

Weimar

ISSUE 02 | 2024 • WEIMAR UNIVERSITY MAGAZINE

A History of Healing

105 YEARS OF HOPE AND HEALING

A Miracle in Me

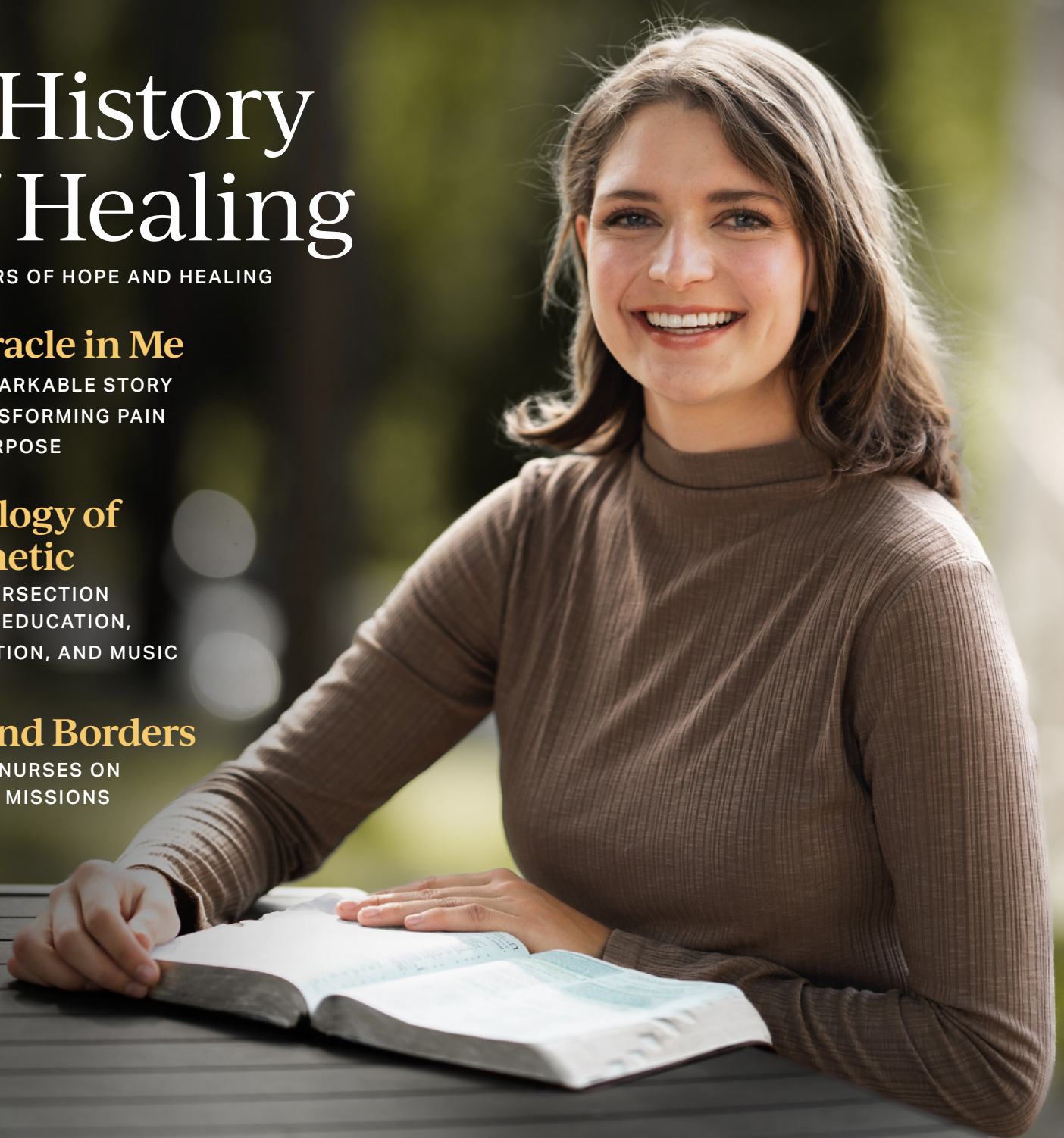
THE REMARKABLE STORY
OF TRANSFORMING PAIN
INTO PURPOSE

Theology of Aesthetic

THE INTERSECTION
OF TRUE EDUCATION,
REDEMPTION, AND MUSIC

Beyond Borders

WEIMAR NURSES ON
FOREIGN MISSIONS





Knowing God

At this moment in United States history, where for the first time the majority of people do not attend church, we are witnessing a major decline in the knowledge of God. Now more than ever, it is crucial to remember the path the Lord has guided us through, or we too may lose our way. As Ellen G. White stated, "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history."

Reflecting on the rich history of our campus, from its inception in 1919 as a center for health and healing during the tuberculosis epidemic, to a place of refuge for the Vietnamese fleeing from war during the 1970s, to Weimar University's present-day mission of addressing lifestyle and mental health related diseases, we can see God's profound desire to minister to the needs of fallen humanity.

Every facet of learning at Weimar is infused with the pursuit of knowing God. In John 3:17 Jesus says, "And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent."



"From biology to psychology, from music to business management, each course at Weimar begins with "Knowing God through the study of..." and is approached with the intention of unraveling the wisdom and character of our Creator."

Our dedicated faculty impart not only academic knowledge but also spiritual insight, bridging the gap between their disciplines and their faith. This amazing campus has evolved into a place where education intertwines seamlessly with health and spiritual growth, nurturing a generation aligned with God's desire to heal this hurting world.

I invite you to delve into the pages of this issue of *Weimar Magazine*, where stories of lives transformed and faith strengthened await. Whether through the written word or a visit to our unique campus, may you be inspired to seek God with all your heart, claiming the promise found in Jeremiah 29:13, "You shall seek me, and find me, when you shall search for me with all your heart."

Yours in faith and learning,

Neil Nedley
Neil Nedley, M.D.
 President, Weimar University

"We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history."

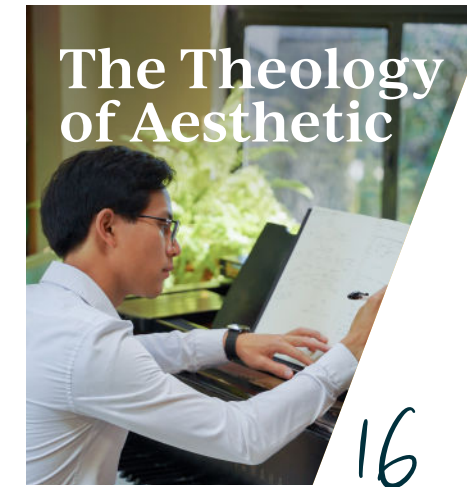
Ellen G. White
 CET 204.1

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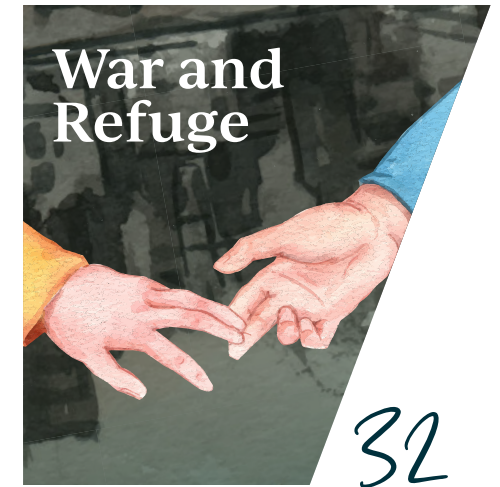
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Watch how students' lives transform through their education at Weimar. ▶



The Weimar University Magazine
 Issue 02, Spring 2024
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@weimaruniversity

A History of *Healing*



1919

▲ In 1917, Weimar was chosen as one of the five ideal locations in the United States for recovery from tuberculosis. **On November 17, 1919, the Weimar Joint Sanatorium was opened** specifically for the care of patients who were unable to pay for treatment. The principal components of treatment used in the sanatorium were sunlight, fresh air, rest, a special diet, and exercise.



1957-1966

▲ As tuberculosis declined, the facility was turned into the Weimar Chest Center and was used for the treatment of other pulmonary diseases. In 1960, the campus again changed to the Weimar Medical Center, and in 1966, it became a general community hospital.



1975

▲ After the hospital closed down, the campus was reopened during the Vietnam War as a Vietnamese refugee center named Hope Village. The center housed over 1,000 refugees.



▲ South Vietnamese Army General Nguyen Van Chuc, Former Prime Minister of Vietnam Nguyen Cao Ky, Dr. Larry Ward, and Tippi Hedren were among the few that were present when Placer County Rep. Harold Johnson gifted the American flag that was flown over Weimar Hope Village in June 1975.

1978

▲ Weimar Institute started a college and lifestyle center. A patient at the lifestyle center came up with "NEWSTART," an acronym for the eight health principles they were being taught. The acronym was later adopted as the center's name. Since its inception, NEWSTART has helped thousands reverse their lifestyle diseases.



1977

▲ On May 1977, a small group of Seventh-day Adventists purchased the 450 acres of Hope Village after a series of remarkable events opened the way. Property owners cooperated as the deposit and purchase price were miraculously lowered. Weimar Institute began fulfilling its mission to serve the needs of others in health improvement and quality education.

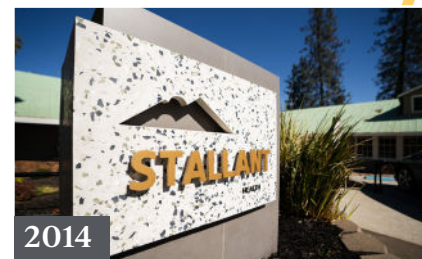


2008-2009

▲ Following the closure of Weimar college in 2008, a dedicated group of staff persevered, laboring tirelessly throughout the year to revive the college's operations. **In 2009, Dr. Neil Nedley assumed the presidency, ushering in a new era of leadership for the institution.**

2012

▲ The Nedley Depression and Anxiety Program relocated to the Weimar University campus, where it continues to serve hundreds of patients annually, offering vital support and resources to those grappling with mental health challenges.



2014

▲ In 2014, the Stallant Medical Clinic moved onto Weimar's campus. **Providing care to over forty-thousand patients in 2024**, the clinic draws people from the neighboring communities to Weimar's campus and provides Weimar University students with ample opportunities for clinical experience.



2017

▲ In 2017, the Institute initiated Total Community Involvement (TCI). Since then, Weimar University, Academy and Elementary staff and students have served over 90,000 hours in our local community providing yard work, health programs, Bible studies, and more!



Elder Ted Wilson, President of the Seventh-day Adventist world church gave a speech for the Inauguration of TCI.

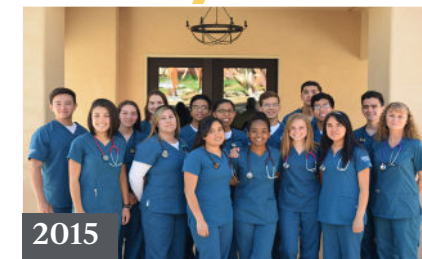
2018

▼ In 2018, the college attained accreditation from the WASC Senior College and University Commission, marking a significant milestone in its commitment to academic excellence and institutional quality assurance. The college began offering bachelor's degrees in nursing, natural science, religion, and education, an associate's degree in registered nursing, a certificate program in Health Evangelism and Leadership Training, and later Business Management and Health Care Administration.



2020-2021

▲ The master's degrees in Counseling Psychology and Wellness and Biblical Missions and Wellness were introduced, and **Weimar Institute became Weimar University.**



2015

▲ In 2015, Weimar introduced a licensed nursing program, called WIN, or Weimar Institute Nursing. With its unique holistic approach, **Weimar's nursing program has been ranked in the top 100 nursing schools in the West** and among the top 75 in California, according to the *Nursing Schools Almanac*.



2024

▲ Weimar University is continuing to train up leaders to heal a hurting world and **expanding its offerings**, with the addition of a Bachelor of Music, a Secondary Education track, and associate's degrees in Business and Natural Science.



CHRISTIAN EDUCATION IS NOT COSTLY, it's Priceless

As the national cost of college tuition increases each year, resulting in the ultimate average cost of a bachelor's degree exceeding \$500,000 (including loan interest and loss of income)¹, pursuing a degree is not feasible for most without financial assistance. Enter, federal funding.

Financial assistance is available with federal grants and contracts, providing an average of \$6,373 in school aid and \$7,886 in federal loans to assist with the financial burden of attending college. Suddenly, that school bill is cut in half! Who would not be interested in such a proposition?

To understand the potential impact of accepting such an offer, one needs to dig a bit deeper. As I often tell my children, "Be careful who you allow to pay for a meal, or who you accept gifts from. There can be expectations that you may not plan on." This same principle rings true for institutions that allow the government to subsidize educational expenses, as the institution is expected to comply with government policies and regulations in the form of titles.

These titles have the potential to undermine biblical truths, and some schools are already coming into conflict with the title's regulations and their own values. They claim to protect certain rights but are in reality creating a platform for practices that are unbiblical and unhealthy. One such example is the Education Amendments of 1972, also known as Title IX, which prohibits discrimination based on sex in education programs and activities that receive federal financial assistance.

Though this sounds fair and can indeed prohibit unlawful discrimination, there are underlying movements and philosophies that will eventually cause a clash with biblical principles and truths. Why do we reject these regulations here at Weimar University at such a great cost?

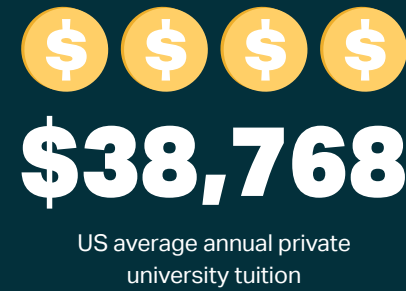
We will never compromise our Christian calling to love our neighbors as ourselves and uphold biblical truth.

We love all people in our community equally, including those living outside the biblical model of gender and sexuality. We love our students, for whom it is our God-given responsibility to educate on the foundation of scriptural and scientific truth and equip them to heal a hurting world, which includes every individual under the sun. This is what we do in our classes, clinical practice, community, and health programs. As people embrace what the Bible and science actually say about these issues, they regain health, hope, meaning, and purpose. The results have been nothing short of phenomenal. Allow the following examples to demonstrate.

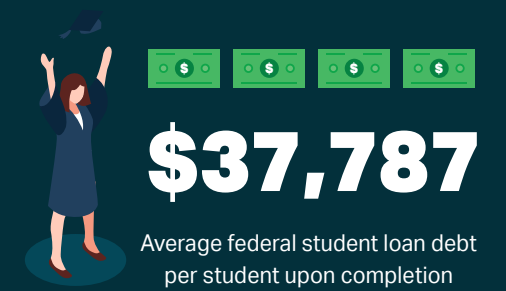
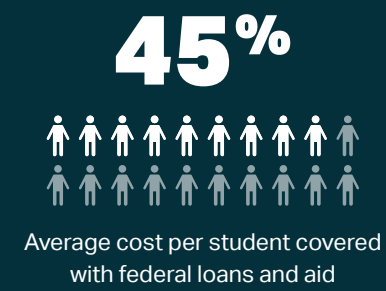
There was once a young person from another Christian college who had been encouraged in one of their classes to "not fight who they were" and began the process of gender change only to become despondent and suicidal. They finally realized their need for Christ and His way of life and came to Weimar seeking help that was not available where they were attending school.

There was a Weimar graduate who interviewed for a professional program and, upon being questioned, graciously yet decidedly shared what the Bible and science say about issues of sexuality. She found a receptive ear from the interviewer, who tearfully asked for prayer for a family member who was engaged in LGBTQ practice.

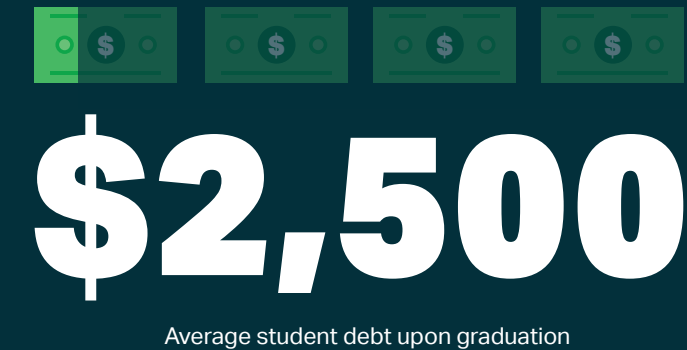
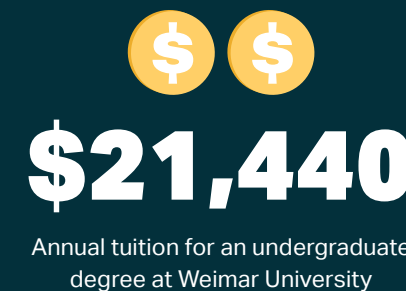
Another Weimar graduate in his first year of medical school was able to stand up for truth as a result of his time at



National



Weimar University



Weimar when, during the first week of classes, the LGBTQ agenda was overtly promoted by the top administrators and theologians of the university.

In the end, the real question is, what is the definition of love? Is it loving to indulge other's wrong and hurtful habits or to admonish (meaning, to caution or reprove or warn gently) and lead every individual, regardless of race or gender to the Great Physician who can heal not only the body but the soul?

At Weimar, we choose true love, true education, and true healing.

When rightly conducted, Adventist education is discipleship and evangelism-focused.

This past year at Weimar University, as students and staff worked alongside one another during the school year, over 50 souls came to faith in Christ and His church. Think about that for a minute! Not only did they come to faith, but the students and staff (the body of Christ) who collectively demonstrated the love of Christ were used by the Holy Spirit to bring them to such decisions!

Though Weimar's tuition is below average and graduates have an average debt of only \$2,500 thanks to the sacrificial commitment of our faculty, staff, students, and parents, we often hear, "It's expensive."

Is it worth the cost? What is the true value?

"One soul is worth more than all the gold and silver that could be heaped up on this earth."
- MS 16, 1886, par. 7.

Yes, though it may seem costly, in the light of eternity, true Christian education is priceless.

1. <https://educationdata.org/average-cost-of-college>



Pastor Don Mackintosh
H.E.A.L.T.H. Director and Weimar Campus Church Pastor

A Miracle in Me

Madeline Duehrssen is a senior interdisciplinary major from Colorado with a strong desire to help others experience the love and healing she received at Weimar. She was drawn to study psychology, attracted by the biblical framework of Weimar's approach to a traditionally secular subject and the practical experience embedded in the curriculum. Back to the place where she once found hope, this is her story.



The road behind me stretches into the recesses of my mind. Its unsuspected twists and turns alter the trajectory of my path. An unseen hand has been guiding me, His wisdom and providence foreseeing what I could not. Just a few years ago, I was unaware that Weimar even existed. I had no intention of becoming a student at a small conservative school in a state I had never visited. However, God had other plans.

For you to fully understand the impact Weimar has had on my life, we must start from the beginning. For almost as long as I can remember, I've fought a seemingly losing battle with my mental health. I remember being desperately suicidal as a twelve-year-old girl.

Depression was like a cloud always hanging over my head. Sometimes it would rumble, sometimes it would let a little sunshine through, and other times, it would torrent. In fact, such dark times enveloped me that I cannot even begin to describe them.

When I was seventeen, I was diagnosed with Anorexia Nervosa. I was so emaciated that doctors only gave me two weeks to live unless I received immediate intervention. My heart rhythm was irregular, and I remember lying in bed feeling and hearing my heart stop beating while holding my breath, waiting for it to pump again. I'd reach down to check my pulse and could only count 30 or fewer beats per minute. I did receive "treatment," but I was far from cured. While my body was no longer in such imminent danger, my mind was not better.

Desperate for a solution, my parents found Weimar's Depression and Anxiety Program. At that time, it was far beyond our financial ability. However, God had other plans as my grandparents decided to fund my way, having lost a daughter to suicide. I was scared but desperate for something better. Although I didn't know what to do and my strong will had faded into a numbness of survival, I agreed to try the Depression and Anxiety Program at Weimar.

When I began the program, I was scared and withdrawn but was met with such kindness it felt overwhelming.

While the program's structure was demanding, the staff were exceptionally committed and caring. Although I put up my walls toward the others, the staff were not deterred from reaching out to me. Relentlessly, they worked on my behalf. I tried to skip meals, but they searched the campus to find me, gently bringing me back and sitting with me while I cried, tears spilling over my uneaten food. They were kind and non-judgmental. They were not there to point fingers but to help. Many of them had also experienced their own battles. This brought hope and openness to my tired soul. I stayed an extra

week beyond the program's normal timeline, and the staff was willing and ready to help me—they were personable and caring.

While I wish I could say that after my three weeks, I was completely cured, this was not so. As they say, it's not the program that changes you; it's you choosing to work the program. While I tried to continue the principles that I had learned, upon returning home, my thick and damaged soul was still deeply wounded. The healing had begun, yet I had a long way to go.

I continued to stay withdrawn. Deep hurt and fear remained. A year passed, and I needed to move forward. I decided to return to Weimar as a student. I still felt utterly broken and unlovable. I recall sobbing for an hour in my closet, so broken, so afraid to return. After being a patient, I feared that people would judge me.

To my surprise, I was again enveloped with more kindness, warmth, and inclusivity than I could comprehend. The healing continued. In fact, my growth has continued throughout my time here at Weimar, even until today. I didn't wake up one day cured; instead, it has been a gradual process enabled by an environment that freed me to choose to apply healing. I can confidently say that I am not the same person today as I was when I first stepped foot onto this campus. Oh, I am far from perfect. I still have days and weeks that are very difficult. However, I can smile and really mean it. I can better manage my emotions, thoughts, and reactions to what life brings.

Perhaps the most amazing experience for me has been rotating through the Depression Recovery Program, this time as a student. I was able to be on the other side, helping people just like me. It was incredible. I saw even more how much the staff sacrificed and cared for each individual present. Now, I was able to be a part of what had helped to change me.

This time, I was the listening ear and the encouraging voice that others had been to me.

Indeed, the love of Christ manifested through individuals promotes the power to present and perpetuate the principles of healing in individual lives.

While much is left unsaid about my gratefulness, growth, and experience here at Weimar, the biggest message has already been spoken. When we allow God to direct our lives, goodness and mercy shall surely follow us all the days of our lives. I look back at the scared, hopeless, and desperate twelve-year-old girl I was and smile. Now I see hope is possible, healing is possible, and miracles are possible because I see it in me.

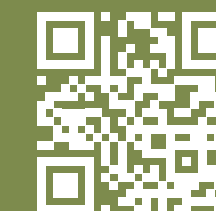


Madeline Duehrssen
Senior, Interdisciplinary Studies



Nedley Depression and Anxiety Recovery Program

Each year, dozens of Weimar University students rotate through the Nedley Depression and Anxiety Recovery program (DARP). This program has healed many people, and DARP rotations enable each student to witness the transformative impact of the knowledge and techniques acquired in their coursework. This experiential learning goes beyond preparing them for their careers; it provides them with practical experience in medical missionary work and an understanding of the effectiveness of lifestyle medicine on mental health.



LEARN MORE ABOUT THE NEDLEY DEPRESSION AND ANXIETY PROGRAM



RUNNING STRONG TOGETHER

Weimar University Takes on the Lake Tahoe Marathon

On Sunday, October 15, 2023, Weimar University was back and even bigger at the Lake Tahoe Marathon. With around 160 participants, Weimar University had representatives in every event of the day including the 5K, 10K, Half-Marathon, Full-Marathon, and 72-mile Midnight Express Ultramarathon around the entirety of Lake Tahoe. Staff, students, and faculty from Weimar University, Weimar Academy, and Weimar Elementary took to the beautiful course for the purpose of raising funds for Weimar University's scholarship fund.

While the focus of the run was the goal of raising money for students, it was also an opportunity to foster a sense of family among all who attended. At the finish line of each race, runners were greeted by those who had already finished. Each white "Weimar University Running" shirt that turned the corner to the home stretch was spurred on by boisterous cheers and applause. Q. Melidor, Weimar Academy's Student Association President, noted the team spirit of Weimar's runners.

"The Lake Tahoe marathon not only tested our endurance but also rekindled the spirit of unity within our campus. Each step I took brought more purpose to me. The happiness at the end was all worth it, and I'm glad I got to be a part of it."

Success Through Training and Lifestyle Focus

As a testament to the impact of properly planned training and the lifestyle-focused education here at Weimar, many runners came in first place for their age



category in their events. Many others placed in the top three in their categories. One Weimar University student, Aidan Martel, placed 3rd overall in the full marathon. Aidan is known by his friends and schoolmates for prioritizing discipline in his health and fitness, and this paid off in his running performance. Despite the high elevation and many steep hills on the course, he was able to achieve a podium finish.

Arguably, the most active and outspoken advocate of the benefits of good health and frequent training, both in word and in action, is Pastor Ratsara himself. Pastor Ratsara's endurance and energy at his age never cease to baffle and inspire the youthful university and academy students. One of the most driven and determined of Weimar University's student runners, Jonathan D'ugo, trained for the full marathon with Pastor Ratsara. "Run this in your mind: visualize!" is what Pastor Ratsara would say as we circled around Tahoe in the car," Jonathan reported as he recounted his time in training. "It was a pleasure training with Pastor Ratsara, running with my classmates, and sharing Weimar with people from the community. I'm glad to hear the booths Weimar setup successfully resulted in health coaching, Bible studies, and friendships."

Evangelism at the Finish Line

Weimar University's HEALTH students took the opportunity to share the principles that keep the Weimar family healthy by holding a health expo at a finish-line booth. The health expo booth offered health coaching, including taking vital signs such as blood pressure and

blood sugar. HEALTH students also offered massages, which were a hit among the participants of the run. Some students even ran themselves before coming to assist at the booth. "I am no athlete," Noa David, a current HEALTH student, confessed,

"I only ran the 5k, but I was still exhausted by the end of it. The last thing I wanted to do was work in the booth. However, just sitting there and watching people smile and feel the love we were serving completely energized me! It was a true blessing."

At the end of the day, the health expo had served over 100 people, including children. In addition to their focus on health, the expo also offered runners the opportunity to attend Bible studies. During the health expo, four marathoners signed up for Bible studies with the pastor of the nearby South Lake Tahoe Seventh-day Adventist Church.

Life Lessons and Future Plans

"Life is like a marathon," Jonathan D'ugo explained as he reflected on the lessons he learned in training with Pastor Ratsara and running the marathon. "Visualize the goals, embrace the hills, and conquer before you begin. Then you run and never rest until you finish. The run was a great lesson of embracing pain. Each mile, counting down closer to the goal, was surely difficult. Yet, the end was worth it, to finally be finished and see the great Weimar family all at the end. It's parabolic to heaven... I'm excited to do it all again next year."

This year's Tahoe Marathon fundraiser is continuing to raise funds for the growing student body, and plans for next year's Tahoe Marathon are in the works. If you would like to help the Weimar family in this endeavor, please visit weimar.edu/scholarships.



WATCH THE VIDEO



NEW SECONDARY EDUCATION TRACK



NEW DEGREE THE BACHELOR OF MUSIC

The Expansion of Christian Education

Weimar University and its Christian Education program faculty are excited to announce a new secondary track option for its current Christian Education degree. At Weimar University, we recognize a great need for committed and talented Christian educators sharing the love of Jesus and the message of His soon return in Adventist schools within the United States and abroad. Hence, we are excited to expand our elementary track to include instruction in teaching methods for high school and middle school teachers.

The Christian Education Department is focused on integrating modern teaching methodologies, technology, and educational theories with a focus on best practices. We blend these ideas closely with Ellen White's counsel and biblical principles on teaching.

Practical Teaching Experience

We believe strongly in the practical nature of our education courses and emphasize practical teaching experience through internships, student teaching, and fieldwork. Each student spends as much time as possible actively watching, reflecting upon, and participating in high-quality teaching. Students gradually become more independent in their work in the classroom, beginning with observations and eventually working towards designing and teaching lessons independently.

The Work Education Program at Weimar University allows students to gain additional practical experience in teaching. Christian Education students are assigned to six hours per week participating in work education, which offers an opportunity to gain further teaching experience. Students actively assist teachers in the elementary, middle, and high schools on campus during this time. Eventually, some of our students take over the regular teaching responsibilities in these classrooms, even before their capstone semester.

Career Opportunities and Success Rate

Students from the Christian Education Department at Weimar University have experienced a 100% hire rate. With a shortage of teachers in Adventist schools, teachers are in high demand, and many conferences are seeking new teachers each year. Thus, our teachers are actively sought after in many conferences.

The Vision

The vision of our Christian Education Program at Weimar University is to send out biblical, truth filled, and Christ-centered teachers who will participate in the work of helping students know God better and learn in a healthy, balanced way. Our teaching is based upon the instruction found in God's word and the writings of Ellen White.

Since Christ was most commonly called "Teacher" by His followers, we believe that the teaching ministry is vital and is a high calling.

As educators, we aim to bring each of our students into an active and close relationship with God. We do this daily in each subject and believe that as we teach our students to know God better, they will be drawn into a deep and loving relationship with Him. Our aim in all we do with students is to model God's love and His principles through His three-fold ministry described in Matthew 9:35, proclaiming the gospel through teaching and healing so each student can reach their full potential in God's calling for their lives.



Sarah Gitter, M. Ed.
Education Faculty

Music at Weimar

Music has always played an important role at Weimar University. For years, this ministerial field has been growing within the institution, impacting thousands of people locally and internationally. After much prayer and thoughtful study of the principles of education laid out in the Bible and the Spirit of Prophecy, it became clear to the Weimar University administration that musical pursuits had to be formalized within the institution and given prominence within the academic curriculum.

The Significance of Music

The Biblical narrative gives prominence to the study and practice of music.

Musical poetry makes up one-third of the Bible, meaning that for every three verses, one consists of musical poetry. Music also had a foundational part in the liturgical life of the temple, with musicians stationed in Jerusalem year-round. Music education was part of the core curriculum of the School of the Prophets, which was established by Samuel and "aided in laying the foundation of that marvelous prosperity which distinguished the reigns of David and Solomon" TEd33.1. David aided Saul's depression by playing instrumental music (1 Samuel 16:23), and a harpist invited the Holy Spirit in order for Elisha to prophesy (2 Kings 3:15). Moreover, following the Passover meal and prior to the most agonizing hours of His ministry, Jesus and His disciples sang a hymn and went out into the Mount of Olives (Matthew 26:30). These are just a few ways in which music figures prominently in the Bible.

Introducing the Bachelor of Music Degree

For these reasons, as of January 2024, Weimar University initiated a Bachelor of Music degree with the mission to "Heal a Hurting World Through The Power of Music." This program has already been approved by WASC, the university's accrediting body. Students can choose from five different tracks: Music Education, Composition, Worship Studies, Ministry and Entrepreneurship, and Music Arts. It is the ultimate aim of the program that graduates will be able to use music as they go into all the world and preach the gospel (Mark 16:15).



Fernando Martins, M.M.
Music Department Chair



Learn from music faculty and students what makes this degree unique.

Japan & Korea

MUSIC MISSION TRIP

During the summer of 2023, Weimar University's orchestra embarked on a tour through Japan and Korea. Audiences at their concerts expressed that they felt a unique spiritual quality in the music, several saying that they felt "the presence of God." In a particularly poignant moment, a woman approached the orchestra director, Mrs. Kinjo, after one performance, exclaiming that she finally grasped the essence of the salvation Christians teach for the first time.



01



02



03



04



06



07



05



08



09



10



11



12



13



14

01 - Our first meal in Japan. We stopped for some food between flights to our final first destination in South Korea. Tasty!

02 - During our visit to the Sahmyook University, Dr. Yang introduced us to the President of the institution. We were thankful for their welcome and hospitality to us.

03 - The Vice President of Sahmyook gave us a welcome address before we presented an outdoor concert in the university square.

04 - A visit to the Gyeongbokgung Palace in Korea. The architecture was fascinating. Inside the palace, many people dressed in traditional hanboks.

05 - Our first indoor concert at the University Church at Sahmyook. Dr. Yang translated as Dr. Kinjo introduced each song. We were so blessed to share the music and speak with everyone afterwards.

06 - One of our group members purchased hanboks for the girls. It was fun to dress in traditional clothing to show respect for the country. This was another concert at the international church at Sahmyook.

07 - Our first concert in Japan was at an Adventist elementary school in Tokyo. The kids had so much energy, and fully outran us when we joined them for recess afterwards.

08 - The elementary school teachers organized a fun game of rock-paper-scissors-follow-the-leader.

09 - We were so happy to spend time with all the kids, and we and all the children gave happy farewells to each other when we had to leave the elementary school.

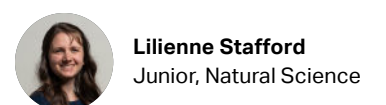
10 - A solemn moment visiting the grave of William Grainger, the first Adventist missionary to Japan.

11 - We caught the sunset just in time at one of our recording locations near Otaki, Japan.

12 - All eight elements of NEWSTART, including massage for 'rest,' were included in the health expo in Okinawa. What a blessing to reach out to the Okinawans!

13 - On the way out of Okinawa, we stopped at the Okinawa Churaumi Aquarium, where we saw a dolphin show. It was so neat to watch dolphins up close with a view of the ocean in the background.

14 - Our last morning in Okinawa, we recorded "I Want Jesus to Walk with Me" with classical guitar. God miraculously held back the approaching clouds from disturbing the beautiful morning sunshine!



Liliene Stafford
Junior, Natural Science



Embracing Lifestyle Medicine

THE IMPACT OF THE SANITARIUM-SCHOOL CONNECTION

In July of 2023, I had the opportunity to be involved in the NEWSTART program as a student observer. It was a powerful experience. Witnessing the effects of lifestyle medicine on reversing chronic diseases was eye-opening and gave me a clearer perception of the role of simple remedies in treating patients. While most people today treat their problems with drugs alone, I saw the power that simple lifestyle changes had on the health of the guests. As the guests cooperated with the physicians, therapists, nurses, and other NEWSTART staff, I saw their health improve significantly. Witnessing NEWSTART up close helped me to better appreciate the blessings of natural interventions.

The opportunity to shadow NEWSTART as a pre-med student taught me valuable lessons about medical missionary work. I saw the Health Message in action and the principles of health being put into practice. Ellen G. White wrote:

“An educational work should be carried on in connection with all our sanitariums. There is a close relation between the work of our schools and our

“When there are schools connected with lifestyle centers and sanitariums, both the students and the sanitarium workers can benefit each other.”

sanitariums, and wherever it is practicable, there are decided advantages in having a school in close connection with a sanitarium. There would be in such an arrangement decided advantages to both lines of work” (RH August 8, 1907, par. 7).

After my shadowing experience, I can see that, true to White’s statement, when there are schools connected with lifestyle centers and sanitariums, both the students and the sanitarium workers can benefit each other. While the students help the sanitarium workers relieve the sick, the workers can teach the students how to care for patients through simple remedies. Students can witness medical missionary work firsthand and watch as physicians, nurses, and staff prayerfully work together for the salvation of the guests. Going through the NEWSTART Program was truly an educational experience that deepened my sense of purpose and calling to health evangelism.

Observing the NEWSTART Program further helped to solidify my desire to be involved in lifestyle medicine. I already had an interest in sanitariums and lifestyle centers before coming to Weimar, but being involved with NEWSTART expanded



my understanding of medical missionary work. Jesus ministered to people by “teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people” (Matthew 9:35). Similarly, NEWSTART seeks to address the physical, mental, and spiritual health of each individual.

Although NEWSTART is a fairly small lifestyle center, the program has a major impact on many guests who have come through. I believe there is a need for many more similar lifestyle centers to be started worldwide. We are counseled in *Testimonies to the Church Volume 7*, “Many sanitariums are to be established. They are not to be large, but sufficiently complete to do a good and successful work” (7T 100.1). In order for this to happen, there must be more workers who are trained to work in these kinds of sanitariums.

I am thankful for the opportunity I have had at Weimar to see how a lifestyle center is run. Learning about various health principles has also been

“The opportunity to shadow NEWSTART as a pre-med student taught me valuable lessons on medical missionary work.”

a blessing to me. As I have applied these eight laws of health (Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in God) and shared them with others, I have benefited physically, mentally, and spiritually. In Isaiah 58, we are promised that as we help others around us, our light will “break forth as the morning,” and our “health shall spring forth speedily” (Isaiah 58:8).

We are all called to help one another as a family in Christ, and NEWSTART showed me practical ways to encourage people on the path to health. The simple remedies and natural interventions used accomplished powerful results. Ultimately, I saw patients reconnecting to the Source of true healing as they allowed God to work in their hearts.



Robin Choi
Junior, Natural Science

Testimonials



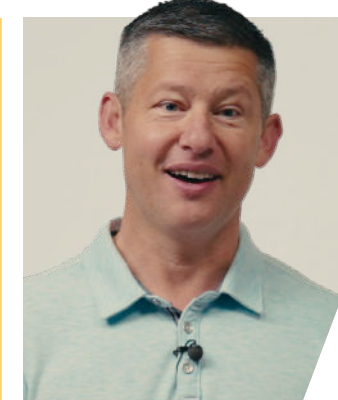
“My triglycerides were dangerously high at 6,891, way above the normal level of 150. Miraculously, they’ve dropped by 95% thanks to this program. Previously reliant on multiple medications for diabetes, high cholesterol, and hypertension, I’m thrilled to say I’ve now been able to stop them all. Just two weeks in, I feel absolutely wonderful.”

—Brian (November 2023)



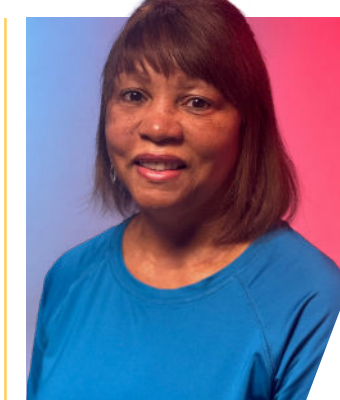
“For three years, gastroparesis left me unable to live a normal life. Despite following medical advice, [my] constant vomiting, extreme fatigue, and weight gain persisted, leading to diabetes. NEWSTART changed everything. Now, I feel truly healed—I no longer vomit after meals, my blood sugars are stable, and I’ve shed 20 pounds in just 18 days. Additionally, spiritual counseling provided by the chaplain lifted a burden I didn’t even realize I carried, contributing to my overall well-being.”

—Erica (March 2024)



“Facing congestive heart failure and uncontrolled diabetes, I knew I had to take action. Thanks to NEWSTART, I’ve shed 12 pounds, stabilized my blood sugars, and significantly improved my blood pressure. Before I could only sleep a few hours each night. Now, I can enjoy a full eight hours.”

—Brian (September 2023)



“I had an open heart surgery scheduled just a few weeks after the completion of my NEWSTART program. Within just ten days, my lab results showed such significant improvement in my arteries that my surgeon suggested canceling. Not only was I spared from a major procedure, but my doctor was also eager for me to tell him more about NEWSTART principles.”

—Kim (February 2024)

HOW WELL DO YOU KNOW WEIMAR'S HISTORY OF HEALING?



Weimar University is dedicated to healing a hurting world. Even in its past lives, Weimar's campus has been used as a center for healing our world; first as a sanitarium and later as a refugee camp. Take this quiz to find out how well you know Weimar's history of healing.

1

In the 1970s, Weimar University's campus was a Vietnamese Refugee Camp. What was the name of that camp?

- A Weimar Hope Village
- B U.S. Vietnam Brotherhood Camp
- C Saigon Village
- D Futures for Families

2

What skill was taught to the resident women of the Hope Village, leading Vietnamese to own 51% of this business in the U.S.?

- A Typistry
- B Sewing
- C Cooking
- D Manicuring

3

Before it was a university, and even before it was a refugee camp, Weimar's campus was a tuberculosis sanitarium. What year was this sanitarium opened?

- A 1905
- B 23 BC
- C 1919
- D 1884

4

Which actor grew up on the campus of Weimar University?

- A Forest Gump in Forest Gump (Tom Hanks)
- B Mr. Miyagi in the Karate Kid (Pat Morita)
- C Desmond Doss in Hacksaw Ridge (Andrew Garfield)
- D Ken Miles in Ford v Ferrari (Christian Bale)

5

The cemetery on Weimar University's campus was in use, while the campus was a tuberculosis sanitarium. How many people are buried in the cemetery?

- A 1500
- B 150
- C 15
- D 1



1

Answer A - Weimar Hope Village

The Weimar Hope Village was the first nonmilitary refugee camp established in 1972. After the fall of Saigon in 1975, many Vietnamese came to the Hope Village camp, hoping to begin new lives away from the trauma of the Vietnamese War. Dr. Larry Ward, a humanitarian who also founded a non-profit to feed the hungry, realized the need for a resettlement center to help refugees get on their feet. Most refugees stayed in the village for a few weeks or months. During its time, the Weimar Hope Village helped around 700 to 1,000 refugees prepare for their new life in the United States.

2

Answer D - Manicuring

In 1995, Nathalie Kay "Tippi" Hedren, a well-known American Actor, visited the Weimar Hope Village. Many women of the village were spouses of highly-ranked military officials who had lost everything in the War. Empathizing with these women, Hedren took the initiative to teach them a trade to support their families. Trades not significantly impacted by the language barrier were preferable, so typists and seamstresses were brought to teach the women. However, in this process, Tippi's manicured nails caught the women's attention. Recognizing their interest in her nails, Hedren had her manicurist visit the village to teach the women the art. As a result, 20 Vietnamese women earned their cosmetology licenses. These women went on to teach other women how to craft the perfect manicure. The Vietnamese impact on the nail salon business was remarkable, with around 51% of nail salons in the U.S. and 80% in California being Vietnamese-owned. Through nails, Vietnamese women could support their families in America.

3

Answer C - 1919

On November 17, 1919, the Weimar Joint Sanitarium (WJS) was opened to treat the deadliest disease of its time: tuberculosis (also known as consumption). In California, the death rate was 189 of every 100,000 people. The WJS housed 125 beds,

and the cost to care for a patient was \$2.25 per day (around \$40 per day in 2012 dollars). After a fire in 1921, the sanitarium buildings were rebuilt with concrete. The survival rate was about 50%. In the early 1900s, the best-known treatment for tuberculosis was fresh air, sunshine, good food, and bed rest. After advances in medicine controlled TB, the property of the WJS was bought by a group of Seventh-day Adventists who desired to continue the property's history of healing. Today, the United States' top disease, heart disease, is caused by overconsumption. Now, Weimar University has taken up the baton from the WJS and battles heart disease through health education surrounding the same simple remedies, including fresh air, sunshine, good nutrition, and rest in their treatment.

4

Answer B - Mr. Miyagi in the Karate Kid (Pat Morita)

The most famous patient of the Weimar Joint Sanatorium was Pat Morita, who played Mr. Miyagi in *The Karate Kid* series. At two years of age, he was diagnosed with spinal tuberculosis, and for the next nine years, he lived at the WJS in a body cast. After being transferred to a hospital in San Francisco, he received surgery to fuse four vertebrae in his spine. The surgery was successful, and he was able to walk out of the hospital at the age of 11.

5

Answer A - 1500

Not counting exhumations, 1,474 persons are buried in the Weimar Cemetery. Citizens of the U.S., Mexico, and even Italy are buried there, with 29 being United States Military Veterans. After the closing of the Weimar Joint Sanatorium in 1972, the cemetery was ignored, and funds for maintenance ceased. Today, the campus cemetery is managed by Placer County. However, many people each year are still buried on campus. Not physically, but symbolically through baptism, many students, NEWSTART guests, and Depression and Anxiety Recovery guests, as well as members of the community, die to self to live a new life in Christ each year.



THEOLOGY OF AESTHETIC

They have it, they fight over it, but they don't really know what it's for. It sometimes looks like churches don't really know what to do with music. By extension, churches don't know what to do for music education.

The Misunderstood Role of Music in Worship

On a surface level, most people know that music is for worship. Like every "good" Adventist, I learned an instrument so I could play for church—at least that's what I was told was the purpose. But beyond the simple reason of "we need music for church," the purpose of music seemed quite hollow. Bible, science, math—those seemed much more sensible and useful in education. Music isn't very "practical"; it takes a lot of resources and time—time that I, as a kid, of course had none of, supposedly.

The Role of Music in True Education

Why have music in true education? Is it just an add-on, like those over expensive toppings you can add to your ice cream?

To understand the purpose of music in true education, we have to look at the foundational goal of true education: redemption. "To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be

To understand the purpose of music in true education, we have to look at the foundational goal of true education: Redemption.

realized—this was to be the work of redemption. This is the object of education, the great object of life."¹

Put another way, redemption is the change of the whole person into the likeness of God. "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."² Ellen White put it this way: "The Christian's life is not a modification or improvement of the old, but a transformation of nature."³ This transformation is so thorough that the impulsive desires of the person come into alignment with God.⁴

This is a radical goal in today's society. We live in an age of self-discovery—"Be yourself," as they say. Essentially, you have a right to all your heart's impulsive desires. In this modern culture, we look inside ourselves to find truth instead of looking upward to God. We care so much more about who we are instead of focusing on who we can be. In God's eyes, we are foolish: "A fool hath no delight in understanding, but that his heart may discover itself."⁵

This proclivity to turn inward and discover ourselves is no more easily visible than in the area of music. We like the music we like, and we want to stay liking the music we like. We like the people that listen to the music we like and we like the people that make the music we like.

Put another way, we like what we like, and no one has the right to say that it's wrong.

The Intersection of Aesthetics and Morality in Music

Some believe that musical tastes are not a moral issue, that they are nothing more than a mere preference—something amoral, neither good nor bad. If this is true, then no one has a right to tell anyone their musical tastes are wrong.

Whether or not people consciously realize it, this idea that musical tastes are amoral stems from the ideology that aesthetic goodness is a sphere severed from moral goodness.

"But the Bible presents a differing idea: "Give unto the LORD the glory

due to His name; Worship the LORD in the beauty of holiness."⁶

In this passage, there is a subtle but sure implication about the morality of aesthetics found in the phrase "beauty of holiness."⁷

What is the "beauty of holiness"? If moral goodness is a separate sphere apart from aesthetic goodness, how can the Bible describe such a thing as beauty (aesthetic goodness) of holiness (moral goodness)? How can morality have a specific aesthetic to it? This can only happen if moral goodness is not absolutely severed from aesthetic goodness.

This is not to say that beauty and holiness are synonymous; it would be reductionistic to say that, and it risks elevating beauty to the level of God. However, it is unbiblical to call any aesthetic purely amoral because, whether we like it or not, our musical tastes implicitly express our worldview.

Music: A Mirror of the Heart's Affections

Music is a reflection of what you cherish in your heart, and by extension, it implies what you believe is worth cherishing in your heart.

You only sing about things you have deep emotions for—people generally do not write songs about sneakers or their breakfast.

If they were to do so, we would naturally assume that there must be some deeper emotional connection to said items.⁸ The music in your life, at the least, implicitly expresses what you believe is worth having emotions for.

Whatever is in the heart finds its way into expression. "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks."⁹ If you truly want to find

out what a man consciously or unconsciously believes, give him unbarred allowance to express himself, and he will naturally find the clearest artistic expression of his beliefs.

This expression goes beyond formal language; it is much deeper than the mere words set to music. Words alone are not enough for the deepest expressions of the heart. “Therefore the Lord said: ‘Inasmuch as these people draw near with their mouths And honor Me with their lips, But have removed their hearts far from Me, And their fear toward Me is taught by the commandment of men.’”¹⁰ There is something far stronger than mere words that express the object of the heart’s deepest affections.

We might say we believe something, but our beliefs only fully crystalize once we commit them to artistic expression. This is true of cultures as a whole—a nation’s beliefs are most strongly, yet implicitly, codified by their arts. John Ruskin put it this way:

“Great nations write their autobiographies in three manuscripts: the book of their deeds, the book of their words, and the book of their art. Not one of these books can be understood unless we read the two others, but of the three the only trustworthy one is the last.”

If aesthetics communicate our beliefs, then inherently, they are indirectly moral. They testify of the longings of our hearts.

If this connection is true, then it would stand to reason that our church’s division over music testifies to a disunity of values and, if you trace the line far enough, a lack of unified, whole-person transformation.

Turning Hearts Toward God

If the goal of true education is to change man back into the image of God, then music must be used to shape the heart back toward God. In music education, students should be taught to make God

the object of their deepest affections and how to appropriately express those feelings in a way that fears God and gives glory to Him.¹¹

Such an education cannot merely impart knowledge; instead, it must focus on teaching the student to have a true experience with God through contact with His word.

It must prepare the student to be part of the people who will stand face-to-face with God.

“Then I looked, and behold, a Lamb standing on Mount Zion, and with Him one hundred and forty-four thousand, having His Father’s name written on their foreheads. . . . And I heard the sound of harpists playing their harps. They sang as it were a new song before the throne, before the four living creatures, and the elders; and no one could learn that song except the hundred and forty-four thousand who were redeemed from the earth.”¹²

¹ ED 15.2
² 2 Cor. 5:17
³ DA 172.1
⁴ DA 668.3
⁵ Prov. 18:2
⁶ Ps. 29:2
⁷ This phrase is also found in other passages.
⁸ Unless it was satirical.
⁹ Luke 6:45
¹⁰ Isa. 29:12-14
¹¹ Rev. 14:7
¹² Rev. 14:1-4



Dylan Homan
Senior, Music

“But the Bible presents a differing idea: “Give unto the LORD the glory due to His name; Worship the LORD in the beauty of holiness.”

Beyond Borders

WEIMAR NURSES ON FOREIGN MISSIONS



▲ In this captivating narrative, Lauralea Leffler '17 (left) and Abigail Hess '23 (right) give insight into foreign missions, sharing their motivations for choosing missions and their experiences in the field. Their accounts unveil the essence of courage and dedication as they navigate the challenges and triumphs of serving communities beyond our borders. Learn about the remarkable journeys of these two extraordinary women and their counsel for those contemplating a similar path.

Choosing Missions

LAURALEA: My nursing journey was born from the conviction that God had placed a calling on my life for foreign missions. I worked at NEWSTART for several years as a massage and hydrotherapist. I found my work very fulfilling, but I wrestled with the *why* behind foreign missions. Why take someone from one culture and place them in another where they have to learn how to do everything all over again—how to talk, act, and communicate the gospel in a completely different context? It seemed so inefficient. Foreign missions, however, would not leave my mind. Finally, this question came to me with such conviction that I knew it was God’s call: *if I don’t go—if I don’t personally take responsibility for those who don’t know—who is going to?* At that time, I recognized that having additional tools in my toolbag would be helpful wherever God was calling me to go. While I had never



previously been interested in nursing, through much prayer, I became convicted that not only did God want me in missions, but also nursing, and also in the first nursing program at Weimar.

ABIGAIL: When I chose Weimar University, it was with missions already in mind. I wanted classes that would include natural remedies and a more holistic approach to patient care. I was inspired to be a missionary by reading and hearing many mission stories while growing up and participating in several trips as a teenager. During my time at Weimar, conversations with like-minded friends and student-led activities such as the Career Missions Club helped to keep the fire burning.

As I prepared to enter my last year of nursing school, I began considering what to do after graduation. Some respected people in my life expressed some concern about me going to the mission field as a new nurse, and I took their words into consideration. However, as I prayed about my options, God brought to mind the story of the widow of Zarephath. I would give to God first, and He would take care of all that followed.

On Nursing

ABIGAIL: Nursing makes an excellent tool for mission work. Helping the local people with their medical needs has enabled me to build connections with them that wouldn't have been possible otherwise.

In general, many of the nursing skills and medical knowledge I obtained at Weimar have been useful. However, one specific thing that I am thankful to have is the patient assessment and charting skills that I learned. Although these are part of a standard nursing course, I am grateful that all the instructors at Weimar put extra emphasis on these skills.

Experiencing Miracles on the Field

LAURALEA: I remember being called to visit a family who had a sick child. Unlike many with whom we work, this family had resources. The child was so ill, however, that the hospitals had said there was nothing else that could be done. The medical system had given up, resources could not help, and the child was sent home to die. The other missionaries and I were surrounded by a large clan—aunties, uncles, cousins, siblings, and grandparents. We were the center of attention. None of us were physicians. None of us had advanced training. What could we do with our simple supplies that four hospitals could not? We prayed. Though this family was of a different world religion, they welcomed the prayer. Then, we taught them simple hydrotherapy and a few natural remedies. The family organized themselves into shifts to provide the hydrotherapy treatments around the clock. They gave the child better nutrition and took him outside into the sunshine. While I knew that humanly, these interventions could not be enough to save the child's life, I recognized that this was a divine



opportunity to reveal the power and the presence of a personal God to this family. Several days had passed, and the child didn't die. Several weeks had passed, and they found that he was improving! He began to walk and play and came off supplemental oxygen. Then he went back to school! God directed this family's whole focus to the very situation that He could use to reveal Himself to them.

God did for this child what only God could do. I couldn't do anything for him. My fellow missionaries couldn't do anything for him. But God *could*. He used our inability to reveal His ability. Training, resources, skills, and abilities are all a blessing; if we have them, we should use them for God, but the answer to the cry of the heart of humanity is Christ. No matter how much training we may have, in missions, *we will* face situations for which we are not prepared. In our extremity, God has the opportunity to glorify His name.

Facing Challenges

LAURALEA: Challenges are a part of life everywhere, but the extent and variety of challenges are perhaps greater in foreign missions. Palawan, Philippines

(where I have served for the past few years) is a resource-limited setting. Many people do not have access to medical care. Many islands do not have a hospital, clinic, doctor, nurse, or even a midwife. The hospitals are also resource-limited. Not only are financial resources and supplies limited, but personnel and training are also minimal.

As nurses, we are used to calling the doctor, talking to our charge nurse or supervisor, and referring to orders in our work. It was a very challenging transition to suddenly become the most experienced and trained medical person around, have no doctors to call on, and have to figure out care without any orders. All the training that I have had has been a blessing, and I have needed it all... and then some!

Supplies are also limited. When I fly with patients during transport, whatever I bring with me is what I can use for their care. There is no stockroom on the aircraft. Through the generosity of many people, we have obtained more adequate supplies. Still, learning how to make do without the standard supplies was a challenge. Creativity is a necessity.

Going abroad alone, leaving home and family behind, living without a regular income, and doing work that often seems above my ability have often caused me to face fear, discouragement, loneliness, or frustration. These challenges are often more difficult than those of resources, language, or medical ability. It is in the quiet place with God that we overcome these types of challenges. In Ephesians 6:12, the Bible reminds us that we wrestle not against flesh and blood.

Only God can replace our fear with His peace, our discouragement with His fortitude, and our loneliness with His abundance. My time at Weimar taught me more than nursing skills. It gave me opportunities to draw near to God, to test His promises, and rely on His word.

ABIGAIL: Several weeks ago, a fellow missionary and I were on our way to meet a sick baby who was being carried down from the mountains when we received word that it had passed away during the hike. Several distinct thoughts have followed that experience:

Would I have been able to save her if I'd been there? Although I am well aware that perhaps there would have been nothing that I could have done, it was a reminder that I need to keep learning and reviewing my nursing knowledge and skills.

If only they had come sooner! I thought. The mountain people here desperately need more resources and education. The saddest part of this situation to me was that they waited a day to come because they tried local witchcraft practices first. If they'd known and believed in Jesus instead, that time wouldn't have been lost.

This girl's story is only one of thousands. This was just one person from one of many such villages. The need is vast, but the laborers are few.

Offering Advice

ABIGAIL: Take care of your health now (physically, spiritually, and mentally). It's a valuable asset, and the habits you build now will lay the groundwork for how you care for yourself in the mission field. Granted, in the field, you won't be able to live the NEWSTART lifestyle perfectly, but I've found that intentional efforts towards a healthful lifestyle can go a long way in helping you be a healthy, effective worker.

I also wish I would have taken more time to appreciate the many cultures represented at Weimar. I find myself intrigued by the differences in ways of life here and the various backgrounds of my fellow missionaries from other countries. I've sometimes wondered how many cool conversations and insights could be helpful now that I may have missed by not taking more time to be curious about others' backgrounds at Weimar.

To nursing/medical students: Pay attention to the skills you think you'll "never use." For instance, dosage calculations or IV drip rates. Indeed, some skills you learn may never be used if you are a nurse in the States. Yet, in the mission field, you may find yourself playing "doctor" and "pharmacist," or other such roles, as well as a nurse, and being at least familiar with these things has been very helpful to me.

LAURALEA: Stateside experience is good. I recommend getting a year or two, but assiduously guard against becoming absorbed in that life and distracted from your calling to foreign missions.

Wherever you go, learn the language. It opens the doors to hearts and gives you influence with the people.

There is sacrifice in service, but the benefits are worth infinitely more.

Finally, do the work that is before you today faithfully and He will show you your work for tomorrow when it comes because "faithful is He who calleth you, who also will do it" (1 Thess 5:24).

“Pay attention to the skills you think you’ll ‘never use’ like dosage calculations or IV drip rates. Some skills you learn may never be used as a nurse in the States.”



THE BIG Q

WEIMAR ELEMENTARY STUDENTS ANSWER SOME OF LIFE'S MOST CHALLENGING QUESTIONS

Sean, 8th Grade

WHAT DO YOU THINK IS THE MOST IMPORTANT QUALITY A PERSON CAN HAVE, AND WHY?

"I think the most important quality a person can have is wisdom. If you have wisdom, you will have all the other qualities because you are wise enough to know that they are good."

Rose, 4th Grade

IF YOU COULD TRAVEL TO ANY POINT IN HISTORY, WHERE WOULD YOU GO AND WHAT WOULD YOU DO?

"I would listen to Jesus preaching the sermon on the mount, and see Him heal people. I would just stare at the Messiah and love Him."

Julia, 2nd Grade

HOW CAN YOU MAKE A LASTING AND POSITIVE CHANGE IN THE WORLD?

"To change the world, I would make all Adventists go door to door and sell books."

Dominic, 6th Grade

WHAT DO YOU THINK IS THE PURPOSE OF LIFE, AND HOW DO YOU THINK PEOPLE FIND MEANING?

"The purpose of life is to praise God and share the love of God with others. People will find the meaning of life by reading the Bible."

Sophia, 8th Grade

WHAT DO YOU THINK IS THE MOST IMPORTANT LESSON YOU'VE LEARNED SO FAR IN LIFE?

"To be patient with everyone."

Sharlet, 8th Grade

WHAT DO YOU THINK IS THE MOST CHALLENGING PROBLEM FACING OUR CHURCH TODAY, AND HOW DO YOU THINK WE CAN SOLVE IT?

"A lack of love. We can solve this by asking for the Holy Spirit and having the character of Christ."



WEIMAR.EDU



Suggest a question for the faculty of the religion department to answer in the next issue. Email questions to magazine@weimar.edu.

HEALTH GRADS: WHERE ARE THEY NOW?

Health Evangelism And Leadership Training for Him (HEALTH) isn't merely a program; it's an experience that equips individuals to become agents of change through the "right arm" of the gospel. At Weimar University, we are overjoyed to witness the growth of our graduates as they embark on a path of service, armed with knowledge and leadership instilled through HEALTH. Established with a clear vision to educate and equip professionals and laypeople, HEALTH delves into blended evangelism, guided by a multiphase plan aligned with the counsel of Ellen G. White. Our graduates emerge as pioneers of medical missionary work, utilizing their expertise to bring healing and hope to communities. We recently caught up with four HEALTH graduates to find out what they are up to! Here are their stories:



Kacie Hankins '19



JAVIER MARTINEZ

Javier was a bricklayer before he came to Weimar’s HEALTH program in 2015. Other than the exercise from his job, his lifestyle was not ideal. However, the HEALTH program changed his life. Javier learned practical ways to improve his lifestyle and use health ministry as evangelism. After returning home, he changed his lifestyle, adding exercise and better nutrition in addition to shifting to a 2-meal-a-day diet. His time in HEALTH has also spurred him to dive deeper into ministry. “I made the decision to study to be a massage therapist,” Javier says. That choice has led him to be a health evangelist in his church and community. “When I train the brothers from church to give massages, I like to pray beforehand and they cry because they can see somebody cares for them,” Javier says. He also tells of a time during a health fair that he was giving 5-minute massages. “People kept leaving without any pain in their back or neck at the time of the massages,” he says. By God’s grace, HEALTH transformed Javier’s life into one dedicated to ministry.



TANYA LENTSMENT

Even before Tanya came through the Weimar University HEALTH program in 2019, she had been practicing the principles of HEALTH in her own life. However, Tanya reports that the HEALTH program deepened her understanding of principles and methods she already loved. “I gained confidence in giving Bible studies,” she says, “and I now have a whole new skill set which started by doing basic massage training for the health expos.” Now, Tanya does part-time work as a Remedial Massage therapist. Tanya says that massage is a great way to meet people. “My clients share their stories, and I am able to listen and share my journey and what has worked for me.” Australia, where Tanya is from, is largely secular which often makes it difficult to share Jesus. However, Tanya has found that her work and her HEALTH training have helped her in this regard. “The community knows that I am a Seventh-day Adventist,” she says, “and since doing massages helps me win the trust of my clients, they often ask questions about my religion. I have several clients that have a Christian background and often our massage time is more like a Bible study. I have also been able to pray with some of my clients and have had the opportunity to give books as gifts.”

KACIE HANKINS

Kacie attended the HEALTH program in 2019. Before HEALTH, she had been working odd jobs here and there. “The HEALTH program gave me a taste of what it means to be a medical missionary,” Kacie says. HEALTH also gave her an idea for how she could evangelize in her community. “Thinking back, I’m realizing that the massage course in the program was actually a catalyst for me to finally pursue a certification in massage therapy,” she says. About a year after HEALTH, Kacie started working with a program called the FITT Challenge, which is essentially a lifestyle center on wheels. They deliver healthy meals to their clients’ homes and provide educational classes and health coaching. During her time working with FITT Challenge, Kacie used the skills she learned in HEALTH to coach clients through setting and achieving their health goals. “It was great to be able to practice what I learned, and I still find myself using those skills today.” Currently, Kacie is working as a massage therapist at a mental health clinic. In her free time, she conducts hydrotherapy and fitness classes for the clinic patients and community members.



PARVINDER NELSON

Parvinder had already moved to the Weimar area from New York City when she joined the HEALTH program in 2016. A physical therapist by occupation, she had a strong desire to receive more training to reach souls for Christ. In her new home, Parvinder felt that God was calling her to action. “Even before coming to Weimar,” Parvinder explained, “when I was praying about where God would have us move, He gave me an impression that ministry with the Sikhs in Yuba City, California, was one of the reasons He wanted me to move to Weimar.” As a former Sikh, she desired to bring truth to those who shared her former beliefs. In January of 2022, Parvinder’s team conducted a Diabetes Undone program to reach the Sikhs in Yuba City. “We enjoyed every moment of it,” Parvinder says. “We first met many of [the] friends we love now at that program.” Furthermore, the program began a ministry that has continued to touch the lives of the Sikhs in Yuba City to this day. A number of Parvinder’s Sikh friends have opened their homes to her and her team as a result of the healing provided to them. Some have requested Bible studies and have asked for Bibles to read at home. The team is currently planning an evangelistic series for the summer of 2024. “HEALTH has changed my life,” Parvinder says. “God, through HEALTH, equipped me to begin the Yuba City Ministry with my team.”





2023 Weimar Alumni Weekend

Reminisce. Reconnect. Renew.

A flood of warm memories greeted attendees as they walked the concrete paths at twilight and spent time with old classmates. It was well worth the trip.

Over seventy Weimar Academy and College alums and their families, including much of the Academy class of '89, journeyed to the beautiful-as-always Weimar campus last September to attend their first homecoming in years.

The weekend began with a pleasant Friday evening meal in the NEWSTART kitchen. The hearty singing at vespers, the thoughtful sermon by University President Dr. Neil Nedley, the interview with an alumnus now serving in China, and the masterful music by the Academy choir and orchestra touched a chord in many hearts. The Friday night and Sabbath services were livestreamed and are archived on YouTube under "Weimar Church Media."

Boasting local garb and bare feet, Boaz Pappendick (Academy '99), a missionary in Senegal, shared the mission story for Sabbath School. During the divine hour, Pastor Bill Krick (class of '95) preached about being the fragrance of Christ. Glorious music shared by the University choir and orchestra culminated with an enthusiastic choir and alumni rendition of "The Blessed Hope," a long-standing Weimar favorite. After the Weimar Church potluck, Development Director Pastor Keith DiDomenio treated alums to a campus tour, noting many improvements such as the new Tyndall Suites (staff and student housing), and a modernized cafeteria kitchen.

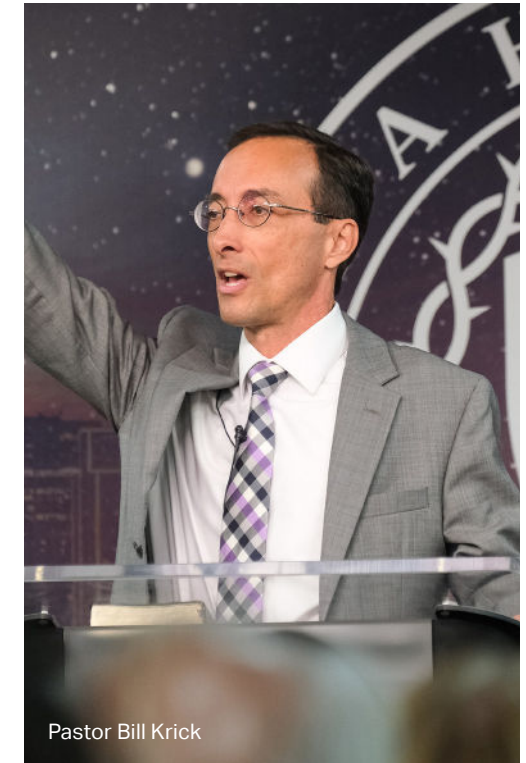
The afternoon concluded with a concert by students, alumni, and their families, followed by testimonies. For those who stayed until Sunday morning, there was time to dialogue, ask questions, and share ideas over a delicious breakfast in the student center (former home of the Wei-Print) before parting.



Patrice Hart and Debbie (Kelln) Boyd



David and Laurelie (Abbey) Hillebert



Pastor Bill Krick



Children of Alumni



Brian Snarr, Laurelie Hillebert, Debbie (Kelln) Boyd, Patrice Hart



David and Missy (Grant) Jennings

The experiences of those who came are best described in their own words:

"Seeing familiar faces is always a nostalgic delight. The weekend was a fun reminder of our shared roots, marking where we've been, how far we've come, and the limitless potential ahead with Jesus. Also, Weimar's impressive renovations added an extra layer of wonder. The campus now feels like a new and well-oiled machine! If you haven't been back to Weimar for a while, we would definitely recommend attending a reunion."—Shane (College) and Mary (Sasa) Hilde (Academy '99)

"I thoroughly enjoyed the music from the academy choir. They are fantastic! The friendships developed there at Weimar have been enduring and rich—I absolutely enjoyed talking about where each friend's road has taken them since we parted ways after graduating from Weimar. It is not a weekend to miss!"—Tim Crary (College '91)

"It was a blessing to see how God has been leading in the lives of the alumni. Weimar is a good host, with state-of-the-art food, music, and fun activities." —David Klingbeil (Academy '89)

Weimar considers alums to be those who attended or graduated from elementary school, academy, or university, as well as former faculty and staff. We want to connect with each one of you. If you are not on the Weimar alum email list, please send your name, address, email address, phone number, and the year you graduated to alumni@weimar.edu so you won't miss out on future news and events.

The next alumni weekend will be October 4, to October 6, 2024, and we invite all alums and their families to take a break and return to Weimar to reminisce, reconnect, and be renewed.



Heather Krick (College '97)
Weimar Alumni Office Volunteer

War and Refuge

THE INSPIRING JOURNEY OF UKRAINIAN REFUGEE STUDENTS FINDING HOPE AND HOME AT WEIMAR ACADEMY

As the war in Ukraine erupted, two young individuals embarked on a journey to seek refuge far from the turmoil that tore through their homeland. Their path, marked by adversity and upheaval, led them to the welcoming embrace of Weimar Academy, where, amidst displacement, they discovered a new home.

The armed conflict in Eastern Ukraine began in 2014. Between September 2014 and February 2015, Russia, Ukraine, France, and Germany signed several iterations of the Minsk Agreements, which should have eventually stopped the forward movement of troops and reduced fighting significantly. Unfortunately, the agreements were never implemented, and on February 24, 2022, Russia attacked Ukraine on several fronts, beginning a major invasion. The fighting transformed into a trench war, with roughly 75,000 troops facing off along a 420-km-long front line cutting through densely populated areas. The war ruined the area's economy, forced millions to relocate, and turned the conflict zone into one of the world's most mine-contaminated areas.

The Ostapenko Family

Anna Ostapenko and her family were prepared. Sensing that the conflict would escalate any day, with documents in hand, the family was packed. They had plans to escape to Romania via Moldova. After hearing missiles flying over her home on Thursday morning, Mrs. Ostapenko gathered her family and said, "We're getting out of here." Anna commented, "The day before was just a normal day." They left their life and health ministry behind in Vinnytsia and headed for the border. Only a few hours after crossing, martial law was declared, which could have resulted in forcing her father to engage Russia as a member of the Ukrainian forces or her mother, a medical doctor, to stay and serve in the military one day. God had been preparing them for this moment. "We could see God working in so many ways," said Anna, "Just about a month before we got a new car. If we had our old car, we would not have been able to make it." She goes on to say, "I didn't see anyone dying or damage happening, but when we arrived in Romania, we read the news and started to realize what was really happening."

During the initial outbreak of the war, the health center that the Ostapenko family had such an integral part of operating was transformed into a place of refuge. Located in a rural area, it provided shelter and safety to those traveling to escape the country. Over the first several weeks, the health center welcomed over a hundred Ukrainians, and Anna's dad helped by raising funds to continue this ministry. Now, it is transformed into a rehabilitation center where they can help Ukrainian soldiers and casualties recover from injuries as a result of the war.

Regardless of whether the war broke out or not, having been accepted in January 2022, Anna was headed to Weimar Academy. Years back, Dr. Neil Nedley, President of Weimar University, had visited Anna's family in Ukraine. He was there to work with the health center that her family had helped establish. Dr. Nedley invited her to study at Weimar Academy when she was only twelve years old, and

she put the idea on the back burner. Now, instead of studying abroad alone, her family had joined her in the nearby state of Washington, where Anna's mother, a former medical doctor in Ukraine, is studying to get her license in physical therapy to continue ministering to the physical and spiritual needs of others.

Although adjusting to the American culture and studying in English was initially challenging for Anna, she now considers Weimar Academy her home. Anna explains, "I'm very grateful for an opportunity to live under a peaceful sky, free from constant fear for my life. Weimar Academy is not only my physical home; it is so much more. I have grown a lot while studying here, physically, spiritually, and mentally. It is due to the people surrounding me who have become my family. Many students took the first step to making friends with me and accepted me into their families. They help and support me in every situation, and the teachers are always willing to go the extra mile to explain things. By their example, they motivate me to push forward and become better in every aspect. Many of them made time for me in their busy schedules and were there for me when I needed it the most. People here showed an example of true, selfless Christianity. Each of them has a very special place in my heart; I only wish to repay them for all their Christ-like love and patience toward me. I aim to show the same kindness, care, and support I receive from my Weimar family to everyone around me."

The Ihnatiuk Family

David Ihnatiuk had a similar experience. On the first day of the Russian invasion, David recounted waking up at 5 in the morning to the sound of bombs hitting the airport near his hometown of Odessa. Quickly packing their things, David's family, including his two sisters, got on the road heading to a friend's house, only to find upon arrival that their friends had already left. The Ihnatiuks fled to Romania. Though they had no friends there, no place to stay, and just enough funds for their trip to America, God provided for them miraculously through a stranger named Vladamir. Vladimir approached the family and graciously offered them food and shelter for a month until they flew to Mexico.

The Ihnatiuk family planned to enter the United States through Mexico, where Ukrainians were granted access. However, two hours before their flight to Los Angeles they found themselves in a prison cell because of forgotten documentation. They were told they would have to stay for one day until the Mexican government could figure out what to do with the missing documents. The moment they entered the cell, with only two hours until their flight, they started praying. Miraculously, only 15 minutes later, the problems were solved, and they were released and on their way to America.

Their initial transition was tough. Mr. Ihnatiuk spoke some English, but all David knew how to say was, "Hello, how are you?" Fortunately, they found a supportive Slavic SDA church community that helped Mr. Ihnatiuk to find a job. After moving to Sacramento, they received what David described as "a random phone call" from a man who suggested David attend Weimar Academy. David now considers Weimar Academy his home. "I like the nature and the friends I have found here. Weimar is a place that makes you think about God and brings you closer to Him."

God's Providential Leading

Anna and David's arrival at Weimar Academy was not a coincidence but a testament to God's care and providential leading. As the two navigated the complexities of a new language, culture, and environment, they found the warmth of friendship in their newfound Weimar Academy family.

David and Anna's presence among us is a testament to the divine orchestration that continues to unfold within the grounds of this institution. Their stories remind us of the importance of extending a helping hand and providing for those in need. The Academy Principal, Mrs. Laura Krum says, "Anna and David have become integral parts of our Weimar family. Together, as a community, we stand ready to embrace them, learn from them, and continue supporting them."



Emily Martins, M.M.
Director of Marketing and P.R.



Dr. David Shin



Glenny Cherian



Dr. John Scharffenberg



Jean-Noel Adeline, Glenny Cherian, Amanda Anguish, K'dee Crews, Daniel Binus, John Scharffenberg, Pekka Maattanen, Joshua Fleming, Kris Lenart, Neil Nedley, Justin Nedley

OVERCOMING OBSTACLES:

In the pursuit of success, we often encounter obstacles that seem insurmountable. Yet, amidst these challenges, there exists a crucial distinction between those who triumph over that seemingly “stuck” feeling and those who falter: mindset.

As individuals, our beliefs shape our thoughts, emotions, and actions, ultimately influencing our perception of control over our lives. At the 14th annual Nedley Health EQ Summit hosted on the campus of Weimar University on March 14-17, attendees gained life-altering lessons from speakers such as Kris Lenart, a world renowned speaker and leadership coach; Dr. John Schaffenburg, the 100 year old M.D. that doesn't seem to slow down; and some Weimar University faculty such as, Dr. David Shin, professor of theology, Glenny Cherian, professor of psychology, and Don Mackintosh, pastor of the Weimar Campus Church. In over 24 hours of intensive EQ education, these speakers and others shared wisdom that will lead to a healthier mentality and lifestyle. Here are some of those lessons.

The Locus of Control

Mindset consists of a set of beliefs, or thoughts repeatedly dwelt on. It is an intricate web of ideas that shape our emotions, guide our actions, and ultimately determine our outlook on life. At the heart of mindset lies the concept of locus of control, a term that refers to how much we believe we can determine the trajectory of our own lives. Some see life as a series of external forces beyond their control, while others

Lessons from the 2024 EQ Summit

embrace the power of personal choice and agency. It's this internal locus of control that forms the foundation for overcoming obstacles. By believing in our ability to navigate challenges and forge our own path, we shift from a mindset of victimhood to one of victory. With the newfound clarity that results from this shift, forgiveness becomes a natural response, freeing us from the chains of the past and empowering us to focus on the present moment and extend a helping hand to others on their journey.

Identity

In a constantly changing world, it's crucial to anchor our identity upon a reliable source of truth. That steadfast rock is none other than God and His Word. You see, God wants us to know just how much He treasures us, placing upon each person an infinite value. He's given us a purpose, a calling that He longs for us to fulfill. That's why diving into His Word isn't just about skimming the surface – it's about immersing ourselves fully, taking the time to truly absorb and reflect on the truths He has laid out for us. It's in this deep dive into Scripture that we find the strength, wisdom, and power to overcome life's obstacles.

The Gut-Brain and EQ Connection

The Bible is more than just a book. It is God speaking directly to us, providing for us the keys to overcome the obstacles we all face. It contains timeless principles for daily living. Take, for example, the story of

Daniel, a figure revered for his unwavering faith and wisdom, and as Dr. David Shin pointed out during one meeting, his extremely high EQ. One aspect of Daniel's remarkable emotional intelligence was his commitment to a whole-food, plant-based diet, a lifestyle choice that not only nourished his body but also contributed to his overall well-being. Research shows that a plant-based diet can promote a healthy gut microbiome, which in turn, will affect our mood and mental outlook on life (mindset). Could this be the reason why Daniel was able to keep his cool when Arioch showed up at his door to execute him, and Daniel simply asked him, “What's going on, Arioch?”

In order to gain a healthy gut microbiome like Daniel's, 100 year old Dr. Schaffenburg strongly recommended the counsel found in the Spirit of Prophecy which he has followed for most of his life: eating two meals per day and avoiding stimulating substances such as caffeine, rich desserts, and some spices. He supported his argument for these diet choices with an intensely interesting rat study which proved rats fed with these substances crave alcohol.

Get a Good Night's Rest

But it's not just about what we eat. It's about how we care for our bodies holistically. It is important to establish an evening routine, such as the 3-2-1 rule recommended by the *Wall Street Journal*: Eat your last meal at least three hours before bedtime, cease working and strenuous exercise two hours before bedtime, and ensure all screens are shut off one hour before bedtime. Many people make the mistake of lying awake in bed. If you haven't fallen asleep after twenty minutes, find a relaxing activity that will make you sleepy. Seven to nine hours of nightly rest will do

the body and mind wonders, significantly improving emotional intelligence, and helping you to thrive in the face of life's challenges.

Exercise and Cognitive Function

Exercise is a crucial component in enhancing emotional intelligence and surmounting obstacles. Dr. Joshua Fleming recommends dedicating 150 minutes per week to aerobic activities like brisk walking, complemented by strength training sessions twice a week. Engaging in regular physical activity not only strengthens our muscles but also plays a pivotal role in optimizing cognitive function. Studies show that exercise enhances the hippocampus's ability to encode and retain vital information, while also bolstering the function of the anterior cingulate gyrus, a brain region responsible for regulating emotions. By prioritizing our physical health, we inherently nurture our mental well-being and our ability to take control of our mindset.

You Can Make the Change

So how can a person make all of these changes? Leadership Coach Kris Lenart is adamant about each person having a 20-year goal. He explains that having a vision for your future creates a healthy tension between where you are now and where you want to be. If you don't have an aim, you may find yourself with too little tension, never having enough motivation, or you may have too much tension and find yourself stressed by things that don't really matter. Set a hefty goal for your life and take care of your health. God has given humanity free will, the power to choose. Start with small steps and make continuous improvements. Celebrate the small victories and cultivate patience. Build relationships that will support you in making beneficial changes. As you put in the work and cooperate with God, you will find success and victory!



Christopher Vitangcol
Sophomore, Music

“By believing in our ability to navigate challenges and forge our own path, we shift from a mindset of victimhood to one of victory.”

MERGING FAITH AND HOLISTIC HEALING

A Conversation with Weimar University's Professors of Psychology

In the pursuit of understanding human behavior and mental processes, the intersection of psychology and faith often illuminates profound insights. At Weimar University, a unique approach emerges, weaving together psychology, counseling, and wellness through the lens of Bible-based Christianity. This innovative program not only delves into the scientific study of the mind but also navigates the complexities of the study of psychology, falsely deemed by some as incompatible with Christian beliefs. In this interview, we explore how the Master's in Counseling, Psychology, and Wellness at Weimar University bridges the gap between science and faith, shaping a new generation of therapists who seek to heal not just the mind but the whole being.

Dr. Garcia, what is psychology, and why should Christians pursue its study?

Psychology is the scientific study of human and non-human behavior and mental processes. Just as studying a poem or a song reveals a great deal about the author, studying humanity reveals to us our Creator—how He thinks, how He loves, and how brilliant He is. In addition, studying fallen humanity reveals much about the Great Controversy that is the context of our lives. Psychology encompasses any aspect of life that humanity touches; therefore, the benefits of its study are substantial. It teaches us to expand our potential, from developing the most efficient brain to maximizing the development of our children. It increases an understanding of how we best learn and think and garners an appreciation for the diversity of culture created by our Lord, aiding our perception of how we are influenced by others and influence others. When examined through the lens of Bible-based Christianity, it becomes a powerful tool in spreading the gospel by understanding how to best reach fallen man.

Ms. Cherian, you are a graduate of this program; why did you choose to study psychology, and why at Weimar?

During my time working in the preventative and community health field, I began to recognize the pressing need to address mental health issues among patients who initially sought care for physical health concerns. However, my training in this area was lacking.

I started exploring options that could help me develop in this field. After considering various possibilities, I was drawn to Weimar for several reasons. First, Weimar's commitment to upholding the Bible and the Spirit of Prophecy resonated with my values and provided a solid moral foundation. A series of remarkable events led me to Weimar, where I had the privilege of learning from exceptional mentors who emphasized the importance of integrating physical, mental, and spiritual health in the holistic healing of individuals.

Dr. Garcia, you mentioned approaching psychology through the lens of Bible-based Christianity. I understand that many well-accepted theories in traditional psychology do not align with biblical truths; are the majority of Christians today accepting and practicing these theories?

I can't speak for every Christian, but we do see that both Christian and non-Christian programs training future psychologists often reflect beliefs that don't align with Scripture. Furthermore, this training, in conjunction with other multiple worldly influences, results in the outcome of strong anti-Biblical ideas brought forth in the practice of psychology, such as views on homosexuality, evolution in psychology, hypnosis treatments, mindfulness meditation, and many others that affect both psychologists and those with whom they interact. Unfortunately, this worldly palette of therapies can mislead the focus away from pure and true healing in applying Bible-based Christian psychology.

How did you handle this issue when you created the curriculum for the Master's in Counseling, Psychology, and Wellness at Weimar University?

Psalm 16:8 says, "I have set the Lord always before me: because he is at my right hand, I shall not be moved." This program strives to train therapists who place God first regardless of current worldviews, as reflected in the curriculum. For example, Moral Identity and Faith of the Christian Counselor is one of the program's foundational courses. This class explores what it means to practice counseling in today's climate. It encourages the student to develop a moral identity firmly founded on Scripture. Weimar University approaches the state-mandated curriculum for licensure through the lens of Bible-based Christianity, seeing the error and finding the truth for best practice of treatment, and thus learning how to offer patients the optimal holistic treatment plan. This only comes through knowing God, which is the basis of our program: By taking our counsel from the Lord, we can counsel others.

Dr. Garcia, are there any other aspects that make this program unique?

The graduate-level Principles of Health course emphasizes the wellness aspect of our Counseling Psychology and Wellness program. In addition, our Clinical Neuroscience and Psychopathology course includes a 10-day experience shadowing the Nedley Depression and Anxiety Recovery Program to obtain more hands-on training in addressing depression and anxiety. These valuable practical experiences are unique to Weimar University.

The critical philosophical difference of our program is that we aim for healing that not just gives relief from the darkness but healing that will banish the darkness. This can only be done through a holistic approach that includes the spiritual aspect of the human being.

Ms. Cherian, how does counseling and wellness fit in with this program, and what is the relation between the three aspects (psychology, counseling, and wellness)?

The traditional division between the mind and body has frequently hindered our understanding. However, as we recognize their interconnectedness, we become more adept at working with the whole person. There are counseling centers that may overlook the profound impact of a balanced lifestyle on one's mental health. Unfortunately, there are lifestyle centers that may neglect the significance of mental health when addressing physical health. Our program is designed to empower individuals with the knowledge of how to

effectively bring the principles of 'medical missionary work,' also known as the 'right hand of the gospel,' into the therapy room. We have witnessed the benefits of this approach, combined with the introduction of Christ as the true healer and counselor, in expediting the recovery process.

The Counseling Psychology and Wellness MA program is approved by the state of California's Board of Behavioral Sciences (BBS) for both LPCC and LMFT licensure requirements.



Gleny Jigi Cherian, M.M.
M.A. Counseling, Psychology and Wellness Faculty



Melissa Garcia, Ph.D.
Interdisciplinary Studies Faculty



LEARN MORE ABOUT THE MASTERS IN COUNSELING, PSYCHOLOGY, AND WELLNESS PROGRAM.

QUESTION



The Ministry of Business

THE IMPACT OF THE SANITARIUM-SCHOOL CONNECTION

Ministry work often requires the same organization, planning, and execution as running a business. You may think comparing a ministry to a company is strange. But consider for a moment: Wouldn't someone with an understanding of business principles significantly enhance the efficiency and impact of a ministry? Do ministries not also require effective leadership, sound financial management, and strategic planning? Business should not be seen as a force antagonistic to healing a hurting world but instead a powerful tool in our ministerial arsenal.

This is the viewpoint of mission-minded businesswoman Magda Rodriguez, the new Chair of Weimar's Business Department. We also anticipate this will spark a paradigm shift, enabling you to view these skills not as secular tools to be used for personal gain but as sacred instruments that will aid you in serving in the mission field.

Rise to the Top

While Magda was being trained as a leader, gaining experience is all facets of a fortune-500 company, her love of organization manifested in aiding the success of this particular company. However, despite her success, she felt a deep lack of meaning.

During her time in business, she never compromised her standards or beliefs. Employers and colleagues knew she was vegetarian, never worked on Sabbath, and did not drink alcohol. However, after thirteen years of success without

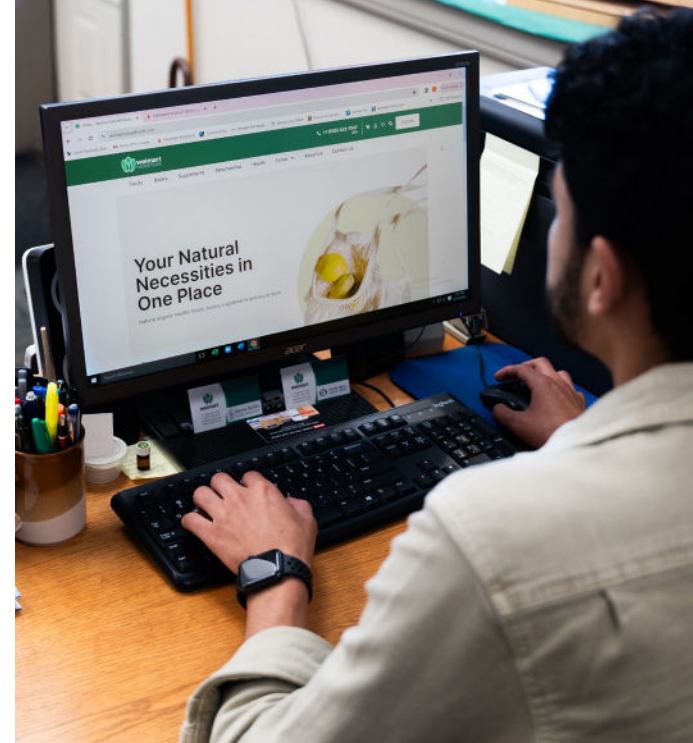
compromise, she desired to reconcile what she had previously thought was incompatible: her love for Christ and her love of business. After much consideration, she realized that the work she loved had taken priority over her relationship with God. So, she decided to dedicate her life to doing God's business and not her own.

A Mission Experience

In 2010, Magda was asked to spend her summer helping at an Adventist hospital in Banepa, Nepal. The hospital was going through a major shift in its model of care after a significant change in government. In their search for staff, the hospital had hired a substantial number of non-Adventist individuals, which resulted in the hospital losing sight of its focus on missions. During her time in Nepal, Magda made strides in rekindling the mission and reorganizing the hospital. As an outsider, she was not seen as a threat and was able to make significant progress. However, just as things were coming along, her time in Nepal ended, and she had to return home.

Her Mission

After returning from Nepal, Magda had a burden to fill the need she had discovered for missionaries with business-related skills. She desired to prepare mission-minded business students to serve in the mission field and make a lasting impact. While



Business major David Pasos Jr. manages the Weimart website.

medicine, nursing, and education are often seen as "mission careers," business is usually not. However, when sent into the field, many doctors, nurses, and teachers occupy administrative positions for which they have not been trained. Students of business have been prepared for these roles and are often more suited for them than other professionals. With the support of mission-minded businesspeople, Magda believed, our ministries and institutions could be more effective.

"In the church, we need more businesspeople, more than ever," Magda urges, "[businesspeople] that are committed, that are willing to make God's business their business. And that's what my passion is right now." Currently, many of our Seventh-day Adventist self-supporting institutions are struggling and need men and women trained in business to give their time and expertise. Magda's mission at Weimar is to work with the students to foster a service mindset so they can aid such institutions.

Health and Business: A Necessary Union

Magda was drawn to Weimar precisely because Weimar's mission is to prepare all students to be missionaries and health evangelists in their chosen professions. "Business plays a supportive role in the health ministry," Magda says. "We tend to think about supportive roles as less important, but in my opinion, [they are] more like a foundation. Hospitals and healthcare practices need to be built on a foundation of good business in order to thrive. Effective business practices will in turn lead to the ability of institutions to more successfully draw others to Christ."

"While medicine, nursing, and education are often seen as 'mission careers,' business is usually not. However, when sent into the field, many doctors, nurses, and teachers occupy administrative positions for which they have not been trained."

What Makes a Successful Business Missionary

Young people, mission-minded business students with no obligations and few attachments, are ideal candidates for doing business in the mission field. While time is important, not everyone with time on their hands makes a great business missionary. In Magda's experience, a successful business missionary requires four key traits:

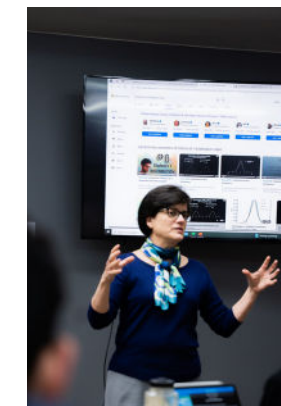
- Skill in business
- Wisdom, or the ability to apply knowledge correctly
- A strong relationship with Christ. It is essential for business missionaries to be grounded in Christ and to be able to set controls in place to protect the mission of their organization.
- Cultural awareness, especially the ability to respect and understand the cultures of the people with whom they will work



Challenge and Change: Uniting Health, Mission, and Business at Weimar University

Magda Rodriguez's own journey exemplifies the fusion of business acumen with spiritual calling, and it is this combination which guides her thinking about the future of the Business Department at Weimar. Magda plans to add several learning outcomes to the Business program to help prepare students for the mission field and get them excited about service. This will include adding training necessary for managing nonprofit organizations, as well as training for leading volunteers and fundraising effectively. Furthermore, Magda's innovative approach extends beyond the classroom, as she plans to enrich the curriculum with practical experiences, including internships and specialized training in nonprofit management. By bridging academia with real-world application, she aspires to cultivate a generation of business missionaries poised to make a lasting impact on communities near and far.

"In the church, we need more business-people, more than ever."



Joshua Schulerbrandt
Senior, Natural Science

Prisoners of Hope

AN INTERVIEW WITH NATHANAEL JENSEN
ON A STUDENT-LED PUBLICATION FOR
SUCH A TIME AS THIS.

Iowa native Nathanael Jensen, a senior religion major, is burdened to see the final outpouring of the Holy Spirit in this generation. This burden, resonating with that of others on the Weimar University campus, has birthed a ministry called "Prisoners of Hope," of which Nathanael has taken on the role of president.



WEIMAR.EDU

Can you provide an overview of "Prisoners of Hope" and its mission?

Prisoners of Hope is a magazine produced by university students here at Weimar and students from other colleges and universities. Our mission is to promote revival and true education. We aim to do this by publishing monthly on topics such as historical revivals, personal conversion, educational reform, and the importance of being trained for mission. Ultimately, we hope that through this reformatory movement our institutions of learning can return to their upright position of distinction from the world, and that an army of youth, rightly trained, will finish the work in this generation.

What inspired the concept of the magazine, and how did the idea for focusing on revival and reformation come about?

Many of us on the *Prisoners of Hope* team are canvassers, and we see the value of literature in expanding the cause of God. So after much prayer, God inspired us to start a magazine to draw attention to the importance of God's blueprint for education, and how it's part of God's plan for bringing the gospel message to the entire world in our lifetime. We see that most of our larger colleges and universities have lost many of the distinct elements designed to make our schools like the schools of the prophets in Bible times. At this time in earth's history, with a church-wide emphasis on 'I will Go' and an expanding vision for revival and reformation, it's high time for this initiative to bring meaningful change—both revival and true education—to our schools today.

What inspired the name of this publication?

As students, we recognize that our schools of higher education across Adventism aren't producing many missionaries but are rather becoming more and more secular. We know there are many others who share this concern, even other students on our campuses in our division and beyond.

But God gave us this promise back when Battle Creek College was facing a crisis of worldliness: "When those who have reached the years of youth and manhood see no difference between our schools and the colleges of the world, and have no preference as to which they attend, though error is taught by precept and example in the schools of the world, then there is need of closely examining the reasons that lead to such a conclusion. Our institutions of learning may swing into worldly conformity. Step by step they may advance to the world; but they are prisoners of hope, and God will correct and enlighten them, and bring them back to their upright position of distinction from the world" (*Fundamentals of Christian Education*, p. 290).

In what ways does "Prisoners of Hope" aim to inspire and engage its readers in the topics of revival and reformation?

We hope that students who read this magazine will be inspired by Christ's methods of education, and instead of aspiring to live comfortable, conventional lives will be moved to follow in His footsteps of self-sacrifice. To those who bring every thought into captivity to Christ the Holy Spirit is given "without measure" (*Desire of Ages*, 181). That means that if we choose to live and think just as Christ did, we will experience in this generation a revival of the Holy Spirit—the Latter Rain—the Holy Spirit poured out without measure. We hope to inspire readers with God's amazing vision of true education, and by this knowledge empower our generation to engage in a work of reform. If we work alongside our church and educational leaders to implement God's blueprint for our schools, God will bring revival to our campuses, and with this will come power to reach the world for Christ.

Can you share a memorable moment or story related to the magazine's journey that stands out for you?

As we were brainstorming for this project, one obvious question was, "Where's the

money going to come from?" Fundraising ideas flooded my mind, but one day as I was doing some landscaping a still small voice said with surprising clarity, "Don't ask for money." I replied out loud, "God, you've got to be kidding me!" and then made a deal with Him that He would have to prove Himself if He wanted me to follow this prompting because I didn't want to be led by impressions. The same evening, I got a random FaceTime call from my dad and out of nowhere he started telling me story after story of how brother Andrew in Europe and Hudson Taylor in China would do missions without asking for a penny! It was crystal clear what God was telling us, and so we haven't asked for a dollar in donations since the beginning, and God has provided thousands so far, and so long as we are faithful, He will continue to provide all our needs.

How do you envision the future of "Prisoners of Hope," and what impact do you hope it will continue to have on its readers and the community?

I envision *Prisoners of Hope* magazine and our website, pohmagazine.org, becoming a widely-used educational tool to help students and believers, young and old, to understand the principles and rewards of true, Spirit-led, education. We as a people need to understand the value of spiritual, intellectual and practical training to "restore in man the image of his Maker" (*Education*, p. 15), and *Prisoners of Hope* aims to help people grasp this fundamental idea. By God's grace, we hope to help shift the educational aims of this rising generation so our community of faith and thereby the global community can be prepared to meet their God.



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pohmagazine.org



Pastor Louis Torres and the Biblical Missions and Wellness Students



4 QUESTIONS

WITH PASTOR LOUIS TORRES

We often refer to the medical missionary work as “the right arm of the gospel.” Christ, the Master Evangelist, didn't merely preach from a pulpit; He immersed Himself in the lives of those He sought to save. His approach was one of personal connection, genuine empathy, and practical ministry. In fact, he spent more of his earthly ministry healing rather than preaching. Christ’s method is the impetus for the creation of the Master’s in Biblical Mission and Wellness program at Weimar University.

This method challenges us to transcend traditional sermonizing and intimately engage with people's needs and experiences. It's a ministry that extends a compassionate hand to the poor, tends to the sick, comforts the grieving, educates the ignorant, and counsels the inexperienced. The pen of inspiration tells us that “accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.” MH 73.5

Pastor Louis Torres, a professor in the Master’s in Biblical Missions and Wellness program recently answered questions about blended evangelism, and he emphasized the importance of integrating both spiritual and physical well-being in our approach to ministry. Here is what he had to say:

1 What is the importance of combining the health message and the gospel at the end of time?

In recent years, the gap between medical science and spiritual beliefs has widened, fueled by advances in technology. However, as science progresses, it becomes apparent that the relationship between medicine and religion is not as conflicting as once thought. With the prevalence of diseases increasing, many of which can be prevented, alleviated, or cured through natural remedies, diet, and lifestyle changes, it is crucial to train missionaries to incorporate both health and spirituality. This integration is essential to establish a ministry that mirrors the compassionate healing approach of the Master Physician and addresses the growing prevalence of both spiritual and physical illnesses in contemporary society.

2 How do you believe medical missionary work can be best promoted?

To effectively promote medical missionary work and attract individuals to participate, a strategy based on the principle of “success breeding success” can be highly effective. Those trained in the blended ministry should be actively deployed in the field to put their training into practice. Regular reports of their successful interventions should be shared with conference administrators and ministerial directors through concise communications.

As these reports demonstrate the tangible benefits of integrating physical and spiritual health in their work, observers will be inspired to join in, seeking the same advantages. Moreover, administrators will be motivated to send more workers to receive similar training, recognizing the impact it can have on both the individuals served and the broader community. This approach leverages real-life success stories to create a ripple effect of engagement and support for medical missionary work.

3 Can you describe any memorable stories or testimonies of individuals whose lives have been transformed through the combined efforts of health work and sharing the gospel?

I was invited to join three families for a medical and evangelism mission on the island of Siargao, Philippines. During the mornings and early afternoons, two doctors and their 12- and 13-year-old children conducted a free medical clinic, while in the evenings, the children delivered sermons to the attendees of the clinic. Surprisingly, by the end of the series, 200 people were baptized, much to the surprise of the local conference.

A similar outcome occurred when Weimar Academy students joined the effort in Siargao. At the conclusion of this combined medical and spiritual outreach, another 400 individuals were baptized. It was then that the Conference leadership made a confession. They admitted that when they initially sent us to Siargao, they considered it their “rock,” a challenging field due to its strong Catholic influence and only 80 existing members. They had doubts about the effectiveness of any evangelism. However, they were astonished by the outcome, as by the mission's end, a staggering 2,000 people had been baptized.

4 Looking ahead, what do you envision as the future of integrated health and gospel initiatives?

Looking ahead, the future of integrated health and gospel initiatives holds tremendous promise. As we're reminded that the health work will persist until the end of time, individuals equipped with combined Health and Spiritual expertise will undoubtedly find themselves in an advantageous position to carry out the mission of soul-saving. Conversely, those without this integrated approach may find themselves somewhat handicapped in their efforts.



The MA in Biblical Mission and Wellness program trains pastors, evangelists, medical missionaries (health evangelists) and Bible workers by preparing them to preach the final message of the coming of Jesus Christ and to train others to do so. The program emphasizes applied knowledge and equips students with skills to minister the gospel, as well as to teach health and wellness skills. The goal is for the graduates to revive declining churches and to plant new churches.

LEARN MORE ABOUT THE MA IN BIBLICAL MISSIONS AND WELLNESS





Total Community Involvement

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Weimar's whole school initiative to reach the world for Christ that bridges academic learning with practical interaction and application.



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