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From the Director

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Academic information

Part I

ABOUT US

Nestled in 200 acres of east central Alabama pine land sits Uchee Pines Institute. Long ago, the land was home to the Yuchi Indians, a peace loving, gentle, agrarian tribe. The Yuchi Indians have moved on but the pine forests, the rolling hills, and the quiet remain.

Uchee Pines was founded in 1970 by Doctors Agatha and Calvin Thrash to emphasize prevention and cure of disease through natural means. God had given these pioneers a vision to demonstrate through their medical practices the true power of the Great Physician. Their knowledge of the

devastation caused by disease provided a powerful incentive for the establishment of a retreat in the country surrounded by flowers and trees, orchards and vegetables, where all the advantages of God's remedies could be obtained.

Uchee Pines has since grown into a ministry with worldwide impact. Much of its ministry revolves around the lifestyle center called "Anvwodi" which is Cherokee Indian for "get well place." Here, guests receive a degree of personal attention not usually available in larger institutions. On the other side of campus is our Education Center, with multiple classrooms, a small library and computer lab. Here, scores of students have been trained for effective missionary service. Other campus buildings include a small print shop, an industrial building, an auto repair shop, a campus chapel used for countless Uchee Pines gatherings, the business office, two student dormitories, an RV park, a multipurpose cafeteria, and various staff homes. There is even a red caboose donated by the Southern Railroad Company which serves as guest housing.

Uchee Pines currently offers several courses of study, all with one goal in mind: to equip Gospel workers who feel a passion to bring the blessings of salvation to a dying world. In this handbook you will learn about our Lifestyle Educator & Counselor courses, our new KEY Leadership course, and our Work Study Option. In addition, you will discover the principles and guidelines that make Uchee Pines such a unique and life-changing place.

GENERAL PRINCIPLES

At Uchee Pines, we believe our success in training workers is dependent upon faithfulness to Scripture and inspired counsels. Listed below you will find some of the foundational principles that summarize our understanding of true education. Your success as a student is largely dependent on the degree to which you are able to embrace these ideals personally. For this reason, we invite you to prayerfully consider each of the following general principles, and commit yourself to them fully, before applying to Uchee Pines:

- Wholehearted devotion to Jesus Christ as Savior, Lord, and Friend, with a chosen lifestyle of personal prayer, Bible study, obedience, and Christian service.
- Loyal support for the ideals, teachings, and organization of the Seventh-day Adventist Church. Uchee Pines students are encouraged to support the organized Seventh-day Adventist Church through their talents, influence, tithes and offerings.
- Dedication to excellence in all aspects of the school's educational programs. This includes regular and punctual attendance, attentiveness in class, diligent study, and faithful completion of all required assignments.
- Recognition of the sanctity of work, and the importance of a balance between intellectual and manual labor in training.
- Respect for one's body as the temple of God, and determined abstention from alcohol, tobacco, illegal drugs, and other harmful substances.
- Purity of heart which refrains from the exploitation of others sexually or emotionally, as well as from premarital sexual contact and/or other impure practices.
- Appreciation for those forms of recreation which encourage a deeper love for our Creator, such as walking in nature, hiking, gardening and camping.
- The highest ethical values, including transparent honesty in all situations, personal integrity, and fidelity to principle.

•Commitment to unity and cooperation while part of our campus family, through the subordination of personal desires to the needs and schedules of others.

TRAINING PROGRAMS

Uchee Pines currently offers several challenging training programs. These are described below, with course descriptions immediately following. We pray one will be exactly what you are looking for!

Lifestyle Educator (LE): Our Lifestyle Educator course provides six months of intensive instruction in preventive medicine, natural remedies, and gospel evangelism designed to give individuals a better understanding of God's methods for health ministry. This is the classic Uchee Pines health evangelism course which has been such a blessing to so many. Courses required in this program include:

Anatomy and Physiology
Basic Massage
Disease: Causes & Cure
First Aid/Frontier Missions
Health Field Experience
Gardening & Food Preservation
Hydrotherapy
Lifestyle Principles

Ministry Preparation
Models of Ministry
Personal Discipleship
Principles of Disciple-Making
Proper Diet
Public Speaking
Work Education
Final Practicum

KEY Leadership (KEY): Also available from Uchee Pines, is a unique new leadership development course which runs parallel with our Lifestyle Educator course, and includes many of the same health classes, but puts extra focus on personal evangelism, lay counseling, ministry leadership, and church mobilization. Learn how you can become the "key" man or woman Christ wants to use to "unlock" your church, campus, or city! Courses required in this program include:

Basic Bible Doctrines
Basic Massage
Disease: Causes & Cure
Endtime Events

First Aid/Frontier Missions
Gardening & Food Preservation
Hydrotherapy
Leadership I & II
Lifestyle Principles

Ministry Field Experience
Ministry Preparation
Models of Ministry
Personal Discipleship
Principles of Disciple-Making
Proper Diet
Public Speaking
Work Education
Final Practicum

Work Study Option: Students with limited financial resources may wish to consider our twelve month work study program. This option enables a student to complete either the LE or KEY program (or both), while gaining valuable industrial training in one or more work areas at Uchee Pines. Limited work study positions are available in agriculture, maintenance and construction, food preparation, office work, etc. Tuition costs are significantly reduced.

Lifestyle Counselor (LC): Those who desire advanced medical missionary training are encouraged to continue on to our Lifestyle Counselor course. This program consists of twelve more months of practical health instruction, including six months in the classroom, and six months clinical experience in our onsite Lifestyle Center. Completion of our LE program or comparable training and experience required. For a description of the courses in this program, please contact us at Uchee Pines.

COURSE DESCRIPTIONS

Anatomy and Physiology. This course provides an essential study of the structure and function of the major systems of the human body. The aim is to give each student the fundamental tools necessary for understanding how lifestyle practices affect the health of the body.

Basic Bible Doctrines. Review the fundamental teachings of the Bible on such topics as the Sabbath, the state of the dead, Christ's second coming, the inspiration of Scripture, and other related topics. Learn an innovative Bible marking system which enables you to answer dozens of questions instantly, straight from God's Word.

Basic Massage. Teaches the basic techniques of Swedish massage, including chair, full back, and foot massage.

Disease: Causes & Cure. A study of common lifestyle diseases and their treatment through natural means.

Endtime Events. This class delves into key prophecies of the Old and New Testament with a special view towards an appropriate preparation for the final events described in Daniel and Revelation.

First Aid/Frontier Missions. A brief introduction to basic principles of first aid, and simple methods for treating injuries and disease in primitive locations.

Health Field Experience. This course gives LE students hands on experience in a variety of approaches to health evangelism. Learn how to research, organize and present a health topic in a clear and informative manner. Then travel with the Uchee Pines team to various churches conducting weekend seminars, cooking schools, and various demonstrations.

Gardening & Food Preservation. Practical training in how to grow a home garden and preserve fruits and vegetables. Special emphasis on the use of agriculture in foreign missions will be included.

Hydrotherapy. This class gives a basic introduction to simple methods of using water in the treatment of disease, combined with practical hands on experience in the proper administration of these treatments.

Leadership I. Discover the emotional and mental hurdles that hinder people from achieving their life potential through a careful study of God's law. Then learn how to help others experience positive and lasting character change.

Leadership II. This course studies more deeply into the mental, emotional, relational and spiritual disciplines essential to maximizing your leadership potential.

Lifestyle Principles. In this class, students learn basic keys to abundant health and the place of health evangelism in God's endtime church.

Ministry Field Experience. This course focuses on the practical application of content covered in various KEY courses. Lead a small group discipling team, find and give personal Bible studies in the community, assist in local evangelism efforts, and more. Then, travel with representatives from Uchee Pines and help conduct discipleship seminars in area churches.

Ministry Preparation. This course guides you through the process of determining your ministry objective, developing a strategic plan, raising funds, and ultimately executing your mission. Various options for full-time ministry will be discussed.

Models of Ministry. This class surveys biblical models of ministry as well as more contemporary models and discusses a number of questions associated with self-supporting, faith-based ministry.

Personal Discipleship. An introduction to the basics of effective Christian living. Learn how to study the Bible, memorize it successfully, set up a prayer journal, manage your time, deal with temptation, and more.

Principles of Disciple-Making. How to invest in the lives of other through effective discipling. Learn how to build a team, lead it successfully, and see lives impacted for eternity.

Proper Diet. This course gives a basic understanding of food, and its relationship to health and disease. Basic principles of good nutrition.

Public Speaking. Practical training in effective oral communication. Students will be given ample opportunities to practice their speaking skills through various worship talks, and class presentations.

Work Education. All Uchee Pines students are required to work between 10-15 hours each week in various assigned locations on our campus. These assignments are designed to promote industriousness, practical work skills, a sense of value and self-worth.

Final Practicum. Both the LE and KEY programs climax in an intensive ministry practicum approximately three weeks in length, where students work together in a special mission project implementing the things they have learned in active missionary service. The practicum is a required part of both training programs.

Special Topics: In addition to regular classes, students will attend daily chapel talks, assembly meetings, and a variety of seminars and workshops offered on our campus at various times throughout the year. Some of the topics presented will include subjects such as music, Christian dress, dating relationships, mission opportunities, midwifery, etc. Topics vary from year to year.

Dedication requirements

In seeking to follow inspired counsels as closely as possible, Uchee Pines has chosen not to “graduate” students who complete our training programs. Rather, students who successfully complete our recommended course of instruction and who show promise as a missionary for Christ are “dedicated” to a life of service by our Uchee Pines staff. Students who are thus recognized will be marked by the following characteristics:

- Successful completion of all courses, work education assignments, and field experience objectives.
- Wholehearted participation in the concluding three week ministry practicum.
- A demonstrated lifestyle in harmony with the general principles upon which Uchee Pines has been established
- A character of high moral, ethical and spiritual caliber.
- A manifest commitment to mission and a life of service.

Though Uchee Pines does not seek accreditation, nor give academic “credits” we do provide a certificate of completion and a detailed transcript of all classes and related work completed during your time here. This transcript may prove useful in securing prior learning credit at some colleges.

Admissions

Uchee Pines accepts students of any race, sex, color, national or ethnic origin whose principles are in harmony with its stated goals and ideals. Prospective students wishing to apply to the Uchee Pines Education Center should request and complete an application form (also available on our

website at www.ucheepees.org), and return it as quickly as possible to the address located at the top of page 14 in this handbook.

Four recommendation forms must be submitted separately by individuals who have known you at least one year. Also, students must include a \$15 application fee (\$25 for international applicants) and a recent photograph. Applications will not be processed until all needed information has been received. Sessions begin each January and July.

Financial Matters

Once a student is accepted into Uchee Pines, they are asked to submit a \$500 deposit within one month to secure their place within the incoming class. The remaining balance of \$2000 is due upon arrival at Uchee Pines. This amount includes room, board, and tuition for their entire six months of training. Other costs include a \$100 refundable room deposit fee, and from \$200-\$300 for required textbooks and various class materials.

Refund Policy:

Students who withdraw from the program are eligible to receive the following refunds on tuition paid to Uchee Pines. No refunds are granted after the third month of classes has been completed.

Within 1 month:	75%
Within 2 months:	50%
Within 3 months:	25%

Financial Assistance:

Individuals in need of financial assistance should consider applying for the Work Study Option. This program allows a student to work an increased number of hours in some Uchee Pines work area over a twelve month period in return for a significant reduction in tuition costs. Only a limited number of such positions are available, and they are awarded on a case by case basis so be sure to apply early.

Students who wish to complete their training in six months, should consider asking friends and family to help sponsor them in their efforts to receive missionary training. Many local churches are willing to provide “worthy student” scholarship funds, as well. We encourage you to explore all such options fully.

Do not allow finances stand in your way. God has a thousand ways to provide for those who put His work first. Send your application in today--then watch how God provides!

Student handbook
Part II

Thank you for your cooperative spirit and active support of the guidelines presented in this student handbook

ATTENDANCE POLICY

Classes: Regular and punctual attendance at all scheduled classes is expected from all students.

Work Education: Practical work assignments are a part of most school days and constitute a valuable and important part of your training. Please arrive at your work station promptly.

Religious Services: Prayer meeting, Wednesday 7:00 pm; Testimony Meeting, Friday 7:00 pm (during the winter months this time may change as sundown changes); Sabbath School, 9:15 am; Divine service, 11:00 am. Regular attendance at these services is expected.

Absences: If you must miss a meeting due to illness or other unavoidable circumstances, please contact your teachers/supervisors affected, preferably before your class or work assignment begins. Absences will be excused at the discretion of the teacher, supervisor, and/or the Education Director.

Campus Leaves: Except in emergency situations, leaves from campus should not infringe upon any scheduled seminars or classes. Should a campus leave become necessary, approval should be obtained from the Education Director as far in advance as possible.

Business office

Uchee Pines maintains a small business office on our main campus to assist you with various services. Here you can send and receive faxes, purchase postage, do photocopying and get documents notarized. All financial matters connected with your time at Uchee Pines should be arranged with the business office.

CAFETERIA

The campus cafeteria provides a model of healthful vegetarian dining for students, single workers, and guests. Staff and students who eat regularly at the cafeteria are required to help with various assigned chores. All are also expected to wash, dry, and put away their own dishes and spend five minutes helping to clear the counter of food items. This type of help is always appreciated. Meal serving times are:

Breakfast	6:30 am - 7:30 am
Lunch	12:45 pm - 1:30 pm
Supper	6:15 pm - 6:45 pm

Though a good variety of healthful food is available in our cafeteria, Uchee Pines is not able to accommodate students with special dietary needs. Suppers are very light, usually consisting of fruit and bread. Please contact us if you have questions.

Computer lab

The Education Center houses a small computer lab for students and other Uchee Pines residents. High speed satellite internet access is available for online research, email, etc. Students with wi-fi enabled laptops can connect directly at several campus “hotspots.” Responsible use of the computer lab is expected.

DISCIPLINE POLICY

If a student appears to be moving away from the goals and principles of Uchee Pines Institute, an effort will be made to restore the student to a spirit of willing and intelligent harmony. This discipline process begins with personal consultation and prayer. Should this seem inadequate to accomplish needed change, the school may restrict the student’s privileges, or even suspend him/her from the school for a time. In rare cases, where a student is unresponsive to counsel or discipline, or his influence appears detrimental to other students, the school assumes the right to dismiss the student.

DORMITORY GUIDELINES

Dormitory living requires cooperation and communication to ensure all things operate smoothly. Dorm monitors hold periodic “family meetings” to assign various cleaning duties and discuss ways to make dorm life more enjoyable. Some of our basic dorm guidelines include:

- Curfew. Adequate rest is essential to the maintenance of physical, social, and spiritual health.
- Late night study and/or socializing should be an exception to the rule. For this reason, the school requires students to be in their respective dormitories by 9:00 pm and lights out by 9:30 pm. If you find that you will not be in the dormitory by 9:00 pm you are expected to contact the dorm monitor to explain your situation. Please keep these to a minimum.
- Food. No food is allowed in student dormitories, as it tends to attract various unwanted pests.
- Refrigerators and cooking implements are also not allowed.
- Laundry. There are washers and dryers in each dormitory for student use. Laundry soap is not provided.
- Pets. There is no provision for keeping pets in the dormitories or on campus, with the exception of fish, and only then if one’s roommate is in agreement.
- Personal Property. Uchee Pines Institute cannot accept responsibility for stolen items or money. It is the concern of the individual student to keep automobiles, bicycles, and unoccupied rooms locked.
- Telephones. Each dormitory has one phone line which can be used to receive incoming calls and make outgoing calls. Long distance calls will require a phone card. Those living in the dormitories should try to keep calls as short as possible, as there are others in the dormitory who may wish to use the telephone. Avoid calling other campus homes after 8:30 pm.
- Men and women should consider dormitories of the opposite gender off limits, except by special permission of the Education Director, or Dorm Monitors.

DRESS CODE

Students should dress in a manner reflecting the sacred purposes of Christian education. Uchee Pines upholds the following guidelines for personal appearance:

- Christian Dignity and Simplicity. Avoid carelessness, sloppiness, or untidiness and the opposite extreme of showiness or extravagance. Rather strive for good taste, and a pleasant, attractive appearance.
- Appropriateness. Select presentable, durable work clothes for physical work, modest casual attire for recreational purposes, and more dignified clothing for classes and group worship. Jeans or T-shirts are not appropriate in the classroom.
- Modesty. Provide others the opportunity to appreciate you as an entire person without drawing attention through dress or grooming to your body or person--especially in a sensuous manner. Please do not wear shorts, sleeveless shirts, sheer blouses, tight-fitting clothes, low-cut necklines. Hemlines should cover the knee, standing or sitting.
- Maturity and Confidence. Self-respect, and a sense of security in Christ are demonstrated by good grooming, without the need to resort to artificial adornments such as jewelry, colorful cosmetics, or faddish clothes.
- Role distinction. Clothes and hairstyles should emphasize the unique and sacred identities of men and women. In American culture this distinction is most clearly expressed through pants for men and dresses or skirts for women.
- Lasting Quality. Selecting clothing that will last because of its durability, quality construction, and practical styling in accordance with long-standing cultural norms.
- Health. Choose clothing that promotes good circulation, and avoids exposure of arms or legs to the cold.

RELATIONSHIPS

Group interactions between men and women provide opportunities for students to grow in social graces, to learn about themselves and others, and to develop values regarding the future selection of a life partner. When education is seen as a sacred preparation for a life of mission service, however, the conscientious student will be careful to avoid all social involvements that might hinder their work of preparation.

To help students guard against distractions during their educational preparation and during the formation of their personal goals while at Uchee Pines, there is no dating or courtship for students except by permission and announcement of the Executive Committee. The formation of “special friendships” where men and women frequently pair up together, or which produce an attachment to the exclusion of others is strongly discouraged.

Technology

Modern advances in technology are often a double-edged sword. On the one hand, they can be a powerful tool in the acquisition of knowledge and the proclamation of truth. On the other, they can be a significant distraction, or exert unhealthful influences on the formation of Christian character. For this reason, Uchee Pines asks students to restrict the technological devices they bring to those which are practical, useful, and edifying. Please do not bring televisions, stereos, computer games, etc. All music brought to Uchee Pines should be of the highest Christian caliber.

VEHICLES

Students are welcome to bring their personal automobiles. Motorcycles are not permitted on campus as they are not conducive to an atmosphere of safety and quietness. Bicycles are convenient. If used after dark they need to have an attached light for the safety of pedestrians and

cyclist. Students owning vehicles must show proof of adequate liability insurance coverage to the Business Office before being allowed to use the vehicle on campus or before being authorized to carry other students.

Contact Information

MAIL:	INTERNET:
Education Center	www.ucheepines.org
30 Uchee Pines #22	lifestyleed@ucheepines.org
Seale, AL 36875	

Your mailing address while a student at Uchee Pines will be as follows.

Name (Ladies)	Name (Men)
30 Uchee Pines #5	30 Uchee Pines # 25
Seale, Alabama 36875	Seale, Alabama 36875

IMPORTANT PHONE NUMBERS:

Education Center	334-855-2903
Lifestyle Center	334-855-4764
Business Office:	334-855-4782
Lady's Dormitory	334-855-3331
Men's Dormitory	334-855-3454
Cafeteria	334-855-3076
FAX:	334-855-4780

TRANSPORTATION:

Uchee Pines Institute is located in east central Alabama about 20 miles from Columbus, Georgia, near the small community of Fort Mitchell, Alabama. A small domestic airport serves Columbus, Georgia, and Atlanta, 120 miles away, hosts a busy international airport. Commercial shuttle service is available from the Atlanta airport directly to Uchee Pines. For detailed directions to our campus, or for assistance arranging shuttle service, please contact the business office number above. Thank you!

From the director

Still not sure about coming to Uchee Pines? Allow me to share what I see as the top three factors that make our training program unique--and why our campus may be the place for you...

- For over thirty years now, Uchee Pines has been providing students with the very best in missionary training. Take challenging classes from instructors like Dr. Agatha Thrash, Dr. Don Miller (Global Missions Director), John Champen, Dr. Wynn Horsley, and others. Uchee Pines has assembled some of the finest educators available today. Come to Uchee Pines if you are looking for excellence.

•Uchee Pines is also committed to practical education. While on our campus, you will be entrusted with the widest possible range of ministry opportunities possible. From public speaking and demonstrations, to evangelistic field work and church seminars, you will not just learn theory, but become an integral part of our ministry team. Come to Uchee Pines if you are looking for hands on experience.

•Finally, Uchee Pines believes health ministry should never be separated from gospel ministry. For this reason, you will receive intensive, Bible-based classes that will teach you keys to living more effectively as a disciple, reaching out to others in ministry, mobilizing fellow church members for service, and launching out into faith-based ministry wherever you are. Come to Uchee Pines if you are looking for evangelism.

Excellence, Experience, and Evangelism. Think of them as the stamp we seek to impress on the heart of every student that comes through our doors. If you sense God calling you to more active involvement in missionary service in these closing hours of earth's history, then consider coming to Uchee Pines. Maranatha!

Dan Vis
Education Director