He wants His people to be acting out — with the highest sense of freedom — the glad promptings of

their own loving hearts. God is not standing above us, as some divine drill sergeant, barking out orders for our outer behavior. Rather (as Paul said), He is working within us, causing us "to will and to do" according to His glad heart.

God's kind of obedience, then, is that which flows from a loving heart. And a loving heart is not commanded; it is enabled. It is not ordered into action; it is loved into wholeness. I do not see our Father with red face and shaking jowl, shouting, "Stop your lying!" I see Him with warm heart and tender smile, loving my wounded heart into wholeness, making me so secure in His love, that I no longer need to lie.

How I wish our families could recognize the precious wisdom of God's methods. Though He possesses all power and authority, He approaches us with the method that works. He loves us.



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KIT CONTENTS

- Instructor's Manual
- Ten personal control books in 3-ring hardback binders
- Half-hour VHS video lectures by NEWSTART physicians
- Well-illustrated handouts
- Printed recipes on card stock
- Lesson Dividers



With participants sharing the cost the Newstart Homestyle Cooking School can be given without expenst to the hostess.



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Plus shipping & handling for each kit (\$6 west of the Rockies, \$11 east of the Rockies) |

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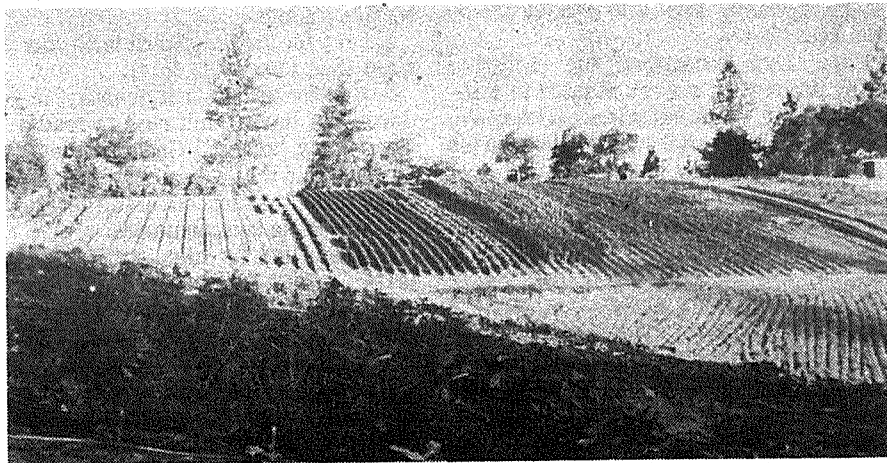
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Thanksgiving On The Farm

Oliver Edwards: Agriculture Director

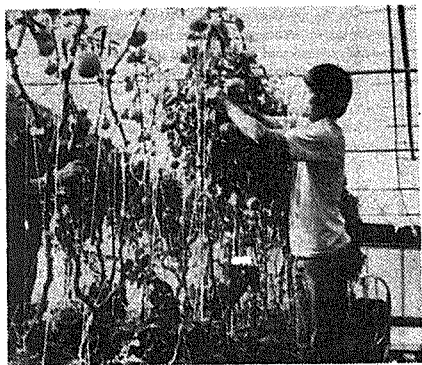


1 Weimar's hilltop gardens

As we look back on this year, we can see God's hand in many things that happened on our farm, and we can only say, time-and-time again, "Thank you, Lord."

In January we wanted to start cucumber plants for the greenhouse, but did not have the money to buy seed. We did have tomato seed, however, so we planted tomatoes! When we got them all in the peat pots, we had 960 plants, which was enough to plant 3/4 of the greenhouse. Then we located enough old cucumber seed to plant the remaining 1/4, so we had a combination crop of tomatoes and cucumbers.

We started picking cucumbers the last day of May, but prices were really depressed. The local Co-op didn't want them and told us to find our own buyers, so we sold them to local markets but only averaged about \$4.00 a box, where last year our lowest price averaged from \$6.50 up to \$13.50.



Luscious sweet tomatoes in the large greenhouse

Then the tomatoes began to ripen and we had to find a market for them. We contacted several markets in the area, and they were interested, but wanted to see the product first. After we started picking on June 4, one little market in Auburn took a look at the tomatoes and said he would take all of our crop and would even furnish all the boxes we needed. This went along fine until other locally grown tomatoes were ready to come in. Then the market owner got such a deal from a Fresno distributor that he couldn't turn it down, so he ordered a large shipment from there. When I called him for another order, he said he had bought these other tomatoes and couldn't use mine. Now I had to go looking for another buyer.

My search for a new market began on Tuesday. Thursday morning I loaded a truck of tomatoes and went to a little market in Colfax. They took the whole load, so I had to come back and get another before I could go on to Grass Valley. On my way I sold three boxes, then came to a supermarket. The buyer looked at the tomatoes and said, "They look pretty — but I

don't think I'd better touch them." Again he looked them over and said, "I think there is a big core in them. I don't think I'd better touch them."

I told him, "Take one and cut it and just see what it looks like."

He went in to the sink and sliced about four slices off a big tomato and said, "This core goes in quite a ways," so he sliced a thin slice and ate it; then reached into the sink and picked out another slice and ate it, also. Then he turned to me and said, "This is the sweetest tomato I have ever eaten. I'll take your whole load!"

I saved two boxes to show to another store in the town. The manager there asked me how many boxes we had. I told him, "About 50." He said, "I'll take them all!" I told him I would have them there the following morning.

When I got home that evening about 7:00, my wife said that the market in Auburn had called with an emergency situation and wanted me to call back immediately. When I reached them, they said they needed all the tomatoes we had. The tomatoes they had purchased from the Fresno outlet were not selling, and they needed ours.

We delivered 46 boxes to Auburn that evening before 9:00; then, with the picking the next morning, I was able to fill all our other orders. This market has continued to take all of our tomatoes. We have now harvested eleven TONS off those 960 tomato plants.

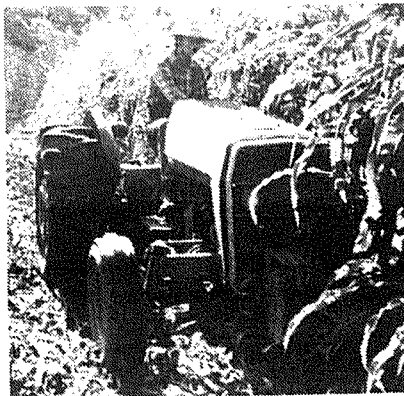


Iris Edwards, David Moravetz, Brian Hartman, Ivan Canaday show profitable results

We're also doing some experimenting with these tomato plants. We have our January planting tied up 8 ft. high, with a new set of plants started in August growing in the same bags. The new crop is putting on little tomatoes now and we still have about

three weeks of harvest left on the old plants. Within a month from the time they come out we will be harvesting the new crop.

Mrs. Edwards is working in the greenhouse with me and is doing an excellent job of picking, pollinating, pruning and watering, so each plant gets a lot of (T)ender (L)oving (C)are!!



Getting ready for a new crop

We were able to clear more land in January of this year, so we planted some acres in potatoes and some in corn. In March we planted carrots, Swiss chard, beets, corn, beans; and later, melons, squash and peppers. From April through June we harvested 2,000 pounds of asparagus from our little patch. We have now harvested almost 11 tons of potatoes that are in our cold storage. We have not had to buy any potatoes for about a year and a half, since our crop from last year was more than adequate until the new crop was harvested this fall; in fact, we were able to sell between 50-60 sacks of the old crop to a local buyer in August.

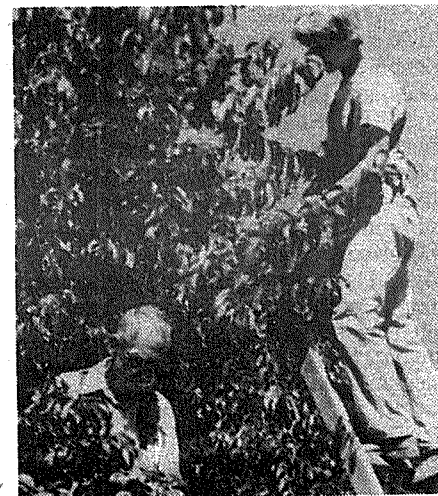
Just before we harvested our squash, I was looking over the crop and was a little bit discouraged about the way it looked. There were a lot of rotten squash and the deer and rabbits had obviously been busy in the patch. I didn't think there would be nearly as much as we had last year; but after they were harvested, we had almost 5,500 lbs., whereas last year we got just 3,600 lbs. So, in spite of the animals, the Lord has really blessed.



Preston Wallace picks banana squash

"You are not working alone. When you are tempted to become discouraged, remember this: Angels of God are right around you. They will minister to the very earth causing it to give forth its treasures..." (M.S. 25, 1909)

Ivan Canady has been here with us for a year now and, along with many other things, is doing a fine job with our orchards. This spring we had a late frost in this area which killed almost all of the fruit



Peach pickin' time

crop, but the Lord saved ours and we have had peaches from real early until the first of September, totaling 352 boxes in all. We also had several boxes of pears, 18 boxes of President plums, 49 boxes of nectarines, 29 boxes of Red Delicious apples and 32 boxes of Yellow Delicious, as well as 9½ boxes of figs.

We also can't forget the 8,834 ears of delicious sweet corn we have picked so far. If the weather holds, we'll have corn until Thanksgiving. We will have enough beets, carrots and Swiss chard to last all winter until we get our new crop in the spring.

Nor can we ignore the delicious melons we harvested: 2,247 lbs. of watermelon and 316 lbs. of honeydew, muskmelon and other varieties.



Lettuce and greens bursting their beds

"While the earth remaineth seed time and harvest, and cold and heat, and summer and winter, and day and night shall not cease." (Gen. 8:22).

"If the land is cultivated it will, with the blessing of God, supply our necessities...with proper intelligent cultivation the earth will yield its treasures for the benefit of man." 6T 178.

Yes, it has been a long hard summer, but worth it, because the Lord has blessed our efforts.

Oliver Edwards,
Farm Production Manager

COUNTRY LIVING

By Lloyd E. Eighme, Ph.D.
(Professor of Biology, Pacific Union College)

Country living is more than just growing your own food. It is more than just moving out of the cities; more than organic gardening; more than recycling energy. Country living is a way of life, a philosophy, a life style.

Does God have a plan for His people today in regard to country living as a lifestyle? If so, how can we know what that plan is?

"It was not God's purpose that people should be crowded into cities, huddled together in terraces and tenements. In the beginning He placed our first parents amidst the beautiful sites and sounds He desires us to rejoice in today. The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul."¹

What can we learn about God's plan for man in the beginning? Gen. 2:8, 15 tells us, "And the Lord planted a garden eastward in Eden: and there he put the man whom he had formed... And the Lord took the man, and put him into the Garden of Eden, to dress it and to keep it," or, as a gardener, to improve it.

We are also told that, "...The Garden of Eden was a representative of what God desired the whole earth to become, and it was His purpose that, as the human family increased in numbers, they should establish other homes and schools like the one He had given."²

God's desire was not fulfilled because of the entrance of sin, and man had to be shut out from the Garden of Eden. For hundreds of years Adam and Eve brought their descendants to the gates of their original home and showed their children the evidence of God's original plan for man on the earth. The Garden of Eden must have been cared for by angels after humans were excluded. Angels guarded the entrance and angels must have followed God's instructions in maintaining the garden on the earth as a sample of His perfect creation.

God protected the Garden through centuries of decline and degeneration in the surrounding lands. He cherished the original home and, before destroying the earth with a flood, we believe He moved the Garden of Eden to heaven, there to be kept in its original form. The planet Earth will eventually be cleansed from sin and the Garden returned to its original site.³

Noah and his descendants had to learn to live on an entirely different kind of earth from the one originally given to Adam and Eve. God blessed their efforts and gave them instructions that, if followed, would bring a restoration of the land. Abraham was willing to obey and follow God, and was led to a land that was promised to his descendants, a land where God could nurture a great nation of faithful believers. Abraham's descendants did not inherit the land immediately but were eventually called out of Egypt as a nation of slaves and invited to serve God in a land flowing with milk and honey.

What was God's plan for the children of Israel? Did He choose a people accustomed to slavery so they could endure poverty and hardship as they learned to live on the land? Today, when God asks us to move away from the slavery of the cities to the freedom of the quiet countryside, is He

asking us to accept poverty and inconvenience as a requisite for obedience?

It seems today as though the majority of people equate "country living" with "poverty." They even speak resignedly about giving up the "good living" in the city, "tightening their belts" and moving out to the poor countryside because they believe it is "God's will" for them.

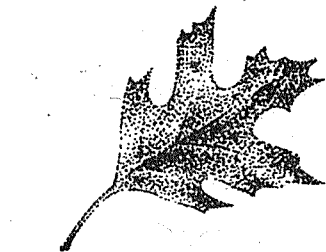
When God called the children of Israel, however, He was calling them to prosperity, not to poverty; to abundant prosperity!; to spiritual prosperity and material prosperity; to prosperity of intellect, health, and craftsmanship.

God even promised to teach them how to make the land resemble the Garden of Eden in its original perfection. Bible scholars have brought together in the SDA Bible Commentary the following description of God's promise to Israel:

"As the people cooperated with the doctrines God gave them in regard to the culture of the soil, the land would gradually be restored to Edenic fertility and beauty. It would become an object lesson of the results of acting in harmony with moral as well as natural law. Pests and diseases, flood and drought, crop failure — all these would eventually disappear."⁴

Can you imagine such a thing! Growing your own food with no pests, no diseases, no floods and no drought!! Those who try to grow a garden today are all too painfully aware of how un-Edenic our land is. Consider the prosperity that would come to a couple who could demonstrate to the rest of the world how to manage the land like God promised to teach the children of Israel.

Such prosperity, however, was offered only on certain conditions. Some of these can be found in Isaiah 58, such as OBEDIENCE and TRUST: Obedience to God's law, with an emphasis on Sabbathkeeping (the sign of true faith), and a continual reminder of the Source of all blessings.



What were the methods God planned to teach the children of Israel in regard to the culture of the soil that would return the land to Edenic fertility and beauty? The Scriptures reveal only a few insights, such as letting the land rest one out of every seven years, and placing the land in perpetual ownership by the people.

Either the complete instructions were never given to man, or they were not preserved in writing for our benefit. Consider

the prosperity that would come to us as a people now if we had all the information God had to give us in this regard. Consider also the tendency of sinful man to use God's blessings only for self-aggrandizement, rather than for a blessing to all people. It seems true that God can trust man with only one step at a time.

God promised the blessings of rainfall at the right time and the right amounts to ensure a bountiful harvest for His obedient people. To the disobedient He withdrew the rainfall, as in the time of the wicked King Ahab, when the rain ceased for three and one-half years. Not only was Ahab and his household affected, but the whole land suffered. God had to perform a miracle to provide oil and meal for the widow who fed Elijah in a heathen land because of the drought and the resulting famine.

The continued disobedience and distrust by the people of Israel prevented God from fulfilling His promise and brought them a curse instead of a blessing.

What does the one-time "promised land" look like today? Much of the hill country of Palestine, Lebanon and Syria is barren of any rich soil and grows only thistles and weeds. The scanty rainfall makes farming difficult, even in the valleys where some topsoil remains. The once beautiful forests of Lebanon which supplied the cedars for Solomon's building projects are practically nonexistent today.

The majestic Cedars of Lebanon have been transplanted to foreign soils, where they are scattered reminders of the promised blessings. These few cedars growing in other lands as descendants of the giant forests of old may be a fitting symbol of God's willingness and eagerness to bless His people wherever they are as they fulfill the conditions of the promises.

Are we ready to receive the blessings with the conditions?

Could the Lord teach us today how to live on the land with great prosperity?

Could we learn how to manage the ecosystem to produce an abundance of food with no pests and diseases, no floods or drought?

God cannot reveal to us more than we are willing to accept and do now.

A servant of the Lord wrote in 1903:

"God gave to our first parents the means of true education when He instructed them to till the soil and care for their garden home."⁵

Promises, instructions and warnings from the prophetess, Ellen G. White, to God's remnant people are compiled in the booklet "Country Living."

We are admonished not to move out of the cities prematurely, without proper guidance from the Holy Spirit and without a proper knowledge of how to live on the land.

"Country living" is presented as a way of life, with emphasis on simplicity and economy, but not poverty and degradation. Prior to moving out of the cities, a basic "philosophy of country living" must be developed, or many who make the move will be dissatisfied, deluded, and shaken in their Christian experience.

As a way of life, country living can start anywhere: in a crowded college dormitory room; in a boxed-in high-rise apartment; or in a suburban tract house. We can start preparing for the Eden life on the New Earth before translation. Our lifestyle here should become as close as possible to the lifestyle there. We should try to have a "little heaven here to go to heaven in."

What we really need most right now is a closer walk with God, so He can speak to us as individuals, telling us through the Holy Spirit, "This is the way, walk ye in it."⁶

¹Ministry of Healing, p. 363

²Education, p. 22

³Patriarchs and Prophets p. 62

⁴The SDA Bible Commentary, Vol. 4, p. 28-29

⁵GC Bulletin, April 6, 1903

⁶Manuscript 85

⁷Isaiah 30:21



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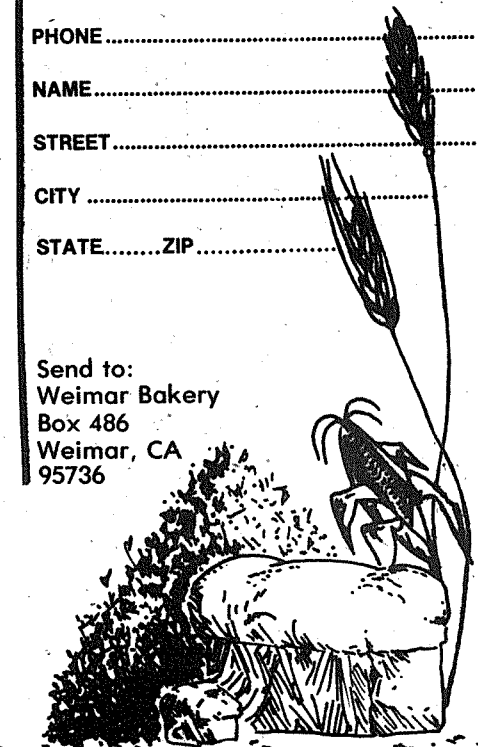
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Behold THE MAN!

S.G.S.

Time spent seeking to know God and His will is an investment that never goes unrewarded. College Week-of-Prayer, Oct. 21-26, conducted by Elder John Loor, president of the Northern New England Conference, was no exception to that rule.

The twice daily series of meetings were based on the premise that what the church needs now is not more information, but inspiration. We need to partake of the divine nature every day. Elder Loor emphasized the fact that the way we receive these blessings, according to the principle found in 2 Cor. 3:18, is by beholding the character of God as perfectly revealed in Jesus Christ. That principle was the theme of the week's presentations.

Elder Loor structured his studies around the final events in the life of Christ, analyzing point by point each of the scenes of Jesus's last hours on earth. An insightful look at Pilate, Caiphas, Herod, the mob, as well as the disciples produced a rich crop of spiritual food and timeless lessons in human nature.

But Pastor Loor did more than that. In harmony with his central focus, he highlighted the splendid, unsurpassed love revealed by Christ in His hours of agony. Our thoughts were ever guided back to the overriding theme of the week: "Behold the Man" Behold the patience, the sensitivity, the self-control, the forgiveness, the warmth, the willingness to suffer for those

who were yet his enemies. Behold the Man, in whom "dwelleth all the fullness of the Godhead bodily." (Col. 2:9) Behold, and be changed!

Elder Loor recognized the fact that many times after a week devoted to spiritual feasting, many experience a let-down. In order to counteract such a slump, in his last morning talk, he outlined a number of beautiful ways to insure we would continue to have a rich fellowship with God each day. Here they are:

General principles:

1. Surrender the will. Choose to be on God's side and allow Him to take responsibility for your life. Do this first thing each day and trust He will provide all you need.
2. According to the principle found in Ps. 5:3, spend time with God in the morning, before tackling the events of the day.
3. Arrange your schedule (especially bedtime) so you will be able to get up early, feeling lively enough to have a worthwhile time "visiting" with Jesus.
4. Seclusion. Find a quiet place, free from distractions, to commune with the Lord and your own soul.
5. In keeping with the great spiritual truth declared in 1 John 5:4, act on faith not on changeable feelings.
6. Use modern Bible versions for variety and added clarity.

Specific methods:

1. Read the "Conflict of the Ages" series by Ellen White.
2. Pray for the Holy Spirit to be your teacher. (See 1 Cor. 2:13 & 14).
3. Aim for quality, not quantity, in your devotional time. Don't rush to read a lot. Thoroughly "digest" God's message just as you would thoroughly chew good food in order to get the most out of it. (Jer. 15:16).
4. Use Bible commentaries.
5. Underline or highlight outstanding texts.
6. Add cross references in the margins. Also, cross-reference ideas in Mrs. White's writings.
7. If outlines for talks or sermons come to mind, write them down immediately. (They may be forgotten otherwise).
8. Write down "gems" (special thoughts) on note cards for future inspiration.
9. Don't get stuck in a rut! To keep your interest high, vary your readings and devotional activities.
10. Build "clusters." Write a group of cross-references pertaining to a current or controversial topic beside a lead verse.

After a week of practical, inspiring presentations like this, including a day devoted to answering previously submitted questions, everyone reported having received a great blessing.

GOD IS LOYAL TO YOU

Buddy Kruger

As Thanksgiving Day approaches, an average person in this modern world might wonder, "What's with this 'Thanksgiving' bit anyway?!? Maybe it had meaning for a bunch of Pilgrims way back when, but this is today! It's a different world now. We've got enough to worry about with the crazy economy, the unstable Social Security system, war threats and terrorists, strikes and pollution — not to overlook all the local crime and wild things goin' on right in our own neighborhoods. Can't take time for this 'thanks' stuff! And besides, who do you thank anyway? Some far-away, unknown god who's merely the product of a sick or senile mind?"

It's symptomatic that the farther away from the true God and His Word modern generations get, the more they can see no sense or reason behind Christian traditions that previously have been accepted, loved and enjoyed for hundreds of years. One can't blame them, but should take the challenge seriously and have a sensible answer.

Like never before, we Christians need to re-establish the "Thanksgiving spirit" for ourselves, based upon sound reasons. I propose two:

The Creator is worthy of our thanksgiving; and Giving thanks strengthens real faith and joy.

First, how is the Creator-God worthy of our allegiance and thanks?

He is worthy by His attitude and actions for us humans — by His excellent quality of character. His attitude shows up most clearly in His own Law, the Ten Commandments, and in the life of Jesus Christ, His Son.

As any law — divine or human — suggests to us something about the people who make or support it, so God's Law can tell us about Him: His thoughts, motives, actions and personal conduct. His laws reflect His own character, or what He Himself does and is like.

Love is at the core of Him, because Jesus tells us in Matt. 22:38-40 that all the Law is carried out by applying the one principle of selfless love. That reflects a loving Law-giver, a God of love (1 Jn. 4:8), Originator of a law of love (Jn. 14:15 1 Jn. 5:3).

Take a look at His first commandment (Ex. 20:3): You shall have no other gods before me" What does this say about Him? How does it describe His life and character?

You may have to reword it to help you visualize its statement about God. How can

we do that? — Let's try! What about this for a start:

"I (God) will have (or hold) no other (person in my affections) before you."

Is that a true statement about Him? Does that reveal something about Him and His attitude toward you that you didn't catch before? Does God really have such a consuming devotion to you and to me that he makes a commitment like this — a pledge and a promise of total fidelity to us?

"Yes!" A thousand times, "YES!!" He is that kind of Person. He would never command or ask us to do something He Himself does not do. He has and does commit Himself to you and to me and to all mankind in this special, personal way. The Scriptures confirm it over and over again:

He loves us first; that's why we love Him (1 Jn. 4:19)

It is with an everlasting love that He attracts us to Himself (Jer. 31:3)

With a new, reliable love every morning He welcomes us (Lamentations 3:22,23)

He's loyal to us, sacrificing Himself for us, even when we have been His enemies, living in ignorance and rebellion against Him (Rom. 5:8).

His commitment to us is of such a quality that He values us as outstanding among many competitors — like a bridegroom admires his bride (Song of Sol. 6:8, 9; Is. 54:5, 62:5; Jer. 3:14)

Look at the many Scripture biographies recording how loyal God has been, how He "stuck" with people through thick and thin, good and bad: Abraham, Moses, David, Jeremiah, Jonah, Peter, John, Judas, Mary Magdalene, Saul the Pharisee, etc. These are but a few of the many examples of how God looks at people today, for He never changes (Malachi 3:6, James 1:17) He is keeping His own first commandment in His own attitude and actions toward us now.

In short, it means this love of His for you and for me is so great He allows nothing to come between us and Him. He gives you His exclusive, personal attention, setting His mind, heart, time and energies upon you. He is a First-Lover, pursuing you, persisting after you to win your affections.

God reserves Himself for you alone. His own cost and reputation are no considerations. He lives positively toward and for you as if there were not another more important person in the whole universe. The tragedy of this all is that most people have never seen God's character reflected by His Law. They haven't known how wonderful is His love, His forgiveness, and His commitment to their best good.



A captured moment of spontaneous joy and thanks.

As you examine His attributes, can you now see something for which to give thanks? Do you agree about Who deserves all our thanks, praise, and celebration? Why, to see God as He really is inspires one with a new sense of worth and hope and an inner desire to copy Him. "You shall have no other gods before Me" takes on new interest to us because we've admired it first in His life.

I begin to ask Him, "How can I thank You enough when You're so kind and patient with me, in spite of my failures?" Thankfulness then draws us into seeking a new relationship with this God of Love — this God of happiness and loyalty. We want to set up some better connections with Him by taking time to talk to Him, and especially listen to Him talking to us through His Word.

Yes, "thanksgiving" for the right reasons is special — not only for one day in November, but also it can be a powerful dynamic everyday to change our lives for the better year 'round.

Weimar Bulletin

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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Three Heart Attacks by 36

Arnold Ayala as told to Steven Siciliano

I had two heart attacks in 1979, and another in May of 1983, but I just kept on living as I had been for the past 36 years.

About three months ago I found a new dentist in Chico, where I lived for a year and a half. It turned out that he is the son of a Weimar Institute Board member, and after seeing my medical history he recommended I come to NEWSTART.

What he said made sense. I had an inkling that this was the type of diet and program I should be on. I believed it would help to take a month away in a place where I could re-train my thinking process in regard to health and lifestyle. So I enrolled in the September 23 to October 18 session. And it did a lot of good for me.

The main benefit I think I got here was that it put me on the right track. I wasn't eating right. I was eating like the average American, which wasn't doing my condition any good.

I had an extremely high triglyceride level when I first came. (1,155 mg/dl. — see physician's observations.) After just one week it had been cut in half. After the

second week it had been cut in half again. My cholesterol level also dropped a hundred points.

The program was everything I expected it would be and more. What I liked especially was that the health class lectures were simplified and made very easy to understand. Many times you go to see a doctor and he throws a lot of technical terms at you and you really don't get the gist of things, but here you do. They make sure you know exactly what the process is.

When I go back home, where the temptations are staring me in the face, I expect a lot of hard work keeping to the healthy lifestyle I've been practicing here. I've always been pretty good in the kitchen, so I won't have any problems there. It will be like playing with new things. The one thing I'll have to work at finding time for is WALKING! I work during the days, so I'll just have to plan to do my walking in early mornings or late afternoons or evenings. But I only have to think of one reason for it all: LIFE!!! I want to live. That will be my motivation.

HEALTH VAN TRAINS STUDENTS

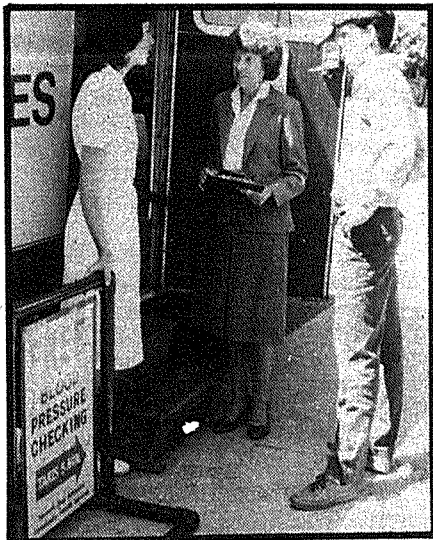
Weimar's Mobile Health Van is not only a public service unit doing health assessment work, but also a training facility for Health-Education students of Weimar College. The following are students reporting on their first trip out in the van.

Joel Neil

It began Sunday, Oct. 21, with an excitement hard to contain. I had prepared myself, but did not know for sure what I was getting into. The jolting ride to Auburn in the van made me look forward to the day the rest of the shock pads will be installed.

As we parked at the first shopping mall, my fears climaxed. I was inside a vehicle identified with a religious organization; the time had come; and I felt awed as the people walked around our van on their way into K-Mart. When they began coming in the van, we three new "van-guards" tensed! What were we supposed to do? Where was the Sphyg? And which way did the air knob turn to close? Was it "three pounds of fat for 5 miles of blood vessels" or "five pounds of fat for three extra miles"?

As the technicalities of taking blood pressures became easier, the warmth of the experience began to snuggle up to me. These were real people! Yes, the young black lady, a member of the Coast Guard, needed friendship. The young girl who was taking the bus to a large S.D.A. church at a distance because her foster parents didn't know of the closer local one. She needed encouragement for she was a freshman enrolled for the first time at a public high school. There were also wide-eyed kids who came in and became entranced by that falling silver column on the sphygmomanometer, indicating the state of their health. Then, there was the lady who told me about her smoking habit. Could we help? A local church just happened to be holding a Five-Day Plan for such needs. There was a strapping young athlete who looked at me in amazement when he found out I was a vegetarian and still active physically. I even skied!



They were people not to be feared but helped. I learned to love this aching world with its arthritic joints, painful places, and hurting hearts. I thought of a Master Who was near, and Who had said "Come unto me and I will give you rest." With Him I want to give that message too.

Dean Strait

Just before we left we prayed for God's blessing on our day and that we would represent Christ's character and thus reach somebody with His love. (I had to ask for humility and a humble spirit because it is so easy to get proud and high-minded.)

We arrived in Yuba City and set up our signs. I was assigned to be a receptionist. "Good morning! Would you like to have your blood pressure taken?" Now what do I say? Oh yes — "Just sit down and fill out this form and a technician will be right with you." Oops! I mean, "A technician will be with you as soon as one is free." Did I say that right?

What a mind rush! What to say? How not to offend and yet counsel them in the direction of good practices in lifestyle? Only the Holy Spirit can lead us to say things needed at the right time.

Physician's Observations

Sidney Nixon, M.D.

NEWSTART Physician

At age 36, Arnold has already had five years of coronary artery disease symptoms: chest and neck exertional pain and shortness of breath. In 1979 he had two heart attacks, three weeks apart, followed by a third in 1983. Coronary angiography showed two 100% occlusions and a 30-40% stenosis. Aortocoronary bypass surgery was not recommended. He came to the NEWSTART lifestyle program on full medication: Inderal, Cardizem, Dyazide, potassium and aspirin.

WHY should such a young man have such severe disease? Let us look at the blood chemistry. Normal triglyceride blood fat fasting level should be under 150 mg/dl. Often, they are high in the 200 and 300 ranges in atherosclerotic vascular disease and diabetes.

Look at Arnold's triglyceride level: 1155 mg/dl! That is VERY high. His total cholesterol is also high: 280 mg/dl. His high density lipoprotein cholesterol (HDL), which reopens arteries, is low: 21 mg/dl. HDL should be up to one-fourth or more of the total cholesterol to prevent a lifetime of plugging up arteries.

No wonder Arnold has come to learn heaven's NEWSTART lifestyle: the premium whole plant food diet, walking and exercise, water drinking and hydrotherapy, sunbathing and outdoor living and agriculture, breathing deeply pure fresh air, and early bedtimes for regular adequate sleep, rising early, refreshed to personally and privately spend time with his Creator in prayer, Bible study, and hearing God's Holy Spirit directing today's plans and service.

Such earnest commitment Arnold showed to do whatever he must to reverse his disease! Although his habit has been to eat anything that moves — with all its cholesterol and fat, although his liver has had to make enzymatic decisions and changes to keep all those lipids out of the bloodstream where they will do the least damage, although his forefathers have eaten anything that crawls or wiggles and passed to Arnold the genetics for a Type IV hyperlipoproteinemia, Arnold is getting WELL!

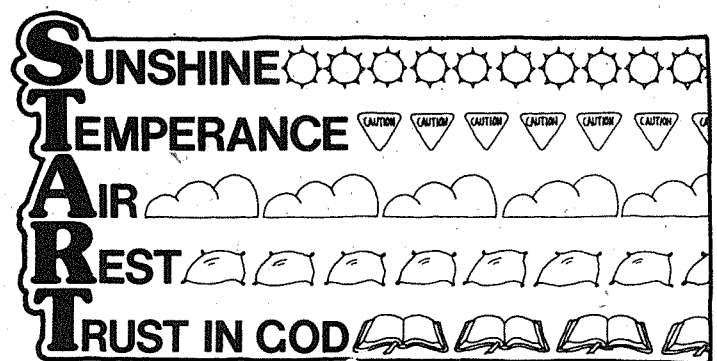
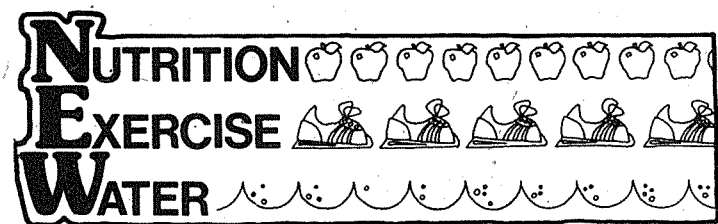
With only moist eyes, the male evidence of the depth of emotion and desire, hope and commitment, patient and doctor consult together with God 30 minutes twice weekly. As the mask of medications is reduced in dosage and frequency, the expected exertional shortness of breath and ischemic pain comes earlier, to be met with slower walking, deeper breathing, and longer rests, and more gradual increase in exercise rate.

Seven days later, triglycerides have dropped to 514, 14 days later to 311, 19 days later to 270. Cholesterol has dropped to 192. He has been fully satisfied with 590 to 1120 daily calories of whole plant food. Arnold's weight has decreased 10 pounds. His initial maximum treadmill pulse of 100 has now increased so that he may safely exercise to a pulse of 125. He is making up to eight miles per day.

We praise the Lord for Arnold's progress, and pray for him and his family's continued progress in healthful daily living!

GOD'S KEYS TO HEALTH

Eight Natural Remedies



Acronym by Bill Dawson

Design by Terry Zeyen

Reference: E. G. White, *The Ministry of Healing*, (Pacific Press Publishing Association, Boise, Id. 1905) p. 127

David Moravetz

The big day came for me on the van. There wasn't any real excitement, just a quiet peace in my heart knowing God would teach me and be with me throughout the day. God taught me an important lesson in reality. It seems that often I tend

to separate true religion from my everyday activities. But seeing all these people with their problems I know in my heart the same God I had read about in private devotions would help them with their daily lives.

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