



*MARCH  
2015*

*NEWS  
LETTER*

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*The angel of the Lord encampeth  
round about them that fear him, and  
delivereth them. Psalms 34:7*

Dear Friends and Family,

Rodney and I are in Umatilla, Florida which is a few miles north of Orlando.

Ever since we've been married, all we have done is work, work, work! Now we've decided it's time we took some time for rest and relaxation. So here we are! We've been visiting kids, grandchildren, great grandchildren and cousins. We are having a great time.

We had a few problems with the door lock on the motor home. In fact we wound-up getting ourselves locked in. Rodney had to go out the emergency window in the bedroom area so he could work on it from the outside. He was locked out and I was locked in! But after much effort, he was able to fix the lock. (I told him if I had to be locked in with anyone, I didn't know anyone whom I would rather be locked in with.) Of course he laughed. We had a few other minor

problems which he had to work on. I praise God He has been taking good care of us and everything is ok.

Our message this month is: **BECOMING LIKE JESUS**

**A SERMON BY PETER MARSHALL**

On Sunday morning, December 7, 1941, Peter Marshall preached to the regiment of midshipmen in the Naval Academy at Annapolis. A strange feeling which he couldn't shake off led him to change his announced topic to an entirely different homiletical theme based on James 4:14: "*For what is your life? It is even a vapour, that appeareth for a little time and then vanisheth away*". In the chapel before him was the December graduating class, young men who in a few days would receive their commissions and go on active duty. In that sermon titled 'Go Down Death' Peter Marshall used this illustration:

In a home of which I know, a little boy—the only son—was ill with an incurable disease. Month after month the mother had tenderly nursed him, read to him, and played with him, hoping to keep him from realizing the dreadful finality of the doctor's diagnosis. But as the weeks went on and he grew no better, the little fellow gradually began to understand that he would never be like the other boys he saw playing outside his window and, small as he was, he began to understand the meaning of the term death, and he, too, knew that he was to die.

One day his mother had been reading to him the stirring tales of King Arthur and his Knights of the Round Table: of Lancelot and Guinevere and Elaine, the lily maid of Asto-

lat, and of that last glorious battle in which so many fair knights met their death.

As she closed the book, the boy sat silent for an instant as though deeply stirred with the trumpet call of the old English tale, and then asked the question that had been weighing on his childish heart: "Mother, what is it like to die? Mother, does it hurt?" Quick tears sprang to her eyes and she fled to the kitchen supposedly to tend to something on the stove. She knew it was a question with deep significance. She knew it must be answered satisfactorily. So she leaned for an instant against the kitchen cabinet, her knuckles pressed white against the smooth surface, and breathed a hurried prayer that the Lord would keep her from breaking down before the boy and would tell her how to answer him.

And the Lord did tell her. Immediately she knew how to explain it to him.

"Kenneth," she said as she returned to the next room, "you remember when you were a tiny boy how you used to play so hard all day that when night came you would be too tired even to undress, and you would tumble into mother's bed and fall asleep? That was not your bed...it was not where you belonged. And you stayed there only a little while. In the morning, much to your surprise, you would wake up and find yourself in your own bed in your own room. You were there because someone had loved you and taken care of you. Your father had come—with big strong arms—and carried you away. Kenneth, death is just like that. We just wake up some morning to find ourselves in the other room—our own room where we belong—because the Lord Jesus loved us."

The lad's shining, trusting face looking up into hers told her that the point had gone home and that there would be no more fear ... only love and trust in his little heart ....

After Peter Marshall had finished the service at Annapolis and as he and his wife Catherine were driving back to Washington that afternoon, suddenly the program on the car radio was interrupted. The announcer's voice was grave: "Ladies and Gentlemen. Stand by for an important announcement. This morning the United States Naval Base at Pearl Harbor was bombed...."

Within a month many of the boys to whom Peter Marshall had just preached would go down to hero's graves in strange waters. Soon all of them would be exposed to the risks and dangers of war, and Peter Marshall, under God's direction, that very morning had offered them the defining metaphor about the reality of eternal life.

—*Catherine Marshall, A Man Called Peter*, pp. 230-231, 272-273

## **HISTORY OF THE REFORMATION (con't)** **JOHN WYCLIFFE 1324 – 1384**

Here in the British Isles a greater light is about to appear than any that had illumined the darkness of the ages that had gone before. Here was born John Wicliffe in 1324. At the age of about sixteen, Wicliffe was sent to Oxford University, where he became a scholar. To this knowledge he added proficiency in both the cannon and civil laws. He became versed in the constitution and laws of his native country, and was thus prepared to take an intelligent part in the battle which soon

arose between the Pope and the rights of the crown of England.

But the foundation of Wicliffe's greatness was the illumination of his mind and the renewal of his heart by the Bible. Without this, the honour would not have been his to be the first to raise that Great Protest against Rome.

A century before, in 1215, the barons of England had forced King John to sign the Magna Charta at Runnymede. Pope Innocent III, who was then in power, divined the true nature of what had taken place. Magna Charta was a great political protest against himself and his system. Magna Charta was *constitutional liberty* standing up before *Papal absolutism*, throwing down the gage of battle to it! Pope Innocent III accordingly annulled and abrogated the Charter, declaring it void. But after his death, feebler men succeeded him in the Pontifical chair, and kings of England mounted the throne without taking the oath of loyalty to the Pope. By 1330 the annual tribute paid by England into the Papal treasury, which King John had agreed to, was quietly dropped. England, by this action, denied the *temporal rule* of the Papacy. It was Wicliffe who had brought this about, as he quietly propounded his doctrines from Oxford. As he continued to study and teach, his deep insight into the Papal system enabled him to lead Parliament and the nation of England, so that they were being drawn on unawares to Deny, not merely the temporal claims, but the *spiritual authority* of Rome.

As Wicliffe's life was drawing to a close, after many years of labour and conflict, the whole of his past life had been but a prepara-

tion for what was to be his most glorious task, translating the Holy Scriptures into the English language. The Reformer sought to restore to "the church" the principle of authority. There must be a "Divine and infallible authority" in the church. That authority cannot be the church herself; for the guide, and those whom she guides, cannot be the same. The "Divine infallible authority" which Wicliffe restored for the guidance of men, was the Bible (God speaking in His Word) which guided the eyes of men from popes and Councils to the inspired Word of God.

John Wicliffe came out of the darkness of the Middle Ages, having no predecessor. Bursting suddenly before a dark age, he stands before it in a light not borrowed from schools nor from the doctors of "the church", but from the Bible. He is entitled to be regarded as the *Father of the Reformation*. With his rise, the dawn of the Reformation had broken.

Following the death of Wicliffe, during the reign of Henry IV, a law was passed adjudging men to death for religion—the first of this sort to stain the statute-books of England. It enacted that all incorrigible heretics should be burned alive. The followers of Wicliffe, also known as Lollards, soon saw martyr's stakes planted at Smithfield. That the new opinions were dangerous to the authority of the Roman Church was sufficiently clear, but it suited the designs of the hierarchy to represent them as dangerous also to the good order of the State.

The king, fearful of an insurrection ready to break out, marched forth with a body of armed men to quell the expected rebellion. When he reached the spot where he had

been led to expect the assembly, he found only a congregation of unarmed citizens, who had chosen this hour and place as the fittest for a field-preaching! Without leaders and without arms, the multitude broke up and fled. Some were cut down on the spot; the rest were pursued, and many of these were taken. The dispersion of this unarmed assembly was followed by the execution of several Lollards, and other martyrdoms followed.

While Wycliffe was in the parish church on Holy Innocents' Day, Dec. 28, 1384, he suffered his second stroke and died three days later. (Dec. 31, 1384)

The Council of Constance declared Wycliffe a stiff-necked heretic and under the ban of the Church. His books were to be burned and his remains be exhumed. Forty-four years after his death, under Pope Martin V, his bones were dug up, burned, and the ashes cast into the river Swift which flows through Lutterworth. (to be con't)

### **Gather Round for a Pint, At Church?**

November 4, 2013 by [Zoe Bain](#)

As churches struggle to expand their congregations across the country, some have turned to an unlikely attraction —craft beer. According to NPR's food blog, [The Salt](#), certain church groups have been holding services in pubs or making brew themselves. Leah Stanfield, a member of Church-in-a-Pub in Fort Worth, Texas, stated at a Sunday service, "I find the love, I find the support, I find the non-judgmental eyes when I come here. And I find friends that love God and love craft beer." The group

meets once a week to share a pint and even receive communion.

Portland, Oregon, First Christian Church holds Beer & Hymns one Saturday per month — congregants can have a glass or two of the church's special homemade brew. Participants and churches alike see the beer-themed services and events as a way to find members that they might not normally reach or see at a formal Sunday morning service. While pub-based prayer probably won't become a religious mainstay, the new-age events certainly are popular among the congregations that have been hosting them.

Would you go to a church event that served beer or a service at a pub?

"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Proverbs 20:1

"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again." Proverbs 23:20-35

## HEALTH NUGGET

### **FREEZING BLUEBERRIES INCREASES AVAILABILITY OF ANTIOXIDANTS AND EIGHT WAYS BLUEBERRIES BENEFIT HEALTH**

New research has found that freezing blueberries actually increases the berry's nutritional content.

Graduate student Marin Plumb, a food science major at South Dakota State University, found that frozen blueberries are equally nutritious as fresh blueberries, even after six months of freezing.

Plumb's experiment involved observing antioxidant levels in blueberries frozen for one, three and five months. After comparing the antioxidant content of frozen berries, she found no decrease in nutritional value of the frozen berries. In fact, she noted that freezing actually increased the anthocyanin concentration.

The ice crystals that form during freezing disrupt the structure of the plant tissue, making the anthocyanins more available.

Anthocyanins are a group of antioxidant compounds that provide various systems in the human body with protection.

#### **BLUEBERRIES MAY BE THE WORLD'S HEALTHIEST FOOD.**

Blueberries go head to head with strawberries and pomegranates in antioxidant capacity," said Plumb's research adviser, professor Basil Dalaly, who teaches a course on phytochemicals, the naturally occurring chemical compounds in fruits and vegetables.

Organic blueberries have higher nutritional content than conventional berries.

Don't believe industry studies that claim organic food is equal in nutrition to conventional; it's simply not true.

A study directly compared the total antioxidant capacity of organically grown versus non-organically grown blueberries and found that the organic blueberries had significantly higher concentrations of phenol antioxidants and total anthocyanin antioxidants than conventional berries.

#### **EIGHT REASONS TO CONSUME BLUEBERRIES DAILY:**

##### **1. - Improving memory/motor function**

One study found that adults (average age 76) fed blueberries daily for 12 weeks (2-2 ½ cups per day) performed better on two different cognitive function tests, which included memory, than those who hadn't consumed the superfood.

**2. - Eye protection** Blueberries have been proven to protect the retina from unwanted sunlight and oxygen damage.

**3. - Heart** Consuming blueberries significantly lowers your risk of developing heart disease by regulating and relaxing arterial elasticity in the vascular wall. They also improve blood flow.

**4. – Reduces risk of Alzheimer's disease/dementia** Anthocyanin improves memory and mental fluidity, and can help protect against brain cell loss. Blueberries also stimulate nerve cell growth and facilitate better communication between nerve cell processes, in turn slowing the aging process.

**5. -Digestion** Blueberries offer antioxidant protection of the digestive tract by combating free radicals, some of which can

cause cancer. This super-food plays a significant role in combating colon cancer.

#### 6. – **Protection from toxic heavy metals**

Romanian chemists from the University of Bucharest discovered that blueberries protect against heavy metals. Blueberry extract created a force field that acted as a barrier against cadmium, protecting cells from toxic heavy metal damage.

7. **Blood sugar** Blueberries have a favorable impact on blood sugar, even for diabetics. Those who consumed at least three servings of blueberries a day saw significant improvement in their regulation of blood sugar.

#### 8. **Nervous system** – Blueberries

contains a range of different antioxidants, all of which are beneficial to the human body. This range of nutrients provides nerve cells with protection from oxygen damage. Nerve cells are persistently at risk for oxygen damage, thus requiring continuous protection.

Blueberries are one of our body's greatest allies. Their ability to eliminate free radicals protects us from every day exposure to various forms of pollution, including pesticides, sun exposure and heavy metals.

The US is responsible for the world's supply of blueberries, growing 84% of the superfood in 2012. (Natural News)

### FROM KATIE'S COOKBOOKS

#### PECAN PATTIES

2 – 2 ½ cups stale bread crumbs  
 1 pkg dry yeast dissolved in ¼ cup very warm water  
 1 – 2 cups chopped pecans (2 is better)  
 ½ cups Bragg's aminos (more to taste)  
 ½ tsp sage  
 5-7 garlic cloves, pressed  
 1 medium onion, minced (sautéed if desired)  
 1/3 cup soy flour in ½ cup water  
 2-3 Tbsp olive oil  
 Small amount soy milk if needed to moisten

Mix all ingredients well. Form into patties and brown in oil. Can place on baking dish and cover with gravy, or use as meatballs in spaghetti sauce or can use as burgers.

I've made a lot of different Pecan patties but I like this one best. With this recipe I made meat balls and patties both. I froze the meat balls and will use them next time I make spaghetti. I made this gravy and poured over the patties (Our Favorites - Laymen's Ministries Cook Book - Recipe submitted by Nancy Meissner)

#### COUNTRY STYLE GRAVY

½ cup warm water  
 ½ cup raw cashew pieces, rinsed, (or ½ cup whole wheat or unbleached white flour)  
 1 Tbsp onion powder  
 ¼ tsp garlic powder (I use 1 tsp. we like garlic)  
 1 Tbsp corn starch  
 2 Tbsp olive oil (omit if using cashew nuts)  
 1 Tbsp Chicken Style Seasoning  
 1 Tbsp nutritional yeast flakes  
 2 tsp Herbamare seasoning (or ¼ tsp salt if you don't have Herbamare. (You can buy at health food stores or make your own like I do)

Blend all ingredients until smooth. When creamy add 1 ½ cups more water and blend well. Pour into saucepan and cook over medium heat, stirring constantly until thick. Makes a good cream sauce also. (Diane Flemons Times of Refreshing recipe)

Remember God loves you and so do we!

Rodney and Katie Armstrong

## BECOMING CHRIST-LIKE

In the December newsletter I wrote about a 'backslidden church'. Just as the church must be pure when Jesus comes, we also must be pure because the 'pure church' is made up of 'pure individuals'.

I saw a bumper sticker which said, "NOT PERFECT BUT FORGIVEN."

I am afraid many people think being forgiven is enough to insure a place in heaven. This may have been true for the thief on the cross because he did not have time to grow spiritually; however, scripture says, "Be ye therefore perfect, even as your Father which is in heaven is perfect." Matthew 5:48

If perfection wasn't possible the Bible would not say to be perfect. "With men this is impossible; but with God all things are possible." Matthew 19: 26 ( last part)

The perfection God requires of us leaves room for improvement. A baby if it is healthy when it is born can be a perfect baby even though It cannot talk, walk, dress itself etc. So it is with new born Christians. We can be perfect for the stage we are in but as the baby is expected to mature into an adult, we as new Christians, are expected to grow into mature Christians.

Perfection is living up to all of the knowledge God has given to you.

Sanctification is the process of growing up into Christ.

When we are born again it is called justification (being made just). It is also called imputed righteousness. Sanctification is called imparted righteousness because it comes gradually in parts.

"The germination of the seed represents the beginning of spiritual life, and the development of the plant is a beautiful figure of Christian growth. As in nature, so in grace; there can be no life without growth. The plant must either grow or die. As its growth is silent and imperceptible, but continuous, so is the development of the Christian life. At every stage of development our life may be perfect; yet if God's purpose for us is fulfilled, there will be continual advancement. Sanctification is the work of a lifetime. As our opportunities multiply, our experience will enlarge, and our knowledge increase. We shall become strong to

bear responsibility, and our maturity will be in proportion to our privileges. {COL 65.2}

The plant grows by receiving that which God has provided to sustain its life. It sends down its roots into the earth. It drinks in the sunshine, the dew, and the rain. It receives the life-giving properties from the air. So the Christian is to grow by co-operating with the divine agencies. Feeling our helplessness, we are to improve all the opportunities granted us to gain a fuller experience. As the plant takes root in the soil, so we are to take deep root in Christ. As the plant receives the sunshine, the dew, and the rain, we are to open our hearts to the Holy Spirit. The work is to be done "not by might, nor by power, but by My Spirit, saith the Lord of hosts." Zech. 4:6.

We all have defective characters; bad habits and characteristics we have been born with or have developed over the years. God will not take us to heaven with sinful habits and characters, so they must be eradicated before we can enter the home of the saved.

As we proceed along our Christian walk God will show us a defect we weren't aware of and we are expected to let Him remove it. As an example; at times I have been made aware of a sin I committed before my conversion and (If possible), I must make that thing right with the person wronged, before I can expect more blessings from God.

God may reveal to me a situation where pride caused me to do certain things and I needed to repent of that. We all have too much self and pride in our hearts and they must be laid in the dust if we expect to go home with Jesus.

Our proud hearts in the sanctification process will become humble hearts. Do you become angry when someone wrongs you? If you do that is a sign that you have too much pride.

If we want to spend eternity with Jesus, our characters must be like His. "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: Who did no sin, neither was guile found in his mouth: Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously: " 1 Peter 2: 21-23

I must confess, laying self and pride in the dust is no easy task; self dies hard. I cannot do it and by yourself you will not be able to do it.

“With men this is impossible; but with God all things are possible.” Matthew 19: 26 (last part)

Without Jesus’ help we are powerless against our enemy.

“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do *nothing*.” John 15:5

We are human and to be human is to err; but we have the privilege of taking on Christ’s nature and becoming Christ-like because Jesus is willing to give to us His nature and His mind.

“When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but *His own robe of righteousness*, which is perfect obedience to the law of Jehovah. {COL 311.4}

Sin must be eradicated from our lives or we will not be saved.

“Whosoever committeth sin transgresseth also the law: for *sin is the transgression of the law*.” 1 John 3:4

There are preachers who preach and teach the law has been done away with.

But the Bible says, “for where no law is, there is no transgression.” Romans 4:15 (last part)

If transgression is sin, and there is no transgression; we would not need a savior.

The law is very much alive today because it is God’s character. When we become Christ-like it will be our character also because we will not want to kill, lie, steal, mistreat our parents, commit adultery or covet anyone’s property.

After sanctification when Jesus comes we will be glorified.

We will be changed, our earthly bodies will become spiritual bodies.

Note: Before this change can take place our characters must have been already changed by the sanctification process.

“In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

O death, where is thy sting? O grave, where is thy victory?

The sting of death is sin; and the strength of sin is the law. But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.” 1 Corinthians 15:52-58

#### I WOULD BE LIKE JESUS

Earthly pleasures vainly call me;  
 I would be like Jesus;  
 Nothing worldly shall enthrall me;  
 I would be like Jesus.\*  
 He has broken every fetter,  
 I would be like Jesus;  
 That my soul may serve Him better,  
 I would be like Jesus.\*  
 All the way from earth to glory,  
 I would be like Jesus;  
 Telling o’er and o’er the story,  
 I would be like Jesus.\*  
 That in Heaven He may meet me,  
 I would be like Jesus;  
 That His words “Well done” may greet me,  
 I would be like Jesus.\*

\*Chorus:

Be like Jesus, this my song,  
 In the home and in the throng;  
 Be like Jesus, all day long!  
 I would be like Jesus.



