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# Weimar Bulletin

VOL. 8 NO. 4

Weimar Institute

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APRIL 1984

## Weimar Students Spend Spring Break in Mexico

By Kevin James,  
participating student

A group from Weimar Academy and College devoted their Spring vacation to assisting in a Mexico missionary venture. This missionary project started with an idea that Pastor Bill Smith of Pacific Union College had — a dream that dealt with sending young students to another country to allow them to see the differences in culture and give them an opportunity to expose others to Christianity. Larry Caviness, the youth director of the Northern California Conference, has united his efforts with Bill to bring this dream into reality.

The first trip to Mexico was in 1979 to help construct some much-needed buildings at an Adventist school in Tezapaco. The next year there were more projects and a need of more students, and growth has continued since. This past year there were eleven projects to be done. One of these projects involved a group from Weimar.

Our group consisted of two staff members, a staff member's son, 8 academy students, and 8 college students. We went to a place about six hours north of Matzatlan called El Fuerte. Our job was to finish putting a roof over two newly built Sabbath school rooms on a two-story structure directly behind the church there — a project we would find challenging and demanding, yet richly rewarding, and one that would, at the end of it all, find a group of fellow students and staff closely knit together, spiritually boosted, and discovering and gaining a whole new family of brothers and sisters in Christ.

The reasons each of us wanted to go to Mexico varied. Our reasons ranged from a change of pace for Spring break to wanting to experience working for others in another part of God's vineyard, and even a mixture of these two. One thing for certain, though, it was our consensus that we all came back a little different than when we left. Many lessons were learned from the events that took place while there.

The trip down was a long one — 30 to 32 hours of travel total — but there was never a dull moment. There was excitement, surprise, and suspense occurring constantly. We nearly left one of our fearless leaders, Danny Bell, behind at the start of the train trip, after he returned late from driving the bus across the border. Then there was the time we observed a Mexican custom's officer, whose mother and sisters were Adventist, witness to his working buddy. He himself claimed to be a non-believer, but he knew quite a lot from Scripture, and he



The students were quite anxious to reach their destination.

explained to his friend like one who did believe.

San Blas — about 45 km from El Fuerte — was the final destination of our 18-hour train ride. From there we were taken by bus all the way to the church. The next morning we woke early and split into various groups to go and partake of our first

Mexican meal — a refreshment indeed after the many peanut butter and banana sandwiches that we had consumed on the way down. All reported excellent meals, and they were that way not because of a change in meal plan but because they were excellent meals!!

Sabbath came and most of us experi-

enced our first Sabbath School and church services Mexican-American style. Our group had Sabbath School together. Then one of our group, Dan Haines, a college student, gave the sermon with David Montalvo, an academy student, translating. But it is the song service that stands out in my mind. We sang a cappella, for there was no organ or piano. And they really sang with all their hearts. Even if they had a piano or organ, one would probably have had to sit next to it because of the beautiful, loud melody that those people produced. It was like the angels were there, mingling their heavenly voices with ours.

Then Sunday came, and that meant the work was to begin. What an experience it was, too! The construction there is not much above primitive as compared to the more modern way that we know of. We used brick to build the wall. We ran out of brick at one point, and how did we get more? Well, no brick, new window. The contractor marked out a rectangular area large enough for a window in the north wall, and motioned for us to chisel away to get the brick that we needed to finish the job. Nothing goes to waste down there. I saw Venetian blinds used to fill up cracks so cement could not ooze through, and bent

Continued on page 2

## A Letter of Importance

### Dear Readers:

We want to bring you up-to-date on what is happening in the lives of some of our Weimar College students. They have a sincere desire to invest their lives meeting people's deepest needs.

As we look around, we see the world is in need. Daily, people are becoming more frustrated with society's failure to provide moral direction, security, and a sense of purpose and personal fulfillment. Many long for spiritual renewal and healing.

As Christians we know that Jesus Christ is God's only solution for a world in need. And college students can be one of the greatest resources for introducing Him to the world.

The Student Missionary program provides a unique opportunity for college students to have an impact on non-Christian young people in other countries. Several Weimar college students have been se-

lected to serve in countries such as Korea, Spain, and the Marshall Islands. Two students will be teaching music (voice and theory), sharing how people can praise God through this talent in a selfless way. Another student will be teaching English and possibly Bible. They will hope to see several of their students commit their lives to Jesus Christ.

Others have already put in a week of service in Mexico during spring break. These students came back so full of enthusiasm and renewed vigor for serving that they are eager to return next year. And they have been invited to return to the same place, El Fuerte, by the pastor of the church. God richly rewarded the staff and students that decided to give of themselves during their vacation.

We are excited about the possibilities that exist for these students who wish to go overseas for a longer term of service. But we also feel a great need for help from people like you.

We feel that we can be successful in pro-

jects like these only as we have the strong backing of support groups. These support groups may help financially, but more importantly, will pray for the students daily during their terms of service, and even write to them in the mission field.

These students would consider it a real privilege if you could join them in this effort. Several of our staff contributed to supporting the group that went to Mexico and more students were able to participate as a result of their willingness to give. There were also some readers that contributed to this cause, and we wish to express our appreciation and gratitude for those loving gifts.

Should you feel impressed to help our student missionaries, please send your check to Weimar Institute, designating it for the Student Missions Fund. You will receive a receipt to use for tax purposes.

Thank you for joining us in mission service through your prayers and contributions. Your loving support is felt and appreciated.

Sincerely in Christ,  
Sonja Phillips  
Student Missions Director

nails pounded back into straight ones. It seemed that they had a thousand and one uses for all sorts of materials; it taught us better use of one's resources.

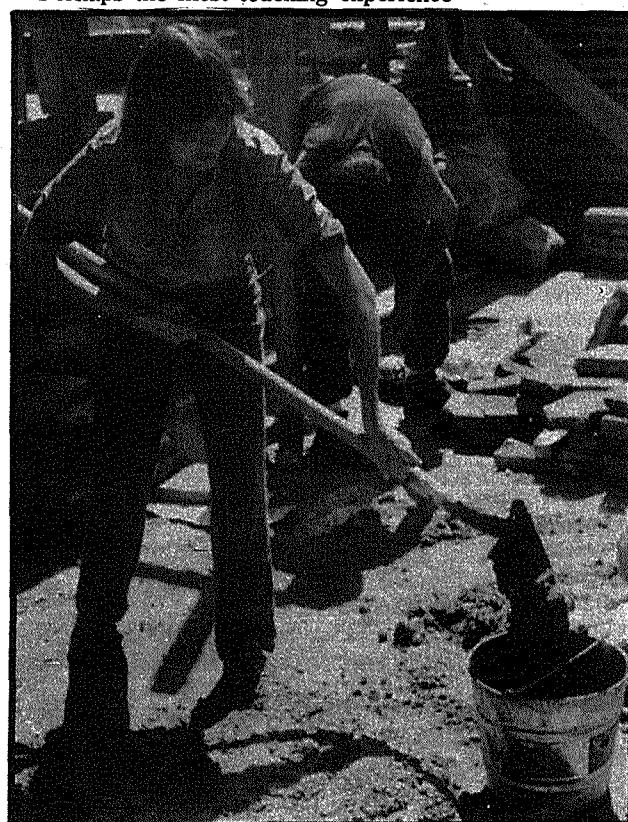
The wall was completed and down came the scaffolding, not to be packed away, but to be used for the form for the cement roof. Supporting the matrix of cement were rod-iron and the boards from the scaffolding braced by poles that came from one of the desert trees of that area. After the rod-iron was put in place and tied together with baling wire, we built a scaffold up to the roof to be used for carrying the cement bucket to fill in the roof. The scaffold had steps every three feet.

The scaffold that supported the bucket brigade we affectionately named The Tower of Babel, but this time the language barrier was not there to provide confusion. No, the Lord's guiding hand was there at all times helping us every moment for the accomplishment of the project. After learning a few terms and gestures like *aqui* — here, *abajo* — down, and *arriba* — up, the work was completed without incident or injury, and ahead of schedule.

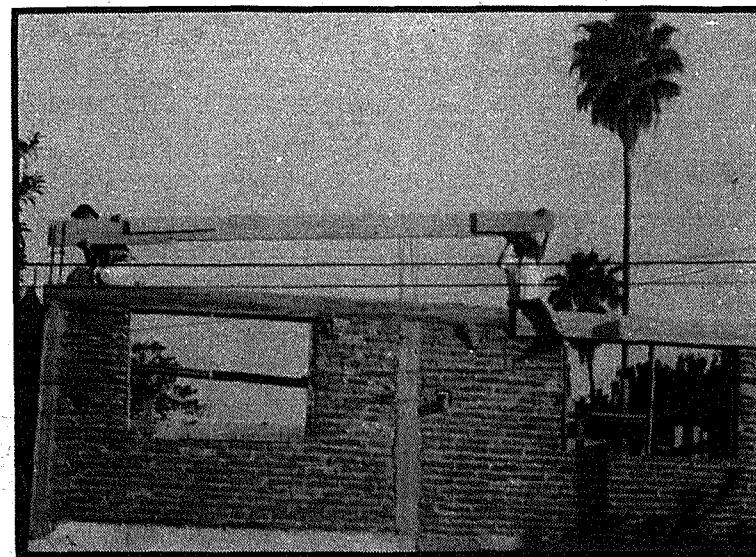
But the work was just half of the experience. The other was the living in a foreign society with different ideas, facilities, and lifestyle. Some of our group stayed in the Sabbath School rooms of the church, and ate their meals in church members' homes. Others, like myself, had the fantastic privilege of residing full-time at some of the other members' homes. But wherever we stayed, we all received the most gracious hospitality and care. Our meals were never skimpy, and our laundry was even done. They gave so much of themselves for our sakes. We were overwhelmed with gratitude and our eyes were opened to a true demonstration of God's unselfish love flowing out of human beings.

To see those who had so little give so much was perhaps the most touching lesson that all of us learned. At least it showed me how immature it is for us to gripe, for we gripe over petty things. These folks have not the modern conveniences that we are blessed with. For example, washing machines, dryers and refrigerators were not a common sight. Washboards, and going to the market every day or every other day, were. Although I saw not a single person without clothing, it ranged from very clean and new to dirty and old.

Perhaps the most touching experience



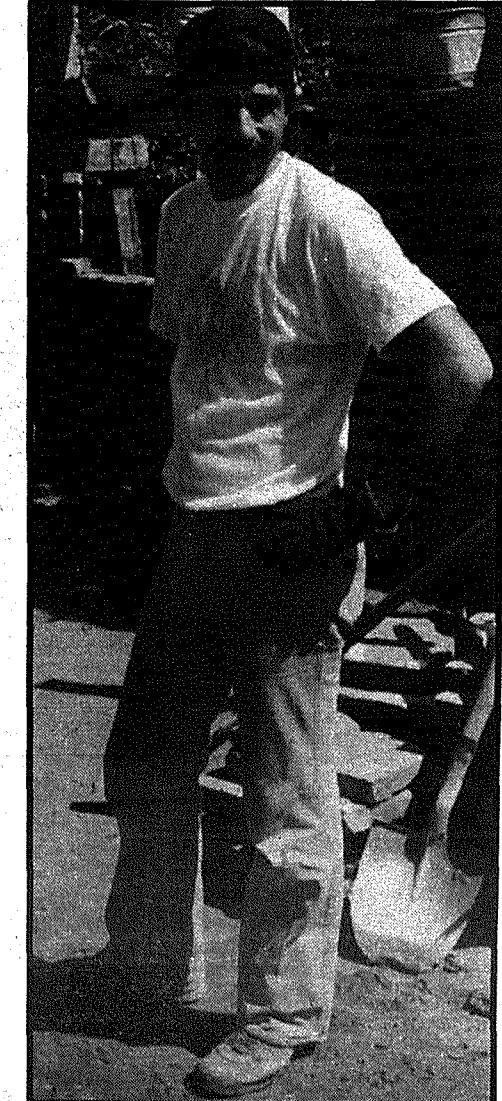
More mud for the brick layers



Forms are made to be removed.



"I hope this is all you guys need!"



"OK, now what do I do?"

and did for them while there. They were very grateful. Then Gary Martin said a few words in our group's behalf, and he left his guitar with the folks there as a token of our deep appreciation of all they had done for us. Two final prayers — one Spanish,



A few leisure minutes

while I was there occurred on the last morning. On the day prior the city's water system went on the blink, and this meant that the people had to go to the river that flowed next to the city to carry their water back to their homes. Water trucks were used to bring the precious fluid to the homes farthest away from its source. And as we were making our way back to the family's house that Gary Martin and I stayed in, there before us on the rocky, trash-littered road was a little girl of 6 or 7 carrying two small pails of water to her place of residence. She was obviously from a less fortunate family (poverty and unemployment are high in Mexico right now), for her dress was old and dirty and her shoes in need of change. Her big brown, curious eyes stared at us through matted hair. It looked just like a picture out of National Geographic — one would see in articles covering Third World countries.

Those child's eyes struck a heavy note deep within my heart. A tear started to well up as she passed by and stopped to rest her tiny arms, then proceeded into her home made of sticks, tin and whatever else could be used to shield her and her family from cold and heat. At that point I wanted to stay longer and in some way to be of service, but I knew that for the present I could not. My thought was: "How long, O Lord? How long?"

Twelve noon came and the bus that was to take us back pulled up in front of the church. There was a large group of people gathered out in front of it, and the pastor called everyone in to say a few final words. He expressed to us how much we all meant

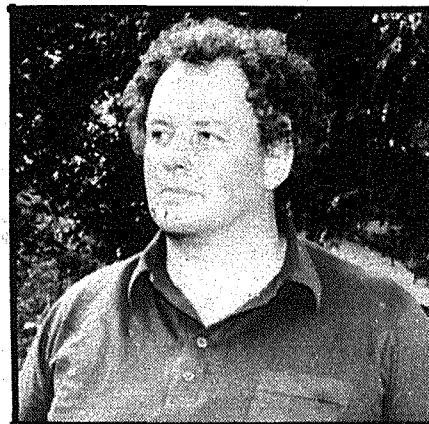
one English — and we started to make our way to the bus.

There were many hugs, kisses, and even a few tears from both groups. Many t-shirts written upon with signatures, and cameras clicking in an attempt to capture permanently the memories of new friends made. A call to load up led to parting embraces and waving hands, accompanied with words of Adios, goodbye and farewell. I believe it was difficult for all of us in having to leave such loving people.

Now as I sit and reflect on the experience, my thoughts turn to the words that the loving apostle Paul wrote to the church in Corinth: "I know I am not with you physically, but I am with you in spirit..." 1 Cor. 5:3 JBPV. Indeed, just as surely as we are here now, there was a big part of our hearts left there.

## Within A Year I'll Probably Feel Like A Superman

By Ted Mayers  
February NEWSTART  
Session (January 29 - February 23)  
as told to Stephen Hawkins



Ted Mayers

About a year ago I heard about Weimar through some religious material that came through our church. My mother-in-law gave me the book "I Almost Died" by Ern Baxter, and after reading it I decided as soon as I had the time I would go to Weimar.

As a hard-working horticulturist and nursery businessman I found myself under a great deal of stress. I had become 130 lbs. overweight, I was moving towards borderline diabetes, and on the way to other potentially serious health problems. It was imperative that I go.

When I first arrived I could spend only about 9 minutes on the treadmill without becoming overly tired. The whole new lifestyle, exercise program, and diet were a big change which took some time getting used to, but now after 3 weeks I am very confident about the program because of its dramatic results in such a short period of time. With 31 lbs. gone, and blood sugar

and cholesterol normal, I feel myself on the way to recovery.

I've walked 200 miles since the program has started and I can imagine that if I continue on like this, within a year I'll probably feel like a superman! In fact I haven't felt this good for so long, I had almost forgotten what it was like to feel good!

One thing that has really impressed me, though, about this place is the quality of

everything from the medical lectures to the ABC's of living, from health care to spiritual understanding—all are very informative and really give you willpower and strength. They teach a better way of behavior—a whole new outlook on life.

I am also very impressed with the people. I don't think there's been a harsh word or negative thing said in the past three weeks since I've been here. Everything has been very positive.

I am almost convinced, however, that you have to come here to believe it. Unfortunately, conventional medicine doesn't tell you anything about these programs. They don't stress diet or the 8 natural remedies.

Of course they know bits and pieces, but it is very difficult to give a complete explanation of what goes on here. And since the results are so fantastic most people would probably be very skeptical about them.

Somehow they must be educated, and here it doesn't take long. The staff teaches you enough about your blood and body chemistry to at least give you a layman's grasp of what your body is all about.

I almost believe I wouldn't try to convert anybody to this program anyway unless it was my own family. I recommend they

come just to experience it. To follow this program guarantees success.

Modern medicine can many times keep you alive, but unfortunately the quality of Continued on page 7

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### 1984 NEWSTART Schedule

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

MAY 13-JUNE 7

JUNE 10-JUNE 15  
NEWSTART Alumni

JUNE 24-JULY 19  
JULY 22-AUGUST 15

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736. (916) 637-4111 ext. 401.

## Divine Partnership in Health

By Warren F. Murdoch

We do not know the exact condition of the earth when Noah came out of the ark. Nevertheless we do know it was drastically different from its condition when Noah entered the ark. Before the great flood God had not caused it to rain upon the earth. But there went up a mist from the earth, and watered the whole face of the ground. Genesis 2:5, 6. The first rain that fell caused the great flood.

When Noah came out from the ark and looked over the earth destroyed by the great flood, he needed reassurance. Noah needed reassurance that vegetation would grow to provide food for his family and the animals that were with him in the ark. God promised that while the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease. Genesis 8:22.

God gave Noah additional reassurance. When rain would fall again, Noah needed to know that the falling rain would not be a cause to destroy the earth again with a great flood. He needed the reassurance that the rain would be a blessing to water the earth. This reassurance was given as an unconditional, everlasting covenant. Neither shall all flesh be cut off any more by the waters of a flood; neither shall there any more be a flood to destroy the earth. Genesis 9:11. God sets the rainbow in the rain cloud to remind us continually of this covenant. Genesis 9:13-17.

We do not know the exact condition of the earth when Noah came out of the ark, but we do know the condition of the earth today. The water on the earth was divided with part of the water above the firmament and part of the water below the firmament on the second day of the creation week. Genesis 1:6-8. The windows of heaven were opened and the water above the firmament poured down forty days and forty nights causing the great flood. Genesis 7:11, 12. The water under the firmament was gathered together and dry land extended above it on the third day of the creation week. Genesis 1:9, 10, 13. The springs or fountains of the deep were

broken up and water gushed up forty days and forty nights contributing to the great flood. Genesis 7:11, 12. Consequently, today the shield of water is not above the atmosphere. And the fountains of the deep were broken up so that few spring fed rivers remain.

The condition of the earth leaves very little fresh water to satisfy the needs of vegetation, man and animals. Seventy-one per cent of the earth is covered with oceans. Ninety-seven percent of the water on earth is salt water in these oceans. Of the remaining three per cent of the water, two-thirds is frozen in the polar ice caps, glaciers, and snow fields. Of the remaining one per cent of the water, one-third is deep underground as salt water associated with petroleum deposits; and another one-third is water vapor and clouds associated with weather phenomena in the atmosphere. Only one-third of a per cent of the water on the earth is available to satisfy the needs of the physical life of land vegetation, man, and the land animals. And this supply of water is flowing away in streams and rivers into the oceans.

While our supply of fresh water is flowing away, other dynamic processes are resupplying this water. Sunlight provides energy to purify salt water by distilling it from the oceans into the air. Sunlight also provides energy for the winds to carry this water vapor over land where it can fall as rain or snow. In addition the sunlight provides the energy to melt the snow. Thus the sun provides the energy for the dynamic processes of weather to continually resupply our fresh water.

Beyond this, sunlight provides energy for vegetation to grow to provide food for man and animals. Plants do not eat; on the other hand plants drink and breathe. Plants drink mineral water through their roots. Ninety-eight per cent of the water taken into the plants through the roots rises to evaporate from the leaves into the air. The leaves take in carbon dioxide from the air; and, in turn, the leaves give off oxygen into the air. The plants breathing

carbon dioxide in and oxygen out is opposite to man and animals which breathe oxygen in and carbon dioxide out. This breathing of plants associated with photosynthesis restores oxygen, regenerates fresh air.

The process of photosynthesis requires the energy of sunlight. Taking in carbon dioxide, water, and some minerals, with the energy of sun light, plants form carbohydrates, proteins, oils, and vitamins for plant growth. These are the food molecules required by man and animals. Some of the energy of the sun light is stored in these molecules. When these molecules are eaten, digested, and metabolized, this stored energy is released for body warmth and muscular motion.

Reviewing the condition of the earth today reveals the need for these dynamic processes which are providing the four vital natural means for restoring and maintaining health — sun light, pure water, fresh air, and nutritious food. These are four gifts from God. For these four gifts of God to be effective, they must be coupled with four personal practices — daily exercise, proper periods of rest, temperance, and trust in divine power. Thus these eight natural remedies of restoring and maintaining health constitute a divine partnership — four gifts of God coupled with four personal practices.

In these dynamic processes in nature, the correct combination of sun light, rain drops, and clouds causes the rainbow. From the Scriptures we learn that the rainbow is a reminder of the covenant that the world will not be destroyed again by a great flood of water. From the great "book of created works," we learn that the rainbow is also a reminder of these dynamic processes in nature to provide these four gifts of God for our health and well being.

God is continuously providing His four gifts. To receive the benefit of these gifts, we must cooperate with our four personal practices of daily exercise, proper periods of rest, temperance, and trust in divine power — our part in the divine partnership in health.

## 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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# What Weimar College

## The Health Science Major

The Health Science Major offered at Weimar College is designed to train men and women in medical missionary work. The world is in need of those who understand the cause-and-effect relationship between lifestyle and health. For this reason the Health Science Major combines health assessment, health programs, and counseling in an emphasis toward lifestyle change, disease prevention, and health promotion.

The required courses and descriptions are described below:

**Physiology of Hydrotherapy** — a physiological approach to the understanding of hydrotherapy as a treatment modality. How water of varying temperatures and in various states effects changes in nervous and circulatory systems, and how these in turn effect changes in the various tissues and organs of the body.

**Physical Fitness and Health Assessment and Evaluation** — Methods of exercise testing including treadmill, bicycle, step tests and EKG techniques, as well as pulmonary function, blood drawing, body composition (caliper and circumference methods), posture, health, and lifestyle questionnaire interpretation are taught.

**Exercise Physiology** — Muscle, heart, pulmonary, connective tissue and cellular physiology in the aerobically fit and unfit individual are studied, with an emphasis on exercise prescriptions and the training effect. Psychological effects of aerobic exercise will be studied, as well as muscular fitness within the concept of a total physical fitness program.

**Chronic Degenerative Diseases** — An etiological and pathological look at such

chronic degenerative diseases as arthritis, diabetes, hypertension, cancer, cardiac disease and what can be done to prevent further deterioration.

**Field Experience in Health Science** — A ten-week, full-time (400 clock hours) assignment to a private or public agency selected to meet the student's needs and interest in health science assessment.

**Principles of Health** — An introduction to health principles as they affect the physical, mental and spiritual life.

**Drug and Alcohol Problems** — A study of drug types, their effects on the mind and body. Drugs studied will involve alcohol, caffeine, heroin, marijuana, peyote, phenylcyclidine, cocaine and other illicit drugs. A period of time will be spent on the study of the effects of cigarette smoke on the body of the smoker and non-smoker.

**Values Clarification** — The role of valuing in lifestyle choices and how value-clarifying strategies can help identify values which can lead to health behavior change.

**Preventive and Therapeutic Nutrition and Exercise** — A study of nutritional problems and how these problems can be handled through special diets. Emphasis will be on persons with cardiac problems, diabetes, obesity, alcoholism, aging and pregnancy.

These studies are put into practical use by applying them in the work/study program. The students may stay in the same work for a period of time and obtain more responsibilities each successive quarter they remain. With time they obtain a proficiency level that becomes a permanent part of their records which will indicate

their abilities to future employers. Students must obtain a proficiency in at least one area, and some develop proficiency in more than one.

The following are some of the various work stations Health Science Majors generally participate in:

**Nursing Assistant** — Assisting patients with their calisthenics, walks, intake and exit assessments, and garden therapy; and general duties such as trail maintenance, housekeeping, Sabbath programming and phone duty.

**Physical Therapy** — Mechanical and manual traction, arm and ankle whirlpool, microwave, diathermy, ultra-sound, massage, passive and resistive exercises, stretching and range of motion exercises, and hydro-collator use.

**Hydrotherapy** — Hydrotherapy treatments including: fomentations, Russian steam bath, contrast showers, whirlpool baths, hot and cold contrast baths, graduated showers, paraffin baths, and simple massage. Accurate record of each patient's activities and feelings will be kept.

**Food Service** — Quality food production,

food preservation, special diets, sanitation in food service, use of all equipment used in quantity food production, enlargement or reduction of recipes, and menu planning.

**Outpatient Clinic** — Health assessment evaluation and counseling of clients who desire such in physical fitness, obesity, diabetes, etc. This is limited to junior and senior health majors.

Also worth mentioning is the field study project required for Health Science Majors. Each student is to help develop or work with an established institution in the preventive health care field. Some students have developed and operated reconditioning centers, others health centers, and some have specialized in reaching out to specific groups of society such as children at a camp, or church outreach, etc.

The education, and roughly 1400 hours of work experience in the preventive health field give the Health Science majors from Weimar College the assurance that they are qualified to fill a part in reaching humanity with health.

## The Metro-Ministry Major

The basic quality in the life of one who is directly associated with the ministry is a settled, deeply gratifying first commitment to God. A sound Biblical understanding of God is essential to the minister. A theology of the "Person of God as revealed by the Christ Jesus of the entire Bible" is the minister's foundation, authority and pleasure. This absolute growing dynamic between God and this individual is the fundamental principle of the minister's lifestyle and work.

People are the beauty of this life to the minister of God. This is why a deep personal loyalty to the Church exists in his experience. He views the Church body, and the community that the Church is a part of, with sensitivity born out of a genuine, tender responsibility toward each person. This is, in part, the largeness of his leadership. An applied mature attitude of love toward people in his care is God's gift to the minister for the life of this world.

Therefore the minister's skills, God-given and developed, find application in his work for and with people. Should his service be in a country, institutional or metropolitan setting, God is the Source and Re-Source of an authentic, functional ministry.

The METROPOLITAN MINISTRIES MAJOR calls for the development and application of specific qualities, skills and growth from each participant. This course offers real preparation for ministry. Exposure to theory, concept and "hands-on," "do-it-yourself" experiences demand: (1) the qualities of vision to grasp the thought of the task, (2) certainty of personal conviction toward the task, (3) initiative to begin the task of service, and (4) the wise, aggressive use of God's gift of energies to effectively pursue the work.

The academic portion of the Metropolitan Ministries course is designed to intro-

duce the student to Biblical theology. The entire Bible is covered by thoughtful investigation through such courses as (1) Pauline Epistles, (2) Acts and General Epistles, (3) Major and Minor Old Testament Prophets, (4) O.T. Historical Literature, etc...With a fresh deep perspective embracing the Great Controversy and the Character of God, the student has opportunity to develop a practical, workable, yet challenging God-centered theology.

Highlighting this course is the golden opportunity for student participation with internship at a major metropolitan city church. A one-quarter internship involving part or full-time inner-city ministry under the tutorship of its 4 pastors affords growth, direction and application of classroom learning. For those students discovering their call or fulfilling it, this applied learning is essential.

The course trains best those individuals with the awareness that the "wisdom of age," — that is, those with previous exposure to this experience of ministry, are one of the Lord's vital resources. With the added impetus to remain current in his field of endeavor, progressive, creative evangelism should result. The program promotes the Biblical injunction that the minister should be "apt to teach". This presupposes the skills of communication, organization, and stewardship of time from those individuals involved.

Because large emphasis is given to interaction with many types of individuals, diplomacy and a large capacity for empathy and understanding needs to be developed. The personal realization of mankind's need is promoted as each participant is updated by study, prayer and pursuit of this ministry, with the ever evolving complex organism called "city," and the need for individual dependence on God.

## The Religion Major

This is not far different from the Metro-Ministry Major as far as courses, objectives, and qualifications. The way it differs is in the emphasis from city ministry to personal ministry.

A deep sense of people's needs and awareness of the importance of each person in God's redemptive plan is the essential qualification next to a deep, personal commitment to the person of Jesus Christ. An applied mature attitude of love toward people in his care is God's gift to the religion major, as well as the minister, for the life of this world. The religion major is a minister in every sense of the word. And as he trains with the foundation of studying the Great Controversy and the character of God, the religion student, as well as the metro-ministry student, has the precious opportunity to develop workable, yet challenging, God-centered theology.

The entire Bible is covered in the course study with classes that include Life and Teachings of Jesus, Daniel, Revelation, Early & Later Old Testament Prophets, Pauline Epistles, Sanctuary & Eschatology, Old Testament Historical Literature, Cultural Geography & Church Mission, Prophetic Guidance and Seventh-day Adventist Church History as well as History of the Christian Church. The student also has his choice of developing his speaking skill or his counseling skills by taking either Homiletics or Christian Counseling.

The unique aspect of this major is that the student can place an emphasis in the

direction he wishes to go in just about any area of ministry. If he wants to develop his skills in Youth Ministry he can go into the outreach classes that offer youth ministries, work at summer camps in the summer, and gain practical experience working with youth. He could also take part in the Re-creational activities to plan programs and take part in the leadership of these programs.

If the student has an interest in developing his/her skills in the health area without taking a major in Health-Religion he/she could take the health-related outreach ministries, work in the health education center, take part in the Metro-ministry city ministry program, and gain practical experience by following through on the many taskforce positions that are available in the health ministry field.

Should the religion major decide to further his/her education he/she could obtain a masters degree in a number of areas such as the MDiv, MPH, Masters of Religious Education, etc.

The opportunities are endless, the rewards are great, and the time spent is so worthwhile. A person committed to serving both His God and people, committed to developing his/her talents in leadership and acting upon this gift, committed to allowing God to increase his/her capacity to love and reach out in numerous ways is the person that would fit best into the religion major.

# lege Has to Offer

## The Agriculture Major

The WEIMAR AGRICULTURE MAJOR is quite a flexible program because the subjects studied cover a broad base, and with the work-education program you can work at what you'd like to specialize in.

There is an 80 x 100 ft. greenhouse to get greenhouse experience in and a 4-1/4 acre orchard that contains peaches, nectarines, Yellow and Red Delicious apples, kiwi, cherries, plums, raspberries, grapes, chestnuts and boysenberries. There are 6-3/4 acres set aside for growing a variety of vegetables such as corn, asparagus, carrots, beets, potatoes, broccoli, cabbage, lettuce, squash, kale, tomatoes, cucumbers, watermelon, cantaloupe, etc. The climate is such here that a wide variety of fresh foods can be grown.

The style of agriculture is a combination between organic and chemical, mechanized and hand labor. Compost is made of the food scraps; and turkey or chicken manure is added to help improve the organic matter of our soil that tends toward the clay consistency.

The grounds at Weimar can provide an opportunity for developing landscaping skills — learning how to restore and maintain a lawn, plus designing flower beds that are appropriate for the area as far as type of soil, amount of sunlight received, and amount of care needed.

The NEWSTART health program (garden therapy) can give a student the privilege of developing teaching skills and attracting people to their Maker through the things He has made.

The classroom experience includes courses such as:

Greenhouse culture — fundamentals of greenhouse construction and operation, preparation and handling of potting and propagation mixes, and the growth and management of plants under glass.

Introduction to Horticulture — the culture, growth and propagation of vegetable and fruit crops.

Floriculture — identification and propagation of potted and outdoor flowers.

Floral Design — simple floral design

with application to a therapeutic program.  
Landscape Management — basic landscape principles.

Plant Propagation — methods of propagating plants related to plant physiology.

Farm Management — theory and practice of private and institutional farm management.

Entomology — a study of insects, their life stages and their economic importance, emphasizing the identification of harmful and beneficial insects.

Soils — the classification of the different types of soil and how the varied physical and chemical properties of these soils relates to the continual production of plant growth.

Seminar in Horticulture Therapy — participating in the NEWSTART Garden Therapy Program, to help expose the student to practical application of garden therapy and also the management of horticultural projects.

Seminar in Agriculture — choosing any topic you'd like, study it and present it to the class.

Special Project in Agriculture — an independent study of a senior's own choosing which he or she will design and carry out as a research project in horticulture.

The Agriculture Program is probably the most well-balanced that a student can take for several reasons. The work takes him outside where we were designed to be; in the course of study the mind is developed to reason from cause to effect — what you sow is what you'll reap. You have to be able to have forethought and plan for the future — how to work with different types of soil, how to test for what a soil might be lacking in nutrients and the different options in what can be added to take care of this lack, and the soil needs of different plants.

As the student goes through this program there are many spiritual lessons learned because the same laws that are written in nature are written in man. Agriculture — the ABC's of education — is Weimar's most broadening program, open to both men and women.

## The Elementary Education Major

The elementary education curriculum consists of a three-part balance: study, service and work. Each student participates in a strong in-depth academic program, learns skills in a variety of on-campus work stations, and serves the practical needs of the community.

In the classroom, students are introduced to teaching and Christian education. Students are taught the foundations, methods and materials of reading, language arts, math, social studies, science, health, music, religion, art, physical education and work education. Educational and developmental psychology, computers, and audio-visual production are also studied.

What is studied in the college classroom finds practical application in the elementary classroom. Freshmen and sophomores are encouraged to work in the public school outreach program. This provides students with an early introduction to teaching. Juniors spend three weeks in September at a school observing and tea-

ching. More practice follows. During the Fall Quarter students spend every Wednesday in the classroom. The next two quarters, one hour per day is spent teaching in an elementary classroom. Seniors teach a Sabbath school class and adapt the Newstart Homestyle program for instruction in elementary schools. Prior to graduation, seniors teach one quarter under the supervision of Pacific Union College. This qualifies them for Conference certification. Upon graduation the student has taught in public schools, multi-grade Adventist schools, and regular Adventist schools.

The third phase of the program, work education, helps students develop a variety of skills, as well as character. Good work habits are carefully cultivated by the work supervisors.

We feel that the three-part program — study, service and work — produces well-balanced graduates ready for service as committed Christian educators.

## The Religion/Secondary Education Major

The Religion/Secondary Education major is designed to prepare the student for teaching Bible in denominational Secondary or Junior academies. In the Religion courses, the student studies nearly the entire Bible, either according to the book (i.e. Daniel, Revelation) or by sections (i.e. Pentateuch and Wisdom Literature, Early or Latter Old Testament Prophets, Life and Teachings of Jesus). In the Education classes, emphasis is placed on all aspects of teaching. The student learns lesson planning, classroom management, discipline and developmental psychology.

Presently there are two areas of emphasis offered with the secondary Education minor — Religion and Health. And if the student would like to be prepared to teach in more than one area, he may choose to get further endorsements after graduation. But the program offers many opportunities to get involved in a great variety of learning experiences so that the person can be a balanced, whole person by the time he graduates.

Some of these opportunities are in our outreach program. Cooking schools (in or outside the home), Stop Smoking and/or stress control seminars, giving Bible studies, or just visiting those in need, helping out in practical ways in the community, working in nearby public schools

as aides or tutors, are just a few of them.

There are opportunities to become involved with the academy and/or grade school on campus, and the student will have done some practice teaching in the Academy on campus as well as at another school.

A student may not be taking a Health major, per se, yet there is a great deal of emphasis on healthful living, in general, on the campus and the student will become very familiar with the principles of healthful living just by living here.

Because of the work program, the student will also be educated in practical skills in several areas. Every three months there is a rotation in the work areas and the student may or may not move to a different work station. He may learn to cook in the cafeteria, bake in the bakery, learn mechanical, maintenance or housekeeping skills. Some students work in offices, some with the Academy deans, and some on grounds, the garden and greenhouses, and many more areas.

As you can see, the student in Religion/Secondary Education who graduates from Weimar College is prepared to contribute to society in many different ways — as well as teaching.

## The Health/Religion Major

Originally the Health-Religion degree was offered to train able workers to be competent in their fields. Yet with the leeway of taking a few extra classes, it covers most of the subjects Weimar College offers. So, depending on the individual's interests, numerous possibilities appear.

A brief look at some of the upper-classmen courses involved are as follows:

Health Science Department: Hydrotherapy, Health Assessment & Physical Fitness (opt.), Microbiology.

Health Education Department: Family Health, Values Clarification, Aging and Health.

Religion: Pauline Epistles, Early & Later Old Testament Prophets, Acts & General Epistles.

Other related training areas: Cooking schools, Hydrotherapy in NEWSTART Lodge, Bible studies, Weight Management seminars, Stress seminars, NEWSTART Homestyle, Teaching in local schools.

Depending on what you emphasized in your study area you could:

1) Get into a pastoral internship and eventually become involved in pastoral ministry.

2) Team up with a pastor as a Health Ed-

ucator and work for the community through Health Ministries.

3) Take a few more classes to get into a Religion degree and then, with a minor in Education, teach either health or religion in a school setting.

4) Work with a doctor in counseling patients to be more aware of their own health potential.

5) Be involved, as the course intended, as a knowledgeable Bible worker.

6) Proceed to most SDA colleges and universities for Master's degree in Religion, Education, Health, etc.

7) Do anything the limits of your own creativity could pull you into.

Although in the past the Health-Religion Degree has not been so popular, recently the understanding of how it draws in the best of two worlds has pulled it into prominence on campus. As ever, though, the individual's aggressiveness, thoughtful foresight, and personal willingness to learn, will be a large determining factor in his competency in society. The philosophy that the content of the degree is more important than the said degree itself helps free the graduate to work in harmony with God's Spirit for those he becomes acquainted with.



## Van Ministry

6

We have come to a time when every member of the church should take hold of medical missionary work." 7T 62

"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people (our students) that they can act as God's helping hand by cooperating with the Master Worker in restoring physical and spiritual health. This work bears the signature of heaven and will open doors for the entrance of other precious truths." 9T 112

These words describe with encouraging accuracy the conscious purpose and dedicated understanding of why Weimar Institute believes a Health Screening Van manned by Christian students, laymen and professional health-care workers can promote the fulfillment of this counsel.

Every Van appointment reinforces this belief as we see and feel the effectiveness of a wedded health-gospel witness. To wit: Late Sunday morning, parked right in center stage of a brand new shopping center, a large man stepped into the doorway of the Van and strongly announced, "It works!" All the "Van Guards" turned to find out what works. "Your Adventist Stop Smoking program helped me kick the smoking habit. You can

tell everyone that comes on the Van about me." He went on to explain he was an engineer who built bridges all over the world and smoked constantly for 47 years. He had an Adventist employee who could see that every cigarette called for another cup of coffee and every cup of coffee maintained the damage by calling for a cigarette. The employee tried over and over to get his boss to attend a 5-Day Plan to stop smoking until his boss became quite irritated with him. So the employee invited him over to breakfast one morning and filled him up with a balanced, nutritionally sound, home-cooked breakfast. To his boss's amazement he neither craved a cigarette or coffee immediately after eating. Then again he urged his boss that his health was at stake and promised he would pay the fee if he wasn't able to quit after going through the program. His boss considered the offer and said, "O.K., and if it works I'll give you 10 times the fee." Not only did it work and he quit, but his eyes shone as he pointed up and said, "The most important thing I learned is that there is a higher power to help us and I want you to tell people that, too!"

Yours in Christ  
Beverly Lee, Director  
Weimar Van Ministry

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90¢	Lumberjack
90¢	Oat
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90¢	Rye
90¢	Sprouted Wheat
90¢	Sunny Soya
90¢	Wheat Free
90¢	Whole Wheat
90¢	Sprouted Wheat-Salt Free
90¢	Whole Wheat-Salt Free
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1.25 lb.	Granola-Salt Free
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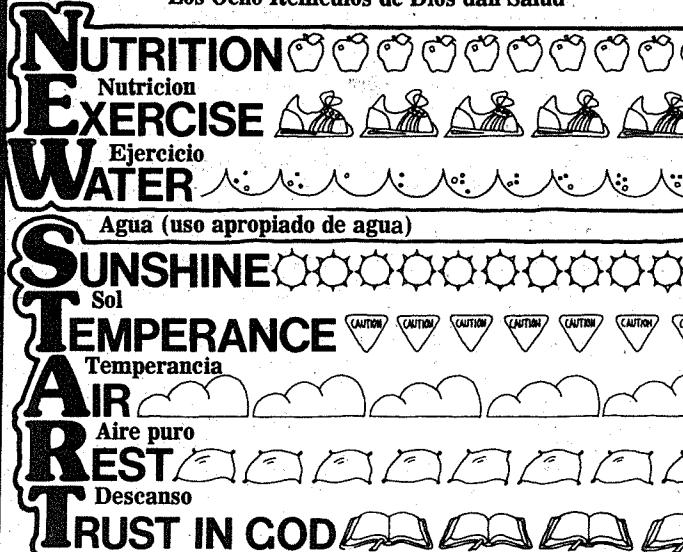
COMIENZO NUEVO

### — A Balanced Program —

Un Programa Balanceado

God's 8 Natural Remedies equal Health

Los Ocho Remedios de Dios dan Salud



Confianza en Dios  
Reference: Ellen G. White, *Ministry of Healing*, p. 127 (published 1905)  
Referencia: pagina 127 en el libro Ministerio de Curacion por Elena G. de White, publicado en 1905.

## STAFF POSITIONS OPEN

The Personnel Office is accepting applications from dedicated, qualified Seventh-day Adventist Christians to fill the following needs at Weimar Institute.

Administrative Secretary

Administrative Secretary with accounting experience

Housekeeper/Custodian with supervisory experience

Bookkeeper-Cashier

Baker experienced in whole-grain breads

Plant Services Director

Write to Personnel Director  
Weimar Institute  
P.O. Box A  
Weimar, CA 95736  
or call (916) 637-4111

# Alumni Weekend Coming

By Doug Gibson

I wonder what ever happened to Greg Harper. Didn't he marry Allison? Yes, and they have a sweet baby girl. Did you know that?

Have you heard anything about what Deena is doing, or Kevin, or Launita, or Mike and Nancy? Is Byron still in Canada? Did David and LeeAnn ever make it up there?

Where is Dan, by the way? Oh, he is still at Weimar.

Remember the beautiful sunsets just after vespers, when the air was thin and crystal clear with winter's cold? Or the times when your burdens and struggles were so evident that a brother or sister knelt beside you on the trail to pray you into the very presence of God?

How unencumbered and clear God's

voice was then, within the security of those gates. How easy to look straight up to the tops of the pine trees and peek into heaven.

And of course no one could ever forget the culinary delights we learned to enjoy.

The high point of the week was Outreach. Never had you shared yourself more freely with others. It was here that you learned the joy of giving. And what joy it was, too. You might have prayed, "Lord, always let life be like this!" So secure, surrounded by friends who love you, and answers to every question.

But you came to learn too soon that once you left the security of those gates, things would never be the same again.

You came to find out that there was a world out there that was so different that it

probably took months, or even years for the shock to wear off.

Soon it was evident that your time at Weimar was a training time — one to be cherished. And you began the struggle to squeeze the precious values into the life around you. Not of course without many bumps and bruises (some you've inflicted on others.)

And things probably adjusted just fine after while, and again life began to take on a familiar shape.

But if you're anything like me, the memories do keep pressing and coming back. They sneak in, returning during the quiet times when you are alone with God. You long for just a little more time with your college friends, a little more sharing, a little more time before the throne of God — together.

If some of these sentiments ring familiar, and I'm sure some of them do, I have good news for you! Something very special happens every Spring at Weimar. It happens in the month of May. It's called College Alumni Weekend. And everybody is invited! Now is your chance to be to-

gether again. I know it's just for a weekend, but isn't it worth it?

By the way, if you also were wondering what happened to Greg Harper, come for the weekend. He will be the main speaker, and I'm sure he'd just be tickled to fill you in.

College Homecoming Alumni Weekend will run from Friday, May 4 at 7 p.m. to Sunday noon, May 5. The schedule will include sharing times, a panel discussion about team ministries, and a talk from Greg Harper about church growth as it relates to the Weimar College alumnus. There will also be an alumni update, a college update, as well as some unstructured time for renewing old friendships.

To reserve rooms, please write or call:  
Weimar Institute  
P.O. Box A  
Weimar, CA 95736  
(916) 637-4111

## Campus Improvement in the Tops of Our Trees



Del Weis, Arborist

Del Weis, an arborist from North Dakota, has been here on the Weimar campus for several weeks. He has been making very noticeable improvements in regards to the (too) many trees on the property.

Weis says, "Last September I came through Weimar. It was then that I saw that some of these trees were real hazards. Dead branches were all over the place; there were too many trees on the main campus. The trees are too dense and that is the reason they are so tall. Many of them should come out. Some have limbs about 20 feet long which indicates that the trees should be at least 40 feet apart. Many of these trees are only 3, 4 or 5 feet apart. They are just too close."

"In some areas, like by the NEWSTART building, there are 5 trees within a 10-foot radius. In addition to that problem, there are many trees that have stubbed-off tops. That is, the tops have been cut off, and they have multiplied on top. That gives much more area to catch the wind. It is not only a hazard, but it over-shades the place.

The Spirit of Prophecy says that homes should be free of shade so that the sunlight can get through to the house and immediate grounds."

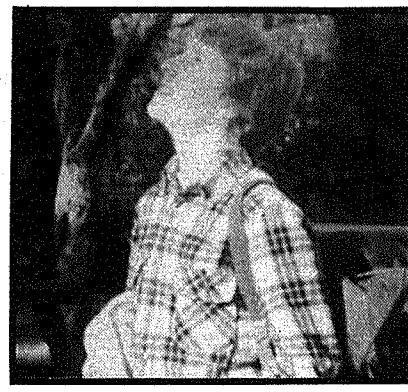
Weis' observations were very truthful. During the fall quarter of this year one of those "stubbed-off" trees toppled in a storm with high winds. Fortunately, it caused only minor damage to the south side of the NEWSTART Lodge.

Weis tells what he has done to help remedy these dangers. "I thinned out many of the trees by cutting out about 30 main branches. Some of these were 7 inches in diameter. I cut them off at the shank. This will lessen the wind resistance tremendously and free them from storm hazard. I also trimmed the many dead branches. That could add up to approximately 1,000 cuts per tree. Now the sun and the air can get through those trees. The birds will have a real easy time landing on the branches now."

The campus improvements that Del Weis has been responsible for are very noticeable improvements and at the same time are very much appreciated.



Curious spectators, David Hurd and Steve Peden.



## Schedule for College Alumni Homecoming Weekend May 4-6, 1984

Friday 7:00 p.m.  
Music & Testimonies

Sabbath 9:30 a.m.

Team Ministries

Panel discussion with Rick Mautz, RPT.

Sabbath 11:00 a.m.

Church Growth

Pastor Greg Harper

Sabbath 4:00-5:30 p.m.

Alumni Update

Saturday 7:00-8:30 p.m.

College Update

Sunday 6:30-8:00 a.m.

Prayer breakfast

Sunday 8:00-12:00 a.m.

Business meeting

Remember to call ahead and reserve a room.

(916) 637-4111.

### Superman — continued

one's life is usually not all that great.

All I can say to those who have obesity, hypertension, diabetes, heart disease and other associated diseases—the kind they treat here—they should come here. To be healthy you have to want health and then learn what "healthy" means.

I am looking forward to returning to my work with an exuberance of energy I have found in this program. I plan to work just as hard, but continue the program, be temperate, keep the Sabbath, and if a situation becomes stressful—change it. In short: live a more happy and productive life!

### Physician's Observation

Ted came to the NEWSTART program with 310.5 pounds of body weight, 70 inches height. As the business owner of a conifer and fruit tree nursery, discipline and order have been essential to financial gains. But for Ted, the 6000 year old problem of what

and how much to put in one's mouth has been working against his own health and usefulness, and the happiness of his family. A age 36, Ted's love for his young and precious family are motives outside of himself for seeking God's best way of living.

Beginning walking 4 miles per day, Ted progressively increased his endurance to 16 miles per day. Body weight decreased to 277 pounds, as he drank 10 to 12 cups water and ate 600 to 900 calories of a wide variety of fruits, grains, vegetables, legumes, and beans per day.

His ideal weight goal of 180 pounds is within sight of one year as he continues a lifelong balanced plan of NEWSTART in the setting of his home and business.

May you, Ted, like Enoch, walk with God right into eternity.

Sidney Nixon, M.D.  
NEWSTART Physician

# From our Chaplain

## We'll Get in Trouble

By Dick Winn

Even though we were all too young to drive, we found the car to be too enticing to leave alone. Tom's dad had gotten it for him — a 1930 Chevrolet Coupe with a jack-rabbit clutch — to keep him under the hood and out of mischief until he was legally licensed to drive it on the roads.

But when my brother, Larry, and I got together with our boyhood buddy, Tom, there wasn't much that could keep us out

down the drive in reverse, then returning in low gear. As we became more bold, we graduated to second gear halfway up the drive.

By late afternoon, this straight-line reciprocal travel was losing its thrill. And we concluded that, since Tom lived off a country road, it would be safe to back out onto the pavement and practice turning corners into the driveway. Each trip took us further down the road with faster turns into the driveway. And we found that the best passenger ride was enjoyed on the running boards.

On the fateful last ride, Tom's neighbor was behind the wheel, determined to outdo the rest of us in negotiating a high-speed, 90-degree turn up the gravel drive. Tom and Larry rode the right running board, so they could catch the full thrill of a sharp left turn. I took the safest spot on the left running board.

But Neighbor overdid it. As the Chevy careened around the corner, almost swiping the fence on the right side of the car, Tom and Larry leaped off the running board, over the fence, and rolled through the cow pasture. From my safe position on the inside of the curve, I roared with laughter at their plight.

But only for a second. Neighbor overcorrected his turn and plowed into the fence on my side of the car. My hip did contest with a large fence post; and though the post broke off at the ground, it knocked me off the running board and my ankle went under the rear wheel.

As the dust began to settle, I noticed that everyone was running. Tom's dad was out of the house, across the porch, and headed down the steps. Tom, Neighbor and Larry got to me first. "Pretend you're not hurt,"

of mischief. And though we hardly knew which end of the wrench to hold, we managed, one idle Sunday afternoon, to bring the old Chevy to life. That sturdy cast-iron "Blue Flame 6" snorted and popped, then settled into a smooth rumble that shot fire into our blood. We literally danced around the open hood, thumping each other on the back, and grinning an unspoken agreement that we would not shut it off until we felt its power from behind the wheel.

We eyed Tom's long gravel driveway, and the plan went into action. Tom, of course, had first dibs on the driver's seat. His neighbor jumped in next to him. Larry and I took up stations on the running boards. Tom found reverse, and — scattering gravel against the rear fenders — bolted down the driveway backwards.

We took turns behind the wheel: one trip

they pleaded in loud whispers, "or we'll really get in trouble!" Too stunned yet to know what was happening, I was eager to comply. "Try to walk!" they urged. "Tom's dad looks really mad."

I tried to get up and walk, but there was something about my left ankle that wouldn't support me. "Hurry up!" they pleaded, "He's almost here! Boy, we're in trouble."

I finally got a look at my ankle. It was turned inward at a right angle. Because the pain hadn't yet hit me, I laughed. Here are these three fellows, worried about "getting in trouble" with Tom's dad, when the trouble is with my ankle!

The ludicrous humor of the situation has amused us all in the years since the event; but it is only recently that I have begun to see a broader insight. None of us needed to fear the anger of Tom's dad; we needed to fear the destructive results of our own stupidity. And Tom's dad — with his years of experience and mature judgment — could have helped us avoid doing something so foolish!

And my mind recalls the years I have spent worrying that, when I break God's law, the problem is that "I'm in trouble with the Lawgiver!" Our picture of God is

still so much like what we thought of Tom's dad, leaping across the porch and down the steps. Ignoring the pain and grief we have brought upon ourselves, we tremble in fear at the anticipated anger we are sure He will unleash on us!

We even try pretending, make-believing, bluffing that we're not hurting, hoping that

"...we are so sure that the problem with sin is that it upsets the Lawgiver, that we fail to see the pain it has caused us."

our bravado will diminish the wrath to come. But we are so sure that the problem with sin is that it upsets the Lawgiver, that we fail to see the pain it has caused us. We do not see that God is coming, not to get us in trouble, but because we are already in trouble. He comes, not to chastise, but to rescue. "For God sent not his son into the world to condemn the world, but that the world through Him might be saved." John 3:17

And when He comes close to us, we fail to see the tears in His eyes.

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