

HERGHELIA INSTITUTE



Health Evangelism Course STUDENT HANDBOOK

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HISTORICAL SKETCH

Since the beginning of Adventism in Romania in the 1870's, many believers envisioned a health institution to serve in this part of the world. During the long years of Communism, there was an Adventist father who dreamed about such an institution where people could be treated using God's simple remedies. Once the Romanian revolution of December 1989 happened, the father and his son saw through faith that finally the dream could become a reality.

Dr. Nick Dan, the son, called his older sister Magdalena, who was living in United States. Nick asked her to invite someone with health institution experience to come in Romania to give advice, with the leading of God Bill Dull (then president of Living Springs Health Retreat in New York), agreed to come. This was in April, 1990. Bill stressed that buildings and propriety would not be the big problem, but finding people of vision, to make a well trained team-this would be the key to a successful sanitarium.

In fall of 1990, Bill Dull returned to Romania to conduct a health seminar in Bucharest. With him was Pastor Charles Cleveland, then vice-president of Wildwood Lifestyle Center and Hospital in Georgia. With the Lord's blessing Nick got a visa to the US, and came to Wildwood Sanitarium for training.

Within a few months time Pastor Cleveland invited Nick to return with him to Romania to search for a suitable sanitarium property. Nick ended up with visa complications and was delayed in Romania seven months. God turned it all into a blessing. When Nick returned to Wildwood he was able to return married bringing his wife Valentina and also two other doctors and their wives (Drs. Sorin Morosan and Valentin Nadasan). Magdalena, Nick's sister joined the team for training and along with Valerie Schreiber of Uchee Pines they all became key players of the Romanian team. The training period was between 1991 and 1994 in Wildwood, Uchee Pines and Loma Linda University.

1991 saw the establishment in Romania of the non-profit corporation named the Health and Preventive Medicine Foundation of Romania. In 1992, several individuals from Wildwood Lifestyle Center & Hospital and Living Springs Retreat met in Romania with lay persons and Conference and Union leaders of the Seventh-day Adventist church. Their objective was to help locate a property where a health center could be built and individuals could be instructed in the principles of lifestyle change. After a number of properties had been looked at in various locations in the country, a vote was taken on which of three properties would be the best. When the vote was counted all eleven votes were the same-for the secluded hillside location two kilometers past the village of Hergheia.

Next, two brothers who had a growing construction company offered to build the health center for minimum cost. Funds were raised little by little, usually just when they were needed most. Materials were often purchased just the day before major inflation would have significantly increased their price. In August 1996, the health center opened with church leaders and numerous government officials present for the grand opening. Today, this modern facility has thirty-four beds where hundreds of individuals have found a new beginning in their life, both physically and spiritually.

When the board of directors met in June of 1998, they authorized the beginning of a health evangelism training center. This center envisions training dedicated Romanian Seventh-day Adventists, and Adventists from Bulgaria and Albania to the south and from Ukraine, Poland and the Baltic States to the north. On 4 January, 1999, in conjunction with the Wildwood Lifestyle Center & Hospital, the one-year Health Evangelism Course began.

One special highlight for the school occurred in September, 1999, when the school helped conduct the Health Expo in Bucharest, in conjunction with the ACTS 2000 evangelistic series by It Is Written telecast speaker Mark Finley. During the school year each Sabbath staff and students attend various local churches teaching Sabbath School, preaching or providing special music. Each year the school holds health emphasis weekends and has conducted an evangelistic series.

Since 1999 we have had the privilege of training over one hundred students from more than 11 countries. Some work in sanitariums like one in Ukraine, or Norway. Some conduct health seminars with their churches or Conferences. Some have become health temperance leaders on the union level, and others are starting their own projects, or are in foreign missions.

OBJECTIVES OF THE SCHOOL

“True education is missionary training. Every son and daughter of God is called to be a missionary; we are called to the service of God and our fellow men; and to fit us for this service should be the object of our education.” *Ministry of Healing*, p. 395

"True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come."
Education, p. 13.

"Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed." *Testimonies*, Vol. 9, p. 172.
"All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease." *Ministry of Healing*, p. 146.

"Wherever possible, students should, during the school year, engage in city mission work. They should do missionary work in the surrounding towns and villages....Early in their experience our students should be taught to become Bible workers." *Counsels to Parents, Teachers, and Students*, pg. 547 & 431.

"Study in agricultural lines should be the A, B, and C of the education given in our schools. This is the very first work that should be entered upon. Our schools should not depend upon imported produce, for grain and vegetables and the fruits so essential to health. If the managers of this farm and the teachers in the school will receive the Holy Spirit to work with them, they will have wisdom in their management, and God will bless their labors." *Testimonies*, Vol. 6, pp. 179, 185.

The International Medical Missionary Training Center course seeks to fulfill the above counsel. Students will receive a variety of health, spiritual, and practical classes. Classes aim to prepare each student to fill a special place in community evangelism, in local church outreach, or in a self-supporting ministry. Classes are balanced by a daily work program.

Our staff are dedicated Seventh-day Adventist Christians who believe there should be schools today that teach health ministries, heeding the counsel, "I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." *Evangelism*, p. 523 (Also CH 533 & LDE 80) Divine Guidance: As you consider applying to the International Medical Missionary Training Center for this unique training, we encourage each prospective student to take time to seek for God's special guidance in your decision.

COURSE DESCRIPTION

CHRISTIAN EXPERIENCE CLASSES

The Beautiful Way --The Adventist Lifestyle

In what ways should the Christian's life be different from the world's way? This class covers God's ideals for Christian conduct in the home, with one's finances, recreation, drama, literature, and clothing.

Christian Administration

A study dealing with common problems found on all levels of administration, and their solutions as revealed in the Bible, Spirit of Prophecy, history, and experience.

Christian Association and Marriage

A study of the Spirit of Prophecy and Biblical counsel for selecting a life companion. Also, the proper conduct of Christian men and women before and after marriage.

3 of 8

God's Healing Program

This class studies God's plan for total restoration to complete health, happiness, and eternal life. It deals with suffering, true and false healing, (criteria for determining if a healing method is from God or Satan), the healing team, and the place for sanitariums in God's plan of true healing. What are the basic causes of illness? What is the place of the sanitarium today?

History of True Education

An investigation into the foundation principles underlying the real object of true education. For example, the restoration of the image of God in man. Jesus used four books for His education — Scripture, the experiences of life, the book of nature, and useful work (*Ministry of Healing* p.401). These sources provide a base for our training program.

How To Know God's Will

Everyone has to make decisions. The Bible and Spirit of Prophecy have many guidelines for the Christian who seeks to know the will of God. This class studies these guidelines in order to gain the skill of how to know God's will for our lives.

Principles of Self-Supporting Work

This class studies why we have self-supporting ministries. Do we have a divine mandate for our work? How can we maintain a positive relationship to the Seventh-day Adventist Church?

Spirit of Prophecy

An introduction to an understanding of the role and function of prophets in ancient and modern times, with emphasis on the prophetic ministry of Ellen G. White to the Seventh-day Adventist Church.

THEORY-PRACTICAL CLASSES

Massage Theory and Anatomy

This course offers training in both practice and theory in the art of massage. From head to foot, the student learns the various massage techniques, while learning anatomy. Opportunity is given to develop skills while practicing on fellow students, men with men and women with women.

CPR (Cardiopulmonary resuscitation)

This course teaches lifesaving skills to use in respiratory and cardiac emergencies.

Principles of Health Evangelism

This class is designed to teach students the various methods of health evangelism. Students will have opportunity to become actively involved in outreach in some of the local churches.

Gardening

Gardening is an important part of the student's work program for the entire twelve months. Hands on experience in how to grow a garden with a variety of fruits and vegetables is carried on throughout the year. Some theory of gardening is taught, but the majority of learning is by involvement and participation. Since the growing of food helps minimize the cost of education, each student is expected to do his or her best in making the gardening program as successful as possible.

Health Talks

Students will be assisted in preparing simple health talks and seminars. Opportunity will be arranged so that students can obtain experience by presenting health talks in churches and sometimes to public audiences.

Hydrotherapy and Home Remedies

The theory and practice of the use of water in its various forms to promote health and healing. Also the art of applying other simple remedies such as poultices and herbs.

4 of 8

Nutrition: Theory and Lab

Basic principles of nutrition and current scientific information are correlated with inspired counsel. Practical laboratory experience teaches preparation of nutritious, attractive, and tasty natural foods.

Physiology

This course studies the working of God's masterpiece of creation—the human body. Understanding the function of the human body prepares the student to take good care of the body temple, to be able to encourage others in its care, and to better understand why certain treatments are appropriate physiologically.

WORK PROGRAM

Work is an important part of the training of the students. Students will be assigned to work where they are most needed. To make this course as inexpensive as possible students work in various school industries. This work covers part but not all the cost for tuition, room, and food. Each student is expected to faithfully participate in the work program. Jesus did not consider manual labor to be humiliating, but He elevated it through His example by His years in the carpentry shop.

In the first half of the course, the students will work approximately 25 hours per week. In the second half of the

course, students work approximately 20 hours per week.

Since the work program helps pay for tuition, food, and housing, any work missed must be made up. This includes time personal needs such as dental appointments, tardiness, late return to school from home leaves, etc. Because of the necessity of maintaining meals for the health center and the school during the Sabbath hours, we ask our staff and students to participate in a special Sabbath ministry occasionally.

PUNCTUALITY

"God has entrusted His sacred work to men, and He asks that they shall do it carefully. Regularity in all things is essential. Never be late to an appointment." *Evangelism*, p. 649.

Students are expected to be on time for activities. Regular tardiness will result in extra labor at the school's discretion.

PERSONAL LIFE AT THE SCHOOL

SPIRITUAL DEVELOPMENT

Personal Devotion

Students are encouraged to preserve daily private time for devotional Bible study, prayer, and meditation.

Friday Evening Vespers

Each week the Sabbath is ushered in with a special hour of worship. This unique sharing time continues to uplift principles of practical godliness and Christian witnessing. **Attendance is required.**

Sabbath Services

Sabbath services are an important part of the school's program. Every student should look forward to participating in one of the area churches to which they are assigned. Because of the necessity of maintaining meals for the school during the Sabbath hours, we ask our students to participate in a special Sabbath ministry.

5 of 8

DRESS GUIDELINES

Students should dress in a manner reflecting the sacred purposes of Christian education. An attractive personal appearance enhances the impact of our mission to those we meet.

The school upholds the following principles of personal appearance:

- A. Dignity and Simplicity--Christians should avoid carelessness, sloppiness, or untidiness, and the opposite extreme of showiness, or extravagance.
- B. Appropriateness--Selecting presentable, durable work clothes for physical work, modest casual attire for recreational purposes, more dignified clothing for classes, group worship, and indoor work. **For more study on clothing for exercise or winter, please see Testimony Vol 1 page 464 Paragraph 1 & 2**
- C. Modesty--Providing the opportunity for others to appreciate oneself as an entire person, without drawing attention to one's body through dress or grooming. The school asks that there be no sleeveless shirts or blouses, tight-fitting clothes, low-cut neckline, or above-the-knee hemlines of skirts or dresses. "Let our young women consider themselves well-dressed only when the demands of modesty are met. The dress should be such in materials and form to allow no suggestion of sex lure. Extremely short sleeves, low necks, and skirts that do not fall well below the knees fail to accord with the Christian standard of modesty and refinement." *Standards of Christian Living, General Conference Committee, 1927, pp. 15, 16.*

- D. Personal Maturity and Confidence--Demonstrating self-respect and a sense of mission and security in Christ by giving attention to good grooming without supplementing such attractiveness with the external adornments of jewelry, cosmetics, or faddish clothes and hairstyles.
- E. Role Distinction--In many cultures role distinction between men and women is seen in their dress. Whereas the school does not encourage women to wear pants, also, women in outdoor work such as gardening or in recreation/exercise are to wear appropriate skirts. All other appointments such as meals, classes, and work in the health center, require that dresses/skirts be worn.
- F. Health and Quality--Choose clothing that promotes good circulation; avoiding a tight, restrictive fit and exposure of arms and legs to the cold. Clothing should be of quality material and practical to clean.

COUPLES, DATING, AND COURTSHIPS

The school's philosophy and practice of social development is based on Biblical principles and inspired counsel relating to an educational setting. Here, committed students should have as their primary purpose a formal preparation for Christian ministry, not the establishing of a family.

The school encourages friendships and mature Christ-centered relationships between men and women in group settings. Relating with fellow students provides opportunities for students to grow in the social graces, to learn about themselves and others, and to develop their values regarding the future selection of a life partner.

"We have labored hard to keep in check everything in the school like favoritism, attachments, and courting." Ellen G. White, in *Taylor's Outline Studies*, Note 15.

"All frivolity, all undue attention of men to women, or women to men, must be condemned and discontinued. These things have produced great evil in the world. The first appearance of irregularity in conduct should receive attention; the young should be taught to be frank yet modest in all their associations. They should be taught to

6 of 8

respect just rules and authority. If they refuse to do this, after the right kind of labor has been bestowed upon them, let them be dismissed, whatever position they occupy; for they will demoralize others." EGW, *Special Testimony to the Managers and Workers in our Institutions*, pp. 10, 11.

When education is seen as a sacred preparation for a life of Christian mission, and when courtship is seen as the sacred development of a lifelong relationship intended to foster that mission, the conscientious student will defer all social involvement that might hinder that preparation. Therefore, the school encourages students to develop comfortable social friendships with the other students, without fostering a special attachment to any person of the opposite sex. (Older students might be considered as exceptions. They may request this to the Director of Education who will take the request to the Education Committee.)

Visitation between men and women: The proper place for visitation between men and women is in the common areas such as the dining/class room, or work place. Visitation in the dormitory rooms of women by men, or in the rooms of men by women is not permitted. A violation of this rule is cause for dismissal from this school.

RECREATION

The true purpose of recreation is to help recreate in man the image of his Maker. Ellen White, who helped pioneer the Avondale College, was once asked by some of the faculty what they should provide for the student's amusements. Here is her counsel: "Instead of spending time in playing the games that so many students play, strive to do something for the Master. The very best course for you to pursue is to engage in missionary work for the people of the neighborhood and in the nearby settlements. Whenever you are listening to an interesting discourse, take notes and mark down the passages that the minister uses, so that you can review the subject carefully. Then after faithful study you will soon be able to give a synopsis of the discourses, in the form of Bible readings, to some who do not come to our meetings."

“The older students decided to follow this suggestion. They had evening meetings for studying the Scriptures together. They worked first of all for one another, and as a result of the Bible studies among themselves, a number of the unconverted were won to the truth. And the effort in behalf of the neighbors was a blessing not only to themselves, but to those for whom they labored.”

“Those who went out to work for the neighbors were instructed to report any case of sickness they might find; and those who had had training in giving treatment to the sick were encouraged to use their knowledge in a practical way. To work for the Master came to be regarded as Christlike recreation.” *Counsels to Parents, Teachers and Students*, p. 549,550.

"If in our schools the land were more faithfully cultivated, the buildings more disinterestedly cared for by the students, the love of sports and amusements, which causes so much perplexity in our school work, would pass away." *Fundamentals of Christian Education*, p. 512.

MISCELLANEOUS INFORMATION ABOUT CAMPUS LIVING

Evenings

Going to bed early prepares the way for early rising. “I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock.” *7 Manuscript Release*, p. 224. For more information please read *Counsels to Teachers* page 297.

Leaves from Campus

Students are expected to spend weekends on campus or in school-sponsored activities. Students desiring a leave should make request to their Dean and it will be voted in the Staff meetings held weekly. **Request should be made well in advance.** Other reasons for leaves are Visas, family issues (ex. illness, death), school problems.

7 of 8

Temperance

The use of mind-altering drugs, tobacco in, any form, or alcoholic beverages is considered out of harmony with the principles and purpose of the school. The use of any of these substances is cause for dismissal from the school.

What to Bring

Bring bed linens, blanket, pillow, umbrella, raincoat and neat everyday clothes for both hot and cold weather. **Please plan in advance to have both winter and summer clothing when you come.** Work clothes for gardening, painting and other manual work for hot and cold weather. Sabbath clothes, flashlight, alarm clock. Bible and Spirit of Prophecy books. Musical instrument, if possible. **Two passport pictures for visa (foreigners).**

Vacations

A concentrated class schedule together with the work-study program makes it difficult to celebrate too many holidays during the terms. We have a two week vacation towards the end of December and one weekend in spring.

Chaperons

An approved chaperon may be required if students desire to go off campus in mixed groups. (Proverbs 6,27; 30,18.19)

Media

The privilege of using radios, tape players (mp3, ipods), computers and stereos depends upon the selection of programs with acceptable quality. Inappropriate use of these media may remove the privilege of use.

FINANCIAL INFORMATION

Room, Board, Tuition

This will be paid through the work-study program and a fee, expressed in application form. Fee and the work study program covers less than a half of the cost, the rest is covered by the sponsors. The applicant's family and church should be contacted to see if a sponsor can be found who would be willing to assist financially. In addition, each student should have some funds for copies of study material, some optional materials and personal incidentals.

Transportation Fees

It is the responsibility of each student to arrange for his or her own transportation to and from the school. Students will be charged a fee for each way to or from Târgu Mureş if an institutional vehicle is required for the student's personal needs.

ACADEMIC INFORMATION

Qualifications of Each Student Applying

Spiritual maturity is essential for each student applying for the one-year Health Evangelism Course. Individuals who are interested in serving as medical missionaries, and who are at least 18 years of age, with a high school diploma or the equivalent, are invited to apply. Any exceptions to the above must be approved by the Education Committee.

Certificates

Upon successful completion of the Health Evangelism Course a student will receive a [Lifestyle Educator](#) certificate.

8 of 8

Most frequent complains

“No Time”.....	1
Too many changes in schedule.....	2
21:30 – Lights off.....	2
Snacking.....	2
Punctuality and indifference.....	2
Couples.....	3
Dress code.....	3
Rumors.....	3
Too much work.....	3
Staff versus student's requirements.....	4
Effective energy investment.....	4
High school approach versus College school.....	4
Individual program.....	4
English Classes.....	5
Medical classes.....	5

In order to avoid disappointment during school year here are listed most often mentioned issues which could discourage you:

“No Time”

Life at our school is very busy. In the morning there are classes and an afternoon work program. Usually there is free time every day after supper and before morning worship. Additionally, there are three hours a week in the schedule dedicated for individual study in the mornings. It might seem there is lot of free time during the week, but it is necessary to use this time wisely. You need time for:

- doing your homework,
- repeating of lessons,
- about every twelfth day you are responsible for “kitchen duty” service,
- once per month you are preparing morning worship
- and Bible class presentation.

Time to time you will want to spend some time for private activities (for example: writing an email, helping your colleague, cleaning your room or washing your laundry, preparation for Sabbath program).

It is very important to have a good time management, not to spend time doing things of a little importance or to postpone your duties until the last moment. Be aware that by excessive willingness to help your colleagues you can easily neglect to finish your own tasks.

“Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time. The value of time is beyond computation. Christ regarded every moment as precious and it is thus that we should regard it. Life is too short to be trifled away.” {Christ Object Lessons 342}

1 **kitchen duty** – two people wake up at 5:30 a.m. in order to prepare the breakfast till 6:45 a.m., you go to eat first because after breakfast – 7:30 a.m. – you have to clean (leftovers and dishes) until 7:55 a.m. so you can be in time at the first class hour. If you are late, you need to sign in. After two times of being late you get extra bonus – additional half work hour.

1 of 5

Too many changes in schedule

Majority of classes are taught by external teachers who have various activities outside our school. Time to time it could happen that they can't teach when planned, so classes are exchanged. This can cause you to feel uncomfortable when you go unprepared for the classes you expected for that day (maybe because you left your homework for the last moment?). These changes in the schedule are not by purpose to create difficult situations for the students. We understand the problem caused by sudden changes of the schedule, but at the same time we would like to ask you to exercise your capability to adapt to the unexpected circumstances.

“Do all things without murmurings and disputing.” (Philippians 2:14)

21:30 - Lights off

In the School Guidelines is written: *“at 21.30 (9:30p.m.) all the lights should be turned off.”* This rule is not set up to limit your freedom; it is for your benefit. It contains the promises that after 21:30 there will be nobody or anything that can disturb your sleep. Also, it is much healthier to wake up earlier than to try to finish your studies or private activities in the evening than, going to sleep too late. Your roommates need you to respect their time of sleep as well.

“In our schools the lights should be extinguished at half past nine.” {Christian Education 124}

Snacking

Eating between meals is decreasing life expectancy and is not recommended by our school. We encourage everybody to quit this habit. But there is a bigger evil than just snacking – eating between meals from school supplies. This is considered as stealing and it's strictly forbidden. It happened that some students ate secretly and taking significant amount of fruits. Then it wasn't enough for others. Nobody wants to repeat this situation again.

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character.” {Counsels on Diet 163}

Punctuality and indifference

Be sensitive to your schoolmates who do presentation or programs this is very important. If you are not listening to a presentation of your colleague you are not showing them respect. Keep in mind that they have spent hours of their precious time to prepare and they're tried to do their best. Even if you don't like it, your presence in the morning worships or Friday vespers is expected. Always try to be punctual. If you have difficulties coming or leaving on time, imagine yourself in the position of one who is waiting for you. By being punctual you can improve your relationships. Don't be upset when you get extra hour for being late.

“And as ye would that men should do to you, do ye also to them likewise.” (Luke 6:31)

2 of 5

Couples

When you like to teach, for example, playing guitar someone of opposite gender make sure you are not alone in the room. Generally, if you avoid situations where you are found alone with someone and especially when it happens repeatedly, you will be asked to not continue in this manner.

“While at school, students should not allow their minds to become confused by thoughts of courtship. They are there to gain a fitness to work for God, and this thought is ever to be uppermost.” {Counsels to Parents, Teachers, and Students 100}

Dress code

“I have to wear skirt all year long?!” You wear a skirt and yet you find yourself in a conflict with the eyes of your schoolmates. Why? Maybe it is too tight or the cut goes to high and as you move you invite the attention to private areas ... We recommend that you make your own skirts at home or in our school sewing department with plenty of material which allows you to walk comfortably without any need of cutting.

“True refinement does not find satisfaction in the adorning of the body for display. The Bible teaches modesty in dress. In like manner also, that women adorn themselves in modest apparel.” 1 Timothy 2:9. *This forbids display in dress, gaudy colors, profuse ornamentation. Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel which God's Word enjoins.* {Child Guidance 423}

“There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it abomination. God designed that there should be a plain distinction between the dress of men and women, and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion and great increase of crime.” {Child Guidance 427}

Rumors

In some things the school faculty can't be blamed but rather it depends on all of us – the students and faculty. How much we respect the privacy of others, when they share with us. And how much we talk

with another person about our feelings and someone else “issues”. The atmosphere in the school is very much affected or protected by your habits in this area!

“Debate thy cause with thy neighbor himself; and discover not a secret to another.” (Proverbs 25:9)

Too much work

“They use us here for their benefit ...” or “We didn’t come here to work, but to learn ...” – if you have such a thoughts rather have enough courage and leave. Half of the work done is just to cover our own needs – such as our meal preparation, garbage, gardening..., then to have enough income to cover our expenses. At the end of the school, if you apply to mission work or more training in another school you will be asked to get recommendations – it will be based on your attitude revealed in the whole year especially in your services. All work is character building. If you are faithful in little things and are willing to do something extra, be sure someone will notice it and will ask you for more important ministry. If you are satisfied with little effort and rather complaining it will be hard to expect something from you.

3 of 5

“Let the students who are engaged in building do their tasks with thoroughness, and let them learn from these tasks lessons that will help in their character building. In order to have perfect characters, they must make their work as perfect as possible.” {Counsels to Parents, Teachers, and Students 312}

Staff versus student requirements

When the staff is working together with the students and attending all school activities. At the same time don’t be disappointed if it is not always so. School schedule is made primarily for the students – for example - you have each day prayer time and the schedule protects it for you. But if the staff has a duty to perform at the same time you can’t use it as an excuse that you don’t have this privilege.

“Students, co-operate with your teachers. As you do this, you give them hope and courage, and at the same time you are helping yourselves to advance. Remember that it rests largely with you whether your teachers stand on vantage ground, their work an acknowledged success. They will appreciate every effort made by you to co-operate with their work.” {Counsels to Parents, Teachers, and Students 553.2}

Effective energy investment

If you invest your energy into complaining how the things are hard or bad you can lose a great blessing by investing your effort into the things you can influence or change. Concretely: maybe you don’t agree with the English teachers methods and loose your precious time by describing it, while you overlook many opportunities to work hard on your own development in this area such as conversation at the meals in this “prophetic language”.

“Lord give me strength to accept the things I can’t change, courage to change the things I can do and the wisdom to see the difference.” {Prayer of Francisco from Assisi}

High school approach versus College school

Generally there is big difference between studying at High school and College (university). At secondary school students are used to study as much as needed to do regular homework and to be

prepared for frequent tests. Homework and test are stimulating to repeat the topics from classes. At university, students are not examined every hour and instead of several small tests there are one or two big exams. Those that are not self-motivated to learn in class how often they have problems. They cram to study in the last moment before the final exam. Some teachers require some kind of preparation before coming to their lessons (for example to read a chapter from a book or from a handout). This is also difference from High school when everything was explained during lesson.

“God works with every diligent student.” {Counsels to Parents, Teachers, and Students 455}

Individual program

“I want more of class X and I don't need class Y. School is arranged as a certain package with a basic overview in Lifestyle area. In a small school setting we can't provide an individual program, since there are few students we can't provide "private teachers". We can't satisfy all at the same time.

4 of 5

English class

Students which know enough English are expected to help to the weaker ones. Plus they get harder homework assignments. This is helping the advanced students to be prepared better for studying the subjects in English. Everybody is encouraged to use English also during work program and private time. By doing this students are getting practice in English. It is very helpful for the beginners to hear other students speaking English.

Medical classes

Nurses are again expected to help students who never had this kind of classes. You need to understand that this is not professional school for the medical professionals but for SDA laymen willing actively support the church by helping in public ministry. In the same classroom we have students with all types of education (elementary, high school and college) and even someone is very good academically (in classroom) many times less educated students can have much more supportive attitude in service and can be more practical. Often students with less knowledge are more willing to share than the one who knows more (gospel paradox).

“When Christ came to our world, he selected humble fishermen as the foundation of his church. To these disciples he tried to explain the nature of his kingdom and mission. But their limited comprehension imposed a restraint upon him. They had been receiving the sayings of the scribes and Pharisees, and therefore much of what they believed was untrue. And though Christ had many things to say to them, they were unable to hear much of what he longed to communicate.” {RH, July 3, 1900 par. 10}

“And the selection of the three disciples to accompany Jesus to the mountain had excited the jealousy of the nine. Instead of strengthening their faith by prayer and meditation on the words of Christ, they had been dwelling on their discouragements and personal grievances. In this state of darkness they had undertaken the conflict with Satan.” {DA 431.1}

5 of 5