

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 4 NO. 4 APRIL 1980

Students Conduct Spring Week of Prayer

"To worship the Creator is to allow Him to fulfill His divine purpose in our lives — that purpose being to reflect His character, to grow up to be like Him. And that begins now." With this attention-getting statement Doug Gibson clinched his end-of-the-week presentation of the Student Week of Prayer held at Weimar Institute February 25 to March 1.

Basing their study on Revelation 14:6-12, various student speakers focused the attention of the Weimar family on the Three Angels' Messages and stressed the need and responsibility of proclaiming the Everlasting Gospel to the world. They spoke of the worship and allegiance due to the "Lamb of God which taketh away the sins of the world," and gave non-optional reasons why we as creatures should praise our Creator. It was forcefully brought to mind that salvation "Is come," that it is a present reality. Students also emphasized that it is reasonably possible for God to have a real, live, dedicated group of people on the earth who do, in fact, represent Him.

Marvin Watts, one of Weimar College's newest students from Stockton, California, started off the 11-part series by giving a brief historical background to the first, second and third angels' messages. Citing the conviction and dedication of the Advent pioneers of the 1880's, Marvin's presentation echoed the thought that "the same Everlasting Gospel from the time of Adam down to our day — the truth about God's love and authority — is to be proclaimed as an un-failing hope to a dying world in these last days."

Using as an object lesson a portable tomato plot overgrown with weeds,

Diane Smith beautifully illustrated her topic, "How to Fear God." She very vividly demonstrated how we can truly worship God in our lives by putting away the weeds of pride and selfishness and allowing the Heavenly Gardener full permission to cultivate the soil of our hearts. The choice is ours.

Reinforcing the concepts of worship and witness Steve Heuer focused on the importance of giving glory to God in our diet. With particular emphasis on the poignant lessons to be learned from Elijah in the time of famine, John the Baptist's diet in the wilderness, and Jesus feeding the five thousand, Steve suggested that:

"The blessings that God wants to give us are going to come through the avenues of simplicity; simple trust, simple love, simple obedience to the blueprint that God has given us to follow."

Friday evening brought the Weimar family together in a special Lord's-supper celebration. Mike Barnett spoke on the last message of mercy, giving some interesting insights into the meaning of God's wrath.

Sabbath morning, in a unique 6 a.m. closing meeting, in which Hal Mayer led out, the family again rededicated their lives to the task of being co-partners with God in His world-saving enterprise. They accepted the commitment of bearing the message of "good news" (that God, who is holy, just and glorious, is also full of unconditional love for His creatures) to all who will listen, fully believing that it is entirely possible for God to manifest this kind of love in their own hearts.



Week of Prayer speakers, from left to right, Mike Barnett, Betsy Stimpel, Hal Meyer, Don Crumley, Greg Harper, Diane Smith, Doug Gibson, Marvin Watts, Allison Jones, Steve Heuer, and Linda Potter.

Visit to the South

By Colin D. Standish

When Ellen G. White first pointed out Madison as the site for the establishment of a school and a sanitarium, this was by no means the first self-supporting institution operated by Adventists. Self-supporting work goes back at least to 1855 when Martha Byington taught in a little school at Bucks Ridge, upstate New York. But in reality all the early Adventist workers were self-supporting, functioning long before any formal church organization was established.

However, Madison sparked a new dimension of self-supporting work within the church. And although it is

more than fifteen years since Madison College closed its doors, the influence of Madison is still providing an ever increasing impact upon the finishing of God's work. Thus, it was appropriate when I journeyed to the great southland toward the end of February, that I first visited Madison. It was sad to see empty spaces where the buildings of a great institution once stood. Yet, Madison still has a strong Adventist presence with an elementary school, academy, hospital and Adventist Book Center.

While at Madison I had the opportunity to dialog with Mrs. Mable Towery, Mrs. Towery is the editor of the *Madison Survey*, the alumni paper of Madison College. This paper bears eloquent

testimony to the fact that the Madison spirit is very much alive and that Madison graduates are still making an impact upon God's work way out of proportion to their numbers.*

My next visit was to Herbert Hills Academy near Savannah, Tennessee. This is an academy of about 40 students, under the umbrella of the Laymen's Foundation. Also on the campus is a modern retirement home which provides work and income for the students. Located in Hardin County, close to where some of the severest Civil war battles were fought, this academy represents the first Seventh-day Adventist presence there; but now Savannah has Continued on page 6



FROM OUR PRESIDENT

When will Jesus Come? Conclusion

Last month we discussed the fact that it is the privilege of every Christian to develop a Christlike character. We suggested that this will accomplish two purposes: first, it helps to vindicate God's character by proving Satan wrong in his accusations against God and His law; and second, it helps reveal Christ's character to those who must still determine which side to join in the great controversy. Last month we focused on the first; in this column we will consider the second.

The Bible makes it very clear that at the time Jesus returns there will be but two groups of people on the earth. These two groups are pictured by Jesus in a variety of ways such as sheep and goats, wheat and tares, wise and foolish, and faithful and unfaithful. The book of Revelation develops this theme in greater detail by comparing those who have the "seal of God" with those who have the "mark of the beast." Whatever the symbolism, it is obvious that the two groups are the saved and the lost. But what is necessary in bringing about this polarization?

As we have indicated before, the great controversy centers around the character of God. Unfallen angels and inhabitants of other worlds have made their decision-for God. Fallen angels have made their decision-for Satan. The controversy cannot end until everyone on this earth has made a clear choice (based on adequate evidence) for God or for Satan. Where are people to find this evidence when the world, though often highly religious, seems under the control of Satan? We are told that "It is the darkness of misapprehension of God that is enshrouding the world. Men are losing their knowledge of His Character. It has been misunderstood and misinterpreted. At this time a message from God is to be proclaimed, a message illuminating in its influence and saving in its power. His character is to be made known. Into the darkness of the world is to be shed the light of His glory, the light of His goodness, mercy, and truth." COL 415 (emphasis supplied).

How has God chosen to make His character known in these last days? "The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of Love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them." Ibid. 415-416.

"Through the Holy Spirit, God's word is a light as it becomes transforming power in the life of the receiver. By implanting in their hearts the principles of His word, the Holy Spirit develops in men the attributes of God. The light of His glory—His character—is to shine forth in His followers. Thus they are to glorify God, to lighten the path to the Bridegroom's home, to the city of God, to the marriage supper of the Lamb." Ibid. 414.

We see then that the last message of mercy, "Fear God and give glory to Him," (Rev. 14:7) is fulfilled in His people. As His character is revealed, as the evidence is seen, as the invitation is sounded, people are faced with a clear choice. Either they must be absolutely convinced of the trustworthiness of God, or they must side with Satan. When this choice is made, there will be but two groups. One group will be so committed to the truth about God's character that no matter what Satan does to convince them, they cannot be moved. The other group will be so solidly behind Satan's counterfeit that no matter what God does to convince them, they cannot be moved. When this occurs, when no one remains undecided, Jesus can come.

Now the statement "When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own" (COL 69) takes on new meaning. This character development helps to accomplish the two primary purposes for which Christ has been waiting: the vindication of God's character, and a final decision by all observers of the great controversy. We can also understand more fully that, "It is the privilege of every Christian not only to look for but to hasten the coming of our Lord Jesus Christ, (2 Peter 3:12, margin). Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be ripened, and Christ would come to gather the precious grain." (COL 69).

Robert L. Fillman

Sincerely,
Your brother in Christ,

Robert L. Fillman

Ray Lindgren Makes a "NEW START"

By Shirley Van Vliet

Ray Lindgren, a warm, energetic man with a relish for life, came to Weimar Institute on January 7, 1980, entering a 25 day program that would dramatically affect his life. During this time, Ray underwent changes that would allow him to make a "New Start".

A production supervisor for the "Los Angeles Times", Ray has been working for this company for the past 25 years. The many deadlines and the responsibilities of supervision placed him under constant stress. Ray's ambition and keen interest in whatever he happened to be involved in, resulted in many pressure-filled situations. Strained family relationships also took their toll.

Several other behavior patterns continued to weaken his body for some time. He started drinking regularly in his early twenties, and has been smoking for the past 28 years. Ray thought that he was being very health-conscious when he chose to take only five drinks instead of six! The thought of exercising never occurred to him. When his heart rebelled after years of this type of treatment, it nearly cost him his life.

The knowledge that he had high blood fats led Ray to be interested in a vegetarian diet. In order to obtain more information on vegetarianism, he went to Adventist Book Centers and also to two Seventh-day Adventist hospitals in southern California.

Severe chest pains in June, 1979, led Ray to seek the advice of his physician. An electrocardiogram and other tests appeared normal, but the chest pain continued.

June 8, a week after the chest pains commenced, Ray was admitted to the hospital, where more extensive examinations could be given. June 11, an angiogram was performed. Thirty minutes after the angiogram was given, Ray underwent cardiac arrest, which involved more than twenty percent of his heart.

A nurse later told Ray that when she took his blood pressure he had none! She quickly tried to find his pulse, but without success. "Code Blue" was called, and immediately doctors and nurses converged and worked feverishly to retain Ray's feeble grasp on life.

With the aid of an external pacemaker, Ray's heart was kept functioning, but it would not operate without the aid of the pacemaker for the next four days.

"This is when the miracle occurred," says Ray, smiling. "At the end of the fourth day my heart started beating irregularly and feebly. On the sixth day it was able to



Ray Lindgren (second from right) exercises with fellow H.E.C. Guests.

maintain a regular beat on its own."

Around this time, extensive clotting occurred. This resulted in the use of massive doses of anti-coagulant. Even this seemed to have little effect on the situation, initially. However, the clotting finally abated. Apparently the patient's collateral system expanded somewhat, enabling the smaller vessels to compensate for the incompetent larger veins and arteries.

While recuperating in the hospital from his coronary event, Ray's right lung began filling with fluid. It was necessary for this to be drained, but the process of draining resulted in painful plural adhesions.

Ray remained in the hospital for 26 days. During this time, he diminished from the 183 pounds that he had weighed upon entering the hospital, to a gaunt 150 pounds. He left the hospital in an extremely weakened condition.

Being an active person, Ray wished to return to work soon after his hospital stay. His doctor was very reluctant to agree to this, and continued with each visit to advise his patient to wait a while longer.

Ray was hesitant to undergo heart surgery. He was considering his future and the possibilities of surgery when he met a dietician who told him of a facility where her mother was being helped. The dietician, whom Ray met while having a vegetarian breakfast at an Adventist hospital, was able to obtain the address and phone number of the Weimar Institute for him.

Ray immediately phoned Weimar. He was encouraged with the prospect of coming for the program; he appreciated the balanced approach that the Health Education Center offers. After speaking with Dr. Chen, Weimar's Medical Director, Ray decided that he should come for the next session.

When asked what his impressions of Weimar were upon arriving for the session, Ray indicated that the first thing he noticed was that he sensed "a real genuineness in the staff, not just formal professionalism". He was also pleased that such comfortable accommodations were available. "I was mostly impressed with the people at Weimar, though," stated Ray. "They were very caring, very concerned, from

"What you need," explained the surgeon, "is a quintuple bypass."

The doctor referred Ray to a heart surgeon, who helped him to more completely understand the seriousness of his heart's condition. Ray learned that one circumflex was 95 percent blocked, his right coronary artery was 80 percent blocked, and the anterior descending had two 25 percent blocks. A Myocardial Infarct left 20 percent of his heart necrotic. "What you need," explained the surgeon, is a quintuple bypass."

the first day." Ray expressed special appreciation for the physicians as well as for the rest of the medical staff. "They were very close and warm," he continued. "They were always ready to listen with real interest."

The lifestyle at Weimar was quite different from anything that Ray had previously encountered. The diet and exercise program and the spiritual emphasis

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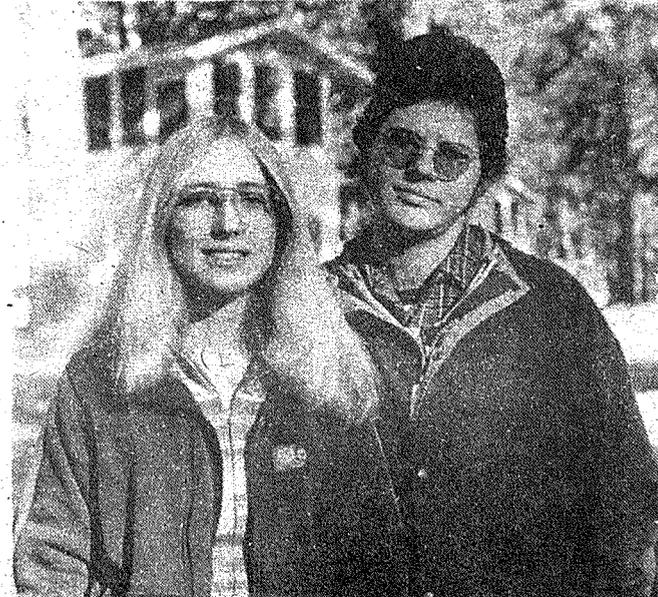
New Faces



Jackie and Dan Bruno



Sheryl Clark



Shirley and Mike VanVliet

Dan and Jackie (Sundin) Bruno

Dan and Jackie are not really so new to Weimar anymore, but since we missed putting them in the Bulletin when they first came we will introduce them now.

Jackie joined our staff last July as principal-teacher in the Weimar Elementary school. She has previously taught church school in Toronto, British Columbia and most recently in Red Bluff, California.

While in Red Bluff she attended a health lecture conducted by Richard Fredericks and Dr. Zane Kime and this sparked a lively interest in her regarding Weimar Institute which seemed to be following certain principles of health and outreach which she believed in. So Jackie applied for a teaching position while her husband, Dan, applied to be a student in the college.

They were both accepted in their respective roles and we feel that we are really blessed to have them here.



Vernon, Jeanie, Carol and Stuart Putz

blessed with her pleasant personality and smiling face.

Vernon and Jeanie (Escobar) Putz

About two months ago the Putz' joined the Weimar Family, having come directly from three years of mission service in Japan. There Vernon worked at setting up a physical therapy program in the Tokyo Sanitarium and Hospital and also trained Japanese nationals.

A graduate of Loma Linda University, Vernon worked as a self-employed orthopedic physical therapist for several years in Oconto, Wisconsin, before going to Japan in 1976. His father, Clifford, was one of the very first health guests to benefit from the Weimar Health Education Center's program; and through this contact as well as by reading the monthly Bulletin and associating with several staff members, Vernon decided to dedicate his time as physical therapist in our center here.

Jeanie, his wife, assists Jeanine Howard with

medical records for the Health Education Center.

The Putz' have two children, Carol and Stuart, who are students in the Weimar Elementary School.

Mike and Shirley (Parson) VanVliet

Mike and Shirley, who had done some personal study on outpost centers and self-supporting work as sanctioned by the Spirit of Prophecy, first heard about Weimar from a Kime-Fredericks lecture in Gentry, Arkansas. As a result of this stimulating lecture, they decided to come to Weimar and visit for first-hand information. They liked what they saw although they arrived at 2:00 a.m. one Sunday morning last July when things were kind of quiet. Mike, who had been farming in Watts, Oklahoma, has assumed his full share of orchard and greenhouse activity, although this is quite a bit different from what he has been used to doing. Shirley doubles between working in the Business Office and delivering bread for the Weimar bakery.



WEIMAR INSTITUTE

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

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WEIMAR INSTITUTE BULLETIN

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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

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.

Clothing the Limbs

By Beverly Cox, M.D.

Few people realize the importance of keeping their extremities warm. This is especially true of women whose fashions are often noted for bare extremities. Over 75 years ago one woman observed that "there is but one woman in a thousand who clothes her limbs as she should."¹

In order to discuss the importance of keeping the extremities warm it is necessary to understand the circulation of the skin and how it relates to the rest of the body. Basically, there are two systems that bring blood to the skin. The first includes the arteries, capillaries and veins that bring nutrients to the skin. This accounts for very little blood. The second system deals with the temperature controlling mechanisms for the whole body, and this is an extensive system of veins that can hold large amounts of blood.

When the weather is hot and the body needs to cool off, this extensive system of veins in the skin fills up with blood and heat is able to escape from the body. When the weather is cold these veins have very little blood in them so that little heat is lost from the body.

The palms of the hands, soles of the feet, lips, nose and ears have a special system in which blood can quickly enter or leave the big network of veins in response

to a cold or hot environment. When the weather is hot, the nose and ears often get red from the large amount of blood flowing through them. On the contrary, they appear white at first when they get cold. However, as the temperature drops below 40-50° Fahrenheit they again become red as more blood rushes into the skin to prevent frostbite.

In hot weather the veins in the skin can have nearly three quarts of blood flowing through them every minute. In cool weather, however, the blood flow through these veins is about one-half quart per minute. Where then does the other 2½ quarts of blood go that would be ordinarily present in the skin? The excess blood goes to the internal organs and this is where we begin to get into trouble.

When the extremities are not adequately covered in cool weather much of the blood leaves the skin and can cause congestion in various internal organs. Since "perfect health depends upon perfect circulation,"² this unequal distribution of blood in the body can cause disease. If the excess blood goes to the head, headaches or nosebleed can occur. Congestion of blood in the chest can cause coughs and palpitations of the heart. If the stomach gets too much blood indigestion may be the result, and congestion in the pelvic organs may result in menstrual cramps.

I have recently been made aware of a skin condition

that afflicts children and young women when their extremities are exposed to cold. A bluish-red discoloration of the skin appears on the legs and sometimes on the arms. The net-like or marble-like appearance is due to irregularity of blood supply vessels in the skin. This can leave the skin discolored and ulcers may even appear. The treatment for this problem is simply to keep the extremities warm.

There are other diseases of blood vessels that are more common in young women than in men that could possibly be related to improper clothing of the extremities. One is Raynaud's disease. This is a condition in which the fingers become white and numb when cold, and redness and pain may occur on warming. The main treatment is protection from exposure to cold.

Another common disease found mostly in young women is a condition in which the blood pressure in the arteries of the lungs becomes increased. It causes shortness of breath during

exercise and a feeling of fatigue and weakness. Chest pain and fainting can occur in more severe cases. Although the cause is supposedly unknown, it is possible that poor distribution of clothing may have something to do with it. Leaving the extremities bare and cold may drive extra blood into the arteries of the lungs and thus produce hypertension in those arteries.

"The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities. Satan invented the fashions which leave the limbs exposed... Those parents who follow fashion instead of reason will have an account to render to God

for thus robbing their children of health. Even life itself is frequently sacrificed to the god of fashion."³

Today it is easy to keep the extremities covered and warm and still be "in fashion". There are long skirts, warm pants, lined boots, tights, knee socks and long underwear of various materials and thicknesses. Of course, there are all types of sweaters and jackets to keep the arms warm.

A good rule of thumb in knowing how many layers of clothing to have on the arms and legs is to count how many layers are on the chest. If anything, there should be more layers on the arms and legs than on the chest, certainly not less. If a sweater and a heavy coat are necessary to keep warm on top, then long underwear or tights, warm socks and boots are necessary for the feet and legs.

References

1. White, E.G. *Healthful Living*, p. 124
2. White, E.G. *Testimonies for the Church*, Vol. 2, p. 531
3. *Ibid.* pp. 531, 532.

H.E.C. ALUMNI CORNER

His parents named him "O.V." -- no more. All his friends call him O.V. and for 91 years he has responded. When his son-in-law came to Weimar to "take the cure," O.V. Rumsey and his daughter came on the "spouse" basis. All you Alumni will know what that means. O.V. listened to the orientation and met the dedicated people who demonstrated Christian love and decided that he also would sign up for the course.

Perhaps the oldest guest to have been at Weimar, he came with an arthritic knee that had lost about 20 degrees of extension and a back and neck that had limited motion. After the physical therapist and hydro-therapists worked on him he has regained a lot of his knee function and he can lie flat on the floor to take his exercises. His walking has been quite restricted in the recent past, due to pain and weakness. But now a mile walk a day is common, along with 5 to 6 miles on the stationary bicycle.

O.V. particularly expresses his appreciation for the loving care that all have demonstrated and he says, "I am enjoying my walk with Jesus more than ever since coming to Weimar. What an inspiration these young people are!"

Michigan has been his home. His two story brick home has been in the family more than 110 years. James and Ellen White used to visit there frequently. Arthur Spaulding described the home, and how it came to be built, in his book *Footprints of the Pioneers* in a chapter headed *The Room on the Side of the House*.

Weimar's staff and February guests have enjoyed having you, O.V. May God richly bless you. You have been an inspiration to all of us.

Robert N. Brown, M.D.

(O.V.'s son-in-law and fellow H.E.C. "Guest".)

A "NEW START"

Continued from page 2
were especially foreign to him.

"I was really surprised", stated Ray, "that the food adjustment was painless!" Ray admits that occasionally he had a desire for sugar or meat, "but those times are really infrequent". Ray learned to make bread without oil or sugar during his stay at Weimar.

When Ray came to Weimar Institute, he was restricted to walking "around the flagpole". "That wasn't so bad under the circumstances," he stated. "Unfortunately, it rained 11 and a half days while I was here." Upon completion of the Weimar program, Ray was walking three to five miles per day, with no pain! His treadmill test improved considerably during the 25 days of the session. His blood pressure also lowered to well within normal ranges. When asked if he planned to continue the exercise program when he left, Ray replied, "They told us to 'walk as though your life depended on it'. And," he added soberly, "it really does."

Almost immediately after arriving at the Institute, Ray was able to begin reducing his intake of medication. On the fourteenth of January, about a week after arriving, he was able to withdraw completely from all medications. "I was scared," admitted Ray. "When conventional doctors indicate that your life is largely dependant

upon use of the medication, the thought of letting it go is unnerving." He explained that although he had an excellent physician before coming to Weimar, most doctors practicing conventional medicine just do not take the time that each patient needs. It is much easier to prescribe medication.

Ray began to think of bad habits as a way that he was pampering himself. He saw his experience at Weimar as an opportunity for taking time to deal with these problems. Ray thought that the medical lectures, discussing almost any weakness that a person could have, were helpful.

The hydrotherapy and physical therapy sessions were especially enjoyable to Ray. "They were both excellent," he enthused. Then he emphasized again, "They really cared."

In evaluating his experience at Weimar Institute, Ray said that he had really been helped in an area that he had not anticipated. As he observed the staff and the students at Weimar, it became evident to Ray that both were motivated by a deep relationship with God.

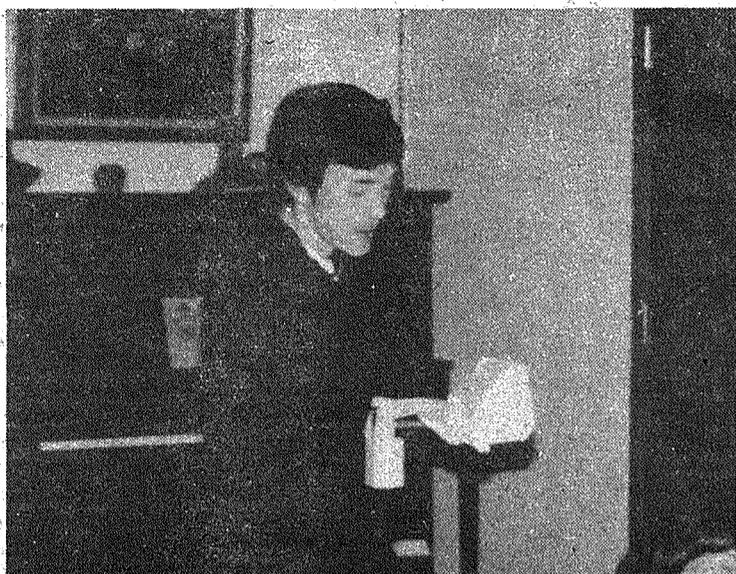
Ray had an extremely weak religious background. His father and his grandfather were both atheists. When someone discussed religion around Ray it seemed to him as if they were speaking a foreign language. Seeing Christ in those who helped him at Weimar enabl-

ed him to gain a new and deeper understanding of God, and His relationship to man. Ray has begun to re-evaluate his life. The spiritual insights gained are one of the most rewarding experiences of the program at Weimar Institute for him.

When asked if he would suggest the Weimar program to others, Ray replied that he most definitely would. In Ray's words, "If you don't do anything else, the most important thing you may do it to come to Weimar Institute. Coronary heart disease was my problem," he added, "but I would recommend Weimar Institute for those having problems with any degenerative disease. The program has not only helped my heart, but also my kidneys, liver, pancreas, brain, lungs...and last, but certainly not least, it has helped me spiritually. And maybe that is really the most important way I have been helped." Ray expected to gain a higher elevation physically in the peaceful mountain air of Weimar Institute, but he also gained a higher elevation spiritually. And, referring to the latter, Ray says that he can never go back to where he was.

The simple natural remedies, Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God, truly have given Ray Lindgren a "New Start" in life, and he is excited about sharing these with the world.

Lake Tahoe Medical Retreat



Dr. George Chen, H.E.C. Medical Director, opens the retreat with a Friday evening message on the surety of our salvation.



Some H.E.C. staff and families gather for a group picture.



Sabbath afternoon provides time for study group clusters preparatory to a communion service.



The security we have in Christ is shared for the Sabbath morning worship time by H.E.C. Chaplain John Wohlfeil.

H.E.C. staff members took seriously Jesus' invitation to His disciples: "Come rest awhile," when they retreated for a weekend in the high Sierra Nevadas for the purpose of spiritual and physical refreshing. With the underlying aim of seeking to achieve greater unity the group participated in an in-depth study of Matthew 18 and its practical application to 20th-century living.



Scenery such as this helped to provide an atmosphere of peace for the weekend.



Dr. George Chen and wife Irma enjoy cross country skiing with other H.E.C. staff.

"It's Really Neat"

By Kent Dickinson

Young people occasionally express approval with, "It's really neat!" Although a look at a Biblical concordance reveals no reference to the word "neat," the synonyms, "clean" and "orderly" are both in the Old and New Testaments.

Others have noted, "Cleanliness is next to Godliness" and "Order is the first law of heaven." The Apostle Paul urged the Corinthians, "Let all things be done decently and in order." 1 Cor. 14:40 He also wrote to the Colossians of his happiness "to see good order among you and the firmness of your faith in Christ." Col. 2:5 NASB

In *Counsels on Health*, page 101, we read, "Order is heaven's first law, and the Lord desires His people to give to their home a representation of the order and harmony that pervade the heavenly courts." We believe this also applies to an institution such as Weimar.

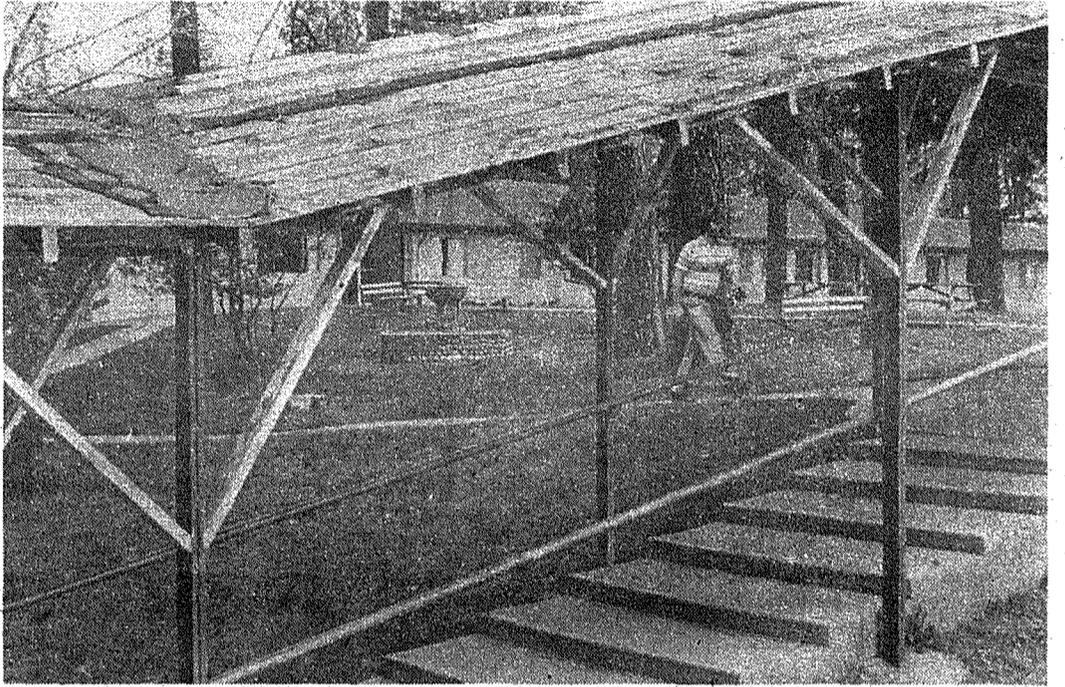
As visitors walk through our campus they notice and sometimes remark about the abundance of older buildings, some of which have existed for decades. The need for maintenance and improvements is obvious, and provides a continuing challenge for us to know just which buildings and projects should have priority in the use of our very limited capital improvement money.

Then there are the materials, supplies and equipment of bygone years to sort through and inventory for possible use or disposal.

It is a valid concern of our supporters that we make judicious use of the facilities at hand, both in upgrading and maintenance. But to pioneer with such facilities today, when modern materials and methods might indicate another course to some, has also been voiced. And it is to this concern that I address my comments.

Some consideration was given by the lay people responsible for Weimar's beginnings to the purchase of a "bare" rural site for building from the ground up the ideally planned facilities. However, faced with the start-up costs that such an institution would require at today's inflationary and escalating prices, our programs would have been much delayed, if indeed feasible at all. The decision was therefore made, after careful and prayerful consideration, that the old sanatorium property known as Weimar Medical Center could be adapted to our needs on an ongoing basis and still allow an early opening time for our health programs and college classes.

History proves this a good decision, for the property was purchased in May 1977 and by May 1978 the first health guests arrived. By September of the same year



The deteriorating covered walkway (foreground) stands in distinct contrast to the recently remodeled H.E.C. building (background).

the college opened for classes. And although the buildings, furnishings and equipment leave much to be desired, the programs have moved ahead.

It would be well to remember that the early beginnings of several of the present Seventh-day Adventist hospitals, colleges and academies were also in already established facilities very similar to our present buildings. That this previously usable plant came to us at a reasonable price thus expediting the commencement of our work has always

been regarded as providential.

Needless to say, there remains MUCH to be done. Progress has been steady; and with the support of our friends we will continue to repair, remodel, adapt, organize, and clean up our facilities to be fully functional and a credit to the work to which we have been called. We believe it is God's plan to not only have smoothly functioning programs, organized so that His people work together unitedly and harmoniously, but that His institutions be

presentable and representative in their order, cleanliness and neatness. And when this has at last been accomplished, we will be able to say, "It's really neat," and thank God for His gracious enablings.

Please remember that we need your ongoing support for the operation and improvement of this institution as much as we needed it in its establishment. Our ideals have taken definite form and it would be regrettable indeed to allow needless delay in their growing fulfillment. 

Visit to the South

Continued from page 16
a fine church of about 160 members.

Continuing further south, I arrived at Pine Forest Academy, near Chunky, Mississippi. In yet another beautiful environment, this school has been in operation for more than 40 years. Once again a fine group of Christian young people were found there. Their program includes an excellent hospital facility which cares for mainly long-term patients. By summer it is planned to develop a health education program which will diversify the medical program. This is yet another Laymen's Foundation institution.

Stopping next at Wildwood, Georgia, the fine work of this institution could be readily seen. Its hospital, health education program and missionary training program, are all continuing to make a significant impact upon the lives of men and women. The outreach of this institution can be seen from the fact that now more than 70 educa-

tional and health units spawned from Wildwood are established around the world including Africa, Asia and Central America. Forty miles from Wildwood is one of these units — Stone Cave Academy. This academy presently has 16 fine young people as students. Like the other self-supporting institutions, it has drawn young people from all over the United States.

Little Creek Academy is located not far from Knoxville, Tennessee. The 60 student academy has for 40 years offered quality Christian education as one of the Laymen's Foundation's early established schools. Like all the others it is supported by a vigorous agriculture program and a hospital. Presently a commodious new hospital is being built. The attention to courtesy and etiquette are clearly in evidence in the conduct of the students.

Laurelbrook is about 90 miles south of Little Creek toward Chattanooga.

Located majestically atop a beautiful plateau with 1200 acres, this academy has about 80 academy students and about 20 advanced students each year. The advanced student courses are designed to educate for specific self-supporting ministry. This academy commenced in 1950, spawned by Little Creek. And, like Little Creek, attracts students from all over the United States and even the world. Once again a fine spiritual atmosphere is in evidence; and the students have an active work program. A fine retirement home is also located on the property.

My last visit was made to Fletcher Academy in North Carolina. This is the largest of the self-supporting academies with almost 200 students. Unlike the others, a considerable number of these are community students. Under the leadership of Sister White, this school was opened by the then "retired" Sidney Brownsberger in 1910. It has excellent facilities and is located adjacent to a 100 bed hospital which provides fine training and work facilities for the students.

In review, it might be stated that each of these institutions has its unique

characteristics and strengths. Yet there are generally common features that seem to run through them all — their strong commitment to basic Seventh-day Adventist principles, and that the Spirit of Prophecy counsel is still relevant in education. There is also a commitment to academic excellence, which sets them apart from many schools, and a Christian emphasis which is obvious in worship, in work, in conduct and in personal ideals. These schools aim to educate our youth for service, not for self glorification; and do so without drawing upon the resources of the church. It is hoped that many of these young people will find their way to Weimar College where they can further their education for the finishing of God's work.

I noticed in particular that some of these self-supporting institutions appear to be a business manager's dream. With set, predictable enrollments and full health care facilities year round, the income seems to be at least 95 per cent predictable. This greatly enhances their financial stability. Also, in most of these institutions the work-study program allows less financially able students

to work their way through an education.

Most of the schools I visited would greatly benefit from an implementation of a community outreach ministry, suited to the age level of the students enrolled, as part of the curriculum. There appeared to be a serious interest in this important phase of education. In some schools the curriculum could profitably be re-evaluated to design a program specially directed toward the ministry goals of God's work in its various phases.

Overall, one could not have visited these institutions without a profound admiration for the leaders and staffs and for a quality of education physically, academically and spiritually hard to match anywhere. I am convinced that the students from these schools will play a significant role in the finishing of God's work. 

**The Madison College Homecoming will be held at Madison, Tennessee, near Nashville, June 20-22, 1980. For further particulars, and for a sample copy of the Madison Survey write to: Mable Towery, Editor, Madison Survey, Box 1303, Madison, Tennessee 37115.*

Maranatha Meadows

Five years ago, as a result of a 17-family in-depth study of the Bible and Spirit of Prophecy, the Maranatha Meadows School, in the Loomis-Lincoln area, was born. Funds for the acquisition of a piece of property were provided in a miraculous way, and the \$100,000 purchase price was completely paid off within the first year.

The school started primarily as an answer to the need for a special institution where Spirit of Prophecy counsel would be made uppermost, the Scriptures would be the central text, and Christ the center of each study and class. With the help of the Lord they are moving constantly toward this ideal. Classes are limited to 15 students per teacher so as to give opportunity for personal contact and individual prayer-counseling relationships between student and teacher. Beginning students are accepted between ages 8 and 10, and are not rigidly confined to grades but progress at their own rates.

In an aim to lead students into the joy of service and the

value of useful labor and commitment, there is a strong work-study program involving work in the garden, school maintenance, sewing, food preparation, mechanics, woodwork, etc.

It is hoped that this school will qualify as a demonstration school for Weimar College students who are studying Elementary and Secondary Education. Jeri Orr, who also serves on the Weimar Institute Board of Trustees, is Chairman of the Board of Maranatha Meadows. Colin Standish, Dean of Weimar College and John Sipkens, Work Supervisor, are both on the Curriculum Committee.

At this time the Maranatha Meadows School is in need of qualified teachers for grades 9 and 10, and also a teacher for grades 1-4. Although it is not absolutely necessary, it would be advantageous if applicants had successful administrative experience. For further information on these openings contact: Jeri Orr, Board Chairman, 7696 Wayland Avenue, Loomis, Ca. 95650. Phone: (916) 652-5166.

WEIMAR INSTITUTE INFORMATION REQUEST FORM (Please Print Clearly)

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CITY STATE ZIP

Please send me a Weimar Institute College Bulletin and student application form.

I have completed (level of education)

Please send me information regarding Weimar's Health Education Center.

Please add my name (or those attached) to the Weimar Institute Bulletin mailing list so that I can be kept informed of future progress.

I am already receiving the Bulletin.

This is a change of address.

I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send me a tax-deductible receipt.

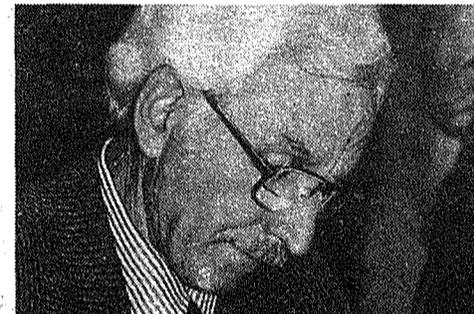
I need information about

CORRECTION

In the last issue (March) of our BULLETIN we announced our summer workshops to be held here at Weimar Institute. In doing so, we inadvertently failed to mention that Dr. Thomas Geraty will be the Coordinator for the Work Experience Education workshop. (Our apologies, Dr. Geraty!)

This workshop will be of special importance to school principals, superintendents, board members, teachers, and interested parents. (July 21-August 8)

If you are interested, please send in your application before May 31, 1980.



Dr. Thomas Geraty

Spring Week of Prayer

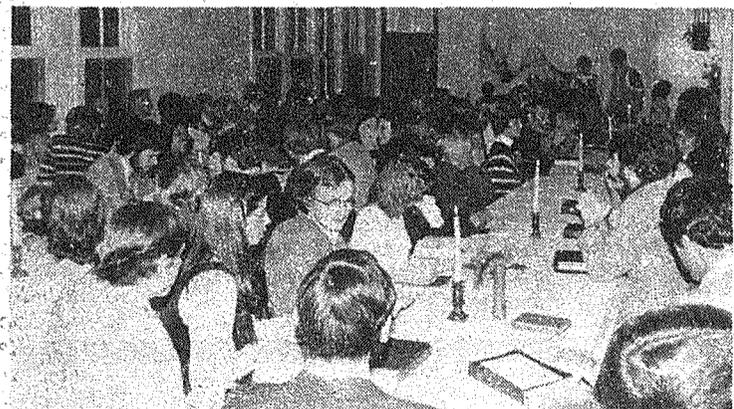
Continued from page

Comments from various staff members and students during this week of spiritual emphasis strongly reflected their gratitude to God that the presentations were not merely little devotional "nothings". Students seemed to grasp concepts pertinent to eternal realities and

were endeavoring to be practically sensitive to the Holy Spirit's insights. Each one is seeking to have demonstrated in their lives the tangibles of unity, self-sacrifice, genuine love and total commitment to Jesus Christ. To this, all of Weimar Institute adds a hearty "Amen!"



Tammy Cazes shares her faith in song.



Friday Vespers/Communion service

from the Weimar Kitchen



Now Available in Revised Edition

Recipes do not call for animal or dairy products, nor for sugars, oils, synthetic vegetable proteins, or other highly refined foods.

Please send me copies of The Weimar Kitchen at \$5.00 per copy. This includes postage and handling.

Bulk rate:
1 to 10 cookbooks \$5.00 (includes shipping & tax)
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25 or more cookbooks \$3.25 (plus tax or resale #)

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Questions & Answers

Q When you talk about cooking without oil, meat, substitute meat products, and refined goods, I get confused. Could you give me a day-by-day diet recommended by your dieticians until I get the idea of how it works? What specifics should it include?

A "Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are

not afforded by a more complex and stimulating diet," E. G. White. Ministry of Healing, page 296

Variety is the secret of good nutrition. Choose a variety of different kinds of the above foods prepared simply. These may be eaten either raw or cooked; without oil, either way. No more than 3 or 4 different kinds of foods should be eaten at a meal. The next meal you can have a change.

In general, the majority of people eat a fruit and cereal breakfast, a vegetable combination lunch, and a light fruit and cereal supper. Most would do

well with a vegetable combination breakfast, a fruit and cereal lunch, or visa versa, and no supper.

For specific hints regarding simple preparation of foods, see the Weimar cookbook, From the Weimar Kitchen, at the beginning of each section; breads, main dishes, vegetables, miscellaneous. Many of the recipes in the cookbook are combinations which may be used on special occasions and can be used as a stepping stone as we progress toward preparing our foods in as simple and natural a manner as possible.

Dr. George Chen

Spring Week of Prayer at Weimar College fills newly refurbished chapel.
For story, see page one.



VOL. 4 NO. 4 APRIL 1980

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WEIMAR INSTITUTE BULLETIN



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FROM OUR CHAPLAIN

By Dick Winn

What would you think of parents giving their child a candy bar as a reward for brushing his teeth?

Have you ever had trouble with the idea of teachers giving their students a day off from school as a reward for a period of regular attendance?

Or what about the preacher who paints enticing word pictures of the heavenly mansions as a means of winning his congregation away from their fascination with their earthly mansions?

Some of us are troubled by such appeals for changed behavior, because it seems that the motivations to which we appeal are as troublesome as the original problem. The little child with candy bar in one hand and toothbrush in the other may have learned to brush his teeth, but hasn't gained much in avoiding the dentist. And the school kids indulging in a day's freedom from school have learned to play

the technical game of attendance at school, urged on by the higher desire not to be there at all! Even the unregenerate pagan would be glad to call himself a "Christian" and make a few "sacrifices" if he saw it as necessary to gain the rewards of heaven.

A more serious question: Would God offer us selfish motivations as a means of getting us to live unselfishly? If the essence of the Christian life is to reveal unselfish love, would God hold out selfish enticements to get us to live that way?

It is true that we can only come to Christ just as we are: sin-damaged, selfish, desperately grasping for what we most need to have. We must know that we are forgiven for sins of the past, loved in the present in spite of our incompleteness, and assured a meaningful future. And Jesus' approach to us is to settle all three of these great needs. To those who give their allegiance to Him, He offers the assurance of

sins forgiven, of present acceptance, and of a heavenly home with the believer's name on it.

Jesus does not dangle these gifts in front of us — as the unreachable carrot on a stick — to provide motivation for Christian living. That would result in entrenching us even more deeply in our self-centered uncertainty. It would complicate the very problem He seeks to heal.

Jesus' goal is to transform our motivations — to base them not on what we need (since He promises to meet those needs), but to lift our sights to a higher reason for living, a God-centered reason! To make God known to a Satan-confused world that does not know Him, that He might be loved, trusted, admired for what He is — this is indeed the grandest motive for living.

Motives are slippery things, hard to identify, and even harder to fully understand. But as a start toward knowing your own motives, think for a moment about

these pairs of questions.

A. Do I seek Jesus as a means of being in heaven? Or do I seek heaven as a means of being with Jesus?

B. Is my greatest desire the Second Coming of Jesus, so that I can be taken from this painful world? Or is my greatest desire to see God fully revealed as He is, so that the great controversy will end, and the whole universe be delivered from the painful conflict?

C. Do I turn to Jesus because I fear to be lost, to be destroyed at the end of time? Or do I turn to Jesus because He is Himself compellingly appealing, and is worthy of my allegiance for His sake alone?

One noted Christian author

approached the delicate matter of motives in this way, challenging popular religious thought:

"The shortness of time is urged as an incentive for us to seek righteousness, and to make Christ our friend. This is not the great motive. It savors of selfishness. Is it necessary that the terrors of the day of God be held before us to compel us through fear to right action? This ought not to be. Jesus is attractive." (Ellen White, Review & Herald, August 2, 1881.)

Jesus is attractive! To know Him, for His sake; to make Him known to others, for His sake — these are the other-centered motives which will lead us to truly unselfish living.

Prayer Request

The Weimar Family invites you, our readers, to join us in prayer during our daily Prayer Fellowship Hour from 7:25 to 7:50 a.m. Your prayers will certainly help to support us in our faith venture here.